

**WELCOME TO THE SONS OF NORWAY YOUTH CAMP
LAND OF THE VIKINGS, SHERMAN, PA
July 4-10, 2010 and July 11-17, 2010**

CAMP PERIOD: Arrival time is Sunday July 4 or 11 between 2 and 4 p.m. Campers arriving before 2 p.m. will be the parent's responsibility. **Lunch will not be served. Transportation to and from camp is the parent's responsibility.**

The check for **\$225** balance of camp fee should be made payable to Sons of Norway District Lodge #3 and sent to Evelyn Karpack, PO Box 318, Hibernia, NJ 07842 by June 15th.

REGISTRATION: Upon arrival parents should register their child at the desk in the main hall. Spending money to be used at the camp store and for additional activities must be left at this time. Money not spent will be returned at checkout time. Also any medications must be left with the nurse.

DEPARTURE: July 10 or July 17 between 10 a.m. and noon. **Lunch will not be served. Please remember that this is a volunteer staff and they deserve their free time. ALL CAMPERS MUST CHECK OUT BEFORE LEAVING THE PREMISES.** A parent should accompany the camper to the check out table. At this time medications, insurance forms and remaining money will be returned.

BEDDING: Campers must bring a sleeping bag, pillow and towel.

PREPARATION: An important part of a camp experience starts at home. Your child should be involved in preparing for camp. Discuss camp describing the fun, what the child will get from this camping experience and the interesting and varied programs and activities s/he will enjoy.

TOILET ARTICLES: Soap, wash cloths, towels, toothbrush, toothpaste, comb, etc. Girls, please bring your own feminine hygiene products.

MEDICAL SUPERVISION: The camp has a qualified registered nurse who is in residence. It is the parent's responsibility to ensure that their child is in good physical condition and can participate in an active camp program. The medical form must be completed, appropriately signed and presented at the registration desk. **Bring it with you when you bring the camper. No camper will be accepted into camp without the medical form filled out completely.**

In the past sick children have been sent to camp. Not only is this unfair to other campers but campers and staff may become infected.

CLOTHING: Your camper should participate in selecting and packing his/her clothing and equipment. Camp is a good place to wear old clothes. Bring clothes for cool evenings, hot afternoons and rainy days. Please put your child's name on all equipment and clothing. There are no laundry facilities so bring a dirty clothes bag.

SWIMMING EQUIPMENT: Bring one or two bathing suits, something to wear on the feet walking to and from the pool and a beach towel; also an old pair of shoes to wear in the canoe and something to hold glasses on if they must be worn in the canoe.

OPTIONAL EQUIPMENT: Musical instruments, costumes and music for the talent show, writing paper, envelopes, postcards, (must supply own stamps) pencil or pen, flashlight etc. **Please, no electronic equipment is to be brought to camp.**

BED WETTING: Bed wetting sometimes happens in camp and it is handled in a very casual, non-embarrassing manner. Let us know on the parent information sheet if your camper is inclined to wet. If so send a plastic sheet to protect the mattress and also extra sheets and bedding.

VISITORS AND CALLS: There are no visiting days during the regular camp period. If an emergency arises and you must come to camp, call Evelyn Karpack, Camp Director, at 570-461-3500 at LOV. Campers are not permitted to call home or parents to call campers except in an emergency.

MAIL: Write letters to your child. If possible mail a card or short note the Friday before the camper arrives so they will be assured of receiving mail during the first days of camp. **The camp address is as follows: *Sons of Norway Youth Camp, C/O Land of the Vikings, 461 Big Valley Road, Susquehanna, PA 18847-8922***

Mail or packages received after the camp period will not be forwarded.

DO NOT BRING: Food items are not allowed in the rooms, so please leave gum, candy, soda and other snack items at home. A store will be open for campers to purchase goodies twice a day.

Please mark all throw-away cameras with name.

BREAKING THE RULES: If any rules established by the camp staff or management of Land of the Vikings are broken and it is deemed a serious infraction by camp staff, the parents will be called to pick up the child immediately. Please share this information with your child.

COMPULSORY/ONCE A DAY CLASSES: These are held in the morning and include Norwegian language class, rosemaling, hardanger or archery, and wood working.

DAILY ACTIVITIES: Weather permitting, swimming, hiking and playing intramural sports are available.

EVENING ACTIVITIES: These include folk dancing, disco, movies, talent show, bonfire etc. If you have any special talent, come prepared to share it with us in the talent show.

SMOKING IS NOT PERMITTED