



3717 Buchanan Street, Suite #300
San Francisco, CA 94123
415.351.2267 www.mountaincamp.com

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. Wait lists have already begun in some sessions for 2010. 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 and store money separate as they are needed at time of check-in.

CAMPER FORMS

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

- All Mountain Camp Families have an online account (whether you enrolled online or not), 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
 - Parent's Consent and Insurance – Print & Fax Back Form
 - Doctor's Form – Print & Fax Back Form
 - Immunization 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.
- **CAMPERS CANNOT ATTEND CAMP WITHOUT COMPLETED FORMS.**

BUS TRANSPORTATION

Transportation to and from camp can be arranged through the San Francisco office or completed online via 'My Account'. 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 serve basis.
 - Cost is \$75.00 each way, \$150.00 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.
 - 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** – Larkspur Ferry Terminal, E Sir Francis Drake Blvd
 - 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. Larkspur** – Larkspur Ferry Terminal, E Sir Francis Drake Blvd
 - 1:00 p.m. Palo Alto** – Gunn High School, 780 Arastradero Road
 - 1:45 p.m. Lafayette** – Acalanes High School, 1200 Pleasant Hill Road
- *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
- Any packages containing food items will be collected by a staff member and NOT returned to 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 Wright's Lake 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.

- 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 remaining store money returned to you, instead of donated to the Mountain Camp Scholarship Fund, please notify the staff member upon depositing your store money at camp.
- Mountain Camp matches dollar for dollar all donations received through our Camp Store.

CAMP TUITION CANCELLATION POLICY

- Deposit is non-refundable after March 1st.
- Cancellations made prior to May 1st: All payments returned except \$500 deposit.
- Cancellations after May 1st: No refund unless replacement can be found. If replacement is found, all payments returned except \$500 deposit.
- In the event of a severe injury or illness preventing a camper from attending camp, which occurs 10 days or less from start of camp, and when a replacement cannot be found: Family and Mountain Camp share a 50-50 loss (excluding \$500 deposit).
- Camper sent home for disciplinary reason or because of homesickness: No refund.
- Camper sent home due to illness will receive 50% of the value of days missed (excluding non-refundable \$500 deposit).
- Camper sent home for not having a complete Health Form: 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.

ONE MORE THING

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. A deal that implies to try it for few days is very detrimental. The commitment to cabin-mates, counselors, and themselves is an experience camping can offer that is unequalled.

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

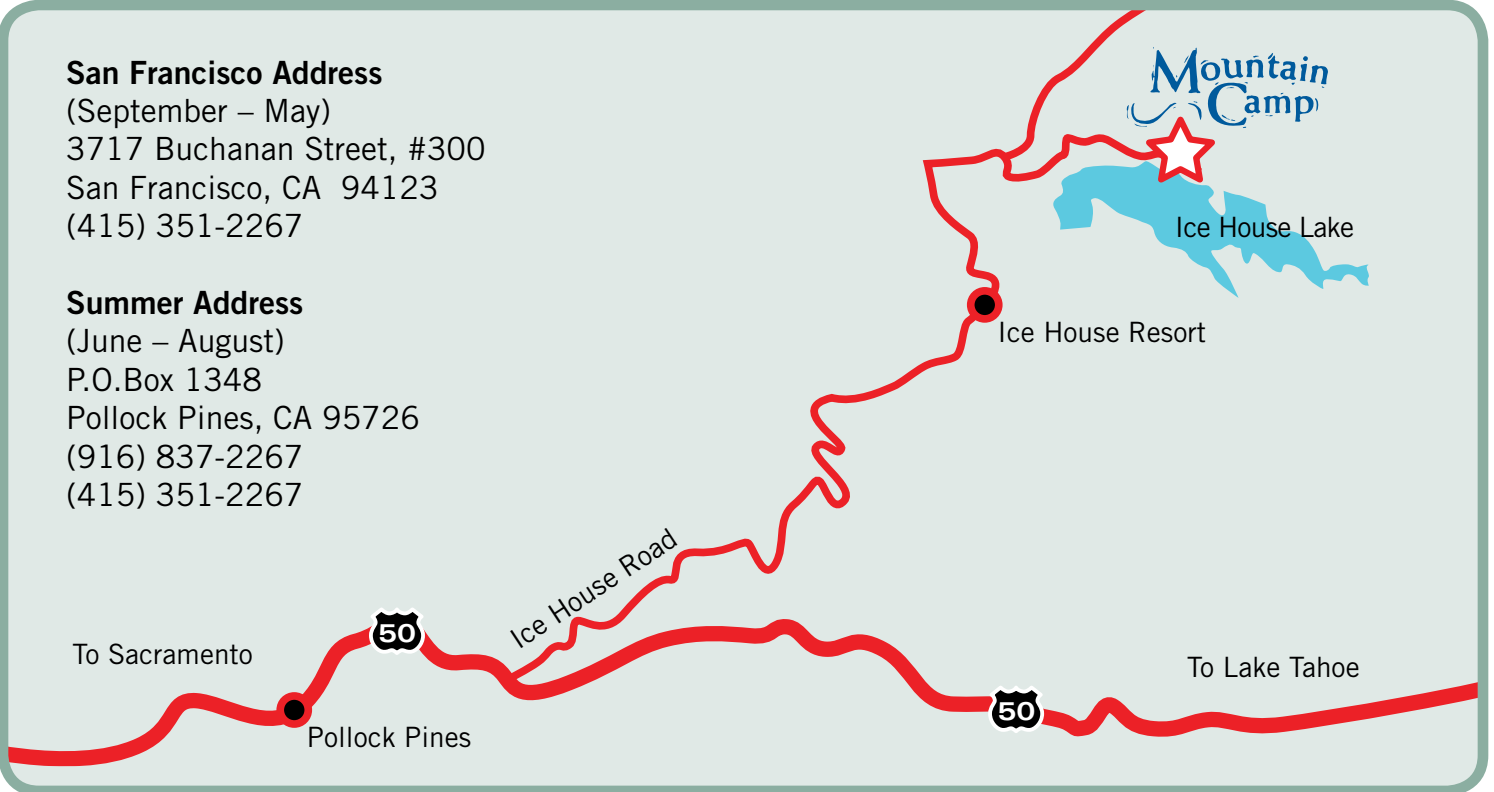
ADDRESS WILL NOT WORK WITH GPS DEVICES

San Francisco Address

(September – May)
3717 Buchanan Street, #300
San Francisco, CA 94123
(415) 351-2267

Summer Address

(June – August)
P.O.Box 1348
Pollock Pines, CA 95726
(916) 837-2267
(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

Best Western Placerville Inn, Placerville
530-622-9100, www.bestwesterncalifornia.com

Strawberry Lodge, Strawberry
530-659-7200, www.strawberrylodge.com

Restaurants:

Los Hermanos 6524 Pony Express Trail, Pollock Pines

Apple Cafe 2740 Highway 50, Placerville

Sweetie Pies 577 Main Street, Placerville

Cascada 384 Main Street, Placerville

Cafe Luna 451 Main Street, Placerville