

# Camp

# St Mary of Egypt

Sponsored by the parishes of the  
Northwest Deanery of the  
Antiochian Orthodox Christian Archdiocese

# Staff Manual

[www.campstmary.org](http://www.campstmary.org)

# Table of Contents

CSME Mission Statement.....	3
Daily Schedule.....	3
The Golden Rule.....	4
Abuse.....	4
Cabin Atmosphere.....	4
Cabin Safety.....	4
Registration.....	5
Check-out/Departure Day.....	5
Communications During Emergency.....	6
Cabin Cleanup.....	6
Dehydration.....	6
Discipline of Campers.....	6
Idle Talk and Community Life.....	6
Lights Out.....	7
Meals.....	7
Morning.....	7
Personal Valuables.....	7
Personal Vehicles.....	7
Phone Calls Home (Campers).....	7
Phone Calls (Staff).....	7
Prohibited Activities.....	7
Sexual Misconduct, Alcohol Use and Abuse, Tobacco Use	
Staff Dress.....	8
Release of Campers.....	9
Staff Health.....	9
Supervision of Campers.....	9
Unknown Person on Camp Property.....	10
Camper Rules.....	10
Health Information.....	11
Camper Assessment, Hygiene, Nutrition, Bowel Irregularity, Earaches, Nosebleeds, Bee Stings, Feeling Faint or Dizzy, Asthma Attack, Choking, Heat Cramps/Exhaustion, Communicable Disease, Universal Precaution	
Emergency Procedures.....	12
General Emergency Plan, Lost or Runaway Campers, Fire	
Church Etiquette.....	13
Empathetic Listening.....	13
Team Time and Afternoon Competitions.....	13
Afternoon Activity Sessions.....	13
Evening Program.....	14
Staff Packing List.....	14

# Camp St Mary of Egypt Mission Statement

The mission of the Camp St Mary of Egypt is to provide to young people a living experience of the Holy Orthodox Faith, in community with other campers in a peaceful camp environment. We promote the enriching of our Orthodox Faith, practice in living in community, growth in personal relationships as well as personal responsibility, and an appreciation for living in God's creation.

## Daily Schedule

### Monday

1-3:00p	Registration
3-4:30p	Camp blessing (chapel) & rules
4:30-6:30p	Cabin time
6:30p	Dinner
7:30p	Team Time
9:00p	Dismissal (younger)/Afterglow
10:00p	Dismissal (older)/Lights out (younger)
11:00p	Lights out (older)

### Saturday

7:30a	Pre-communion prayers
8:00a	Divine Liturgy (chapel)
9:30am	Brunch (on lawn)
10:15am	Cabin time/pack up
10:45am	Camp clean-up
11:00am	Awards Ceremony (chapel)
11:30am	Camper departure

### Tuesday through Friday

7:00a	Early Bird (on lawn near swimming area)
8:00a	Matins
9:00—9:45a	Breakfast
9:45a	Cabin time (prepare to go to Morning Session)
10:00-10:50a	Morning Session 1
11:00—11:50a	Morning Session 2
12:00p	Cabin Time
12:30—1:15p	Lunch
1:15-1:30p	Cabin Time (prepare to go to Activity Sessions)
1:30-2:15p	Activity Session 1 (swimming, crafts, ping pong/games/music jam, canoeing, mini-golf)
2:30-3:15p	Activity Session 2
3:30-4:00p	Snacks for campers/Staff meeting for counselors
4:00-5:00p	Afternoon Activity/Team Competitions
5:00-5:30p	Cabin Time
5:30p	Vespers
6:30p	Dinner
7:30p	Evening Program
9:00p	Dismissal for Younger Campers/Afterglow
10:00p	Dismissal for Older Campers/Lights Out for Younger Campers
11:00p	Lights Out

# Guidelines

Here are the general guidelines for the week of camp. If you have specific questions or concerns, please see the Clergy Director.

## The Golden Rule

EXPECT THE CAMPERS TO DO ANYTHING AND EVERYTHING THAT WE DO. This includes the way we act, our attitude, and our time management skills.

