

CAMP HOWARD SUMMER 2026



PARENT HANDBOOK

CYOCAMPHOWARD.ORG

CAMP HOWARD LEADERSHIP

Sr. Krista von Borstel

Executive Director

Bob Jaques

Summer Camp Director

Karen von Borstel

Property Director

HOW TO REACH US:

Camp Howard Front Office:

11010 SE Camp Howard Rd, Corbett, OR 97019

503-695-2876

(when Camp is in session only)

Portland CYO (main) Office:

847 NE 19th Ave., Suite 385, Portland, OR 97232

503-231-9484

OUR MISSION STATEMENT

CYO/Camp Howard is based on Christian principles that reinforce sound human and social values. It exists to provide opportunities for people of any race, nationality, or religion to discover and be reassured of their self-worth as individuals and as valuable members of society. It provides activities of a social, cultural, and recreational nature. From this awareness, people will be encouraged to use their talents in service to others of their community.

OUR CORE VALUES

Spiritual Growth

Self Confidence

Responsibility

Community

Joy

2026 OPEN HOUSE DATES



Welcome

Sunday, May 3

2 PM to 5 PM

Saturday, June 20

2 PM to 5 PM

Meet the staff

Self-guided tours

Learn about our camp activities

View our cabins

Enjoy homemade refreshments

RSVP is not required -- NO PETS allowed at camp

CAMP HOWARD CODE OF CONDUCT

- **Respect yourself and others.**
- **Respect the environment including all wildlife.**
- **Respect our buildings and property.**
- **Discrimination, bullying, sexual harassment, and any form of intimidation or malicious teasing of another person will not be tolerated.**
- **There is a "Zero Tolerance" policy at Camp Howard regarding the use of alcohol, drugs of any type, fireworks, firearms, knives, or other weapons that are brought into camp.**
- **Follow directions from all camp staff.**
- **Use proper language at all times. Profanity of any kind is unacceptable.**
- **Any type of sexual or interpersonal relationship-based activity, including open displays of affection such as holding hands and kissing, is inappropriate behavior and is not tolerated.**

Violations of our policies will result in disciplinary action that may include a camper being sent home without a refund.

SUMMER 2026 PROGRAM ACTIVITIES

ALL CAMPERS	Creative: Arts & Crafts Skits/Songs Campfire	Target Sports: Archery BB Guns	Active: Basketball Pickleball Volleyball Group Games	Aquatics: Outdoor Swimming Pool Giant Slip 'n Slide	Nature: Hiking Fishing
	ADDITIONAL ACTIVITIES BY AGE GROUP				
	CAMPERS AGES 6-10		Corcl Boats at the pond		
	CAMPERS AGES 11-12		Laser Tag Low Ropes		
		CAMPERS AGES 13-14	Laser Tag Zipline, Giant Swing & Low Ropes Thursday Night Dance		
			Creative Nature area: "Narnia"		
			Outdoor Sleep Out		

DAILY CAMP SCHEDULE SAMPLE

7:45 AM	Flag, Breakfast
9:00 AM	Unit morning time
10:00 AM	Activity session 1
11:00 AM	Activity session 2
12:30 PM	Lunch
1:30 PM	Activity session 3
2:30 PM	F.O.B. (Flat on Bunk)
3:30 PM	Activity session 4
4:30 PM	Activity session 5
6:00 PM	Dinner
7:00 PM	Flag, Mail, Awards
8:00 PM	Campfire / Camp Activity
9:00 PM	Campers in cabins
10:00 PM	Quiet in camp

FOOD SERVICE AT CAMP

Our kitchen staff prepares delicious homestyle meals that fuel our campers so they can play hard!

Parents who marked specialty diets/food allergies on their camper's registration form may be contacted to discuss their camper's specific needs. Our kitchen strives to be nut-free; many meals have ingredients that have been manufactured in a facility that may have processed nuts. Camp Howard tries to fix foods all campers can enjoy. Sometimes, however, that's not possible and we may rely on parents to send food on the rare occasion where we're unable to accommodate their camper. We will be calling or emailing parents of any camper we have questions about. It's important to us to serve the correct foods to

everyone to keep them healthy. If your child has a severe food allergy or disease, please reach out in advance to discuss the allergy or disease.

CAMPER BEHAVIOR EXPECTATIONS

Camp Howard strives to provide a safe Christian community for all campers. Campers that are unwilling/unable to follow basic camp rules make it difficult for our staff to provide this environment for all campers. It is unacceptable for one camper to ruin the experience of other campers.

