

# MOUNTAIN & RIVER ADVENTURES KIDS ADVENTURE CAMP 2009



Dear Parents,

We are delighted that you have decided to send your child to the 2009 Kids Adventure Camp, a unique outdoor, summer camp experience, offered by Mountain & River Adventures (MRA). We are a professional outfitter, located at the gateway to the Sequoia National Forest, offering summer camps for children over the past twenty years.

Please read all the information in this packet carefully. This information will help answer your questions, and most importantly, will help your child have a wonderful camp experience. We look forward to having your camper this summer so we can share with her/him all the magic that camp has to offer.

## **Tips to Prepare your child for Camp**

You can help your camper have a good experience by preparing her/him for camp. Helpful things you can do include:

- Sharing some of your positive memories of camp. If you did not attend camp, try to find someone that did so they can share memories.
- Explaining that she/he will be away from home for the length of her/his camp session.
- Tell your child that you want them to have a great time at camp.
- Encourage children to keep an open mind about trying new things.

## **Cancellation Policy**

Your **initial payment** of 50% is due immediately to reserve your Child's spot. **Final payment** is due 30 days before your camp date. If reserving within 30 days of camp, full payment is required at reservation time. **You may cancel 31 or more days prior to your camp date and receive a future camp credit, less a \$20 processing fee per child. Cancellations made 30 days or less before your camp date are non-refundable.**

***If for any reason your camper leaves camp early, there will be no refunds and parents/guardians are responsible for making all travel arrangements.***

## **Paperwork**

Part of the camp experience for parents is the paperwork that must be completed. The information that we require ensures that we are providing a safe experience for your camper. All of the paperwork should be sent in with the final payment for your camper's camp session OR can be turned in during check-in.

If your Contact Information CHANGES after your camper's paperwork has been turned in, please notify MRA at check-in.

Please read, complete and sign all forms in this packet, including the Participant Agreement, Credit Card and Cancellation policies, and Registration Form including anything else we should know about your camper. Campers with incomplete forms will not be allowed at camp.

### **Health Information**

Your camper's health and safety is of the utmost importance to us. Please provide us with any and all information that will enable us to meet your child's needs.

### **Special needs include and are not limited to the following:**

- Dietary requirements related to things like allergies, or vegetarian lifestyle
- Allergies
- Nightmares
- Bedwetting
- Sugar or Caffeine sensitivity (so we can monitor or limit consumption)

### **Medication**

If your child will be bringing medication to camp, please note the following information (this applies to all medications, prescription or otherwise).

- All medication will be housed by the Camp Director during your camper's stay at camp (inhalers can be carried by campers).
- Medications will be dispensed as prescribed.
- All medication must be sent to camp in the **original container**, labeled with your camper's name, with clear dispensing instructions.
- You **MUST** inform MRA what this medication is treating & if there are any special instructions or accommodations needed.

**Do not pack your camper's medications in her/his duffel bag. Put all of her/his medications in a plastic bag (zip-lock preferred). Be sure your camper's first and last name is on the bag. The bag will be collected during the check-in process. Medications that have passed the expiration dates will NOT be accepted.**

### **Insurance**

All children who attend our camps should be sent to camp with a copy of the family's medical insurance card in case they need to receive medical treatment while at camp.

### **The Store**

The Camp Store will be operated on the first and the last day of each camp session. A variety of items will be available for purchase. They include: t-shirts, shorts, disposable cameras, flashlights, hats, sweatshirts, raft sandals, water bottles and more.

### **Telephone Calls**

Campers do not have access to a telephone. Please do not ask your camper to call home for any reason. The camp telephone is reserved for emergency and business calls only.

If your child has a problem at camp, whether an injury, illness or severe homesickness, the Camp Director will contact you.

Please do not send your child to camp with a cell phone. Cell phones can detract from the camp experience for your child and be a distraction to other children. Communicating with your camper by

mail is preferred. The Camp is not responsible for any lost or damaged cell phones. If a family emergency arises, phone access will be made available to any camper.

### **Mail**

The mail to and from camp can be slow. If you are going to send your camper mail while she/he is at camp, **plan to send it just BEFORE your child leaves for camp.**

Another option is to use our “Camp Mailbox”. The Camp Mailbox is discreetly available during check-in. If you would like to use the Camp Mailbox, put your camper’s first and last name, and the date you would like the letter delivered on the envelope. Postage is **not** required for the Camp Mailbox.

Please write your camper “happy” letters. Let him/her know you miss them but hope they are having a great time. Please save less cheerful news for when they return home. If you will be mailing letters, use the following address:

Camper's Name  
c/o Mountain & River Adventures  
11113 Kernville Road  
Kernville, CA 93238

### **Care Packages**

You are welcome to send your child a “care package”. Please do **NOT** include food items. Food items will be disposed of to prevent our camp “critters” from becoming a problem. Please note that our mailbox at camp is not checked on weekends.

