Welcome to Camp Metigoshe!

Are you ready to get out of the house and surround yourself with God’s creation? We are looking forward to a week of swimming, hiking, worship, Bible Study, games and more! Pack your bags and we will see you soon for an Adventure Anchored in Christ at Camp Metigoshe!

The following information is helpful for campers and their parents. If you have additional questions about your camper’s time at camp, please call 701-263-4936 or email program@metigosheministries.com. We are excited to have you at camp and look forward to meeting you.

What To Bring

• Your Bible
• Medicine (only amount needed for the week) Please make sure all meds are labeled.
• Cloth Face Covering/Mask
• Warm sleeping bag (or plenty of blankets) and a pillow
• Warm clothing (including long pants)
• Heavy jacket
• Rain coat or poncho (we don’t stop for rain!)
• Comfortable athletic shoes for vigorous activities
• Appropriate swim suit(s)
• Old (disposable) clothing and shoes for messy activities
• Washcloths and towels, biodegradable soap, personal toiletry items
• Insect repellent
• Water bottle
• Sunglasses
• Sunscreen
• Flashlight
• You may also bring camera, fishing gear

Please Do Not Bring

Cell Phone, Over-the-Counter Medications, Knives/Guns/Weapons/Explosives/Fireworks, Pets of any kind, Hair Dryer, Curling Iron, Illegal Drugs or Alcohol, Valuables: Electronic Devices/Radios/MP3 Players/iPod’s

Before You Arrive

• Every participant needs to complete a Health History and Medical Information Form. This can be submitted online by logging into your account or by mailing a paper copy. Please complete and submit at least two weeks prior to the start of your camp session.
• Pay any camp balance at least two weeks prior to camp session.
• If you completed your Health History and Medical Information Form online, please check the form at least 2 weeks prior to camp and make any changes, if any.
• Please call if there are any special needs or concerns. See page 3 for more details.
• Review the “What to Bring Guide” and ensure you have everything you need. Please note that some items are optional.
• In an effort to minimize illness at camp we ask you check on the health of your camper daily beginning 14 days prior to camp. The Pre-Camp Health Screening Form is available at https://metigosheministries.com/parent-info-forms-and-resources/ and will also be emailed to campers.

What You Need to Know

Visit our website and follow us on social media to learn more about what is happening at Camp Metigoshe.

@campmetigoshe
@campmetigoshe

GET READY FOR Summer Camp!
Arrival and Departure Information

**Arrival & Check-In Information**

For extra safety, Camp 2020 will have staggered Check-In times as listed below. If you have campers in multiple programs in the same week, please come to the earliest check-in time. If you are unable to check in at the time listed, please contact the camp office in advance to make other arrangements. Campers will be informed of their cabin assignment upon arrival. Cabin assignments are prearranged by the administrative staff based on age, grade, and cabin friend requests.

**Closing Day & Check-Out Information**

Check-out will happen at the staggered times listed below. If you have campers in multiple programs in the same week, please come to the earliest check-out time. To best care for the health of campers and families, there will be no public closing programs for this summer. You will receive more check-out details when you arrive for check-in.

<table>
<thead>
<tr>
<th>Camp Session</th>
<th>Check-In Date &amp; Time</th>
<th>Check-out Date &amp; Time</th>
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<tbody>
<tr>
<td>Explorers</td>
<td>4:40-5:00 pm</td>
<td>2:30-3:00 pm</td>
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<tr>
<td>Day Play II</td>
<td>4:20-4:40 pm</td>
<td>6:00-6:30 pm</td>
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<tr>
<td>Trailblazers III</td>
<td>4:20-4:40 pm</td>
<td>6:00-6:30 pm</td>
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<tr>
<td>Homestead I</td>
<td>4:40-5:00 pm</td>
<td>6:30-7:00 pm</td>
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<tr>
<td>Trailblazers 3.5</td>
<td>4:20-4:40 pm</td>
<td>6:00-6:30 pm</td>
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<tr>
<td>Infinity</td>
<td>4:40-5:00 pm</td>
<td>2:30-3:00 pm</td>
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<tr>
<td>Voyageur Partners</td>
<td>4:40-5:00 pm</td>
<td>2:30-3:00 pm</td>
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<tr>
<td>Day Play III</td>
<td>4:20-4:40 pm</td>
<td>6:00-6:30 pm</td>
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<tr>
<td>Trailblazers IV</td>
<td>4:20-4:40 pm</td>
<td>6:00-6:30 pm</td>
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<tr>
<td>Homestead II</td>
<td>4:40-5:00 pm</td>
<td>6:30-7:00 pm</td>
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<tr>
<td>Trailblazers V</td>
<td>4:40-5:00 pm</td>
<td>6:00-6:30 pm</td>
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<tr>
<td>Pioneers II</td>
<td>4:00-4:20 pm</td>
<td>2:00-2:30 pm</td>
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<tr>
<td>Seek Week II</td>
<td>4:20-4:40 pm</td>
<td>2:30-3:00 pm</td>
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<tr>
<td>Stargazers</td>
<td>4:20-4:40 pm</td>
<td>2:30-3:00 pm</td>
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<tr>
<td>Day Play IV</td>
<td>10:40-11 am</td>
<td>3:00-3:30 pm</td>
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<tr>
<td>Trailblazers VI</td>
<td>4:40-5:00 pm</td>
<td>6:00-6:30 pm</td>
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<tr>
<td>Pioneers III</td>
<td>4:00-4:20 pm</td>
<td>2:00-2:30 pm</td>
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<tr>
<td>Discoverers II</td>
<td>4:20-4:40 pm</td>
<td>2:30-3:00 pm</td>
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What to Expect

