

CAMPER CLUES

Senior High Camp 2026, How Do You Feel?!



CAMP DATES

Senior High Camp:

Sunday, July 19 -

Friday, July 24

IN THE WILDERNESS

Welcome to Flathead Lake United Methodist Camp! We are so glad you and your camper have chosen to spend part of the summer with us. This year our theme is "In the Wilderness".

The wilderness teaches us the importance of community and the ways we navigate challenges together. The wilderness reveals our strengths, growing edges, and potential as God equips us for the unknown still to come.



ARRIVALS

Arrival for camp is **Sunday afternoon between 3 & 4:30 p.m.** We ask that you not arrive earlier than that because our staff is working hard to be ready for your arrival! During check-in at the main dining hall you will visit with our camp nurse to turn in any medications & discuss any medical notes. You will also check in your phone, choose your cabin and make your name tag. At FLUMC we have cabins for campers who identify as girls, who identify as boys, or for those who prefer a gender neutral space. You will also have the chance to add money to your camp store account.





MEDICATIONS

*We take the administration of medications very seriously. **All medications, prescription or over the counter must come in their original containers.** We can not vary from the doctor's orders on the prescription bottle, so if that is not the current dosage for your child please ensure that is corrected before arrival at camp.*

***ALL** medications of any kind must be turned into our camp nurse at check in. Exceptions made for inhalers and epipens which can be carried by the camper or their counselor.*

CAMP STORE

Our camp store stocks drinks, ice cream, snacks, and candy, as well as tee shirts, hoodies, hats, and small items such as stickers and postcards. Campers are limited to 2 treats per day.

If you would like to surprise your camper with an item from the camp store visit <https://flatheadcamp.square.site>. Choose "pick up" for shipping and include your campers' name in the notes.



EMERGENCY COMMUNICATION

If you need to reach us or your camper in the case of an emergency please call
(406)885-4536

This is the cell phone of camp director Brandon Scheer and is answered 24-7 when campers are on site.

For non-emergency contact you can email olivia@flatheadcamp.org or call the camp office at (406)844-3483



COMMUNICATING WITH YOUR CAMPER

The easiest way to communicate with your camper during the week is to send emails with their name in the subject to campers@flatheadcamp.org

We print emails before lunch and dinner each day to be handed out. Campers will not have the opportunity to respond to emails.

You can also mail “snail mail” to campers, we recommend sending them before the week of camp starts or leaving them with us at registration to hand out throughout the week. Please **DO NOT** send food or candy items.

If you would like your camper to send you a letter sending pre-addressed and stamped envelopes will be helpful, but remember they may be having too much fun to get to it!

CELL PHONES

At FLUMC we do not allow campers to have cell phones or other electronics with them at camp. Camp is the ideal time to unplug from the outside world and be intentional about being present in this space and with these people. We strongly recommend that phones return home with parents or be left at home. If a phone or other electronic does make its way to camp it will be turned off and placed in the office safe until pickup on Friday.



LOST AND FOUND

There will be a lost and found table in front of the camp store during check-out. Please double check for your camper's belongings!



DIRECTIONS TO FLUMC

Our address is 21339 Methodist Camp Road, in Rollins, Montana.

*From either the north or the south you will take Highway 93 around Flathead Lake until you reach milepost **89** Watch for our blue "United Methodist Camp" signs on the highway!*

After leaving the highway you will follow Rollins Lakeshore Drive until you see our sign on the left (picture to the left!) Turn into the drive there and follow into camp. We will have volunteers guiding you to parking and check in!

BEHAVIOR EXPECTATIONS

We expect all campers, volunteers and staff to abide by three rules: Respect Others, Respect Yourself, Respect the Environment. We also ask that all campers and volunteers sign a camp covenant to clarify behaviors that do and do not belong at camp. We know that no one is perfect and we are all trying to be our best. However some behaviors will not be tolerated: bullying (emotional or physical) and intentional endangerment are both grounds for dismissal.