### **Birthday at Camp**

If your camper has a birthday while she/he is at camp, it will be celebrated with a “Dutch oven” delight. Please have your child open her/his gifts before coming to camp or wait until they get home.

### **Emergency Information**

In the event of a true emergency, Camp staff will contact parents/guardians of campers. Please try to avoid calling the Camp as it can prevent us from making outgoing calls. If there is a true emergency, you are absolutely welcome to contact us.

### **Message Number**

If you need to talk to the Camp Director, contact MRA at (760) 376-2267, during regular business hours. Your message will be given to the Camp Director and your call will be returned as soon as possible.

If an emergency arises after business hours, you can call (760) 417-9117. If you have not received a response within one hour, or the situation is a grave emergency, please call (760) 417-0144. Please use these emergency contact numbers **ONLY** during an emergency.

### **Emergency Evacuation Procedures**

In the event of an evacuation, parents, guardians or other designated emergency contacts will be contacted by telephone by a Mountain & River Adventures staff member. You will be given instructions as to when (date and time) you will need to pick up your camper at the Mountain & River Adventures location determined during the phone call.

### **Kids Adventure Camp T-Shirt**

Each camper will receive a Kids Adventure Camp T-Shirt on the last day of camp.

### **Meals and Snacks at Camp**

Camp menus are planned keeping in mind the special needs and taste preferences of children as well as nutritional content. Campers are encouraged to try foods that are new to them, but if that is not possible, we always have simple alternative food items available. Due to the fact that we share camp with nature's "critters", please do **NOT** send food, soda, gum or candy with your camper.

If your camper has dietary restrictions, such as kosher or vegan, or any medical condition (hypoglycemia or diabetes), it may be necessary for you to provide some food options for her/him to keep on hand at the Camp.

### **Camp Environment**

The camp is above sea level in rugged mountain terrain. The nights can be cool and the days are hot. In order to preserve the natural environment and enhance the camper's outdoor experience, there are no paved roads in camp. Trails connect sleeping and restroom areas with the outdoor dining area and other camp services.

In an effort to keep the camps clean, each unit will have daily "camp kapers" (chores). Kapers include litter upkeep around camp sites, setting tables, tidying up the bathroom. Appropriate safety measures are in place for all kapers.

### **Lost and Found Items**

Items that are not claimed by campers are put in the Lost and Found box. This box is kept in a location where campers can check it any time they are missing belongings.

At the end of each session parents/guardians are encouraged to look in the box for any items that might belong to their camper. Items that have not been claimed by **August 31, 2009** will be given to a local charitable organization.

### **Packing Tips**

Please use the following tips to aid in packing

- Make sure your camper knows what their luggage looks like.
- Label all items with your camper's first and last name.
- Pack light (campers are responsible for carrying their own belongings to their unit)
- Campers should do their own packing so they are familiar with what they are bringing and where it is located.
- Do not send expensive or irreplaceable items to camp. (Camp is not responsible for lost or broken items).
- Label all of your camper's bags (duffels, sleeping bag and daypack) with luggage tags or write directly on them with a permanent marker.
- Fold and place each day's outfit (socks, underwear, shorts, shirt, etc.) in a clear plastic bag or secure with rubber bands.
- Send an empty bag for dirty clothes. This will help keep clean clothes clean and will help confine the smell to the laundry bag rather than the duffel bag.
- The altitude can affect menstrual cycles so please send necessary sanitary supplies.

### **Do Not Send These Items to Camp**

Any of the following items that are found at camp will be confiscated by Camp Counselors, stored by the Camp Director and returned directly to the parent/guardian during the check-out process.

**DO NOT BRING:**

- Flip flop sandals (OK for showers)
- Radios , cassette or CD players
- Bottle or glass containers
- Electronic games
- Cell phones or pagers
- Computers
- Blow dryers or curling irons
- Aerosol cans
- Spray bottles
- Money (a small amount for a souvenir is fine)
- Nail polish or polish remover
- Pocket knives, firearms
- Valuables of any kind
- Food, gum, candy (these items will be thrown away)
- Mirrors
- Pets (parent/guardian will be required to pick up pet)
- Mess kit (cup, bowl/plate, spoon/fork)

**Camp Clothing and Gear List**

Please use the following list of clothing and gear as a guideline. Some of the items that your camper brings will depend on his/her personal habits.

Please do not feel obligated to go out and purchase every item on the list. Be creative and substitute similar items that will fit the need. Campers should bring enough clothing (including socks and underwear) to last the entire stay at camp. Campers do not have access to a washer or dryer and hand washing clothing will take away from camp activities. Be sure to send comfortable clothing that your child will actually wear.

