

Camp Manitowa 2026



PARENT AND CAMPER INFORMATION HANDBOOK

How Can I Contact Camp Manitowa?	3
Packing List.....	4 - 5
What Not to Bring.....	6
Health and Data Forms	7
Medical Attention At Camp	8
Communication	8
Insurance	8
Medication.....	9
Lost & Found.....	10
Session Dates & Transportation.....	11
2 week extension	12
2 weeker pick-up	12
Camp Mail.....	13
Counselor Correspondence	14
Camp Visitation Policy and Telephone Calls.....	14
Bunking	14
A Typical Day At Camp	15
Fees & Dues	16
Open House	17
Directions To Camp	18

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

Camp Directors

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

andy@campmanitowa.com

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

dan@campmanitowa.com

WINTER MAILING ADDRESS

PO Box 16613

St. Louis, MO 63105

SUMMER CAMP ADDRESS

Camp Manitowa – Rend Lake

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 (optional)
- 7 shorts
- 1 pair shower thongs
- 3 long sleeve shirts
- 3 swimsuits
- 2 pairs jeans or slacks
- 1 sunhat/cap
- 2 sweat shirts
- Sunglasses
- 2 dress up items for "fancy Thursday" dinner & song session. Khaki pants, polo shirts, dresses, skirts & blouse, etc.
- 1 rain coat or poncho
- 10 sets of underwear
- 10 pairs of socks
- 1 pair of pajamas
- 1 pair hard-soled shoes or boots for hiking

BEDDING AND LINENS

- 2 sets of sheets (twin or cot size)
- 1 sleeping bag or 1 warm blanket
- 2 pillow cases
- 1 pillow
- 4 towels
- 1 laundry bag

TOILETRY ARTICLES**

- Toothbrush
- Toothpaste
- Tissues
-
- Soap/showergel/soapdish
- Shampoo / Conditioner
- Deodorant
-
- Sunblock (minimum SPF 30)
- Comb / Brush
-
- Insect repellent (non-aerosol)

Feminine products (for girls, if needed)

Small shower basket /shower caddy

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/GoodBooks
- Musical Instruments
-
- Back Pack

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

OR MAILED TO: CAMP MANITOWA

Camp Manitowa

12770 N. Benton
Rd.

Benton, IL 62812

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.

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 doctors 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 is fully qualified to attend to your child or seek advice from the physician. Camp Manitowa physician orders enable us to 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 (when our camp doctor is not on site), 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 if deemed necessary. 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 Manitowa 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 locked 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 can 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.

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

2-3 WEEK EXTENSION

Every camper signed up for a 1 or 2 week session has the option to extend their stay at camp for another 1 or 2 weeks. 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

Drop off on the first day of each session is between 10:0am-11:30am. Pick up at the end of each session is 10:00

When you arrive at camp we will have staff at various points around the front gate and road into camp directing you where to park, drop off luggage, and say goodbye to your child.

CAMP MAIL

Camp Address:

Camper'sName
Camp Manitowa – Rend Lake
12770 N. Benton Rd. Benton,
IL 62812

Camp e-mail address: 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." Please never send any items with peanuts as we are a nut free camp.

PHOTOS OF CAMPERS WILL BE REGULARLY POSTED TO THE CAMP MANITOWA FACEBOOK PAGE. PLEASE LOGIN TO OUR FB TO PERIODICALLY SEE PICTURES OF ALL THE ACTION HAPPENING AT CAMP

COUNSELOR CORRESPONDENCE

Your child's counselor will be corresponding with you the day before camp starts to introduce themselves, chat with your child, and get them excited about coming to camp. 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.

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

6:15 - 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 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.

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!