



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Camps Marston and Raintree Ranch welcome your child to our Outdoor Education program in the mountains of Julian. Here at camp, we live by the YMCAs core values of Caring, Honesty, Respect, and Responsibility.

Your child's Camp experience will be a comprehensive camping and educational program. We use a "learn by doing" approach that will encourage your child to build self-confidence, leadership abilities, and a respect for our natural environment.

The program will include some of the following: teambuilding, group living, orienteering, archery, climbing wall, campfire programs, geology, forest ecology, habitat studies, sensory exploration, guided night hikes, and outdoor skills.

Ian McCrohan, Outdoor Education Director

Please make this a happy and healthy week by following these guidelines:

Healthy History Form: Complete and sign the form supplied to you by your school. Your child will not be allowed to participate in activities and will be sent home if this form is not completed! Be sure to indicate medications that you will permit our health care staff to give your child if necessary. **Please note:** only if your child is under regular care for asthma, a heart condition, has been exposed to an infectious disease, or has been recently hospitalized must the Health Examination by Licensed Medical Personnel section be filled out.

Medications and Health Care: Do not pack medications in your child's luggage (State Law). Give medications to the teachers **IN THE ORIGINAL PACKAGING**, with clear instructions and write these instructions on the Health History Form (we can only administer medications with your written authorization). The YMCA staff includes health care personnel trained in CPR, First Aid and health care procedures and a doctor is on call in nearby Julian. Safety is stressed from the beginning to the end of camp with our "buddy system", safety orientations, and practiced fire/emergency drill. All students are checked for head lice. If lice or nits are found, you will need to either pick up your child or pay to have them treated at camp. If there are any questions, please call Camp directly at 760.765.0642. *Prescribed medication is proof of Doctor's treatment. No need for students to see physician prior to camp. Over the counter medication can be given under parent direction.*

Contact: In emergency only, the Camp Marston phone number is (760) 765-0642. We must keep the camp phone lines open, so students are generally not permitted to call home. Calling home also makes homesickness substantially worse. Letters can be mailed to camp at P.O. Box 2440, Julian, CA 92036. Be sure to note your child's name and school on the envelope. Alternately, you may fax a letter during the week to (760) 765-0183. The only adults allowed on site are our carefully screened staff, teachers, and maintenance personnel. If you would like to visit before or after your child's experience, please call the Outdoor Education Director.

Camp Store: The camp store will be open for short times on Tuesday and Wednesday. If you choose you may send store money for your child. Whatever your child does not spend will be returned to you at the end of the week unless you choose to donate unused money to our education program. A list of items for sale and instructions for sending store money are included in this packet.

What to Bring: A packing list is enclosed. Please follow it as closely as possible. Remember that your child will most likely get dirty at camp, so old clothes are the best. Please be sure to include a raincoat or rain poncho. Students will shower twice during their stay.

Payment: Please submit payment directly to your student's school. We only accept payment directly from the school administration.

Thank you for joining us in making a wonderful sixth grade outdoor education experience for your child possible!

Camp Rules and Discipline Policies

Camp rules and policies have been carefully established to meet the emotional and physical needs of our students.

Orientation

All students begin their stay with an orientation. They will meet with the education staff and clearly discuss camp rules which revolve around the YMCAs character values of caring, honesty, respect, and responsibility.

Getting back on track

If a student makes poor choices, a staff member will discuss the issue with the student and will fill out a responsibility card that details how the student will behave in the future. If problems continue, conversations that include the instructor, classroom teacher, and phone call to parent/guardian will take place. Any further issues may result in the student's dismissal from camp (without a refund). Parents are responsible for immediate transportation home.

We put a lot of energy into maintaining a positive approach. The agreements are not a "punishment", but rather a tool to help students be responsible for their behavior and get back on track!

Reasons for the Rules

Our standards are a result of the high expectations we must meet to provide 24 hour care for the students we serve. The natural environment, outdoor activity schedule, and resident setting all require that we take safety very seriously. If a child exhibits defiance, lack of respect, fighting, stealing, or any other behavior that puts either themselves or others in danger, they cannot remain as a participant in our program.

Equipment List

Please be sure to mark your child's name clearly on all items. The camp is not responsible for any lost or misplaced items or clothing. The following list will help your child to be prepared so that she/he can have the best experience possible! Please remember temperatures in Julian can be many degrees cooler than coastal and inland areas.

What You Must Bring to Camp:

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| <input type="checkbox"/> Chap Stick | <input type="checkbox"/> *Raingear (plastic ponchos work well) |
| <input type="checkbox"/> *Sleeping bag or blankets & sheets | <input type="checkbox"/> 2 pairs of athletic shoes or boots that can get very dirty |
| <input type="checkbox"/> Pillow | <input type="checkbox"/> *Warm jacket or coat |
| <input type="checkbox"/> Towels | <input type="checkbox"/> *2 sweatshirts or sweaters |
| <input type="checkbox"/> Soap and shampoo | <input type="checkbox"/> Warm shirts or turtlenecks |
| <input type="checkbox"/> Toothbrush and toothpaste | <input type="checkbox"/> Long pants (3 or 4 pair) |
| <input type="checkbox"/> Brush or comb | <input type="checkbox"/> Pajamas or something to sleep in |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Short sleeved shirts or T-shirts |
| <input type="checkbox"/> Hat with a brim or visor | <input type="checkbox"/> Underclothing |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> *6 pairs of socks |
| <input type="checkbox"/> Bag for dirty clothes | <input type="checkbox"/> Water bottle |

IMPORTANT: Being prepared for wet weather can make a tremendous difference in your child's experience at camp.

Optional Equipment:

Inexpensive camera, gloves, mittens, scarves, water bottle/canteen (may be purchased at camp), day pack, stationary, stamps, envelopes, and school appropriate reading materials.

PLEASE DO NOT BRING

Cell phones, Radio, iPod, MP3 player, video games, food, candy, gum, knives/razors or anything that might be considered a weapon, scented hair spray/gel/mousse, fragrant lotion, perfume, make-up, or any item of great personal or monetary value

Please give store Money to your child's teacher in an UNSEALED standard size envelope filled out in the following format

NAME (first & last), \$____ (Amount), **Teacher Name, School Name**

The envelope will be submitted to the Camp Store upon arrival and "charges" can be made during the week. Unused money will be refunded at week's end unless you write "DONATE" under your child's name. All donated funds will go towards purchasing equipment and developing displays for our Outdoor Education Center.