

LONE STAR CAMP

Summer Camp 2026

Parent & Guardian Handbook

June 14 - 20, 2026

Athens, Texas

Ages 7 - 15

Owned and operated by the Southwest Region Conference of Seventh-day Adventists

A Warm Welcome

Dear Parents and Guardians,

Thank you for entrusting us with your child this summer. Lone Star Camp has been a place of adventure, friendship, and spiritual growth for generations of young people, and we are honored to continue that tradition in 2026. Every detail of our program — from the cabins to the campfires — is designed to give your camper a safe, Christ-centered week they will remember for a lifetime.

This handbook contains everything you need to prepare for camp: what to pack, what to leave at home, our dress code, and our medical and safety policies. Please read it thoroughly and keep it handy in the days leading up to check-in. If any questions remain after reading, our team is always available to help.

We can't wait to meet your family on June 14th.

Blessings,



Jason North
Summer Camp Director



Wesley McNorton
Associate Director

Camp at a Glance

Camp Name	Lone Star Camp
Operated By	Southwest Region Conference of Seventh-day Adventists
Location	Athens, Texas
Camp Dates	Sunday, June 14, 2026 - Saturday, June 20, 2026
Camper Ages	7 - 15 years old
Camp Director	Jason North
Associate Director	Wesley McNorton
Check-In	Sunday, June 14, 2026 — [12:00 Noon] at the camp Welcome Center
Check-Out	Saturday, June 20, 2026 — [After Lunch] at the camp Welcome Center

Arrival & Departure

Check-In Day — Sunday, June 14

Please plan to arrive during the posted check-in window so our staff can greet your family, complete paperwork, conduct a health screening, and walk your camper to their cabin without a rush.

- **What to bring:** a photo ID for the adult dropping off, completed registration and health forms, any prescribed medications (in original pharmacy packaging), insurance, and your camper’s luggage.
- **Health screening:** every camper will meet briefly with our camp nurse. Please do not send a camper to check-in who has had a fever, vomiting, or diarrhea within 24 hours.
- **Meet the counselor:** you’ll be introduced to the cabin counselor who will care for your camper all week.

Check-Out Day — Saturday, June 20

Only adults listed on the registration form as authorized for pickup will be allowed to sign a camper out. A photo ID is required. If someone other than a parent or guardian will be picking up your camper, please notify the camp office in writing before the end of the week.

A Typical Day at Lone Star Camp

While every day at camp holds its own surprises, our rhythm is predictable. Mornings begin with worship and breakfast, followed by the activities for the day that include arts and crafts, canoeing, rock climbing, swimming, horseback riding, team games, and more that flows in to lunch time and the late afternoon. Each evening we have dinner and worship together, followed by a themed social for campers and staff. On Sabbath, after breakfast we take time to rest and fellowship together in our campus Chapel, where we close out our Summer Camp experience together.

What to Pack

Pack enough for seven days, plus one extra set of clothes. All items should be clearly labeled with your camper’s first and last name, including socks and underwear. A sturdy duffel bag or footlocker works better than a hard-sided suitcase. Lost-and-found items not claimed within two weeks after camp will be donated.

Packing Checklist

Clothing & Footwear	Bedding & Toiletries	Extras
7 T-shirts or modest tops	Sleeping bag or twin-size	Refillable water bottle (clearly

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	sheets and blanket	labeled)
7 pairs of shorts or long pants	Pillow and pillowcase	Small flashlight or headlamp with extra batteries
1 Sabbath / worship outfit	Bath towel and washcloth (2 sets recommended)	Sunscreen (SPF 30+) and lip balm
8 pairs of socks & 8 changes of underwear	Beach/pool towel	Insect repellent (non-aerosol preferred)
Pajamas (modest)	Toothbrush, toothpaste, and floss	Bible and pen or pencil
Light jacket or sweatshirt	Shampoo, conditioner, body soap	Journal or notebook
Rain jacket or poncho	Deodorant, brush/comb, hair ties	Stamped envelopes for letters home
Modest one-piece swimsuit (girls) / swim trunks (boys)	Laundry bag for dirty clothes	Small backpack or day pack
Closed-toe sneakers (two pairs recommended)	Feminine hygiene products (as needed)	Sunglasses and a wide-brimmed hat or cap
Water shoes or sturdy sandals with heel strap	Hand sanitizer and a pack of tissues	Reusable mess bag (swim gear)

What NOT to Bring

To keep camp safe, focused, and fair for every child, please do not send the following items. Any prohibited item found in a camper's belongings will be stored in the camp office and returned at check-out.

