



Dear Camper,

We are glad you will be joining us for **Catalina Island Sea Kayaking: July 9 - 14, 2017!** This letter contains important information about your trip, so please review it carefully with your parent/guardian.

After we meet at either the Escondido or the Corona drop-off on Sunday (please see transportation information on the next page), we will drive to the ferry terminal at San Pedro outside of Los Angeles and take the ferry to Two Harbors. We will spend the night at the Two Harbors campground where we will set up camp and begin to get to know each other. On Monday we will get our kayaks, practice packing our gear, learn the basics of kayaking safely in open water, and continue exploring Two Harbors. Over the next four days we will make our way along the coast toward Avalon, discovering sea caves, snorkeling around reefs, relaxing on warm sandy beaches and exploring inland hiking trails. The trip finishes in Avalon on Friday, where we will catch the ferry back to the mainland.

Please note that the trip will be finalized in June, once we have a good sense of weather and water conditions in the area. The Wilderness Trip Leaders will be in touch about two weeks prior to the trip date with these details, as well as to answer any questions you may have about the trip, the packing list, etc.

One focus of the experience will be on developing community within a wilderness setting. Participants will learn to function as a team by working with a partner in a tandem kayak, practicing group decision-making skills and by sharing community tasks like campsite set-up, food preparation and clean-up. We will also learn basic touring kayak skills during the trip which include low-impact camping based on the "Leave No Trace" guidelines. Many of the skills used for kayak expeditions are similar to backpacking, including pace-setting, route-finding, packing systems, and backcountry cooking.

Weather on the island is usually mild, with highs in the mid-70s and lows in the 50s. There is usually some cloud cover in the mornings that burns off by late morning or early afternoon providing beautiful sunny days. It is important to bring a range of clothing that can accommodate the changes in weather throughout the trip. Once out on the water we will be unable to change what we've brought, so it's important to be prepared.

In addition to bringing the proper equipment, it is important to be physically prepared for the trip in order to best enjoy your time. We will be kayaking 3-5 miles a day which can take anywhere from 2-5 hours depending on conditions on the water. This means continually paddling with a partner (not paddling = not moving!). Kayaking over distance can be physically demanding and it is highly recommended that you prepare by jogging, swimming, biking or engaging in other exercise in the weeks leading up to the trip.

Please check the equipment list carefully and be sure to bring **all** the mandatory equipment listed. It is a good idea to label your personal items. Keep in mind that everything in the kayak could potentially get very wet! We will supply dry bags to store your personal items that need to stay dry (sleeping bags, clothing, camera, etc.). We will be sleeping outside every night, so sleeping bags are required. Because of the mild weather, tents aren't required, but you may wish to bring one. Both sleeping bags and tents can be rented from local sporting goods stores. If you are having trouble locating the mandatory gear, please call us. You may wish to bring some extra spending money to buy snacks at gas stations, on the ferry, or in the town of Avalon.

Please be prepared to receive a call from our trip leaders about two weeks prior to the start of the trip to check in with both parent/guardian and camper to make sure everyone is both physically and mentally prepared for our adventure. If you will be on vacation during this time, please let us know the best way to contact you.

If you have any questions or concerns regarding equipment or trip details please call us. We are happy to help!



Joe Kiefer, Summer Camp Director
 Joe@campstevens.org

INFORMATION FOR PARENTS/GUARDIANS

IMPORTANT TRANSPORTATION INFORMATION		
Camper Drop-Off	Sunday, July 9	
Escondido, CA	10AM	Parking lot to the left of McDonald's play place Off the I-15 Via Rancho Parkway Exit: 3400 Del Lago Blvd.
Corona, CA	11:30AM	St. John's Episcopal Church: 526 Magnolia Ave. Exit I-15 S at Ontario Ave, turn right to Magnolia Ave. and right to the Church parking lot
*Camper Pick-Up	Friday, July 14	
*Corona, CA	5:00pm	St. John's Episcopal Church: 526 Magnolia Ave. Exit I-15 S at Ontario Ave, turn right to Magnolia Ave. and right to the Church parking lot
*Escondido, CA	6:30pm	Parking lot to the left of McDonald's play place Off the I-15 Via Rancho Parkway Exit: 3400 Del Lago Blvd.
Contact the Camp Stevens office (760) 765-0028 with transportation issues.		

