



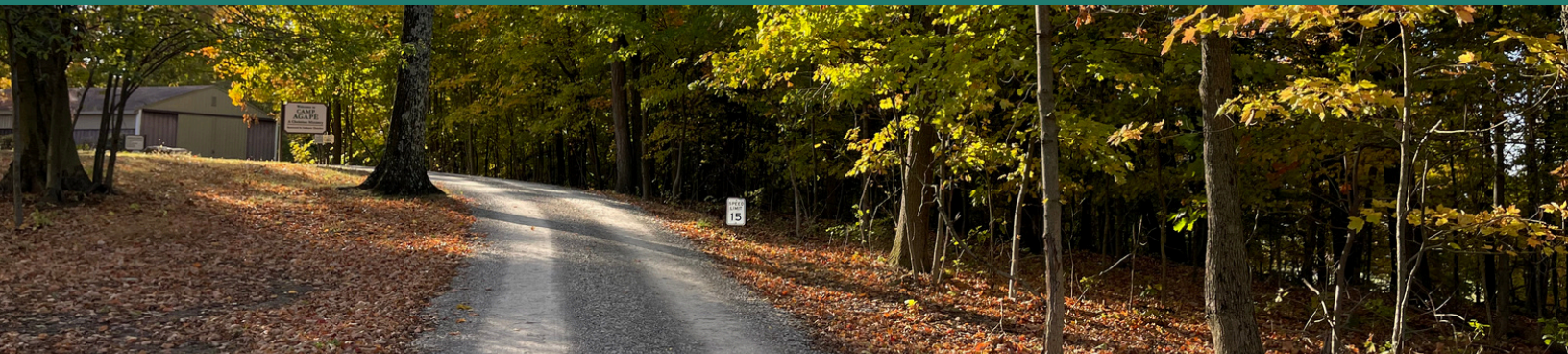
2025
AGAPÉ
CAMPER GUIDE

WELCOME TO CAMP!



We are SO excited that your camper(s) will be joining us very soon! This packet contains everything you need to know about your camper's upcoming adventure. Please take a few moments to review the information below and feel free to reach out if you have any questions or concerns.

Program Director: Taylor Johnston | programdirector@campagape.org
Executive Director: Shyanne Zitkovic | executivedirector@campagape.org



HIGHLIGHTS

Important Dates: (pg 7)

Check-in: Sunday at 3:00 pm

Check-out: Friday at 4:00 pm

What to Bring: Check the list below and label everything! (pg 3)

What to Leave at Home: Electronics, money, and more. (pg 4)

Medications: Must be handed in to the Health Director in original containers. (pg 5 & 6)

Health Forms: Please complete/update prior to camp. (pg 6)

Camp Store: Available for purchases at check-out. (pg 7)

First Time Camper? Check out our pre-camp guide (pg 15 & 16)



GEAR UP FOR CAMP: PACKING MADE EASY



NOTE ABOUT DRESS CODE

We ask that all clothing be modest and free of mottos, sayings, or advertisements that conflict with a spirit of Christian community (offensive language, drug promotion, sexual innuendo, etc.). All clothing should cover one's underclothing completely and be of a proper fit for active wear. Swim trunks are required for males and one piece swimsuits/tankinis for females. Your cooperation will aid in a successful week.

Pencils/Pen/
Notebook

Water Bottle

Flashlight,
Fresh
Batteries

Insect
Repellent

Backpack (not a
drawstring bag)

Sunscreen

Book for Rest Time
Bible if you have one

Medication
(in original container)
see pg 5 for more info

Place meds in a bag



Health Form

(if not completed online)

*campers may only attend with a
completed signed form*

Stationary,
Pre-addressed,
Stamped
Envelopes

Sunglasses



Swimsuit
(one piece or Tankini)

Hat



Sleeping Bag, Extra Blanket,
Pillow & Pillowcase, Twin Sheets
(fitted & flat) *all freshly
laundered - see pg 4*

Flip Flops
(for pool and
showers only)

