



Adventure Camp II Information Packet (ages 14-16)

Welcome to Adventure Camp II 2012! We are excited for the coming summer and look forward to engaging with your child to create an enjoyable and memorable camp experience.

Please read the following information carefully and thoroughly as it will assist you in preparing your child for their camp experience. You will find drop-off and pick-up times, directions, packing list, camper mail protocol, information on medications and our cancellation and refund policies. If you find you have any additional questions, please contact us at summercamp@ptreyes.org or call us at (415) 663-1200 x 306.

Sincerely,

Julia Clothier
Camp Director

Fiona "Firefly" O'Kelly
Camp Coordinator

Arrival/ Departure

You are responsible for transporting your teen to and from camp, arriving and departing at the times listed below. You must notify us in writing (on the Transportation Notice) if anyone other than the parent or legal guardian will be picking up your teen. **Please do not mail the Transportation Form; bring it with you on arrival day.**

On **MONDAY morning, July 30th** we will meet at **10:00 AM** at the Clem Miller Environmental Education Center. Please arrive no earlier than 9:30 AM. Pick up time is at **2:00 PM on SATURDAY, August 4th**. You will find driving directions below.

About Our Facility

The Clem Miller Environmental Education Center, home base for Point Reyes Summer Camp programs, is a green-certified facility operated by the nonprofit Point Reyes National Seashore Association and located within the 70,000 acre Point Reyes National Seashore. The program philosophy is to preserve the rustic feeling of the surrounding wilderness while providing a comfortable camping experience. We haul wood to stoke the woodstove on chilly coastal mornings, sort and recycle our trash, compost our leftovers, and use solar power to heat water for showers and to aid in generating electricity. Campers sleep in beautiful open-beam cabins and use a central bathhouse with restrooms and showers. The 4,500 square foot cedar main lodge houses a commercial kitchen, dining room, and science center. The infirmary and camp office are located in an adjacent building.

Cancellation Policy/ Refunds

A refund (minus a \$50.00 processing fee) will be issued for cancellations received at least 8 weeks prior to the starting date of your session; a 50% refund will be issued for cancellations received at least 4 weeks prior to starting date of your session. If cancellation is received less than 4 weeks before the starting date of your session, no refund will be given. A \$50.00 processing fee will be charged for changing sessions.

Point Reyes Summer Camp reserves the right to unenroll any child whose health concerns are found to be beyond our ability to comfortably manage. In this case, every effort will be made to provide as much advanced notice as possible, and a full refund will be issued.

Medical Concerns & Medication Protocol

Please complete the attached **Health History/Emergency Treatment Form** thoroughly and clearly and **mail it to our office before April 4th, 2012 (or immediately after registering your child, if later than that)**. We will contact you via telephone to discuss medication protocol and prepare for any health-related needs that your child may have. Please mail all paperwork to:

Health Form, Point Reyes Summer Camp
PRNSA
1 Bear Valley Road, Bldg. 70
Point Reyes Station, CA 94956.

NOTE: If you registered by mail then please ALSO fill out the **Informed Consent** form included in this packet and return to us on or **before April 4th, 2012.**

MEDICATIONS

- All medications that your child might need including prescriptions, over-the-counter medication, vitamin, or supplement **must arrive at camp in the original container.** We are legally bound to administer the prescription and/or dosage as written. Prescription medications must have a **current prescription label attached** or we are not permitted to administer it. Neither are we allowed to administer expired prescriptions or medications of any kind not in original packaging.
- **INHALERS & EPIPENS**
If your child's physician has prescribed an asthma rescue inhaler and/or Epipen, you must send two sets of each (two asthma rescue inhalers and/or two Epipens) - one for the camper to carry at all times and another for the staff to carry in the field. Because the prescriptions for inhalers and Epipens are often located on the medication box, you must send all original packaging to camp. If your child has an inhaler or Epipen prescribed and arrives without two sets of each, s/he will not be permitted to check in.

Medications will be administered by the camp director, camp coordinator, or assistant director when the child is in camp. During backpacking trips and other field-based activities, medications will be administered by the senior naturalist in charge. All medications will be returned to the adult who picks up the child on departure day.