SUPPORTING CAMP

It takes many people and many gifts to keep camp running! If you would like to help you can email brandon@flatheadcamp.org for more information. You can also make a financial gift at <https://flumc.campbraingiving.com>



MISSING HOME PLAN

It can be hard to tell who might miss home and who might not. Younger campers are usually easier to engage in activities and help to “forget” their homesickness. Older campers are often less likely to miss home but their emotions tend to be more serious.

Our general approach to helping campers navigate homesickness is to keep them engaged and having fun, listen to their concerns, and treat them with love and respect.

Generally we try not to have campers call home if they are feeling homesick, it generally will make their feelings worse. We will contact you if we have concerns, and see if you have advice.

Younger campers, in particular may do better if they really know what to expect. Check out our social media, go over the camp schedule, talk to someone who has already been there, or arrange a pre-camp visit.

MEALS & SPECIAL DIETS

FLUMC strives to meet as many special dietary and allergy requirements as we are able. We offer gluten free, dairy free, vegetarian, and vegan menus for those that select that need on their registration form. Please make sure we know ahead of time so we can be prepared.

We also can meet most allergy needs. If your camper has extreme dietary needs please contact us ahead of time and we can work together to determine if we need help supplementing their diet with foods from home. If your camper has Celiac Disease we ask that you contact us, we do not have separate food preparation spaces, so we prefer to let you know what steps we take to mitigate exposure beforehand.



PRE-CAMP VISIT

If you would like to arrange a pre-camp visit to see the site, talk to our staff, or address any other questions, please contact V at olivia@flatheadcamp.org or (406)844-3483 to set up a time to visit!



WHAT TO BRING

- *Sleeping bag and/or blankets and sheets (beds are twin size but we can make due with any size)*
- *Pillow*
- *Towel*
- *Toiletries (deodorant please!)*
- *Clothes for warm and cool weather*
 - *Shorts*
 - *Pants*
 - *Both long and short sleeve shirts*
 - *Sweatshirt/Jacket*
 - *Socks*
 - *Tennis/running shoes*
 - *Sandals/flip flops/water shoes*
 - *Hat/bandana for sun protection*
 - *Enough underwear and socks to get you through the week*
- *Water bottle with name on it*
- *Swimsuit(s)*
- *Sunscreen*
- *Bug spray*
- *Medications (to be checked in with the camp nurse)*

Optional items:

- *Journal*
- *Umbrella/Rain jacket*
- *Instruments*
- *Bible*
- *Money for the camp store*
- *Flashlight*
- *Anything you might need for the talent show*
- *Outfit for the dance*

WHAT NOT TO BRING

- *FLUMC is a tobacco, drug, alcohol, and weapon-free camp. Please do not bring any of these items.*
- *Please leave your electronics at home, this is a great week to unplug and connect in person.*
- *FLUMC staff and volunteers can not be responsible for any valuables brought to camp. Please leave jewelry, large amounts of money and electronics at home.*



PICK UP

Pick up happens on Friday, July 24 at noon. Please check in at the Camp Store for medications and phone pickup, to sign out your camper, and to get any remaining money from your Camp Store account.

If your camper will be driving themselves home or riding with a friend please let us know via note or email.

A DAY IN THE LIFE...

7:00 AM Early Wake Up / Greet the Morning

8:00 AM Wake Up Bell: Rise and Shine!

8:30 AM Morning Meditation

9:00 AM Breakfast

9:45 AM Large Group Session

Family Group Session

12:30 PM Lunch

1:30 PM Large Group Game

2:30 PM Mini Universities

3:30 PM Free Time Activities/Swim Time

5:00 PM Swimming Ends

5:30 PM Dinner

6:30 PM Large Group Session

Family Group Session

8:30 PM Free Time

9:30 PM Campfire

10:00 PM Cabin Time: Snack and Story Time

Get Ready for Bed!

11:00 PM Lights Out

**Throughout the week, we also incorporate other campwide events such as our annual Night to Shine (talent show) and dance!*