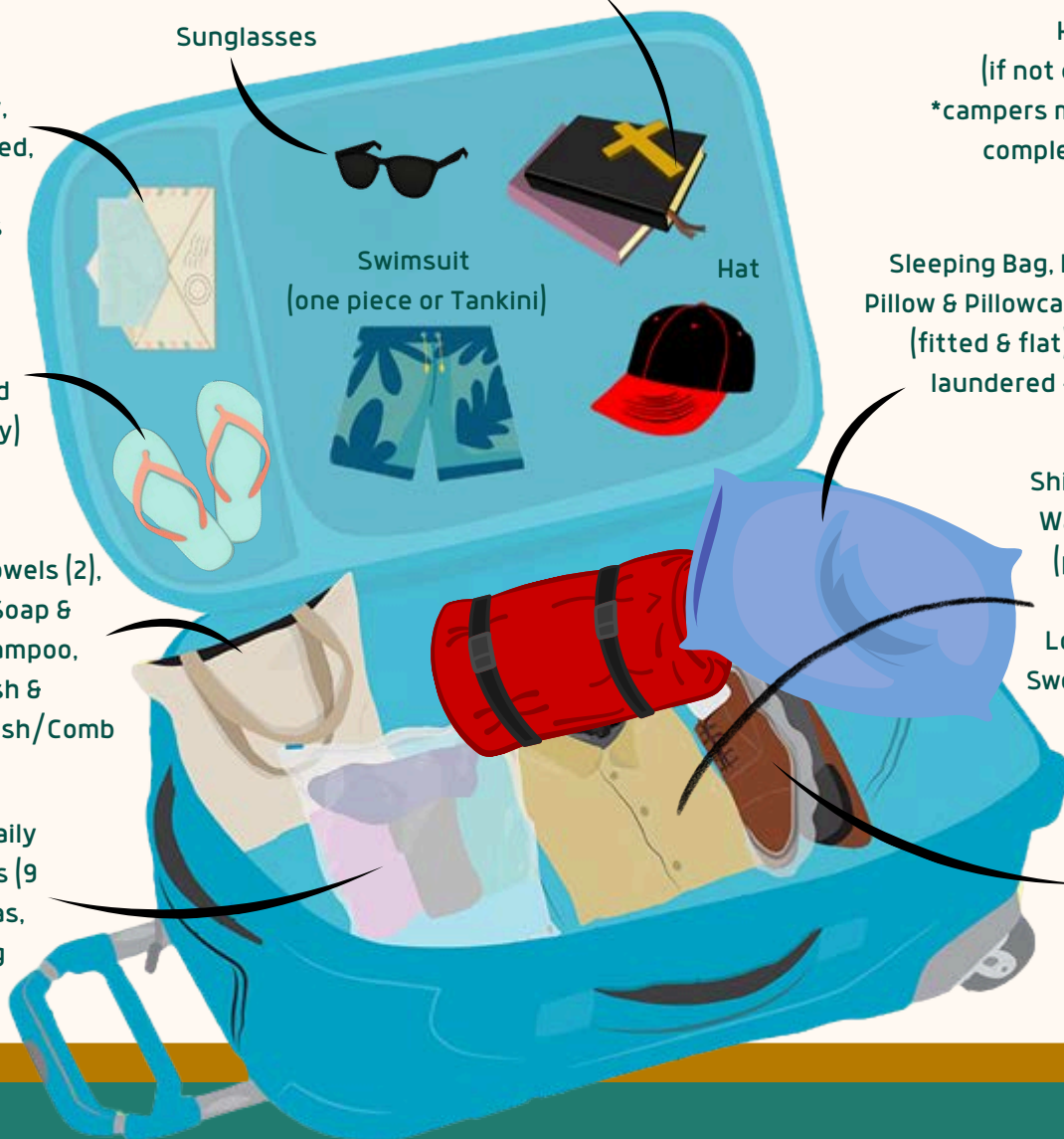


Shirts (daily change +1-2,
Warm Jacket, Rain Gear
(poncho or rain coat),
Shorts (3-4 pairs),
Long Pants (2-3 pairs),
Sweater/Sweatshirt (1-2)

Shower Bag, Towels (2),
Washcloth, Soap &
Soapbox, Shampoo,
Toothbrush &
Toothpaste, Brush/Comb

Underwear (daily
change), socks (9
pairs), pajamas,
laundry bag

Waterproof
Boots/Sneakers,
Closed Toes Shoes
(2 pair)



CAMP DOS & DON'TS

PACKING GUIDELINES & TIPS FOR SUCCESS

Please Do Not Bring to Camp

- All Electronic Devices (including cell phones and smart watches)
- Money/Valuables
- Hair Dryers/Curling Irons
- Expensive Clothing
- Vehicles/Animals
- Weapons/Fireworks
- Tobacco/Drugs/Alcohol
- Food/ Candy/Snacks

Please do not send valuable items with campers to camp.



