



## Adventure Camp Information Packet (ages 13-16)

Welcome to Adventure Camp 2008! We are excited for the coming summer and look forward to providing a memorable camp experience for your child!

Please read the following information carefully and thoroughly as it contains many of the details you will need to prepare for camp such as drop-off and pick up times, directions, packing lists, camper mail protocol, etc. If you find you have any additional questions, please do not hesitate to email us at [summercamp@ptreyes.org](mailto:summercamp@ptreyes.org) or call us at (415) 663-1224.

Sincerely,

Scott "Tsunami" Wolland  
Summer Camp Director

Fiona "Firefly" O'Kelly  
Camp Coordinator

### **Arrival/ Departure**

You are responsible for transporting your teen to and from camp at the times mentioned 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 us the TRANSPORTATION FORM;** bring it with you on the first day of camp. Once at camp we will use one of the camp's vans for transportation.

On **SUNDAY morning, August 10th** we will meet at **10:30 AM.** Please arrive at the Clem Miller Environmental Education Center promptly at 10:30a.m., but no earlier than 10:00 a.m. Pick up time is at **2:00 pm on Friday, August 15th.** Once again promptness is extremely important.

### **About Our Facility**

The Clem Miller Environmental Education Center, the home base for Point Reyes Summer Camp, is operated by the nonprofit Point Reyes National Seashore Association in cooperation with Point Reyes National Seashore and is located in the park. During the school year, this extremely popular facility is used by school groups on weekdays and by Point Reyes Field Seminars programs on weekends. The philosophy of the Environmental Education Center is evident when you first arrive. Although our facility is modernly equipped we have tried to preserve the rustic feeling of the surrounding area. We haul wood ourselves to stoke the fire on those chilly coastal mornings, sort and recycle our trash, compost our leftovers, and conserve energy by using solar power to assist heating water for our showers and by generating a portion of our electricity. There are four rustic cabins which have bunks with mattresses but no electricity or running water. The main building is a beautiful 4,500 square foot cedar lodge which houses a full commercial kitchen, a dining room, offices, and science center. The annex building provides an infirmary facility. Since there is no janitorial staff, the staff and campers work together to keep the center neat and clean.

### **Camper Mail**

Mail at camp can be sporadic, since mail is received at our office location rather than camp itself. Please send your mail earlier to ensure that it gets delivered while your child is at camp. Please address mail to:

Camper Name/ **Adventure Camp** (VERY IMPORTANT)  
Point Reyes Summer Camp  
P.R.N.S.A., Bldg. #70  
Pt. Reyes, CA 94956

\*\*Please remember that snacks or treats that are stored in cabins are an invitation for raccoons to make pests of themselves; so kindly do not send any goodies to your teen while they are at camp.

## **Camper Visitation**

We strongly discourage visitation by families during camp sessions. Please feel free to discuss this policy with the camp director if you have special circumstances.

## **Cancellations/ Refunds**

A refund (minus a \$50.00 processing fee) will be given on cancellations received at least 8 weeks prior to **August 10th**; 50% refunds will be on cancellations received at least 4 weeks prior to August 10th. If cancellation is received less than 4 weeks before August 10th, no refund will be given.

## **Medical Concerns**

Please fill out the attached **Health History/Emergency Treatment Form** as thoroughly and clearly as possible. Since the health and safety of your child is our highest priority, this form needs to be **mailed back to our office** as soon as possible **before April 1<sup>st</sup>, 2008**. We need to have enough time to contact you to discuss and prepare for any medical concerns that your child may have.

Mail to: Point Reyes Summer Camp  
Attn: Health Form  
Point Reyes National Seashore Association, Bldg. #70  
Point Reyes, CA 94956

California State Law requires that all prescription (Rx) and non-prescription/over-the-counter (OTC) medications (including Tylenol, allergy medication, vitamins, homeopathics, drops, creams, etc.) be in their original container or packaging and kept in a locked area of camp or with the staff while on the trail. Please do not bring loose pills or vitamins. All medications will be turned in at the check in table at camp on arrival day. Please call our office at (415) 663-1224 with any questions regarding medications.

