



CAMP COURAGE

Dear Parents & Guardians,

Annie's Hope is so excited to host Camp Courage 2023 ... **BRAVE THE WILD**. Please read this packet in its entirety to learn details about Camp Courage. As you may know, Annie's Hope offers 17 different programs and services to support grieving kids and their families. Camp Courage is a place and time when the campers can feel they are normal, receive individualized concern and care, and find hope in tomorrow. Please know that if you choose to send your child(ren) to Camp Courage, your trust will be protected. Due to a greater demand to attend than beds available, kids will be accepted according to how many times they have attended Camp Courage. Preference will be given to kids who have never attended or have attended only once. The information below should answer most questions you may have about Camp Courage. Please do not hesitate to contact Annie's Hope for further information or questions.

In peace,

Annie's Hope & Camp Courage

Dates

Monday, June 5th – Friday, June 9th, 2023.

Location

Sunnyhill Adventures in Dittmer, MO (6555 Sunlit Way, Dittmer, MO 63023).

Cost

There is no fee to attend Camp Courage, yet we need financial support to make Camp happen. The full financial value of attending Camp Courage is \$1,300 per camper. Every family with an accepted camper will be expected to make a donation to the best of their ability. Any donation to help with the expenses is greatly appreciated. The donation can be raised from family, friends, co-workers, etc., or it can be from personal family funds. In recent years, families have created successful Facebook fundraisers benefitting Annie's Hope and their child's campership. **No child or teen is turned away simply because she/he/they/ze is unable to make a donation.** All donations will directly pay for Camp Courage expenses. The amount of financial support helps determine how many campers may attend Camp Courage.

Facilities

Sunnyhill Adventures is a campground about 45 minutes from the Annie's Hope office. The Dittmer, MO site is situated southwest of St. Louis. Campers will have the opportunity to climb an Alpine Tower, ride a zipline, enjoy paddleboats and fishing at the pond, test their aim at archery, swim at the pool, and experience the peace that comes with being in a secluded, serene starlit atmosphere. Campers will stay in an air-conditioned cabin with bunk beds. Showers and restrooms are located within their cabin. The dining hall is in a separate building.

Activities

In addition to traditional summer camp experiences, we will host special activities each day.

Monday – Candle Lighting Ceremony

Campers, staff, and volunteers will have the opportunity to light a candle and share with the Camp about their special person or people who have died. Campers are invited to bring a photo to share and hang on the memory wall.

Tuesday – Pig's Trough

Campers will get their joyful fill of ice cream and toppings while eating out of a "Pig's Trough." Campers with dietary restrictions will be provided with their own ice creams that meet their needs.

Wednesday – Wacky Olympics

Wacky Olympics is our messy play time. Campers compete in messy game-themed activities. Past years' activities have involved water balloons, paint, shaving cream, color powder, and mud. Campers wear clothing that can get dirty and be thrown away at the end of Camp.

Wednesday – No Talent Show

The "No-Talent" Show is the time to show off talents & non-talents ... musical performances, dances, food eating contests, unique skills, etc. Each camper, individually or as a group, is strongly encouraged to do some kind of performance. Please help your potential camper(s) think about what they may like to do, and be sure to pack props, dress-up clothes, or items that will support their performance.

Thursday – Closing Campfire

On the final night, campers will have an opportunity to come together and reflect on their experience at Camp Courage during our Closing Campfire.

Meals

Three balanced meals are served daily, plus snacks at various times. The kitchen staff provides choices for campers with special dietary needs. If your child has particular restrictions or needs, please communicate these needs on the Health Examination Form before Camp begins. We request that no gum, candy, or food be brought by the campers.

Registration

Annie's Hope has openings to accept a limited number of campers. These camperships are filled based on prior attendance and first-come, first-serve basis. **To ensure consideration of the child**, please read and complete Application **Part 1** (general information about the child and the deceased person) & **Part 2** (health forms and waivers) **by Friday, April 7th, 2023**. **No applications will be accepted after Friday, May 5th**. **All new campers must complete a face-to-face interview with an Annie's Hope staff member by Friday, May 19th**. Incomplete applications and lack of communication will delay review, interview, and acceptance.

If, for any reason, the camper wants or needs to withdraw from Camp Courage, please let Annie's Hope know as soon as possible. There are often many campers on the waitlist who are eager to experience a week at Camp.

