

An Ecumenical Ministry of the Episcopal Diocese of Newark and The New Jersey Synod of the E.L.C.A.

Welcome to **Cross Roads!**

We are thrilled that your family has chosen Cross Roads as a summer experience for your child. We want to make this summer a safe, healthy, and fun experience for everyone ... parents, campers, and counselors alike. We understand that it is an act of faith that you entrust your child to Cross Road's care during their time at camp. We aim to fulfill that trust with a little pre-planning, a lot of attention to detail, and open communication.

Registration will be paperless this year. To streamline this process, all paperwork needs to be either uploaded to your registration account or emailed/mailed/faxed to camp no less than two weeks prior to your camp start date. This allows the staff at Cross Roads to review the information and resolve any questions prior to camp start.

Everything Below needs to be submitted two weeks before camp start date

- The last page of this packet is the Medical Form – page 7
 - It must be completed signed by a Licensed Medical Provider with a physical having been done in the past 12 months.
 - All medications (even OTC medications such as vitamins or melatonin) must be in original packaging and listed on the Medical Form with dosage instructions.
- The front and back of medical insurance cards for all policies covering the camper
- Any required waivers
- Letter to My Child's Camp Counselor (can be completed in registration questions) – these answers can be critical in helping the counselor and camp staff prepare for your camper's week at camp

Once your online registration paperwork is complete and the Medical Form has been submitted, the next step is to get ready for an amazing week at Camp. All of us at Cross Roads are very excited that you'll be joining us for this life-changing week of camp, full of fun, friendship and God's Love. To help make this week special, we ask you to bring a spirit of openness to all that we offer here at camp. Come willing to share, learn, play, and experience an intentional Christian community. The following information has been assembled to help prepare for the camp experience.

- **Cross Roads Policies & Information** -- *pages 2-3*
- **A Day at Camp** -- *page 4*
- **Packing List** -- *page 5*
- **Directions** -- *page 6*
- **Medical Form** -- *page 7*

CHECK IN: Registration for your camp week will be at staggered times starting at **3:00 pm**.

CHECK OUT: On the following **Friday**, families are invited to join us for a closing worship service at 6:30 pm with the departure time for all campers at 7:00 pm. Please arrive at 6:15 pm to get parked and settled before the service begins.

If you have any other questions, please call or e-mail us using the information provided above. We are committed to providing updates on processes and policies as those decisions are made. Until then, we are looking forward to seeing you this summer!

CROSS ROADS SUMMER CAMP POLICIES & INFORMATION

Cross Roads Camp and Retreat Center is a welcoming and inclusive community providing life changing and sacred adventures for renewal, growth, and joy.

We are glad that you will be part of the fun at Cross Roads this summer! The following information should help you prepare for camp. Please take some time to review the information with your child. If you have any questions, please call Cross Roads at (908) 832-7264.

A PLACE AND PROGRAM FOR GROWTH

Cross Roads is an intentional Christian community and camping/retreat facility that is a joint venture of the New Jersey Synod of the E.L.C.A. and the Episcopal Diocese of Newark. The summer camp program at Cross Roads is designed to help campers grow physically, emotionally, and spiritually as they develop new skills, interests, and friendships.

CAMPER BEHAVIOR

We are committed to creating a physically and emotionally safe place for all. To provide this, clear expectations for campers' behavior are discussed with the campers upon arrival at camp. These include respect for others with no negative talk of others allowed. Should a camper exhibit behavior that is inappropriate, the staff have been trained to redirect the camper in a way that emphasizes a more positive and appropriate behavior. Corporal punishment is never used.

If necessary, the Director may discuss a behavior situation with a camper. At times, it is also helpful for us to contact the parents to provide insight into the behavior and possible solutions. While it is our preferred practice that campers remain at camp, in rare cases a parent may be asked to remove a camper from the camp environment at the parent's expense. In this event, no camp refunds will be made.

NOTE: The following situations will result in a camper being sent home immediately: possession and/or use of alcohol or drugs, possession and/or use of cigarettes, possession of weapons, physical harm to themselves or another person, running away from camp, theft, or other behavior determined to be unacceptable.

