

The 2023

CAMP MAC PARENT HANDBOOK

YOUR GUIDE TO SUMMERS AMONG THE PINES





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 its 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 and every child is different, we feel that it is important for the parent and the camp to work together to determine if the camp 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 reserve the right to refuse admittance to or 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. 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!

In order to meet the needs of younger, first time campers as well as older, more experienced campers, Camp Mac offers three programs: 6 Day Mini Term, 11-Day Junior Term, and our traditional 3 & 4-Week Senior Terms.

Our Mini and Junior Terms are a great introduction to camp for the beginning camper. In these terms, campers are introduced to a variety of activities and are at camp for a shorter time to help new campers adjust to being away from home. The Mini and Junior Terms offer the same program each year, as these terms are not designed to be repeated year after year. This is why we place a maximum three-time combined term limit for our Mini and Junior Terms. In truth, camp parents tell us attending more than one Mini or Junior Term does not provide the challenges and opportunities for growth they are seeking for their children. Many campers choose to move directly to a Senior Term after attending one of the other sessions, and we find their enthusiasm for camp actually increases in proportion to the time they are with us and the new challenges they take on.

The program in our Senior Terms change each year with each camper's interest and ability. Three or four weeks allows the time required for instruction and learning in a more advanced program, as well as additional choices of more challenging activities for older campers. The extra time also allows for the development of self-confidence, independence, maturity and long-lasting friendships, which are some of the most important reasons for going to camp in the first place. A month at camp offers opportunities for growth and development which cannot be duplicated at school or at home.



Grades listed below for each term should reflect the grade your child is in during the 2022-2023 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 2023.

6-DAY MINI TERM *(for campers completing 1st - 3rd grades by June 2023)*

- Designed to help our youngest campers get comfortable with being away from home, while getting a taste of the camp experience!
- Campers are eligible to attend the Mini/Jr Terms a combined total of 3 times.
- Campers are not eligible for the Mini Term after attending Junior/Senior Terms.

11-DAY JUNIOR TERM *(for campers completing 2nd - 5th grades by June 2023)*

- 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.
- Campers are eligible to attend the Mini/Jr Terms a combined total of 3 times.
- Campers are not eligible for the Jr Term after attending one of our Sr Terms.

3 & 4 WEEK SENIOR TERMS *(for campers completing 3rd - 8th grades by June 2023)*

- 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!
- Afternoon elective activities last 5—6 days each.
- 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 \$1,050 per child for the 6-Day Mini Term, \$1,950 per child for the 11-Day Junior Term, and \$2,950 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 Junior and Senior 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!

2023 DATES AND RATES

6 Day Mini Term

1st - 3rd Grade

May 30th - June 4th

June 12th - June 17th

July 10th - July 15th

\$1985

11 Day Junior Term

2nd - 5th Grade

May 30th - June 9th

June 12th - June 22nd

July 10th - July 20th

\$3385

4 Week Senior Term

3rd - 8th Grade

June 12th - July 7th

\$5135

3 Week Senior Term

3rd - 8th Grade

July 10th - July 30th

\$4635

Grades listed must be completed by June 2023

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 THROUGH 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 and confirmation fees are no longer refundable for cancellations after May 1st with the exception of accident or illness as outlined below. 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

Should accident or illness prevent a camper from attending or remaining in camp, loss of all unused fees (prorated by days attended) will be shared equally between Camp Mac and the camper's family for a refund or all unused fees may be applied toward camp for the same child the following summer. A physician's statement is required.

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 offered for one week, September 13th - 19th 2022, and is available to returning campers in good standing. In order to receive a returning camper discount, the confirmation fee and final balance must be paid by the due dates. The discount will be deducted from the final balance due.



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.

If you would like to make a request or disrequest, please indicate that on your camper's "Personal Profile" Form under the "Cabin Mate Request" section. Requests are not taken over the phone or by email.

Our Bunk Assignments are determined based on your child's enrolled term and grade level. We can only guarantee one request for each camper. In order for your request to be guaranteed, both campers must select each other as their first request, be enrolled in the same term, and have completed the same grade. Additional requests will be honored as best possible.

You will find out your camper's cabin and bunk assignments on Check-In Day. Before you arrive, Bunk Assignments will have been made to eliminate the need to try to get a certain bunk or save bunks upon arrival. 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 cannot swap camper name tags on bunks. Many factors go into making final cabin assignments and your child's placement is final.



