

# Camp Manitowa 2024



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## How to Contact Camp Manitowa

We strive to be accessible and available to families at all times. We want parents/guardians to feel comfortable getting in touch with Camp Manitowa staff about any issue or question that comes up before, during, and after camp. Please feel free to call or email camp directors Andy & Dan.

### CAMP OFFICE

314-375-6766

[campmanitowa@gmail.com](mailto:campmanitowa@gmail.com)

### Camp Directors

Andy Brown, Owner/Camp Director  
314-591-7771

[andy@campmanitowa.com](mailto:andy@campmanitowa.com)

Dan Grabel, Owner/Camp Director  
314-348-6412

[dan@campmanitowa.com](mailto:dan@campmanitowa.com)

## WINTER MAILING ADDRESS

PO Box 16613

St. Louis, MO 63105

## SUMMER CAMP ADDRESS

### **Camp Manitowa**

12770 North Benton Road

Benton, IL 62812

## Packing List

This is a suggested packing list for a 2 week session. Quantity may vary depending on your child. There will be one laundry day for each 2-week session. We do have laundry facilities on camp if a 1-week camper has a laundry need.

### CLOTHING

10 t-shirts  
1 bathrobe  
7 shorts  
1 pair shower thongs 3  
long sleeve shirts  
3 swimsuits  
3 pairs jeans or slacks 1  
sunhat/cap  
2 sweaters or sweat shirts 1  
warm jacket  
Sunglasses  
2 pair  
2 “dress up items” Khaki pants, polo shirts,  
dresses skirts & blouse, etc.

### BEDDING AND LINENS

2 sets of sheets (twin or cot size) 1  
sleeping bag  
1 warm blanket  
2 pillow cases  
1 pillow  
4 towels  
1 laundry bag  
1 rain coat or poncho 10 sets of underwear  
10 pairs of socks  
1 pairs of pajamas  
1 pair hard-soled shoes or boots for hiking  
1 White t-shirt for tie-dying (or any other  
white item for tie dying)

## TOILETRY ARTICLES \*\*

- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Tissues
- ☐ Soap/showergel/soapdish
- ☐ Shampoo / Conditioner
- ☐ Deodorant
- ☐ Sunblock (minimum SPF 15)
- ☐ Comb / Brush
- ☐ Insect repellent (non-aerosol) Feminine products (for girls, if needed)

Small bucket / shower basket / shower caddy (see shower caddy on page 25 of our Lands' End Camp Catalog) is helpful for carrying these items.

Bathrooms & showers are not located in the cabins.

## MISCELLANEOUS ITEMS

- ☐ Water bottle
- ☐ Hat Flashlight
- ☐ Batting glove for playing GaGa
- ☐ Camera
- ☐ Extra batteries
- ☐ Stamps

Letter writing materials (stationery, envelopes, postcards, pen/pencil)

## SUGGESTED ITEMS

- ☐ Baseball Glove
- ☐ Binoculars
- ☐ Comics/Magazines/Good Books
- ☐ Musical Instruments
- ☐ Back Backpack

Other items of interest to your child

## Please do not send

### THE FOLLOWING ITEMS TO CAMP

#### CELLULAR PHONES

This is at the top of the list as we strongly believe campers having a cell phone at camp is not helpful for a positive camp experience. Being outdoors, being “unplugged,” and having face to face interactions and friendships is a very valuable part camp. Please help us by letting your child know their phone will be waiting for them when they get home!

FOOD OF ANY KIND  
JEWELRY ELECTRONICS  
MONEY

The following items are  
**ABSOLUTELY NOT ALLOWED**  
at camp

KNIVES OF ANY KIND WEAPONS  
OF ANY KIND DRUGS OR  
ALCOHOL  
**ANYTHING OF SIGNIFICANT VALUE**

Let your child help pack so that he\she will know what is in his\her trunk or duffle bag. This will be extremely helpful in recognizing lost clothing. Attach a list of clothing articles to the inside of the trunk lid so that your child has a check-list when packing to go home.

Blankets and pillows may be packed in a duffel bag.

## REMEMBER TO MARK ALL BELONGINGS

The importance of marking your child's name on everything brought to camp cannot be emphasized enough. Permanent markers should be used on all personal items.