**Due to the ferry schedule, the camper pick-up times on Friday, July 14th will be considerably later than other trips. Please help us stay on schedule by arriving 15-20 minutes early to your designated pick-up location.*

Please make sure to complete and return the following at least two weeks prior to the session.

- ❑ **Medical Information Form:** Please complete the entire form (including having the backside completed by a doctor if necessary), make a copy for your records and return the original to Camp Stevens. It is very important that you provide us with any and all relevant information, including medications and behavior information, so we can provide the best experience for your child. Certain medical conditions, including being under a doctor's care, require that we have a copy of a medical examination within the last two years for admission to camp. One medical form is good all summer, if the consent form is dated through **September 2017**.
- ❑ **Wilderness Program Release and indemnification Form:** The Parent/Guardian should initial and sign the top section of this form. The camper is to sign the lower section of the form.
- ❑ **Rental Agreement and Waiver for Descanso Beach Ocean Sports Inc.:** Parent/Guardian and camper must complete and sign this form.
- ❑ **Camp Fee:** Full payment is due by **May 31, 2017**. Make checks payable to Camp Stevens and mail to: Registrar, P.O. Box 2320 Julian, California 92036. Call the Camp Stevens office at (760) 765-0028 to pay with a debit/credit card. We accept Visa, MasterCard, American Express and Discover.

PLEASE READ THE FOLLOWING CAREFULLY

CANCELLATION POLICY Cancellations by that date will receive a full refund, less the \$100 deposit. There will be no refunds after **May 31, 2017** except in medical emergencies when 50% will be refunded.

POSSESSION of illegal drugs, alcohol or weapons will result in immediate removal from the trip.

EARLY DEPARTURE In the event that a camper needs to be extracted before the end of the Wilderness Trip, parents or guardians will be notified as soon as possible by the trip leaders, and will be responsible for driving to San Pedro and taking the ferry to either Two Harbors or Avalon to pick up their child. There is no refund for campers who leave early.

SPECIAL NEEDS, including dietary, medical and behavioral needs, as well as recent major life changes, are something we'd like to know about prior to your camper's arrival. Contact the Camp Stevens office at (760) 765-0028 or registrar@campstevens.org and we'll be happy to talk to you about the needs of your child.

PACKING LIST: Catalina Island Sea Kayaking

*Since everything could potentially get wet, we recommend packing water-sensitive items in Ziploc bags.

MANDATORY EQUIPMENT

- Backpack or suitcase to get your things to and from the island (via ferry) ***We recommend something with wheels or that is easily carried while walking for up to 30 minutes. These items will be transported from Two Harbors to Avalon by vehicle, and will not need to be stowed in our kayaks.***
- Lightweight sleeping bag, warm to 30 degrees, in a compression stuff sack (**NO COTTON!**)
- Compact foam or inflatable sleeping pad
- Mug/cup with lid, spoon & fork, bowl
- 2 durable, plastic 1-liter water bottles with a secure top to prevent leaking (Nalgene/Sigg/Camelbak)
- Water Shoes (sandals with heel strap or water socks)
- Dry shoes for camp and light hiking: tennis shoes, sandals with heel strap, Crocs. No flip flops, please!
- Water resistant sunscreen (SPF 30 or higher) and lip protection (SPF 15)
- Headlamp with extra batteries
- Prescription and regular medications (to check-in with staff upon arrival)
- 2 heavy duty trash bags for extra storage in the kayak
- Sunglasses with a strap
- Lightweight daypack
- Personal Items: Washcloth & towel, biodegradable soap, insect repellent (optional), toothbrush & toothpaste, O.B. (biodegradable) tampons for women (everything as small as possible)