Communicating with your camper

Please send letters!

Supporting your camper at camp is very important. Encourage other relatives and friends to do the same. Send letters to:
Cross Roads Camp and Retreat Center
29 Pleasant Grove Rd
Port Murray, NJ 07865

MAIL is very important to campers! A letter received within the first two days of camp would be greatly appreciated by your child. This means writing and mailing a letter before your child arrives at camp (or leaving a letter for them with us at Sunday registration). To send a note to your child, simply address the letter to the camper at the camp's address.

PLEASE NOTE Due to food allergies and storing food, we will no longer be allowing food in packages. If you do send food in a package, we will hold onto it until the week is over.

EMAIL

Another way for you to contact your camper is by sending email through Bunk1.com. Head to the "Summer" section of our web page and you will find a link to get started. We distribute email every day, so if the mail system is too slow for you, this is a perfect option. Bunk 1 also allows direct responding! When you send your camper a Bunk note you can state that you would like them to reply. When they get the Bunk note they will also get a blank sheet that they fill out and you will get their handwritten reply in your email.

TRANSPORTATION

Transportation to and from camp is the responsibility of the camper's parents. If you are caught in traffic and will be late, please call and leave a message.

CALLING

To allow campers to immerse themselves fully in camp life, campers are not permitted to make or receive phone calls from camp - thus, **cell phones are prohibited**. If you need to contact your child in an emergency during the camp week, you may call or email the camp office directly. If there is an urgent situation involving a camper, the camp administration will contact you directly.

VISITING

For health and safety reasons, visits during the camp session will not be permitted. Please contact the Director if extenuating circumstances arise.

HEALTH AND SAFETY

The **medical form requiring a physician's signature** must be completed and either uploaded or sent in two weeks prior to camp start. No camper will be admitted to camp without this form. Our camp Health Supervisor will review all forms and see each camper on arrival day. All campers must have a health examination within 12 months of attending camp. Parents are notified immediately if a serious health problem arises while their child is at camp.

MEDICATIONS

ALL MEDICATIONS, including over-the-counter medications, such as Tylenol, first aid supplies, and poison ivy lotion must be given to the Health Supervisor upon arrival at camp. All medications must be in their original containers, bearing the pharmacy label, which shows the prescription number, date filled, physician's name, name of medication, directions for use, and patient's name. All medications will be administered under the supervision of the Health Supervisor. Information about medications must be on the health form.

FOOD AT CAMP

Provide all information on dietary allergies and dietary restrictions during the online registration process. While we prepare nutritious and delicious food, camp food never seems exactly like food at home. We ask you to encourage your child to try new food. For health and safety reasons, we do not allow campers to bring food to camp.

HOMESICKNESS

Coming to camp may cause a brief case of homesickness. We regard homesickness as a normal, healthy occurrence in a child. The staff is trained to be aware of each camper's mood and emotional adjustment. If a child is homesick, they talk with the child and try to help the child understand his/her feelings. Efforts are made to involve the camper in the camp activities so he/she will be busy, have fun, and feel secure with counselors, new friends, and the outdoors.

Avoid telling your child to call home anytime. This often puts added pressure on the child that they should be calling home. If through conversation with the parent and the Director it is decided that the best plan for the child is to call home, we will arrange the time for the call.

Because of this, you may receive a "homesick letter." While campers are experiencing homesickness, they usually write home about their feelings. What to do? **DO NOT PANIC** or feel guilty about having sent your child to camp. If you have not heard from camp, your child has probably already adjusted. We encourage you to write a supportive letter. If homesickness continues, the Director will call the parents of any children who are having problems adjusting.

LOST AND FOUND

Please mark **ALL** of your child's belongings. If you discover something they have left behind, please contact the camp as soon as possible. When you pick up your child from camp please see our Lost and Found area to claim any belongings. All lost and found will be kept at camp up to a week after the session ends.