- If counselors are on time for meals or church, then campers will be as well.
- If counselors have a positive attitude toward an activity or enjoy the food that we have been given or say nice things about another counselor, then the campers will have the exact same attitude and say the exact same things.

## Abuse

Any accusation or talk of any type of abuse at home or at camp must be reported to the Clergy Director immediately. This includes parent to camper, staff to camper, or camper to camper cases of abuse. All comments regarding abuse should be taken with the utmost seriousness, and addressed immediately. Warning signs that one should look out for are unusual bruising or scarring, inappropriate social interactions such as excessive physical contact or aversion to physical contact, unusual comments about parental authority.

## Cabin Atmosphere

Camp is an opportunity to escape the everyday distractions of life at home. Counselors are to maintain a Christian atmosphere in their cabins. This atmosphere should be free of foul language (English and any other language), put-downs, electronic devices, and bullying. Do not try to be their friend or to be popular with the campers but be what they really need: their counselor. Give the campers the best experience possible, free from these worldly distractions. We must work as a team, and all commit to the rules of the camp.

## Cabin Safety

Prior to campers arriving, counselors should make a thorough safety check of their cabins, ensuring the following:

- Clean, disinfected and dry floors
- Disinfected bathrooms
- Disinfected mattresses
- Operational Fire Extinguishers and Smoke Detectors
- All primary and secondary exits are accessible
- No safety hazards present (broken glass, poisonous or hazardous materials, unauthorized cleaning materials, etc.)

Throughout the week of camp, a continuous awareness should be kept to keep the above safe environment. This includes making sure campers are sleeping in appropriate arrangements and that exits are not blocked by luggage or other obstacles.

## Registration

The first day of each camp, counselors should be very welcoming and friendly to all campers and parents that arrive. First impressions of camp—especially camp staff—can lead to or prevent homesickness. Here are 5 specific steps that we should remember on the first day:

**Hello!** Greet everyone you see, both parents and campers. Welcome them to the camp. Shake their hand. Be excited, energetic and friendly. Consider the person you're meeting—if the camper is 9 years old and only 3 feet tall— crouch down to their level and introduce yourself, rather than as standing as an intimidating figure looming over them.

**You Can Do It!** Stay positive. Registration day can be hectic. Stay strong, focused, and support each other.

**Friends.** Get to know the camper, and find things you have in common with them. This will allow the camper to feel a connection to you, and help them adjust to the new surroundings.

**Luggage.** When a camper arrives, help them carry their luggage to their cabin. It is important to help them make their bed and get settled, because it gives them a specific place that they can call home for the session. They do not need to unpack everything, but a packed suitcase gives them the idea that they can still leave if they are having a bad time. When they are done, escort them back to the main meeting area near the chapel. No campers should be in cabins unattended—not on the first day—not ever. If the parents would like, welcome them to come and see where their child will be staying.

**Introduce and Involve.** Introduce campers to other campers and other counselors. Remembering campers' names can be difficult, but it means so much to call a camper by their first name. Play sports and games with them or do anything to involve them with other staff and campers and to help them feel at home.

## Check-out/Departure Day

There will be a lot of logistical things to handle during the last 24 hours before the campers leave. Remind the campers to collect their scattered belongings. These might include arts projects, towels at the pool, etc. The last couple of nights, it is a good idea to hold a cabin time that is a “wrap-up” of the week. This will help them to take all the things that they have learned throughout the week, and see how they can apply it in their daily lives back home.

The night before Departure Day, have your campers packed and ready for the morning. This is the time items often get lost and not packed. Check under beds, in the bathroom, and in other “hidden” places. Don't let clothing get left behind—clothing left behind gets donated to a local charity.

**Sign-out:** Remember that campers' parents **MUST** sign their campers out before they can leave camp. The procedure for this will be explained at the staff meeting just prior to departure.

## Communications during Emergency

During emergencies, all communication with Parents should be done via the Clergy Director or his designate, and not by any other camp personnel. If some stranger is on camp grounds, direct that person(s) to the camp office, and notify the Clergy Director immediately. In non-emergency situations, parents should only be contacted with the prior approval of the Clergy Director.

