



Welcome to the Christikon Life in residential (on-site-based) programs

Information for Youth Campers, their Parents/Guardians, and Adult Advisors

We want to help campers prepare for the time at Christikon so it will be a rich and fulfilling time. Both campers and their parents/guardians should read through these materials, so they can begin developing a sense of what's involved in becoming a part of the Christikon life and be better prepared for participation.

It is the mission of Christikon to
**to awaken and nurture faith in Christ —
exploring God's creation
and the adventure of life together.**

In carrying out Christikon's mission, we seek to:

Embody the gospel of Jesus Christ. Grounded in a Lutheran articulation of the gospel, we strive to share the grace of God with all, hoping for it to shape everything we do.

Grow as the Body of Christ. We move towards a deeper experience and awareness of Christian community, centered in worship, where all are sustained in the covenant of baptism and drawn more deeply into the lives of each other.

Form faithful Christians. We will force no one into the faith. But we want people to recognize and grow from the foundation offered in the gifts and insights of those who have gone before us, so we might more clearly discern what God is doing in our lives and in our life together in this world. We explore the biblical story together, listening for God's Word to us. We try to model Christian character as we face this world's hungers and hopes. We seek out fitting shapes for faith's witness in the world.

Raise up stewards of the whole creation. We use our majestic mountain setting to encourage a greater appreciation of the natural environment, to develop a deeper sense of gratitude and responsibility for the whole creation of God.

Grow leaders. We seek to strengthen the work and witness particularly of those who serve as our staff members, offering training and experience for leadership on behalf of the church.

Be a faithful partner in ministry with our congregations. We try to maintain the connection between life at camp and life back home. We offer our mountain facilities for congregational retreats. We seek to implement programs appropriate to our congregations' changing needs in ministry.

Check our website for information on goals and objectives for camper development: www.christikon.org

Office address: 1108 24th Street West • Billings, MT 59102-3810 • 406 656-1969

Camp address: 4661 Boulder Road • McLeod, MT 59052-8839 • 406 932-6300

Christikon is an American Camp Association Accredited Camp

Life at Christikon

Your Cabin. At camp, you will share a cabin with 4 to 9 other campers and a counselor. The person you specified as cabin mate in your registration will also be with you in your cabin.

Your Family Group. You will also be part of a Family Group. During some sessions, your Family Group will be your Cabin Group. At other sessions, your Family Group will be a group of six to eight campers (half male, half female), along with a counselor. Your specified cabin mate will also be with you in the family group. The Family Group is an important element of the Christikon life. Together you will do Bible study, service projects, hiking, meal-time dishes and bath house cleaning, program planning, etc.

The Large Group. You will also share with the whole camp community for meals, worship, recreation, and other activities. During Interest Groups, you can choose among several options with campers who may not be in your Cabin or Family Group.

The Overnight. A regular part of camp life in week-long camp sessions is an overnight camping trip away from the main camp. You will hike out with your Family Group, carrying your sleeping bag and necessary supplies. While you are out, you will be sharing in four meals, Bible study, worship, and Quiet Time, as well as other group activities. You return to the camp the next day. The overnight provides a distinct way for Family Group members to become more a part of each other's lives. It also gives you a chance to experience some of the wilderness surrounding the camp.

The Life of Faith. We also hope that camp will help you grow in your faith. You do not have to be a Lutheran to be at Christikon—you don't even have to be a believer. But the faith shapes our life together at Christikon. We **worship** together at the beginning and end of every day. We take time each day to study the **Bible** together. We usually have daily **Quiet Time**, so each of us can have a brief chance to be alone with the Word before God. And there are all kinds of unscheduled times where we find ourselves challenged and deepened.

Food and Meal Times. Sharing together in the common life at the meal table is a significant part of the Christikon life. Meals are served "family style." We try to serve tasty and nutritious meals, even as we try to live within budgets and work in a location where getting supplies to camp is a major undertaking. **If you have special dietary needs**, please let us know on your health form. We will make every effort to accommodate dietary needs.

Your First Day at Camp

Registration. When you arrive at Christikon, you will check in at the main Lodge. You will receive your cabin assignment and meet your Counselor, who will take you to your cabin to get settled in.

Health Screening and Medications Management. You will go through a brief health screening, where one of our staff (under the direction of our Health Care Manager) will go over your Health Form and discuss any special needs you may have. You will need to turn in any medications you bring with you to camp. Following the accreditation standards of the American Camp Association, Christikon must have all medications (including over-the-counter meds) under the control of the Camp Health Manager (or your counselor when you are away from camp). Special arrangements are made during health screening with campers who must always carry certain medications with them (e.g. asthma inhalers).

The Canteen Bank. To safeguard any money you bring with you for Canteen purchases, we strongly encourage you to make use of the "Canteen Bank." During the first Canteen time, you can deposit all cash in the Canteen. During the week, you may draw on it for Canteen purchases; and at the end of the session, any unused cash will be returned to you prior to your departure.

Other Information and Christikon Policies

Bath houses at Christikon have showers, sinks, toilets, etc. Youth campers ordinarily use the Central and North Bath Houses. The South Bath House is for adult guests and staff only.

Campers' Vehicles. Any vehicles campers bring to camp must be parked and locked in the Parking Area and not used during the camp session.

No Swimming. Because the river, lakes, and streams in Christikon's area are very cold and swift-moving, and because we do not have waterfront supervisory staff, swimming is not permitted in the Christikon program.

The Camp Store (Canteen). The canteen has T-shirts, sweatshirts, backpack chairs, water bottles, snacks (candy, fruit, popcorn), beverages, postcards and stamps, maps, etc.