Check-In and Transportation

Camp check-in will take place on **Monday, June 5th, 2023**, at Annie's Hope. **To ensure the safety of all campers, Annie's Hope requires all campers to attend check-in at Annie's Hope. Dropping a camper to Sunnyhill Adventures directly is not allowed.** For timely departure to the campsite, you must arrive at Annie's Hope at **11:00 AM for the check-in process**. Please note that Annie's Hope may alter this time to ensure the safe and efficient check-in of all campers.

It is the parent or guardian's responsibility to provide transportation to and from the pick-up location by the designated times. If transportation to Annie's Hope is absolutely not possible, please write a note on the Application Form. If we do not get a written message of the difficulty, we will assume the camper has transportation.

During the check-in process, a volunteer will be available to check in the camper and help the camper onto the bus. This will provide time for the parent/guardian to visit with the Camp Nurse to discuss any special needs and to drop off medications (process described in the Health Information Section of this packet).

All campers will ride together on the provided transportation. As such, we ask that you complete and submit the Transportation Release Form in the Application Packet by **Friday, April 7th, 2023**.

Full, thorough completion of all paperwork, including signatures, is a necessity to ensure safety on check-in day. More information regarding check-in procedures will be communicated to you upon your camper's acceptance.

The Last Day of Camp Courage: Friday, June 9th, 2023.

You are invited to the Closing Ceremonies in Dittmer, MO, at Sunnyhill Adventures on Friday, June 9th, 2023. The campers will be anxious to see you and report about their Camp experience. If at all possible, please be there. You may bring anyone important to the camper. Your child(ren) can ride home with you, but if no family members can attend the Closing Ceremonies, the camper will return to St. Louis on a bus and meet you at the Annie's Hope office at 2:45 PM prompt. More information regarding the Closing Ceremonies will be communicated to you upon your camper's acceptance.

Health Information

The Health Examination Form is enclosed in the Application Packet. It is vitally important that this form be thoroughly & carefully completed, signed by a parent/guardian, and returned with the Application Packet. Blank spaces will delay acceptance and potentially deny acceptance. We strongly suggest slow review before submitting. If your camper has any changes in their health information after submitting the initial application (especially medications), please call Annie's Hope so we may update the health forms. Our Camp Nurse must have these completed records prior to the start of Camp. In order to prepare medical records and to alert the staff to special situations, anyone arriving at check-in without a current Health Form on file will be sent home!

All medications must be presented to the Camp Nurse upon check-in. The nurse will be responsible for dispensing medications, including over-the-counter drugs. **ALL** medications brought to Camp must be in the original bottles/packaging with a legible prescription, dosage instructions, and the name of the prescribing physician; this includes any vitamins or over-the-counter medications. Campers are not allowed to keep any type of medicine in their cabins. **ALL** medications, including Tylenol and Ibuprofen, must be kept by the Camp Nurse.

Should an emergency arise with the camper, we will contact you from the information provided on the Health Examination Form. Please ensure that this information is accurate. Should additional medical care be necessary over and above that which can be provided by the Camp Nurse, we will first seek care at Mercy Hospital South Pediatric ER (formerly St. Anthony's Medical Center), 10010 Kennerly Road, St. Louis, MO 63128, (314) 525-1000. If additional medical care is warranted, your camper will be transferred to a pediatric facility.

Camp Experience

You can do much to prepare the camper for going away to Camp, especially if it is the camper's first camp experience. Talking honestly about homesickness and what to expect can ease the transition from home to Camp. Please ensure that your child has spent at least one night away from home before attending the Camp session. This will assist not only in the area of homesickness, but also prepares the child to care for her/him/them/hirself (e.g. showering, fixing hair, making bed). Please express your confidence in your child's ability to cope with the five-day session and that the counselors are there to help. Please explain to your child that you expect her/him/them/hir to stay the whole time. Gaining independence from family is a developmental task that all must encounter at some point. Camp can be a positive step in the life of the camper.

Behavior Policy

To maintain a safe, fun, and enjoyable experience for all, no one is allowed, under any circumstances, to bring cigarettes, street drugs, vaping devices, sniffing glues or compounds, knives, pocket knives, guns, or alcoholic beverages to Camp. **Anyone who chooses to bring any of these items, or anything else deemed inappropriate, to Camp Courage will have her/his/their/hir parent or guardian notified and will be immediately sent home. The Behavior Agreement must be signed and submitted with the Application Packet by Friday, April 7th, 2023.**

Cell phones are not permitted. They will be taken and returned to the camper as they leave on the last day.

