



Point Reyes Summer Camp Information Packet

Welcome to Point Reyes Summer Camp 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 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 email us at summercamp@ptreyes.org or call us at (415) 663-1200 x 306.

Sincerely,

Julia Clothier
Summer Camp Director

Fiona "Firefly" O'Kelly
Camp Coordinator

Arrival/ Departure

You are responsible for transporting your child 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 child. **Please do not mail the Transportation Form; bring it with you on arrival day.**

We will greet you at **10:00 AM Monday** for the 5-day programs and **10:00 AM Tuesday** for the 4-day program at the Clem Miller Environmental Education Center located in Point Reyes National Seashore off of Limantour Road. Please do not enter the site prior to 9:30 AM. You will find driving directions below.

Pick up time is **2:00 PM Friday afternoon**. Your prompt arrival is extremely important, especially to your child. When parents are more than 20 minutes late, children may feel disappointed or concerned. Please notify us at 415-663-1920 if you anticipate a late arrival.

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 area 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 assist heating water for showers and to aid in generating electricity. Campers and counselors 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.

Camper Homesickness & Calling Home

Homesickness is not uncommon for summer campers. Children naturally miss family members at some point during the session, especially at bedtime. If you know your child is prone to homesickness or if they have never been to a "sleep-away" camp, please mention the possibility to them and reassure them that it is normal and natural to feel this way and that you are confident in their ability to successfully complete their stay. Please do not tell them that they may call you and/or you will come pick them up early if they are feeling homesick. We generally do not allow campers to use the telephone (except for medical emergencies) and offering to pick up a child early can set up a situation that prevents a child from settling-in and enjoying the camp experience.

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 on or 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 medical conditions 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, vitamins, or supplements **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 Summer Camp strives to offer a group experience and opportunities for learning within the boundaries of safety, common sense and the law. 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.

Camper Mail

Mail at camp can be sporadic, since mail is received at our office location rather than camp itself. Please send mail earlier than the scheduled session to ensure that it gets delivered while your child is here. We will hold it until your child's arrival. Please address mail to:

Camper Name/ **Dates at Camp** (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. The children 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 well-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 can be substituted 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. Counselors are college students or recent graduates chosen for their experience, maturity, and good humor. We maintain an overall 3.5 to 1 camper-to-staff ratio with 2 Counselors and a Counselor-in-Training residing in each cabin. 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.

Camp Activities

A well-rounded program has been developed for your child. On arrival day, each camper will vote for the activities in which they prefer to participate. We do our best to schedule campers in several of their top choices. We will be offering a variety of activities designed to be engaging, instructive and fun. Activities generally offered include Marvelous Marsh, Backpacking, Abbotts Lagoon Canoe and Dune Adventure, Botany Bonanza, Earth Art, The First People, and Tomales Bay Explorers. Swimming is not permitted at Point Reyes Summer Camp programs. For a more complete listing of activities, please visit www.ptreyes.org. Not every activity is offered every week.

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, call your local health department or family physician.

Point Reyes Summer Camp Essential Equipment & Clothing List

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. Along with shorts and t-shirts, please pack several pairs of long pants plus a warm jacket, sweatshirt and windbreaker. Also, a warm sleeping bag and pillow make sleeping in the cabin very comfortable.

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.

ESSENTIAL CLOTHING

- Warm jacket
- Sweater or sweatshirt
- Windbreaker or rain jacket
- Long pants (2-3 pair)
- Shorts (1-2 pair)
- T-shirts (5)
- Long-sleeve shirts (2)
- Underwear (6)
- Socks (6 pair) heavy and mid-weight
- PJs or sweats for sleeping (we prefer that children not sleep in regular clothes)
- Shoes (4 pair)
 1. Sturdy lace-ups for hiking (sneakers or hiking shoes)
 2. Sturdy sandals with straps or water shoes
 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

ESSENTIAL NON-CLOTHES

- Day pack with the following:
 1. Sack lunch for Monday, labeled with name (please, no extra snacks)
 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
- Towel (*optional*: washcloth)
- Warm sleeping bag
- Flashlight and extra batteries
- Reading book and/or puzzle book for “Mellow Time”
- Writing paper with envelopes and/or postcards (pre-addressed and stamped)
- Pens and/or pencils

TOILETRIES

- Soap (in a container)
- Sanitary napkins or tampons, if needed
- Toothbrush and toothpaste
- Shampoo
- Comb and/or brush

MEDICATIONS

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

OPTIONAL ITEMS

- Pillow and pillowcase
- Laundry bag (for dirty clothes)
- Binoculars
- Camera (Please label with last name. We recommend sending a disposable-type.)
- Overnight Backpack (for optional backpack trip, appropriate size for camper)
We have plenty of loaners available, no need to purchase this.

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, Jewelry, Perfume

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.