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, small lamps, fans, and extension cords, and photos to decorate their bunks.



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.

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.

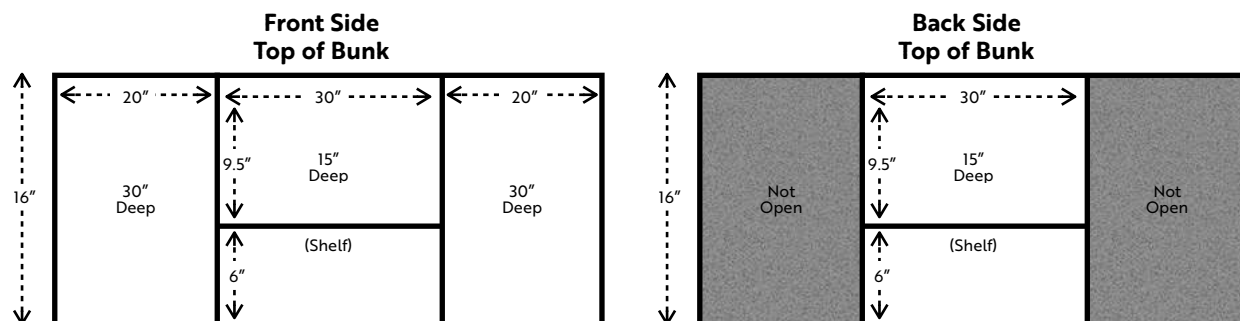
LAUNDRY (all terms except 6-Day Mini Terms)

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



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!



RECOMMENDED STORAGE BOX SET

Two 56 quart boxes — Dimensions 23" L x 16 ¼ W x 12 ¾ H

Two 28 quart boxes — Dimensions: 23" L x 16 ¼ W x 6" H

Two 12 quart boxes — Dimensions: 16 ½ L x 11 ½ W x 6 ¼ H

Two 6 quart boxes — Dimensions: 13 ⅝ L x 8 ¼ W x 4 ⅞ H

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



CAMP DRESS

Campers are encouraged to wear comfortable, athletic clothing. Clothing should be camp-friendly and able to get dirty! Face and body piercings are not recommended. Campers participate in a variety of activities that could cause the possibility of injury if a piercing became snagged or entangled. If earrings are worn, we recommend studs, not hoops or chains. The Head Counselors and Director have the discretion to determine appropriate dress for each activity.

GIRLS

- Shirts/Tops must have straps. Strapless swimsuit coverups are permitted.
- Shorts must have a recognizable inseam.
- Tank-tops allowed over a sports-bra or swimsuit; cut-open muscle tees (sides cut out) or sports bras as tops allowed during sports-related activities (athletics, strength & conditioning, running, etc.).
- Swimwear should be appropriate for the active-nature of camp. Two-piece swimsuits are permitted but must have full coverage (no skimpy bottoms). Sporty swimsuits are encouraged. Swimsuits must have straps, and girls must have a one-piece suit for the swim meet (3 and 4 week Senior Terms).
- Shirts & shorts, coverups, or towels must be worn over swimsuits between activities.
- Pajamas will not be worn outside the cabin.

BOYS

- Shirts required unless at the Pool or Waterfront or while participating in sports-related activities (athletics, strength & conditioning, running, etc.).
- Shorts/Pants must be worn at the waist with no undergarments exposed.
- Tank-tops allowed; cut-open muscle tees (sides cut out) allowed during sports-related activities (athletics, strength & conditioning, running, etc.).
- Swimwear should consist of swim trunks/shorts and be worn at the waist.
- Shirts must be worn with swim trunks/shorts between activities.
- Pajamas will not be worn outside the cabin.

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)
- Inexpensive — less than \$100

Inexpensive MP3 players are 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 digital cameras. Disposable cameras are allowed. Digital cameras 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.

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!

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

We have learned both parents and children 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 75 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 there, you can access the Daily News as well as a link to our Facebook album to see pictures from that day's activities. Please note, images on the News are meant to highlight an activity and do not necessarily correlate 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.*

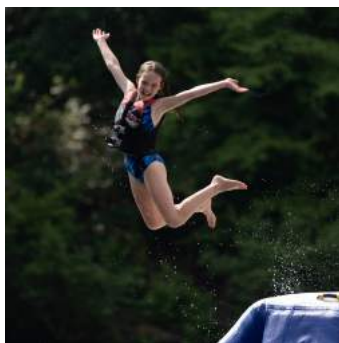




Location & Facilities

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.