Time out discipline will be used for any minor behavior issues. Anyone who intentionally physically, socially, or emotionally harms another camper or staff person will be immediately withdrawn from the camp experience and parent/guardian notified for pick up. There will be zero tolerance for misbehavior of any kind. This includes use of foul language, disrespect of authority, and damage or theft of another's belongings. It is your responsibility to drive to Camp Courage to take your camper home!

Important Numbers

The telephone is for emergency purposes only. Should you need to call because of an emergency, you may contact the following in the order described below:

1. First contact Becky Byrne, Camp Director, by calling her cell at (314) 368-1818.
2. Sunnyhill Adventures main office at (636) 274-9044.

Further, campers are not allowed to make or receive calls. *Please do not allow a cell phone to be taken to Camp.* A note or two sent from home to the camper is welcomed. **Please start the mailings on Thursday, June 1st and stop the mailings four days before the end of Camp, Monday, June 5th.** An expression of confidence and encouragement will brighten any child's day.

The address to send mail is:

Sunnyhill Adventures
Camp Courage
Name of the Camper
6555 Sunlit Way
Dittmer, MO 63023

Personal Property

Annie's Hope is not responsible for the loss of personal property at Camp Courage. Campers are required to leave their iPods, iPads, MP3 players, Gameboys, Nintendos, e-readers, DVDs, portable DVD players, jewelry, cash, and other valuables at home. Items found at Camp will be kept with the Camp Director, Becky Byrne, and, if claimed within two weeks after the end of Camp, they will be returned to the owner. A Release for Responsibility of Valuables needs to be signed and submitted with the Application Packet.

When a loss is discovered, please alert the Camp Director or counselors immediately. It is the parent or guardian's responsibility to check the camper's belongings before leaving the pick-up point on the final day of Camp.

Camp Checklist and Laundry

A Camp Checklist to assist you in preparing your child for the camping experience is near the end of this packet. Should you need help in obtaining any of the necessary items for Camp Courage, an additional Assistance Checklist has been included in the Application Packet. Please indicate on the form any items that you are unable to provide. Camp Courage may be able to help obtain the items your camper needs. The form should be returned with the Application Packet by **Friday, April 7th, 2023.**

Please mark all items with permanent marker with your camper's name!!! Laundry service is not available. Please include a plastic bag, pillowcase, or laundry bag for soiled clothing.

Photo Release

For photos to be taken of your child documenting their fun and exciting camp experience, the Photographic Release must be signed and submitted with the Application Packet by **Friday, April 7th, 2023**. A link for photos will be emailed to every accepted camper's parent/guardian 4 – 6 weeks after Camp ends.

For more Information

Should you have additional questions or need further information, please do not hesitate to contact Annie's Hope at (314) 965-5015.

**Directions to
Annie's Hope for Camp Courage Check-In
At Webster Hills United Methodist Church Christian Life Center**

From Highway 40, West of 270: Go East on Highway 40 until Highway 270. Take 270 South for one exit to Manchester (Route 100). Take the Manchester exit to the east. Follow Manchester until you come to Berry (about 4 miles), (you will pass Ballas Rd, N. Kirkwood Rd., Woodlawn, & Sappington.) Berry is just inside Rock Hill City limits. If you cross Rock Hill Rd., you have already passed Berry. When you reach Berry, turn right (South). Follow Berry for about a mile and a half. You will come to the intersection of Berry and Lockwood. The Christian Life Center (CLC) will be on the right corner (white brick with red roof). Webster Hills United Methodist Church will be on the left. Turn right onto Lockwood and enter the CLC west parking lot from Lockwood (which is the west side of the CLC building).

From Highway 40, East of Highway 270 yet, West of Brentwood: Go east on Highway 40 to McKnight Road south. Follow McKnight until it reaches Manchester. Turn right onto Manchester and head west about half a mile until you come to Berry Road. When you reach Berry, turn left (South). Follow Berry for about a mile and a half. You will come to the intersection of Berry and Lockwood. The Christian Life Center (CLC) will be on the right corner (white brick with red roof). Webster Hills United Methodist Church will be on the left. Turn right onto Lockwood and enter the CLC west parking lot from Lockwood (which is the west side of the CLC building).

