



TIPS FOR HELPING YOUR CAMPER AVOID HOMESICKNESS

Please remember the following tips when preparing your child to be away from home:

- Don't suggest that your child can phone you if he/she is homesick—the camp phone is for emergency purposes only and cell phones will not be available.
- Do encourage letter writing! Send your camper with addressed, stamped envelopes and writing paper so they can send you letters. You can also send letters to your child. Children love to receive letters at camp! Please send them to:
 - "Camper Name and grade," Camp St. Vincent, 6523 Highway E, Fredericktown, MO 63645
 - "Camper Name and grade," Osage Branch Retreat Center, 10638 Ottawa Dr., Conway, MO 65632
- Don't promise to rescue your child if he/she is homesick— set your child up for success by helping them develop strategies for coping.
- Assure your child that you love him/her, that you will be happy thinking about the good experiences they are having, and that you'll look forward to hearing about them AFTER camp.

TIPS ON HOW TO PREPARE FOR THE HEAT

- Hydration takes time. Begin hydrating for the week of camp BEFORE coming to camp.
- Campers/staff should be drinking at least 64 oz of water daily for at least two days prior to attending their camp session.
- Drinking Gatorade daily prior to camp can also be helpful.
- Acclimating to higher temperatures by planning outside activity in the days prior to camp is also suggested. Spending large amounts of time in air conditioning prior to arrival can make the transition to camp difficult. There is limited air conditioning at Osage Branch and no air conditioning at Camp St. Vincent.
- Please remember to send a good quality water bottle with your child. (Stainless steel bottles keep water cold longer. NO glass water bottles please.)
- Sunglasses and/or sun visors are recommended
- Campers may also bring a small fan with them.