

# 2023 Parent Handbook

Every camper must have a digital signature on the **Parent Signatures and Store Money** form indicating that this document has been read and understood by their parent/guardian.

Check out our 2023 [COVID](#) Protocols on our website, we will continue to update it until our summer starts.

## *Camper Health and Parent Notification*

Camp Augusta employs a full-time, Camp-Health Supervisor (either a Registered Nurse, a Nurse Practitioner, a Doctor, Paramedic, or an EMT) that lives on site while camp is in session. In the event this person leaves site during the session, someone with advanced first aid (a Wilderness First Responder or First Aid Instructor) is specifically designated to cover them while they are gone. This happens rarely. The Camp Health Supervisor administers all medications to campers and assesses and monitors any health concerns that arise during a normal session. In the event a camper goes far off site, for example on a backpacking trip, any routine medication required by the camper will be prepared by the Camp Health Supervisor, who will give it to the trip leader with detailed instructions on administration. The trip leader will also have any emergency medications that may be required by the camper. Trip leaders are certified Wilderness First Responders.

Although it is relatively uncommon, campers can become ill or injured during their stay at Camp Augusta. Please see our “Philosophy of Risk,” on the Camp Augusta website, under “[About→Safety](#).” In the occurrence of this unfortunate event, the following steps are taken to ensure the health of the camper and keep parents notified of their camper’s current condition. It is our process to contact parents if the Camp-Health Supervisor sees any camper for the same complaint twice. In the event a hospital visit is required, the nearest facility is Sierra Nevada Memorial and it is approximately ten minutes drive away from camp.

- Stomach aches, headaches, poison oak, slight abrasions or cuts, minor dehydration, splinters, bruises and other minor health concerns are dealt with directly by the Camp Health Supervisor. These do not require notification of parent or guardian. You will be contacted if the camper sees the Camp-Health Supervisor for the same complaint twice.
- Extended low grade fevers (two days), temperatures of 101.5°F or above (if there are no other symptoms of illness, parents will not be called unless camper is febrile for more than two hours or the temperature exceeds 103°F), severe abdominal or head pain, cuts requiring stitches, any condition existing for an extended period of time, or any condition requiring a visit to the doctor, is reported to the parent or guardian. In the event the parent or guardian cannot be reached, we notify the emergency contact as noted on the camper’s health form.
- A CHILD WHO IS SICK BEFORE CAMP BEGINS NEEDS TO BE KEPT HOME FOR HIS/HER OWN SAKE AND THAT OF OTHERS. Many communicable diseases begin with cold-like symptoms. If you have a question as to whether your child should attend camp please speak to both your family doctor and camp medical staff immediately. Please be aware, we reserve the right to send your child home with no tuition refund if their illness has not been disclosed to us prior to their attending camp.
- If your child will be receiving treatment for any communicable disease (e.g. ringworm, impetigo, lice) just prior to, or while at camp, please notify us immediately so we can discuss any special requirements for your child and inform their counselor of any precautions that may be required. Please be aware, we reserve the right to send your child home with no tuition refund if their illness has not been disclosed to us prior to their attending camp.
- All Camp Augusta Staff are mandated reporters, which means that anything that is seen or heard that leads to suspicion of child abuse, neglect or self-harm must be reported.

## *Camper's Health upon Returning Home From Camp*

Our medical and nursing staff are trained to focus on the health of all our campers. Our staff respond to any identified medical or emotional issues, provide excellent care and communicate promptly with parents and guardians as necessary.

Upon their return home, we suggest you check in with your child and, if there are any changes in, or concerns about, their health, you can contact your personal medical professionals and also communicate with us. We look forward to continuing the caring partnership we value as caretakers of your children.

## Health Forms

- √ **Health History** - Must be completed within 6 months prior to camp, and must include immunization history and parent's signature. Last year's physician exam is fine as they are valid for 2 years.
- √ **Medical Exam** – We recommend a health examination by a health professional, however this is **not mandatory**. *Please recognize that by not obtaining a health exam by a health professional, you are personally certifying your camper's health to participate in ALL camp activities, with no exceptions.*
  - A “Waiver of Health Examination” must be digitally signed and submitted to camp before April 1<sup>st</sup>.
- √ A **Medical Update Form** will be emailed to you a week or two prior to your child arriving at camp in order to make sure we have the most current information about your child's health. This form will be required when you check your camper into Camp; however, you are also welcome to email us a copy within the week if you would like to complete it before check in. Please include any new medication information (e.g. your camper had a sinus infection and has four days of antibiotics left) and any health information (e.g. currently recovering from a broken arm, recently diagnosed with...etc.) that has come to light since you filled out your health form months earlier. If there are serious changes, please call Camp Augusta as soon as possible. Please note, even if your camper has no updates, we must receive this form as per County Health and Safety Regulations.
- √ If you indicated that your child has an allergy, we require that a physician complete a **FARE form** and submit this at least 6 weeks in advance of your camper's session. Parents may opt out of this by signing the **FARE Form Waiver**. Any camper with any kind of allergy (mild, seasonal, etc.) **MUST** have either the FARE Form or the FARE Waiver submitted to Camp Augusta.