## Cabin Cleanup

Duties should be divided fairly among the campers for the daily cabin cleanup to be done prior to church each day. Use discretion in delegating age-appropriate chores. (Age ten and under should not be handling bleach, etc.). Duties include:

- Floors swept
- Bunks made and luggage put away
- Tidy up around the outside of the cabin

## Dehydration

Dehydration should never be confused with water conservation. Everyone needs to drink plenty of water throughout the day. All campers and staff must drink at least one full glass of water at each meal. At camp, we are always on the go, we are outside in the sun, and much more active than we are in our normal lives, so we must drink plenty of water to keep our bodies hydrated.

## Discipline of Campers

No camp staff shall engage in any physical punishment or any punishment that poses undue emotional stress on campers. Any “out of the ordinary” discipline problems should be handled with the assistance of the Clergy Director.

## Idle Talk and Community Life

*O Lord and Master of my life,  
Take from the spirit of sloth, despair, lust of power, and idle talk.  
But give rather the spirit of chastity, humility, patience, and love to Thy servant.  
Yea O Lord and King, grant me to see my own sins, and not to judge my brother.  
For though art holy, always now and ever and unto ages of ages. Amen.*

The prayer of St. Ephraim the Syrian is such a powerful prayer, and unfortunately, it is usually only heard during the Lenten season. During your stay at camp, you will be living in a very tight community, where everyone knows everyone else and sees each other every single day. The campers and everyone around will always be watching everything we do. Living in this type of atmosphere, it is very easy to begin talking about other people and things that they do. The campers will talk about the staff because we are seen as glorified figures to them. In addition, staff members will also talk. Soon, the idle talk gets exaggerated, and stories are blown way out of proportion. Do your best to stop idle talk, not only this summer, but throughout the year as well. Let gossip stop when it reaches you.

## Lights Out

Just before it is time for Lights Out, each cabin should say their Evening Prayers. After Lights Out, all campers should be in their beds, and the counselor should be in the cabin with them until most are asleep. After most of your campers are asleep, you can spend some time just outside of your cabin, as long as you are within earshot. Counselors are only allowed to leave their cabins after Lights out for emergencies.

## Meals

Cabins should always walk to meals together. When in the Dining Hall, keep focused on your campers. Make sure the server knows his/her job before sending him/her up to the window. Everyone should sit at the tables and not move around, except the server.

## Morning

The best way to get cooperation is to model good behavior. Start the day positive and enthusiastically. Counselors should be awake once the first camper is awake. The wake-up bell will ring at 7am, but it is up to the counselor to determine if his/her cabin will need more time for morning prep. Be sure to leave enough time to wake up, get dressed, shower, clean the cabin, and be in church on time. **Remember, early is on time, and on time is late!**

## Personal Valuables

It is advisable not to bring personal sports equipment, expensive jewelry or any such valuable possession to camp. CSME accepts no responsibility for any such item brought and somehow lost or stolen.

## Personal Vehicles

All cars must be parked in the parking lot just outside the chapel. Personal vehicles should never be used to transport campers.

## Phone Calls Home (Campers)

These are placed at the discretion of the Camp Director.

## Phone Calls (Staff)

We ask that you do not use your phone during camp hours, with the exception of your free time each day (you may use your cell phone as a camera or alarm clock or to text with other staff as needed). You are responsible for your electronic device—CSME is in no way responsible for loss or theft and will not replace any electronic devices.

## Prohibited Activities

### **Sexual Misconduct**

The safety of each and every camper and the reputation of CSME as a whole rests with the staff. One's position on the staff of CSME changes one's relationships with others simply because of the status and authority that go with this position. These issues of power may or may not be consciously perceived by either party in a relationship. Regarding staff/camper interactions, these issues play an even larger role, again often

without the conscious perception of them by either person, and with the added issues of legality.

