



# Parents and Student Outdoor School Packet

## **Our Mission**

Sunset Lake Camp invites you to:

Seek Adventure

Nurture Community

Discover God's Grace

## **Our Vision**

Sunset Lake Camp will transform lives by creating a place of rest and renewal where people of all ages and backgrounds are encouraged to connect with God through His creation.

## Sunset Lake Camp Outdoor School

We are excited that your child will be joining us for outdoor school. It is our belief that God is revealed through his creations. *"But ask the animals, and they will teach you, or the birds in the sky, and they will tell you. - Job 12:7* Sunset Lake camp is blessed to have over 400 acres of wilderness to explore. This environment allows us to not only teach about nature but to explore it. We believe that experience and observation of nature is imperative to a well-rounded education.

Sunset Lake operates with the philosophy of challenge-by-choice, meaning participation in activities will be strongly encouraged, but never forced. We ask that guests respect God, themselves, and others. Sunset Lake seeks to create an environment where everyone belongs. Bullying will not be tolerated. Students, teachers or chaperones who bully or otherwise are disrespectful will be asked to leave. We do not permit pranks of any kind.

### Lodging

Your child will be staying in our Timber or Cascade cabin circles. Each cabin room has five sets of bunks, a shower, restroom, bathroom sinks, and is heated. An adult chaperone will also stay in each cabin to provide supervision. Your child will need their own bedding or sleeping bag.

### Food

It is important that your child receive the proper nutrition and hydration to enjoy his/her experience. Please be sure to fill out the *Heath History and Release Form* and indicate any food allergies your child may have. We will be providing healthy and filling meals while they are with us (or your child's school will). If you have any concerns please don't hesitate to contact us.

### **For More Information**

If you or your student have any questions about outdoor school, please feel free to give us a call, send an email, or visit our website.

**Sunset Lake Camp**  
www.sunsetlake.org  
sunset.lake.camp@gmail.com  
(360) 829-0311

## *Sunset Lake Camp* **PACKING LIST**

### **Bedding:**

Sleeping bag or twin sheets and blanket  
Pillow

### **Toiletries:**

Bath towel and washcloth  
Toothbrush and toothpaste  
Comb or brush  
Soap or body wash  
Shampoo  
Deodorant  
Sunscreen  
Insect repellent  
Medication (to be kept and distributed by adult sponsors)

### **Equipment:**

Laundry bag (large plastic bag works fine)  
Water Bottle  
Flashlight or headlamp  
Sack lunch (first meal)

### **Clothing:**

Jeans or other long pants  
Shirts - Long and short sleeve  
Pajamas  
Underwear  
Socks (pack a few extra pairs)  
Sweater or sweatshirt  
Warm jacket  
Shoes - 2 pairs (closed-toed)  
Raincoat or poncho

### **Optional Suggestions:**

Gloves  
Hat  
Lip balm  
Camera  
Rubber boots  
Book to read during free time  
Day pack  
Money for Camp Store

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### **Dress Code:**

Due to the nature of this trip, proper clothing will be essential to having a great experience. Weather at Sunset Lake can change rapidly throughout the day. Nights are often cool and days can be warm, cold or rainy. There will be moderate hiking on and off trails and evening activities outside. Please have them dress modestly and appropriately for being outdoors. Remember that your child will get dirty so please send clothes appropriate for the occasion. Skirts and dress pants are not recommended.

### **What not to bring:**

Knives, guns, fireworks, music players, electronic games, cell phones/tablets, alcohol, tobacco, or drugs. The school may have more items to add per their policy.

We don't recommend that your child bring a cell phone, however, if your child does bring one they will be asked to keep it in their cabins or with their chaperone at all times while at Sunset Lake Camp.

# Health History and Release Form – Sunset Lake Camp Outdoor School

## Part I – General Information

Name of Student: \_\_\_\_\_

Name of School: \_\_\_\_\_

Gender: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parent(s) or Guardian: \_\_\_\_\_

Emergency Contact Numbers:

Home: \_\_\_\_\_

Cell: \_\_\_\_\_

Work: \_\_\_\_\_

If unable to contact, please notify:

Name: \_\_\_\_\_

Relationship to student: \_\_\_\_\_

Phone: \_\_\_\_\_

## Part II – Health History

Yes No

Does the participant have a chronic or recurring illness, a surgery, mental health concerns, or physical restrictions that could affect their participation?

Does the participant have any medication, food, or environmental allergies, or any dietary restrictions? (Meals are vegetarian)

Is there anything else we need to know to give the your student the best possible experience?

If “Yes”, or other concerns, please explain: \_\_\_\_\_  
\_\_\_\_\_  
(Continue on back)

Chaperones will be responsible for administration of all prescription and over-the-counter medication. Please be sure to discuss any specific needs with your student’s teacher and give the teacher the medication.

In the event that I cannot be reached in an emergency, I hereby give permission to the physician selected by the school teacher to hospitalize, and/or secure proper treatment for the person named above.

Signature of parent or guardian: \_\_\_\_\_ Date: \_\_\_\_\_

The information below is required by our local emergency room. Without this information, your child may not be able to receive appropriate care in a timely manner.

My child has health insurance

Name of insurance carrier: \_\_\_\_\_ Phone # of carrier: \_\_\_\_\_

Address of carrier: \_\_\_\_\_

Policy Holder’s Name: \_\_\_\_\_ Relationship to student: \_\_\_\_\_

Group ID #: \_\_\_\_\_ Individual ID #: \_\_\_\_\_

My child does NOT have health insurance or I choose not to provide this information

## Part III – Consent and Assumption of Risk

Activities at an outdoor school may include, but are not limited to, hiking through the forest, crossing streams and other recreational activities. Rugged terrain and natural and man-made structures can cause harm. The risks of a visit to Sunset Lake Camp, whatever the activities and whether or not supervised, can cause loss or damage to property, personal injury and, in extraordinary cases, even death. These risks are inherent in a visit to Sunset Lake Camp, and without them the visit would lose its appeal, value and purpose. Visitors are at Sunset Lake camp at their own risk, and, except for its gross negligence and intentionally wrongful conduct, Sunset Lake Camp is not responsible for any loss or harm which a visitor may suffer while at Sunset Lake Camp. We sometimes photograph campers and visitors for promotional purposes. Your presence at Sunset Lake Camp grants us permission for our use of these images. If this is a problem please contact Sunset Lake Camp prior to the event. I am fully informed of and assume the risks of activities of this event and give consent for my child or ward to participate in these activities.

Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_