**NOTE: A signed “Camper Certification of Health” form by a parent, OR a signature by a licensed physician on the Physician's Exam is required for each camper to attend camp. For the safety of everyone at camp, campers without the above signatures will not be allowed to board the bus or will be sent home until signatures can be secured.**

**PLEASE COMPLETE YOUR ONLINE HEALTH FORMS BY APRIL 1st TO AVOID ANY COMPLICATIONS OR ADDITIONAL FEES.**

## Medications

Campers & Parents must turn over ALL medications to the Master Checker upon check-in at the bus or to the Camp Health Supervisor upon arrival. **Our definition of medication includes prescription medication, over the counter medications AND any vitamins or herbal supplements.** Campers also need to turn over inhalers and epi-pens. If your camper has a condition that requires she/he have the medication immediately at hand (e.g. severe anaphylactic reaction or difficult-to-control asthma), please notify us prior to camp starting so we can discuss their needs with you further before they arrive at camp. No campers are allowed to give themselves or other campers any type of medication.

**PLEASE** supply all medications, vitamins, and herbal supplements **IN THEIR ORIGINAL MEDICATION CONTAINER** (see definition of medication above). **PLEASE** enclose bottles in a “Zip-lock” bag with your camper's first and last name clearly written on it. All campers must also have a completed “**Medical Update Form**” which will be sent out with their cabin assignments one week before your session. If your camper has medications, please put your completed Medical Update form in the well labeled zip-lock bag with their medications in their original containers.

With the overwhelming amount of medications that we receive every summer we will be partnering up with an external company to assist our nurse. This company can pre-package your camper's medications by time of the day prescribed. We are strongly suggesting parents us this service if your camper takes two or more medications daily.

**ALL prescription medication brought into camp MUST BE in their ORIGINAL CONTAINER with:**

1. **Physician's name**
2. **Camper's name**
3. **Dosage**
4. **Number of times per day it is administered.**

**ANY and ALL non-prescription medication** (vitamins or herbal supplements included) must be sent in its **ORIGINAL CONTAINER**. A schedule of the times the medication is being given at home and any special requirements (e.g., Johnny will only take it with apple sauce) are appreciated.

If a medication/vitamin/supplement **IS NOT** in its **original container** our Camp Medical Staff **WILL NOT** dispense it to your camper.

Please note that if a session has an overwhelming amount of medications, prescribed medications will be prioritized over vitamins and supplements.

## **MEDICATIONS...** *(including vitamins and herbal supplements)*

**Meds not in their ORIGINAL container WILL NOT be dispensed to any camper.**  
**It is your responsibility to provide us with the properly labeled medication**

Should we have a need for more medication for your camper or the medication is not in the original container you have the option of driving the medication to camp, having your family doctor call in the prescription to our local pharmacy, or deciding your child will miss receiving the medication during their stay at camp. Any cost of purchasing more medication will be taken out of your child's store account. Your camper's medication will be returned with them at the end of their session. The only exception to this would be finished bottles of antibiotics or empty packages of over-the-counter medications. If you would like either of these things back, please make a note on your zip-lock bag. If you are concerned about sending your child's entire supply of medication, please send enough medication for their stay, plus two or three extra (in case one falls on the ground, etc.) in the original bottle to camp and keep the extra in a labeled jar or zip lock bag at home.

Camp Augusta stocks most over-the-counter medications needed at camp, as well as many herbal remedies, so it is NOT necessary that you include these items in your camper's packing. Please see the health form for a list of medications stocked at camp. Please make sure camper's name is on all items.

## ***Camper Diet***

We can work effectively with most medically-prescribed diets, but cannot cater to individual food preferences. **Campers must be able to eat a regular and varied diet.** See here [for a sample menu](#). The salad bar and fruit are always available.

**Regarding picky eaters:** It is our policy to notify parents if a camper skips two meals in a row. As stated above, Camp Augusta chooses to foster healthy eating for all campers within our bounds. A camper's stay at Camp Augusta is conditional upon their ability to eat a healthy and balanced diet from what is offered. The Camp Augusta kitchen staff can work with most medically prescribed diets, including allergies and intolerances. The kitchen, however, does not cater to individual food preferences. We do not maintain a peanut butter and jelly sandwich bar because we do not believe it is a healthy offering, and it encourages picky eaters to stick with what they know rather than expand their diet (it is also prohibited due to nut allergies). If a camper skips two meals in a row with no change of eating habits, they will be sent home. **No refunds will be given for campers sent home due to picky eating.**

In our experience, a very small number of campers each summer (two out of 600), are extremely picky eaters, and are not able to meet our food guidelines. Many sort-of-picky-eaters discover new foods at Camp Augusta that they like, and they are able to eat happily and healthy. If you believe your camper is in the former group, we invite you to talk about our food policy with your camper, and to consider how our food guidelines will be a part of their camp experience.