Camp Manitowa does not carry insurance to cover lost or stolen clothing or valuables.



## HEALTH AND DATA FORMS

All campers must provide a signed medical report of a physician's examination done within the past two years and a complete health history. Both Forms are included in the parent packet.

Both completed forms (keep a copy of both for your records):

- ☐ Health History Form 1
- ☐ Camper Health-care Recommendations by  
Licensed Medical Personnel Form 2

MUST BE RETURNED NO LATER THAN JUNE 1 TO:

DAN GRABEL – [DAN@CAMPMANITOWA.COM](mailto:DAN@CAMPMANITOWA.COM)

OR MAILED TO: CAMP MANITOWA'S WINTER ST. LOUIS ADDRESS

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Camp Manitowa  
PO Box 16613

St. Louis, MO 63105

Please include detailed information of your child's physical, emotional and learning needs. We expect campers with chronic health concerns (e.g. asthma, allergies, etc.) to be capable self-managers and we will strive to support their efforts. For your convenience, these forms may be faxed to the camp office at (314) 685-2368 or scanned and emailed to [dan@campmanitowa.com](mailto:dan@campmanitowa.com).

The camp healthcare coordinator will call if general questions about a child's health arise. The camp's scope of health care is limited to basic care of common human concerns (e.g. headache, colds, upset stomach, etc.) and supported by a combination of on-site and local physicians. Franklin County Hospital and clinic is located 4 miles from Camp Manitowa and will be used for emergencies or illness requiring a doctor's medical attention.

We are sensitive to the fact that there are different ways to treat common health problems. If your child is susceptible to any common ailments, and you have identified treatments that your child responds well to, please include them on your health form.

## MEDICAL ATTENTION AT CAMP MANITOWA

The Camp Nurse, Physician, and Camp Director formulate and supervise a well equipped Health Center and the program of health, hygiene, and accident prevention. Camp Manitowa maintains a Nurse who lives on site at all times. Should your child need any kind of medical attention, the nurse will attend to your child or seek advice from a physician. We can provide a limited number of common over-the-counter medications which we keep in stock at camp. In the case of an emergency or the need for a doctor's attention, Camp Manitowa will utilize the Franklin County Hospital and Clinic located 4 miles from camp or the West Frankfort clinic located about 20 minutes from camp.

## COMMUNICATION WITH PARENTS OR GUARDIANS

Our healthcare staff will make an effort to contact you by phone if your child has a need for out-of-camp health care. We will call you with follow-up as well. Please make sure we know how to reach you during your child's entire stay at camp. When a child receives medical attention at camp for a routine problem, the nurse may call you about the problem, but generally does not. The decision to contact you is determined on a case-by-case basis. We routinely try to contact parents when a child has been confined to the Health Center overnight.

## INSURANCE

There is generally no additional cost for health care your child receives in the camp Health Center. Parents sign a release when the child is registered which allows the Camp Director to take whatever first aid measures are necessary. Camp Manitowa's insurance DOES NOT cover urgent care or hospital visits, costs associated with illness, or prescriptions. If your child is taken from camp to visit the urgent care, doctor, or hospital, the facility will charge your insurance company.

Please make sure that your insurance information is correct on the Health Form. If medication is prescribed for your child, you will be called so that arrangement for payment can be completed with the pharmacy, through credit card or insurance information.

## MEDICATION

Camp Manitowa's practices regarding medication administration are guided by the parameters of the Illinois Nurse Practice Act and the health care standards of the American Camp Association (ACA).

The Camp Manitowa Health Care Coordinator collects medication before the start of camp. This includes prescription, over-the-counter medication, and vitamins.

According to ACA standards, all campers' and staffs' medication is kept in the Health Center. The nurse distributes daily medication at routine times and maintains office hours during which medication is available. Exceptions are made for items such as inhalers and epi-pens which may be kept by the camper's counselor or a staff member who is with the camper.

Allergy shots at camp may be given by the resident camp nurse if arranged before camp starts. Please communicate to your child that he/she will be leaving camp for their shot. Allergy shots will be given closest to their scheduled time.