Fishing. If you fish, you must do so according to the laws of Montana. Montanans under age 12, or non-residents under age 15, may fish on an adult's license when accompanied by the license-holder. Fishing licenses are required for anyone age 15 and above, or non-resident youth under 15 who wish to fish independently of a licensed adult. You may get them online before you come to camp at <https://ols.fwp.mt.gov/> or make a purchase at camp using a camp computer/printer and your credit card.

Communications While at Camp. Contact with "the outside world" is limited while campers are at Christikon. **Mail service** is provided to the camp twice a week. Those who send letters to campers should consider both transit times and delivery days. Because of our location, Christikon has only one **telephone** line. We ask that parents seek to contact campers only for emergency messages. Campers may not use the Christikon telephone, except for urgent reasons. Cell phones do not work at Christikon. E-mail access is not available to youth campers.

Cell Phone Usage. Though there is no cell reception at Christikon and internet access is not available to campers, we are mindful that most cell phones serve a purpose as a camera, alarm clock, and other benefits. We ask that all campers exhibit appropriate usage of their phones, and not utilize headphones during the day's activities.

When Christikon Will Notify Parents/Guardians. A camper's parent or guardian will be contacted by telephone whenever there is an injury or illness that necessitates a visit to a physician, or when a camper has an illness or displays conduct or behavior that seriously interferes with camp life. If an injury or illness is not life-threatening, contact with parent/guardian may be made after the camper has seen professional medical help, so Christikon can offer more complete information.

Christikon's use of campers' images. Unless Christikon is notified in writing to the contrary, the signature of parent/guardian (or adult advisor signing for self) on the Health Form also constitutes a release of **all rights on photos or video recordings** of the named camper (or adult advisor) that are taken by Christikon staff, and grants permission for use of these images in promotion, publicity, or other information.

What to Take to Camp with You

Warm sleeping bag or other bedding. Temperatures can get down to the forties or even thirties at night. If you have a sleeping pad (either closed-cell or open-cell will do), it will be useful on the overnight; but it's not necessary.

Casual clothing. Camp is informal throughout. Be prepared for either warm or cool weather. Besides warm weather items, include items for cooler weather. You may also want to have a set of old clothes to use during Service Projects.

Warm jacket. Mittens or gloves and a stocking cap may be handy for the overnight, or cold weather.

Comfortable shoes for hiking. Besides sneakers or tennis shoes (which are fine for around camp or on short hikes), it's best to have something that provides more support and protection for longer hikes and overnights. If you bring hiking boots, make sure you wear them for several weeks at home before you come to camp, so they're well broken in to avoid blisters.

Socks, underwear, etc. When you hike, it's sometimes good to wear two pair of socks—a thicker pair over a thinner pair, so your foot doesn't slide around in your shoe.

Towel and personal toilet articles (soap, toothbrush, toothpaste, etc.)

Lightweight rain gear. This is important for hikes and overnights away from camp. The camp has a limited number of ponchos that can be used, but we don't have enough for everyone, so bring one if you have one.

Bible. Bibles are also available for camper use at camp.

Small flashlight; camera; musical instruments (optional).

Sunscreen and mosquito repellent. Protect yourself! The sunscreen is particularly important.

Other items to consider: A day pack or backpack if you wish. It is not necessary; but if you have one, it could come in handy for hiking or overnights away from camp. A pencil or pen. Fishing gear (see information on fishing.)

Please see the policies section of this packet for information regarding cell phones.

What NOT to Take to Camp with You

Music players, Bluetooth speakers, etc. If these are brought to camp, we will keep them safe during the week.

Pets.

Trail bikes or ATV's.

Firearms or ammunition. Fireworks or firecrackers are illegal.

Alcoholic beverages, illegal drugs, and smoking or chewing tobacco are not permitted at camp.

Also, it's not wise to bring **large quantities of snack foods** with you to camp. To help make your cabin less interesting to the "little critters," any food you bring with you to camp will need to be placed in special storage, and will be available to you only during Canteen times.

The Daily Schedule during a week-long camp session may look something like this:

	Morning	Afternoon	Evening
Arrival Day		4 p.m. Registration Dinner & Dishes	Orientations Getting Acquainted Canteen Worship at campfire
Day One	Breakfast Worship Dishes and Staff Mtg. Bible Study	Lunch & Dishes Hiking Canteen All-camp Games	Dinner & Dishes Quiet Time Interest Groups Canteen Worship at campfire
Day Two	Breakfast & Worship Dishes & Staff Mtg. Bible Study <i>Overnight departures (one-half of camp)</i>	Lunch & Dishes Service Projects Canteen Interest Groups	Dinner & Dishes Quiet Time Folk Dancing Canteen Holden Evening Prayer
Day Three	Breakfast & Worship Dishes & Staff Mtg. <i>Overnight departures (second half of camp)</i>	<i>1st overnights return</i> Canteen Recreation options	Dinner & Dishes Folk Dancing Canteen Worship: Compline
Day Four	Breakfast & Worship Dishes & Staff Mtg. Quiet Time Bible Study	Lunch & Dishes Service Projects <i>2nd Overnights return</i> Canteen Interest Groups	Dinner & Dishes Presentations by Family Groups Canteen Worship at campfire
Day Five	Breakfast & Worship Dishes & Staff Mtg. Quiet Time Bible Study	Lunch & Dishes All-camp games Canteen Family Group Time	Dinner & Dishes Sharing of Gifts Canteen Worship at campfire
Departure Day	Breakfast & Worship Camp clean-up Departures by 9 a.m.		