WELCOME PACKET

GREAT GLUTEN ESCAPE 2027

GILMONT
CAMP & CONFERENCE CENTER
EST. 1940



HELLO CAMPER FAMILY!

We consider it a blessing and privilege to have the opportunity to welcome your camper(s) to Gilmont Summer Camp 2027! We look forward to the friendships formed and deepened and the fun shared at camp this upcoming summer.

The purpose of this packet is to clarify expectations, answer questions, and prepare you for a great time at Gilmont. Within this packet, you will find information that will support you and your family in getting the best experience at Summer Camp. Please read the information carefully. If you have any additional questions or concerns after reviewing the materials, please contact us at 903-797-6400.

Crosby Fleming
Gilmont's Program Director

CONTENTS:

1 SUMMER CAMP OUTCOMES
2 SUMMER CAMP CHECKLIST
3 PACKING LIST
4 DAILY SCHEDULE
5 ARRIVAL & DEPARTURE
5 CAMP MERCHANDISE
6 MEDICATIONS
6 CAMP PHOTOS
7 CAMPER MAIL
8 HOME CHECK-IN
8 LOST & FOUND
9 EMERGENCY COMMUNICATION
9 STAY CONNECTED
10 MAP
11 MEDICATION FORM
12 CELL PHONE POLICY

SUMMER CAMP OUTCOMES

Gilmont's mission is to cultivate a safe, sacred space where all are invited to grow closer to God, creation, others, and themselves.

NOTE: Great Gluten Escape is not a faith-based program! The outcomes below relate to Gilmont's cumulative Summer Camp programs. Many of the following outcomes still apply to GGE.

A safe, sacred space...

Campers at Gilmont practice living in an intentional community where respect, kindness, and encouragement are the norms and expectations. Campers and Summer Staff work together to create community guidelines with boundaries and expectations that the group follows throughout their stay. When conflicts arise, campers learn and practice conflict resolution centering grace, understanding, and forgiveness.

respect for others • setting and respecting limits • conflict resolution

All are invited...

While campers participate in the majority of activities with their cabin groups, participation looks different for each camper. Gilmont believes in and practices challenge-by-choice, meaning campers choose how far to stretch themselves in any given activity. Many activity blocks have options for campers to self-select their engagement based on their interests.

discernment • meaningful participation • creative self expression

Grow closer to God...

Gilmont is a place to not only learn about God and God's people, but to also experience God's love, wisdom, and goodness throughout the camp day. Gilmont encourages campers to wonder and ask questions about humanity, the church, God, and Jesus as a means of growing in faith. While Great Gluten Escape is not a faith-based program, campers gather and recreate in spaces where crosses are present.

wonder • reflection • applied faith

Grow closer to creation...

Gilmont offers a unique environment removed from daily life where campers slow down, listen to the sounds of birds, and observe the natural world. Creation becomes a site of recreation, prayer, and community building. As campers connect with nature, they learn more about the local biosphere, develop an affinity for creation, and learn their responsibility as children of God to care for the Earth and it's inhabitants.

appreciation for living in the moment • an affinity of nature • stewardship

Grow closer to others...

New friendships are formed and old ones are strengthened at camp. Campers bond during camp activities and befriend people who are different from them. They learn to work together to achieve a successful camp day and live alongside each other in the cabins. Gilmont's trained summer staff are their heroes and model positive social interactions centering listening, love, and encouragement.

positive social interactions • cooperation • communication

Grow closer to themselves...

At Gilmont, campers are exposed to new activities, learn new interests, and challenge their skills all while having fun in a safe environment. They feel proud of their achievements and capabilities and are inspired to try their best at new things. Away from the home environment, campers develop a strong sense of identity as beloved children of God.

physical activity • confidence • independence

SUMMER CAMP CHECKLIST

The following are tips and tricks to ensure your camper(s) are prepared for a fun and meaningful week at Summer Camp! Print this page and use it as a guide to get ready for camp.