MANDATORY CLOTHING: Layering in multiple, relatively thin layers of clothing rather than one or two thick, heavy layers provides versatility over a range of temperatures and activity conditions. Think in terms of three layers: wicking, warmth, and weather. The wicking layer should be polypro or wool. It's a thin layer that gets moisture away from the skin. The warmth layer (fleece, knit wool, or fill) captures the body's radiant heat. The final weather layer (Goretex-type fabrics) blocks outside moisture and wind while still allowing the body to ventilate. It is important that your clothes be made of **non-cotton materials**. When cotton gets wet it conducts heat away from your body and takes a long time to dry. Please pack only synthetic materials or wool, for these materials keep you warm even if wet and dry quickly. It is also important that you are able to change out of your wet clothes into dry ones, so make sure your "kayaking clothes" aren't your main source of warmth.

- Lightweight, compact towel (synthetic material recommended)
- Wool or synthetic socks
- Pants: 1 pair, long, strong and comfortable
- Shirts: 2 T-shirts (wicking layer)
 - 1 long sleeve shirt
- One heavy/mid layer (wool/polar plus/fleece/down)
- Underwear
- Rain Jacket
- Bandana
- Swimsuit
- Wide brim hat for sun protection
- Clean set of clothing for the ferry trip home (to be left in your suitcase)

OPTIONAL EQUIPMENT

- Small 2-person backpacking tent (to be shared with one other camper)
- Wetsuit (recommended)
- Sea-sickness medication
- Notebook or sketchbook & pencil or watercolors
- Small paperback book
- Water-safe camera (no phones)
- Duct tape (wrap around water bottle or pen)
- Cards or other games for evenings
- Small beach games (Frisbee, hacky sack, etc.)
- Wool or fleece ski cap/beanie
- Pocketknife –small, lightweight, and folding (No sheath knives!)
- Compass, wristwatch
- Snorkeling gear (swim goggles work well too)
- Fishing gear (with license if over 15)

Please call if you are unable to find any of the mandatory items. We will do our best to make sure you get what you need!

Frequently Asked Questions Regarding Health and Wellness

Our friendly, qualified and experienced nursing staff wants to work with your family to make sure your campers have a positive experience at camp. Here are some frequently asked questions about our health care philosophy:

What if my child doesn't feel well before they come to camp/leave on their trip?

It's probably better if your child stays home and gets better. The wilderness is a hard place to feel sick as well as an easy place to spread sickness to others.

If my child gets sick on a Wilderness Trip, will I be notified?

Absolutely. If your child is not feeling well for more than a couple of hours, we will let you know as soon as possible. If your child's symptoms persist for more than 24 hours, we will recommend he/she goes home to get better.

How does treatment of injury or illness work on a Wilderness Trip?

Our Wilderness Trip leaders are trained and certified in Wilderness Medicine, and will be the primary source of prevention and treatment when necessary while on a wilderness trip. The Wilderness Trip leaders keep a log of treatment so that we can monitor campers closely. If the injury or illness requires a trip to the doctor you will be immediately contacted and we will work with you to make the best plan possible.

If my child has a special behavioral or medical need, what should I do?

Special needs, including dietary, medical and behavioral needs, as well as recent major life changes, are something we'd like to know about prior to your camper's arrival. Contact the Camp Stevens office at (760) 765-0028 or registrar@campstevens.org and we'll be happy to talk to you about the needs of your child.

What happens if my child is sent home during the week for medical, behavioral, or other reasons?

In the event that a camper needs to be extracted before the end of the Wilderness Trip, parents or guardians will be notified as soon as possible by the trip leaders, and will be responsible for driving to San Pedro and taking the ferry to either Two Harbors or Avalon to pick up their child. There is no refund for campers who leave early.