### **Guidelines for all Prescription Medication:**

- Prescription medication must be in an **original container with a Rx label** that includes the child's name, dosage, frequency of administration, and valid expiration date or they will not be administered. Prescription medications will be administered according to the prescription label.
- **Note about inhalers:** Inhalers must be unexpired and accompanied by a printed Rx label (label usually found on the original box). Please bring two sets of any rescue inhalers (one for camper to carry at all times, and another for the staff to also carry "on trail").
- **Epipens/Bee sting Kits:** Please call our office at (415) 663-1224 to discuss our camp protocol.

### **Guidelines for all Non-Prescription/Over-the-Counter Medication:**

All non-prescription and OTC medications will only be administered if unexpired and in their original packaging; the original package directions must contain the appropriate dosage for camper's age and weight. If an OTC medication is not appropriate for a camper's ages and weight it will not be administered unless there is written permission from a physician or appropriate licensed health care professional (for example Motrin vs. Junior Motrin).

**Before you depart on the last day:** Adults must pick up medications at the check out area. Medications will not be returned directly to campers.

**NOTE:** If you registered by mail then please ALSO fill out the **Informed Consent** form that was sent with this packet and return to us as soon as possible **before April 1<sup>st</sup>, 2008**.

## **Sickness/Emergencies**

The safety and physical well-being of your teen is of the utmost concern to us. Our staff are all certified in first aid and CPR and the paramedics in Point Reyes Station are prepared to respond in a matter of minutes should any emergency arise. We will be in contact with parents/guardians if there is an emergency involving your child or if your child is sick. We will call and ask that s/he be picked up if s/he has a fever while at camp. No refunds will be given if a camper leaves camp due to illness.

## **Swimming**

We have a no swimming policy during camp.

## **No Tip Policy**

Our policy is that staff may not accept tips.

## **Other Information**

If you have any questions or concerns regarding any aspect of camp not covered here, feel free to visit [www.ptreyes.org](http://www.ptreyes.org), email us at [summercamp@ptreyes.org](mailto:summercamp@ptreyes.org), or call us at (415) 663-1224. If we're not in the office, please leave a message and we will get back to you as soon as possible.

## **Details About Camp**

### **Activities**

A well-organized program has been developed for your teenager. Four backpack trips are offered and participants are divided into four separate groups; no guarantees are made about being placed on the same trip as a friend. Our Adventure Camp schedule will be quite rigorous and much more active than our Summer Science Camp. During their four-day backpack trip, groups will be using the back-country campsites in the park, so backpacks and light weight gear are appropriate. Please go over the equipment list carefully; bring all essentials, and leave non-essentials at home. If you do not own a backpack or sleeping bag, you can rent them through an outdoor outfitter such as REI in Corte Madera, Berkeley or Santa Rosa (not an endorsement).

While you are at camp, you will have an opportunity to learn a lot of skills: minimal impact camping, backpacking methods, ecology, etc. You do not need any previous backpacking experience, but the better physical condition you are in, the better you will feel. **We recommend taking walks, hikes, or riding a bicycle daily for several weeks prior to the trip.**

### **Food**

The kitchen staff focuses on presenting nutritious and delicious food with some vegetarian options. We do our best to accommodate campers with special dietary needs. If you supply us with these special foods, we will see that the camper gets it. If your teen is a vegetarian please indicate so on the health form so that we can plan accordingly. Food will be prepared in the field while on the trip in the wilderness.

### **Weather**

Point Reyes is known for unpredictable weather. Rain during the summer is unusual, but not unheard of! Cool mornings and warm sunny afternoons are the rule, but foggy weather can prevail with temperatures between 50-90 degrees. Please send appropriate clothing and sleeping bag (remember, we will be sleeping outside under the stars). **Layering** is the best solution to our variable weather conditions. Please note that wool and synthetic fibers will keep you warm when wet since they wick moisture away from the skin. Backpackers sometimes get wet from perspiration, "fog drip" or rain. Please have a

wool/synthetic top and bottom to be used as a base layer (See page 8 for **more details on clothing and packing tips**).