BEFORE YOU REGISTER

- [ ] Talk to your camper about coming to camp! Share with them why you are sending them to Gilmont Summer Camp and what you hope they will get out of this experience. Listen for what they look forward to at camp or any worries they may have.
- [ ] If your family has any concerns or questions about Gilmont Summer Camp, contact Gilmont's Program Director, Crosby, at crosby@gilmont.org. You are invited to request a tour of Gilmont!

WHEN YOU REGISTER

- [ ] Provide thorough information on the Camper Information Form. Gilmont is committed to supporting campers during their time at Gilmont so they can have fun, make new friends, connect with the outdoors, and deepen their faith. Help us support your camper by sharing with us their interests, fears, personality, and other relevant details. Please disclose if your child has anxiety, depression, sensory sensitivities, ADHD, picky eating habits, or other unique needs.

THE WEEK BEFORE CAMP

- [ ] Use the packing list in this Information Packet to help your camper pack for camp (page 3).
- [ ] Note the arrival and departure details in this Information Packet (page 5).
- [ ] Log back into your CampBrain account and confirm that the Dismissal, Medical, and Camper Information forms are correct. Be sure to include yourself on the Dismissal form.

THE DAY OF CAMP

- [ ] Bring a completed medication form (page 11). Carry your camper's medications in a labeled, plastic bag out of the suitcase.
- [ ] If your camper is bringing an electronic device for Home Check In, bring a completed cell phone policy to registration (page 12).
- [ ] Bring any camp mail labeled with your camper's name and the day you wish for them to receive each letter.

DURING CAMP

- [ ] Send your camper mail by emailing gilmontcampmail@gmail.com and putting their name and cabin in the subject line.

PACKING LIST

To get your campers more excited about camp, we suggest they pack their own camp gear - with your guidance. This is also a great step of independence for your camper.

Camp is a place for all to be loved and accepted as children of God. In that light, we ask that you do not bring personal items with political statements or divisive views printed on them.

Please pack using a large suitcase, duffel bag, or trunk that securely closes (no tote bags). Adventure Camp is the exception - trunks do not fit under the bunks so please only bring suitcases or duffel bags.

A few tips:

- Pack enough clothes for 7 days - this means packing 2 extra outfits.
- Don't buy a lot of new clothing - this is camp, and we will most likely get wet and dirty!
- Don't send anything that you would consider irreplaceable.
- Label all of your child's belongings with their name.

LEAVE AT HOME

- Electronics (computers, tablets, game systems, headphones)
- Food, candy, or gum
- Money
- Drugs, alcohol, nicotine products
- Personal sports equipment
- Weapons (includes pocket knives)

MUST BRING

CLOTHES

- Blue jeans/long pants
- 7 pairs of shorts (modest length please)
- 7 shirts (T-shirts are great)
- Lightweight jacket/fleece
- Raincoat/pancho
- 7 pairs of socks and undergarments
- Laundry Bag
- Swimsuit (one piece or trunks with drawstring)
- Non-white shirt to wear over swimsuit

SHOES

- Flip flops, for showering only
- Tennis shoes (2 pair)
- Sandals, must have a heel strap

BEDDING

- Twin bed sheets/blanket or sleeping bag
- Pillow

HYGIENE

- 2 Towels (shower and swimming)
- Toiletries (toothbrush, toothpaste, hair brush, shampoo, etc)

OTHER

- Reusable water bottle
- Backpack
- Sunscreen & insect repellent
- Flashlight or headlamp
- Baseball cap/sun hat

DAILY SCHEDULE

Below is the daily schedule for Overnight Camp M-TH. The Overnight Camp schedule for Sunday and Friday differ to due camper arrival and departure. Small Group activities are in blue. Large group activities are in orange.