Because of this, there are certain behaviors which must be enumerated, and from which no staff volunteer during the duration of camp should be involved. These include: engaging in any physical touching of any kind, including but not limited to, kissing, petting, caressing, or any other sexual contact intended for sexual gratification, with any other person related in any way to the camp, including but not limited to, campers, counselors, volunteers, or facility employees. Also, engaging in vulgar, obscene, suggestive, or profane talk or behavior is strictly forbidden.

There are additional behaviors, which, while not intended for sexual gratification, are nonetheless inappropriate due to the above-mentioned issues of propriety. They include interactions between counselors and opposite sex campers such as: massages, sitting on laps, and full body hugs.

### **Alcohol Use and Abuse**

Alcohol use may be legal for some staff members due to age requirements, but to protect the reputation of CSME, the following policies govern the use of legal substances for the entire duration of camp.

The following are forbidden:

- ❖ Possessing, distributing or drinking alcoholic beverages on camp property or in the presence of campers.
- ❖ Being under the influence of any amount of alcohol while at camp.
- ❖ Consuming alcoholic beverages to the point of intoxication as defined by the State of Idaho.
- ❖ Consumption of any alcohol by a staff member under the legal drinking age of 21 in the State of Idaho.
- ❖ Using, possessing, distributing, or furnishing any illegal substance.

### **Tobacco Use**

In order to provide the best example for our campers, the following policies are in place regarding tobacco use:

- ❖ No use of tobacco is allowed on camp grounds or in the presence of campers.
- ❖ All tobacco products are prohibited on camp property.
- ❖ Campers who present nicotine addiction issues to staff can be referred to the Camp Director or Camp Nurse.

In addition to all of the above specified, any conduct that is in any manner inconsistent with the operation of an Orthodox Christian summer camp and the moral teachings of the Orthodox Christian Church is strictly prohibited.

### **Staff Dress**

All staff should model Christian modesty in their choice of attire and be good role models for campers. The following is the camp's dress code given to the campers and parents when they register:

While camping is of an informal nature, Christian modesty should be your guiding principle when packing. Excessively revealing clothing should not be packed as inappropriate clothing will not be permitted to be worn. Inappropriate clothing

includes, but is not limited to: open back tops, low-cut fronts, skin tight clothing, half shirts, bikini bathing suits (tankinis are permitted as long as the midriff is completely covered), tank tops, shorts cut shorter than a few inches above the knee, low-cut waistlines, and tank-top undershirts. No more than two pairs of earrings are permitted for girls, and none for guys. Excess earrings and all other body piercings must be removed prior to admittance to camp. Tattoos must be covered at all times while at camp. Sagging pants and exposed underwear are a no-no as well.

Because of our outdoor setting with uneven terrain, tree roots, etc., backless shoes (flip-flops, etc.), open-toe shoes, and high heels are not safe and should not be packed and worn at camp. Athletic shoes must be worn during Afternoon Program.

Dress for daily church services is casual. For the Divine Liturgy, which will be celebrated on Saturday, boys are expected to wear a collared shirt, and girls should wear a dress or skirt and blouse.

We do not recommend bringing expensive or name-brand clothing or other expensive items to camp. Each article of clothing and all gear should be clearly labeled for identification. Cabin storage space is limited, so please be mindful in packing and do not bring excessive amounts of clothing and other items.

### Release of Campers

No camper is to be released to anyone outside of camp without the verified knowledge and consent of the Camp Director. Anyone taking a camper from camp property, including the last day, must sign the camper out.

### Staff Health

During the duration of camp, staff must take special care to remain healthy in the face of long hours, exposure to variable weather, and living in close quarters with coughing, sneezing, and fungus-carrying campers. This will require good hygiene habits, sufficient sleep, and good eating habits. Staff members with illnesses that inhibit their work may be requested by the Camp Nurse/Doctor to be removed from their duties and remain in the Nurse's Cabin.

All medications will be kept in the Nurse's Cabin, both prescription and non-prescription. No medications may be kept in the cabins, except for an asthma inhaler or Epi-pen, which may be kept with the individual. Medications from home must come in the originally labeled bottle with directions specific for the individual taking the medication.

