



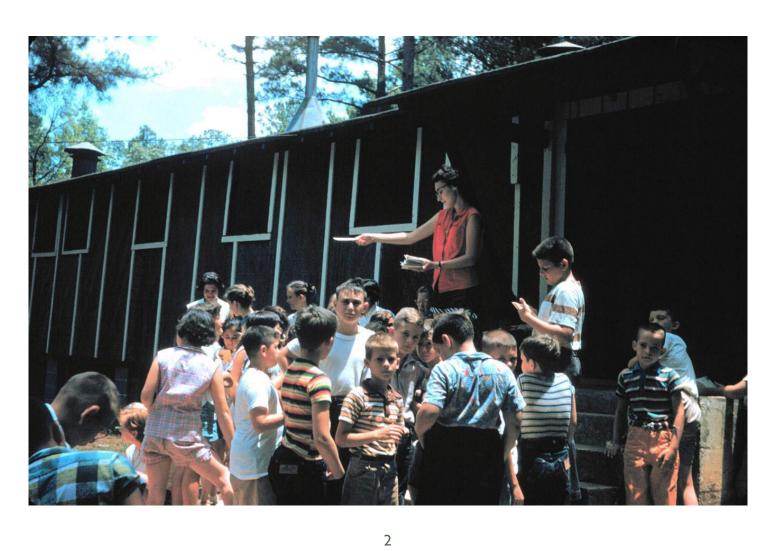
Welcome to Camp Mac!

Camp Mac gives kids a place to "learn stuff, do things, and have fun." Camp gives children a unique opportunity to explore their strengths, to find their courage, and to reach out beyond their comfort zone in an environment that is wholesome, supportive, and surrounded by nature's beauty. At it's core, this is what Camp Mac is all about. Here, your child has the opportunity to explore activities he or she simply cannot do at home, in a way that is instructive and encouraging. The resulting self-confidence you will see in them is an immeasurable benefit that will last a lifetime.

We cannot wait for your camper to join us this summer. In this Parent Handbook, you will find a guide to all things Camp Mac in hopes to better prepare your camper for life Among the Pines. Still have questions or need help? Give us a call at 256.362.7449 or email us at office@campmac.com.

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Camper Eligibility

Camp Mac is available to boys and girls of good character who have completed the 1st through 8th grades. Because every camp term is different, we believe it's important for you to work with us to make sure the program is right for your child's maturity, ability, and interest. Because it is our goal to provide a remarkable experience for each and every camper, we do reserve the right to dismiss any camper who has a history of being disruptive, is unable to follow directions, will not cooperate with camp staff, or is unable to adjust to our program. We expect all of our campers and you, our parents, to follow all camp policies.

OUR PROGRAMS

At Camp Mac, we've worked hard over the years to create an environment and structure that leads to an appropriate and unforgettable camp experience, regardless of whether your child is coming to camp for the very first time or returning for their seventh summer. Here, you'll find information to help you decide which term is best for your child.

We have developed unique programs that are fun and challenging and that offer a deeply unforgettable camp experience. Boys and girls have the same choices and opportunities, though the activities are conducted separately. So, while boys and girls are with us concurrently, most of their time will be spent doing non-coed things. It's like two camps in one!

Grades listed below for each term should reflect the grade your child is in during the 2021-2022 school year at the time of Registration. This is not your child's rising grade level and not the grade they are going into after Summer 2022.

6-DAY MINI TERM

- Designed to help our youngest campers get comfortable with being away from home, while getting a taste of the camp experience!
- For campers completing 1st through 4th grades by June 2022.

11-DAY JUNIOR TERM

- Offers a great introduction to summer camp! These campers are introduced to more than 50 activities on a beginner level with emphasis on safety, fun, and adjusting to being away from home.
- For campers completing 2nd through 6th grades by June 2022.
- Campers are only eligible to attend the Junior Term twice. Campers are not eligible for the Junior Term after attending one of our Senior Terms

3 & 4 WEEK SENIOR TERMS

- Advanced activity instruction shepherds campers from beginning level through expert, as campers have the opportunity to overcome challenges and reap the rewards of their progress.
- The longer length of these terms gives campers the time to learn more new skills, develop self-confidence, and make lifelong friendships!
- Exciting field trips (included in camp fees)
- \cdot Afternoon elective activities last 5—6 days each
- For campers completing 3rd through 8th grades by June 2022.
- Campers desiring a longer camp experience may attend our full senior session for a total of 7 weeks at a 10% discount.

CAMP FEES

REGISTRATION FEE

Our registration fee is \$500 per child, due with your application. Once we receive your application and fee, we will enroll your child as long as space is available. Your registration fee will be applied to your total camp fee.

CONFIRMATION FEE

Our confirmation fee is \$1,000 per child for the 6-Day Mini Term, \$1,500 per child for the 11-Day Junior Term, and \$2,700 per child for Senior Terms and is due February 1st. Your confirmation fee will also be applied to your total camp fee.

FINAL FEES

Final fees are due May 1st.

MILITARY DISCOUNT

We offer a \$200 discount per family if one or more parent is on U.S. active military duty. Applicable discounts will be deducted from your final payment.

ALL-INCLUSIVE CAMP FEES

Your camp fee includes EVERYTHING your camper will need while he/she is at camp! Your camper will enjoy daily canteen, weekly laundry service (for 11-day, 3 & 4-week terms) with The Camp Mac Laundry Bag included, all programs and activities, including water skiing and horseback riding, field trips and special events, The Camp Mac Sunday T-Shirt (for applicable terms), The Camp Mac 3rd Year Shirt (for 3 & 4 week campers only), and any awards earned!

2022 DATES AND RATES

Grade listed is the camper's grade at time of Registration (2021-2022 school year) and must be completed by June 2022.