7:00am-8:00am	Wake up & get ready for the day
8:00am-9:00am	Breakfast
8:50am-9:30am	Morning Celebration
9:30am-10:30am	Activity Block
10:30am-11:30am	Activity Block
11:30am-12:00pm	Home Check In / Pavilion
12:00pm-1:00pm	Lunch
1:00pm-2:00pm	FOB (nap/quiet time)
2:00pm-3:00pm	1st-5th grade Swim 6th-12th grade Activity Block
3:00pm-3:30pm	Snack Time
3:30pm-4:30pm	Free Choice Activity Block
4:30pm-5:30pm	1st-5th grade Activity Block 6th-12th grade Swim
5:30pm-6:00pm	Pavilion Games
6:00pm-7:00pm	Dinner
7:00pm-8:30pm	Evening Activity
8:30pm-9:30pm	1st-8th grade get ready for bed 9th-12th grade evening activity
9:30pm-11:00pm	9th-12th grade get ready for bed



GILMONT ACTIVITIES

Arts & Crafts	Teambuilding
Swimming	Nature Activities
Pavilion Games	Hiking
Archery	Campfire
Canoes	Group Games
Mini-golf	Slingshots
Disc-golf	Nature Free Play

6TH GRADE & UP ACTIVITIES

Zipline	Crate Stacking
Axe Throwing	Paddleboards

SAMPLE EVENING ACTIVITIES

Talent Show	All-Camp Games
Gilmont Auction	Pavilion Party

ARRIVAL & DEPARTURE

SUNDAY ARRIVAL

Check-in for camp is 3:00-5:00 PM on Sunday in the Dining Hall (13 on map). For a smooth and quick check-in process, please print and complete the forms on pages 11 and 12 of this packet. At Check-in:

- We confirm contact information, dietary restrictions, and authorized pickup.
- We share cabin assignments.
- We collect cell-phones (see page 12) and camp mail.
- We discuss and sign the Camper Covenant.
- The nurse collects medicine and the medication form (see page 11).
- Campers are screened for lice.
- You are directed to the cabin to meet your camper's counselors and help them get settled.

FRIDAY DEPARTURE

Gilmont's closing ceremony is at 3:00 PM at the Pavilion (28 on map). The Closing Ceremony is a short program highlighting what campers have done and learned during their week at camp. We highly suggest your family stays for this brief wrap-up of the week!

The camp gate will open and check out begins at 2:30 PM at the Pavilion. Please plan to pick up your camper by 3:30 PM.

When you arrive at camp, all campers and their belongings will be at the Pavilion. You will be asked to stop by the Office and show your photo ID before picking up your camper. We will return medicine and electronic devices to guardians.

CAMP MERCHANDISE

At registration, a sample of Gilmont's available swag will be on display. You can purchase shirts, hats, stickers, fanny packs, and more at this time via card, check, or cash. Purchased merchandise will be delivered to your camper by Monday evening.

The Camp Store is open at pick up on Friday afternoon (2:30-3:30 PM) for additional purchases.



MEDICATIONS

Please fill out the Medication Form (see page 12) and bring it with you when to check in. Include details for all medications (including prescription, over-the-counter, vitamins, and tropical creams) your camper is bringing.

Important notes for medications:

- Medications brought to camp must be in their original container and marked with the camper's name, medication name, dosage, and if a prescription, doctor's name.
- You must provide a prescription/doctor's orders for the dispensing of any medication or medical care that is not covered by the prescription written on the medication.
- Only send the amount needed for camp.
- Life-saving medications (epi pens, asthma inhalers, etc.) are allowed to be carried on their person or counselor's backpack, but should be presented to the Nurse first.
- To expedite the process during check-in and avoid confusion, medications should be packaged together, labeled with your camper's name, and given to the Nurse upon arrival. Do not pack medications in your camper's suitcase or backpack.

CAMP PHOTOS

Prior to the start of the camp week, you will receive a link via email to the photo album for your camper's session. We will resend the link after the session has ended. Photos will be uploaded daily throughout the camp week.

Note that if you do not give Gilmont permission to use photos of your camper on the Camper Information Form, you are likely to not have photos of your camper's time at Gilmont.

CAMPER MAIL

We recommend that you leave all mail and packages at camper drop-off or communicate via email. You can label the envelopes with the days you would like them delivered during the week. Please do not include any food or candy in packages.

The email address is gilmontcampmail@gmail.com

Important notes for emails:

- Emails will be printed out each day at 11:00 AM and given to campers during FOB. Any emails received after 11:00 AM will be printed the following day.
- Include your camper's name and cabin in the subject of the email.
- Please send emails that are uplifting, encouraging, and beneficial to your child's camping experience.
- Please do NOT send pictures or emojis as part of any emails.

