



Parent/Guardian Packet

Dear parent(s)/guardian(s),

Welcome to Annunciation Heights Youth and Family Camp! We are so excited to have your children as campers here this summer! We are set for an awesome week of summer filled with fun, faith and fellowship.

Annunciation Heights is a Catholic camp, offering dynamic and faith-filled programming centered on Christ. We seek to welcome campers to participate in the adventure of the Rocky Mountains and the adventure of growing in their faith, to more deeply encounter their Creator in the beauty of creation, and to be transformed during one of the best weeks of their summer!

Additionally, Annunciation Heights is licensed and governed by the Department of Human Services - Office of Early Childhood. This means that we take very seriously the safety of your child and strictly adhere not only to the State of Colorado requirements for a resident youth camp, but also the Safe Environment policies of the Archdiocese of Denver. Please help us by filling out the required forms with the greatest of care.

Below you will find information about the following:

- **Preparation Checklist**
- **Arrival and Departure information (directions to camp)**
- **Letter to Camper**
- **Other Helpful Information**
- **Packing List - what to bring/not to bring!**

We hope that both you and your child are excited about camp this summer! If you have any questions which are not answered in this packet, or would like to reach out for any reason, please feel free to contact us directly at info@annunciationheights.org by phone at 970-586-5689.

In Christ,
Director of Programs
William Muraski





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What do you need to do to make sure your camper is all set for camp? See this checklist, and find the following information regarding each of these steps!

- Pay the remaining camp fees at least 4 weeks prior to camp session; and complete all remaining registration paperwork at least 2 weeks prior to camp!** Do so by logging into your account online and completing the payment process and outstanding forms in full.
 - Parent Portal: <https://ahsummer.campbrainregistration.com/>
- Upload** the required items on the registration portal:
 - Physical Exam signed by your Camper's Physician (required)**
 - CO Immunization Form** (please use the CDPHE form found here: <https://www.colorado.gov/pacific/cdphe/immunization-forms>)
 - Camper Headshot Photo**
- Write your camper a **Parent/Guardian Letter**.
- Ensure that your camper has all the needed supplies as shown on the **Packing List**.



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Arrivals and Departures

Camper check-in: Sundays at 2:30pm-4pm

Please do your very best to arrive on time. If you arrive early, feel free to enjoy the beauty of the mountains at Lilly Lake or Camp St. Malo (both a few miles down the road), but you will need to wait until everyone is ready for registration at 2:30pm before coming onto property. If you are arriving late – please call ahead before driving up the canyon as you will lose cell phone reception after the town of Lyons.

Camper Check out is on Fridays after the Closing Program

Please be sure to bring photo ID. Please ensure the person picking up your child is listed on the “Authorized Pickup Form.” Parents may start arriving at 11 pm for the Closing Mass but please do not come before. The Closing Program will begin around 12:30pm and provide lunch.

GPS address: Our address is 7400 State Highway 7, Estes Park, CO. 80517-6409. Historically, Google Maps has done a better job at directing people to camp than Apple Maps. We recommend taking State Highway 7 up to camp from Lyons, as it is more direct than US Route 36. You will pass the Chapel on the Rock at Camp St. Malo on your left, and we are about 2 miles down the road from there. Shortly after passing the road to Long’s Peak Campground on your left, you will come to Annunciation Heights on your right. Alternatively, some GPS systems prefer our address to be “7400 South St. Vrain Ave.” Either should work!

Parent/Guardian Letter to Camper

One of the express goals of Annunciation Heights is to strengthen the Christian family, and one way we do that during summer camp is by connecting children back to their parents in a meaningful and Christ-centered way.

To that end, we are asking parent/guardians of campers to write a letter to each of their campers. These letters are to be kept secret from your camper, turned in at drop-off, and will be given to them during the week in a meaningful way. While the content of that letter is left to your discretion, here are a couple of suggestions for writing a letter to your child:

- Tell them how much you love them! You may say it daily to them, or may never actually say it...but either way, let them know how much they mean to you, and how much you care about them!
- Express your hopes for their week at camp (how you hope they grow, how you want them to make new friends, how you hope they challenge themselves, etc.)
- Share about your own personal faith, how Christ is a part of YOUR life, and how you want that for your child as well.
- Make your child laugh! Share something that will make them smile...a memory, a joke, etc!
- Lastly, speak to your child from your heart. Make the letter something unique, that they will remember, in whatever manner you choose!



