



## Welcome to the Mountain Camp family!

We are so excited that your camper will be joining us this summer. Since 1966, Mountain Camp has provided children from around the world with experiences, memories and friendships that stay with them throughout their lives. Like no other youth activity, we believe camp has the ability to shape life-long attitudes and behaviors.

Mountain Camp's unique atmosphere allows children to learn in a fun and safe environment that encourages independence while nurturing lasting friendships. Our minimal technology, non-competitive program offers activities that instill a love for self-propelled and wind-propelled travel. In today's hectic, high-tech world, we believe a back-to-basics approach to outdoor recreation and community development is critical to building a child's positive self-image.

Now more than ever, children need the life skills, experiences and time in nature that camp provides. From campfire songs and skits to the first night out in the woods, the camp experience can have a profound impact on a child's development.

Finally, the majority of our new campers learn about Mountain Camp as a result of word-of-mouth referrals from happy campers or parents. If you want to refer a friend, just email us and we will send out information ASAP.

Please contact our office if you have any additional questions and a camp director will be happy to help..

See you at camp!!

## PARENT INFORMATION PACKET

The following information will help you and your camper prepare for camp. Please read through it carefully.

### OPENING AND CLOSING DAY

- Opening Day Drop Off  
All Sessions Sun. Afternoon 2 p.m.- 4 p.m.  
Closing Day Pick-Up  
All Sessions Sat. Morning 10 a.m.- 12 p.m.
- Driving time, on average, is 3.5 hours from the Bay Area.
- We are unable to accommodate campers arriving before scheduled times.
- Please call the camp if you will not be on time, a late pick-up can be upsetting to your camper.
- Pack medications (in their original containers) and store money separate as they are needed at time of check-in.

### CAMPER FORMS

*From our website ([www.mountaincamp.com](http://www.mountaincamp.com)) click on 'My Account' and login with your email address and password. Once logged in, under the 'Forms Dashboard', click on 'Forms and Documents'.*

- All Mountain Camp Families have an online account, which is where you will complete and print out all camper forms.
- Required camper forms are:
  - Health History – Online Form
  - Camper Personal History – Online Form
  - Transportation Form - Online Form
  - Parent's Consent and Insurance – Print & Fax Back Form
  - Doctor's Form – Print & Fax Back Form
- Mountain Camp's accreditation requires that each camper receive a physical examination within 24 months of attending camp and also **complete a new Doctor's Form every year.**
- All camper forms are due 4 weeks before camp (except Transportation, which is due 2 weeks before camp)
- **CAMPERS CANNOT ATTEND CAMP WITHOUT COMPLETED FORMS.**

## BUS TRANSPORTATION

Transportation to and from camp must be arranged through your online account. To access your transportation form from our website, click on 'My Account' and then under the Forms Dashboard, click on 'Forms and Documents'. We coordinate buses picking up and dropping off in 3 bay area locations: Lafayette, Larkspur, and Palo Alto.

- Bus space is limited; reservations are taken on a first come, first served basis.
- Cost is \$85.00 each way, \$170.00 roundtrip.
- Please arrive at least 15 minutes before arrival or departure of your camper.
- Bus will not wait for late campers. If your camper is not present upon bus departure, you are responsible for driving your camper to camp.
- Our buses are very comfortable with Air Conditioning, DVD players and a bathroom on board. A Mountain Camp Staff member accompanies the campers on the bus to and from camp.
- A packed lunch is provided for each camper on the way to and from camp. If your camper has strict dietary needs, please pack a separate lunch for your camper's trip TO camp.
- Should the buses be arriving or departing more than 15 minutes after scheduled time, updates will be sent in the form of a text message the cell phone(s) on file.
- No refunds on bus transportation cancellations.
- Directions to bus locations are available online at <http://mountaincamp.com/businformation.html>
- **Bus Schedule TO CAMP**
  - 10:45 a.m. Larkspur** – Redwood High School, 395 Doherty Drive.
  - 11:00 a.m. Palo Alto** – Gunn High School, 780 Arastradero Road
  - 12:00 p.m. Lafayette** – Acalanes High School, 1200 Pleasant Hill Road
- **Bus Schedule FROM CAMP**
  - 12:30 p.m. Lafayette** – Acalanes High School, 1200 Pleasant Hill Road
  - 1:00 p.m. Palo Alto** – Gunn High School, 780 Arastradero Road
  - 1:30 p.m. Larkspur** – Redwood High School, 395 Doherty Drive.

