



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIME WELL SPENT

Retreat Planning Guide

YMCA Camp Loma Mar



Phone: 650-879-2100

cbrimage@ymcaeastbay.org

www.ymcaeastbay.org

Address: 9900 Pescadero Creek Rd
Loma Mar, Ca 94021

TABLE OF CONTENTS

Group Reservation Procedures	Page 3-4
Facilities	Page 5
Programs & Activities	Page 6
Group Leadership & Supervision & Injury & Illness	Page 7
Food and Meal Service Information	Page 8
Group Leader Checklist and Weekend Rates	Page 9
Sample Weekend Schedule	Page 10
**Rules and Safety Information	Page 11-12
**Directions to Camp Loma Mar	Page 13
Frequently Asked Question	Page 14
**Weekend packing list	Page 15
**Health History Form for Minors	Page 16
**Waivers	Page 17-18
**Camp Map	Page 19
Cabin Housing Assignments	Page 20-21
<i>Must sign both waivers if doing zip line and/or climbing wall</i>	



**** Sheets to photocopy and distribute to your parents/adult participants.**

Dear Group Leaders,

The information in this guide will help you plan for a successful retreat. Please carefully read through this guide to ensure that all is in order from the time you book your visit until you are leaving for Camp. As the group or retreat leader we are counting on your support by using this guide to prepare for your coming visit.

Once user agreements have been sent out and deposits are received we will contact you to plan and ask for details such as final numbers, activities, activity time requests, and cabin assignments.

If you have any questions, please do not hesitate to call us at (650) 879-2100 or email cbrimage@ymcaeastbay.org

Thank you for becoming part of our Camp family....We look forward to seeing you soon.

Yours in camping,

Cassie Brimmage
Summer & Groups Program Director
650.879.2100
cbrimage@ymcaeastbay.org

GROUP RESERVATION PROCEDURE

Contact us to check availability.

Popular weekends fill up a year in advance, call or email to request specific a date. After your visit if you wish to rebook the same weekend, please let us know within 30 days. After 30 days your date will be offered to other groups. 650-879-2100, cbrimage@ymcaeastbay.org

Camp Tours

One of Program Directors would be happy to show you around our facility to give you a better feel for our home. Tours must be pre-arranged. Tour times are Fridays 12-3pm or Sunday 12-4pm.

Reserving a Weekend

After finding appropriate dates and seeing camp, the following information is needed for camp to create a user agreement for a specific week/weekend.

- 1) **Name of Group** and Sponsoring Organization
- 2) **Address, phone, fax, email** of group/sponsoring organization
- 3) **Group Leader** name, phone, email
- 4) **Estimated attendance** (a minimum guarantee of 80% of this number will be set). Groups may change their estimated attendance only up to 3 months prior to visiting, after that a minimum guarantee is set.
- 5) **Type of group: I.E.** youth, adults, women's, parent/child, families, teens
- 6) **First and last meal** you'd like served at camp
- 7) **Arrival time** (no earlier than 4pm on Friday)
- 8) **Departure time** (no later than 1pm on Sunday). Most groups depart before lunch (11am or Noon) but sleeping lodges must be vacated within one hour of your last meal.
- 9) Request for indoor or outdoor **meeting spaces** specifically for your group
- 10) Any other special requests at this time

Three items needed for a confirmed booking:

- 1) A **signed User Agreement** returned to us is due 30-45 days from receiving user agreement
- 2) Three months before your event a **non-refundable deposit of 25%** is due.
- 3) Each group must have proof of **liability insurance** in the amount of \$2,000,000 naming the YMCA of the East Bay 2330 Broadway, Oakland, CA 94612 as additionally insured. Upon receiving the user agreement please contact your organization's insurance to begin the process of getting this proof of insurance. Please email, mail or fax this proof to our office at least two weeks prior to your visit.

We have many groups that use our facility and to accommodate everyone we must have a deposit to hold the weekend. If a deposit and signed contract is not submitted by the due date, the weekend will become available for other groups to reserve. In the event of a cancellation your deposit will not be refunded.

Scheduling meals

Final meal time schedules will be available at camp on check-in day. Meal times are generally 8am, 12:15pm and 5:30pm, but if you request specific times for your group's schedule please contact the Camp Staff. 6:30pm is the latest that dinner can be served. A final count of attendees for meals is due one week prior to your visit so the kitchen can order food appropriately.