Mini 6 Day <i>lst — 4th grade</i>	May 31 st — June 5 th June 13 th — June 18 th	\$1890 all-inclusive fee
isc im grade	July 11th — July 16th	
Junior 11 Day	May 31st — June 10th	\$3185 all-inclusive fee
2nd — 6th grade	June 13 th — June 23 rd	
	July 11 th — July 21 st	
Senior 4 Week 3rd — 8th grade	June 13 th — July 7 th	\$4835 all-inclusive fee
Senior 3 Week 3rd — 8th grade	July 11 th — July 31 st	\$4370 all-inclusive fee

Fees can be paid by mailed check or online by e-check or credit card. Please note, if using a credit card a 2.90% processing fee is applied. Your card will not be charged until your child is officially enrolled, which doesn't happen automatically. Monthly Payment Plan is available by request.

CANCELLATIONS & REFUNDS

CANCELLATION BEFORE FEB 1

Half of paid registration fee is refundable.

CANCELLATION BETWEEN FEB 2 AND MAY 1

The registration fee is no longer refundable. Half of the paid confirmation fee is refundable, or the entire confirmation fee may be applied toward camp for the same child the following summer.

CANCELLATION AFTER MAY 1

The registration fee and confirmation fee are no longer refundable for cancellations, for any reason, after May 1st. Half of paid final fees are refundable or entire confirmation fee and final fee may be applied toward camp for the following summer for the same child.

TRANSFER OF FEES

Fees may not be transferred to another camper.

ACCIDENT OR ILLNESS ONCE CAMPER IS AT CAMP

Should accident or illness prevent a camper from remaining in camp, loss of all unused fees (prorated by days attended), except the registration fee, will be shared equally between Camp Mac and the camper's family. All prorated paid fees, except the registration fee, may be applied toward camp for the same child the following summer.

NON-REFUNDED FEES

Non-refunded fees are used by Camp Mac for financial-need scholarships.



RETURNING CAMPER DISCOUNT

Each fall, returning campers are given the opportunity to save their spot for the following summer during Priority Registration. This one-week early enrollment opportunity is your chance to take advantage of Camp Mac's Returning Camper discount, \$50 off for each year your child has attended camp. This discount is only offered for one week and is available to returning campers in good standing.

GENERAL INFORMATION

BUNK ASSIGNMENTS

Meeting new people is a fun and exciting part of the camp experience. We believe that camp offers a unique opportunity to make friends with other children from all over the United States, and even other countries. Because of this, we encourage campers to attend without concern for cabin mate requests. In the event your camper would like to make a special request, we will make every effort to honor that request, so long as that friend also requests him/her, however Camp Mac is not able to guarantee these requests.

Our Bunk Assignments are determined based on grade level. If you would like to make a request, please designate on your camper's "Personal Profile" Form under the "Cabin Mate Request" section. You may also indicate if there is a camper you do not want your child to be placed with. Requests are not taken over the phone or by email. You will find out your camper's cabin and bunk assignments on Check-In Day when you arrive. Many factors go into making final cabin assignments and the director's placement is final.



LAUNDRY

(all terms except 6-Day Mini Terms)

With so many fun outdoor activities, clothes get dirty at camp! Your child's laundry will be sent off once a week and clothing will be returned the following day washed, dried, and folded. Please send garments that can be machine washed and tumbledried, with colors & whites laundered together. We will provide the Camp Mac Laundry Bag.



BUNKS & DECORATING

Absent of the typical double-decker bunk beds, every Camp Mac cabin features handcrafted, built-in single beds, with storage compartments underneath – eliminating the need for foot-lockers. Campers may bring personal bedding items and photos to decorate their bunks. Small lamps, fans, and extension cords are allowed. Before you arrive on Check-In, Bunk Assignments will have been made eliminating added stress of trying to get a certain bunk or save bunks upon arrival. If you have a request or disrequest, please indicate that on your camper's Personal Profile Form. We will not be able to honor day-of requests. Please note that bunk assignments take into account all campers' requests and disrequests and have been thoughtfully prepared by our staff for each camper. Families are not allowed to swap camper name tags on bunks at Check-In.



Note: Campers are subject to unannounced inspections of bunk area - just like the old trunk inspections! You can use any type of container, including colorful "milk crates," laundry baskets, etc. No special style box or container is required.

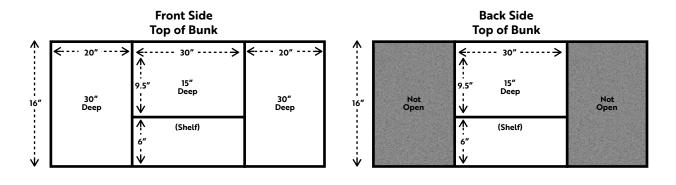
RECOMMENDED STORAGE BOX SET

Two 56 quart boxes — Dimensions 23" L x 16 $\frac{1}{4}$ W x 12 $\frac{3}{8}$ H Two 28 quart boxes — Dimensions: 23" L x 16 $\frac{1}{4}$ W x 6" H Two 12 quart boxes — Dimensions: 16 $\frac{1}{2}$ " L x 11 $\frac{1}{2}$ " W x 6 $\frac{1}{4}$ " H Two 6 quart boxes — Dimensions: 13 $\frac{1}{8}$ " L x 8 $\frac{1}{4}$ " W x 4 $\frac{1}{4}$ " H

Note: These are *recommended* box sets. Shelves between bunks vary by cabin.

DIMENSIONS OF BUNK STORAGE

See diagram for dimensions of area under Camp Mac Built-in Bunks. Bring duffle bags, laundry baskets, milk crates, boxes, etc. No footlockers!





LABELING POSSESSIONS

Please label *everything* you send to camp! This helps our campers keep track of personal belongings and makes for the successful return of "lost and found" items. Full name or initials (all three) will suffice!

Note: Camp is not responsible for lost items.

BIRTHDAYS AT CAMP

Birthdays at camp are very special! Campers' names are listed on a large poster in the Dining Hall. At dinner on their special day, they are presented with their own birthday cupcake platter provided by the Camp Mac baker!