In your earlier Summer Camp Registration Form you were asked to sign our '**Healthy Eaters Policy**' agreement. If you have any questions about this agreement, please feel free to contact the elves and we would be happy to chat.

**Nut-Resistance:** We are a nut-resistant, NOT a nut free site. Our kitchen is a nut-resistant kitchen, and our staff will be diligently attentive to the food that we serve. We ensure that any nuts in our meals/snacks will be **clearly labeled**. Please inform your camper to look out for these labels and share this so they can be aware as well. Their awareness along with support from their counselor and the kitchen staff can prevent any potential contamination. If you have any questions or concerns please contact us.

If your camper has an anaphylactic allergy to nuts or any other allergy, please complete the **FARE Form** located in your [online account](#) under 'Forms & Documents'.

## ***Mental and Emotional Health:***

The Camp Augusta program and counseling philosophy provide a good deal of freedom and variety throughout every day. It has been our experience that campers with certain behavioral or emotional challenges can sometimes find these elements difficult to deal with, and can be very challenged to be successful. Camp Augusta, the family, and the camper want to have successful experiences for all campers.

We strive to learn about our campers as much as possible in order for them to be successful at camp. With that, if your child has a psychiatric diagnosis, an IEP/ 504, a significant emotional health concern, and/or has seen a professional to address mental or emotional health concerns in the last year we would love to know that. Please send us a letter from your child's professional (e.g. therapist, psychiatrist, school counselor, resource specialist, etc.) or any other professional who has had particular success working with your child an informative letter from them can be extremely helpful to prepare our staff to offer your child the best experience possible.

Information in these letters can include:

- A description of the concern and the camper's management plan (including medications)
- A description of the behaviors that might present at camp that may indicate to our staff that your camper would benefit from more support or an immediate professional referral
- A recommendation from your camper's professional support for participation in the Camp Augusta program. (Do they think attending camp in a residential environment for one – two weeks would be a beneficial experience for your camper?)

If you would like to discuss your camper's needs and any of the above information more thoroughly, please contact us at 530-265-3702.

### ***Bed Wetting***

Our staff is trained to deal with bed wetting discreetly, working with your child one-on-one. Please notify the camp *in advance* if your camper may wet the bed. Please ask campers to speak with their counselors for help. Every effort will be made on our part to prevent accidents and be as discreet as possible if they happen. Please send extra bedding if you think they will be needed.

### ***What to Expect***

Attending summer camp is a very exciting experience for campers and parents! It's very natural for both to be a bit anxious about the camper leaving the comforts of home, adopting new routines of daily activities, and meeting new friends. We want to familiarize you and your camper with our procedures to minimize "first-day anxiety." We want to take time to explain things and to share information with campers and parents. Also, take comfort that Camp Augusta has a well-trained staff, used to making campers feel welcome and at home. Below are some suggestions from "experienced" parents that we've collected through the years:

- Send pre-addressed envelopes along with young campers, addressed to family, friends, and neighbors. Don't forget to secure the appropriate postage. Campers are very busy, but we do encourage them to write.
- Send old clothes they recognize as their own, not lots of new ones they don't remember as theirs. Don't send any valuable clothing or other precious/valuable items that will most assuredly get lost or damaged somehow.
- **Label everything** and pack light!
- Submit all of your forms well in advance. These forms are important to have by April 1<sup>st</sup> so we can give them the attention they deserve. *Late forms may also be charged additional fees.*
- There are more activities at camp than your child could possibly participate in during a one or two week stay. In fact, it would take more than 8 weeks to do everything just once!! Look over the activity list before camp, and help plan with your camper. Some activities are offered often, and some less frequently. Consider even sending a little card with a rank-order list of desired activities so priorities can be remembered. Have your camper show this list to their counselor, who can assist them in organizing this list for daily sign ups. And, remind them that they likely won't get to do EVERYTHING they want. If your camper did not do all the activities he/she wanted, encourage him/her to look forward to next year.
- Your camper will probably come home tired, and may need additional rest after a week or two of high-energy activity.

## ***Lost and Found***

We will make every effort to return lost and found items while your camper is at camp, but your camper can do more than anyone to ensure that nothing is lost. **Please mark ALL items with a permanent marker** or laundry label for easy identification. Remind your camper to check our dedicated lost and found section in the dining area. Items found after your child's camp session may be claimed by description. Labeled items are automatically returned by us without a request.