Friday night dinner is only available for groups larger than 25 and only if the entire group will be arriving at the same time at 1 hour prior to meal time. Friday dinner is an additional cost. Most groups choose to have participants find dinner on their own on the way up or in the town of Pescadero, which has multiple eating establishments.

See page 8 for more detailed meal service information.

Scheduling activities

Due to our remote location, we must contract our program staff at higher rates. If you wish to utilize our climbing tower, zipline, archery range, and/or slingshot paintball. please contact the Program Director at least one month prior to your. Additional fees are added based on requested activities.

Cabin assignments

Approximately 1-2 weeks prior to visit Camp Staff will provide final cabin numbers and Group Leaders are responsible for making final cabin assignments and providing the Camp Staff with these assignments via email cbrimage@ymcaeastbay.org.

(Disregard this if you plan to have someone arrive early to direct your guests to their cabins, or if you will be arriving at the same time and will inform your group members of cabin assignments)

Waivers & Health History Forms

It is the responsibility of the Group Leader to make sure each adult checks in. For minor children attending without their parent/guardian on-site, it is the responsibility of the Group Leader to secure a completed Health History Form and liability waiver that is signed by the child's legal parent/guardian. This form must be turned into the office upon arrival. *(See page 16 of this guide)*

Payment for services

- **A 25% deposit is due three months before your visit.**
- **All groups must provide full final payment upon arrival at camp.** Checks should be made payable to YMCA Camp Loma Mar. See page 9 for fee listing. We accept Cash, Credit/Debit, or Checks.
- Groups will be charged for **final number of attendees or minimum guarantee**; whichever is higher.



CAMP LOMA MAR FACILITIES

- ◇ **22 sleeping cabins** with three to six bunks (6-12 beds). Redwood Village hosts 12 cabins with 124 beds total and Oak Village hosts 10 cabins with 120 beds total. Each village has a bath/shower house with multiple showers/toilets suitable for both genders. **Total capacity 244 beds.** A gender neutral bathroom and shower is also available.
- ◇ **Athletic fields** – two large spaces are excellent for sports, games, or martial arts groups.
- ◇ **Legacy Lodge:** Large indoor meeting space with fireplace, games, restrooms, great deck and view, and capacity of 150 seated, more if kids utilize floor space. (Available only by request when booking for large groups of 40 or more)
- ◇ **Outdoor Amphitheatre** with stage, seating, electricity, fire pit and lights.
- ◇ **Outdoor Redwood Inspiration Area:** Similar in size to the amphitheater, but nestled among the privacy of an old Redwood circle.
- ◇ **Dining Hall:** Seats 250 and doubles as a meeting location upon request.
- ◇ **Creek Areas and Beaches** – Pescadero Creek provides a chance to experience a beautiful scenic area with amphitheater style exposure to the beautiful Redwoods.
- ◇ **Outdoor Programs led by Camp Staff** and multiple self-led activities available all over Camp Loma Mar property (See next page 6 for specifics)
- ◇ **Cardboard Hill** – our famous hill next to the dining hall can be used at your own risk. Cardboard not provided.
- ◇ **Forested Trails** – various trails around our property can be used for hiking, biking, and exploring. Guided nature hike can be offered upon request.
- ◇ **Pool** – Pool can be used upon request between March and November. The pool is not heated and YMCA Lifeguards are required.
- ◇ **Firewood** provided free of charge for appropriately sized indoor fireplaces and outdoor campfires



Creek and Beach



Hiking Trails



Standard Cabin

PROGRAM AND ACTIVITIES

YMCA Camp Loma Mar offers everything from a full weekend of staff-assisted programs to simply providing facility support. Our program staff and directors are here to provide a fun, challenging, adventurous, quiet, or reflective weekend. Let us know your needs so we can best work with you. Activities available to your group are determined by several factors including: group size, weather conditions, and program commitments to other groups.

Day Time Staffed Activities

These activities typically run on Saturdays between the hours of 9:15-11:45 AM and 1:30-4 PM, and Sundays from 9:30-11:30AM..

- **Climbing Wall** - a 30 foot high wall to challenge climbers both young and old. Supervised by Camp Staff.
- **Creek Stomp** - in Pescadero Creek. We provide the lifeguard and lifejackets to youngsters. You provide the desire to be cold. (Seasonally available dependent on water level and weather)
- **Archery Range** - with 10 stations allows multiple archers at a time to participate. The targets range anywhere from 15-25 feet from the archer depending on ability.
- **Zipline** - allows folks young and old to enjoy a great ride across our lower field.
- **Tye Dye** - is available upon request
- **Slingshot Paintball** - after a beautiful walk through camp, aim for the tin cans, water jugs and much much more. **Currently under construction**
- **Pool** - The pool is cold. Enjoy a polar bear plunge!