Campers are expected to follow all rules and directions. We make every effort to redirect inappropriate behavior, however If other campers and/or staff are affected, or if a camper is putting themselves or others at risk, parents will be contacted. Action may be up to and include requiring a parent/guardian to immediately pick up their camper from Camp Howard.

Additionally, all persons must follow Camp Howard's Code of Conduct (see page 2)

NO CELL PHONES

We want campers to fully engage at camp without the distraction of a cell phone. Consider this a perfect opportunity for your camper to step away from screens and be an active participant in camp life. We will confiscate cell phones brought to camp, and return them upon departing. All campers and parents sign a no-cell phones agreement.

TRANSPORTATION

CAMP BUS

Pick-up and drop off:

847 NE 19th Avenue, Portland, OR 97232

CAMPER DROP OFF:

Check-in is between **1:30 PM - 2:30 PM**

Campers board buses at **2:30 PM**

Buses depart promptly when all campers have boarded. If you miss the bus, call immediately to let us know you will be driving your camper(s) to camp: **503-695-2876**.

"MUST BRING" FOR EACH CAMPER:

- **Medications - must be in original container.** (see packing list for detailed instructions).
- **72 Hour Form** (visit cyocamphoward.org).
- **For campers 13 + years and older: a signed Zipline & Giant Swing Participation Waiver** (visit cyocamphoward.org).
- **Camper gear, including sleeping bag & pillow. Label all items separately.**
- **Water bottle, clearly marked with camper name.**

CAMPER PICK-UP:

Estimated bus arrival is 5:30 PM (heavy traffic may delay arrival).

For the safety of campers and staff, do not park within roped off areas of the parking lot. Thanks!

PETS ARE NOT ALLOWED AT BUS DROP-OFF/PICK-UP OR AT CAMP HOWARD.

WHAT TO EXPECT: CHECK-IN & PICK UP:

Check-in:

Begin at the check-in table. Turn in each camper's 72-hour form and Challenge Course waiver for campers 13 years and older.

Receive a Yellow Camper Pick-up Slip that identifies the holder as authorized to collect your child.

Medication to nurse's table

Medications (including over-the-counter) must be in original container.

Luggage to luggage check-in table

Camper's luggage will be tied with color-coded yarn. Campers then take gear to the Luggage Truck for loading. All camper gear, including sleeping bag & pillow must be labeled separately. **Unmarked items will not be accepted.**

Pick-up:

Bring the Yellow Camper Pick-Up Slip given at check-in. Not having this slip will delay releasing custody of your child.

Collect luggage

Found behind Luggage Truck.

Collect medications

A CYO/Camp Howard employee will announce that medications are ready for pick up.

WANT TO DRIVE YOUR CAMPER TO CAMP HOWARD?

Parents may drive their camper to Camp Howard. An email will be sent one week prior to camp session with a link to **2026 Camper Transportation Details Form**. Complete the form to let us know if your camper will be driven to camp. **We assume all campers, unless informed in advance, will ride the camp bus to and from camp for their session.**

CAMPER DROP OFF (AT CAMP HOWARD): after 3:30 PM

CAMPER PICK-UP TIME (AT CAMP HOWARD): before 6 PM

Enter the main gate of the camp and park at the Welcome Center. Staff will be present to assist you.

DRIVING DIRECTIONS:

cyocamphoward.org/directionstocamp

PACKING FOR YOUR CAMPER:

WHAT NOT TO BRING TO CAMP:

ELECTRONIC DEVICES:
cell phones, handheld gaming systems, iPad, laptops, Apple watches, and other screen devices

WEAPONS OF ANY KIND (including pocket knives)
MAKE-UP
HAIR DRYERS AND CURLING IRONS
ANY ITEM THAT HAS INAPPROPRIATE SLOGANS OR GRAPHICS ON IT.

** Contraband brought to camp will be confiscated. It will be returned on the last day or parents/guardians may pick up at the CYO Office. CYO and Camp Howard are not responsible for any items lost, stolen or damaged.

LABEL ALL ITEMS WITH CAMPER'S NAME INCLUDING SLEEPING BAG/PILLOW.

CLOTHING

Clothing must be modest: no spaghetti strapped shirts, tank tops, cropped shirts, tube-tops. No pants, shorts, skirts, and skorts that reveal undergarments or are shorter than mid-thigh. Shirts must cover the midriff. No clothing with logos/graphics with slogans of sexuality, drugs, alcohol, violence, or any other inappropriate topics.