DRESS CODE AND HAIR POLICY

- Girls' swimsuits must have straps, and girls must have a one-piece suit for the swim meet (3 and 4 week terms)
- Girls must wear nylon-type shorts, coverups, or towels over their swimsuits when walking to and from activities
- Girls may not wear any strapless clothing except swimsuit coverups
- Campers may wear one earring per ear
- Boys and girls may not display body piercings
- Head Counselor and Director have the discretion to determine appropriate hair and dress for each activity

SWIM REQUIREMENT

Because of our extensive waterfront program, every camper is required to swim unassisted at least 50 yards before attending Camp Mac.



ELECTRONICS POLICY

We allow music-only devices with earphones for use only in the cabins and only if they meet the following conditions:

- Contains no videos or games and has no video capability
- Has no WIFI or cellular LTE capability
- Uses earphones or earbuds (speakers are not allowed)

Cell phones, e-readers, tablets, and any device with cellular LTE or WIFI capabilities are not allowed. Devices that fail to meet our criteria will be taken up and returned at the end of the term.

Please do not bring expensive cameras or GoPros. Cameras that fail to meet our criteria will be taken up and returned at the end of the term. Camp Mac reserves the right to search as needed, including contents of electronic devices.

COMMUNICATION

MAIL

There's nothing like Camp Mac Mail Call. Every day, campers excitedly await to see if they've received hand-written letters from loved ones back home. There's something so special about this age-old-tradition, and we strongly encourage family and friends to write to campers while they are away. Please address to:

Camper's Name Camper's Cabin c/o Camp Mac 2671 Cheaha Road Munford, AL 36268

NOTE: Please tell everyone to put cabin. No cabin listed delays delivery by at least one day.

Mail is also how your camper will be communicating with you throughout the term. To help with their adjustment to camp life, Campers are not allowed access to phone or email. Please send stationary or postcards stamped and addressed, so that your child can write home about all the wonderful fun they are having at camp! Remember, it can take days before you receive your child's letter. **Please put camper's home address as their return address, not camp's.** Often if a camper's cards are returned, it is after they have gone home for the summer. This helps with lost mail.

NO PACKAGE POLICY (Share this with grandparents and other family members)

In the past, the large number of packages received by campers promoted a competitive atmosphere at camp and overwhelmed our small camp post office. As a result, we have a no package policy. All large envelopes, padded envelopes, any envelope larger than a letter size #10, or a greeting card envelope 6x9 is considered a package and will be returned. Regular envelopes containing "anything" (other than your letter) are considered packages (don't send these)! Pre-labeled packages brought to camp on check-in and left in the cabins will be taken up and held until check-out day. However, if there is a necessary item left at home, medicine, or a birthday gift (no food) you may mail the package addressed to the office (see mailing address below). The packages are opened, items are placed in a plastic bag and delivered by staff. This way no campers feel "left out" if they don't receive a box. There are no boxes delivered.

Camp Mac Office Staff - Forgotten Items
Your Child's FULL Name
2671 Cheaha Road
Munford, AL 36268

Camp Mac Health Staff - Forgotten Items
Your Child's FULL Name
2671 Cheaha Road
Munford, AL 36268

Necessary Items include: Bible, Rain Boots, Helmet, Eye glasses, A retainer, Pillow left at home, etc.

Not Necessary: Magazines, Costumes/dress-up clothes, Stickers, Notepads/Gifts, Etc. All packages that are NOT addressed to "Camp Mac Office" will be returned. Any packages that contain unnecessary items will be returned.

Please make sure that your camper's name is clearly marked. If it is a birthday package, please be sure to add: "Birthday (Birthday Date)" to the package and mark "HOLD FOR BIRTHDAY".

EMAIL (1-way Email Service for \$1/email. Share directions with family members.) Camp Mac offers parents and family a one-way email service through the password protected portal on our website. The password for your child's term is provided to you in the check-in email reminder a few days before camp begins. The password is not your account password. Simply click on the "News" tab at the top of our website and follow the link to "Email Your Camper." Please only use text in emails (no attachments). Emails are printed Monday - Saturday at 9AM CDT and delivered to campers at Mail Call! There is no mail delivery on Sundays, that includes emails. Email is for parents, grandparents, and siblings. We reserve the right to monitor emails. Inappropriate emails and emails from friends will not be delivered to campers. Please do not contact your camper's staff directly. If there is an issue, email the office at office@campmac.com. If you happen to have a child on staff, you may email them directly through their personal email.

VISITING CAMPERS

You and your child will adjust to camp better without the interruption of visits. For that reason, we do not allow visits to campers during camp terms. This includes trips out of camp with parents/friends. We encourage you to meet our staff on check-in day. Camp Mac is not open to the general public at any time.

HOMESICKNESS

After 74 summers of hosting kids for summer camp, we know that everyone misses something about home from time to time. Bouts of homesickness are usually brief and overcoming these feelings are not only valuable for your child's emotional development, but an important aspect of the camp experience.

When talking with your child before camp, please focus on the fun, exciting, and positive aspects of all camp has to offer. It is important not to attempt to calm fears by making a "pick-up deal" or promises to pick up your child in the event he/she is not enjoying camp. If a camper has not been given the option to go home, feelings of homesickness are typically much more fleeting and makes for an easier time successfully integrating into camp life.

CHILD-SICK

While campers are away, parents may experience bouts of child-sickness. This is totally normal and everyone adjusts differently! Try to focus on the fact that you are providing your child with a wonderful opportunity to have fun, gain a measure of independence, and make new friends. We also encourage you to take some much needed rest and relaxation for yourself. This could be the perfect time to finish that project you've been putting off, take a vacation without the kids, or if you've still got a little one at home, plan one on one time with just them!

Please call our office if your camper indicates he/she is having a problem or if there are family, school, or emergency circumstances requiring immediate attention. Our staff is available to answer questions and address issues regarding your camper. Often the situation can be resolved without your directly speaking to your camper; thus allowing him/her to learn a valuable lesson in self-reliance.