Self-led Activities – open anytime

- **Nature Hikes** - if a guided hike is an activity your group would appreciate, please request this activity during the planning stage.
- **Ga Ga** – our most popular activity! This game involves a playground ball in an octagon pit, somewhat like dodge ball, but much more fun and safe! Easy to play, and can be addictive.
- **Field Sports** - We provide the equipment, you provide the energy!
- **Disc Golf** - Under Construction
- **Legacy Lodge Game Room** - Prior arrangements must be made to utilize this building. Ping pong tables and foosball are available. You may also enjoy quiet time on the deck overlooking the forest.
- **Basketball Court** - Our Program Director is the coach for our local middle school team. He'll give you a cookie if you can beat him at HORSE!
- **Sand Volleyball Court** - Never a dull moment out here!

Evening Activities available:

- **Campfires** and **Skit /Talent Shows** have always been an integral part of the camp experience. Songs, skits, and stories can be run by your group. For ideas, our Program Director is happy to assist!
- **Night Hikes** are a unique activity that provides an educational and mystical experience. Learn constellations, experiment with light and vision, and discover what nocturnal critters are out and about.

LEADERSHIP AND SUPERVISION

Group leaders are responsible for their group's behavior and must ensure all group members adhere to camp rules and monitor quiet hours/alcohol policy (*see page 11*).

Minors

All minors (under the age of 18) must be supervised by Parent, Group Leader, or Chaperones for the duration of their stay at the YMCA. We suggest a minimum ratio of 1 adult per 8 minors be adhered to while the group is at camp. It is recommended that appropriate screening be done for all staff with access to campers. No adult should ever be alone with a child.



Youth Groups, in particular, require close supervision. During free-times, reasonable boundaries must be maintained and be supervised by chaperones and group leaders. The care and safety of all minors is primarily the responsibility of the leaders and chaperones of the group. If reasonable supervision is not provided, the camp reserves the right to remove any or all of the group's participants.

A YMCA LIFEGUARD IS REQUIRED TO ENTER PESCADERO CREEK

- Please make sure campers respect the privacy of others by only entering their own cabin.
- Please be aware that all emergencies and discipline problems are to be handled by the group leaders.
- All minors not accompanied by parent or guardian must have a signed **Health History Form/Waiver to seek emergency treatment** (provided in this packet pages 16) to participate in YMCA programs. This form is to be handed in at the office at check-in.

INJURY AND ILLNESS

Sudden illness, medical problems, minor injury, distribution of medications and emergency transportation are the responsibility of group leaders. The YMCA staff are trained in routine First-Aid and CPR; however we do not provide health center staff, medications, or first aid supplies during your stay.

Each group should have at least one adult, on-site, who is certified in First-Aid and CPR for the appropriate age of attendants from a recognized provider, and who will be the designated Health Care Provider for your group. They should have immediate access to all names and addresses of all participants, emergency names and numbers, and a listing of any people with known allergies or health conditions requiring treatment, restriction, or other accommodation while on site. Any injuries at camp must be reported to the YMCA Camp Staff.

All medical costs incurred while at camp are solely the responsibility of the group or organization at camp. YMCA Camp Loma Mar does not insure individuals or groups while they stay at camp. If you or members of your group are injured at camp please contact staff so we can assist if necessary and complete an incident report.

Closest urgent care/hospital

- ◇ **Portola Ambulatory Care Center Urgent Care** - 3250 Alpine Rd, Portola Valley. 650.498.94028
- ◇ **Sequoia Hospital Emergency** - 170 Alameda de las Pulgas. 844.357.3127.

MEALS AND DINING EXPERIENCE

Delicious and nutritious meals are the focus of the YMCA Camp Loma Mar kitchen! Weekend groups generally eat **buffet style** to support positive smaller group and parent/child interactions. But if your group is large enough to book the entire camp then you can request a family style meal to promote conversation and community with camp or youth groups. **Healthy choices** are available for all appetites, from little campers to adults!

A salad bar with fresh vegetables is available at both lunch and dinner in addition to the main meal. At breakfast this turns into a breakfast bar with fruit, yogurt and hot oatmeal. At breakfast a cold cereal bar is also available.

We pride ourselves on our family style home cooked meals and in meeting your dietary needs. There are very few requests our experienced staff cannot accommodate. Please do your best to inform us at least two weeks in advance of your visit.