- Cell phones, smartwatches, tablets, laptops, and gaming devices
- Personal music players, headphones, Bluetooth speakers, or cameras with Wi-Fi
- Money (camp meets all meal and activity needs — only bring funds for the camp store if applicable)
- Candy, snacks, gum, soda, and energy drinks (these attract insects and wildlife to cabins)
- Weapons of any kind, including pocket knives, multi-tools, and slingshots
- Fireworks, matches, lighters, or any flammable materials
- Tobacco products, vapes/e-cigarettes, alcohol, and any illegal substances
- Immodest clothing, clothing with offensive graphics or language, or secular/violent entertainment media

- Playing cards, dice, or gambling-style games
- Pets, animals, or insects (brought from home)
- Expensive jewelry or irreplaceable items

Lone Star Camp is not responsible for lost, stolen, or damaged personal items. When in doubt, leave it at home.

Camp Dress Code

Lone Star Camp is a Christian camp, and we ask all campers and staff to dress in a way that is modest, safe for active outdoor living, and respectful of others. The following guidelines help us create an environment where every camper can focus on friendships, activities, and spiritual growth.

General Guidelines

- Clothing should be clean, in good repair, and appropriate for running, climbing, hiking, and getting wet.
- All shirts must have sleeves. Tank tops, spaghetti straps, muscle shirts, halter tops, midriff-baring tops, and sheer clothing are not permitted.
- Shorts and skirts must reach at least to mid-thigh (fingertip length is a helpful guide).
- Leggings are permitted only when worn under shorts, a skirt, or a long top that reaches mid-thigh.
- Undergarments should not be visible at any time.
- Clothing with alcohol, tobacco, drug, weapon, profane, violent, or otherwise inappropriate imagery or wording is not allowed.
- Closed-toe shoes are required for all land-based activities. Flip-flops are allowed only in the cabin, shower house, or at the waterfront.

Swimwear

- Girls: modest one-piece swimsuits (tankinis that fully cover the midriff are acceptable). A dark-colored T-shirt must be worn over the swimsuit when walking to and from the waterfront.
- Boys: swim trunks that reach at least mid-thigh. A T-shirt is required when walking to and from the waterfront.
- Two-piece bikinis, string styles, and swim briefs (Speedo-style) are not permitted.

Sabbath Attire

Friday evening vespers and Sabbath worship are a special part of camp. Please pack one nicer outfit for these services — a dress or skirt and blouse for girls, or slacks and a collared shirt for boys. Sandals or closed-toe dress shoes are acceptable. Jeans, athletic shorts, and graphic T-shirts should be saved for the rest of the week.

Hair, Jewelry, and Accessories

- Hair should be clean, neat, and kept out of the eyes for safety during activities.
- In keeping with our denominational practice, we ask campers to leave jewelry at home. A simple wristwatch, medical alert bracelet, and hair accessories are welcome.
- Makeup should be minimal and natural.

If a camper arrives with clothing that does not meet these guidelines, our staff will kindly ask them to change. Thank you in advance for helping us set a positive, distraction-free tone for the entire camp.

Health & Medical Policies

Your camper's health and safety are our highest priority. A licensed camp nurse is on site 24 hours a day during the camp session, and all staff are trained in basic first aid, emergency response, and CPR protocols. Emergency medical services are accessible from Athens, TX, and the nearest hospital is within short driving distance of the camp.

Required Forms

Before your camper can attend, the following must be completed and submitted to the camp office at or before check-in:

All required form will only be submitted through Ultra Camp registration software.

- Camper Registration Form, signed by a parent or legal guardian.
- Health History & Medical Authorization Form, including a current immunization record.
- Medication Administration Form, if any prescription or over-the-counter medications will be given at camp.
- Insurance information and a copy of the camper's insurance card.
- Signed Release and Liability Waiver, including photo/media release.

Medications

- All medications — prescription and over-the-counter — must be turned in to the camp nurse at check-in.
- Medications must be in their original pharmacy-labeled container with the camper's name clearly visible.
- The camp nurse will administer medications according to the instructions on the Medication Administration Form.
- Inhalers and EpiPens may be kept with the camper if noted on the health form; please send two of each when possible — one for the camper and one kept with staff.
- The camp stocks common over-the-counter medications (acetaminophen, ibuprofen, antacids, allergy medication). Parents must initial which OTC medications are authorized on the health form.

Allergies & Dietary Needs

Lone Star Camp serves a nutritious vegetarian menu in keeping with Seventh-day Adventist health principles. If your camper has food allergies, intolerances, or special dietary needs, please note these clearly on the Health History Form at least two weeks before camp so our kitchen team can prepare. Campers with severe allergies should bring an EpiPen and discuss their plan with the nurse at check-in.