If you discover something is missing upon your return home, please contact us immediately. The more time that passes, the less likely it can be found. After September 1<sup>st</sup>, all remaining items will be donated to a welfare agency. Camp Augusta is not responsible for lost, stolen, or damaged clothing or equipment.

## ***Visitors and Telephone Calls***

At Camp Augusta, we strive for campers to develop independence. An integral part of the growing process is the extended experiences away from home. In keeping with this, **WE DO NOT PERMIT PHONE CALLS OR VISITS TO CAMPERS UNLESS THERE IS A FAMILY EMERGENCY.** Also, please do not ask your child to call home. There are no public phones available for campers to call home, and we do not allow campers to have cell phones nor do we have cell reception. Rest assured that parents will be contacted immediately by staff in the case of an emergency or illness.

Also note that it is our policy that campers NOT leave camp for a non-emergency reason (family events, etc.). It is highly disruptive to the camper's growth at camp and their cabin mates experience as well. If the session you're camper is enrolled in, does not fit your family's calendar, please choose another session.

## ***Parent Evaluation***

We appreciate your immediate comments and feedback about our staff and program. If you see or hear of a problem with any part of our program or staff, please contact the Camp Augusta office ([office@campaugusta.org](mailto:office@campaugusta.org)) immediately so corrections can be made. Also, shortly after your camper's session, you will receive an email with a link to the **Parents' Evaluation Form**. Your sincere response is requested and appreciated. Additionally, comments can be e-mailed to the director at any time – [randall@campaugusta.org](mailto:randall@campaugusta.org).

## ***Mail***

**(Please allow two-four business days for mail to arrive at camp)**

**Campers love to receive mail!** No, really, they *LOVE, LOVE, LOVE* to receive mail – even cool teenagers. Please write to your child at least once before camp begins. This will guarantee that your camper will receive at least one letter from home while they are at camp. While you may send an e-mail ([office@campaugusta.org](mailto:office@campaugusta.org)) which we will certainly pass on to your camper, there remains something special about a handwritten letter. They love opening them, and seeing your handwriting, a special card, or stationary. Receiving posted mail usually garners a bigger smile. At a rustic camp, receiving a penned letter has a special and fitting charm.

Please address mail this way to ensure efficient delivery:

***Camper's Name***  
***Session Number \_\_\_\_\_//Cabin \_\_\_\_\_***  
***Camp Augusta***  
***17530 Lake Vera Road***  
***Nevada City, CA 95959***

Campers will be encouraged to write one letter home each week. Do not be alarmed if the letters are brief and quite irregular (or doesn't come) as the youngsters are busy at camp, and often "no news is good news" as far as campers are concerned. Also, early letters may sound upsetting and possibly hold a hint of homesickness but generally by the time you receive the letter, the camper has adjusted and often forgotten what he/she wrote. Some mail may be received after the camper has returned home.

Whether it is your child's first or tenth summer at camp, mail is an important part of every camper's day. Here are some hints to make corresponding with your child more successful.

## Do's

- 👉 Send frequent letters; they don't have to be long. Postcards are great too.
- 👉 Send photos of family and/or pets.
- 👉 Have a grandparent/family member/friend write a letter.
- 👉 Have pets send messages (paw prints).
- 👉 Send favorite comic strips, stickers, jokes, etc...
- 👉 Ask a few questions and you are more likely to get a response.
- 👉 Send a letter before your camper leaves for camp to make sure it arrives for the first day. Allow 4 to 5 days for mail (we'll save it for them if it gets here before their session starts).
- 👉 Provide your child with self-addressed, pre-stamped envelopes for sending letters home.

## Don'ts

- 👉 Don't encourage homesickness by emphasizing how much you miss your child.
- 👉 Don't write how much fun you are having on vacation while your child is at camp.
- 👉 Don't promise your camper that you will pick them up early if they 'don't enjoy camp'. Instead, encourage them to stick it out and enjoy camp.
- 👉 Don't dwell on negative happenings. You can discuss real problems with your camper when he/she returns home.
- 👉 Don't send any references to outside media (magazines, electronics, etc.). Books are a great alternative! Don't send food of ANY kind.

## Care Packages

Please DO NOT send food! Critters love to go into cabins that smell anything like food, especially sweets. We have skunks here (as well as ants, mice and squirrels), and as pretty as they are, it isn't pretty to see, or smell, one sitting on your bed! Also, we have brooms and not vacuum cleaners – the skunks like the hard-to-pick-up crumbs and sweet, sticky spots.

If the critters are not enough of a reason, also know that campers receive three all-you-can-eat meals per day, a snack, and dessert. More than that isn't healthy for them, especially with outside exertion. *Again, please, PLEASE REFRAIN from sending food.* If it does make it here, it will be kept locked away and returned to the camper after camp is over. If they are on the bus, it will be returned after they get off the bus and not given for campers to eat while on the bus ride.