Due to varied arrival times on Friday evenings, **we do not serve dinner on Fridays**. Many guests choose to have dinner at various locations in the town of Pescadero or stop on the way up. Occasionally Friday night dinner is an option if all group members can arrive at camp by 5:30pm on Friday. A minimum group size of 25 is required for Friday night dinner. Friday dinner is an extra cost. Contact camp in advance to see if this is an option.

A final count of your group attendees for food preparation is due one week prior to your visit, along with a listing of the number of vegetarians, and any basic food allergies/restrictions. Please have adult group members contact our **Food Service Director** at **650.879.2103** at least two weeks prior to your visit to discuss:

- Dietary concerns
- Food allergies
- Menus during your visit or your child's visit
- Specific questions regarding our food products



GROUP LEADER CHECK LIST

Retreat Planning Information & Deadlines

- ☐ Your **Weekend Retreat** is scheduled for _____
- ☐ Return signed **User Agreement** by _____ **30-45 days after receipt of user agreement** confirm estimated attendance and minimum guarantee on this contract. Attendance can be altered only up to 3 months prior to visit.
- ☐ Submit **Deposit** by _____, 3 months prior to visit to secure weekend. Pay by check, cash, or credit card.
- ☐ **Certificate of Additional Insurance** must submitted at least two weeks prior to visit
- ☐ Send any **program requests** or **special needs** to Camp Staff, when booking, or within one month of visit. Meeting spaces specific to your group must be reserved during reservation process.
- ☐ **Send Health History Forms/Waivers** to parents of minors attending without their parent/guardian at camp. Turn these in upon arrival at the camp office. We suggest you give to parents 2-3 weeks prior to the trip. *(Only for children attending without parent/guardian at camp)*
- ☐ **Final count of attendees** given to Camp Staff one week prior to visit, along with any allergies/food restrictions for the kitchen.
- ☐ **Cabin Assignments** emailed to cbrimage@ymcaeastbay.org, 1-2 days prior to event.
 - ⇒ Please do not give out cabin assignments to participants ahead of time, they will find cabin assignments at the office during check-in
 - ⇒ Disregard this if you plan to have someone arrive early to direct your guests to their cabins, or if you will be arriving at the same time and will inform your group members of cabin assignments
- ☐ **Collect money for final payment due upon arrival at camp**
- ☐ **Check-in time** is _____. (Check your user agreement)
- ☐ **Check-out time** is _____. (Check your user agreement)

WEEKEND RATES

Good until December 2021

Rates include all lodging, meals and activities.

1 night / 3 meals

Camp Loma Mar: \$105/person

2 nights / 4 meals

Camp Loma Mar: \$148/person

Additional Meals \$14 per person/meal

SAMPLE WEEKEND SCHEDULE

Friday

4:00 – 9:30pm Check-In at Camp Office
 7:45pm Sing-a-long and cookies at the Dining Hall
 8:00-8:30 Night Hikes
 10:00 Quiet Hours begin

Saturday

7:00 Quiet Hours end
 8:00 Breakfast
 9:15-11:45 Morning free-time /Staff Led Activities Open (See page 6)
 12:30 Lunch
 1:30-2:30 Camp Store (by request only)
 1:30-5:00 Afternoon free-time/ Staff Led Activities Open (See page 6)
 5:30 Dinner
 7:00 Campfire/Skit night
 10:00 Quiet Hours begin



Sunday

7:00am Quiet Hours end
 8:00 Breakfast
 8:30-9:30 Pack up, clean and vacate cabins
 9:30-11:45am Morning free-time / Staff Led Activities open (See page 6)
 9:30-10pm Camp Store Hours (by request only)
 Noon Departure from Camp.



YMCA CAMP RULES AND SAFETY INFORMATION

Supervision of Group Members and Children

- Group Leaders are responsible for supervision of all group members (adults and children) while at camp, and responsible for informing them of camp rules. Removal of intoxicated guests, or guests with improper conduct is responsibility of group leaders. Parents are responsible for supervision of their children at all times. Every effort should be made to minimize the potential for one on one camper/personnel situations when out of sight of others.
- Any damages incurred by children or adults will be charged to the group with a minimum of \$50/incident. These charges may be billed after checkout, and it will remain the responsibility of the group leaders to collect these charges from the responsible individuals.
- Anyone under the age of 18 attending without their parent/guardian must have a completed Health History/Waiver form submitted to camp office upon arrival, and must be signed by parent/guardian.
- Groups are responsible to provide first aid emergency care, first aid supplies, activation of EMS and emergency transportation for their participants if necessary.