CAMP STORE

Camp Store is open every day for campers to purchase snacks, drinks and merchandise. Additionally, it may be open on Saturday morning, during camper check out. We strongly encourage families to submit camp store monies via the online registration system this year (we recommend \$20-\$30 for the week) to make 2023 cash free and registration as streamlined as possible.

A TYPICAL CAMP SCHEDULE (subject to slight variations due to COVID)

Monday-Friday

7:00: Campers wake up
Polar bear swim option (*Campers have the opportunity to wake up early and jump in the pool*)

8:00: Breakfast

9:00: Rise and Shine (*Campers will play a game and get introduced to the daily theme*)

9:30: Discovery time (*Daily bible study with their cabin mates*)

10:30: Week-long Activity

On Sunday evening campers have the opportunity to sign up for different week-long activities, something that they will do every day at the same time. Examples of the week-long activities offered are nature course, arts and crafts, field sports, high ropes, and performing arts.

12:00: Lunch

12:45: Announce daily Clean Sweep Awards (*Camper cabins are graded in regards to cleanliness and neatness. If cabins earn the clean sweep award, they get to keep the award until the following day*)

1:00: Rest Hour

2:00: Activity Period 2 (*Campers have the opportunity to sign-up for their afternoon activity at breakfast each morning*)

3:00: Camp store

4:00: Cabin Time (*Cabins have intentional time to grow together, they will go through low ropes together and other cabin bonding activities together all week*)

5:00: Oakwood hang out (*Intentional down time before dinner, all of camp is together*)

5:30: Dinner

6:30: Worship

7:30: Evening Program

8:45: Cabin Time
Devotions
Get Ready for Bed

10:00: Lights Out

See you at camp!



CROSS ROADS SUMMER CAMP – PACKING LIST

A great week lies ahead! To be fully prepared, please use the following list to help in packing for camp. **Be sure to label all clothing with your child's name, especially towels, sweatshirts, sweaters, and jackets.** Please do not pack anything that you value – clothes will get dirty and muddy. Remember that the weather can change over a week's time, so be sure to pack clothes for cool evening weather even if it has been very warm out.

<i>Item</i>	<i>Need</i>	<i>Have</i>	<i>Packed</i>
Pillow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleeping bag (or sheets & blanket)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Toothbrush & toothpaste	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soap	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shampoo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Any other personal bathroom items	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Towels (bath & pool)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pajamas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Underwear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Socks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shorts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Long pants	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shirts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
White t-shirt (for possible tie-dying)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 sweaters and/or sweatshirt (long sleeve)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jacket	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Raingear (poncho or rain jacket)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sturdy close-toed shoes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Old Sneakers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hat or bandana	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swimsuit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Laundry bag for dirty clothes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Water bottle (VERY IMPORTANT)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bible	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Books	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pen / paper / stationary / stamps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flashlight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunscreen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Insect Repellent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Money for Camp Store (we recommend \$20 - \$30)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Item</i>	<i>Did NOT Pack</i>		
Cell Phone	<input type="checkbox"/>		
Electronic equipment	<input type="checkbox"/>		
Food	<input type="checkbox"/>		
Illegal substances	<input type="checkbox"/>		
Pets	<input type="checkbox"/>		
Knives	<input type="checkbox"/>		
Hair Dryers/Curling Irons	<input type="checkbox"/>		

DIRECTIONS TO CROSS ROADS

Cross Roads is located in Lebanon Township, 2 miles northwest of Califon, in the Northwestern tip of Hunterdon County. (Because of rural postal delivery, the mailing address is Port Murray.) *Be aware – there are two different Pleasant Grove Roads in the area!*

General Note: some navigation apps have added an unnecessary final turn in their directions to Cross Roads. Do not turn on Sharrer Rd.

From the South:

1. Take NJ Route 31 North (Intersects I-95 & I-295 on the north side of Trenton). Follow Route 31 North through Flemington and continue toward Clinton.
2. 2 miles after crossing over I-78 at Clinton, TURN RIGHT onto Route 513 North
3. Follow Route 513 North through High Bridge (four well marked turns) and continue on Route 513 North into Califon.
4. In Califon, after the A & P store on left, TURN LEFT onto Sliker Rd.
5. Go 1.5 miles and TURN RIGHT onto Pleasant Grove Rd.
6. In less than a mile, Cross Roads will be on your left.