Special Needs or Concerns
Please contact Program Director Katie Vogel (701-263-4936) at least one week prior to your child’s arrival at camp if there are any special challenges or considerations (e.g., diabetes; severe asthma; emotional, behavioral or social needs, etc.) for which our staff should prepare. We want to meet your child’s needs as best we can.

If any participants have any pre-existing medical conditions, please seek advice from your primary care physician for a recommendation on whether or not you should attend camp in 2020.

Release of Campers
Metigoshe Ministries requires written permission to release any child to anyone who is not her/his legal guardian. A “Parent’s Permission To Release” statement is contained in the online forms. For every child’s safety, personal information about any child will not be released without the prior written consent of her/his parent or guardian.

Camper Medical Care
Your child’s medical needs will be cared for daily by our health aid who is first-aid certified and in consultation daily with our supervising RN. Summer staff members are first-aid certified and trained in CPR. In the event of major sickness or injury, we will make every effort to contact you, and a staff member will transport your child to St. Andrew’s Health Center. While your child is attending camp, Metigoshe Ministries assumes secondary insurance coverage.

What To Expect When You Arrive
For added safety, our Check-in process has been adjusted to be a “drive through.” As you drive through camp, you will stop for the following things:

• Greeted at the front gate by a Camp Metigoshe Staff member
• Receive an initial temperature check
• Offered cookies and lemonade
• Registration table - Receive cabin assignment and complete any incomplete forms
• Check in with our Camp Nurse
• Stop at Flag Yard to unload and give hugs! Your counselor and cabin mates will meet you there, and then the fun of the week begins!
• If you are to receive an Early Bird shirt, it will be waiting for campers in their assigned cabin.

Final Payment
Please remember to pay your balance due at least two weeks prior to the beginning of your child’s camp session. Balances not paid prior to camp will have an additional $20.00 late charge applied to the balance. Any cancellation after May 31 or within 30 days of the registered camp session will forfeit the $100 deposit. (Suspended for 2020 Camp Season due to COVID-19 uncertainties.)

If your church is paying for part or all of your registration fee, please notify the church that payments need to be submitted to us one month prior to your camp. This allows us to update your balance and email you an invoice with the remaining amount due.

Please mail payments to: Metigoshe Ministries, 165 Lake Loop Road, Bottineau, ND 58318. Please be sure to indicate the camper’s name when a payment is sent in.

Early Pick-Up
We hope all campers will participate in the entire session. However if your child needs to leave camp early, please let us know at check-in. Early pick-up will be at Anna Manor.
Camp Communications & Directions

Support and Communication
We welcome and encourage you to support your camper with notes from family and friends. Encouragement can come from letters mailed, letters dropped off at check-in or E-mails.

For US Postal Service Mail
Please ensure that mail makes it to camp the day before the last day of camp so the camper receives before camp is over. The mailing address is:
Camper’s Name
Camp Metigoshe
2051 105th St NE
Bottineau, ND 58318-6145

To Email Your Child Send Emails to:
Camper@MetigosheMinistries.com. In the subject area include your camper’s full name and (if known) the cabin/counselor name. Please limit your E-mails to once per day.

Stay Connected
We post pictures as frequently as possible. Check them out at:
www.MetigosheMinistries.com/photo-gallery
Facebook.com/campmetigoshe
Twitter: @campmetigoshe
Instagram: @campmetigoshe

Trading Post (Camp Store)
This year our Trading Post is all online! We still have t-shirts, sweatshirts, hats, water bottles and other camp memorabilia for sale. If you participated in our “Early Order”, your items will be waiting for you when you arrive at camp! If you’re just now placing an order, your items will be shipped straight to you at the end of the summer.

There will be Metigoshe Bandannas available for purchase during check-in for $5. These work great as a cloth face covering!

Meet the Summer Staff!
You can meet all of the summer staff at Camp Metigoshe online at MetigosheMinistries.com/photo-gallery after June 21.

Directions to Camp
Directions From Hwy 5:
• Turn north onto Main Street in Bottineau
• Go north 9.3 miles
• At stop sign, turn right onto Hwy. 43
• Go east 8.5 miles
• At the Camp Metigoshe sign, turn right on the gravel road
• Go 1 mile and turn left at Camp Metigoshe sign
• Drive 1.5 miles to the camp entrance on your left.