A Note About Insect Repellent

Not all insect repellent is created equal! Purchase insect repellent that contains deet and does not smell "fruity or flowery: (scentless is best).



What Does Freshly Laundered Mean?

Freshly laundered means at least 30 minutes in a dryer on high heat and then packed immediately into a sealed bag or inspected luggage. All bedding, linens, sleeping bags, pillows, and sheets must be freshly laundered before coming to camp.

To help prevent any issues with bedbugs, which have become more common across the U.S., we ask for your cooperation in following this guideline. At Camp Agapé, we have a protocol in place to handle any incidents quickly and effectively, ensuring a safe and comfortable environment for all campers.



Seasoned Camper Tip!



It is best to label everything (socks & underwear too!) with your camper's name!

A Note About Medications

ALL medications, whether prescription or over-the-counter, and vitamins must be delivered to the Health Director in the original containers labeled with your name.

ALL medications, including over-the-counter medications and vitamins, are kept locked in camp facilities.

Learn more about accommodating medical needs and routines

on pages 5 & 6.



HEALTH CARE AT AGAPÉ

At Camp Agape, we are committed to providing a safe and healthy environment for all campers. Below is an overview of our health care procedures:

On-Site Medical Care

Health care is provided by the on-site Health Director, with all staff trained in basic health care responsibilities. The staff follows the Camp Doctor's standing orders for minor illness and injuries, including first aid.

Emergency Care

If a camper requires treatment outside the Health Center, a parent/guardian will be contacted. We will attempt to reach you before transporting, but urgent care will not be delayed if we can't make contact. Parents/guardians will be notified if a camper receives any injuries or contracts an illness requiring follow-up care after camp.

Medications

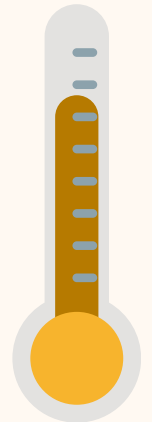
All medications are stored securely in the Health Center and administered by the medical staff. The Health Director ensures that medications are taken as prescribed and that all health care needs are met.

Health Precautions at Camp

If a camper shows symptoms of a communicable disease, they will be isolated from the camp population, and a parent/guardian will be contacted for immediate pick-up. Agape reserves the right to adjust practices and procedures for communicable diseases based on the latest public health recommendations (e.g., CDC, American Camp Association).

Campers who feel more comfortable wearing a mask are welcome to do so. Masks are not required by Agape at this time.

While Agape strives to prevent the spread of illness, there is always a chance that a camper may contract and spread a communicable disease. Campers may return home as carriers.



SUPPORTING YOUR CAMPER'S WELL-BEING

At Camp Agape, we want to ensure every camper has a positive experience. If your camper has any special needs, please let us know in advance so we can plan and prepare for their time at camp. Contact us at campinfo@campagape.org or (724)356-2308.

Please notify us if your camper has:

- **Medical Needs:** Any conditions or routines beyond daily medications.
- **Dietary Requirements:** Food allergies, gluten-free, vegetarian/vegan, lactose intolerance, etc.
- **Social-Emotional Needs:** Anything that may affect their emotional well-being.
- **Behavioral Needs:** Any specific plans or routines that should be followed.
- **Adjustment Needs:** Anything that may affect their ability to adjust to camp life.

What We Can Accommodate:

Agape is able to accommodate special medical, behavioral, dietary, and social/emotional needs for campers who can provide some self-care and self-regulation with a pre-arranged plan. We can provide a balanced diet for campers with special dietary needs, such as food allergies or specific preferences, with prior notice.



Medication & Routine Care:

If your camper is on medication or follows a behavioral plan during the school year, we recommend continuing the same routine at camp. Camp is a structured environment with new experiences, so maintaining familiar routines will help your camper adjust.

Let's Plan Together!

If you have any special needs or concerns to discuss with our staff, please reach out to us before your camper's arrival. The more we know, the better we can plan for a successful and comfortable camp experience.

**Check-in is
Sunday at 3pm**



**Check-in will take place
at the Retreat Learning
Center (RLC).**

***follow the signs when
you arrive and see the
map on page 11***

- Please leave all belongings in the vehicle except for: Medications in their original containers labeled with the camper's name, & Camper forms
- At check-in, campers will be checked for temperature and lice, hand in medications, undergo a health screening, and be signed in.
- Campers will be signed-in by the adult dropping them off. This person will designate the sign-out person(s).
- After checking in at the RLC, you and your camper will head to their living space to meet their Cabin Leaders and get moved in.