From Highway 40, East of Brentwood: Take Highway 40 west to Brentwood Blvd. Take Brentwood south. Follow until you come to Manchester Rd. Turn right onto Manchester. Proceed about two miles. Turn left onto Berry. Follow Berry for about a mile and a half. You will come to the intersection of Berry and Lockwood. The Christian Life Center (CLC) will be on the right corner (white brick with red roof). Webster Hills United Methodist Church will be on the left. Turn right onto Lockwood and enter the CLC west parking lot from Lockwood (which is the west side of the CLC building).

From Highway 170 area NOT traveling on highways:

Get to Brentwood going south. Follow until you come to Manchester Rd. Turn right onto Manchester going westbound. Proceed about 2-3 miles. Turn left onto Berry. Follow Berry for about a mile and a half. You will come to the intersection of Berry and Lockwood. The Christian Life Center (CLC) will be on the right corner (white brick with red roof). Webster Hills United Methodist Church will be on the left. Turn right onto Lockwood (west) and enter the CLC west parking lot from Lockwood (which is the west side of the CLC building).

From Westbound 44: Exit Highway 44 at Berry. Go right (north). Follow until Berry meets Lockwood. The Christian Life Center (CLC) will be on the far, left corner (white brick with red roof). Webster Hills United Methodist Church will be on the far, right corner. Turn left onto Lockwood (west) and enter the CLC west parking lot from Lockwood (which is the west side of the CLC building).

From Eastbound 44: Follow until Big Bend exit. At the top of the ramp, turn right (east) and proceed to Berry Road stoplight. (You will pass Sappington Rd). At Berry Road, turn left and proceed over the railroad tracks and past the golf course on your left. At the Berry Road/Lockwood stop sign intersection, you will see the Christian Life Center (CLC) on the far, left corner (white brick with red roof). Webster Hills United Methodist Church will be on the far, right corner. Turn left onto Lockwood (west) and enter the CLC west parking lot from Lockwood (which is the west side of the CLC building).

From Highway 270, South of Highway 44: Follow 270 until Highway 44. Go East on 44. Follow until Big Bend exit (right after Lindbergh exit). At the top of the ramp, turn right (east) and proceed to Berry Road stoplight. (you will pass Sappington Rd). At Berry Road, turn left and proceed over the railroad tracks and past the golf course on your left. At the Berry Road/Lockwood stop sign intersection, you will see the Christian Life Center (CLC) on the far, left corner (white brick with red roof). Webster Hills United Methodist Church will be on the far, right corner. Turn left onto Lockwood and enter the CLC west parking lot from Lockwood (which is the west side of the CLC building).

If you need more directions, please call Becky Byrne at (314) 368-1818. On Camp check-in day, call the Annie's Hope office at (314) 965-5015, Robyn Streck at (314) 852-2852, or Becky Kaplan at (732) 779-2179.

2023 CAMP CHECKLIST

(For your use in packing with your Camper)

We recommend that you use this list as a guide for the clothes and equipment that your child should bring to Camp.

ALL ITEMS MUST HAVE THE CAMPERS NAME WRITTEN ON IT IN PERMANENT MARKER.

Clothing Items

- 6 t-shirts for daily play
- 1 shirt, shorts & closed-toe shoes to throw away after Wacky Olympics (please label as mud clothes)
- 1 long sleeve shirt
- 1 sweatshirt or jacket
- 6 pairs of shorts
- 2 pairs of long pants/jeans
- 1 well covering swimsuit*
- 1 rain jacket or umbrella
- Hat (if desired)
- 1 pair of athletic shoes
- 1 pair of sandals or water shoes for water play
- 6 pairs of socks
- 6 pairs of underwear
- 1 set of pajamas or nightclothes

**For questions/concerns, please call Annie's Hope.*

Forms – Please complete & return by Friday, April 7th, 2023

- Application Form (Part 1)
- Health Examination Form
- Photographic Release
- Transportation Waiver
- Release of Responsibility for Valuables
- Substance Use Agreement
- Confidentiality Agreement
- Camper Assistance Checklist
- Authorization for Release of Information
- Sunnyhill Consent for Services
- Behavior Agreement