- Shirts (5-6)
- Sweater/Sweatshirt (1-2)
- Jacket (1)
- Warm hat, gloves for chilly evenings
- Pajamas
- Pants (2-3)
- Shorts/Skorts (3-4)
- Underwear
- Socks (5-6 pairs)
- One-piece Swimsuit or Tankini that doesn't expose the midriff/Swim Trunks (No bikinis or swim briefs)
- Closed-toe shoes* (2 pair)
- Shower shoes (flip flops or Croc-type)
- "Island" Clothing for Hawaiian BBQ Night!

- **OPEN-TOE SHOES AND FLIP FLOPS FOR SHOWERING ONLY.**

TOILETRIES

- Lip Balm
- Towels (2- shower and pool)
- Washcloth
- Toothbrush & Toothpaste
- Soap & Shampoo
- Deodorant
- Comb/Hair Brush
- Sunscreen
- Insect Repellent
- Hand Sanitizer
- Feminine Products, if applicable

OTHER GEAR

- Sleeping Bag or Blankets
- Pillow
- Optional: twin fitted sheet
- Refillable Water Bottle- **Important!**
- Flashlight (with extra batteries)
- Camp Store Money
- Digital or Disposable Camera (cell phones are not allowed)
- Quiet activities: journals, books w/reading light, or playing cards
- Stationary for Letter Writing (paper, self-addressed stamped envelope or postcard, pen/pencil)
- **Cougar Award**, if the camper has received one in the past.

MEDICATIONS

- **Prescribed medications: must be properly labeled by a pharmacy, including its valid and current physician's prescription and detailed dosage information.** Items with prescription labels affixed to a separate box (i.e. asthma inhalers, eye drops, etc.) must include the box.
- **Over-the-counter medications: MUST be in their original retail container and valid throughout the camper's session.** Keep in the original container which contains dispensing directions. If there are dispensing instructions that are not on the bottle, then instructions from your camper's pediatrician on letterhead must be provided.
- **Put all medications in a Ziplock bag** with your camper's full name on the bag. Parents will check in all camper medication with the Camp Nurse on the first day of camp.

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EMERGENCY INFORMATION

If you need to notify the camp and/or your child, in the event of an emergency, please call the Portland CYO office at 503-231-9484 during our office hours (9 AM to 5 PM, Monday - Friday), or the camp office at 503-695-2876. After business hours, email emergency messages to the Camp Director: campdirector@cyocamphoward.org.

CAMP HEALTH CENTER

The safety and well-being of all our campers are our highest priority! We have a Camp Health Professional available 24 hours a day and our summer staff are CPR, AED and First-Aid trained.

PARENT NOTIFICATION PARAMETERS

- Parents **will be notified** if more than basic first-aid is needed. This would include but is not limited to severe cuts, broken bones, ticks, high fever, sore throat, sprains, and bee stings.
- Parents **will not typically be notified** if basic first-aid is needed. Basic first-aid includes, but is not limited to bug bites, headaches, scratches, slivers, stomach aches, and cramps.
- If a camper requires medical attention beyond what the camp health service can provide on-site, the Camp Health Professional will make efforts to notify the parents or guardians to make arrangements to pick up the camper at camp to pursue further medical attention at your discretion. In the event you cannot be reached to advise you of a priority medical need for your camper, our Camp Administrative Staff will transport the camper to the nearest appropriate medical facility for any required emergency care until you can be reached.
- If the camper requires immediate emergency medical attention our Camp Administrative Staff will transport, or arrange for transport of the camper to the nearest appropriate medical facility for any required emergency care until you can be reached.

MISSING HOME

Rest assured, Camp Howard staff are well-trained in how to handle homesickness, and it's a priority to ensure your camper has a successful and fun week at camp. If your child has never been to camp before, you can help make their experience successful through conversations prior to camp about the fun activities they are going to experience. Tell them it is okay to miss you as long as it doesn't ruin their fun.

Should a camper's homesickness persist, our staff will reach out to the parent/guardian to discuss the situation. Rarely do we allow a camper to call home; a call usually makes the situation worse. We will work with the parents/guardian to decide if a camper may need to return home, and arrangements will then be made.

