



Point Reyes
National Seashore Association

Science Camp Information Packet (ages 7-12)

Welcome to Point Reyes Nature Science 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 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 child 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 camper. **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 transporting campers.

We will meet at 10:30 am Monday morning at the Clem Miller Environmental Education Center located in Point Reyes National Seashore, our home for Nature Science Camp 2008. Please be at the Ed Center promptly at 10:30 am, but no earlier than 10:00 am.

Pick up time is 2:00 pm, Friday afternoons on June 27, July 4, 11, 18, and August 1, and **2:00 p.m. Thursday, August 7.** 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 still looks new and is fully 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, dining room, offices, and science center. The annex building provides infirmary facilities. Since there is no janitorial staff, the staff and campers work together to keep camp 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/ **Dates at Camp** (VERY IMPORTANT)
Point Reyes Summer Camp
PRNSA, 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 food to your child while they are at camp.

Camper Visitation

We strongly discourage visitation by families during camp sessions. Homesickness may occur with your child or other children when they see a parent or guardian visiting. Please feel free to discuss this policy with the camp director if you have special circumstances.

Cancellation Policy/ Refunds

A refund (minus a \$50.00 processing fee) will be given on cancellations received at least 8 weeks prior to the starting date of your session; 50% refunds will be given on 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.

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 1st, 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 staff while out on 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 1st, 2008.**

Sickness/Emergencies

The safety and physical well-being of your child is of the utmost concern to us. All members of our staff are certified in first aid and CPR and the paramedics in Point Reyes Station are prepared to respond quickly 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.

Behavior Expectations/ 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.

Other Information & Questions

If you have any questions regarding any aspect of camp not covered here, please feel free to visit www.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.

Food

The kitchen staff focuses on presenting nutritious and delicious camp food with some vegetarian options. We do our best to accommodate campers with special dietary needs. If you supply us with special foods, we will see that your child receives them. If your child is a vegetarian, please indicate so on the health form, so that we can plan accordingly.

Weather

Point Reyes is known for the 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. Layering is the best solution to our variable weather conditions.

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 child. The counselors/naturalist interns, mostly college students majoring in the natural sciences or environmental education, have been chosen for their maturity, their good humor, and the pleasure they get from working with young people in the out-of-doors. Two counselors are assigned to each cabin (on backpacking nights one of the counselors may accompany an out of camp backpacking trip with campers). The naturalists are college graduates experienced in sharing their love and knowledge of the outdoors. All staff are certified in CPR and First Aid.

Activities at Camp

A well rounded program has been developed for your child. After they arrive on Monday, each camper will vote for the activities they prefer to participate in. We do our best to give campers some of their top choices. We will be offering a variety of activities which are both informative and fun. Please go over the equipment list carefully; bring all essentials, and leave non-essentials at home.

This is a sample of some past summer camp activities. For a more complete listing of past activities, please visit www.ptreyes.org. *Note: Not every activity is offered every week.*

Marvelous Marsh: Campers will experience the feeling (literally) of the Limantour Estero as they learn about a salt marsh community. They will get down and dirty looking for critters as well as looking at (and maybe even tasting) pickleweed.

Pond Study/ Canoeing: Campers will learn the basics of canoeing and be able to scoop up some samples of what might be living in beautiful Muddy Hollow pond! Lifejackets are worn and no swimming is allowed.

Tall Tales and Theater Trails: This is an activity for campers who like to laugh at themselves, tell stories, and just be goofy. Campers will learn some really fun games and do some improvisational theater that gets everyone laughing and learning more about each other.

Backpacking: This is one of the most popular activities at camp because it is the ultimate adventure for the budding naturalist camper! The group will leave after dinner and hike 2 miles to Coast Camp. They will sleep under the stars and maybe even enjoy a campfire on the beach! (Space is limited in this activity)

Sand Dune Safari: Campers explore Abbotts Lagoon by making some plaster-cast animal tracks and playing some games such as the Sand Dune Olympics! This is truly a beautiful area of the park to play in.

Mountain Madness: This is an adventure for those who really love to hike and explore. It takes a lot of willpower and a positive attitude to get to see the view from near the highest point in the park, Mount Wittenberg! This journey along park trails will make one of the most exciting stories from camp!

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 staff member. Campers arriving 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 and nits *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.

Read the enclosed information in the pink pamphlet, or visit the California Department of Health Services website (www.dhs.ca.gov) to learn how to detect head lice. If you have further questions, call your local health department or family physician. 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, visiting the California Department of Health Services website (www.dhs.ca.gov), and calling your local health department or family physician you find that you have further questions or comments, call us at (415) 663-1224.

More information on next page→

Point Reyes Nature Science Camp Equipment and Clothing List

ESSENTIAL ITEMS: (Please bring ALL of these items)

- * Sack lunch for Monday, labeled with name
- * Quart-size water bottle/canteen (plastic water bottle or Gatorade bottle works well)
- * Warm sleeping bag
- * Day pack
- * Warm jacket and sweater (very important)
- * Sturdy walking shoes that are comfortable for hiking (must have laces)
- * Hat and cap (one for sun & one for cold)
- * Towel and washcloth
- * Flashlight and extra batteries
- * Plenty of pairs of socks (both heavy and light) - at least 6 pairs
- * Back up pair of shoes to get wet and mucky (preferably old tennis shoes or Teva-like sandals)
- * Sunscreen (15 SPF) and Chapstick
- * Clothes appropriate for warm and cold weather that can get dirty
- * At least 5 pairs of underwear, 2 pairs of long pants, and 5 T-shirts are recommended

TOILETRIES:

- * Soap (In a container)
- * Sanitary napkins, if needed
- * Toothbrush and toothpaste
- * Shampoo
- * Comb or brush

OPTIONAL ITEMS:

- * Pillow case and pillow
- * Binoculars and hand lens (labeled with name!)
- * Windbreaker or shell
- * Camera (labeled with name!) and film/batteries/memory card
- * Reading and writing material, stamps
- * Sandals for shower and beach
- * Large frame backpack appropriate for camper's size for optional overnight trip (camp will provide one if you don't own one)

PLEASE LEAVE THESE ITEMS AT HOME:

- * Cell phones, PDA's, radios, walkmans, iPods, hand-held computer games or electronics of any kind
- * Candy, gum, or any food or drink item not intended for Monday 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)
- * Knives or weapons of any kind
- * Firecrackers
- * Makeup or jewelry

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.

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!