Please consider the following . . . campers are very busy at camp. When they do have a little time during rest hour, they are encouraged to rest, write letters home, read, or some other quiet activity. Sometimes campers will sit outside the cabin and quietly talk to one another. All of their needs are met at camp, including plenty of fun and engaging activities. When they are not so engaged, it is nice to remember what peace there may be with oneself, and that one does not need things to be happy. Writing a letter, writing in a journal, and reading are plenty pleasurable. Therefore, you **DO NOT NEED TO SEND YOUR CAMPER ANYTHING OTHER THAN A LETTER.** They LOVE getting letters, even daily.

Here's a great article by camp professional, [Dr. Thurber on camper mail.](#)

## Tips and Gratuities

Tipping of individual staff members is not permitted. If your camper has store money, the balance may be donated as indicated on your digital store signature – toward camp programming/equipment, staff year-end appreciation banquet, or refunded. Please know that tips are not required, requested or permitted but staff do love a specific note of thanks. Also note that all significant facility and program improvements at Augusta are made possible ONLY through the donations of generous individuals who wish to make a difference for the campers and families of Camp Augusta. And, staff really LOVE written notes of thanks from families and/or campers.

## Cabin Assignments

Cabin assignments are determined approximately one week before each session and emailed out to parents. At this time, many parents and campers enjoy checking out the [biography of their specific counselor](#) that can be found on our website. Due to changes in registrations, cabin mate requests, and other factors that could influence the assignments, we have found that it is not useful to work on them before that time. Below are the guidelines that we follow when we put the puzzle of cabin assignments together.

- In all sessions, with the exception of mini-camp, cabins include 5 campers and one counselor (and sometimes a junior counselor as well!). Mini-camp only has four campers per cabin and 2 counselors.
- When possible we do our best to not place 4 campers that know each other in a cabin with 1 camper that does not know the rest of the group (in Mini Camp we will not place 3 campers who know each other with 1 who doesn't know anyone if at all possible). In these cases, the group of 4 will be split between 2 cabins with the opportunity for

the cabins to do combined activities, if they wish. Similarly, we do our best to not place two known pairs of friends with one camper that does not know them. In Mini-Camp we follow the same guidelines, we won't put three campers that know each other with one camper that doesn't when at all possible.

- We will CONSIDER requests for cabin groups of five campers (four in mini-camp) together, but not at the expense of the surrounding campers/cabins (A group of five 9 and 10 year old friends together, could mean another 9 year old being with four eleven year olds for example...which isn't within our age appropriate guidelines for campers).
- We do our best to make sure that the age difference in each cabin is no more than 1 - 1.5 year difference. Unfortunately, that is not always possible, especially in the youngest and oldest cabins per session.

We do our best to honor all cabin mate requests (*especially when they are reciprocal requests, i.e., Jo requests Sage and Sage requests Jo*) and consider ALL information from All campers when putting this giant puzzle of cabin assignments together. If, after seeing the cabin assignments, you would like to request a change, we will make that change if possible. We will only make the change as long as it is not at the expense of another campers' happiness or experience as well. If making a change for one child makes another child unhappy we will not make the change. Sometimes, in forming cabin assignments we "flip a coin," so to speak, and we don't re-flip the coin because it happened to come up as tails for someone and not for the other. If you have any questions, please email us at [office@campaugusta.org](mailto:office@campaugusta.org)

## ***Birthdays at Camp***

If your camper has a birthday at camp, they will get a special treat from the kitchen and the whole camp will sing to them. If your camper is marking another year on the planet, please feel free to call us up if you want to make special arrangements of any kind. Also, please inform us if your camper does *NOT* wish to have the camp sing to him/her or have any special arrangements made. We understand that for some campers, being the center of attention is not their cup of tea so to speak.

## ***Bus & Plane Transportation***

The information about bus transportation is provided on the separate Transportation Information Form, but please remember to have your camper eat lunch and go to the bathroom **BEFORE** boarding the bus to camp. To keep check in at the bus moving smoothly it is important to have all of your paperwork and store money sent in advance. Make note of the special [Camper Transportation Information PDF](#) in your online forms.

For arrival by plane, please contact Camp Augusta for details on airport pick-ups.

## ***Car Transportation***

*(\*note different times below for Mini-Campers)*

Campers coming to camp **by car** should arrive at camp between 2 and 3 pm on Sunday - the first day of the session. They should be picked up by between 8:30 and 9:00 am on Saturday - the final day of the session. If you arrive a little bit early on drop off day you are welcome to look around the site but we will not be able to check in your camper prior to 2pm as the staff are in a meeting and will not be available.