MEDICAL INFORMATION FORM
PARENT/GUARDIAN SECTION (Please print)

CAMPER'S NAME _____ CAMP SESSION _____ DATES _____

Parent/Guardian _____
Last First Middle Initial Address _____

City _____ State _____ Zip _____ Phone (____) _____ Emergency Phone (____) _____

M ___ F ___ Birth Date _____ Physician _____ Phone (____) _____

PARTICIPANT'S HEALTH HISTORY: Please check:

ASTHMA*	<input type="checkbox"/> Yes <input type="checkbox"/> No	ADD/ADHD	<input type="checkbox"/> Yes <input type="checkbox"/> No	Headaches	<input type="checkbox"/> Yes <input type="checkbox"/> No
HEART DEFECT/DISEASE*	<input type="checkbox"/> Yes <input type="checkbox"/> No	Head Lice (recent)	<input type="checkbox"/> Yes <input type="checkbox"/> No	Fainting	<input type="checkbox"/> Yes <input type="checkbox"/> No
SEIZURES*	<input type="checkbox"/> Yes <input type="checkbox"/> No	Bed wetting	<input type="checkbox"/> Yes <input type="checkbox"/> No	Ear Infections	<input type="checkbox"/> Yes <input type="checkbox"/> No
DIABETES*	<input type="checkbox"/> Yes <input type="checkbox"/> No	Sleepwalking	<input type="checkbox"/> Yes <input type="checkbox"/> No	UNDER DR.'S CARE*	<input type="checkbox"/> Yes <input type="checkbox"/> No
RECENT HOSPITALIZATION*	<input type="checkbox"/> Yes <input type="checkbox"/> No	Tuberculosis	<input type="checkbox"/> Yes <input type="checkbox"/> No	Other(explain below)	<input type="checkbox"/> Yes <input type="checkbox"/> No

* Note: If "Yes" for any BOLD* items above, a Doctor's written authorization is required prior to attending camp. (Form on back of this page.)

Childhood Diseases: _____

Date of last Tetanus injection _____ **Date of last Physical Exam** _____

List all reactions to any medications . _____

Food allergies or other allergies? _____

List any recent operations or injuries which would be helpful to camp Medical staff _____

Any recent illness (past two months)? _____

List any medications being sent to camp (all medications must be in original container.) _____

Is there any special medical or dietary care needed? _____

Are there any restrictions in any of the physical programs (swimming, hiking, games, etc.?) _____

Use this space to provide any additional information about the participant's behavior and physical, emotional or mental health about which the camp should be aware. _____

Insurance Information

Medical Insurance Carrier _____ Policy and/or Group # _____

THE FOLLOWING MUST BE COMPLETED

Unless this form is signed by a parent or guardian, the Camp cannot get emergency help for your child in case of injury. This technical wording is controlled by the dictates of State Law. Thank you for your cooperation.

AUTHORIZATION TO CONSENT TO TREATMENT OF MINOR

(I) (We), the undersigned, parents of _____, a minor, having legal custody of said minor and having entrusted said minor into the care of the agent(s) hereinafter named, do hereby authorize the staff of Camp Stevens as agent(s) for the undersigned to consent to any x-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care which is to be rendered under the general or special supervision and upon the advice of any physician and surgeon licensed under the provisions of the Medicine Practice Act or to consent to any x-ray examination, anesthetic, dental or surgical diagnosis or treatment and hospital care to be rendered to said minor by a dentist licensed under the provisions of the Dental Practice Act, whether such diagnosis or treatment is rendered at the office of said physician or at a licensed hospital, or at any other place or places.

This authorization is given pursuant to the provisions of Section 25.8 of the Civil Code of California.

The undersigned further agree(s) to indemnify and hold harmless the Protestant Episcopal Church in the Dioceses of Los Angeles and San Diego, each and any of its institutions, societies or subdivisions, and each employee or agent of any of them, from any loss, cost (including cost of investigation or defense of claims and legal fees), liability or damage which may be sustained or may rise out of the performance, non-performance or mis-performance of any examination, anesthetic, diagnosis, treatment or hospital care performed as a result of or following any consent or purported consent by said agent(s) hereunder.

It is understood that this authorization is given in advance of any specific examination, diagnosis, treatment or hospital care being required but is given to provide authority and power on the part of our aforesaid agent(s) to give specific consent to any and all such examination, diagnosis, treatment or hospital care which the aforementioned physician may advise.

