



CAMP STEVENS
Post Office Box 2320
Julian, California 92036
Episcopal Dioceses of
Los Angeles and San Diego

Dear Camper,

We are glad you'll be joining us for the **Ten-Day Trek: August 2 - August 12, 2017!** The information in this letter is very important for your trip, so please read it thoroughly with your parent/guardian.

After we meet at either the Escondido or the Corona drop-off locations on Sunday (please see transportation information on the next page), we will all head north together to the trailhead campground, where we will set up camp and begin to acclimatize our bodies to the altitude. Monday morning, we will go on a short day hike to stretch our legs and become more familiar with hiking and trail etiquette as well as begin to organize the communal food and gear and make final preparations for our journey into the wilderness. During the next 7 days we will hike into the open high country of trout-filled lakes and wide open views of majestic peaks. We will return to the trailhead on Monday and drive south on Tuesday, dropping everyone off for pick-up at either the Corona or the Escondido location.

We will be backpacking in the Eastern Sierra Nevada Mountains. Please note that the trip route and destination will be finalized in June, once we have a good sense of weather and trail conditions. The Wilderness Trip Leaders will be in touch approximately 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 work together as a team by practicing group decision-making skills and by sharing community tasks like campsite selection and food preparation and clean up. We will also learn basic backpacking skills during the trip which include low impact camping based on the "Leave No Trace" guidelines. Additionally, we will learn how to use and maintain equipment.

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. Your pack must be light, with non-essential items kept to a minimum as you will need to carry an additional 10-15 pounds of food and community equipment provided by the camp. Remember: You will be carrying all the gear you pack. In some cases, less is more!

You need to have a warm **non-cotton** sleeping bag (down, polarguard, or holofill and not too heavy) that is sufficiently warm for temperatures down to 20 degrees. Temperatures in the High Sierras can vary from warm to freezing in a day! The weather is typically warm during the day and cold at night and it is not unusual to have unexpected and severe thundershowers with even freezing temperatures, sometimes accompanied with snow. High quality sleeping bags, backpacks, and other gear can be rented from local sporting goods stores, and is recommended if you do not already own the required gear. It is **very** 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, as these materials keep you warm even when wet, and they dry quickly.

Hiking with a bag that is fitted for your body type and size, breaking in your new hiking shoes, and hiking with your pack weighted to get a sense of how it feels, are all **very important** aspects of physically preparing for

your trip, both for yourself and for the group. We will be hiking anywhere from 4-7 miles each day with elevation changes ranging from a few hundred feet to well over a thousand feet. Much of the hiking will be on a trail, however it is possible that we may do some cross country hiking. Preparing physically for the trip will make sure that you get the most out of your experience, spend less time adjusting to the drastic environmental changes and physical requirements, and spend more time exploring your new environment. Hiking with your weighted pack, running, biking and other exercise in the months and weeks leading up to the trip is as essential as bringing the proper equipment. The more you prepare before the trip, the more energy you will have during the trip. Please hike regularly with you weighted pack several weeks prior to the trip to help make your own and our group's experience more enjoyable.

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 you, and your parent/guardian, to make sure everyone is both physically and mentally prepared for our adventure. If you will be on vacation during early July, please let us know the best way to contact you.

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



Joe Kiefer, Summer Camp Director
 Joe@campstevens.org

Transportation Information

Camper Drop-Off **Wednesday, August 2**

Escondido, CA	10:00AM	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 E. Ontario Ave., right to Magnolia Ave., right to the Church parking lot

Camper Pick-Up **Tuesday, August 12**

Corona, CA	2:00PM	St. John's Episcopal Church: 526 Magnolia Ave. Exit I-15 S. at E. Ontario Ave., right to Magnolia Ave., right to the Church parking lot
Escondido, CA	3:30PM	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.

INFORMATION FOR PARENTS

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.
- ❑ **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. To pay by debit/credit card, return to your online registration or call the Camp Stevens office at (760) 765-0028. We accept Visa, MasterCard, American Express and Discover.

PLEASE READ THE FOLLOWING CAREFULLY

CANCELLATION POLICY Cancellations by **May 31, 2017** 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.

BUS OR VAN TRANSPORTATION If you have not already signed up for bus transportation TO camp and would like to, please return to your online registration, or contact the Camp Stevens registrar at (760) 765-0028 or registrar@campstevens.org. Camper pick-up will be at the times and locations listed above.

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

If **EARLY DEPARTURE** for a camper for either medical or behavioral reasons is required, parents or guardians will be notified as soon as possible by the trip leaders, and will be responsible for driving to a predetermined location near Bishop, CA to pick up their child. There is no refund for campers who leave early.

SPECIAL NEEDS are something we'd like to know about prior to your camper's arrival. Please let us know so that we can provide the best possible experience for every child.

EQUIPMENT LIST FOR BACKPACKING BASICS TRIP

MANDATORY EQUIPMENT (Packs, tents, and sleeping bags can be rented from local sporting goods stores)

- Internal or External frame backpack with padded waistband (at least 5,000 cubic inches or 65-80 L) (we recommend renting a backpack instead of buying one online, as it is very important to try on a weighted backpack before purchasing. An ill-fitting backpack is the first thing to ruin a trip!)
- Small 2-person backpacking tent (to be shared with another camper)
- Lightweight sleeping bag warm to 20 degrees in a compression stuff sack (Down, Holofill, Polyguard -- **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)
- Headlamp with extra bulb and batteries
- Personal Items: (Everything as small as possible) Washcloth/towel, biodegradable soap, insect repellent (optional), toothbrush & toothpaste, O.B. tampons for women, etc.
- Sunscreen (SPF 50 or higher) and lip protection (SPF 15)
- Prescription and regular medications (to check-in with staff upon arrival)
- Sunglasses & Bandana
- Whistle
- Space blanket
- Wristwatch

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 also important that your clothes be made of **non-cotton materials**. Please pack only synthetic materials or wool, as these materials keep you warm even if wet and they dry quickly.

- Comfortable Hiking Boots: Good quality and well broken in with ankle support. (New boots create new blisters!)
- Socks: 2 pair heavy wool
 - 2 pair thin polypropylene or silk inner (for moisture wicking and blister control)
- Pants: 1 pair, long, strong and comfortable (no jeans!)
- Shirts: 2 T shirts (wicking layer)
 - 1 long sleeve "work" type shirt
 - 1 heavy/ mid layer shirt (polar plus/fleece/down/ warmth layer)
- Expedition Weight long underwear (It will very cold at night! **Non- cotton!**)
- Underwear
- Hiking shorts/swim wear
- Hat (wide brim for sun protection)
- Wool beanie, Gloves/mittens
- Rain Jacket (for protection against freezing wet wind!)
- Pack cover or durable trash bags large enough to cover pack (Thunderstorms are common)
- 2 small durable trash bags for boot rain covers
- Clean set of clothing for the van drive home on Friday (to be left in the van)

OPTIONAL EQUIPMENT

- Trekking poles
- Nylon cord & lightweight carabineers to hang equipment
- Camp shoes: Tennis shoes, sport sandals, crocs.
- Small paperback book
- Journal and Pencil
- Camera (no phones)
- Fishing gear (including a license if you're over 15)
- Duct tape (wrap around water bottle or pen)
- Pocketknife (Small & folding: No Sheath Knives!)
- Large Ziploc bags for waterproof storage

Please call us if you are unable to find/purchase 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.

Are the other people at camp trained in First Aid and CPR?

Yes! All resident counselors, staff and directors are trained and certified with at least basic First Aid and CPR.

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 a predetermined location near Bishop, CA 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 _____ Address _____
Last First Middle Initial

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**