*\*Bus times are subject to change*

*\*\* There are typically 2 buses to and from camp; One for Palo Alto, and one for Larkspur/Lafayette.*

## AIRPORT SHUTTLE INFORMATION

For campers flying in to attend camp, Mountain Camp organizes a complimentary shuttle to and from the Sacramento International Airport.

- Airport Shuttle must be arranged through the Camp Office. Either email or call the office to confirm your camper's place on the shuttle.
- Flights to and from camp should be arranged so that the Departure and Arrival times are between 12:00 p.m. and 2:00 p.m.
- This service is limited to campers flying into the Sacramento Airport.
- Airport shuttle is provided to campers at no additional charge.
- For young campers traveling alone, Mountain Camp suggests letting the airline and Mountain Camp know he/ she will be an unaccompanied minor.

## CAMPER MAIL

- PLEASE DO NOT SEND PACKAGES CONTAINING CANDY, FOOD OR GUM
- Please do not send any packages containing food items. If sent, these items will be collected by a staff member and will not be returned to the camper.
- Mail and packages are picked up and distributed a minimum of three times a week.

### **UPS/FedEx Address:**

Camper's name and cabin (if known)  
Mountain Camp  
100 Wrights Road, Pollock Pines, CA 95726

### **Postal Service Address:**

Camper's name and cabin (if known)  
Mountain Camp  
P.O. Box 1348  
Pollock Pines, CA 95726

## CAMP STORE

- Recommended amount for a 1 week session:
  - Basics (toothbrush, batteries, flashlight, chapstick, etc.): \$20-\$40.
  - Apparel (sweatshirts, t-shirts, pants, stuffed animals, etc.): \$60-\$80.
- Store money is placed into an account upon arrival at camp that works as a debit system. Store money can be deposited in cash or in the form of a check made out to Mountain Camp. Credit cards are not accepted at the camp store.

- Any amount remaining in the camp store is donated to the Mountain Camp Scholarship Fund. This fund was established to send deserving children to camp that could otherwise not afford to go. If you would like your store money returned, and it is more than \$10, please notify the staff member upon depositing your store money at camp.

## **CAMP TUITION CANCELLATION POLICY**

Our Cancellation and Refund Policy has changed for 2014 in order to make it easier to understand. Please make a note of our new policy.

*(All cancellations or changes must be submitted in writing)*

- You are welcome to change sessions as needed at no cost, provided there is space available in your desired session.
- Bus fee is always non-refundable.
- All cancellations made prior to March 1st are charged a \$50 cancellation fee.
- Deposit is Non-Refundable after March 1st (all payments refundable prior to March 1st, after cancellation fee).
- Cancellations made between March 1st & May 1st: Tuition returned except \$500 non-refundable deposit.
- Cancellations after May 1st: All payments will be kept in your Mountain Camp family account for use in any available 2014 or 2015 session (less \$500 non-refundable deposit).
- Camper sent home due to illness or injury: value of days missed kept in your Mountain Camp family account for use in any available 2014 or 2015 session (less \$500 non-refundable deposit).
- Camper sent home for disciplinary reason or because of homesickness: No refund.

## **COMMUNICATION**

We have a “no cell phones” policy at our camp. We believe camp is a great opportunity for children to be independent from their parents, in a safe and supportive environment, for a short period of time. Cell phones are a great convenience when you’re trying to figure out when and where to pick up your child and to touch base with them during the day. Camp, for most kids, is the one time when they handle issues directly with their peers and counselors without relying on their parents. The boost of confidence the campers gain from these experiences is one of the most valuable things they will take away from their time at camp.

Communication with your child and knowing how your child is doing are both very important. We encourage you to write letters and send emails to your child at camp. We will also encourage your camper to write you letters while they are here. We agree to call you if your child is experiencing a problem at camp and you are welcome to call our camp office with any questions or concerns you have about your camper. Thank you for your support in keeping Mountain Camp cell phone free.