This authorization shall remain effective through _____ unless sooner revoked in writing delivered to said agent(s), no revocation shall render said agent(s) liable, nor place said agent(s) under any duty, with respect to any consent given hereunder prior to actual receipt by said agent(s) of such revocation.

Dated: _____

Parent/Guardian Signature

NO ONE WILL BE ADMITTED WITHOUT THIS FORM
Complete Both Sides of this Form

RENTAL AGREEMENT AND WAIVER for Kayak Campers

• Rental Agreement •

RENTER agrees to rent from DESCANSO BEACH OCEAN SPORTS, Inc. (dba Catalina Island Expeditions™, DBOS, Ocean Sports) the equipment listed on the reverse of this document, subject to the following Conditions and Rules of Operation.

All campers have read the pages "kayak camping on your own" on our website: KayakCatalinaIsland.com

2x2 grid box

2x2 grid box

Descanso Beach Ocean Sports is not responsible for predetermining a paddler's skill or ability. Paddlers should be competent in the equipment they are renting, and practised in emergency procedures and open water rescues: self and assisted. Rescue services are not included in this agreement.

Renter must wear a USCG approved Personal Flotation Device (PFD) whenever using any water-craft rented under this agreement, and must follow all instructions given by DBOS personnel.

2x2 grid box

2x2 grid box

Renter is aware that offshore winds (winds that blow from shore out to sea) and fog are potentially dangerous and is advised to return immediately to shore if these conditions arise.

It is highly recommended that paddlers use the buddy system.

4x1 grid box

2x2 grid box

The Renter will be responsible for any costs arising from: Damage to or loss of the equipment; adjustments in the rental period; or any other costs directly or indirectly attributable to neglect, negligence, equipment misuse or failure, or breach of contract by the Renter. Costs are the responsibility of the renter, and are due and payable upon demand. If the equipment is stolen while in the Renter's possession, Renter will reimburse DBOS at the equipment's Fair Market Value as determined by DBOS.

• Voluntary Waiver, Release from Liability and Indemnity Agreement •

print ALL name(s)

I, _____, _____, _____, _____, and _____

am aware that using watercraft including but not limited to kayaks, and snorkel equipment, exposes me to certain hazards, including but not limited to: death or injury; illness or medical emergency, including the risk of drowning; and damage to, loss or theft of equipment or other personal possessions, during the use of the watercraft, or snorkel gear. I hereby release, indemnify and hold harmless: Descanso Beach Ocean Sports, Inc.; Catalina Island Resort Services (CIRS); Santa Catalina Island Co.; Santa Catalina Island Conservancy; Two Harbors Enterprises; The City of Avalon; Scuba Schools International (the Releasees) and all of their owners, employees, contractors, agents and officers from any and all liabilities, cause of action, claims, demands, costs or debts of any kind or nature arising out of negligence or otherwise and whether brought by me, my heirs, executors or assigns, or by any third persons. I assume the risks of the use and transport of the watercraft, snorkel gear to be used by me, and all of the hazards and dangerous conditions associated with its use and transport. This equipment is for my own use and I will not allow others to use it. I have carefully read and fully understand this entire contract. I am aware that this is a Release of Liability arising from negligence, and that I am assuming all risks, known and unknown, and that this is a contract between myself, DBOS, and the Releasees above involving my giving up important legal rights. I agree to the terms and conditions of this contract. I am signing this of my own free will.

Signature Date

Signature Date

Signature (of parent or guardian if renter is a minor) Date

Signature (of parent or guardian if renter is a minor) Date



Photography / Video Statement - your chance to help DBOS gain recognition in the world.

Please note that any photographs and videos taken at the above named business on Catalina Island may be used in printed and electronic publications, website entries, and marketing materials produced by DBOS et al. In visiting DBOS, Descanso Beach Ocean Sports, Inc., Catalina Island Expeditions™ located on Catalina Island, you hereby waive the right to inspect or approve the finished product and waive any right to royalties or other compensation arising or related to the use of the photograph or video. If you would like an electronic copy of the photograph or video, please contact us directly, Thank you. Please take the time to comment on our Facebook page or other social media, we appreciate your kind reviews!