**Please label all of your camper's belongings with her first and last name.**

Each camper may bring:

- \_\_\_ one duffel bag for clothing (suitcases are heavy)
- \_\_\_ one sleeping bag and stuff sack for bag
- \_\_\_ one day pack

Items that pack well in a duffel bag:

- \_\_\_ long pants (jeans)
- \_\_\_ shirts (at least one with long sleeves)
- \_\_\_ shorts (board shorts that are a little longer to protect upper legs)
- \_\_\_ swimsuit
- \_\_\_ rash guard, short-sleeved
- \_\_\_ socks
- \_\_\_ underwear for each day
- \_\_\_ two pairs of tennis shoes (with laces and traction – no slip-ons)
- \_\_\_ pajamas
- \_\_\_ light sweater or sweatshirt

- light windbreaker
- light rain jacket or poncho
- bandana
- hat or cap with a brim (for sun protection)
- river/lake shoes (old tennis shoes, aqua shoes, raft sandals)
- flashlight with extra batteries
- stationery, postcards, stamps, pencil/pen

Personal Items:

- toothbrush and toothpaste
- hairbrush and/or comb
- pony-tail holders and/or barrettes
- soap in watertight container
- shampoo/conditioner in plastic bottles
- sun block (SPF 30 or above)
- lotion
- lip balm (sun block with SPF 15 or above, PABA free is suggested, no Vaseline)
- insect repellent (lotion only, no spray)
- towel
- wash cloth
- sanitary supplies (if needed); altitude can affect menstrual cycles
- deodorant (if used)

Items that pack well with the sleeping bag:

- sleeping bag
- two large, heavy-duty plastic trash bags for gear if it rains

Pack in day pack

- snack for the first day of camp
- plastic water bottle, sipper bottle or canteen, that doesn't leak

Optional Items:

- pillow
- camera and film
- book
- journal/diary

## Camp Evaluation

At the end of camp, each camper will receive a Participant Survey to fill out and submit while checking out. When your camper returns from camp, please talk to her/him about their camp experience and then provide any camp feedback that did not make it to the Participant Survey to Rhonda Stallone at [rhondas@mntnriver.com](mailto:rhondas@mntnriver.com). The input from you and your camper is greatly appreciated and will help us in planning and training for the following year.

## DIRECTIONS TO CAMP

### Driving from Los Angeles/Bakersfield:

Take I-5 north to Highway 99 north. Once in Bakersfield, take 178 east to Lake Isabella. As you approach Lake Isabella, take the second off ramp, which reads "Highway 155-Kernville". Turn left at the stop sign and continue around Lake Isabella (about 10 miles). Upon entering Kernville, continue through to the stop sign at Kernville Road and Sierra Way. Turn left (north) on to Sierra Way and drive approximately 2.5 miles up river. Our campground is located at **15775 Sierra Way**, on the left

side of the road and you may enter where you see our MRA Campground sign next to our welcome bear!

### **Driving from San Bernadino/San Diego:**

From San Bernardino and San Diego take Highway 395 north to 178 west. As you approach Lake Isabella from the east, look for the Kernville turn off just past the town of Weldon. Turn right here on Sierra Way and continue around the lake for 13 miles. Upon entering the town of Kernville, continue traveling north on Sierra Way and drive approximately 2.5 miles up river. Our campground is located at **15775 Sierra Way**, on the left side of the road and you may enter where you see our MRA Campground sign next to our welcome bear!

### **Driving from San Francisco/Northern California:**

From Northern California take Hwy. 99 south to Bakersfield. Once in Bakersfield, take 178 east to Lake Isabella. As you approach Lake Isabella, take the second off ramp, which reads "Highway 155-Kernville". Turn left at the stop sign and continue around Lake Isabella (about 10 miles). Upon entering Kernville, continue through to the stop sign at Kernville Road and Sierra Way. Turn left (north) on to Sierra Way and drive approximately 2.5 miles up river. Our campground is located at **15775 Sierra Way**, on the left side of the road and you may enter where you see our MRA Campground sign next to our welcome bear!

### **Check-in Process**

Our Check-in process includes the following steps:

- Head lice check/illness/temperature check
- Medication check-in
- Collection and review of paperwork (if needed)

Campers with a temperature of 100 degrees or higher will NOT be permitted to check-in. The camper will need to be taken to a doctor and if given clearance, may then be admitted to camp.

### **Check-out Process**

The Check-out process consists of the following:

- Pick up camper's luggage
- Check lost and found
- Help your child fill out our participant evaluation
- Pick-up Kids Adventure Camp T-Shirt.

Again, we are delighted that you have decided to send your child to MRA's Kids Adventure Camp. We look forward to ensuring that your child receives a quality and safe, fun-filled summer camp with loads of outdoor adventure memories to treasure.

Thank you.