MAIL

Campers love to get postcards and letters from home. Send them 4-5 days in advance to ensure your letters arrive while your camper is still at camp. Be sure to include a return address on all mail. Mail to:

Camper Name and Session Number
Camp Howard

11010 SE Camp Howard Rd., Corbett, OR 97019

Most campers receive 1-2 pieces of mail a week. If forgotten, drop-off mail on the first day - we'll have a mail collection box.

Mail that arrives after a camper has left camp will be brought to our Portland CYO Office. We will forward any USPS delivered letters to your address on file. **UPS, Amazon and Fed Ex deliveries cannot be forwarded**, please call the CYO Portland Office (503-231-9484) to make arrangements to retrieve these items. Items not claimed/collect by 8/30/26 will be disposed of or donated.

CARE PACKAGES FROM HOME - FUN!

Do not send food items.

Please do not send anything by Certified Mail, as that requires a signature and will not be delivered to Camp Howard by USPS. If you send something express by UPS or FedEx, the package must have a signed release form, which allows the carrier to leave the package at the Welcome Center, without a signature.

LOST AND FOUND

Camp Howard is not responsible for any items left at camp. Please label **all** your camper's items with their first and last name including the outside of their luggage and sleeping bag. Any items found at camp after your camper departs will be taken to the CYO Portland office **and held for 1 week after their session**. Please contact the office at 503-231-9484 to make arrangements to search lost and found. All unclaimed items will be donated to charity after a week.

CAMP STORE

The Camp Store is stocked with camper favorites such as:

- Stamps
- Snacks (popcorn, sno-cones, candy, etc.)
- Drinks
- Sunglasses, T-shirts, Sweatshirts, Hats
- Stuffed Animals
- Flashlights
- And much more!

Items are priced from \$0.50 to \$75. Campers usually bring \$30-\$50 per session.

Parents have the option of pre-loading their camper's Camp Store money during the registration process or any time after registering by visiting the **STORE** at cyocamphoward.org. For those who choose to send cash with their camper, the counselors will collect camp money at their first Camp Store visit. Parents who are concerned that their camper may misplace their Camp Store money will want to use the pre-load option as it will ensure the funds are waiting safely for them at camp.

CAMP HOWARD CARE PACKAGES

Care packages are a great way to let your camper know you are thinking of them, even while they are away from home! Camp Howard Care Packages are a selection of fun, interesting, and unique items not available in the Camp Store. Care Packages are distributed to campers during their camp session. You can purchase the Camp Howard Care Packages online, during registration or by visiting the **STORE** at cyocamphoward.org.

COMMEMORATIVE CAMP T-SHIRT/SWEATSHIRT

Each year Sister Krista personally creates the design for our Camp Howard T-shirts/Sweatshirts. Campers wear them with pride throughout the year and wrap themselves in the wonderful memories of special times and special friendships formed at Camp Howard. You may pre-order your camper's Commemorative T-Shirt/ Sweatshirt when registering your camper or by visiting the **STORE** at cyocamphoward.org. Delivery will be during your camper's session at camp.

CAMP HOWARD HEALTH POLICY

Camp policy is that children must be fever-free for a minimum of 24 hours to attend camp.

COUGAR AWARD

Camp Howard's longest-running tradition, the Cougar Award, has been presented each session to campers who exemplify generosity, humility, self-growth, and good citizenship while at camp. These campers not only try to grow from their experience at camp, but help other campers grow during their stay, as well. When the award is given for the first time, a camper will get the necklace award as well as the respective bead for that season. Each summer that the camper receives the Cougar Award, they will earn the respective bead, from a sequence starting with a Red First Year bead and ending with a Blue Staff bead.

Earning a Cougar Award is an achievement that many campers strive for, and one enthusiastically celebrated by campers, Counselors-In-Training, and staff alike.

CABIN BUDDIES

Parents may request 1-2 buddies for their camper during the registration process. The requested buddies must also request your child as a buddy. Please note that requested buddies must be of similar age (in the same Unit) and of the same gender.

Occasionally there may be a large group of friends attending camp during the same session. Because part of the fun of camp is meeting new friends, large groups will be split between multiple cabins so that campers can create new friendships.

COUNSELORS-IN-TRAINING

Camp Howard's CIT program creates future leadership at camp. To be considered, visit cyocamphoward.org to apply. CIT applicants will participate in an interview, and selected CITs will participate in our training program. After training, our CITs will be prepared to become Camp Howard Summer Staff and encouraged to apply. More information on the program and how to apply is available on the Camp Howard website.