## **ADVICE FOR PARENTS**

Going to camp is an excellent time for children to grow, gain independence, confidence, and make lasting friendships. Sometimes the separation from family, friends, and familiar surroundings can be a difficult transition. Mountain Camp takes pride in our counselors and their ability to help your child gain independence and learn how to adjust by keeping them involved in the camp. It is very important to us that all children attending camp have made the decision to come themselves. Because of the strong emphasis on the child’s desire to come to Mountain Camp, homesickness is rare.

Please keep the camp office informed on any recent changes in your family. Divorce, death, serious illness, or a recent move may be unsettling for a child. Also, let us know if your camper has a lot of anxiety about going away to camp for the first time. Any information that will help make the camp experience the best it can be is welcomed and strictly confidential.

We suggest writing letters that are newsy and dwell on the things your camper is doing at camp. Lonesome letters about how much the dog misses your child or how the house just is not the same usually contribute to feeling homesick. Include in your letters wishes of fun, good times, and support. It is helpful if bad news can be withheld until your child returns from camp. If this is not possible, please call us and we will assist you.

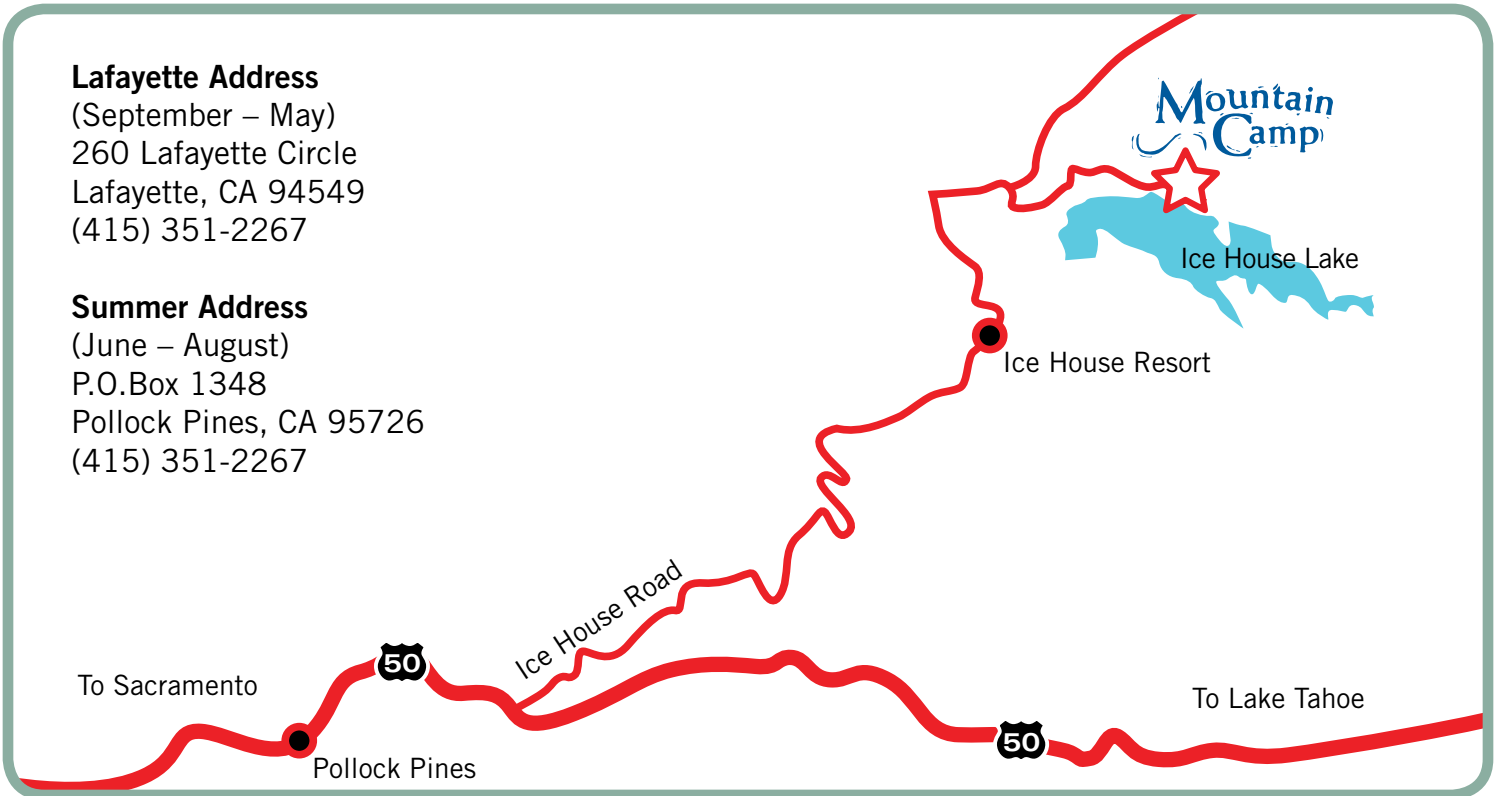
When actually packing for camp, be excited and encouraging. You may want to send along familiar items that are special to your child.