Illness & Emergencies

The safety and physical well-being of your child is of the utmost concern to us. All members of our staff hold current standard first aid (or higher) and adult & child CPR certification. In addition, the National Park Service rangers and paramedics in Point Reyes Station (all EMTs) are prepared to respond quickly to emergencies. We will contact you immediately if there is an emergency involving your child. If your child is seriously ill or runs a fever while at camp, you will be asked to take them home immediately. Unfortunately, we are unable to issue a refund if a camper leaves camp early due to illness or behavioral issues (see below).

Behavioral Expectations

Point Reyes Adventure Camp strives to offer a group experience and opportunities for adventure learning within the boundaries of safety, common sense and the law. We will expect your child to behave as a responsible member of the community and to have consideration for others. If your child is found in possession of cigarettes, alcohol, chewing tobacco, illegal drugs, weapons or firecrackers, you will be notified by the camp director and expected to take them home immediately. We reserve the right to terminate the participation of any camper without refund and without formal hearing when we believe s/he has violated the conditions for participation, has become a hindrance to the group or goals of the program, or threatens the health and well-being of themselves or other members of the camp community.

On arrival day, campers are introduced to the members of backpack group (12 campers, 2 Counselors, and 1 or 2 Naturalists). We strongly recommend that you discuss with your child the importance of having an open mind, being flexible, and maintaining a positive attitude as keys to success when traveling with a group of 16 people in the backcountry for several days. As much as possible, we would appreciate it very much if you would help them arrive mentally prepared for wilderness group living and the inevitable inconveniences around privacy, hygiene, and comfort.

Camper Mail

Adventure Campers head into the backcountry on Tuesday morning and return on Friday afternoon. If you would like your child to receive a note from you, please know that it will likely arrive at the end of their trip unless you send it well in advance. Mail delivery at camp is sporadic, since mail is received at our office location rather than camp itself. Please address mail to:

Camper Name/ **Adventure Camp II (very important)**
Point Reyes Summer Camp, PRNSA
1 Bear Valley Road, Bldg. #70
Point Reyes Station, CA 94956

Food

Please do not send any food to your child while they are at camp. Campers are very well fed and we will not allow them to keep food inside the cabins.

We partner with Straus Family Creamery, Marin Sun Farms Organic Meats, Marin Organic, Alvarado Street Bakery, Whole Foods Petaluma, and Sonoma County Growers to obtain locally grown, sustainably produced and organic ingredients from which our culinary-trained kitchen staff prepares handmade, tasty and balanced meals. The meals prepared on the backpacking trip are thoughtfully designed to be healthful, tasty and filling. We do our best to accommodate special dietary needs. If your child is a vegetarian, please indicate so on the health form, so that we can plan accordingly. For children with wheat or gluten allergies, we ask that parents provide supplementary foods that we can use to substitute for breads, cereals, pastas, cookies, crackers, tortillas, granola bars, etc. Please call us if you would like guidance in this matter.

Staff

We are extremely proud of the camp staff we employ each year and our summer camp positions are highly sought-after with over 80% of our staff returning for multiple years. Our Naturalists are college graduates and well-rounded professionals with considerable experience in leading field-based educational and wilderness adventure programs for children and young adults. Our Counselors are college students or recent college graduates selected for their experience, maturity, and good humor. During the backpacking trip, we maintain a 4-to-1 camper-to-staff ratio. All new and returning staff members and volunteers are background checked by the California Department of Justice and trained in the practice of non-violent communication and conflict resolution.

About Adventure Camp

Adventure Camp is thoughtfully designed and organized to promote the principles of community, cooperation, enjoyment, and responsible wilderness ethics. Campers are divided (with their input) into four “tribes” and each tribe takes its own route, spending the night in designated backcountry campsites. While we try to accommodate campers’ requests to be placed with one friend, we do not guarantee that friends are placed in the same tribe.