CAMP IS FOR THE CAMPERS!

First thing my son said when he got in the car was, "Mom, next summer I want to go for a month. My whole cabin does." Camp Mac has been such a wonderful blessing to our family! – **Parent 2022**

This was my son's first year at Camp Mac. He loved it and didn't want to come home. He can't wait to come back for a longer-term next summer! We were very impressed by the friendliness and maturity of his counselors, the smoothness of the check-in and checkout process, the variety of activities offered, and the beauty of the camp grounds. We noticed that our son came back a little more confident and a little more willing to make his own bed in the morning without being asked. – **Parent 2022**

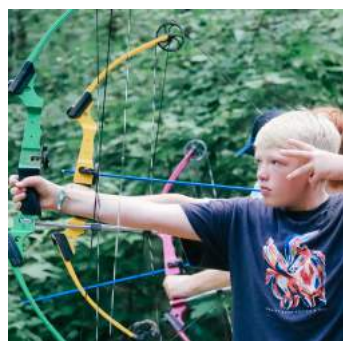
There aren't enough words to express how happy I am that my son attended camp this summer. He had an amazing time and learned so many things and met new friends. Many phone numbers were exchanged as he left in preparation for fun with his new friends away from camp! – **L.J., 2022**

Excellent customer service. Staff members were on point when we arrived and we're extremely helpful and guided us the entire way through out the check in process. This made everything comfortable and we felt like we weren't having to wonder if we were doing it right we just absorbed ourselves into the process naturally. The grounds are beautiful and well-maintained. – **Parent 2022**

Our daughter came home with so much confidence! We were so impressed with the activities that she explored and the connections with friends that she made. It was such a wholesome camp experience, and we can't wait for next year! – **Parent 2022**

We are so thankful for the personal growth, friendships and confidence gained. They haven't stopped talking about the activities, funny stories and all they accomplished this year. This "magical place" will never be replicated. To be a Camp Mac Camper is just the greatest gift. – **G.G., 2021**

My daughter tried some new things and tested her limits. That is a big deal and something that we have been working hard on. I am so thankful that my kids get to have the Camp Mac experience and for all the wonderful people who pour their hearts into our children each summer. – **K.F., 2022**



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.

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: 6-DAY MINI TERMS

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
- ☐ Books/reading material
- ☐ 8-10 inch plug-in electric fan (clip or stand-alone)

Clothing

- ☐ 6 or more pairs of socks
- ☐ 6 or more pairs of underwear
- ☐ 2 or more pairs of sleepwear
- ☐ 2 pairs of long pants. Jeans preferred - athletic pants/leggings acceptable
- ☐ 8 pairs of shorts (1 pair white shorts - athletic acceptable - if term includes Sunday)
- ☐ 10 or more shirts
- ☐ Swim suits (girls: all suits must have straps)

- ☐ 1 sweatshirt/hoodie or fleece jacket
- ☐ 1 raincoat, poncho, raingear
- ☐ Tacky Night Outfit

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
- ☐ Flip-flops, Chacos, or "Crocs" type shoes

Toiletries

- ☐ Toothbrush and toothpaste
- ☐ Hairbrush/Comb
- ☐ Deodorant/personal products (no AXE-type body spray)
- ☐ 1 bottle antibacterial bath wash (no bar soap)
- ☐ 1 bottle shampoo/conditioner
- ☐ Bug Repellent
- ☐ Sunscreen

Equipment

- ☐ Helmet for horseback riding (can be bike helmet)
- ☐ Water Bottle (No glass water bottles)

Linens/Towels

- ☐ 2 or more bath towels/bath cloths
- ☐ 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

Storage Containers

- ☐ Shower bucket (holes in bottom)
- ☐ 2 or more clothes containers (boxes, crates, laundry baskets, etc.)