CHECK-IN & CHECK-OUT

- After the program, campers will be waiting at their cabins with their groups. A staff member will help direct those picking up to the correct cabin.
- The individual(s) designated by the adult that dropped the camper off must be the ones to sign the camper out. Campers will not be released to individuals other than the person(s) designated on the check-in/out form without prior notice by a parent/guardian.
- There will be a pizza dinner and an opportunity to shop at the camp store after the campers have been signed out. Here families will have the opportunity to talk with camp staff.
- Agape encourages all campers to participate in the entire program. Temporary absences during a camp session generally cannot be accommodated. Please contact Agape as soon as you are aware if this needs to occur.



**Check-out is
Friday at 4pm**

**At 4pm there will be a
short camper program to
allow campers to
showcase to the adults
what they did during the
week.**

HELPFUL TIPS FOR PARENTS

As your camper prepares for their time at Camp Agape, we want to ensure a smooth experience for both you and your child. Here are some helpful guidelines to keep in mind:

- **Pray for Your Camper's Experience:** Your prayers and support can make a world of difference in helping your child have a positive, fulfilling experience at camp.
- **Communication During Camp:** Please understand that we do not allow phone calls between campers and parents during the camp session. If there is an emergency, your message will be conveyed through the Camp Director. Similarly, if we have any concerns about your camper, we will contact you directly.
- **No Care Packages:** We ask that you do not send packages, particularly food, candy, or snacks. These items can disrupt camp activities and attract pests, which we want to avoid for everyone's comfort and safety.
- **Visits to Camp:** While you are welcome to visit Camp Agape before the start of camp to see the site and your camper's living area, we do not allow visitors during the camp session. You'll have the opportunity to see your camper's space when you drop them off on arrival day.
- **Stay Connected with the Family Companion Guide:** To help you stay involved in your camper's experience, we've created a Family Companion Guide that you will receive at check-in. This guide includes activities, lessons, and important moments from camp that you can follow along with and discuss at home. It's a wonderful way to continue the camp experience together, allowing you to share in your camper's journey and help deepen their connection to what they're learning and experiencing at camp.

A Note about Cell Phones

At Camp Agape, we believe that camp is a special time to disconnect from the distractions of everyday life and focus on building relationships with others, connecting with God, and enjoying the beauty of nature. For this reason, cell phones are not permitted for campers or counselors during the summer session.

To help ease this transition, we encourage you to start weaning your camper off their cell phone before they arrive. Research shows that it takes about five days without a device for campers to adjust and start functioning well without it. If a cell phone is brought to camp, it will be securely stored in the office.

In case of an emergency or if you need to check on your camper, please don't hesitate to call the camp office at 724-356-2308.



HELPFUL
TIPS

HELPING WITH HOMESICKNESS

Homesickness is a natural part of the process when children are away from home and family. It's completely normal for campers to feel a bit anxious or lonely as they adjust to camp life. At Camp Agape, we are experienced and trained in supporting homesick campers and their families. We understand how challenging this transition can be, and we work hard to help both campers and parents through it. Our goal is to help your camper develop independence in a safe, healthy, and nurturing environment.

How You Can Help Your Camper:

- **Encourage Your Camper:** Let them know how excited and proud you are of their decision to attend camp! Share your confidence in their ability to have fun, make new friends, grow in their faith, and stay safe. Talk about what's coming up during camp, like fun activities or new adventures. For example, ask, "What's the activity you're most excited for tomorrow?"
- **Comfort and Reassurance:** Let your camper know that their Cabin/Group Leader and the Agape staff are here to support them. Encourage them to talk about their feelings with the camp staff if they're feeling nervous or homesick. Also, remind them that you'll be waiting to hear all about their time at camp when you pick them up.
- **Practice Being Away from Home:** If possible, help your camper practice being away from home before camp by having them spend a night or two with a relative or friend. This can help them build confidence for their time at camp.
- **Bring a Comfort Item:** Encourage your camper to bring a comfort item, like a favorite blanket or stuffed animal, which can help ease the transition and provide familiarity.
- **Reassure About Communication:** Let your camper know that we are unable to allow campers to call home. Instead, share that if they need support, the camp staff is there to help. Reassure them that homesickness is normal, and that it's okay to feel that way. Please don't tell your camper, "If you want to come home, call me, and I'll come get you." This can create unrealistic expectations and make it harder for your camper to adjust.