## **Staff**

We are extremely proud of the camp staff we employ each year. The naturalists are all well-rounded professionals, experienced in teaching children, and look forward to spending an action packed week with your teen. Naturalists are college graduates experienced in sharing their love and knowledge of the outdoors. The counselors/naturalist interns, mostly college students majoring in the natural sciences or environmental education, have been chosen for their maturity, good humor, and the pleasure they get from working with young people in the out-of-doors. Each trail group will have two counselors and one naturalist. All members of our staff are certified in First Aid and CPR.

## **Behavior Expectations**

During Adventure Camp, we expect you to be a responsible member of your community (i.e. hiking group) and have consideration for others. Please do not bring cigarettes, alcohol, chewing tobacco or any illegal drugs to camp. We do not tolerate possession of these substances and you will be asked to leave if you bring them with you to camp. On arrival day, you will meet members of your 13 teen, 3 staff backpack trip. Having an open mind, being flexible, and having a positive attitude are keys to success when living/hiking with a group of 16 people for several days. Please arrive mentally prepared for group living.

## **Conditions for Participation**

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 who we believe has violated the conditions for participation, or become a hindrance to the group or goals of the program.

## **What Are Head Lice?**

Head lice are tiny insects that lay eggs (nits) on human hair. Head lice are highly communicable. The sharing of a comb or a hat is all it takes to spread head lice from one person to another. The presence of lice has nothing to do with cleanliness and does not reflect poorly on you as a parent.

## **Point Reyes Summer Camp Head Lice Policy:**

All campers will be checked for head lice and/or nits upon arrival at camp by a trained staff member. Campers with head lice or nits will not be able to attend Summer Camp. Refunds will not be given. In 2006, we found two cases of head lice on campers during our checking process. This experience showed us the value of our lice checking policy.

We delouse our sleeping bags after each use and inform campers not to share brushes, hats and pillows.

## **Check Your Child For Head Lice!**

Check your child for head lice *before* she/he comes to camp. It is advisable to also check your child several weeks before camp because if head lice are found, the treatment procedure can take several weeks to complete. There are nontoxic treatments for head lice.

Please visit the California Department of Health Services website, [www.dhs.ca.gov](http://www.dhs.ca.gov), to learn how to detect head lice and if you have further questions, call your local health department or family physician. The phone numbers of some local departments are listed below.

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

If after reading the enclosed information and calling your local health department or family physician you find that you have further questions or comments, call us at **(415) 663-1224**.

**Equipment and Clothing List on next page**

## **Equipment and Clothing List For Point Reyes Adventure Camp**

*Traveling light is important! We provide group gear (such as stoves, tarps, first aid, etc.) and all food (except arrival day lunch). The list below is what you will need for the backpacking trip. **You will be able to leave items (such as extra clothes) in cabins back at camp while on your trip.***

### **REQUIRED ITEMS:**

#### **Gear:**

- \* Sack lunch for Sunday, labeled with name
- \* **Warm mummy style sleeping bag** rated to 20 degrees F or lower, *synthetic* filling, nylon covered
- \* Backpack (large enough to carry all personal gear needed for 4 days & space left for extra group gear)
- \* Sleeping bag straps - used to attach sleeping bag/pad to backpack
- \* 1 sleeping pad - thin synthetic pad for insulating against cold ground
- \* **2 QUART (32 oz.) size water bottles (mandatory)**; make sure they do not leak). Gatorade or plastic water bottles will work in a pinch
- \* Mess kit: spoon, fork, mug, plate (tupperware with lid works well as a plate/bowl combo)
- \* Day pack, extra stuff sack or pillow case for stuffing things
- \* Lightweight and small flashlight and extra batteries
- \* Large trash bags to waterproof gear (3-6 bags)