Please do not make deals with your camper concerning his or her length of stay. The commitment to cabin-mates, counselors, and themselves is an experience camping can offer that is unequaled.

We understand that parents do also get homesick for their child. Just remember how valuable the experience is for them and how much they will have to share with you when camp is over.

# MAP TO MOUNTAIN CAMP

Summer address will not work with Internet Maps or GPS devices



## Lafayette Address

(September – May)  
260 Lafayette Circle  
Lafayette, CA 94549  
(415) 351-2267

## Summer Address

(June – August)  
P.O.Box 1348  
Pollock Pines, CA 95726  
(415) 351-2267

- From Sacramento, head East on Hwy. 50 past Placerville and Pollock Pines
- 8 miles past the 2nd Pollock Pines exit (Sly Park Rd.) you will cross a bridge above the South Fork of the American River
- Immediately after you cross the bridge, turn left onto Ice House Road
- Drive .7 miles and follow the sharp curve in the road to the right (do not go straight)
- From this curve, proceed 8.5 miles on Ice House Road. At this point you will see Ice House Resort on the right
- Continue on Ice House Road for 1.5 miles and turn right immediately after the sign that reads: “Ice House C.G.” and “Mountain Camp”
- Continue 1.2 miles to a four-way intersection and take the left fork towards Wright’s Lake and Mountain Camp
- After 1.7 miles take a left at the intersection marked by a sign says “Wright’s Lake - 9 miles” and “Mountain Camp”
- This sign is the corner of the Mountain Camp property, the camp entrance is on the right 100 yards after turning left at this corner

## Lodging:

Best Western Stagecoach Inn, Pollock Pines  
530-644-2029, [www.bestwesterncalifornia.com](http://www.bestwesterncalifornia.com)

Best Western Placerville Inn, Placerville  
530-622-9100, [www.bestwesterncalifornia.com](http://www.bestwesterncalifornia.com)

Strawberry Lodge, Strawberry  
530-659-7200, [www.strawberrylodge.com](http://www.strawberrylodge.com)

## Restaurants:

Pizza Factory 6536 Pony Express Trail, Pollock Pines

Red Apple Cafe 2740 Highway 50, Placerville

Sweetie Pies 577 Main Street, Placerville

Cascada 384 Main Street, Placerville

Cozmic Cafe & Pub 594 Main Street, Placerville

Forester Pub & Grill 4110 Carson Road, Camino



# MOUNTAIN CAMP PACKING LIST

*The following list is recommended for a one-week session; adapt accordingly for a longer session  
Please note, Mountain Camp does not provide laundry service for campers staying 2 weeks or less*

## CLOTHING

- 7 pairs Underwear
- 1 set Pajamas
- 3 pairs Shorts
- 6 T-shirts
- 2 pairs Jeans or Sweatpants
- 2 Sweaters or Sweatshirts
- 1 Jacket (polar fleece is best weight)

## SWIMWEAR

- 1 Beach Towel
- 2 Swimsuits

## FOOTWEAR

- 6 pairs Socks
- 2 pairs Athletic Shoes
- 1 pair Flip Flops/Sandals or Water Shoes