DAILY NEWS (Share with Grandparents!)

During the summer, we update our website daily with news and photos of the previous day's activities. Our news comes from daily six o'clock news reports (at 7:15pm) and is uploaded the following day around 5pm. For example, Monday's news will be posted Tuesday afternoon. To view, click on the "News" tab at the top of our website. From here, you can access the Photo Gallery to see pictures from that day's activities. Please note, images on the News are meant to highlight an activity and do not necessarily corollate with the names of campers mentioned in the corresponding news article.

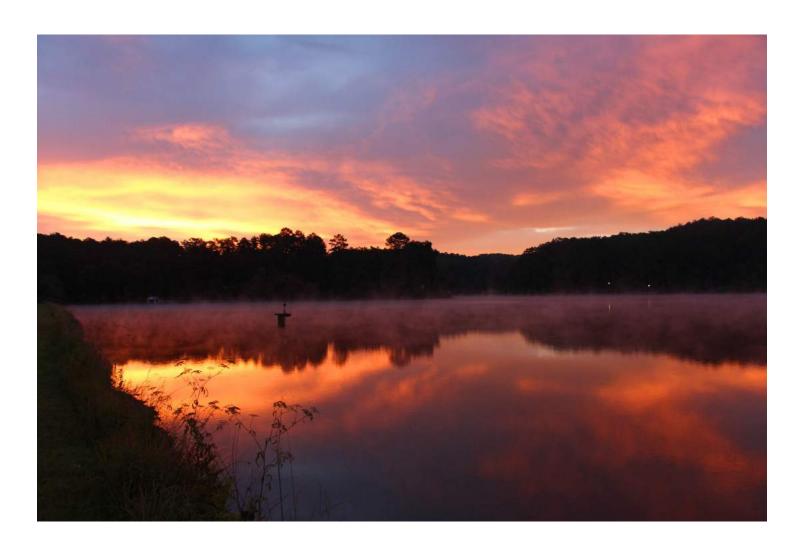




FACEBOOK PHOTO GALLERY (Share with Grandparents!)

Photos are available for download in our Facebook Photo Gallery! No account required. Our photo gallery is best viewed on a computer. Please note, while we take as many photos as possible, you may not see a picture of your camper every single day. Please remember, camp is for the camper! Our photographers do not interrupt activities to take pictures, rather they try to blend in to the background and capture those action shots we all love. Our photos are an extra service that we happily provide for our camper families, but there is no guarantee on how many photos will be posted of your child. Just because you may not see pictures doesn't mean they aren't having fun! Parents have told us that the biggest benefit of giving camp to their child is not the pictures they see of their child during camp, it's what they see in their child after camp.





Location & Facilities

Camp Mac is situated along the shores of two mountain lakes, 1,000 feet above sea level, and just inside the 217,000-acre Talladega National Forest. Here, nestled among the pines, are facilities more than adequate for the campers and staff members who make up each term. These include 16 wood-paneled, insulated cabins with an average of almost 70 square feet of living space per camper, facilities for all sorts of activities and learning opportunities, and a majestic natural setting that becomes forever stamped in the soul of each person who experiences it.

ARRIVING AT CAMP MAC FOR THE FIRST TIME, you wind along Cheaha Road until, suddenly, you round a bend to find yourself looking at what appears to be a quaint village of forest-green buildings arranged on each side of the road and tucked into a glade of graceful pines. Far below you twin lakes glint through the trees. This is Camp Mac, unspoiled by the decades, immaculately kept, and perfectly equipped to provide memories that will last a lifetime.







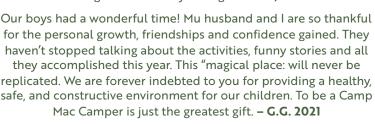






We cannot express how impressed we were with the entire process. From the registration, the communication leading up to today – but then today we were absolutely blown away. Expectations exceeded in every way. And before we could leave our son was already asking when could he come back! – M.M., 2021

Our daughter talked the entire way home about all the fun new things she tried and the new friends she made and all the fun she had! She was so sad to leave (I can totally relate). It was a wonderful experience and one she will talk about for weeks to come. A huge thank you to her wonderful counselors for making her first venture at camp such a huge success!! I am so grateful to them for taking such great care of my little girl. – K.F., 2021

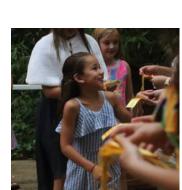


We did not make it to Buc-ees before he said that he missed Camp Mac!! Music to my ears! Loved that he connected with a childhood friend of mine's son. – N.M., 2021



Wow I cannot believe how fast their junior term has gone by. Going into this as "newbies" the 11 day seemed so long and now- I completely understand why the kids want to go for the longer terms! – J.W., 2021

We sent all of our boys for 4 weeks. They had the best time in their lives!!! When we picked them up they had had so many fun stories of new friends and all the amazing things they did. This was our first time but not our last time. I really don't think they wanted to come home! – L.S., 2021



















OUR STAFF

COUNSELORS

Here at Camp Mac, our camper-to-staff ratio is about 3 to 1. We take great pride in our staff. The vast majority of our counselors and CITs have come up through the ranks. They know Camp Mac in ways that only a Camp Mac camper can. 100% of our staff were Camp Mac"ers" in 2021!

SENIOR COUNSELORS

In addition to instructing major activities, 16 of our Senior Counselors live in cabins, each with a Junior Counselor (JC), Counselor-in-Training (CIT), and 12 to 17 campers. Senior Counselors must have completed one or more years of college, and are selected for their experience with children in recreation and camping. Most Senior Counselors are former Camp Mac campers and counselors who have been with us for many summers.

JUNIOR COUNSELORS (JCs)

Having completed the 10th, 11th, or 12th grade, our JCs are carefully selected from our CIT program for their leadership, dependability, attitude, and interaction with others. They must also be qualified to assist in the instruction of a major activity.