Toiletries

- Toothbrush & toothpaste
- Hair comb or brush
- Hair ties or ponytail holder (long hair)
- Soap
- Shampoo/conditioner
- Deodorant
- Eyeglasses and case (if necessary)
- Contacts, case, and saline solution (if necessary)
- 2 bath towels and wash cloths
- Sunblock or sunscreen (at least SPF 15)
- Chapstick or lip balm
- Insect repellent (prefer lotion)
- Prescription medications (if necessary)
- Personal handheld/small mirror (if desired)
- Hand Sanitizer

Camp Necessities

- Bedroll, sleeping bag, or 2 sheets and blanket
- Any comfort items (if desired)
- 1 pillow and pillowcase
- Duffel bag, backpack, or suitcase (for belongings)
- Fillable Water Bottle (with name)
- Flashlight and batteries
- Laundry bag or pillowcase
- Plastic bag
- Beach towel
- Alarm clock (if desired)
- Any supplies/props needed for participation in a No Talent Show.

Directions to Sunnyhill Adventures
6555 Sunlit Way • Dittmer, MO 63023
(636) 274-9044

From St. Louis City:

Take Highway 44 West. Use the right two lanes to take Exit 276 to merge onto Highway 270 South towards Memphis. Travel on Highway 270 for 2.6 miles. Use the right two lanes to Exit at MO Highway 30 (Exit 3) towards Gravois Road. Travel 0.3 miles before merging onto MO Highway 30 towards Fenton. Travel 22.2 miles. The 4 – lane highway will narrow to 2 lanes. Turn right onto Dittmer Catawissa Road. Travel 0.7 miles – make sure you follow the curve to the left soon after you are on Dittmer Catawissa Road. Turn right onto Sunlit Way. Travel 0.1 miles. End at 6555 Sunlit Way, Dittmer, MO 63023. Follow the signs for parking.

From West County area:

Take Highway 141 South until it meets MO Highway 30. Turn right (south) and travel 15 miles to Dittmer Catawissa Road. The 4 – lane highway will narrow to 2 lanes. Turn right on Dittmer Catawissa Road. Travel 0.7 miles – make sure you follow the curve to the left soon after you are on Dittmer Catawissa Road. Turn right onto Sunlit Way. Travel 0.1 miles. End at 6555 Sunlit Way, Dittmer, MO 63023. Follow the signs for parking.

From Far West County area:

Take Highway 109 South until it ends in a “T.” Turn left at the “T” onto Highway W. Follow the curvy road 6.3 miles until it intersects with MO Highway 30. Turn right (south) and travel 8.9 miles to Dittmer Catawissa Road. The 4 – lane highway will narrow to 2 lanes. Turn right on Dittmer Catawissa Road. Travel 0.7 miles – make sure you follow the curve to the left soon after you are on Dittmer Catawissa Road. Turn right onto Sunlit Way. Travel 0.1 miles. End at 6555 Sunlit Way, Dittmer, MO 63023. Follow the signs for parking.

From North County area:

Take Highway 270 South to the MO Highway 30 Exit (Exit 3) towards Gravois Road (right). Use the right two lanes to Exit at MO Highway 30 (Exit 3) towards Gravois Road. Travel 0.3 miles before merging onto MO Highway 30 towards Fenton. Travel 22.2 miles. The 4 – lane highway will narrow to 2 lanes. Turn right onto Dittmer Catawissa Road. Travel 0.7 miles – make sure you follow the curve to the left soon after you are on Dittmer Catawissa Road. Turn right onto Sunlit Way. Travel 0.1 miles. End at 6555 Sunlit Way, Dittmer, MO 63023. Follow the signs for parking.

From South County area:

Take Highway 270 North to the MO Highway 30 Exit (Exit 3) towards Gravois Road. Use the second from right lane to exit. Travel 0.2 miles before using the two left lanes to turn left onto MO Highway 30 towards Fenton. Travel 22.4 miles. The 4 – lane highway will narrow to 2 lanes. Turn right onto Dittmer Catawissa Road. Travel 0.7 miles – make sure you follow the curve to the left soon after you are on Dittmer Catawissa Road. Turn right onto Sunlit Way. Travel 0.1 miles. End at 6555 Sunlit Way, Dittmer, MO 63023. Follow the signs for parking.

If you need additional directions for your trip to Sunnyhill Adventures, please call:
Annie’s Hope Executive Director & Camp Director, Becky Byrne, at (314) 368-1818 or the
Sunnyhill Adventures main office at (636) 274-9044.