



Parent Packet

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 lifelong attitudes and behaviors.

Camp is outstanding at teaching the values of self-reliance and resourcefulness, it facilitates relationships with a focus on collaboration and communication, it is full of opportunities for creativity as well as problem-solving and critical thinking, and it invites exploration, play and adventure. These are most commonly referred to as 21st Century Skills and educational experts believe they are critical for a child's future success. At Mountain Camp we believe that camp is best possible "classroom" for learning these skills.

Now more than ever, when children are increasingly surrounded by electronic screens and technology, our goal is to get campers outside, actively creating, learning and connecting with nature and each other. Mountain Camp's unique atmosphere allows children to learn in a fun and safe environment that encourages independence while nurturing lasting friendships.

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

See you at camp!!

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 9:30 a.m. – 11:30 a.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 click on 'Login' and use your email address and password to sign in. 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 & Upload/Email/Fax Back Form
 - Doctor's Form – Print & Upload/Email/Fax Back Form
- Mountain Camp's Accreditation with the American Camp Association requires that each camper receive a physical examination **within 12 months** of attending camp and **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 MAY NOT 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 'Login' 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 \$90.00 each way, \$180.00 roundtrip.
- Commercial Buses are not required by law to have seat belts for passengers. Mountain Camp will request buses that offer seat belts, but we cannot guarantee that each bus will offer seat belts.
- 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 to the cell phone(s) on file.
- No refunds on bus transportation cancellations.
- Directions to bus locations are available online at mountaincamp.com/current-families/transportation/

Bus Schedule TO CAMP

10:45 a.m. Larkspur – Redwood High School,
395 Doherty Drive

11:00 a.m. Palo Alto – Terman Middle School,
655 Arastradero Road

12:00 p.m. Lafayette – Lafayette Bart Station,
Main Lot, 3601 Deer Hill Road

Bus Schedule FROM CAMP

12:45 p.m. Lafayette – Lafayette Bart Station,
Main Lot, 3601 Deer Hill Road

1:15 p.m. Palo Alto – Terman Middle School,
655 Arastradero Road

1:45 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 to attend camp, we provide shuttle service out of the Sacramento International Airport (SMF).

- Flights to and from camp should be arranged so that Departure and Arrival times are between 12:00p.m. and 2:00p.m.
- For young campers flying alone, please contact the office directly for Unaccompanied Minor details.

CAMPER MAIL

- **Please do not send packages containing candy, food or gum. 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 can be deposited in cash or check (made out to Mountain Camp) upon arrival at camp, or by credit card in your online account.
- 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.





CANCELLATION 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, and the session length is greater than or equal to the currently enrolled session. If you switch to a session that is shorter in length, the below policy applies.
- All cancellations made prior to March 1st: Tuition returned, less \$50 processing fee.
- Cancellations made between March 1st & May 1st: Tuition returned less \$500 nonrefundable deposit.
- Any cancellations made after May 1st: No refund.
- **We highly recommend purchasing Camp Tuition Insurance to cover your expense in the event you should need to cancel. Camp Tuition Insurance is available through [Travmark](#) or [AmSkier](#).**
- Campers sent home for disciplinary reason or because of homesickness: No refund.
- Campers sent home due to illness or injury: No refund.
- Bus fees are non-refundable.

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

The camp experience is an excellent time for children to grow, gain independence and confidence, and make new friends. Sometimes, the separation from family, friends, and familiar surroundings can be difficult, and some campers are apprehensive about coming to camp or experience mild homesickness when they arrive. Mountain Camp takes pride in training our counselors to work with campers to overcome these common challenges in ways that develop lifelong skills of independence and adaptability.

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.

It is important that campers have chosen to come to camp, and that they don’t feel forced to go. Although it is common for kids to be somewhat apprehensive about their time away from home, please avoid making deals with your camper concerning shortened stays at camp. Campers who think they will be picked up early if they are unhappy at camp often have difficulty committing to the experience, which makes it more difficult for them to overcome homesickness. If your camper is apprehensive about camp, tell them that it’s normal and common to feel that way. Provide empathy, encouragement, and talk to them about how the counselors at camp are dedicated to helping your camper make friends and have fun.