### Supervision of Campers

- Campers are never to be left alone at any time. If you see a camper by him/herself, please check on them or direct them to the proper place to be.
- If a camper is missing from a session that you are supervising, be sure to alert another staff member who can locate the camper. If the camper is not found within a few minutes, the Camp Director or Assistant Director should be immediately notified.

- Counselors should remain in their cabin with their campers after lights out. If leaving the cabin, they must remain on the porch, always staying within eyesight and earshot of their cabin, unless given permission to do otherwise.
- Counselors must be in their cabin by the midnight all-camp curfew.

## Unknown Person on Camp Property

In the event that an unknown person enters the campgrounds, please observe the following policy:

- Welcome them warmly to camp.
- Never approach a suspicious person or stranger alone.
- Personally escort him/her to the Camp Director or Assistant Director for further assistance (or arrange for them to be escorted by another staff member if that would mean leaving campers unsupervised).

## Camper Rules

(These rules are posted in the cabins, but are printed here for you to become familiar with them.)

1. You will be expected to do as you are asked by those in authority, including the Camp Director, counselors, and camp staff.
2. When someone is speaking, you must be quiet and listen.
3. Dress modestly.
4. All campers and Staff are expected to treat everyone with respect as their brother and sister in Christ. Therefore, any exclusive pairing off as a couple, or encouragement of this behavior (through talking about “crushes” or gossiping, etc.) is unacceptable.
5. Smoking, cigarettes, alcoholic beverages, and drugs are not permitted.
6. Knives, lighters, matches, fireworks, firearms, and other dangerous items are not permitted.
7. Fighting is not permitted, including rough housing which might damage property or hurt smaller campers.
8. Swearing will not be tolerated.
9. Raiding of cabins is not permitted.
10. NO pranks of any kind will be allowed—on your cabin mates, other cabins, siblings, etc.
11. Taking anything that is not yours without permission is stealing and is not permitted.
12. We respect camp property as well as the property of others. No defacing or destruction!
13. All medications must be given to the camp nurse at Registration.
14. All campers must remain at camp for the entire camp session.
15. Camp fires are permitted only in a designated area at the direction of the Clergy Director or Assistant Director.

16. The signal bell will be used only by the Clergy Director or Assistant Director in case of fire or emergency.
17. Fire alarms and extinguishers are for emergency use only.
18. No pets allowed.
19. Any electronic items that accompany the camper for the trip to camp must be stowed in the camper's luggage during the entirety of the time that camp is in session and may not be used. CSME is not responsible for the loss or damage of such items. We **STRONGLY** encourage campers to leave all electronic items at home.

## Health Information

### **Camper Assessment:**

When campers arrive, observe them in the cabin. In this setting one can assess the shy, aggressive, or possible discipline problems of the child. Notify the Camp Nurse/Doctor if any potential health problems or concerns are suspected. No medications or aerosol sprays are to be kept in the cabin except for asthma inhalers or Epi-pens, with the permission of the Camp Nurse/Doctor.

### **Hygiene:**

It is the counselor's responsibility to make sure the camper takes a daily shower (remind the young ones that this involves getting wet AND using soap!) and brushes his or her teeth at least twice daily. If a camper needs items for personal hygiene such as toothbrush, toothpaste, shampoo, or deodorant, see the Camp Nurse/Doctor.

### **Nutrition:**

Watch for eating problems such as not eating at meals, over eating, and not drinking enough fluids. Every camper and staff member must drink at least one glass of water at every meal. Fruit and vegetable consumption should be encouraged as well. Regular meal times and increased activity tend to make the overweight child lose weight and the underweight child gain weight. If you detect a nutrition or weight problem, contact the Camp Nurse/Doctor. Provision can be made to encourage these children at meals and snacks.

### **Bowel Irregularity:**

If there is suspicion of constipation, have the child drink fluids and eat bran cereal, fruits, and vegetables. If the problem continues have them see the Camp Nurse/Doctor.

### **Earaches:**

If the child complains of an earache or has ear drainage, take them to the Camp Nurse/Doctor. You will be notified if your Camper has an ear infection or swimmers ear. Do not allow the child to get into the lake until approved by the Nurse.

