

FORMS

The green health form **must** be completed and signed by both a parent and a physician, each on the appropriate side of the form. A camp physical examination form must be completed within the 24 months prior to your arrival at camp, as required by Colorado State law. Failure to comply with these important restrictions could result in your being denied acceptance to camp. Even if RTALC has a physical on file for you within the last 24 months, the health history side of the 2019 form must still be filled out and returned to the Canon City office. **EVERYONE** must fill out the health history side of the form.

NEW THIS YEAR: All campers need to have a COLORADO CERTIFICATE OF IMMUNIZATION filled out and on file with RTALC. Even if you are from another state, you need to fill out this form.

Ropes course is available for all junior high aged and older. To participate, please fill out the enclosed form and send it to the Canon City office two weeks prior to arrival.

Rafting trips are available for all junior high aged and older. If you want to participate, please fill out the enclosed form and send it to the Canon City office two weeks prior to arrival. The cost is \$50.00. You can pay for rafting along with your **May 15** Final Payment. Helmets are provided.

REMINDER!!! Your health form needs to be mailed two (2) weeks prior to your arrival at camp. This will give our nurse a chance to prepare for your arrival. **YOU MUST FILL IN THE CAMP INFORMATION IN THE UPPER RIGHT HAND CORNER OF THE FORM.**

Extra copies of all of our forms are also on our

website: www.rainbowtrail.org

BALANCE OF CAMP FEES

We must receive the balance of the camp fee by **May 15, 2019**

SATURDAY CLOSING

The camp week will end about 10:00 a.m. on Saturday. Parents are invited to closing worship at 9:30 a.m. Be sure arrangements are made for campers to be picked up no later than 10:30 a.m. on Saturday morning. **We ask you to please refrain from bringing your pets.** Thanks.

PLEASE MAIL ALL FORMS TO:
RAINBOW TRAIL LUTHERAN CAMP
107 S. 9th STREET, SUITE B
CANON CITY, CO 81212

Send your camper mail at:
Rainbow Trail Lutheran Camp
PO Box T
Hillside, CO 81232

Emergency Phone:
719-942-4220

To Send Camper E-Mail:

Go to the website – www.rainbowtrail.org
Click on the link “Send Your Camper E-Mail”

2019

EVERYTHING

*You Need to Know For Your
Week at Camp*



If you have questions call the
Canon City Office at 719-276-5233

We are looking forward to your arrival at Rainbow Trail, and to spending a great week of Christian adventure and fellowship with you. This brochure will tell you some of the things that you should know before coming to be with us here at camp.

REGISTRATION

Registration begins at 3:00 p.m. on Sunday. Our staff has a planning meeting, which lasts from 1p.m. to 3 p.m. each Sunday. You are welcome to come any time after 2:30 p.m. Sunday and relax and look around camp while you're waiting. Registration will be held in the pavilion. Have the person who brought you help themselves to a cup of coffee or a glass of iced tea while you get settled.

WHAT TO BRING

Water Bottle
Insect Repellent
Bible
WHISTLE FOR HIKINGIMPORTANT****
Sheets (optional)
Pillow
Casual clothing-No spaghetti-strap tops
Shorts
Long pants
Sturdy shoes and socks for hiking
Towels
Old shoes or sport sandals for water games & rafting
Sleeping bag for camp-outs
Flashlight
Musical instruments
Swimsuit
Raincoat or Poncho for hiking "IMPORTANT"
Pen and paper
Personal toilet articles
Jacket or sweatshirt
Special offering - \$5.00
Shoes for every day use
Camera

Label your stuff!

Please be sure that every article of clothing and every item you bring to camp is clearly marked with your name. We have mountains of lost and found items from last summer...shirts, towels, Bibles, jeans, etc. We want everything that comes to camp with you to go home with you.

Protect your feet!

Open-toed shoes such as Teva, Chaco, and Birkenstock sandals can only be worn during water activities. Closed toed shoes must be worn for all other activities.

You may want to bring some money to purchase a camp shirt or something else at the pop shop. We will have postcards, film, stamps and batteries available, as well as pop shop goodies. You may purchase an 8 x 10 all-camp photograph for \$5.00 through the pop shop. This summer we will be offering DVD's of your week of camp for \$15.00. Orders will be taken during your week for later shipping.

Special Offering

Each summer we collect a special offering. We hope that from this type of offering, kids will realize our lives as Christians reach far beyond the borders of Rainbow Trail. We hope that you will encourage your child to bring an extra \$5.00 or whatever they can afford to contribute to this cause.



Do not bring I-pods, cell phones, electronic games, or food of any kind. Food attracts mice and chipmunks. Any of these items you bring will be collected when you arrive at camp and returned to you before you leave for home.

Rainbow Trail has adopted a no **tobacco or controlled substance use** policy for all youth campers. If you choose to smoke or chew tobacco, your parents will be notified, and you will be asked to leave with no refund offered. This applies to alcohol and drugs as well. Please call the camp if you need further explanation.

Medications must be brought in original containers.

Please bring a parent permission note if you need to leave camp early.

CABIN ASSIGNMENTS

You have not been assigned to a counselor or cabin. When you arrive at camp, you will choose your own counselor and cabin on a first-come, first-serve basis. We want to encourage you to meet new friends and ask that you bunk with no more than two people you already know. If you are bunking with a friend, you will need to come to the registration table together and sign up for the same counselor. If you are coming alone, don't worry! Your counselor will make you feel right at home and you will have an instant friend!