- *Camp provides laundry bag*

Optional

- ☐ 1 or 2 duffle bags for bringing things to camp
- ☐ Music device and charger (see electronics policy)
- ☐ Swim goggles
- ☐ "Egg crate" mattress pad
- ☐ Stuffed animal/Lovey
- ☐ Towel Wrap
- ☐ Hat/ball cap
- ☐ Disposable Camera
- ☐ Tennis racket (camp furnishes balls)
- ☐ 1-2 Hangers

WHAT NOT TO BRING

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

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

- Money
- Magic markers/Sharpies/Pens
- 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: 11-DAY JUNIOR TERMS

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
- ☐ Books/reading material
- ☐ 8-10 inch plug-in electric fan (clip or stand-alone)

Clothing

- ☐ 10 or more pairs of socks
- ☐ 10 or more pairs of underwear
- ☐ 2 or more pairs of sleepwear
- ☐ 2 pairs of long pants. Jeans preferred - athletic pants/leggings acceptable
- ☐ 8-10 pairs of shorts (1 pair white shorts - athletic acceptable)
- ☐ 10 or more shirts
- ☐ Swim suits (girls: all suits must have straps)
- ☐ 1 sweatshirt/hoodie or fleece jacket
- ☐ 1 raincoat, poncho, raingear

- ☐ Tacky Night Outfit
- ☐ 1 set Party Night clothes (only first Junior Term)
 - ☐ Girls: sundress or dressy casual dress (no strapless), shoes
 - ☐ Boys: nice slacks/shorts, collard shirt, and shoes

Shoes

- ☐ 1 pair water/mud proof shoes for rainy days
- ☐ 1 pair hard-soled shoes or boots for Horseback (not Hunter-style rain boots)
- ☐ 1 or more pairs athletic shoes
- ☐ Flip-flops, Chacos, or "Crocs" type shoes

Toiletries

- ☐ Toothbrush and toothpaste
- ☐ Hairbrush/Comb
- ☐ Deodorant/personal products (no AXE-type body spray)
- ☐ 1 bottle antibacterial bath wash (no bar soap)

- ☐ 1 bottle shampoo/conditioner
- ☐ Bug Repellent
- ☐ Sunscreen

Equipment

- ☐ Helmet for horseback riding (can be bike helmet)
- ☐ Water Bottle (No glass water bottles)

Linens/Towels

- ☐ 6 or more bath towels/bath cloths
- ☐ 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 or comforter - 2 if bed wetter
- ☐ 1 mattress cover
- ☐ Pillow

Storage Containers

- ☐ Shower bucket (holes in bottom)
- ☐ 2 or more clothes containers (boxes, crates, laundry baskets, etc.)

- *Camp provides laundry bag*

Optional

- ☐ 1 or 2 duffle bags for bringing things to camp
- ☐ Costume/instrument/music for Talent Night
- ☐ Music device and charger (see electronics policy)
- ☐ Swim goggles
- ☐ Ball glove (boys and girls)
- ☐ "Egg crate" mattress pad
- ☐ Stuffed animal/Lovey
- ☐ Towel Wrap
- ☐ Hat/ball cap
- ☐ Disposable Camera
- ☐ Tennis racket (camp furnishes balls)
- ☐ 1-2 Hangers

WHAT NOT TO BRING

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

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

- Money
- Magic markers/Sharpies/Pens
- 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: 3 & 4 WEEK SENIOR TERMS

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
- ☐ Books/reading material
- ☐ 8-10 inch plug-in electric fan (clip or stand-alone)

Clothing

- ☐ 14 or more pairs of socks
- ☐ 14 or more pairs of underwear
- ☐ 4 or more pairs of sleepwear
- ☐ 4 pairs of long pants. Jeans preferred - athletic pants/leggings acceptable
- ☐ 10-12 pairs of shorts (1 pair white shorts - athletic acceptable)
- ☐ 14 or more shirts
- ☐ Swim suits (girls: all suits must have straps and at least 1 one-piece for Swim Meet & co-ed Swimming activities)
- ☐ 1 sweatshirt/hoodie or fleece jacket
- ☐ 1 raincoat, poncho, raingear

- ☐ 1 Red/White/Blue Outfit (4 Week Term Only)
- ☐ 1 set Party Night clothes
 - ☐ Girls: sundress or dressy casual dress (no strapless), shoes
 - ☐ Boys: nice slacks/shorts, collard shirt, and shoes
- ☐ 1 Country/Western Band Party Outfit
- ☐ 1 College Night Outfit
- ☐ 1 90s Night Outfit (an outfit worn in the 1990s)

Shoes

- ☐ 1 pair water/mud proof shoes for rainy days
- ☐ 1 pair hard-soled shoes or boots for Horseback (not Hunter-style rain boots)
- ☐ 1 or more pairs athletic shoes
- ☐ Flip-flops, Chacos, or "Crocs" type shoes