Adventure Camp is considerably more physically demanding than is Nature Science Camp. Each member of the tribe will be carrying their own gear as well as a portion of the food and group gear. Thoughtful preparation at home will make for a more comfortable trip. A well-broken in pair of boots or hiking shoes and a well-fitted backpack are important. Please review the equipment list carefully and make sure to pack all essentials. If you do not own a backpack, sleeping bag or pad, please indicate this on the space provided on the Health History/Emergency Treatment Form.

Previous backpacking experience is not necessary. However we recommend that each camper be in good physical condition and feel comfortable when wearing their loaded backpack. Please encourage you child to take the time to load and carry their pack for a mile or more several times in the weeks before camp begins. Physical conditioning is an important component of preparation for camp.

Point Reyes Summer Camp Head Lice Policy

Head lice are tiny insects that lay eggs called nits along hair shafts. Head lice infestations are highly transferable via the sharing of a comb or a hat. All campers will be checked for head lice and/or nits upon arrival. Campers found with head lice or nits must leave the site and undergo a treatment and louse removal before they will be allowed to check in. We strongly recommend that you check your child for head lice and nits each week for 3 weeks before s/he is scheduled to attend camp so that you may initiate treatment if necessary. Please visit the California Department of Health Services website at www.cdph.ca.gov/HealthInfo/discond/Pages/HeadLice.aspx to learn how to detect and identify head lice. If you have further questions, contact your local health department or family physician.

Marin County Health Department - (415) 499-7805

Sonoma County Health Department - (707) 576-4748

Santa Clara County Health Department - (408) 885- 4214/(408)229-6120

Contra Costa County Health Department - (925) 313-6740

Equipment and Clothing List For Point Reyes Adventure Camp

Weather

Point Reyes National Seashore has a summer climate that is distinctly different than the surrounding greater San Francisco Bay Area. The coastal influences produce overcast skies, fog and even drizzle. Cool mornings and sunny afternoons are often the norm. **Layering** is the best solution to our variable weather conditions. Wool and synthetic fibers stay warm when wet since they wick moisture away from the skin. Please be sure to pack the clothing we recommend. A warm synthetic sleeping bag is very important because we will be sleeping outside under the stars, not in tents.

***Note regarding belongings left at camp:** Please label all belongings (especially valuables) with your child's first and last name. While we make every effort to return found items to campers before they depart our site, Point Reyes Summer Camp is not responsible for storing or returning found items. As much as possible, valuables such as cameras and binoculars are stored at the Camp Office. Contact us at 415-663-1920 to inquire about lost valuables. Clothing, water bottles, towels, and similar items are donated to the local thrift store.*

Note: Campers will be able to leave items (such as clean clothes, toiletries, towels, pillows, etc) inside their cabins during the backpacking trip.

Traveling light is important! Please consider the weight of clothing and equipment when selecting what to pack. We provide group gear (such as tarps, stoves, cooking equipment, food, first aid kits, etc.).

ESSENTIAL CLOTHING

- Warm jacket (down or fleece)
- Sweater or sweatshirt (wool, fleece or other synthetic, not cotton)
- Rain jacket & pants or large durable poncho (nylon or gortex, not vinyl)
- Long pants (2 pair), synthetic or wool, no jeans
- Shorts (1-2 pair)
- T-shirts or tank tops (3)
- Long-sleeve shirts (2)
- Underwear (6)
- Socks (6 pair) heavy and mid-weight hiking
- Sock liners (2 pair) to prevent blisters
- Long underwear (synthetic, silk, or wool, no cotton)
- Shoes (4 pair)
 1. Sturdy broken in hiking boots or shoes (with ankle support)
 2. Sturdy sandals with straps
 3. Extra pair of shoes
 4. Flip-flops for shower shoes
- Hats (2)
 1. Sun hat or visor with brim
 2. Beanie or equivalent for cold weather
- Gloves or Mittens
- Cotton bandanas (2-3)
- Clean clothes for return day

