



CAMP AUGUSTA

SUMMER CAMP PARENT HANDBOOK







CAMP AUGUSTA

SUMMER CAMP PARENT HANDBOOK

This handbook is designed to help families prepare for a successful Camp Augusta experience. It provides important information about our programs, policies, procedures, and philosophy so parents and campers know what to expect before arriving at camp. Our goal is to answer common questions, clarify expectations, and help families feel informed and confident as they prepare for their camper's time at Augusta.

If you have any questions or concerns that are not addressed in this handbook, please feel free to reach out to our Office Elves.

You can email us at office@campaugusta.org or call (530) 265-3702.
We are always happy to help!











TABLE OF CONTENTS

- **Welcome and Philosophy Introduction**
  - The Perfect Camp Experience.....2
  - Camp Appropriate - What Does That Mean?.....2-3
  - Clothing Agreement.....3
- **Before Camp and Health Information**
  - Health Forms.....4
  - Medications.....5
  - Camper Diet.....6
  - Mental and Emotional Health.....7
  - Bed Wetting.....7
  - Cabin Assignments.....8
  - Birthdays at Camp.....8
  - Homesickness.....9
- **Packing and Arrival**
  - Preparing Your Camper.....10
  - What to Pack.....10
  - Bug Repellant.....11
  - Camp Store Money.....11
  - Bus and Plane Transportation.....11
- **While Your Camper is at Camp**
  - Clinic Activities.....12
  - Camper Health and Parent Notification.....13
  - Visitors and Telephone Calls.....14
  - Mail.....14-15
  - Care Packages and Letters.....15
- **After Your Camper Has Returned Home**
  - Campers Health Upon Returning From Camp.....16
  - Lost and Found.....16
  - Parent Evaluation.....16
  - Tips and Gratuities.....17
  - Camper and Staff Contact Outside of Camp.....17
- **Frequently Asked Questions**.....18

WELCOME AND PHILOSOPHY INTRODUCTION

THE PERFECT CAMP EXPERIENCE

Families naturally want their camper to have a wonderful experience at camp, filled with fun, friendship, and new discoveries. While we hope campers have plenty of moments that make them smile, we also recognize that a meaningful camp experience includes some challenges. Campers might struggle to master a new activity, navigate a disagreement with a friend, or find themselves in an awkward social situation.

These moments are a natural part of growing up and can offer valuable opportunities to build resilience, develop problem-solving skills, and learn to navigate difficult emotions. At Camp Augusta, we believe that working through challenges in a supportive environment helps campers build confidence and skills they can carry with them long after camp ends.

CAMP APPROPRIATE - WHAT DOES THAT MEAN?

Children are surrounded by messages about how they should look, act, and behave to be considered "cool," liked, or accepted. These ideas come from friends, older children, social media, television, movies, and other outside influences. They can shape how children view themselves, their bodies, their relationships, and their sense of self-worth, sometimes before they have the maturity to fully understand or question these messages.

At Camp Augusta, we value the opportunity for campers to step away from some of these outside pressures and simply enjoy being kids. We want them to spend their time exploring, playing, building friendships, and discovering new interests rather than feeling pressure to look or act a certain way. We also recognize that older campers can be role models for younger ones, who may not yet have the same ability to interpret or navigate these influences. Our goal is to create an environment where campers of all ages can feel comfortable being themselves and enjoy the wonder and joy of childhood.

BOOKS, MAGAZINES, AND MEDIA

We ask that campers leave celebrity-focused magazines and similar media at home. Occasionally, older campers bring books with mature themes that may not be appropriate for all cabinmates. Please keep in mind that campers come from a variety of backgrounds, and families may have different expectations about what their children are ready to read. We ask that you consider this when choosing books to send to camp. Fortunately, Camp Augusta has a library of over 1,000 books for campers to enjoy during their stay!

Camp Augusta is a little world of its own, where we aim to reclaim and foster the beauty, wonder, awe, potential, and innocence of childhood. Life here looks a little different from life at home: we take a break from technology, cell phones, and popular songs to spend our days playing, exploring, sleeping under the stars, and sometimes making our own music. We create space for imagination, adventure, and the kind of magic that can be hard to find in our everyday lives.

WELCOME AND PHILOSOPHY INTRODUCTION

CAMP APPROPRIATE - CONTINUED

ELECTRONICS

Campers are highly discouraged from bringing any electronic devices. At Augusta, we want to be present with one another in the camp environment, and being tech-free helps ensure that. If you would like to bring a digital camera or e-reader, please ensure it does not have internet accessibility. Any items that do not meet these guidelines will be kept in the office, to be returned on the last day before leaving.