Arrival/Departure: All groups must adhere to the check-in and check-out times specified on the User Agreement.

Check-in begins no earlier than 4:00pm on Fridays; cabins will not be available before this time. **All adults must check in and sign waiver for themselves and children at office upon arrival at camp.**

Check-out – groups must be **moved out of lodges one hour after their last meal** to allow for cleaning of the facilities. Camp activities are generally open until departure (check your schedule). Bathrooms are available at the central bathroom facility by the camp office.

Alcohol or **illegal drugs** are not permitted anywhere at Camp Loma Mar.

Smoking – for fire safety smoking is only allowed in the middle of the parking lot, please be at least 50 feet away from any building.

Personal Sports Equipment – you may bring personal equipment. The YMCA is not responsible for any broken, lost, or stolen items. You must wear helmets and other approved safety gear when necessary.

Vehicles – Follow all posted speed limits. Please park in designated spots. You must have insurance to drive on YMCA property.

SAFETY

- All group leaders must make sure this camp information is distributed to all participants, or ensure participants attend camp orientation at the beginning of the trip.
- We are in **Mountain Lion** country. It is rare, but if you see one, raise your hands up high and make lots of noise to scare them away. YELL "GO AWAY BIG KITTY!"
- Please do not feed wild animals.
- If you see a **Rattlesnake**, back away slowly, do not try to move it, and then tell camp staff where you saw it.
- Please do not let children hike on forested trails without an adult.
- Food in cabins attracts unwanted pests.

EMERGENCIES

- Groups are responsible for their own first aid and emergency transport. But if you cannot find your group leader, or need help, please find a Camp Staff in dining hall, office or program areas.
- Group Leaders have access to a camp radio in order to reach the Director On Call if you cannot find a Camp Staff. Our Health Center is **not** staffed on weekends. A phone is also located in the office.
- **EMERGENCY BELL:** If you hear the bell ringing continuously, this is our emergency siren. Assemble on the upper field by the dining hall and await instructions.
- **Closest urgent care/hospital** (See page 7)
- If you or members of your group are injured at camp please contact staff so we can assist if necessary and complete an incident report.

OFF LIMITS AREAS

- Please **stay on trails** when hiking, we do have some **poison oak!**
- Swimming is not allowed in the creek. Climbing Wall, Pool, Archery, Zipline, and Slingshot Range are off limits without a Camp Staff. Please STAY OUT of construction areas, maintenance areas or equipment.

OTHER

- **Pets are not permitted** at camp (unless service animal).
- **FIRES** only allowed in established fire pits or fireplaces only. They must be supervised by adults and extinguished at the end of your campfire program.
- Drink plenty of **water** to avoid dehydration.
- Please no candles/smoking on **grass fields** (this is how forest fires start).
- **No Candles**, incense or open flames in cabins.
- **Weapons** of any kind are not permitted at camp.
- Camp Loma Mar is a shared facility; there may be other guests on property.
- Keep valuables locked in your car.
- **Cabin care:** please turn off lights, close doors and windows when leaving. Please do not stick tape on windows or walls. Sticky tack is best, and groups are expected to clean their cabin upon departure. Groups who do not leave their facilities clean are subject to a cleaning fee of \$50/cabin.
- **Quiet Hours go from 10pm until 7am**, please show courtesy for other guests, staff on property and our neighbors.

Please read through and advise all group members of YMCA policies to ensure the wellbeing and happiness of all participants at Camp.

DIRECTIONS TO YMCA CAMP LOMA MAR

9900 Pescadero Creek Rd, Loma Mar, CA 94021

These Directions are the simplest way to reach YMCA Camp Loma Mar. Internet map-programs or GPS devices are quite accurate. However, there is no cell phone reception for 10 minutes in either direction. These are the tried and true methods from those of us who drive them often.

*Camp Phone: **650-879-0223** if you need.*

From Half Moon Bay – If you get car sick, go this way

- Take **Highway 1 South** to Pescadero.
- Continue East on **Pescadero Creek Rd** towards Pescadero.
- Go straight through the stop sign, and continue **8 miles**.
- Follow **CA-78 East** through the small towns of Santa Ysabel and Wynola.
- Turn **right** when you see the large sign for YMCA Camp Loma Mar on your right hand side
- As you enter Camp, keep driving until you reach the camp office.
- Park your car, please check in at office and enjoy your stay with us.