***\*MINI CAMPERS ONLY*** - Please arrive at camp between 11 and noon pm on Thursday - the first day of the session, and should be picked up between 8:30 and 9:00 am on Saturday - the final day of the session.

## ***Scout Credit***

If your camper is involved in a Scout program, Camp Augusta can provide documentation so that they may advance and gain badges. Please let us know if there are special achievements your child is looking forward to. We can often accommodate unusual requests.

## ***Homesickness***

The vast majority of campers studied report homesickness on at least one day of camp. Our staff makes a concerted effort to help campers overcome homesickness by helping them learn to accept the natural feeling of missing family and friends. We welcome this opportunity to help youngsters grow in this area and we train our staff to handle homesickness in constructive and loving ways. With proper handling by the staff, campers, and parents, it can be overcome, and the camper can make a big stride in growing up.

Here are some things we have gleaned from other parents that you can do to lessen homesickness:

- ✎ Keep frequent letters cheery and newsy in such a way that they will not make your camper homesick. Don't say you can't get along without them, or ask about homesickness.

- ✎ Try having your child do overnights at friends' houses before coming to camp. Do they have a friend who is interested in coming to camp?
- ✎ Pack a personal item from home.
- ✎ Don't tell your child that you will come and pick him/her up or you will talk to them on the phone if they don't like it. This often sets nervous children up for failure, as they will focus on any reason not to like camp in order to go home, as per the deal you may have created.
- ✎ Don't bribe your child by promising something valuable if he/she makes it through camp. It sends the wrong message. The benefit is your child's new confidence and independence. Going to camp can be an important developmental milestone.
- ✎ Have a conversation about the many activities there are at camp, and that s/he probably won't like all of them, or be as good at some activities as some of the other children, but that is okay.
- ✎ Help your child think of things they can do to cope with feelings of missing home.
- ✎ Tell your child that their counselor is there to help them. If the child doesn't feel comfortable telling their counselor something specific for some reason, tell your child that s/he can go to the Village Leader or Director.
- ✎ About a week in advance of the session start date, we will know who your camper's counselor is (you will receive an email with cabin assignments, this information is included). Sit down with your camper and take a look at the counselor's photograph and biography on our website.

If you are concerned that your camper will be homesick you are welcome to call Camp the week before and talk to your camper's village leader to discuss more. The village leader is happy to work with parent to put together a supportive plan for their campers ahead of time. Please also see our [Homesickness doc](#) on our website to learn some tips and tricks and see what strategies we may use if you are at all concerned:

In the event of severe homesickness, parents will likely be notified. Though most homesickness is not a medical concern, it can have a large impact on the camper's experience and we want to inform the parents and work with them to best strategize success for their camper.

### ***Camper and Staff Contact Outside of Camp***

After a week or two at camp, campers often ask their counselor and/or another staff member if they can stay in touch. At Camp Augusta, we have specific guidelines relating to staff's communications with minors outside of the professional camp setting. Staff may only keep in contact with a minor outside of camp if they have explicit permission from a parent or guardian to do so. Parents and staff must be clear on which types of communication (email, snail mail, etc.) they are OK'd to use. Staff **may not** add minors to group communication/social media sites such as Facebook, Instagram, snapchat, twitter, etc. We discourage such contact even when allowed. Counselors sometimes write their email address at the bottom of parent letters. You may pass that along as you see fit, but also please notify Camp Augusta that you have done so – [office@campaugusta.org](mailto:office@campaugusta.org). By passing on this contact info to your child, it is assumed you have given permission to the staff member to be in contact with your child.

### ***Camp Appropriate - What does that mean?***

Children in America have a lot of ideas put into their head about how they need to look to be cool, be liked, be accepted, etc. They tend to have a very strong focus on their body image as a major determinant of their worth as a human being, and they often wear ideas/philosophies for which they have little true appreciation. Campers get these ideas from current friends, from older children, magazines, television and movies. Television shows are often focused on relationships (especially ones filled with drama) and sex or sexualized images. We would rather children spend a week or two simply being kids and reclaiming some of the joy and innocence of childhood than focusing on these things. To consider as well, while your 15 year old child may be able to critically think about these issues, the 10 year old camper that looks up to your child may not be.

Regarding books and movies – please ask campers to keep magazines centering on media and celebrities at home. Occasionally older campers will come to camp with books of a mature nature. Other campers in the cabin may not have been exposed to these types of books and their parents may not feel they're ready for this. Please keep this in mind when sending books to camp for your child. We have an extensive library of over 1000 books if your campers would like something to read while here.

Camp Augusta is a magical world, one where we aim to reclaim and foster the beauty, wonder, awe, potential, and innocence of childhood. It is different to other places in many ways. We don't have technology or cell phones or listen to current popular music. We sleep under the stars, we play, we often make our own music and we create a world of possibilities that are not always possible away from the woodchips.