We understand that parents 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

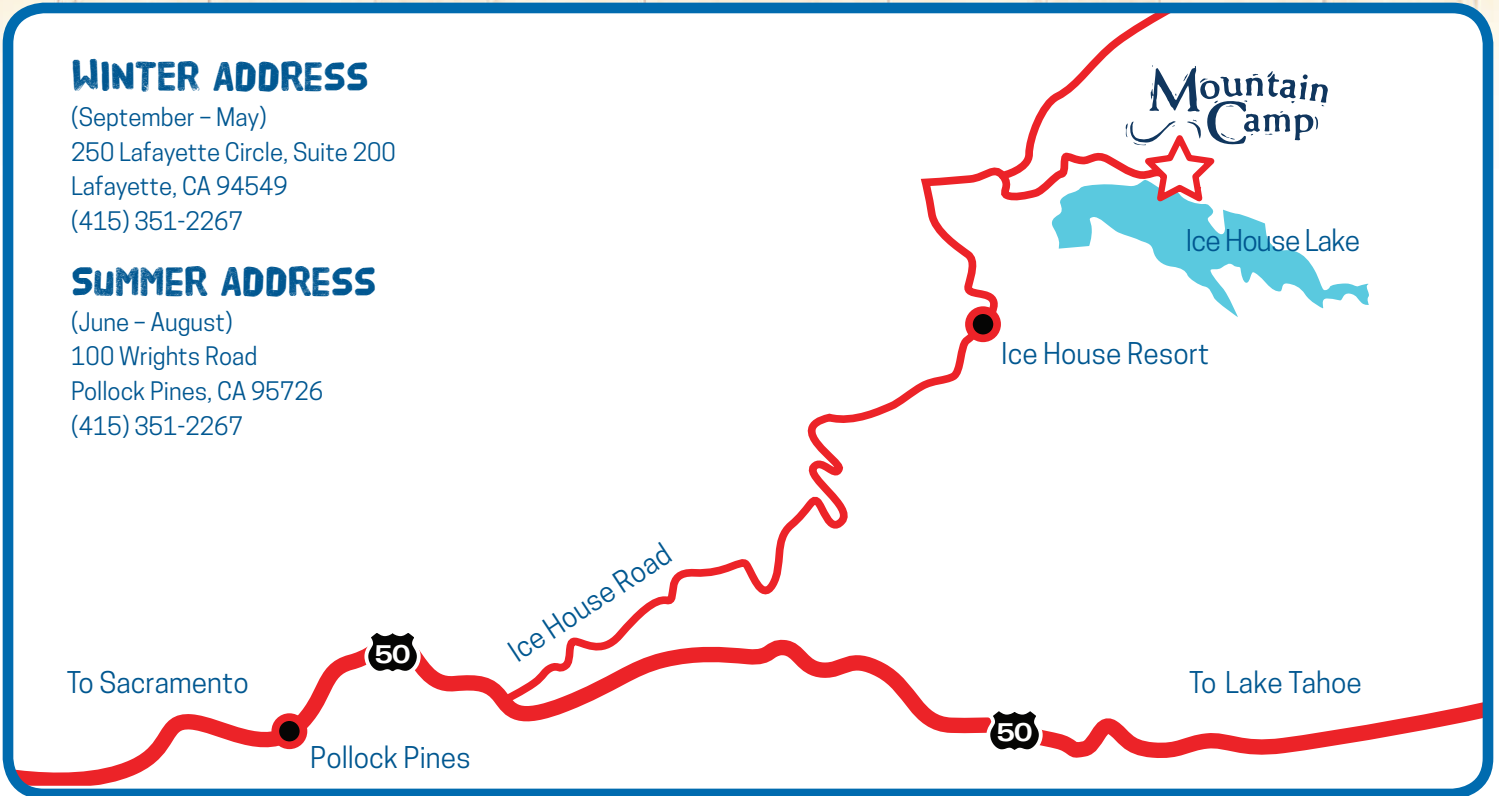
Summer address ONLY works with Google Maps and not with other Internet Maps or GPS Devices.

WINTER ADDRESS

(September – May)
250 Lafayette Circle, Suite 200
Lafayette, CA 94549
(415) 351-2267

SUMMER ADDRESS

(June – August)
100 Wrights Road
Pollock Pines, CA 95726
(415) 351-2267



DIRECTIONS:

- 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:

Pizza Factory	6536 Pony Express Trail, Pollock Pines
Burger Barn	6404 Pony Express Trail, Pollock Pines
Sweetie Pies	577 Main Street, Placerville
Jack Russell Brewery	209 Main Street, Placerville
Cozmic Cafe & Pub	594 Main Street, Placerville
Forester Pub & Grill	4110 Carson Road, Camino



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
- 6-8 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

- 6-8 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

- Stationery
- Hat (for sun protection)
- 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. This includes Music Players (iPods, MP3s, etc.), Hand Held Games (DS, PSP, etc.), Cell Phones, Electronic Readers (Kindles, iPads, etc.) and Radios. While we do allow digital cameras, we require that the camera not have internet accessibility. 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.

PLEASE NOTE:

We do not recommend bringing items of great monetary or sentimental value to camp. Mountain Camp is not responsible for missing or broken items.



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 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 5,500 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 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.