Follow these guidelines when sending medication:

- 1) Only medication prescribed by a physician will be administered at camp.
- 2) Non-prescription medications should include a note about its use from your physician on our Health form.
- 3) Be sure there is enough medication to last for your child's entire stay.
- 4) Send the medication in **its original pharmacy container** with legible label. The label must show the camper's first and last name, the name of the medication, and instructions for its administration (dose, route, time, etc.). Ask your pharmacist to re-label a container which doesn't include this information. To help our nurse organize things easier, please put all medication containers in a zip lock bag with an index card detailing what type of medication and when it should be given.

Note that vitamins must also come in their original containers.

## LOST AND FOUND

- We are aware of the fact that children lose things.
- Parents/campers should clearly mark ALL belongings with their full names written legibly. No initials please
- Lost articles will be displayed when found to all campers.
- Unclaimed articles will be kept at camp and we will do our best to return items to owners if contacted.
- After two weeks, all unclaimed items will be sent to a local charity.
- We ask that parents come to the office to look for their child's belongings.
- Our lost and found piles seem to grow every year. Please make sure that your child(ren) knows what has been brought to camp, so it can make it back home

## SESSION DATES AND TRANSPORTATION

Parents drop off and pick up camper on the first day of each session. Drop off is 10:00a. You will be directed in the front gate and around to the baseball field where you'll park, come to check in at the Bunkhouse, hand in medication to the nurse, and get your child's cabin assignment. You'll return to your car and proceed to the luggage drop off where you'll unload, and say your goodbyes.

### Summer 2024 Session Dates

- Session 1: Sunday June 23-**Friday** July 12 (3 weeks)  
Session 1A: Sunday June 23-Saturday July 6 (2 weeks)  
Session 1 "mini camp:" Sunday June 23-Saturday June 29 (1 week)
- Session 2: Sunday July 14-**Friday** July 26 (2 weeks) -  
Session 2A: Sunday July 14-Saturday July 27 (1 week)
- Taste of Manitoba: Sunday July 28-Saturday August 3 (1-Week)
  - TN Smoky Mountains Adventure Trip: June 23-29
  - CO Rocky Mountains Adventure Trip: July 14-26

## 1 WEEK EXTENSION

Every camper signed up for a 1 or 2 week session has the option to extend their stay at camp for an additional week. We will contact you before camp starts to discuss if this is an option for your camper. If it is, we recommend talking with your child about this before they leave for camp. We will contact you 3-4 days into the session to discuss how your child is feeling about staying. If they express an interest in staying we would encourage a possible phone conversation between you and your child to confirm they want to stay.

## DROP OFF AND PICK UP PROCEDURE

Parents drop off and pick up campers on the first day of each session. Drop off is 10:00am. You will be directed in the front gate and around to the baseball field where you'll park, come to check in at the Bunkhouse, hand in medication to the nurse, and get your child's cabin assignment. You'll return to your car and proceed to the luggage drop off where you'll unload, and say your goodbyes.

Pick up is 10:00am. You'll park on the baseball field. We'll transport luggage to the baseball field where you can load it in your vehicle. You'll meet your child at the bunkhouse, pick up any medications, tie-dye t-shirts, and any other items your child made while at camp.

We will communicate details about drop off procedures throughout the spring. We always appreciate your patience during drop off and pick up procedures!

## CAMP MAIL

### Camp Address:

Camper's Name  
Camp Manitowa  
12770 N. Benton Rd.  
Benton, IL 62812

Camp e-mail address: [campmanitowa@gmail.com](mailto:campmanitowa@gmail.com)

Campers receive their mail at a specified time each day. It is a highlight for them, so we encourage your family and friends to write often! Please write cheerful letters. A child should get at least one piece of mail per day. Please AVOID mentioning how much the child is missed. We have found that mentioning these things could contribute to homesickness.

Campers are strongly encouraged to write home three times each week. We do not read or censor letters; so please be mindful of the fact that children may sometimes exaggerate a problem they are experiencing. Remember that their report is already a few days old. If you have any concerns, please contact the Camp Director at (314)-375-6766.

Puzzles, books, magazines, comics, small games, stamps, stationery, film, and extra batteries make great "Care Packages."





## COUNSELOR CORRESPONDENCE

Your child's counselor will be calling you the night before camp for a courtesy call and to introduce themselves. If there is anything that you would like to tell your child's counselor, please direct your questions to Director Dan Grabel, at (314)-348-6412 prior, during, or after camp.