#### **Clothing:**

- \* 2 pairs long pants, comfortable (e.g. army pants, sweats) that could double as sleepwear (NOT JEANS)
- \* 2 pairs lightweight shorts
- \* 3 T-shirts
- \* 1-2 long sleeve shirts (for sun protection and warmth)
- \* **1 Warm jacket (mandatory)**
- \* **1 sweater or sweatshirt (mandatory)** -Synthetic/wool clothes preferred vs. cotton (see page 8)  
(Check thrift stores for old wool sweaters)
- \* 4-6 pairs of underwear
- \* Hat and cap (one for sun & one for cold)
- \* Rain gear or rain poncho (nylon or plastic, not vinyl)
- \* 1-2 Bandanas
- \* 1 pair long underwear (can also be used as sleep wear)
- \* A fresh set of clothes to wear upon returning to camp (socks, pants, underwear, shirt and *fresh towel*)

NOTE: Point Reyes weather is highly variable. Temperatures in the summer can be as high as 90 degrees F and as low as 50 degrees F!

#### **For Your Feet:**

- \* 1 pair sturdy hiking boots which **have been worn for at least 3 weeks** and are comfortable for long hikes (should provide ankle support)
- \* Back up pair of shoes (preferably tennis shoes)
- \* 2 pairs sock liners (help prevent blisters) worn under hiking socks
- \* 4-5 pairs of hiking socks

**More packing information on next page**

## Equipment and Clothing List (continued)

### Toiletries:

- \* Sunscreen & Lip balm (SPF 15 or higher)
- \* Soap, in a container (biodegradable preferred e.g. Dr. Bronners)
- \* Sanitary napkins, if needed (bring plastic baggies too)
- \* Toothbrush and toothpaste
- \* Shampoo
- \* Comb or brush
- \* Small hand towel and washcloth (or “packtowel”)
- \* 1 towel for showering back at camp

### OPTIONAL ITEMS:

- \* Pillow case and pillow for in camp
- \* Binoculars and hand lens
- \* Cassette tapes or CD's for the Thursday night dance - NO CD PLAYERS
- \* Mittens or gloves (many campers wear them!)
- \* Light-weight shoes or flip flops to wear around campsite
- \* Extra jacket
- \* Camera and film
- \* Reading and writing material, stamps

Please mark camper's name on all clothing and possessions. **We are not responsible for lost items.** We recommend that you check that your child has all of his/her belongings on the last day of camp. Items left behind will be donated to charity if not picked up before September 30. (Call our office first to make arrangements.)

### DO NOT BRING

- \* Radios, walkmans, iPod, cell phones/pagers/PDA's, hand-held computer games, or electronics of any kind
- \* Candy or any food or drink item not intended for Sunday lunch
- \* **No Money or Valuable Items At Camp!** (Parent/Guardian may wish to bring money to purchase a camp T-shirt on the first or last day of camp)
- \* Weapons of any sort (pocket knives will be carried by group leaders and will be used under their supervision)
- \* Firecrackers
- \* Jewelry
- \* Cigarettes, alcohol, illegal drugs are prohibited and warrants being sent home with no warning and without a refund

Please bring suitable clothing & equipment for a 4-day backpack trip. Be sure to label all items, and remember that snacks or treats that are stored in cabins are an invitation for raccoons to make pests of themselves; so kindly do not send any goodies to your teen while they are at camp.

**More information on next page**

## Adventure Camp Packing Tips

### **Clothing**

Considering the variable weather in Point Reyes, **LAYERING** is the best way to ensure comfort in the outdoors; it allows you to make quick adjustments based on your activity and the weather. The following are the three basic stages in layering:

**First Layer: Moisture Management:** Your next to skin layer should be materials other than cotton, as cotton can absorb perspiration and leave you feeling wet and chilled. Synthetic wicking fabrics like Coolmax polyester, Patagonia Capilene, REI MTS, and Polartec work to transport perspiration from the skin to the outer surface where it can evaporate.