From Santa Cruz

- Take **Highway 1 North** to Pescadero.
- *CONTINUE WITH DIRECTIONS ABOVE*

From Redwood City

- From **I-280** take Woodside Rd / **Highway 84 West**.
- Pass through the town of Woodside (Buck's is a great restaurant!) and continue on Highway 84 for 21 miles towards La Honda.
- Turn Left on **Pescadero Creek Rd** 1 mile after you pass through the town of La Honda.
- Continue on Pescadero Creek Rd for 5 miles then turn left when you see the YMCA Camp Loma Mar sign on your left (*WE ARE THE SECOND YMCA CAMP - WE ARE NOT CAMP JONES GULCH!*)

FREQUENTLY ASKED QUESTIONS

Will we have exclusive use?

Unless your group is large enough to take all of the cabins (244 beds), then there will most likely be another group on site. Groups will have their own set of sleeping cabins, but be sharing the dining hall and activity areas.

What is the weather like?

Generally we moderate weather during the months of April through November. The weather is always cool in the evenings and nights. You should always bring long pants, sweatshirt, and warm hat for evening night hikes or campfires, but day times can still be warm so short sleeves and shorts are also great to have. (See packing list on page 15)

Generally we get quite a bit of rain between December and April. .

What happens if it rains?

Many of the activities can still continue in the rain. Archery, Zipline, and paintball slingshots will be dependent on the weather; climbing can still happen in the rain as long as it's not down pouring. We can provide some alternative indoor activities such as Bingo, Crafts, S'more making, Movie, or Nail Painting. We also have a large indoor recreation room with ping pong, board games, and other activities if needed. For evenings at Camp Loma Mar we have two indoor spaces with a fireplace for indoor campfires.

What happens if the power goes out?

We have generators that power most everything including bath/shower houses and cabins. We are currently under construction on a generator system that powers the dining hall. However, we can still provide high-quality food service in the event of a power outage (We may need to make adjustments in meals accordingly).

Roads to camp may have heavy debris in the event of a wind storm. Please remain vigilant at all times when traveling on our mountain roads.

WEEKEND SUGGESTED PACKING LIST

YMCA Camp Loma Mar

Necessary Items

- ◇ Pillow
- ◇ Sleeping bag (or linens), twin size fitted sheet is nice for mattress cover.
- ◇ Towel
- ◇ Water Bottle
- ◇ Flashlight and extra batteries
- ◇ Sunscreen, Lip balm
- ◇ Close toed shoes (i.e. sneakers); we do not recommend flip flops for walking around camp or hiking. *Sandals are not allowed for climbing the climbing tower.*
- ◇ Toiletries and clothes for the weekend
- ◇ Remember to bring warm clothes (It can be very cool at night): Warm hat for night hikes, jacket, long pants
- ◇ Poncho/Rain Jacket (just in case)
- ◇ Water proof boots/shoes. Or small plastic bags to go over your socks if you don't have waterproof gear.

Optional items you might like to have with you

- ◇ Camera
- ◇ Sunglasses and Hat with a brim – sun can be bright after it rains
- ◇ Flip flops for the shower
- ◇ Board games, cards, books, things to do in your lodge
- ◇ Sports/games equipment. *Camp has a variety of sports equipment, but you might like to bring a few outdoor games of your own.*
- ◇ Snacks/drinks to keep in your cabin (remember to keep your food in a rodent proof container). Please keep coolers on cabin porches. (Alcohol is not allowed)
- ◇ Extra plastic bags
- ◇ Laundry bag
- ◇ Swim suit/goggles– if attending in March through November when the pool is open and if your group has reserved the pool.
- ◇ Money for the camp store if interested.

Adults only

- ◇ First aid kit
- ◇ Cell phone and charger
- ◇ Matches/lighter if planning on starting a fire in your fireplace
- ◇ Necessary medications for yourself or children

Group Leaders

- ◇ Roster of attendees, and final count
- ◇ First Aid kit /medications for campers
- ◇ Emergency contact info for all group members
- ◇ Final payment
- ◇ Health forms *(for youth attending without their parent/guardian)*
- ◇ Cabin assignments
- ◇ Supplies for any of your own activities
- ◇ Vehicle for medical transport – if your group is coming on buses you will need at least 1 vehicle to take participants to urgent care if needed

NOT permitted

- Alcohol
- Illegal drugs
- Pets
- Gum
- Weapons
- Smoking is only permitted in specific locations for adults only

Camp store is open only if your group has requested it.

Note All cabins have electricity and outlets. Please keep valuables locked in your car.