COUNSELORS IN TRAINING (CITs)

In order to develop qualified staff, Camp Mac conducts a CIT program which is limited to no more than 8 boys & 8 girls each term. CITs must have completed the 9th grade, and are evaluated during their last summer as campers by our Senior Staff based on their leadership, dependability, interaction with others, & attitude.



Note...

Camp Mac is an alcohol- and drug-free environment. Our staff participates in a random drug testing program.

WHAT TO BRING: 2022 6-DAY MINI TERM

Rest Period/Bedtime Children's Bible or devotional story book with scripture for daily reading Stationery or post cards, addressed & stamped in sealable plastic bag Pencils and paper Reading material, etc. 8–10-inch plug-in electric fan (clip or stand-alone)	Shoes 1 pair water-/mud-proof shoes for rainy days and Horseback. (For example: Hiking or Duck Boots; not Hunter-style rain boots.) 1 or more pairs athletic shoes 1 flip-flops, Chacos, or "Crocs" type shoes	Equipment Helmet for horseback riding (can be bike helmet) Water Bottle (No glass water bottles) Linens/Towels 2 or more bath towels/ bath cloths	Storage Containers Shower bucket (holes in bottom) 2 or more clothes containers (boxes, crates, laundry baskets, etc.) Camp provides laundry ba
Clothing 6 or more pairs socks 6 or more underwear 2 or more pairs sleepwear 2 pairs of long pants. Jeans preferred - athletic pants/ leggings acceptable 8 pairs shorts 10 or more shirts Swim suits (girls: all suits must have straps) 1 sweatshirt/hoodie or fleece jacket 1 raincoat, poncho, raingear, etc.	Toiletries □ Toothbrush and toothpaste □ 1 or 2 combs and/or hair brushes □ Deodorant/personal products (no AXE body spray) □ 1 bottle antibacterial bath wash (no bar soap) □ 1 bottle shampoo/ conditioner □ Bug Repellent □ Sunscreen	□ 1-2 "beach" towels for pool/lake (thinner naps dry faster) □ 1 flat and 1 fitted sheets, twin sized - 2 if bed wetter □ 2 or more pillow cases □ 1 lightweight blanket or comforter (2 if bed wetter) □ 1 mattress cover □ Pillow	Optional I or 2 duffle bags for bringing things to camp Music device and charger (see electronics policy) Swim goggles "Egg crate" mattress pad Towel Wrap Hat/ball cap Disposable Camera Tennis racquet (camp furnishes balls) 1-2 Hangers
☐ Tacky Night Outfit ☐ I pair white shorts - athletic acc (if term includes Sunday) WHAT NOT TO BRIN		E TAKEN UP AND RETURNED	ON CHECK OUT DAY

- Food, drinks, and gum
- Cell phones
- Go Pros and digital Cameras
- Video/electronic devices as described in the electronics policy
- Smart Watches

- Walkie-Talkies
- Skateboards, Scooters,
 - Roller shoes, Hoverboards
- Balls of any kind
- Laser Pointers

- Loofas
- Magic markers/Sharpies/Pens Clothes that cannot be sent to the laundry
 - Aerosal Spray Deodorant
 - Valuable jewelry and collectables
 - Power Strips

- Sharp Objects & Scissors
- Knives
- Water Guns
- Alcohol/Illegal Drugs
- Tobacco/Tobacco products/ Vape products

ALL items brought to camp must be labeled with the camper's name using a permanent marker. This includes towels, socks, clothes...everything.

NOTE: See information and pictures regarding storage areas for boxes, crates, etc., for use under bunk and on shelves.

CAMPERS ARRIVING BY PLANE: Please bring everything in a duffle bag(s) that is easily foldable for storage.

WHAT TO BRING: 2022 11-DAY JUNIOR TERM

fleece jacket	conditioner	Storage Containers
☐ 1 set Party Night clothes: (only 11 Day I)	☐ Bug Repellent ☐ Sunscreen	☐ Shower bucket (holes in bottom)
 ☐ Girls: shoes and sundress or dressy casual (no strapless) ☐ Boys: nice slacks/shorts, 	☐ 1 bottle antibacterial bath wash (no bar soap)	 2 or more clothes containers (boxes, crates, laundry baskets, etc.)
collared shirt, and shoes		— Camp provides laundry ba
☐ 1 Tacky Night outfit	Equipment	
Shoes	☐ Helmet for horseback riding (can be bike helmet)	Optional
 1 pair water-/mud-proof boots for rainy days 	□ Water Bottle (No glass water bottles)	☐ 1 or 2 duffle bags for bringing things to camp
☐ 1 pair hard-soled shoes or	<u>~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ </u>	☐ Costume/instrument/
boots for horseback riding	Linens/Towels:	music for talent night
108050 80		☐ Disposable Camera
이지 않는 일을 하고 있었다. 나는 살아 있는 것이 없었다. 하고 있는	bath cloths	☐ Ball glove (boys and girls)
44-440 440 400	□ 1–2 "beach" towels for pool/lake	□ Towel Wrap
20x2 (1) : [[[[[[[[[[[[[[[[[[(thinner naps dry faster)	☐ Hat/ball cap
	 2 flat and 2 fitted sheets, twin sized 	☐ Music device and charger (see electronics policy)
	☐ 2 or more pillow cases	☐ Swim goggles
· ·	□ 1 lightweight blanket	□ "Egg crate" mattress pad
hair brushes	and/or comforter (2 if bed wetter)	☐ Tennis racquet (camp furnishes balls)
- 1	□ 1 mattress cover	□ 1-2 Hangers
body spray)	☐ Pillow	2.10118613
	fleece jacket l set Party Night clothes: (only 11 Day I) Girls: shoes and sundress or dressy casual (no strapless) Boys: nice slacks/shorts, collared shirt, and shoes l Tacky Night outfit Shoes l pair water-/mud-proof boots for rainy days l pair hard-soled shoes or boots for horseback riding (not Hunter-style rain boots) l or more pairs athletic shoes flip-flops, Chacos, or "Crocs" type shoes Toiletries l Toothbrush and toothpaste l or 2 combs and/or hair brushes Deodorant/personal products (no AXE	fleece jacket conditioner 1 set Party Night clothes: (only 11 Day I) Sunscreen Girls: shoes and sundress or dressy casual (no strapless) Boys: nice slacks/shorts, collared shirt, and shoes 1 Tacky Night outfit Equipment Helmet for horseback riding (can be bike helmet) Water Bottle (No glass water bottles) 1 pair water-/mud-proof boots for rainy days 1 pair hard-soled shoes or boots for horseback riding (not Hunter-style rain boots) 1 or more pairs athletic shoes Glip-flops, Chacos, or "Crocs" type shoes 1-2 "beach" towels for pool/lake (thinner naps dry faster) 2 flat and 2 fitted sheets, twin sized 2 or more pillow cases 1 lightweight blanket and/or comforter (2 if bed wetter) 1 mattress cover