If you choose to send physical mail to camp for campers to receive, please mail items at least a week in advance to ensure they arrive at Gilmont while your camper is at camp. The camp mailing address is:

Camp Gilmont
Attn: Campers Name
6075 State Hwy 155 N
Gilmer, TX 75644

We encourage campers to write home about their camp experiences! If you wish to receive mail from your camper, please send them to camp with pre-addressed, stamped envelopes.



HOME CHECK-IN

While we believe that campers benefit from spending time away from texting, social media, and constant connection, we know that both campers and their loved ones at home appreciate a daily check-in. Please review our cell phone policy (page 12) with your camper(s) prior to arrival.

If your camper(s) choose to bring an electronic communication device, please bring the device fully charged (there will not be an opportunity to charge devices at camp) and labeled. During the week, devices will be locked up and stored in labeled boxes until Home Check-in at 11:30 AM - 12:00 PM M-TH. Campers also have the option to play at the Pavilion during this time.

Similar to camper mail, we encourage conversations with your camper to be uplifting, encouraging, and beneficial to your camper's experience. If your camper shares anything concerning (including homesickness) during the call, please contact Crosby, Gilmont's Program Director, at crosby@gilmont.org.

LOST & FOUND

Lost and Found items from throughout the week will be on a table at the Pavilion during departure. We strongly recommend that you look through these items.

Most items are lost during departure! For this reason, we ask that you pack in bags that shut securely (no tote bags). Please be sure that your campers collect all of their bags and bedding from the Pavilion.

If you return home before realizing that your camper(s) has left something at camp, please email the Program Director at crosby@gilmont.org. If your items are found, you will have the option of picking them up at Gilmont or having the items shipped to you at your expense.



EMERGENCY COMMUNICATION

If you have an emergency or message that needs to get to your camper, please call the camp office during the day at 903-797-6400. In the event of an after-hours emergency, you may email the Program Director at crosby@gilmont.org.

In the event of a camp emergency, where we need to communicate with a large group of parents at one time, we will provide information as we are able by sending an email to the email contacts listed for your child and by texting families who have opted-in to our texting service.