**Middle Layer: Insulation:** The insulating layer helps you retain heat by trapping air next to your body. Polyester fleece vests, jackets, and tights are good examples of insulation suitable for outdoor activities. Fabrics such as wool and polyester fleece are excellent insulators. **Wool** is warm and insulates when wet, though it is bulkier than fleece. **Cotton** absorbs moisture, is slow to dry and is bulkier than any other fabric. **Polyester fleece** dries fast, is lightweight, breathable and insulates even when wet.

**Outer Layer: Wind and Water Protection:** The shell layer protects you from wind and rain. It holds your body heat in while allowing water vapor to escape. Your outer layer should be breathable or well vented to keep perspiration from collecting and chilling your body.

### **Boots**

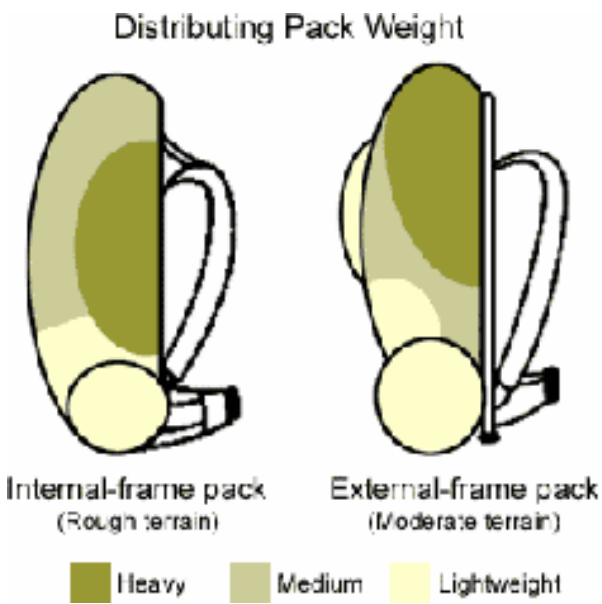
Be sure to bring a pair of sturdy hiking boots that have ankle support and have *been worn for at least 3 weeks*. They must be comfortable for long hikes. The more you wear them before you get to camp, the better your feet will feel. We strongly discourage campers from borrowing boots.

Comfortable feet = 😊

Blistered feet = :(

### **Backpacks**

When packing your backpack, remember you will need ¼ of your pack kept empty for group gear like food, tarps and cooking materials (provided by camp).



***\*\*Do not borrow a backpack that is uncomfortable and does not fit your frame. Make sure the straps are well-padded and it is comfortable when it is LOADED! (Do not try on an empty backpack)***

Sleeping bags should fit in the bottom of your pack. Lighter weight materials should be packed at the bottom of your pack. Heavy and bulky items that are not needed frequently (extra pair of shoes) should be placed high and against your back to center the weight high over your back where it is easier to carry. Little tidbits (camera, rain gear, water bottles, sunglasses, hat) should be placed in the side and top pockets so you can access them while you hike.

**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 what you're looking for without tearing your pack apart.

**Women** have a naturally lower center of gravity, so shift heavier items a little lower in the pack. You are the ultimate judge of what feels comfortable to you, so experiment with different load arrangements to determine what feels best.

*It is OK to bring a small bag for storing items (such as extra clothes) in cabins back at camp while on your trip.*

**Directions on next page**

# **DIRECTIONS TO POINT REYES SUMMER CAMP**

**Summer Camp home base is The Clem Miller Environmental Education Center Located In The Point Reyes National Seashore**

Point Reyes Summer Camp is located 80 minutes north of the Golden Gate Bridge. **Internet mapping sites do not accurately map this location at this time as there is no recognized physical address. Please use the directions below.**

## **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 THE 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 Youth Hostel and Environmental Ed Center.

Turn left and proceed past the Youth Hostel and look for the sign for parking.

If the lot is full, park in the grassy area to your right before the lot. Please park and carry your child's belongings for the last 200 yards.

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

The Education Center is approximately 25 minutes from the Bear Valley Visitor Center.

Please review a Marin County map prior to departure!