Illness & Injury

- Minor injuries and illnesses are treated on-site by the camp nurse.
- If a camper develops a fever, is contagious, or cannot participate comfortably in activities, parents will be contacted and may be asked to pick their camper up.
- For any injury or illness requiring off-site medical attention, a parent or guardian will be notified immediately.
- Please do not send a child to camp who has had a fever of 100.4°F or higher, vomiting, diarrhea, or a confirmed communicable illness within the previous 24 hours.

Insurance

Parents are responsible for their camper's medical insurance coverage during the week of camp. Lone Star Camp and the Southwest Region Conference do not provide primary medical insurance for campers. Any charges for off-site medical care, prescriptions, or ambulance transport are the responsibility of the parent/guardian.

Homesickness & Emotional Wellbeing

A little homesickness is normal, especially in first-time campers. Our staff are trained to support campers with patience, encouragement, and meaningful engagement in activities. If your camper is struggling in a way that cannot be resolved by our team, we will contact you to work together on the best path forward. We ask parents not to make "rescue" promises ("I'll come get you if you don't like it") — these almost always make homesickness harder, not easier.

Behavior Expectations

We expect every camper to treat others, staff, and camp property with respect and kindness. Bullying, harassment, inappropriate language, and dishonesty are not tolerated. Most behavior issues are resolved quickly through conversations with counselors. Serious or repeated issues may result in a camper being sent home at the parent's expense. Our goal is always restoration, not punishment — but the safety and experience of every camper must come first.

CHILD PROTECTION & ABUSE PREVENTION POLICY

Child Protection & Safety Commitment

Lone Star Camp is committed to providing a safe, Christ-centered environment where every camper is protected, valued, and respected. We maintain a **zero-tolerance policy** toward all forms of abuse, including physical, emotional, sexual abuse, neglect, harassment, or exploitation.

Screening & Training

All staff and volunteers:

- Complete **background screening through Sterling Volunteers (or approved provider)**
 - Undergo **Child Protection Training prior to camp service**
 - Agree to and sign a **Code of Conduct for working with minors**
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Supervision Standards

- A **two-adult** rule is maintained whenever reasonably possible
- No staff member is permitted to be alone with a camper in a private or isolated setting
- Cabin supervision is continuous, including overnight monitoring

Appropriate Conduct

Staff must:

- Maintain appropriate physical and verbal boundaries
- Avoid favoritism or exclusive relationships with campers
- Never engage in any form of inappropriate communication (in person or digital)

Reporting Procedures

Any suspicion or report of abuse:

Must be **reported immediately to the Camp Director**

Will be escalated in accordance with **state mandatory reporting laws**

Will be handled in cooperation with **conference leadership and appropriate authorities**

EMERGENCY & CRISIS MANAGEMENT PLAN

Emergency Preparedness

Lone Star Camp maintains a comprehensive emergency response plan. Staff are trained prior to camp in all emergency procedures.

Severe Weather

- Campers will be moved to designated storm-safe shelters during severe weather
- Activities will be suspended immediately upon threat detection

Fire Safety

- Fire evacuation routes are posted in all cabins and buildings
- Regular drills are conducted during the camp session
- Staff account for all campers at designated assembly points

Missing Camper Protocol

If a camper is unaccounted for:

- Immediate area search is initiated
- Camp leadership is notified without delay
- Emergency services will be contacted if necessary

Medical Emergencies

- A licensed nurse is on-site 24/7
- EMS will be contacted for serious medical situations
- Parents/guardians will be notified immediately

Communication

In the event of a major incident:

- Parents will be contacted promptly with accurate information
- Updates will be provided through official camp communication channels

SUPERVISION & CAMPER CARE STRUCTURE

Staff-to-Camper Ratios

Lone Star Camp maintains appropriate supervision ratios:

Ages 7-9: 1 staff per 6 campers.

Ages 10-15: 1 staff per 8 campers.

Cabin Supervision

- Each cabin is assigned a primary counselor and support staff.
- Staff reside in or adjacent to camper cabins.
- Campers are supervised at all times, including overnight.

Movement & Accountability

- Campers move in groups between activities.
- Attendance is taken regularly throughout the day.
- No camper is permitted to leave assigned areas without staff approval.

WATERFRONT & HIGH-RISK ACTIVITY SAFETY

General Safety

All activities are conducted under trained supervision with safety as the highest priority.

Waterfront Safety

- Certified lifeguards are on duty at all times during water activities.
- Campers complete a swim assessment and are assigned ability levels.
- Life jackets are required for boating and deep-water activities.