WHAT NOT TO BRING

THESE ITEMS WILL BE TAKEN UP AND RETURNED ON CHECK OUT DAY

- Food, drinks, and gum
- Cell phones
- Go Pros and digital Cameras
- Video/electronic devices as described in the electronics policy
- Smart Watches

- Money
- Magic markers/Sharpies/Pens Clothes that cannot be sent
- Walkie-Talkies
- Skateboards, Scooters,
 - Roller shoes, Hoverboards
- Balls of any kind
- Laser Pointers

- Loofas
- Clothes that cannot be sent to the laundry
- Aerosal Spray Deodorant
- Valuable jewelry and collectables
- Power Strips

- Sharp Objects & Scissors
- Knives
- Water Guns
- Alcohol/Illegal Drugs
- Tobacco/Tobacco products/
 Vape products

ALL items brought to camp must be labeled with the camper's name using a permanent marker. This includes towels, socks, clothes...everything.

NOTE: See information and pictures regarding storage areas for boxes, crates, etc., for use under bunk and on shelves.

CAMPERS ARRIVING BY PLANE: Please bring everything in a duffle bag(s) that is easily foldable for storage.

WHAT TO BRING: 2022 SENIOR TERMS

Rest Period/Bedtime:	☐ 1 Red/White/Blue Outfit	\square 2 bottles shampoo/	Storage Containers	
☐ Children's Bible or devotional story book with scripture for daily reading	(4 Week Term Only) ☐ 1 set Party Night clothes: ☐ Girls: shoes and sundress or	conditioner	Storage containers	
		□ Bug Repellent	☐ Shower bucket (holes	
		□ Sunscreen	in bottom)	
 ☐ Stationery or post cards, addressed & stamped in sealable plastic bag 	dressy casual (no strapless) ☐ Boys: nice slacks/shorts, collared shirt, and shoes	☐ 2 bottles antibacterial bath wash (no bar soap)	 2 or more clothes containers (boxes, crates, laundry baskets, etc.) 	
☐ Pencils and paper	☐ 1 Country/Western Band Party outfit	Equipment:	 Camp provides laundry bad 	
☐ Reading material, etc.				
□ 8–10-inch plug-in electric fan (clip or stand-alone)	☐ 1 College Night outfit	riding (can be bike helmet)		
	☐ 190s Night Outfit (an outfit worn in the 1990s)	☐ Water Bottle (No glass water bottles)	Optional:	
Clothing:	Shoes	\square Tent for Campouts (Optional)	☐ 1 or 2 duffle bags for	
☐ 14 or more pairs socks	☐ 1 pair water-/mud-proof	Linens/Towels:	bringing things to camp	
☐ 14 or more underwear	boots for rainy days	□ 6 or more bath towels/	☐ Costume/instrument/	
	☐ 1 pair hard-soled shoes or	bath cloths	music for talent night	
2 or more pairs sleepwear4 pairs of long pants. Jeans preferred - athletic pants/	ants. Jeans ants. Jeans titic pants/ able able able Chacos-type shoes preferred ants. Jeans (not Hunter-style rain boots) (hinner naps dry faster) 2 flat and 2 fitted sheets, twin sized 2 or more pillow cases all lightweight blanket and/or comforter	☐ 1-2 "beach" towels for pool/la	_{ke} □ Disposable Camera	
		(thinner naps dry faster)	☐ Ball glove (boys and girls)	
leggings acceptable		□ Backpack		
□ 10–12 pairs shorts □ White shorts for Sunday - athletic acceptable □ 1 sweatshirt/hoodie or fleece jacket		twin sized	☐ Towel Wrap	
		\square 2 or more pillow cases	□ Hat/ball cap	
		0 0	☐ Music device and charger (see electronics policy)	
☐ 14 or more shirts	Toiletries	,	☐ Swim goggles	
☐ Swim suits (girls: all suits must have straps plus must have at least one one-piece for swim meet & coed swimming activities)	☐ Toothbrush and toothpaste	□ 1 mattress cover	0 00	
	☐ 1 or 2 combs and/or hair brushes	☐ Pillow	☐ "Egg crate" mattress pad	
		☐ Sleeping Bag or Hammock for Campouts	☐ Tennis racquet (camp furnishes balls)	
	☐ Deodorant/personal		M	
☐ l raincoat, poncho, raingear, etc.	products (no AXE body spray)		□ 1-2 Hangers	

WHAT NOT TO BRING

THESE ITEMS WILL BE TAKEN UP AND RETURNED ON CHECK OUT DAY

- Food, drinks, and gum
- Cell phones
- Go Pros and digital Cameras
- Video/electronic devices as described in the electronics policy
- Smart Watches

- Money
- Magic markers/Sharpies/Pens Clothes that cannot be sent
- Walkie-Talkies
- Skateboards, Scooters,
 - Roller shoes, Hoverboards
- Balls of any kind
- Laser Pointers

- Loofas
- Clothes that cannot be sent to the laundry
- Aerosal Spray Deodorant
- Valuable jewelry and collectables
- Power Strips

- Sharp Objects & Scissors
- Knives
- Water Guns
- Alcohol/Illegal Drugs
- Tobacco/Tobacco products/
 Vape products

ALL items brought to camp must be labeled with the camper's name using a permanent marker. This includes towels, socks, clothes...everything.