STAY CONNECTED

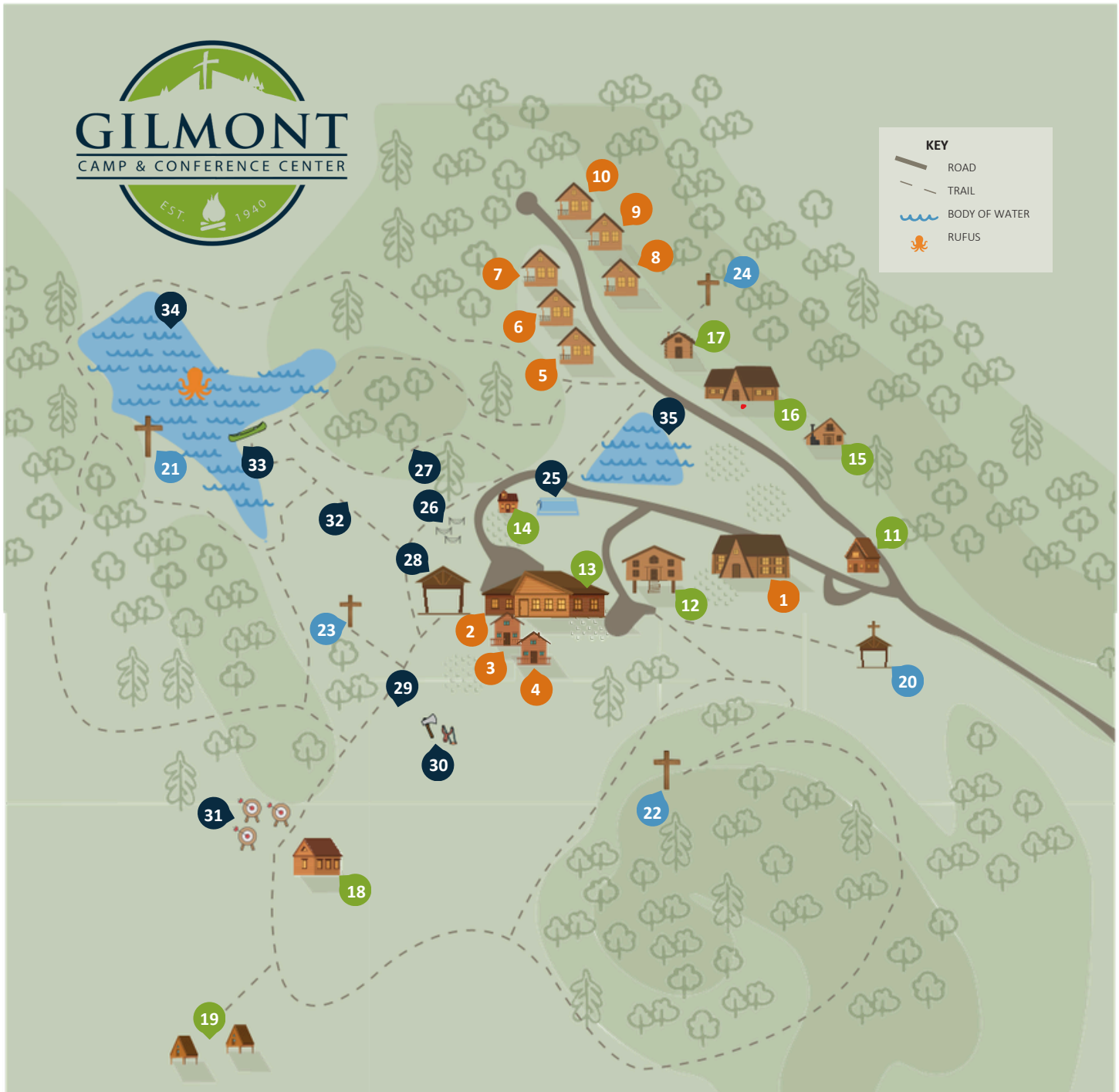
Stay connected during the camp week (and all year long!). Like and follow Camp Gilmont on Facebook, Instagram, and Tik Tok to stay informed on year-round camp programs. Visit gilmont.org for more information on retreats, events, outdoor worship, and more! Please share Gilmont with others as a destination for retreats, meetings, trainings and gatherings.

Campers (and Staff!) love energizers at camp. They are choreographed dances to fun songs that give us energy every morning. We decided the perfect name for those who support Gilmont with a recurring monthly donation should be called ENERGIZERS!

1. Go to gilmont.org/give or scan the QR code!
2. Select the amount you want to donate.
3. Select your donation frequency. We suggest monthly.
4. Select where you want to apply your donation.
    a. We suggest "Use where needed most".
5. Then click donate, create your account, and enter your payment information!

SEE YOU SOON!

If you have any additional questions, please email the Program Director at crosby@gilmont.org.



LODGES

1 SPRADLIN LODGE & WELCOME CENTER
2 LOWER LODGE
3 MIDDLE LODGE
4 UPPER LODGE

CABINS

5 PECAN
6 BLACKGUM
7 DOGWOOD
8 OAK
9 PINE
10 HICKORY

BUILDINGS

11 CAMP OFFICE
12 CRAIN CENTER
13 DINING HALL
14 CAMP STORE
15 GRACE RETREAT HOUSE
16 MACKEY HALL
17 COTTAGE
18 CADDO HALL
19 TREE HOUSES

SACRED SPACES

20 DIXON CHAPEL
21 CHAPEL BY THE LAKE
22 CHAPEL IN THE SKY
23 THE POINT
24 SARAH'S SPOT

ACTIVITIES

25 POOL
26 HAMMOCK CIRCLE
27 LOW ROPES
28 PAVILION
29 JODI'S JUNGLE
30 AXE THROWING / SLINGSHOTS
31 ARCHERY
32 ZIPLINE
33 CANOES
34 LAKE KILGORE
35 POND

Medications Form

This form to be given to camp staff upon arrival.

