



# Parent Pack<sup>2026</sup>

www.covevalleycamp.com • (717)328-3055 • program@covevalleycamp.com

## Our Purpose

To provide a place and the opportunity for Christian teaching and fellowship along with wholesome and guided recreation in a Christ-like atmosphere. The goal and purpose of our youth camps is to bring young people to the saving knowledge of the Lord Jesus Christ and to provide exciting, challenging activities which will promote and nourish spiritual growth.

## Bring to Camper Drop-Off!

Please send in all payments 2 weeks prior to the start of your week of camp.

### If you Registered by Mail...

- Bring your Trading Post and Group Photo \$
- Camper Release Form
- Health History and Authorization Form
  - Bring all medications to the nurse at registration!
  - Mark all medications clearly on the Health Form.

### If you Registered Online...

- Medications - Bring all medications to the nurse at registration!
- \* All other paperwork was completed online.

## Packing List for Wilderness Hawks

- Bible and notebook
- Change of clothes for each day
- Hiking boots (broken in)
- Sneakers
- Water shoes
- Rain jacket/ poncho
- Long sleeve shirt/ hoodie/ jacket
- Wool socks (for hiking)
- Sleepwear
- Quick-drying pants
- Sleeping bag, sleeping pad, & pillow
- Soap, shampoo, towels, washcloths
- Toothbrush/toothpaste
- Water bottle

Swimsuit/trunks - no bikinis or cutoffs (see dress code)

- Bottle of hand sanitizer
- Tent
- Backpack
- Insect repellent & sunscreen
- Flashlight
- Mess kit (in mesh bag to help dry)
  - Includes plate, bowl, knife, fork, spoon, and cup
  - On **Amazon**, search for: "GSI Outdoors Cascadian 1 Person Table Set". The average cost for a table set is about \$23, and there are different color options to choose from.

## What not to Bring

1. Electronic gadgets (i.e. Game Consoles, MP3 Player, Tablets, Cell Phones, etc.)
2. Snacks
3. Fireworks
4. Pocket knives
5. Alcohol, tobacco, cigarettes, drugs, etc.
6. Loose Money (All cash is to be put in your Trading Post Account at registration.)

# Drop Off & Dismissal

## Eagles

**Arrival**  
June 14, 4 pm  
**Dismissal**  
June 19, 4 pm

## Goldfinches

**Arrival - June 22-24**  
Everyday, 9 am  
**Dismissal**  
June 22-23, 4 pm  
June 24, 3 pm

## Jenny Wrens

**Arrival**  
June 24, 4 pm  
**Dismissal**  
June 26, 4 pm

## June-July 2026

| Sun | Mon                          | Tue | Wed         | Thur | Fri | Sat |
|-----|------------------------------|-----|-------------|------|-----|-----|
| 14  | 15                           | 16  | 17          | 18   | 19  | 20  |
|     | Eagles                       |     |             |      |     |     |
| 21  | 22                           | 23  | 24          | 25   | 26  | 27  |
|     | Wilderness Hawks - Ospreys   |     |             |      |     |     |
|     | Goldfinches                  |     | Jenny Wrens |      |     |     |
| 28  | 29                           | 30  | 1           | 2    | 3   | 4   |
|     | Wilderness Hawks - Red Tails |     |             |      |     |     |
|     | Cricketeers                  |     |             |      |     |     |
| 5   | 6                            | 7   | 8           | 9    | 10  | 11  |
|     | Blue Jays                    |     |             |      |     |     |
| 12  | 13                           | 14  | 15          | 16   | 17  | 18  |
|     | Cardinals                    |     |             |      |     |     |
| 19  | 20                           | 21  | 22          | 23   | 24  | 25  |
|     | Hummingbirds                 |     |             |      |     |     |
| 26  | 27                           | 28  | 29          | 30   | 31  |     |
|     | Night Owls                   |     |             |      |     |     |

## Cricketeers

**Arrival**  
June 28, 4 pm  
**Dismissal**  
July 3, 4 pm

## Blue Jays

**Arrival**  
July 5, 4 pm  
**Dismissal**  
July 10, 4 pm

## Cardinals

**Arrival**  
July 12, 4 pm  
**Dismissal**  
July 17, 4 pm

## Hummingbirds

**Arrival**  
July 19, 4 pm  
**Dismissal**  
July 23, 4 pm

## Night Owls

**Arrival**  
July 27, 7 pm  
**Dismissal**  
July 30, 7 pm

## WH Ospreys

**Arrival**  
June 21, 4 pm  
**Dismissal**  
June 26, 4 pm

## WH Red Tails

**Arrival**  
June 28, 4 pm  
**Dismissal**  
July 3, 4 pm

# Phone Calls, Visits, & Leaving Camp

- These distract from the total camp experience.
- Campers are not permitted to make or receive phone calls.
- You may talk to the office about your camper's progress.
- **No cell phones are permitted.**
- **If the camper must leave:**
  1. Turn in a note during registration time.
  2. When you arrive, stop at the office to talk to the Program Director or Program Assistant.
  3. You must sign out at the office.

# Money, Food, & Medications

- All **Medications** are to be turned into the camp nurse during registration.
  - **All meals will be provided by Cove Valley Camp - Goldfinches are provided with lunch only.**
  - Any **special dietary needs?** Please notify the camp **2 weeks** before arrival. Leave snacks and drinks at home unless you have already discussed your specific dietary needs with the Food Service Director.
  - All **camper money** will be put into their **Trading Post Account** during registration.
  - Our **Trading Post** is where snacks, drinks, clothing, and other items may be purchased. Items are paid for out of an account that is set up by parents during registration.
- \*Please note:** If your camper would like to buy a shirt, sweatshirt, or hat, their price is \$10-\$30. Please place enough money in their account. The Trading Post will also be open during camper pick-up.