CLOTHING AGREEMENT

The purpose of the Clothing Agreement is to provide clear, consistent guidelines that support inclusion, safety, fairness, and self-expression at Camp Augusta. Our goal is to create an environment where everyone feels comfortable in what they wear while reducing some of the outside pressures and expectations that can influence clothing choices. These guidelines apply to everyone throughout camp, and all counselors receive training on how to uphold them thoughtfully and consistently.

We want campers to feel comfortable, safe, and ready for a fun-filled day of activities; clothing has a lot to do with that! Some activities can result in clothing shifting and shorts riding up due to harnesses or the nature of the activity itself; please ensure that your camper's clothing contributes to not only their wellbeing but also that of those around them. No references to alcohol, drugs, or violence are permitted. Campers will be asked to change if their attire does not meet these guidelines.

Regarding swimwear, the same principle applies. At Camp Augusta, we aim to decenter a focus on one's appearance, particularly when it comes to bodies. For that reason, we request that campers wear either a one-piece swimsuit or swimtrunks for water activities. When finished with the water activity, campers are to wear shorts over their one-piece swimsuit or a shirt with their swimtrunks, or cover up with a towel, as they make their way to main camp to change.

If a camper wears something that does not meet the standards outlined, an appropriate staff member will check in with them. These conversations will be approached with care and respect, without shaming or belittling a camper for their clothing choices. If a camper does not have suitable clothing to change into, we will contact their family to arrange for additional clothing to be sent or to discuss covering the cost of Camp Augusta purchasing appropriate clothing.

Similar to above, we encourage campers to not bring/wear makeup at camp. While they are certainly allowed to do so if they would like, we want to create an environment free from the societal pressures that surround them at home. At times, campers may not want to participate in certain activities due to potentially messing up their makeup; we want them to feel empowered to try any they're interested in! Additionally, it cuts down on time needed to get ready in the mornings which means more time to rest up for another great day at Augusta!

BEFORE CAMP AND HEALTH INFORMATION

HEALTH FORMS

- Health History - Must be completed by March 1st of the registration year and must include immunization history and parent/guardian signatures. The previous year's optional physician exam is acceptable as they are valid for 2 years.

- Medical Exam – We recommend a physician's exam 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 March 1st.

- A Medical Update Form will be emailed to you a week or two prior to your child arriving at camp to make sure we have the most current information about your child's health.
  - A physical copy of this form will be required when you check your camper into Camp.
  - 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 a life threatening 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
March 1st
TO AVOID ANY COMPLICATIONS OR ADDITIONAL FEES.

BEFORE CAMP AND HEALTH INFORMATION

MEDICATIONS

Campers and parents must turn over ALL medications to the Master Checker upon check-in at the bus or to the Camp Health Supervisor upon arrival at camp. **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 these medications 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.

All campers must also have a completed ***Medical Update Form*** which will be sent out approximately one week before their session begins. If your camper has medications, please put your completed *Medical Update Form* in the labeled sealed plastic bag with their medications in their original containers.

ALL medication brought into camp MUST BE in their ORIGINAL CONTAINER with the following information clearly visible:

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.

We strongly recommend that campers continue taking their prescribed medications throughout their stay at camp and discourage medication vacations (temporarily stopping a medication while at camp). Please consult with your child's prescribing healthcare provider before making any changes to their medication routine.

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

Medications NOT in their ORIGINAL container WILL NOT be dispensed to any camper!

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 bringing the medication up 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 sealed bag. If you are concerned about sending your child's entire supply of medication, please send enough medication for their stay, plus a few extra 'just in case' in the original bottle to camp and keep the extra 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. Again, please make sure your camper's First and Last names are on all items.

BEFORE CAMP AND HEALTH INFORMATION

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 consistent and varied diet.**

Regarding selective eaters: A camper's stay at Camp Augusta is conditional upon their ability to eat a balanced diet from what is offered from our established menu. Eating enough at camp is important to be able to stay healthy in our high-activity, and often high-heat environment.

It is our policy to send a camper home if they miss more than two meals in a row.

We will remind campers of this policy and notify parents if a camper is unwilling to eat two meals in a row. An incomplete or unbalanced meal counts as a missed meal (i.e. a camper eating a plate of only shredded cheese).

No refunds will be given for campers sent home for not eating healthy and balanced meals, as determined by our food policy and guidelines, which could be considered potentially dangerous to the health of the camper.

A more comprehensive policy, including the ways we are prepared to support your camper can be found here. If you are in need of further information or assistance, please contact us directly.

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 information with them 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, you **MUST** complete the **FARE Form** located in your online account under *Forms & Documents*.





BEFORE CAMP AND HEALTH INFORMATION

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, families, and campers all share the goal of creating a positive and successful experience for every camper.

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.

Helpful information in these letters include:

- 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?)
- 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

If you would like to discuss your camper's needs and any of the above information more thoroughly, please contact the Elves 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 camp ***in advance*** if your camper may wet the bed.

Please ask campers to speak with their counselors for support. 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.