## BATH

- 1 Bath Towel
- Toiletries (toothbrush, toothpaste, soap, shampoo, conditioner, sunblock, lotion, lip protection (with sunscreen), bug repellent & carrying case)

## BEDDING

- Sleeping Bag (machine washable & rated to at least 30°F)
- Pillow

## EQUIPMENT

- Stationary
- Hat
- Waterproof Jacket or Rain Poncho
- Flashlight or Headlamp (extra batteries)
- Beanie/Warm Hat

## OPTIONAL ITEMS

- Books/Reading Materials
- Booklight (for nighttime reading)
- Fitted Twin Sheet (to cover mattress)
- Disposable Camera
- Water Bottle (campers will be given a complimentary bottle as well)
- Journal
- Musical Instrument
- Swim Goggles
- UV Swimshirt/Rash Guard

## ELECTRONICS POLICY

Campers may **not** bring electronic devices to camp. After many discussions with camp parents and careful consideration, we are no longer allowing electronic devices at Mountain Camp. This includes Music Players (iPods, MP3s, etc.), Hand Held Games (DS, PSP, etc.), Cell Phones, Electronic Readers (Kindles, iPads, etc.) and Radios. As electronic devices have grown increasingly more complex (with features like video, internet access, etc.), we believe they disrupt the cabin environment and have the potential to negatively impact the camp experience.

**Cameras are allowed. We recommend a disposable camera.**





## PACKING TIPS

Packing for camp is the beginning of your camper's independent camp experience. Please make sure your camper is an active participant in the packing process so that he/she knows where to find their clothing and other items.

### SHOES

- Our terrain at camp is rough and uneven, and appropriate footwear is a safety requirement. Please make sure your camper has at least one pair of closed-heel and closed-toe shoes that have adequate tread for walking on rocks, dirt, and other uneven surfaces. Running shoes, hiking shoes, or other athletic footwear work well at camp, as long as they fit the camper well and have adequate tread. Other types of shoes (flip flops, Crocs, Converse, etc.) can be worn in the cabin, at the waterfront and in less active activities, but closed-heel, closed-toe shoes must be worn while participating in the Ropes Course, Mountain Biking, Sports & Games and other rigorous activities.

### LABELS

- We recommend you label all of your camper's clothing and equipment with their First and Last Name. Items that aren't labeled are unlikely to be returned to your camper if lost.

### CLIMATE

- Mountain Camp is located at 5300 feet elevation, and at night time, mountain temperatures can get very chilly. Be sure your camper's sleeping bag is rated to at least 30° (or lower), so that your camper will be warm at night. Sleeping bags used for indoor, overnight sleeping are not sufficiently insulated for camp use.

### WHAT NOT TO BRING

- Do not pack any of these items, as they are not allowed: food, candy (including gum), water guns, silly string, water balloons, sling shots (or any other weapons), electronic games, personal music devices, cell phones, fireworks, knives, matches, lighters, tobacco, alcohol or illegal drugs. Any of these items brought to camp will be taken by a Director and might result in your camper being sent home from camp. For campers traveling by air, Cell Phones and Electronics may be brought for the flight and held in our Camp Office for the duration of your camper's stay.
- Do not pack valuable items such as expensive cameras and jewelry. We recommend campers use a disposable camera marked with their name. These can be purchased in the camp store.
- Please do not pack any personal athletic equipment (water skis, mountain bikes, etc.). We provide top quality equipment that is sized for our campers.

### DRESS CODE

Attire must be modest and appropriate for an active camp program. Clothing must fit closely enough so that the camper is not endangered during activities. Closed-toed shoes are required for the Ropes Course and Mountain Biking or Mountain Scooters. No extremely tight or provocative attire is permitted and no underwear may be showing. No belly shirts or very short shorts or skirts. Clothing or accessories relating to alcohol, drugs, violence, death, sexual innuendo, or containing bad language, are unacceptable. We discourage the wearing of any expensive, brand name attire. Overall, camp is a place where we focus on who we are, not what we are wearing. Please keep this in mind as you pack for camp.