NOTE: See information and pictures regarding storage areas for boxes, crates, etc., for use under bunk and on shelves. **CAMPERS ARRIVING BY PLANE**: Please bring everything in a duffle bag(s) that is easily foldable for storage.

HEALTH & SAFETY

INFIRMARY

Your child's health and safety are our first priority, and as such we take every precaution to ensure a safe, fun, and healthy environment for all campers. Our infirmary is quietly located, air-conditioned, and available to campers 24/7. There are five private bedrooms along with the health staff apartments. Our health staff consists of a Teledoc, his staff, and camp's Health Staff.

We hope that your child will never need to experience our Infirmary, but in the event medical attention is required, we will contact you if there is ever an issue that affects your child's camp experience. This would include the following circumstances:

- If your camper needs to spend the night at the Infirmary
- If your camper needs prescription medication
- If your camper needs to see a doctor (via Teledoc or in person)
- If your camper's schedule must be changed due to an illness or injury

Unless it is an emergency, Health Staff calls will be returned twice a day - once in the morning and once in the evening.



HEALTH FORMS

Please be sure to accurately and thoroughly complete the Medical Background Section of the Personal Profile and Health History Form by April 1st. If there are changes after submitting your child's form, you can always make edits to his/her records. Returning camper parents, please remember to update any medical information from the previous year, including medications that may have been added or removed to your camper's daily regimen.

PHYSICAL EXAMS

Camp Mac does not require physical exams by physicians as long as a parent answers each question on the Health Form with explanation, etc., where needed, to the satisfaction of camp health staff and directors. Camp Mac does require that all campers who have current medical conditions requiring regular medication and/or treatment, in particular, chronic ear and throat infections, see their physician before coming to camp in order to be as healthy as possible on Check-In Day!

MEDICATIONS

Campers are not allowed to keep ANY medication (except inhalers for asthma and emergency Epi-Pen) in their cabin. Medications brought to camp will be stored and administered by the Camp Health Staff. Please bring all medications on Check-In Day.

- Rx Medications: As per The Health Department, all medications, regular and/or as needed, must be turned in to the Camp Health Staff on Check-In Day in original labeled containers with child's name and directions for use or accompanied by a Dr.'s Rx or Dr.'s order with instructions for administration. Make certain you bring enough medicine for the entire term or send a new supply later on to the Health Staff, not to your child.
- Over the Counter Medications: There is no need to bring OTC meds to camp as we have these and will administer to your camper if needed. If your child is unable to swallow pills, please leave liquid or chewable Tylenol or Advil with the Health Staff to be taken "as needed."
- **Vitamins/Supplements:** Can be administered to your camper if desired. These should also be brought to camp in original labeled containers.
- **Emergency Medications:** If your child needs to keep a medication such as a rescue inhaler for Asthma or an Epi-pen for severe allergic reactions, please inform the Health Staff on Check-In Day. They must be labeled with the child's name. If your child has a second inhaler or second Epi-Pen, please leave these with the Health Staff.

Note: Due to the structured schedule of camp, children who are on medication for ADD & ADHD often have a better experience if they stay on their medication.

MEDICAL CONDITIONS & ACCOMODATIONS

Parents must disclose any and all medical conditions on the camper's Medical Background Section of the Personal Profile and Health History Form. This enables us to best ensure their health and safety while in our care. It is imperative that all special needs/circumstances be shared with camp prior to a child attending one of our terms to discuss if accommodations may be made. The safety and fun for each camper are top priority at camp, and while we will work with families on a case by case basis, there are certain things we are not equipped to handle. For this reason, it is best to discuss any medical (physical, psychological, social) conditions in advance. We would hate for a child to get to camp and be unable to stay because a parent failed to provide full medical disclosure.

LICE

All campers will have their heads checked for lice on Check-In Day, no exception. You will not be allowed to unload until lice check is complete. If a camper comes to camp with lice, we will arrange for professional care at camp.

EARS AND EAR INFECTIONS

Campers spend a lot of time in the pool and lakes, and although we use "Swim Ear" solution (NOT antibiotic ear-drops) at the pool and lakes to help keep ear canals dry, we still see swimmer's ear. If your child has frequent swimmer's ear or chronic ear problems, please have a physician check your child's ears just before coming to camp. Have a camper bring their own earplugs and make sure they know how to use them. Also, bring prescription ear-drops to use when needed and/or doctor's instructions concerning such. The Camp Health Staff will contact parent or physician should medications be needed.

Important: Please note on the Health Form what medications worked best for your child in the past when ear infections have occurred.

IMPETIGO

If a camper gets a cut or scrape or if they scratch their skin because of a bug bite, germs may find a way to get inside. Once inside, the bacteria cause small blisters on the skin. These blisters may burst and ooze fluid that crusts over, a contagious condition called impetigo. To reduce the risk and exposure of impetigo, we implement a Sunday Bug Bite Check at rest period in the cabins. If you know your child is susceptible to Impetigo, please put that information on the Health History and Personal Profile Forms.

ATTENTION OR LEARNING PROBLEMS

Parents who are familiar with our camp program usually choose to continue medicine that improves the child's focus and/or attention to task. Camp is fun and playful, but there is also considerable instruction. Campers are expected to listen in order to learn and to follow camp rules and safety procedures. Experience has shown that if a child needs these medications at school, they also need them in our instructional program and cabin environment. We would appreciate your consideration in continuing the medication while at camp, or at least leaving it with the Health Staff if needed.

