



## PREPARING FOR CAMP

During each session, we'll be hiking, scrambling, and exploring at water's-edge. Please send clothing that your child won't need to worry about getting dirty or wet. **Label all clothing (and food gear) with a permanent marker.** Mornings and evenings will be cold, especially in Mendocino, so warm clothing is necessary — but your child should also have light attire for the hot days. We regret the bulk of the required gear, but all of it is important. It's also not easy to manage. **Please show your child every item that you pack — or better, encourage him or her to pack all the clothing and gear by him/herself, checking them off on the list.** The sleeping bag **must** have a stuff-sack! The sleeping bag, pad, and tent should be separate from the duffel bag. Every bag should be able to be carried by your child easily; use two if necessary. **Please don't attach pillows, sleeping bags, shoes or other loose items to the outsides of packs or duffel bags. It makes loading the bus difficult.**

Campers must bring **two** pairs of footwear -- one specifically for wading and another for hiking. All footwear should provide secure footing -- don't send soft "jellies," shoes with smooth, worn soles, or water-shoes that can slip off. An additional pair of Tevas or other casual shoe would be fine around camp, but questionable for rough hiking and disastrous for tide pooling. Solid sneakers are adequate for hiking and an old pair is fine for wading and excellent for tide pooling. We advise against burdening children with heavy hiking boots. Any boots or shoes should be well fitted with tight laces, and well broken-in (not new!), or your child's feet may blister.

[SIERRA FAMILIES ONLY, RE BACKPACKING: a *lighter-weight* sleeping bag is important, especially for a small camper; and a *properly-sized* frame backpack is crucial for any. We advise against buying a pack for a growing child unless other trips are planned. If you can't locate one yourself, we can probably fit your child; but please do try friends, classmates/teammates, scout troops, etc. first, as our resources are limited. Call Lee at (510) 843-6157 if you need one.]

Campers usually prefer to sleep in tents. Two or three share each tent; they may choose their own tent-mates. We encourage campers to bring and become comfortable with their family's tent. If your child can bring one, please let us know in advance, on the information form. We provide tents for those who can't. A ground cloth (tarp) is *necessary*, to protect the tent's bottom.

We **must** be told about **any** medications that your child may need to take (including antihistamines) and they should be given **to us**, unless you trust your child to handle them correctly. We'd also like to know about any problems like bedwetting or other reasons for self-consciousness that your child might have with other children (or with us.) Please be explicit on the information form.

Campers may wade in waters up to waist-deep. But **unless we receive written parental permission, your child will not be allowed in deeper water without a floatation device.** (We have our own swimming test and s/he must also pass our own assessment of ability.) We encourage campers to bring and use pocketknives and axes, as these are proper tools here, and we instruct and supervise their use and care. If your child brings one and you have any special concerns about its use, be sure to tell us. Though we supply archery gear for the Sierra session, your child may want to bring his/her own. If s/he has any special relevant equipment — or a guitar that s/he plays or would like to learn — please talk to Lee). Campers are encouraged to write home and we supply one stamped postcard. There is no postal delivery at camp. We discourage campers from calling home, save in extreme distress.

Our first session will be in the group site at Russian Gulch State Park, off Highway 1 north of Mendocino Our second will be at Plaskett Creek Campground, off Highway 1, 30 miles south of Big Sur, in a group site. Our third will be in the Sierra Buttes area, off Highway 49, at a former Scout camp beside Packer Creek. **In case of emergency, you can reach us, with some delay, through these numbers:** BIG SUR: 805-968-6640 (Los Padres National Forest Ranger Station); SIERRA: 530-289-3700 or 530-862-1212 (Ranger Station, Tahoe National Forest); MENDOCINO: 707-937-5804 (MacKerricher State Park Ranger Station.) Less urgent messages may be left at 510-843-6157 and 510-326-1377 (please use both!); we check in every day or two.

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