When You Miss Your Camper:

SmugMug 

We know that it can be hard to be away from your camper for the week, and we want to make it easier for you to feel connected to their experience. That's why we're excited to announce our partnership with SmugMug, the leading photo-sharing service, to bring you a fantastic new way to stay updated on your camper's time at camp.

Thanks to our new integration with SmugMug, you'll be able to view high-quality photos of your camper's activities each day. Whether it's during a fun outdoor adventure, a group activity, or a special moment with their cabin, you can see what your camper is up to and feel more connected to their camp journey.

Be on the lookout for an email with all the details on accessing the photos right from your UltraCamp account!

MEET THE TEAM!

These are some of the friendly faces you and your camper(s) will see at Camp Agape! Our staff is here to create a safe, fun, and welcoming environment for all campers.

Each team member brings their unique skills and passion to camp, ensuring a memorable experience for every child. Get to know our amazing staff who will be there to support your camper every step of the way! If you have any questions about anything else related to your camper's experience, don't hesitate to reach out to us. We're here to help! All staff can be reached at (724) 356-2308 or at our emails below.



Shyanne Zitkovic

Executive Director

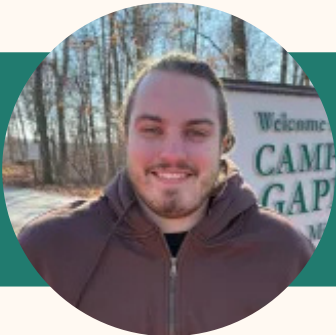
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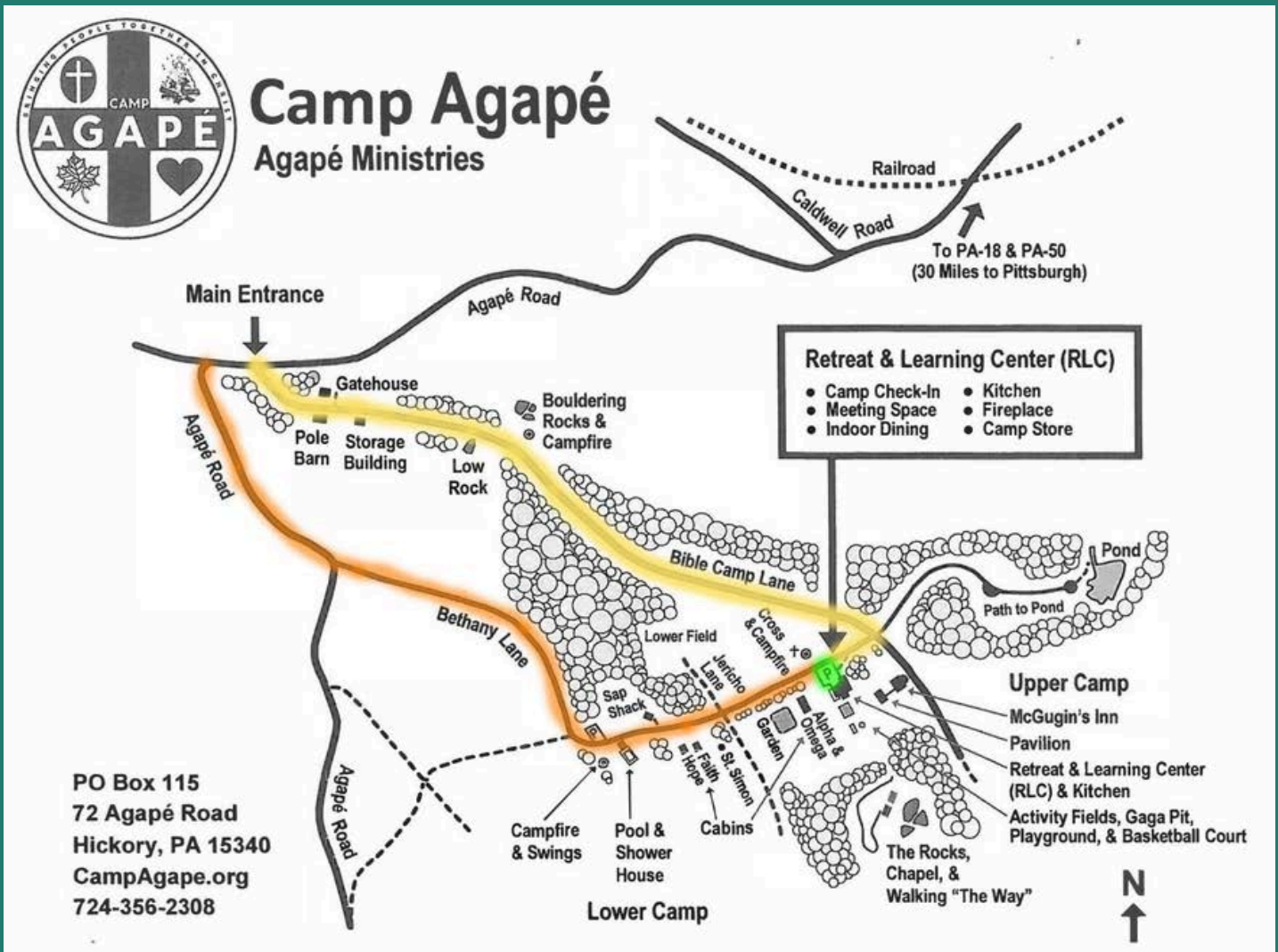
Head Cook