### **Nosebleeds:**

To stop the bleed, have the child sit, lean forward, and apply pressure by squeezing the nose. If bleeding persists, take the camper to the Nurse's Cabin.

### **Bee Stings:**

If the Camper is allergic to bees, have them sit quietly, and call for the Camp Nurse/Doctor.

### **Feeling Faint or Dizzy:**

Have the camper sit or lie down in a cool area and call for the Camp Nurse/Doctor.

**Asthma Attack:**

If the camper is having difficulty breathing, have them sit in a cool area and use their inhaler. If they improve, accompany them to the Nurse's Cabin. If they do not improve, call for the Camp Nurse/Doctor.

**Choking:**

Have the child stand or sit erect, raise one arm, and cough. This helps to straighten out the trachea. If the camper is unable to cough or speak, perform abdominal thrusts and call for help.

**Heat Cramps/Exhaustion:**

Symptoms may include painful muscle spasms or cramps in the abdomen or leg; moist, pale, or flushed skin; headache, nausea, dizziness, weakness and/or exhaustion. Treatment includes allowing the child to rest in a cool area out of the sun; applying cool, wet cloths to the skin; and giving fluids to drink if conscious.

**Communicable Disease:**

Prevention is the key. Insist on frequent hand washing, especially before meals and at bedtime. "Sneeze on the toes, not on the nose." Give a sneeze or cough "the cold shoulder," rather than covering your mouth. At any sign of sore throat, cold, cough, rash, or pink eye, take the camper to the Nurse's Cabin for assessment.

**Universal Precaution:**

Use a barrier when treating all injuries and open wounds. Federal regulations mandate the use of barriers (masks, gloves, etc.), hand washing, sanitizing and disinfecting procedures and appropriate waste disposal. Masks, gloves, face shields, and leakproof containers are found in the Nurse's Cabin. Gloves are to be worn when cleaning up any kind of bodily fluid. The area should then be sprayed with disinfecting solution found in the Nurse's Cabin; allow disinfecting solution to sit for one minute before wiping dry. Medical waste is to be placed in a sealed, leakproof container for disposal (containers can be found in the Nurse's Cabin). "Medical waste" includes such things as syringes, needles, or dressings wet with bodily fluids. Report the incident to the Camp Nurse/Doctor.

## Emergency Procedures

**General Emergency Plan**

In the event of an emergency, a staff member is to inform the Clergy Director or Camp Nurse/Doctor directly. In the event the Clergy Director is not available, the Assistant Director will assume the responsibility for contacting emergency personnel. No other camp staff should contact emergency personnel unless reaching the Clergy Director, Assistant Director and Camp Nurse/Doctor proves impossible. The Clergy Director will contact parents as deemed necessary.

If the emergency merits gathering of the entire camp, the camp bell will be rung continually or fire alarm will sound until all staff and campers gather in the parking lot.

**Lost or Runaway Campers**

Counselors should be aware of where their campers are at all times. However, if a camper is missing or lost, the Clergy Director, Assistant Director or Camp Nurse/Doctor is to be contacted immediately. Remain calm and keep campers calm as well. Do not send out a camper in search of another camper.

## **Fire**

Ross Point Staff will go through fire emergency procedures and there will be at least one fire drill at some point during the week of camp. Follow their instructions.

## **Church Etiquette**

All campers and staff are asked to be reverent and respectful during church services. Standing together as a cabin is a great way to bond with your cabin. If your campers get tired, it is okay for them to sit down quietly for a little while. Remind your campers to use the restroom before services in order to keep movement to a minimum. For Divine Liturgy, encourage your campers to wear the church clothes they packed (for boys, pants and collared shirts; for girls, dresses or skirt and blouse). If campers chant or read in their own parishes, encourage them to stand at the chanter's stand and the Clergy Director will direct all chanters and readers. Try to create a quiet moment with your campers before entering the chapel—this helps get them in the mindset of reverence. This can be walking with no talking or taking a brief moment for a quiet “huddle” outside of chapel.