BEFORE CAMP AND HEALTH INFORMATION

CABIN ASSIGNMENTS

Cabin assignments are determined approximately one week before each session and emailed 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.

GUIDELINES 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
- 1 counselor (and sometimes a junior counselor as well!).
  - Mini Camp has only 4 campers per cabin with 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 these cases, the group of 4 will be split between 2 cabins with the opportunity for the cabins to do some combined activities if they wish. Similarly, we do our best to not place 2 known pairs of friends with 1 camper that does not know them.
  - In Mini Camp we will not place 3 campers who know each other with 1 who doesn't know anyone if at all possible.
- We will CONSIDER requests for cabin groups of 5 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 11 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 do our best. Please know that we will only make changes when they don't negatively affect another camper's happiness or experience. Cabin assignments sometimes involve difficult decisions, and we cannot change an assignment simply because the outcome was not what someone hoped for. If you have any questions, please email us at 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 while at camp, 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.

BEFORE CAMP AND HEALTH INFORMATION

HOMESICKNESS

The vast majority of campers studied reported 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 (VL) 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 VL is happy to work with parents to put together a supportive plan for their campers ahead of time. Please also see our Homesickness Document 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 significantly impact both the camper's experience and the experience of their cabinmates. We want to keep parents informed and work together to develop strategies that help their camper succeed while maintaining a positive experience for everyone.

PACKING AND ARRIVAL

PREPARING YOUR CAMPER

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. You can also feel confident knowing that Camp Augusta's well-trained staff are experienced in helping campers feel welcome, comfortable, and at home.

Below are some suggestions from "experienced" parents that we've collected through the years:

- Send pre-addressed stamped envelopes along with young campers, addressed to family, friends, and neighbors. Campers are very busy, though they are not required to write letters, 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 could 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 **March 1st** so we can give them the attention they deserve. *Late forms will 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.

WHAT TO PACK

Before packing, please see the packing list for your session to make sure your camper has everything they need for a comfortable and fun stay at Camp Augusta.

- Mini Camp
- One Week Session
- Two Week Session

Be sure to label all belongings, review the clothing agreement in this packet and pack light!

PACKING AND ARRIVAL

BUG REPELLANT

Mosquitoes can sometimes be a nuisance at camp, particularly in the early morning and evening. **We highly recommend oil of lemon eucalyptus (OLE) insect repellent**, which is what our staff typically use and what we provide for campers during their stay. Our preferred repellent provides protection against mosquitoes for up to six hours.

If you choose to send your camper with their own repellent, we ask that you select a lotion or pump spray rather than an aerosol. Please review safe application with your camper before arrival. Repellent should be applied outdoors, away from other people, and never sprayed directly onto the face. Avoid the eyes, mouth, and hands, and always follow the product label for application and reapplication instructions.

Additionally, **we highly recommend that every camper bring a bug net** for their bed to help create a more comfortable sleeping space. If you have questions about which type to bring, our Office Elves are happy to help!

CAMP STORE MONEY

Each camper receives a Camp Augusta T-shirt as a part of their stay. Campers also have the opportunity to purchase items from the Camp Augusta store during their stay, including sweatshirts, water bottles, and tie-dye items.

For information about store items, suggested spending money, and how to add money to your camper's store account, please visit our Registered Camper Information page.

Unspent store money will automatically be allocated as a donation to camp. If you would like to receive a refund of unspent store money please reach out to our office at office@campaugusta.org in writing within 5 days of your camper's session ending.

BUS AND PLANE TRANSPORTATION

Arrival and Departure information is available on our Transportation Information Page.

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.

WHILE YOUR CAMPER IS AT 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. jewelrysmithing, blacksmithing, lampworking for 12 and over).

THE CLINIC SIGN UP 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. Offerings depend on where the camp community is as a whole, which is evaluated twice every day by the programming directors.

The choices and combinations require reflection, and the counselor, village leaders, program directors, and directors are all there to help. Encourage your camper to ask or check-in with staff if they aren't seeing something they want. 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. You can find more information about how a typical day at camp is structured on our Summer Camp Schedule page.






WHILE YOUR CAMPER IS AT CAMP

CAMPER HEALTH AND PARENT NOTIFICATION

Camp Augusta employs a full-time, Camp-Health Supervisor (either a Registered Nurse, Nurse Practitioner, Physician Assistant, 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 training (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. 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 which is approximately a ten minute drive from camp.

- 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.
- Stomach aches, headaches, poison oak, slight abrasions/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.
- 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 contacts as noted on the camper's health form.
- 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.

WHILE YOUR CAMPER IS AT CAMP

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 (and spotty 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.

MAIL

(Plan ahead and please allow four to five business days for mail to arrive to 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) which we will certainly pass on to your camper, there still 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 can write letters home, however do not be alarmed if the letters are brief and quite irregular (or they don't happen) as the campers are VERY 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 even be received after the camper has returned home.