The intention behind the Clothing Agreement is to offer some clarity on what can be worn at camp to create inclusion, safety, fairness and an ability to still express oneself through what we choose to wear. It is a standard that is set throughout the whole of camp with all counselors being trained in depth on it.

We ask that your camper does not bring any clothing to Camp Augusta that does not fit in with the philosophy. Campers who do wear clothing that is deemed as inappropriate by the below standards will be asked to change by an appropriate member of staff. If they do not have sufficient clothing with them to change into, Camp Augusta will call home to ask that clothing be sent to camp, or a check to cover the cost of camp purchasing suitable clothing for your camper for the duration of their time at camp.

Camp is not going to be 'dress-coding' and all conversations with campers will be had with intentionality, not shaming or belittling the camper's choice of clothing, but with a view to keeping a fair standard across the whole of camp and all four villages. We acknowledge that dress codes can be enforced very differently depending on body type, age, and gender and so the clothing agreement at Augusta is aiming to be inclusive of everyone's needs. All counselors and VLs will be open to discuss the Clothing Agreement with campers further as a cabin in Embers or as a whole village in order that everyone feels heard and understood.

Overall, Camp is place where you are free to be who you are with the intention to create a world where we aim to take off some of the pressures and influences of the outside world through our communication, the activities, a separation from technology and even what we wear. We want all campers (and counselors) to feel comfortable in what they wear and not to have it be a distraction from the ultimate aim of having an incredibly fun, growing and wonderful experience here at camp.

For specific detail on clothing, please see the second page of the packing list.

## **Bug Repellant**

DEET is effective against mosquitoes, but it is also a toxin. A low (4-7%) concentration of DEET will last for a couple of hours, which is about how long mosquitoes are sometimes (depending on the year) a problem in the early morning and early evening. More than 30% is not advised for use with children. Also, please do not send aerosol repellant (we prefer pump and lotion kind instead).

According to the Center for Disease Control, repellant with lemon eucalyptus is as effective as DEET at the lower doses. This is what our staff usually use, and we have it readily available for campers' free use as well. If DEET is chosen, please let your campers know how to safely apply it (e.g. don't spray on face, do not apply to hands, do not apply under clothes, do not apply while in the cabin, or around any other person). If your camper has a strong allergy to mosquitos you might also consider a bug/mosquito net for them to have over their bed. The office elves have some advice on this if you are considering it.

## **Camp "Store Money"**

The store offers camp sweatshirts and water bottles as well as simple staple items should campers need them – toothbrush, toothpaste, combs, soap, shampoo, and similar items at our cost. Those items are available at any time. Twice a week, Lazy Dog ice cream comes to camp after dinner (\$6 each time). They are a local, family operation that makes exceptional ice cream served out of a classic ice-cream truck. During their stay, campers will be asked if they want anything from the store (prices listed below), if they so desire. These items are sold *at our cost* (including all incidental charges and "spoilage") and are provided as an optional service. If you know of a better deal, let us know. :-)

*Prices listed below are estimates based on previous years. Exact costs will be determined once we know how much we will be charged this year*

- Another camp t-shirt (\$10-20)
- Camp sweatshirt (\$15-30)
- Lazy Dog Ice Cream (\$14/week)
- Camp water bottle (\$20)
- White Tie-dye items (\$1 - \$6)
- Laundry - 2 wk sessions only - (\$20)

It is **required** to either bring a water bottle or purchase one at the store to avoid dehydration during the camp day. Parents may establish credit for their campers by sending money along with their Camper's Letter to their Counselor in advance. Campers receive one Camp Augusta t-shirt at the end of their stay as part of their tuition. If you want your child to get another t-shirt or a sweatshirt, you might consider enclosing an additional \$12 or \$25. Please note that the shirts from previous years are the ones with the lower cost and are available on a 'what we have basis.' We keep the money (cash preferably) in separate envelopes and make change as campers make purchases. Unspent money may be donated to our camp equipment fund, staff appreciation banquet, or refunded at the end of the session. Please note your desire on the online form.

**\*Checks written for your camper's store account will be deposited upon receipt and any left over money will be allocated as per your request on the store money form.**

**How much should you include? That depends on your desires and values.**

**\$\_(total amount)\_ == Lazy Dog (\$12 or \$24) + \_(item)\_ + \_(item)\_ + \_(item)\_ +\_(laundry)\_ +\_(Specific camp donation)\_**

**We suggest \$40-\$50 for a 1-week session, and \$75-\$90 for a 2-week session.**

*Note: If your camper is staying two weeks, and you do not want to include enough clothes for the entire time, please include additional money for laundry service, approximately \$20. The laundry service is optional.*

***Please note that Lazy Dog ice cream does not come during Mini Camp.***

## **Clinic Activities**

Campers will register to participate in "clinics" while at camp. These activities range from 'just for the fun of it' to emphasis areas in which your camper may choose to strengthen their skills. *There are more clinics and activities at Camp Augusta than your camper could participate in during an entire one- or two-week stay.* Also, it is sometimes unavoidable that very popular clinics must turn away several children, although quite rare. Please do not be disappointed if your camper does not participate in everything they desire, but encourage them to look forward to another year when they may participate in new activities. Some clinics are limited based on age or ability as deemed appropriate for safety and ability reasons (e.g. open-water swimming for non-swimmers, blacksmithing for 12 and over).