Directions Through Dunseith:
• Follow US 281 and ND 3 north 10 miles to Hwy. 43
• Turn left onto Hwy. 43 and drive 9 miles
• At Camp Metigoshe sign, turn left onto a gravel road
• Drive 1 mile— you will come to a dead end.
• Turn right and go 1/2 mile to the camp entrance on your right.

Look for the Front Gate when coming to Camp Metigoshe
Tour of Camp Metigoshe

Camp can be an unfamiliar place for new campers and for those who haven’t been away from home. Here are pictures of some of the main areas around camp that you will be utilizing.

- Lodge
- Anna Manor
- Front Gate
- Koinonia Worship Center
- Outside of Cabin
- Inside of Cabin
- Gaslite
- Trading Post
- Health Shack
- High Ropes
- Campfire
- Beach
Cell Phones, Technology & Homesickness

Cell Phones and Technology at Camp

*Camp is a place set apart*

Old ways are new ways. Camp is about being in a caring community and living in relationship with God, self and others. Without the distractions of the outside world, campers are allowed to pray and play in new ways. Campers are allowed to use their imaginations, their ingenuity and creativity in new ways. Campers can see the world and interact with others in new ways.

Because of this, we ask that campers leave cell phones, computers, electronic games, and other gadgets at home. A few reasons for this:

- Cell service at Camp Metigoshe is limited or not available.
- With outdoor activities, games, weather, etc, we do not want expensive devices damaged, lost or stolen.
- Campers are busy, involved in the daily life of camp.
- Because of this, we will continue to keep your child safe in all ways and keep you informed. We will contact you:
  - If there is an emergency concerning your child.
  - When there is weather-related news that impacts your child.
  - If your child is homesick and needs your attention and we cannot provide what they need at camp.
- Because of this, even in our technologically advanced world, campers and staff can still remain connected to the world. You can:
  - Write letters to your camper
  - Write emails to your camper
  - Trust that we will contact you if your camper has health concerns or is experiencing difficulties adjusting to camp.

A Note About Homesickness

Is this your child’s first time away from family? Are there questions of how you will make it through the week? It is natural to feel uncertainty about being away from our family. As adults, we usually know how to deal with these feelings; oftentimes, kids do not. Here are some suggestions for you:

- Discuss what camp might be like and what they might expect. Watch the camp video together ([www.MetigosheMinistries.com](http://www.MetigosheMinistries.com)) or arrange to visit camp ahead of time. Let them know what you will be doing when they are away.
- Arrange for a first-time camper to attend camp with a friend or relative. Make sure they are both registered with the cabinmates of their choice.
- Allow campers to help pack what they will bring to camp.
- Overcoming homesickness will be a great success for your child. Phone calls from you or to you many times prevents this opportunity for success. Please review the cell phone article.
- It’s not helpful to tell your child that you will come and get him, or call her. Simply assure your child of your love and that you are so proud of his/her courage to try something new.
- Send self-addressed stamped envelopes or postcards with your child so he/she can write home easily.
- Send along a picture of the family.

If a camper does become homesick, we keep him/her busy with the normal flow of the daily schedule. If we feel concern about your child’s adjustment to camp, we will contact you.
Tips & Tricks for Registration Check In

Tips and Tricks for Speeding Up the Registration Process

Nobody likes to stand and wait in line and we don’t blame you. The following are things you can do to help speed up the registration check in process:

• Make sure all information on the Health and Medical Information Form is correct. If you completed this form online, please make any corrections at least two weeks before coming to camp.
• If forms are missing, you will receive an email plus a phone call a few days before coming to camp. Paper health forms must be filled out at that point. This form will be attached to the email or found on the Forms page on our website.
• Leave all electronics and cell phones at home or in the car. We collect any electronics at the registration desk and they will be returned on the last day of camp.
• Make sure all medications, vials, etc. are labeled with camper’s name.
• Have all health and pre-camp health screening forms and medications in your hand when you approach the registration desk. Please do not have any of the above in your luggage.

Lost & Found

Lost and Found

Please remember to label all of your belongings with your name. Also, please encourage your child to check for their belongings at the end of their camp week. Our lost and found is huge at the end of the summer.

If you are missing something when you get home, please email lostandfound@metigosheministries.com with a complete description of the item you are missing. Helpful information to give in your email is: camper name, camper session, color of item, size, plus any other information that can help. If the item is found, arrangements will be made to get it to you. If the item is to be mailed, we ask camper families to cover the cost of shipping.

Questions?

If you have questions about any of the information provided, please call 701-263-4788 to speak with the registrar or call 701-263-4936 to speak with the program director. You may also email registrar@MetigosheMinistries.com or program@MetigosheMinistries.com.

Business Office: Metigoshe Ministries
165 Lake Loop Road
Bottineau, ND 58318

Christian Center: 701-263-4788
Camp: 701-263-4936

Summer Camp Theme:
Yesterday, Today and Tomorrow! God’s Love Goes Beyond!