



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Dear Parent,

YMCA Camps Marston and Raintree Ranch welcome your child to our Outdoor Education program in the mountains of Julian. Here at camp, we live by the YMCAs core values of Caring, Honesty, Respect, and Responsibility.

Your child's Camp experience will be a comprehensive camping and educational program. We use a "learn by doing" approach that will encourage your child to build self-confidence, leadership abilities, and a respect for our natural environment.

The program will include some of the following: teambuilding, group living, orienteering, archery, climbing wall, campfire programs, geology, forest ecology, habitat studies, sensory exploration, guided night hikes, and outdoor skills.

**Ian McCrohan, Outdoor Education Director**

### **Please make this a happy and healthy week by following these guidelines:**

**Healthy History Form:** Complete and sign the form supplied to you by your school. Your child will not be allowed to participate in activities if this form is not completed. Be sure to indicate medications that you will permit our health center staff to give your child if necessary. Please note: only if your child is under regular care for a heart condition, has been exposed to an infectious disease, or has been recently hospitalized, the Health Examination by Licensed Medical Personnel section must be filled out.

**Medications and Health Care:** Do not pack medications in your child's luggage (State Law). Give medications to the teachers **IN THE ORIGINAL PACKAGING** with clear instructions and write these instructions on the Health History Form (we can only administer medications with your written authorization). The YMCA staff are trained in CPR, First Aid and health care procedures. Safety is stressed from the beginning to the end of camp with our "truddy system", safety orientations, and practiced fire/emergency drills. All students are checked for head lice. If lice or nits are found, we will need either parent permission to treat it or the camper will have to be picked up and treated elsewhere before returning to camp. If there are any questions, please call Camp directly at 760.765.0642. *Prescribed medication is proof of Doctor's treatment. No need for students to see physician prior to camp. Over the counter medication can be given under parent direction.*

**Contact:** In emergency only, the Camp Marston phone number is (760) 765-0642. We must keep the camp phone lines open, so students are generally not permitted to call home. Calling home also makes homesickness substantially worse. Letters can be mailed to camp at P.O. Box 2440, Julian, CA 92036. Be sure to note your child's name and school on the envelope. The only adults allowed on site are our carefully screened staff, teachers, and maintenance personnel.

**Camp Store:** The camp store will be open for designated times on Tuesday and Wednesday. If you choose, you may send store money for your child. Whatever your child does not spend will be returned to you at the end of the week unless you choose to donate unused money to our education program.

**What to Bring:** A packing list is enclosed. Please follow it as closely as possible. Remember that your child will most likely get dirty at camp, so old clothes are the best. Please be sure to include a raincoat or rain poncho, or appropriate winter gear (winter coat, gloves, waterproof boots) if snow is forecasted. Students will shower twice during their stay.

**Payment:** Please submit payment directly to your student's school. We only accept payment directly from the school administration.

**Thank you for joining us in making a wonderful sixth grade  
outdoor education experience for your child possible.**

# Camp Rules and Discipline Policies

Camp rules and policies have been carefully established to meet the emotional and physical needs of our students.

## Orientation

All students begin their stay with an orientation. They will meet with the education staff and clearly discuss camp rules which revolve around the YMCA's character values of caring, honesty, respect, and responsibility.

## Getting back on track

If a student makes poor choices, a staff member will discuss the issue with the student and will fill out a responsibility card that details how the student will behave in the future. If problems continue, conversations that include the instructor, classroom teacher, and phone call to parent/guardian will take place. Any further issues may result in the student's dismissal from camp without a refund. Parents are responsible for immediate transportation home.

We put a lot of energy into maintaining a positive approach. The agreements are not a "punishment", but rather a tool to help students be responsible for their behavior and get back on track!

## Reasons for the Rules

Our standards are a result of the high expectations we must meet to provide 24 hour care for the students we serve. The natural environment, outdoor activity schedule, and resident setting all require that we take safety very seriously. If a child exhibits defiance, lack of respect, fighting, stealing, hateful speech, or any other behavior that puts either themselves or others in danger, they cannot remain as a participant in our program.

## Equipment List

Please be sure to mark your child's name clearly on all items. The camp is not responsible for any lost or misplaced items or clothing. The following list will help your child to be prepared so that they can have the best experience possible!

### What You Must Bring to Camp:

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| _____ Chap Stick or lip balm             | _____ *Raingear (plastic ponchos work well)                      |
| _____ *Sleeping bag or blankets & sheets | _____ 2 pairs of athletic shoes or boots that can get very dirty |
| _____ Pillow                             | _____ *Warm jacket or coat                                       |
| _____ Towel                              | _____ *2 sweatshirts or sweaters                                 |
| _____ Soap and shampoo                   | _____ Warm shirts or turtlenecks                                 |
| _____ Toothbrush and toothpaste          | _____ Long pants (3 or 4 pair)                                   |
| _____ Brush or comb                      | _____ Pajamas or something to sleep in                           |
| _____ Deodorant                          | _____ Short sleeved shirts or T-shirts                           |
| _____ Hat with a brim or visor           | _____ Underclothing  |
| _____ Sunscreen                          | _____ *6 pairs of socks  |
| _____ Bag for dirty clothes              | _____ Water bottle   |

**IMPORTANT: Please check the weather forecast and adjust packing accordingly. Rain, snow, and sun are all possibilities depending on the time of year.**

### Optional Equipment:

Inexpensive camera, gloves, beanies, scarves, day pack, stationary, stamps, envelopes, and school appropriate reading materials.

\*\*\*PLEASE DO NOT BRING\*\*\*

Cell phones, Radio, iPod, MP3 player, video games, food, candy, gum, knives/razors or anything that might be considered a weapon, scented hair spray/gel/mousse, fragrant lotion, perfume, make-up, or any item of great personal or monetary value

Please give store Money to your child's teacher in an UNSEALED standard size envelope filled out in the following format

**NAME (first & last)**

**\$\_\_\_\_\_ (Amount)**

**Teacher Name**

**School Name**

Charges can be made at the camp store at designated times during the week. Unused money will be returned at the week's end unless you write "DONATE" under your child's name. All donated funds will go towards purchasing equipment and developing displays for our Outdoor Education Center.