campinfo@campagape.org

CAMP AGAPÉ DIRECTIONS

GPS Address:

72 Agape Road
Hickory, PA 15340



After entering through the main entrance off Agape Road, follow Bible Camp road (the yellow path) past the Gatehouse & boulders, and turn right onto the first road you see. Follow this road up to a parking lot (green dot) on your left. The Retreat Learning Center (RLC), as well as the cabins that the campers will be staying in are all centrally located here. Follow the one way road (orange path) upon exiting to get back to Agape Road.

Use this same route for check out.

FREQUENTLY ASKED QUESTIONS

Can I visit my camper during the week?

Unfortunately, we do not allow visitors during the camp session to ensure that campers fully engage in their activities and experience the camp environment. However, you will have the opportunity to see your camper's living space when you drop them off and join us for the camper showcase and pizza dinner on check-out day!

What if my camper forgets something?

If your camper forgets something important (like a toothbrush or extra socks), don't worry! We have a small supply of common items at camp, but we strongly encourage you to pack everything on the provided list to avoid any inconvenience.

What should I do if I need to change the pick-up person?

If you need to make any changes to the person picking up your camper, please let us know in advance. You can call the camp office at (724) 356-2308 or email us at [programdirector@campagape.org] with any changes to your pick-up arrangements.

Can I Send My Camper Mail?

Yes! We encourage loved ones to write letters to their campers, which will be delivered during our daily mail call. Campers are also encouraged to write home, creating a meaningful way to stay connected while they fully immerse themselves in the camp experience.

How to Send Letters:

- **Mail:** You can send physical letters to:
 - **PO Box 115, Hickory, PA 15340**, Be sure to include your camper's name and the program they are participating in on the envelope. Keep in mind that mail may take several days to arrive, so it's a good idea to send a letter before camp starts.
- **Email:** You can also send letters via email to campermail@campagape.org. Just include your camper's name and program in the subject line. These emails will be printed and delivered to campers during dinner time each day.

Sending Letters Home:

- We recommend including pre-addressed and stamped envelopes in your camper's luggage so they can easily send letters home during the week.

Please remember, we do not allow care packages, especially food or snacks, as they can disrupt camp activities and attract pests. Instead, consider sending a letter or card—your camper will love receiving a note from home!

CAMP AGAPE'S SUMMER MISSION PROJECT:

A HEARTFELT GIVING GARDEN



This summer, Camp Agape is excited to offer a meaningful mission project that allows campers to give back to the community. Our mission project will focus on tending a beautiful flower garden, where campers will plant, nurture, and care for a variety of flowers throughout the summer. Once the flowers are in full bloom, campers will have the opportunity to pick and arrange bouquets to be delivered to Washington Hospital, brightening the day of patients and staff alike. This project not only helps campers learn the importance of service and compassion but also gives them a tangible way to make a difference in the lives of others.

Why Mission Projects Matter:

Participating in mission projects helps campers understand the value of serving others and contributing to something bigger than themselves. It encourages empathy, community spirit, and responsibility. By taking part in this project, campers will experience the joy of giving and learn how small acts of kindness can have a big impact.