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Health/Safety and Medications

Please ensure that all your forms are completed online **TWO WEEKS PRIOR** to your arrival at camp. This gives our medical personnel time to review information about your child. **Please make sure that all prescription medications are labeled with your child's name, and are in their original containers.** All medications are kept safely locked and are administered by our camp nurse. **They must be in their original container, AND their administration to your camper must follow the doctor's written orders.** Many parents have found it to be a good idea only to send precisely the required amount of medication to camp in the original container. This way, medications will not be accidentally left at camp. Over the counter medications will be available for campers through our camp nurse.

HYDRATE in Preparation for the Elevation!

Annunciation Heights sits at nearly 9,000 ft of elevation. No matter how conditioned your child is to the mountains, the adjustment can still prove difficult. For many, even those who reside in Denver, the elevation gain can cause headaches and nausea. One of the simplest and most effective ways to combat this is hydration. We will of course be encouraging this throughout the week at camp. **In preparation for your camper's arrival, PLEASE have them drink plenty of water the day before and day of drop-off.** That way, they will be feeling fresh and ready for all that camp has to offer! One of the easiest ways to encourage this from home is to triple check your child has at least two water bottles packed before coming to camp so that they will use them during their time at camp.





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Packing List / What to Bring

When packing for your child, please keep in mind that camp is active and outdoors and their clothes may never look the same again. Because of our nearly 9000 foot elevation, having two good water bottles is essential. Please clearly label all items with your camper's name. Everyday of the week we have a dress theme day so pack accordingly so your camper can win their group points: Sun: Western, Mon: Sports, Tues: Camo, Wed: USA, Thurs: Wacky, Fri: Camp T-Shirts.

- Bible & pen/pencil
- TWO one-liter water bottles**
- Pillow, sleeping bag
- 5 outfits (including underwear & socks) – Keep in mind the Dress Theme days
- 3 pair of long pants (mornings and evenings in CO can be chilly!)
- Jacket/sweatshirt/insulation layer for warmth**
- Rain jacket or poncho (it rains a lot in the mountains!)
- Pajamas
- 1 pair of comfortable “closed-toed” shoes for wearing at camp
- 1 pair of hiking boots or hiking shoes** (for off-camp hikes in the mountains!)
- *** no laundry opportunities are available*
- Swim Suit (girls: one piece or tankini, boys: swim trunks)
- Daypack / backpack (essential for hike days!)
- Towel (bath & beach)
- Soap, shampoo, toothpaste, toothbrush, hair brush/comb
- Deodorant
- Flashlight w/extra batteries
- Sunscreen
- Bug spray
- 2 stamped self-addressed envelopes
- Plastic bag for wet items
- Prescription medications (bring separately in prescribed bottle with doctor's dosing instructions to give to nurse at registration)

DO NOT BRING...

- Negative Attitude
- All Electronics: Cell Phones / iPods / etc.
- Food, gum, or candy (snacks will be available at the Camp Store)
- Cash (camp store deposits can be put online or will be collected at drop-off!)
- Pets
- Firearms or any weapon
- Fireworks
- Knives
- Alcohol or Non Prescription Drugs
- Tobacco Products

The director reserves the right to dismiss any camper whose conduct becomes detrimental in any way to the best interests of other campers. No refunds will be given in these cases. We all want camp to be a place for your child to have the time of their life, feel accepted, and share in fun, faith, and fellowship.

For the safety and concern of other campers, our staff will make a thorough search through each camper's luggage on Opening Day. Any items labeled above will be confiscated. Valuables will be locked in the camp office until Closing Day and food items will be discarded. ("items labeled above" referring to, of course, tobacco, cell phones, drugs, weapons, etc.)