## **Empathetic Listening**

As a counselor, it is important to be an empathetic listener. If your campers want to talk with you, listen to them carefully and show your attention to their needs and concerns. If a camper brings up an issue or topic that you feel is beyond your experience or capability, do not hesitate to bring the camper to the Clergy Director or Assistant Director. Remember that you are not expected to “fix” things with your camper, but you are expected to listen thoughtfully and kindly.

## **Team Time and Afternoon Competitions**

One of the unique features of CSME is our daily afternoon and evening “Team Time,” in which all counselors and campers are divided up into six teams for games and competitions throughout the week. This division of campers, cabins, and counselors presents a wonderful opportunity for campers to get to know counselors and campers that are different ages or in different cabins better, which in turn fosters much of our camper camaraderie throughout the week. As a counselor, we encourage you to be a good role model of being a “team player”—make sure the younger campers are getting involved and that the older ones are including the younger ones. And have fun!

## **Afternoon Activity Sessions**

Each afternoon there are two activity sessions in which campers can choose from swimming, canoeing, music jam/ping pong/games, crafts, mini-golf, and nature walk. After lunch and a brief cabin time to prep for activities, all campers will line up outside cafeteria and counselors will hold signs for each activity. Campers will line up behind the sign of their chosen activity and then the assigned counselors will walk campers to their activity and remain at that activity until the bell rings, signaling the change to the next activity. Counselors will have one activity session in which they will participate and the other activity session will be their personal free time. Afternoon activity sessions will be followed by a 30-minute snack session for campers while the counselors have their daily meeting with the Clergy and Assistant Directors to discuss any pertinent issues.

## Evening Program

Evening program is always a high point in the day at camp. It is a time of fun, fellowship and relaxation. Activities will alternate between campfire with singing and active games directed by the Activities Director.

## Staff Packing List

- This handbook (it is fine to bring it on a Kindle or similar device)
- Icons for your cabin's prayer corner, including an icon of Christ and the Theotokos, as well as any others you'd like to bring
- A spiritual book to read with your cabin in the evenings (lives of saints, etc.; if you're not sure, please contact us for recommendations)
- Optional: LED-style "fake" candle to set up in your cabin prayer corner, small decorative cloth or napkin to lay under icons
- Clothing for 9 days of staff training and camp (see Staff Dress for particulars)
- Bedding: bottom sheet for mattress AND sleeping bag or full sheet set & blankets
- Pillow
- Laundry bag
- Flashlight
- Alarm clock (it is OK to use the alarm on your smartphone)
- Smartphone—please bring at your own risk, but we will use these to set up a text network during camp so that we can quickly and easily reach one another
- Towels—one bath, one beach, and washcloth
- Toiletries (there is no camp store, so bring everything you need)
- Sunscreen and insect repellent
- Lip-balm
- Reusable water bottle: we require all staff & campers to carry their own water bottle
- Backpack for Activity Sessions (to carry sunscreen, water bottle, etc.)
- Fan: this is optional, but highly recommended as it can get warm in the cabins
- Talent show/skit props (optional, but can be fun!)
- Personal medications: any necessary medication needs to be clearly labeled with your name and instructions and turned into the Camp Nurse/Doctor at Registration. There can be NO medications of any kind kept in cabins due to liability. Thanks for your cooperation!
- Some optional items: camera (it is OK to use the camera on your smartphone), journal, night light, fun decorations for your cabin (twinkle lights, paper chains, etc.), books that can be read aloud to campers prior to Lights Out, games or other activity supplies for cabin time.
- Games to share in social time during Staff Training

Please DO NOT bring:

- Music players (Ipod, MP3 player, etc.)
- Other electronics (if you need to bring them for college/online classes, they can be brought at your own risk and used ONLY during free time: CSME will not replace lost/broken electronics; they can be stored in the staff room during the week of camp if you don't want to keep them in your cabin)
- Food (we can't have food in the cabins)—the food at camp is plentiful and there is also a staff "Luau Room" with treats just for you!
- Jewelry or other expensive clothing/items
- Tobacco, alcohol, dangerous implements (knives, axes, fireworks), illegal substances