BEDWETTING

Camp Mac staff will be glad to assist campers who have an occasional bedwetting problem. If more than occasional, please inform us by phone, on the Health Form, and Personal Profile Form. No need for embarrassment, our trained counselors know how to handle this situation professionally and discreetly. For frequent bedwetters, counselors will come up with a designated secret signal to indicate if a camper has wet the bed (i.e., leaving a certain stuffed animal on the bed). In the event bedwetting occurs, a camper will make his/her bed as normal for inspection and after all campers have gone to morning activities, that camper's bed will be stripped, their sheets washed, and bed remade before campers arrive back to cabins. We ask that you send two duplicate sets of bedding so that no one will notice the change while soiled bedding is being laundered. Camp Mac welcomes campers who are on successful medication to combat this problem, but we are also sympathetic to children who are bedwetters. Please use our Personal Profile Form to provide more information for the Head Counselor, if needed. We will do everything possible to help but we need to be informed!

FOR YOUR INFORMATION AND YOUR CHILD'S PRIVACY

Our Health Staff does not tell other campers and cabin staff what medications our campers are taking. They will let the cabin staff know that a child takes a "medication" regularly so the staff will know where a child is after meals and/or at bedtime. If it is necessary to call a camper on the cabin intercom to remind him/her to take medications, the Health Staff only asks children to "Please come to First Aid." Only the Boys' or Girls' Head Counselors and Camp Director can discuss medications with the Health Staff and only if he/she finds it necessary to be informed.

Note: Please do not hesitate to call us (256.362.7449) before your child comes to camp to discuss any of your concerns regarding your child's health and welfare while here at Camp Mac. We prefer to hear from you prior to Check-In Day. You may also email us at office@campmac.com.

CHECK-IN DAY

CHECK-IN PROCEDURE

When you arrive, turn right as indicated by the signs. One of our greeters will inform you about your child's cabin and where to park for unloading. Our staff will meet you to help unload your car. Once you have unloaded your car, please move your car to the designated parking areas as directed by the staff. There is a golf cart shuttle available to return you to the cabin line to assist in the unpacking process. **Please**, **no pets allowed!** We will ask you to leave your pet in the car if you choose not to do as we ask.

A parent will need to take your camper to the Cabin Line where the nursing staff will conduct the head lice check. When the nursing staff clears your camper, they will be given a smiley sticker to let the cabin counselors know the head check is completed. If lice are discovered, the camper will need to report for treatment at camp or if the parents prefer, return home for treatment and then come back to camp when completed.

If necessary, our Health Staff will be in the Rec Hall for you to turn in any medications your child may need to take while at camp. Campers cannot keep meds in their cabin except for inhalers, topical creams and Epi-Pens. Inform the staff if your child will have any of these in their cabin. Please discuss any medical and dietary concerns with the Health Staff and Dining Hall Staff. They will inform the Head Counselors and Cabin Staff if needed.

The Camp Mac Store will be open! It is located next to the canteen. Plan to shop for t-shirts and more. We will have water available in the Canteen.

Parents leave when the bell rings!

Please make sure your child returns to his or her cabin and checks in with the cabin team before you leave.



2022 CHECK-IN

Check-In Information for each term will be sent to parents by email and text in plenty of time for planning. We also send reminders for each term.

CHECK-OUT DAY

CHECK OUT PROCEDURE

After a wonderful camp term, your camper will be excited to see you and share their stories! Check Out specifics will be emailed and texted in plenty of time for planning for each term.

Please be sure you load all camper belongings in the car before you leave the cabin area. **Please, no pets allowed!** And remember, we will ask you to leave your pet in the car if you choose not to do as we ask.

If your camper wants to show you more about camp, we invite you to walk around and let them give you a tour.* You can also visit the Horseback Stables across the lake by driving over there after you finish up at the main campgrounds.

*Unfortunately, this isn't possible for the 6-Day Mini terms since camp is still in session. It isn't possible for the 11-Day Junior terms as well, except for the first 11-Day Junior term. The other two Junior terms occur while the 4 or 3-Week camp sessions are still in progress.



2022 CHECK-OUT

Check-Out times and other specifics will be emailed and texted to parents in plenty of time for planning. NOTE: No pets allowed on Check-In/ Check-Out Days.

> Thank you for understanding!

CAMP TOURS



We love giving tours!

We have scheduled tours throughout the year, watch for when and join us! Touring is a great way for your child to see for themselves what camp is all about and get them excited about spending a summer Among the Pines. Not only are tours great for kids, they also help parents settle any hesitations they may feel about sending their kids away to camp.

CAMP MAC PARENT REPRESENTATIVE

BECAUSE OF YOU, CAMP MAC HAS BEEN GOING STRONG FOR 74 SUMMERS!

Most of our campers come to us by word of mouth, so thank you for sharing your stories of life Among the Pines! One of the best traditions is our Camp Mac Reps. Each year, we have a few openings for Reps and would enjoy talking to anyone who may be interested. We can't make it to every town, city, and state, but working together, we can help spread the word about what it's like to spend an incredible summer at Camp Mac.

PARENT REPRESENTATIVE RESPONSIBILITIES

- 1. Share your story: Be an ambassador for Camp Mac year round by spreading the word on Life Among the Pines to interested families. After having personal contact with prospective parents, provide their contact information to the Camp Mac Office by filling out our quick and simple Prospective Camper Form.
- 2. Host a Gathering: In either Fall or Spring, host a small gathering for prospective campers and parents to hear more about Life Among the Pines. Feel free to invite current campers to the fun! Camp will provide a short video for viewing.
- 3. Answer Questions: Be a resource for prospective families by answering questions, providing information, and of course directing them to the Camp Mac Office whenever we can help!

Want to learn more about becoming a Camp Mac Rep? Email us at office@campmac.com.



JOIN US AND CELEBRATE 75 SUMMERS AMONG THE PINES!

1948 • 2022