# Dress Code

Please dress modestly at all times in comfortable and casual clothes.

## All Campers

- Dresses and tops must have at least 1 1/2" wide shoulder straps. Tops must cover chest and midriff.
- Shorts must be fingertip length/loose fitting. No Yoga Pants/Leggings.
- Modest/conservative swimsuits only. (Tankinis are permissible.)
- Pants/shorts must be kept up around the waist, with no underwear showing.

## At the Pool

- Girls - Swimsuits must be modest & not showing midriff or chest.
- Guys - Must have swimming trunks.

# Mail

Two ways to send a letter to your camper:

1. **Snail Mail** - make sure that their name is on the outside of the envelope.
2. **One-way Email** - No fee!
  - **Camper email address: [campers@covevalleycamp.com](mailto:campers@covevalleycamp.com).**
  - You may share the email address with friends and family.
  - Subject line **MUST** be: child's first name then last name **ONLY**.
  - Emails are printed and delivered daily, usually at lunch.

\*For anyone sending emails to a camper during their week of camp, please DO NOT SEND images, GIFs, or similar media attached to or in the emails. These emails will not be printed.

# Trading Post

Our store where you can buy snacks, drinks, souvenirs, and more! At registration or before, you are able to put money into your child's "Trading Post Account". Each day, the campers will be able to go into the store and buy snacks & drinks at the allotted time(s). At least once during the week, they will have the opportunity to purchase other items! Money must be in their account in order to purchase things!

We have t-shirts, hoodies, postcards, toys, jewelry, hats, and many other souvenirs all ranging in price. Apparel usually ranges between \$10-\$30. The Trading Post will also be open during registration and during departure if you would like to purchase an item before or after camp begins.

# Trading Post Mission Project

At the end of each week, campers have the option to donate their unused Trading Post funds to our designated missions project. This summer's donations will be going to assist Pregnancy Ministries (PMI). They have locations in Chambersburg, Shippensburg, Greencastle, and Waynesboro, PA.

The mission of Pregnancy Ministries is to "uphold the sanctity of human life by providing Christ-centered assistance in pregnancy and related areas."

All of the donated funds from the Trading Post will be going to support material needs of families. The money will be used to purchase needed things such as, bottles, teethers, new bottle nipples, bibs, maternity clothes and much more. The Trading Post Mission Project is a way for us to be a blessing to others in our local Franklin County Community.

# Online Photo Gallery

During registration there will be an email address list for you to confirm that we have the correct email address for you on file.

Within the first full day of your child's camp, we will send you an email that will include a link for Smugmug, the site where you will find the photos. Once into Smugmug, you will again have the option of viewing and downloading the photos.

If you do not receive the email within the first two days of camp, please email us at: [programassistant@covevalleycamp.com](mailto:programassistant@covevalleycamp.com)

# Group Picture

An 8x10 photo of the entire group with the camp logo, week, and dates printed on the picture.

**The cost is \$5.** If you purchase a group picture they will be sent home with your child at the end of the week. The group picture will also be available to download for free on Smugmug.

# Lost and Found

Please clearly mark all clothing & personal items so that found items can be returned to you at camp. We encourage you to label all belongings! If you would like to buy labels, Mabel's Labels is a great site where you can order your labels for camp this summer!

Go to [camps.mabelslabels.com](http://camps.mabelslabels.com) and select **Cove Valley Christian Youth Camp** in the dropdown box. A portion of your purchase goes to support the camp.

# Something to Avoid

If this is your child's first trip away from home or you know your child may get homesick, please follow these guidelines:

1. **Do not mention the word "HOMESICK" in front of your child.**
2. Instead of reminding the camper of home, talk about all the fun they'll have at camp. In letters and emails, ask about what the camper is most excited about, what they've had the most fun with so far, and other things to keep them focused on being here. Unfortunately, saying things like "We will miss you", "I am only a phone call away", and "If you want to come home, have them give me a call" tends to make the camper focus on home and makes homesickness much worse.
3. Set your child up for success. Present going away to camp in a positive way (i.e. talking about all the fun they'll have, the memories they'll make, asking what they're looking forward to, etc.).
4. We will encourage each camper to make it through the week.

For more information on homesickness please visit: <http://www.acacamps.org> and search "Homesickness".



Dear Parent,

Thank you for choosing to send your child to Cove Valley Camp. We want to make their experience here the best that it can be. Often parents ask me what they can expect for their children to experience here at camp.

At Cove Valley Camp, your child will...

1. Interact with staff that love Jesus and have a heart for serving children and youth. We are here as staff for the campers!
2. Hear the good news of the Gospel. Our goal is to see all campers come to accept Jesus as their Savior and grow in their relationship with Him. The Gospel is presented and modeled to the campers, but it is not forced on them. We trust that the Holy Spirit is working here in each camper and staff members' heart.
3. Be unplugged! Each week of camp is a great way for your child to get away from technology (tv, tablets, cell phones, etc.) and decompress. Being unplugged will help them to focus on the wonder of Creation and the relationships around them.
4. Come into contact with campers that are working through some home/personal issues. We do our best to create a positive environment for growth.
5. Not have a "perfect" week. Expect that there will be some challenging situations for your child to learn and grow from. Campers do not always get along with others or connect immediately with staff members. Spending a week together is always a great opportunity for the love and grace of Jesus to shine through in possibly challenging situations.
6. Be loved, cared for, and given every opportunity to have a great experience!

Again, thank you for choosing Cove Valley Camp and entrusting us with your child. This is an honor and a privilege. See you this summer!

Eric Roth

Program Director

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