## BUNK ASSIGNMENTS

Bunk assignments at Camp Manitowa are arranged by grade level of the upcoming school year. Please contact directors Dan Grabel or Andy Brown about specific issues or requests.

## TELEPHONE CALLS

You're encouraged to call either camp directors Dan Grabel or Andy Brown with any questions or concerns. We will make every effort to speak with you immediately or return your call as quickly as possible.

Please do not ask your child to call home. Campers do not have access to a telephone and it is contrary to helping a child adjust to being away from home and build a sense of independence and confidence. Campers are allowed to talk to parents in the case of an emergency.

PLEASE DO NOT SEND YOUR CHILD WITH A CELLULAR PHONE.

**Cellular phone use is prohibited for campers.**

## A TYPICAL DAY AT CAMP MANITOWA

8:00 - Flagpole morning ceremony. We're thankful for each new day. 8:15 - Breakfast - always a hot entree, cereal & milk and fruit

9:00 - Cabin clean up - everyone has a job on the work wheel 9:30 - Activity I

10:45 - Activity II

12:00 - Lunch – Veggie options and salad bar are always available 1:00 - Rest Hour in cabins

2:00 - Activity III

3:00 - Snack & cabin check in 3:15 - Activity IV

4:30 - Activity V

5:30 Free time

6:00 - Dinner

7:00 - Evening Activity planned by counselors 9:00 - Wind down & prep for bed

9:45 - Lights out for younger campers

10:30 – Lights out for older campers

Each camper chooses four of her/his five daily activities. A day at Camp Manitowa is designed to provide campers with a healthy balance between structured activities and choice time. Our schedule allows campers to develop and master skills in certain activities they enjoy, meet and play with the entire camp community, and experience a high level of counselor instruction.

## CAMPER FEES

Please contact the Camp Manitowa office at (314)-375-6766 with any questions concerning billing or camper fees.

Camper fees must be paid in full by June 1. Payment plans are available; please call Dan Grabel at (314)-375-6766

Camp Manitowa accepts personal checks, major credit cards, or cash. Payment can be made over the phone, by mail or in person at camp.

### REFUND POLICY

Deposits are refundable up to up to May 1

If cancellation is made before June 1, ½ of tuition payment is refundable If cancellation is made after June 1, there shall be no refund

If a camper is expelled for violating the Camp Manitowa Camper Behavior Policy, no refund shall be given.

If a camper goes home for extenuating circumstances we will refund the cost for days not attended. All refunds will be handled on an individual, case by case basis.

- "" Camp Manitowa reserves the right to refuse enrollment to any applicant. If the application is not accepted, the deposit and any tuition paid will be completely refunded
- "" Through the process of enrollment, you have given permission for Camp Manitowa to use your child's likeness in promotional material and other camp use. If you would prefer your child not be used promotional material or other use, please let the camp directors know and he/she will be omitted.

## OPEN HOUSE

We host a number of in-home presentations throughout the year and are always willing to meet your child and your family in person at your house to discuss our program and facilities and answer any questions you may have. We will also be offering ZOOM open houses and camp presentations throughout the year. If you would like a tour of the camp property, please contact us to schedule a date and time that works for you.

### DIRECTIONS TO CAMP MANITOWA

From St. Louis, MO

1. Take I-64 East for approx. 85 miles
2. After crossing Mississippi bridge, stay in right lane on I-64 (toward Louisville). Avoid left lanes to I-70.
3. Take I-57 South for approx. 15 miles
4. Exit at Sesser/IL 154 (Exit #77)
5. At stop sign, turn left onto 154.
6. At next stop sign, turn right onto State Road 37. Go approximately 2 miles.
7. Turn left onto Benton Camp Road.
8. Proceed 1 mile on Benton Camp Road to stop sign and into Camp Manitowa gate.

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## CAMP IS LIFE!

We love everything about the camp experience and will do our very best to help your child adjust to camp and have an awesome time at camp. We also recognize the difficulty parents experience with their child away at camp and will do all we can to communicate with parents and help them feel comfortable with everything we do. We believe camp helps kids gain a sense of independence, confidence, and friendship that are unique to summer camp. We're excited to have your child and every kid join us at Camp Manitowa this summer!