The clinic signup process. During dinner on the first night, each cabin will go to the signup board with their counselor and pick activities for the next day. Each camper can choose whatever they want during the four clinic activity periods each day. Each time slot has 25 – 30 different offerings.

Every day thereafter, campers will sign up during lunch or dinner for the following day's activities. A rotation is set up among the cabins, so that every cabin gets a fair chance to sign up early for the activities. As the days progress, different levels are offered for activities that have a level system. For example, on Wednesday, there may be two Level 1/2 Archery classes offered, and two Level 3 Archery classes offered. Then on Thursday, there may be only one Level 1/2 Archery class offered, and Friday there may be no level 1/2 Archery classes and a couple Level 3 classes. Offerings depend on where the camp community is as a whole, which is evaluated twice every day by the programming directors. On Thursday, if a camper wanted to try Archery for the first time, Level 1/2 may only be offered in the morning, and it may "compete" with another program the camper also wanted to take. Thus a decision needs to be made by the camper.

The choices and combinations require reflection, and the counselor, village leaders, program directors, and directors are all there to help. *Encourage your camper to seek help – we can usually make things work out.* Again, if a camper asks, we can almost always work it out. Encourage your camper to ask or check-in if they aren't seeing something they want, and even ask Randy, the director. We aim to please, but campers need to talk to us. Finally, note that Playstation and Cabin Activities are separate from clinic times. They occur every day as well, as does an evening program. Each type of programming offers a different experience & challenge to campers that we find valuable to their growth at camp.

## **The Perfect Camp Experience**

Families sometimes look for their camper's experience to be perfect. They want their child to love everything about camp, having no real struggles or challenges, and be smiles and giggles all the time. Sometimes that does happen. From the perspective of Camp Augusta, we include challenges and struggles in the "perfect" camp experience. We hope that the camper experiences some failure in activities they are working at. We hope that all their interactions with campers don't go smoothly. Maybe they'll be in socially awkward situations. Why hope for such things? Because life does present us all challenges and having some practice with being challenged, frustrated, sad, etc. in a supportive environment will serve them well. People get better at dealing with adverse situations and experiences by being exposed to them. We do hope to guide campers through their challenges as we are aware of them and able to do so.

## **Directions to Camp Augusta**

***(google maps sometimes sends you past the camp entrance)***

1. From anywhere in the Bay Area, access to camp can be gained through taking Interstate 80 East, towards Sacramento. Right before Sacramento, follow regular (not business) 80 towards Reno. Right hand exit.
2. Pass through Sacramento and start climbing into the foothills until you reach Auburn. (about 35 miles)
3. Take the Highway 49 exit and head North, towards Grass Valley and Nevada City.
4. In approximately 25 miles, you will pass through Grass Valley. Next you will pass through Nevada City.
5. Immediately after leaving Nevada City, turn left on Highway 49 North, towards Downieville. You want to be in the left lane to get onto 49 North.

6. Turn at the second right (first traffic light) on North Bloomfield Road, where there is a fire station on the corner.
7. Wind uphill for about 1/2 mile and arrive at a three-way intersection, take the left turn that goes downhill, Lake Vera-Purdon Road.
8. Our driveway is 2.1 miles from this intersection. Turn left at the "Camp Augusta" sign, and you are here!

### ***Refresher Quiz***

1	Medications (including vitamins and herbals) must be in their original packaging and brought in a zip-lock bag with instructions inside the bag	TRUE	FALSE
2	The health form doesn't need to be filled out if your camper attended last year	TRUE	FALSE
3	Some kinds of food are acceptable in care packages	TRUE	FALSE
4	Children sick before camp can get better while they are here	TRUE	FALSE
5	Campers can not call home while at camp	TRUE	FALSE
6	Counselors and staff are allowed to accept tips	TRUE	FALSE
7	Homesickness is normal for most campers	TRUE	FALSE
8	Two-week campers need \$20 more to cover laundry	TRUE	FALSE
9	If you don't turn in the transportation form, you can still ride the bus	TRUE	FALSE
10	It's okay to send just a little food, if there's enough for the whole cabin	TRUE	FALSE

1. True 2. False 3. False 4. False 5. True 6. False 7. True 8. True 9. False 10. False