We are proud to incorporate this mission project into our camp experience, as it provides campers with the opportunity to develop a deeper connection with the world around them and to live out our camp's values of service, compassion, and faith.

OVERWHELMED?

Here's a concise checklist that you can use to keep track of everything you need to do before camp:

Notify Us of Special Needs

Contact us if your camper has any medical, dietary, social-emotional, or behavioral needs that require special attention.

Complete and Review Health Forms

Fill out and submit your camper's health form before camp starts, making sure to list all medications (including over-the-counter). Check it 2 weeks before camp to make sure it is up to date

Confirm Emergency Contact Info

Verify that your camper's emergency contact details are up-to-date.

Packing

Review the What to Bring and What to Leave at Home sections and pack accordingly. Don't forget to label all items with your camper's name, and bring all medications in their original containers!

Complete Payment & Registration

Ensure your camper's registration is complete and payment has been processed two week's before your camper's session begins.

Check-in and Check-out Information

Familiarize yourself with the check-in and check-out procedures, including times and locations.

Questions?

Please Contact Us:
campinfo@campagape.org
(724) 356-2308

PREPARING YOUR CAMPER FOR SUMMER CAMP: A GUIDE FOR FIRST-TIMERS

Sending your child to camp for the first time is a big step, especially for younger campers. At Camp Agape, we understand that some campers may need a little extra preparation before their first overnight experience. Here are some helpful tips to ensure your child is ready for their time at camp.

Shower Time

At camp, campers will need to shower independently. Practice applying and rinsing off shampoo, conditioner, and body wash at home to make sure your camper feels confident. Additionally, help them practice drying off and getting dressed quickly, as we encourage modesty in shared spaces, and campers need to be fully dressed before leaving the bathroom area.

Bedtime

Bedtime can be a challenge, especially for children who have never slept away from home. Establishing a bedtime routine at home without screens (TV, tablets, or phones) will help prepare your camper for camp life. We provide fans for white noise and comfort, but if your camper needs extra light or music to fall asleep, consider practicing these habits before camp. If your child has never spent the night away from home, try having them practice with a trusted adult to help them adjust.

Food & Eating Habits

Is your child a picky eater? It's helpful to work on expanding their food choices before camp. Encourage them to try new things at home and practice being polite when asking for an alternative if they don't like what's served. Campers should feel comfortable advocating for themselves in a respectful way if they need a different meal option.

Swimming & Pool Safety

Our staff includes Red Cross Certified Lifeguards who are trained to keep your camper safe in the pool.

If your camper is still building confidence in the water, consider sending them with a life preserver or flotation device they're comfortable using in front of their peers. Help your camper understand their swimming abilities and encourage them to stay in the areas of the pool where they can swim safely. Please help your camper understand that they will be asked to do their swim check without any flotation devices so our lifeguard has a good gauge of their skill level.



Making Decisions

This may seem like an odd one, but your camper will be given opportunities to choose what they want to do, what snack to eat, and other various places to make a decision or have an opinion. Not all children are well versed in this as many of us parents make most of their choices for them. It would be good for them to practice making decisions from time to time.

Responsibility for Belongings

At camp, campers are responsible for their own belongings. Make sure your camper knows what items they are bringing and help them pack and label everything. If they are responsible for packing and keeping track of their things, they'll feel more independent and empowered. Practice keeping their belongings organized at home—consider living out of a suitcase for a couple of days to simulate the camp experience.

Sharing & Clean-Up

Campers share living spaces with others and are expected to help with clean-up. If your camper tends to be disorganized, practice keeping their area tidy and putting things away. This will help them feel more at ease in a shared living space at camp.

Special Needs & Health Considerations

If your camper has special needs (e.g., Autism, ADHD, Sensory Processing Disorder, Diabetes, Asthma, etc.), ensure they know how to care for their needs independently. Our medical staff will manage prescriptions and health care, but it's important that your child feels comfortable advocating for themselves. Help them understand how to communicate their needs, especially in a new and stimulating environment like camp. The more your camper is able to share their needs, the better equipped we are to support them.

Practice Makes Perfect

The best time to prepare your camper for camp is now. From getting used to a new bedtime routine to practicing self-care skills, the more your child is prepared, the more confident they'll feel at camp. By preparing your camper for the experiences they'll face at camp, you're setting them up for success. Our staff is here to support both you and your camper as they grow, learn, and make memories this summer. We can't wait to welcome them to Camp Agape!