ESSENTIAL NON-CLOTHES

- Day pack with the following:
 1. Sack lunch for Sunday, labeled with name
 2. Water bottle/canteen (quart size)
 3. Sunscreen & Lip Balm (SPF 15 or higher)
 4. 2 each: Inhaler and/or EpiPen, if prescribed by physician**Synthetic mummy sleeping bag** rated for 20° F or lower (no down or cotton bags)
- Lightweight flashlight or headlamp with extra bulb and batteries
- Large towel (*for use at camp*)
- Small towel or pack towel

- Backpack (large enough to carry all personal gear for 4 days plus food and group gear)
- Cinch straps with buckles (2) to strap gear onto outside of pack
- Sleeping pad (1) for backpacking
- 2 QUART (32 oz.) water bottles (sturdy and reusable)
- Mess kit: spoon, fork, mug, plate (tupperware with lid works well as a plate/bowl combo)
- Large heavy duty trash bags to waterproof gear (3-6 bags)
- Extra stuff sacks (2-3)

TOILETRIES

- Biodegradable soap (in a container)
- Sanitary napkins or tampons, if needed, plus plastic bags for disposal
- Toothbrush and toothpaste
- Shampoo
- Comb and/or brush

MEDICATIONS

It is essential that you carefully read and follow the detailed directions above.

OPTIONAL ITEMS

- Small duffel bag for clothes & other items left in cabin during backpack trip
- Pillow and pillowcase
- Laundry bag (for dirty clothes)
- Binoculars
- Camera (Please label with last name. We recommend sending a disposable-type.)
- Reading material, stationary & envelopes, journal

PLEASE LEAVE THESE ITEMS AT HOME

- Electronic devices of any kind including cell phones, PDA's, radios, walkmans, iPods, computer games, etc. If accidentally brought to camp, these items will be held in the director's office and returned to parents on departure day.
- Candy, gum, or extra food/beverages (things not included in lunch packed for first day)
- Money and/or valuables
- Knives (including Swiss Army) and/or weapons
- Firecrackers, matches, lighters, candles
- Makeup, Perfume, Jewelry
- Cigarettes, alcohol, illegal drugs

Adventure Camp Packing Tips

How to Layer Clothing

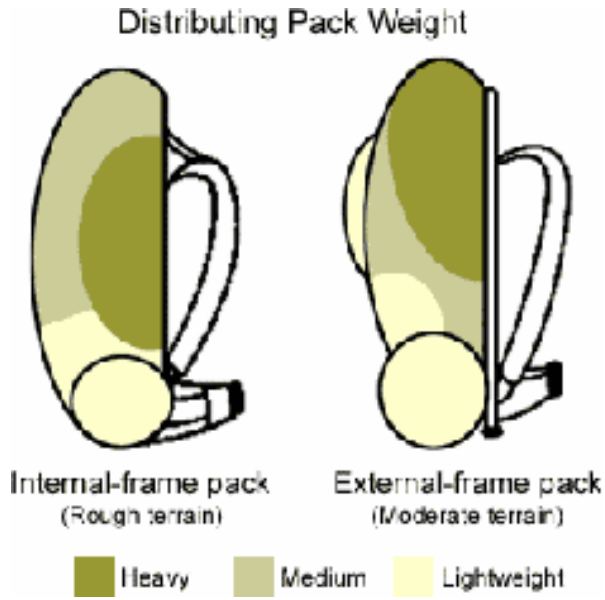
- 1. First Layer: Moisture Management:** The layer closest to the skin should not be cotton. Cotton absorbs moisture including perspiration leaving the wearer wet and cold. Wool, silk and synthetic wicking fabrics (polyester, capilene, etc.) transport perspiration away from the skin to the garment surface where it evaporates.
- 2. Middle Layer: Insulation:** The insulating layer helps retain heat by trapping air next to the body. Wool, polyester fleece and down are good insulators. Wool stays warm and insulates when wet, though it is bulkier than fleece. Polyester fleece dries fast, is lightweight, breathable and insulates even when wet. Cotton absorbs moisture, dries slowly and is heavy to carry.
- 3. Outer Layer: Wind and Water Protection:** The shell layer protects the body from wind and rain and holds in body heat while allowing water vapor to escape. Pack an outer layer (poncho or jacket and pants) that is breathable or well-vented to keep perspiration from collecting and chilling the body.