From the Southwest (Allentown, PA region or Phillipsburg)

1. Take I-78 East into New Jersey at Phillipsburg.
2. Continue on I-78 and exit onto Route 31 North (Exit #16) - toward Washington, NJ
3. Use directions above beginning at #2 "From the South".

Alternate from Phillipsburg (Washington)

1. Take Route 57 East towards Hackettstown
2. About 4 miles after Washington, take a right onto Penwell Road (there will be a sign for Penwell). Follow this road for 3 miles.
3. Make a right onto Califon Road and follow for about 2 miles. This turns into Pleasant Grove Road. Cross Roads is on the right.

From the Southeast (Jersey Shore Area):

1. Take Garden State Parkway North.
2. Exit at I-287 North (also West) immediately after crossing over the Raritan River Bridge.
3. Follow I-287 to I-78 West (toward Easton, PA).
4. Exit I-78 at Route 31 North (Exit # 17) toward Washington, NJ.
5. Follow directions beginning at #2 "From the South."

From the Northeast:

1. Take I-80 West from the New York City metro area.
2. Take Exit #27 and follow Route 206 South into Chester (about 8 miles).
3. In Chester, take a right onto 513 West and follow for about 10 miles into Califon.
4. In Califon, right before the A & P store, TURN RIGHT onto Sliker Rd.
5. Go 1.5 miles and TURN RIGHT onto Pleasant Grove Rd.
6. In less than a mile, Cross Roads will be on your left.

From the Northwest (Pocono Region and Western Pennsylvania)

1. Take I-80 East and enter New Jersey at the Delaware Water Gap.
2. 4.5 miles into New Jersey, exit I-80 onto 46 East.
3. Follow 46 for about 10 miles into Buttzville and then TURN RIGHT onto Route 31 South.
4. Follow 31 for 6 miles into Washington and then TURN LEFT onto Route 57.
5. In about 4 miles, take a right onto Penwell Road (there will be a sign for Penwell). Follow this road for 3 miles.
6. Make a right onto Califon Road and follow for about 2 miles. This turns into Pleasant Grove Road. Cross Roads is on the right.

Health Care Recommendations Must Be Completed by Licensed Medical Provider

You may substitute your physician's generic form for this page as long as the information provided is comparable.

Camper Name: _____ **I EXAMINED THIS INDIVIDUAL ON** _____ **(DATE).**

***ACA accreditation and the state of NJ specify exams must be within 12 months of camp attendance.**

BP _____ Weight _____ Height _____

In my opinion, the above applicant is is not able to participate in active camp programs.

The applicant is under the care of a physician for the following conditions _____

Has the participant had any of the following:

- ___ Measles
- ___ Chicken Pox
- ___ German Measles
- ___ Mumps
- ___ Hepatitis A
- ___ Hepatitis B
- ___ Hepatitis C

Vaccine	Mo/Year	Mo/Year	Mo/Year	Mo/Year	Mo/Year
DTP					
TD (tetanus/diphtheria)					
Tetanus					
Polio					
MMR					
Or Measles					
Or Mumps					
Or Rubella					
Haemophilus Influenza B					
Hepatitis B					
Varicella (chicken pox)					

Last TB Mantoux Test

Date _____

Result: ___ Pos ___ Neg

Recommendations and Restrictions at Camp

Treatment to be continued at camp: _____

Medications to be administered at camp (name, dosage, frequency):

Med: _____ Dosage: _____ Frequency: _____

Med: _____ Dosage: _____ Frequency: _____

Med: _____ Dosage: _____ Frequency: _____

Any medically-prescribed meal plan or dietary restrictions: _____

Known allergies: _____

Description of any limitation or restriction on camp activities: _____

Additional information for health care staff at the camp: _____

Signature of Licensed Medical Provider

Signature _____ Print Name _____

Title _____ Date _____

Address _____

Phone (____) _____

Fax (____) _____