Activity-Specific Protocols

For activities such as:

- Rock climbing
- Horseback riding
- Canoeing

The following apply:

- Trained staff supervision.
- Use of approved safety equipment.
- Clear safety briefings prior to participation.

TRANSPORTATION & OFF-SITE POLICY

Camp Location

All primary camp programming occurs on-site at Lone Star Camp.

Off-Site Travel (If Applicable)

If off-site activities are scheduled:

- Parents will be notified in advance.
- Only approved drivers (licensed, insured, screened) will transport campers.
- Seatbelt use is required at all times.

Emergency Transport

In emergency situations:

- Camp staff may transport a camper for urgent medical care.
- Parents will be notified immediately.

DISCIPLINE & RESTORATION PROCESS

Behavioral Philosophy

Our goal is restoration, growth, and Christlike character development, not punishment.

Progressive Discipline Model

Behavior concerns are addressed through:

- Verbal redirection
- Counselor intervention
- Director involvement
- Parent notification
- Dismissal (if necessary)

Immediate Dismissal Behaviors

The following may result in dismissal:

- Violence or threats
- Bullying or harassment
- Possession of prohibited items
- Serious defiance or unsafe behavior

Parents are responsible for transportation if a camper is dismissed.

CAMPER CODE OF CONDUCT

All campers are expected to:

- Treat others with kindness and respect
- Follow staff instructions promptly
- Remain within designated camp areas
- Participate in scheduled activities
- Refrain from bullying, teasing, or inappropriate language

VISITOR & CAMP ACCESS POLICY

General Policy

To maintain safety and program integrity:

- Camp is a closed campus during the week
- Visitors are not permitted without prior approval

Authorized Access

- Only individuals listed on registration forms may pick up campers
- Photo ID is required

CAMP STORE & MONEY POLICY

Camp Store (If Applicable)

- Campers may purchase approved items during designated times
- Parents are encouraged to send limited funds

Money Handling

- Campers may deposit money with staff for safekeeping
- Lone Star Camp is not responsible for lost or unclaimed funds

PARENT COMMUNICATION PLAN

During camp, parents can expect:

- Periodic photo updates via official channels
- Communication in the event of illness, injury, or concern
- Access to camp leadership through the main office line

STAFF QUALIFICATIONS & TRAINING

All staff:

- Complete **pre-camp training week**

Are trained in:

- First Aid & CPR
- Emergency response procedures
- Child supervision and engagement
- Undergo background screening

INCLUSION & SPECIAL NEEDS

Lone Star Camp seeks to provide an inclusive environment.

Parents must:

- Disclose any medical, behavioral, or developmental needs.
- Provide necessary support plans.

The camp will:

- Evaluate its ability to safely accommodate each camper.
- Communicate clearly regarding any limitations.

MEDIA & PRIVACY POLICY

Photos and videos may be taken during camp for:

- Communication updates
- Promotional use

Parents may:

- Grant or decline permission through the registration process.

No personal camper information will be publicly shared.

MENTAL & EMOTIONAL HEALTH

Our Summer Camp program strives to give campers the best experience we can possibly offer. Though structured, our program and counseling philosophy provide a good deal of freedom and variety. Our experience is that campers with special needs find these elements difficult to deal with and the experience to be very challenging.

If your camper has an IEP/IPP, or other significant concern, we ask that you inform us at least 30 days prior to camp in order to prepare our counselors and staff for optimal interaction and care. This gives us a chance to equip our team as best we can to care for your camper. We appreciate your cooperation.

Contact Information

Please save this page and keep it accessible throughout the week of camp.

Camp Address

Street Address	6829 FM 317, Athens, TX 75752
Mailing Address	6829 FM 317, Athens, TX 75752
Main Phone	903-675-4876
Camp Office Email	ballen@swrgc.org
Website	lonestarcamp.org

Camp Leadership

Summer Camp Director	Jason North [jnorth@swrgc.org 317-600-1080]
Associate Summer Camp Director	Wesley McNorton [wmcnorton@swrgc.org 817-606-9339]
Camp Director	Bob Allen [ballen@swrgc.org 585-329-4084]

Conference Office

Organization	Southwest Region Conference of Seventh-day Adventists
Address	2500 Beckleymeade Ave. Ste. 110 Dallas, TX 75237
Phone	214-943-4491
Email	info@swrgc.org
Website	southwestregionsda.org

Emergency Contacts

24-Hour Camp Line	903-675-4876
Nearest Hospital	UT Health Athens [903-676-1000]
Local Emergency Services	911

We can't wait to see you at Lone Star Camp!

"Train up a child in the way he should go; even when he is old he will not depart from it."

— Proverbs 22:6