

The Great Gluten Escape Camp Planning Guide

July 11-16, 2010



Welcome to the Great Gluten Escape Camp!

Included are:

- Medical Exam Form (must have doctor's signature)
- Medical Release Form
- Transportation Form
- Consent Form
- Dismissal Form
- Packing list
- Medication Forms

Balance of \$295.00, Medical Exam Form, Medical Release Form, Consent Form and Dismissal Form are due May 1, 2010 to:

The Great Gluten Escape Camp
1019 Rockefeller Lane
Allen, TX 75002
Fax: 972-759-9817

Arrival at Camp

Sunday July 11, 2010
2:00pm - 3:00pm

Departure From Camp

Friday, July 16, 2010
2:00pm – 3:00pm

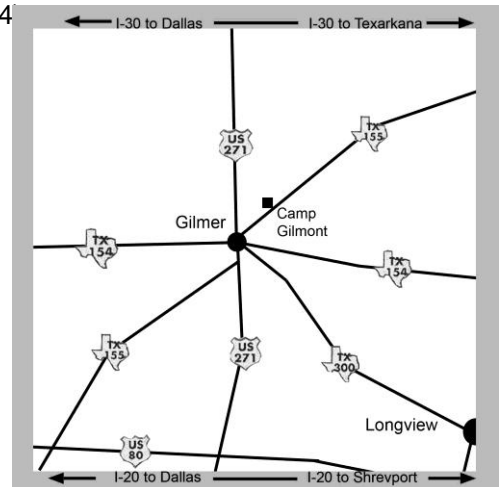
Directions to Camp Gilmont (6075 State Hwy 155, Gilmer, TX 75644)

From I-30:

Exit from I-30 onto 271 South. Travel through Mt. Pleasant and Pittsburg, and on to Gilmer (18 miles from Pittsburg). Turn left on HWY 155 North. Drive six miles. There will be a green "Camp Gilmont" highway sign on the right side of the highway. The road will go from a single lane to a double lane road, immediately to your left there will be the entrance to Camp Gilmont.

From I-20:

Exit from I-20 onto 271 North. Travel through Gladewater, and on to Gilmer (14 miles). Turn right onto Highway 155 North. Drive six miles. There will be a green "Camp Gilmont" highway sign on the right side of the highway. The road will go from a single lane to a double lane road, immediately to your left there will be the entrance to Camp Gilmont.



Airport Transportation / Carpools

Due to the number of campers registering for camp, the board of directors can no longer make travel arrangements for campers to and from the airport. We are providing you an option that will allow you to communicate with other campers' families to arrange carpooling. If you are interested in joining the private Yahoo group for camper's parents, please submit your request to registrar@greatglutenescape.org.

Forms

The provided Medical Exam Form, Medical Release Form, Consent Form and Dismissal Form must be returned by **May 1, 2010**. The Medical Exam Form must be signed by a licensed health care provider, and the Medical Release Form must be signed by the parent/guardian. A physical examination is required of all campers and staff within 24 months prior to camp. **No campers will be allowed to stay at camp without these completed forms.**

Cancellations and Late Fees

Camp fee (minus deposit) will be refunded if cancellation is received by June 10, 2010. **A \$30.00 late fee will be charged for any camp payments received after May 1, 2010.**

Dairy Free Diet

If you marked that your camper requires a Dairy Free Diet on the registration form, they will be required to follow a Dairy Free diet during camp. Because of the extra expense involved in purchasing food for the Dairy Free diet, we cannot make adjustments or allow this diet to be optional.

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Medications

Medications brought to camp must be accompanied by a signed Medication Form. Medications must be in original container and marked with camper's name, medication name, dosage and if prescription, doctor's name. If an epi pen is required for severe allergic reaction, it must be included with medications. Medications and Medication Forms should be packaged together and given to the Camp Nurse upon arrival at camp – this way we can ensure that no one accidentally takes someone else's medication. Gluten-Free Tylenol, Benadryl, Claritin, Calamine, Advil etc. will be provided by camp if needed and should not be sent to camp. *You may contact the camp nurse about homeopathic options at nurse@greatglutenescape.org.*

Health Services

The Great Gluten Escape Camp will provide a full-time RN during the week of camp. The nurse handles ALL medications and medical needs. Emergency services and medical transportation is available. If you need to talk to the nurse before or during camp please feel free to contact Cheryl Gainer at 214-274-6094.

Food at Camp

Many steps have been taken to assure the safety of all food served during camp. The kitchen will be closed to all other groups and will only be preparing gluten-free meals during The Great Gluten Escape Camp. Please do not send snacks and candy. It could attract unwanted critters in the cabins, so it will be confiscated by counselors. We will provide LOTS of food for your camper, every day.

Sample Activities

Some activities we will be doing at camp include: swimming, boating, cooking, games, arts & crafts, hiking, sports, singing and group interaction. Some activities are limited to specific age groups. There will be qualified staff for all activities, for example: life guards for swimming.

Lost and Found

Your child's possessions are important. Help prevent them from being lost or left at camp by marking all items with your child's name. You might want to make a complete list of articles and tape it to the inside of their suitcase. The Great Gluten Escape Camp is not responsible for damage or loss of personal possessions. For all items left at camp contact Kelly LeMonds at director@greatglutenescape.org or 972-207-2231.

Mail

Letters are important to campers. **The camp address is 6075 State Hwy 155, Gilmer, TX 75644.** Write cheerful, caring letters rather than the "I miss you type". Include questions about their daily activities and what they have enjoyed most. It is a great idea to mail a card or letter to your camper the Friday before camp starts. Another suggestion -- you might choose to write all letters to your child for the week and give them to a staff member upon check in at camp. Be sure to address it as if it came in the mail. Also, put the day of the week on which you would like it delivered on the outside of the envelope. **There is no time to deliver mail to campers on the last day, so please do not leave mail for Friday.**

Getting Ready for Camp

To make your child more excited about camp, suggest he/she pack their own camp gear. Please plan ahead for special camp equipment that your child might need so that you are not caught in a last minute rush. Adjustment is easier for campers who can get used to the sun and heat gradually, so spend lots of time out-of-doors and drinking water before going to camp.

Telephone for Emergencies

If you have any questions or concerns before, during, or after your child's camp experience please call or email the staff. Campers will not be permitted to phone home. Please do not send cell phones. All cell phones brought to camp will be kept in the camp office until the end of camp. If there is a problem the director will notify you. **We will have the direct camp phone line posted at check-in.**

Camp Director
Kelly LeMonds
director@greatglutenescape.org
972-207-2231