Camper's Name: _____

Parent/Guardian Name: _____

Phone: (H)_____(W)_____ (C)_____

All medications and this form are to be given to camp staff upon arrival at camp. Please do not pack medications in your camper's suitcase.

All medications at camp must be administered by the camp nurse. This includes aspirin, Tylenol, ointments, and vitamins as well as prescription drugs. The medication must be in its original container and marked with camper's name, medication name, doctor's name if prescription, and dosage. Attach other sheets if needed.

Medication _____ Taken For _____ Dosage (amount) _____ Give regularly? _____ OR Only when needed? _____ How often? _____ Time(s) ***(circle choices)***? 8am 12noon 6pm 9pm Special instructions or comments: _____	Medication _____ Taken For _____ Dosage (amount) _____ Give regularly? _____ OR Only when needed? _____ How often? _____ Time(s) ***(circle choices)***? 8am 12noon 6pm 9pm Special instructions or comments: _____
Medication _____ Taken For _____ Dosage (amount) _____ Give regularly? _____ OR Only when needed? _____ How often? _____ Time(s) ***(circle choices)***? 8am 12noon 6pm 9pm Special instructions or comments: _____	Medication _____ Taken For _____ Dosage (amount) _____ Give regularly? _____ OR Only when needed? _____ How often? _____ Time(s) ***(circle choices)***? 8am 12noon 6pm 9pm Special instructions or comments: _____

If severe allergic reaction occurs--is epi pen necessary? (If ***yes***, epi pen must be included with medications.)	☐ Yes	☐ No
Check who should carry the epi pen:	☐ Child	☐ Counselor

The medications on this sheet are to be administered to my child as indicated above while at camp.

Parent/Guardian: _____ / _____ _____

(Please Print) (Signature) Date

Camper Name: _____ Cabin: _____

Gilmont Summer Camp Cell Phone Policy

Gilmont recognizes that when children and youth turn off electronic devices, campers are more present during the camp day and form authentic relationships and memories. We also recognize that these days we may feel anxiety when we don't hear from our loved ones for an extended period of time.

Campers will be given time between 11:30am-12:00pm Monday-Thursday to text with or call family members. This time is meant for a quick check in about their day, and to share news from camp or home. Please see the guidelines below and discuss them with your camper prior to their arrival at camp.

You also have the option to not send a phone with your camper. Campers who do not bring a device or campers who are finished communicating with loved ones have the opportunity to play games at the pavilion.

Guidelines for Cell Phone Use:

- ☐ Phones will be turned in to camp staff upon arrival at camp. Phones should be fully charged and powered off. We will not charge phones at camp. Campers should not hide cell phones in their belongings. If family members choose to bring one device to be shared, campers will be asked to split time when communicating.
- ☐ Gilmont will not be held liable for devices that are lost, stolen, or damaged. Devices will be stored in a locked, indoor location when not in use.
- ☐ Gilmont staff will be present with campers, but will not monitor use when campers are on devices. Campers will be trusted to have appropriate cell phone use and only use this time to contact loved ones for a short period of communication. Parental controls are encouraged. Abuse of this time will result in a warning from a staff member, and if continued campers will not be allowed to use their phone for the remainder of the week. If this happens you will be notified by a Gilmont staff member.
- ☐ As a loved one at home, please make sure to share happy, encouraging news from home.
- ☐ Please give your camper encouragement if they share that they are tired, they think the food is crummy, if they are feeling homesick, or they didn't enjoy an activity. It takes time to settle into new routines, places, and experiences. If something is shared that concerns you, please reach out to the camp at 903-797-6400 or email crosby@gilmont.org.

With my signature below I agree to abide by the guidelines of the Gilmont Cell Phone Policy. I understand that if I abuse this privilege I will not have access to my phone until dismissal on Saturday.

_____ _____

Camper Signature Date

I have discussed these guidelines with my camper and understand the consequences of my camper not abiding by the guidelines. I release Gilmont from any and all liability regarding my child's cell phone usage, as well as any loss or damage to my child's electronic device.

_____ _____

Parent Signature Date