Boots

Appropriate footwear is the single most critical item on the list. Bring a pair of sturdy and comfortable hiking boots or shoes that provide the necessary support and have been worn regularly for at least 3 weeks. Do not bring brand new boots and do not borrow boots.

Backpacks

When packing your backpack, remember to leave ¼ of the pack empty for group gear like food, tarps and cooking equipment (provided by camp).



*****Do not borrow a backpack that is uncomfortable or one that does not fit properly. Make sure the straps are well-padded and it is comfortable when it is LOADED!***

Sleeping bags should fit inside the bottom of the pack or strapped on the outside. Lighter weight items should be packed at the bottom of the pack. Heavy and bulky items that are not needed frequently (extra pair of shoes) should be placed high and close to the spine to center the weight high where it is easier to carry. Side and top pockets hold items for quick access (camera, rain gear, water bottles, sunglasses, hat).

For an especially well-organized pack, make or buy stuff sacks or ziplocs in a variety of colors. Always keep certain items in a particular color of bag – toiletries in green and socks and underwear in blue, for example – to make it easier to find things without completely unpacking.

Women have a naturally lower center of gravity, so heavier items should be shifted a little lower in the pack. We recommend that campers experiment with different load arrangements to determine what feels most comfortable.

DIRECTIONS

Please Note: Internet mapping sites and GPS devices do not accurately map our location. Please use the directions below and review a Marin County map prior to departure. Traffic conditions can make for long delays, especially when taking Hwy 101 north on Friday afternoons. Please telephone us at 415-663-1920 if you are expecting to arrive late.

FROM HWY 101 IN PETALUMA (coming from the North)

From Hwy 101 take Petaluma Blvd North Exit.

Stay on Petaluma Blvd North all the way through town to D Street.

Turn right on D Street.

D Street will eventually turn into Point Reyes/ Petaluma Rd. Continue on this road until you reach a stop sign at Platform Bridge Road.

Go straight on Platform Bridge Rd for two miles until the road ends at Sir Francis Drake Blvd.

Turn right and continue until you reach the stop sign in Olema on Hwy 1.

See FROM THE STOP SIGN IN OLEMA ON HWY 1 ****below.**

FROM HWY 580 - SAN RAFAEL RICHMOND BRIDGE

From the 580-San Rafael/Richmond Bridge, take the Sir Francis Drake Blvd exit (it will be the second exit after you get off the bridge, right after the San Quentin exit).

Continue straight on Sir Francis Drake as you pass through a continuation of small towns, and through Samuel P.

Taylor State Park until you come to a stop sign in Olema on Hwy 1 (about 21.5 miles from the bridge). See FROM THE STOP SIGN IN OLEMA ON HWY 1 **below.

FROM HWY 101 NORTH - GOLDEN GATE BRIDGE

From 101 North take the San Anselmo exit which will merge you onto Sir Francis Drake Blvd.

While on Sir Francis Drake, you will pass through a continuation of small towns, and through Samuel P. Taylor State Park until you come to a stop sign in Olema on Hwy 1 (21.5 miles from 101). See FROM THE STOP SIGN IN OLEMA ON HWY 1 **below.

****FROM STOP SIGN IN OLEMA ON HWY 1**

Turn right (north) towards Point Reyes Station; in one block turn left at the Point Reyes National Seashore sign onto Bear Valley Road.

Continue for 1.3 miles on Bear Valley Road until you see a brown sign for Limantour Rd.

Turn left onto Limantour Road and continue for 6 miles until you come to a sign for the Hostel and Environmental Ed Center. Turn left and proceed past the Hostel and look for the sign for Ed Center parking. If the lot is full, park in the grassy area to your right before the lot. Park and enter the site on foot, carrying belongings with you.

For recorded directions to the Park call (415) 464-5100 (Press 2, then 2, then 1 and choose which city you are traveling from).

Driving time from the Bear Valley Visitor Center to the Education Center is approximately 25 minutes.