Toiletries

- ☐ Toothbrush and toothpaste
- ☐ Hairbrush/Comb
- ☐ Deodorant/personal products (no AXE-type body spray)

- ☐ 2 bottles shampoo/conditioner
- ☐ 2 bottles antibacterial bath wash (no bar soap)
- ☐ Bug Repellent
- ☐ Sunscreen

Equipment

- ☐ Helmet for horseback riding (can be bike helmet)
- ☐ Water Bottle (No glass water bottles)

Linens/Towels

- ☐ 6 or more bath towels/bath cloths
- ☐ 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 or comforter - 2 if bed wetter
- ☐ 1 mattress cover
- ☐ Pillow
- ☐ Sleeping Bag or Hammock for Campouts

Storage Containers

- ☐ Shower bucket (holes in bottom)
- ☐ 2 or more clothes containers (boxes, crates, laundry baskets, etc.)

- *Camp provides laundry bag*

Optional

- ☐ 1 or 2 duffle bags for bringing things to camp
- ☐ Costume/instrument/music for Talent Night
- ☐ Tent for Campouts
- ☐ Music device and charger (see electronics policy)
- ☐ Swim goggles
- ☐ Ball glove (boys and girls)
- ☐ Backpack
- ☐ "Egg crate" mattress pad
- ☐ Stuffed animal/Lovey
- ☐ Towel Wrap
- ☐ Hat/ball cap
- ☐ Disposable Camera
- ☐ Tennis racket (camp furnishes balls)
- ☐ 1-2 Hangers

WHAT NOT TO BRING

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

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

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- 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!

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:** Please pick Option A or B. 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.
- A. **Original Labeled Containers:** All medications, regular and/or as needed, must be turned in to the Camp Health Staff in original labeled containers with child's name and directions for use or accompanied by a Doctor's Rx or Doctor's order with instructions for administration.
- B. **Blister Packs:** While it is not required, we would like to suggest that all prescriptions be packaged in blister packs or unit dose packaging. This type of packaging prompts for the day and time of each dose. Many of our campers are on daily medications of some kind, so by transitioning to this system, our hope is that it will improve the efficiency of medical disbursement. This allows our nurse team to have more time to devote to the well being of your child.

We have found that most "big chain" pharmacies do not offer this service, but we have found that most local independent pharmacies are happy to provide this service for you at a nominal fee. If your local independent pharmacy is unable to offer this service, we encourage you to contact Martin's Pharmacy in Anniston and have your child's prescription filled and bring to camp with you on check-in day. You would need to contact Martin's at least 2 weeks before check-in day and pick up your child's medication on the way to camp!

Martin's Pharmacy (phone: 256-403-0500)
1801 Quintard Avenue, Anniston, Alabama 36201

Prescription medications taken on a as needed basis do not need to be in blister pack form (see option A).

- **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 & COMMUNICABLE DISEASE SCREENING

All campers will have their heads checked for lice and be screened for communicable diseases on Check-In Day, no exception. Before unpacking in the cabin, each camper will need to go to the tetherball courts on the cabin line where the Health Staff will screen for lice and other communicable diseases. When the Health Staff clears your camper, they will be given a smiley sticker to let the cabin counselors know the check is complete. If anything is discovered, our Health Staff will discuss treatment options with you. If you or your camper are exposed to any communicable diseases in the week prior to your camper's term, please let us know.

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 bed-wetting problem. If more than occasional, please inform us 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 bed-wetters. 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 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.

Before unpacking in the cabin, each camper will need to go to the tetherball courts on the cabin line where the Health Staff will screen for lice and other communicable diseases. When the Health Staff clears your camper, they will be given a smiley sticker to let the cabin counselors know the check is complete. If anything is discovered, our Health Staff will discuss treatment options with you.

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.



2023 CHECK-IN TIMES

*All terms will check-in between:
8:30 AM - 10:30 AM CDT*

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 information and reminders will be emailed and texted.

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 Terms are still in progress. Thank you for understanding.*



2023 CHECK-OUT TIMES

Mini & Junior Terms: 8:30 AM - 9:30 AM CDT

Senior Terms: 8:30 AM - 10:30 AM CDT

Reminders will be emailed and texted to parents!

**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 75 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 YEARS
AMONG THE PINES!**

1948 • 2023



CAMP MAC