WHILE YOUR CAMPER IS AT CAMP

MAIL - CONTINUED

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 four to five 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 AND LETTERS

The best thing you can send your camper is a letter! Campers love hearing from home, and you are welcome to write every day. You can also drop off letters at check-in labeled with the date you would like each one delivered, and we will hand them out throughout the session. For more ideas, see Dr. Thurber's advice on camper mail.

Care packages are not necessary, but they are allowed. We ask that families send no more than two per session. Campers are busy, well cared for, and have everything they need. If they forget something like a toothbrush, soap, or shampoo, we have extras on hand.

Please do not send food. Our woods are home to skunks, mice, ants, and squirrels who will happily try and visit our cabins for a crumb or a sticky spot. Campers already get three all-you-can-eat meals, a snack, and dessert each day. Any food that arrives will be stored in our office and returned at the end of camp. For bus riders, it will be returned after they get off the bus.

AFTER YOUR CAMPER HAS RETURNED HOME

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.

LOST AND FOUND

We will make every effort to return lost and found items while your camper is at camp, and there are some preventative measures you can take to reduce the loss of items. **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 1st, all remaining items will be donated to a welfare agency. Camp Augusta is not responsible for lost, stolen, or damaged clothing or equipment.

PARENT EVALUATIONS

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) 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 anytime – david@campaugusta.org.

AFTER YOUR CAMPER HAS RETURNED HOME

TIPS AND GRATUITIES

Tipping individual staff members is not permitted. Rather than a tip, our staff truly love receiving written notes of thanks from campers and families! If you would like to support Camp Augusta, donations toward camp programming, equipment, and facility improvements are always appreciated and help make camp even more special for our campers and families.

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 a camper requests it and 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 okay to use. Staff ***may not add minors*** to group communication/social media sites such as Facebook, Instagram, Snapchat, X (Twitter), etc. We discourage such contact even when allowed.







WE ARE VERY EXCITED TO HAVE YOUR CAMPER JOIN US FOR SOME WISH, WONDER, AND SURPRISE AT CAMP AUGUSTA!

If you have any questions or concerns please feel free to reach out to us at office@campaugusta.org or call (530) 265-3702.

FREQUENTLY ASKED QUESTIONS

WHEN ARE FORMS DUE?
All forms including your health form are due by March 1. A Medical Update Form must also be completed before arrival. Late forms may be subject to fees.

DOES MY CAMPER NEED A PHYSICAL EXAM?
A physician's exam is recommended but not required. If you choose not to obtain one, you must submit a signed Waiver of Health Examination before March 1.

HOW SHOULD I SEND MEDICATIONS?
All medications, vitamins, and supplements must be turned in at check-in in their original containers. Please review the medication guidelines before camp.

WHAT SHOULD MY CAMPER PACK?
Pack light, label everything, send clothing your camper is comfortable wearing for active adventures, and remember to pack a pair of fully enclosed athletic shoes (like tennis shoes or sneakers). Review the Clothing Agreement and packing list before arrival. Laundry is available during our two-week sessions, however you must sign up your camper ahead of time on your forms. We also highly recommend bringing a mosquito net.

WHERE AND WHEN DO I DROP OFF AND PICK UP MY CAMPER?
All of our arrival and departure information can be found on our Summer Camp Arrival And Departure page.

CAN I CALL OR VISIT MY CAMPER?
Phone calls and visits are not permitted except in family emergencies. Staff will contact you if an emergency arises.

CAN I SEND MAIL OR CARE PACKAGES?
Yes! Campers love receiving letters. Please allow 4–5 business days for mail to arrive. Please do not send food; letters are always welcome!

HOW ARE CABIN ASSIGNMENTS DECIDED?
Assignments are emailed about one week before each session. We consider ages, friendships, and cabinmate requests but cannot guarantee every request.

WILL MY CAMPER GET TO DO ALL THEIR FAVORITE ACTIVITIES?
Campers choose activities daily and sign up order changes throughout the week so all villages have the opportunity to sign up first. Popular clinics may fill up, and some activities have age or ability restrictions.

HOW MUCH SPENDING MONEY SHOULD I SEND?
We suggest around $50. Unspent store money will automatically be allocated as a donation to camp.

WHAT IF MY CAMPER GETS HOMESICK OR SICK?
Our staff are trained to support homesick campers, and our Camp Health Supervisor handles health concerns. Parents will be contacted when necessary.

WHAT HAPPENS IF MY CAMPER LOSES SOMETHING?
Campers can check the Lost and Found area in the dining area while they are at camp. If you notice something is missing after your camper returns home, please let us know as soon as possible.

WHO CAN I CONTACT WITH QUESTIONS?
Email office@campaugusta.org or call (530) 265-3702. Our Office Elves are happy to help!