

Camper Packet

The Catalina Experience™ at White's Landing

PLEASE MAKE A COPY FOR ALL CAMPERS AND CHAPERONES

THE CATALINA EXPERIENCE INFORMATION AND ORIENTATION

The Catalina Experience is located on Catalina Island west of the town of Avalon at White's Landing. White's provides a setting for retreats that is free from many of the mainland distractions. It is a place to appreciate nature and a simple lifestyle. An understanding of the following information and guidelines will make your stay at White's a more enjoyable one.

For those of you who are first time visitors to The Catalina Experience, it is a rustic camp. The accommodations are **tent style** and **lack electricity**. For that reason, campers are encouraged to bring an electric lantern or flashlight for the evening. Open flame or propane lanterns are prohibited due to fire hazard.

Or Staff: At the Catalina Experience, we acknowledge the trust you have in our staff to show your children a wonderful time, but more importantly keep them safe. For that reason, we have taken every precaution to ensure that our campers are under the greatest possible supervision available. Upon hiring, all staff successfully passed a background check. All program staff carry current First Aid and CPR certifications. Finally, all of our staff have been hand picked for leadership qualities that will heighten the experience of our campers, guaranteeing a camp experience they will remember for a lifetime.

Facilities: The camp compound consists of the following:

1. Enclosed cabins and deck mounted tents
2. No electricity available in tents
3. Centrally located restroom pavilions with flush toilets, hot showers and power outlets
4. Enclosed dining hall and patio seating
5. Camp store with soda, candy, books, clothes and sundries

Recreation: Waterfront- swimming, sea kayaks, snorkeling, boogie boards, lounge chairs, and marine specimen touch tank

Land Based- low ropes course, astronomy, basketball, volleyball, horseshoes, GPS scavenger hunt, night time scavenger hunt and campfire.

Water Use: Catalina Island is a desert island where water is considered a precious resource. All campers are asked to conserve water wherever possible (especially during showers).

Smoking and Fire: Due to extreme fire danger and camp isolation no smoking is allowed in camp except adults at the waterfront. No playing with matches, lighters or fireworks. Fire extinguishers are conveniently placed near sleeping areas, and a \$50.00 fine will be charged against any individual who discharges one without compelling reason.

Alcohol and Drug Use: Use of alcohol by minors or use of illegal drugs by anyone will be cause for automatic dismissal from camp. All travel and related expenses incurred will be borne by the dismissed camper and all camp fees will be forfeited. Such activities are contrary to the very purpose of the camp and will jeopardize future use of the camp by the individual.

Disciplinary Action and Property Damage: Any youth sent home for disciplinary reasons will pay all travel and related expenses, forfeit all camp fees and must make full payment for any damaged property.

Hiking: Staff does not maintain any hiking trails beyond camp property lines. However, there are various hiking areas. Hiking outside of camp requires checking out at the camp office and hiking with a partner. No hiking or climbing on cliffs is permitted, and hiking into Avalon is not possible due to the distance required.

Dining: Dining at White's is "buffet style". Additional portions are available once everyone is served. Shirts and shoes are required at meal times.

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Cabin Conduct: Cabins are NOT Co-Ed during youth camps. There is a boys and a girls side of camp, separated by a road. No food is allowed in cabins where wild animals may enter to find snacks. Fines will be charged for defacement of buildings or equipment.

Waterfront: Waterfront use is allowed at designated times, and only while a lifeguard is on duty. Diving from the pier is strictly prohibited. There is no SCUBA or spear fishing permitted unless special permission has been granted. Snorkeling equipment and wetsuits are available for camper use free of charge.

Camp Store: The Catalina Experience operates a camp store for your convenience. The store hours are set by the Camp Manager at specific times during your camp itinerary.

U.S. Mail: Mail is picked up and sent to Avalon at 1:30 p.m. daily. A mailbox for outgoing mail is located outside the dining hall. Please do not send mail to White's. The short stay of your camper will not permit receipt.

Medical Facilities/ First Aid: There is a first aid station on site. More serious conditions will be sent to Avalon or 911 will be called, bringing emergency help via Avalon Baywatch. Campers should carry a medical insurance card, and the medical release form (included in this packet) must be completed prior to arrival at camp.

Contacting Camp: Please telephone The Catalina Experience only in emergencies. The number is 888-829-5553.

Camper Packet — What To Bring

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There are many items that campers will want to bring to TCX. Some are necessary and some may just be extra baggage that they may never use. This is a short trip and the campers should pack appropriately.

We advise that campers bring no more than they can comfortably carry. Your campers will have to carry their luggage not only on and off the boat, but also up a field to their tent cabins when they arrive at White's Landing. They will have to repeat that process on their day of departure.

Be sure to mark all clothing before arrival on the island.

<u>Essential items:</u>	<u>Not essential but desired by many:</u>	<u>Do not bring:</u>
Old shirts and shorts	Sunhat	Knives
Jeans or old pants	Sunglasses	Spear guns
Long sleeved shirt	Camera and film	Firecrackers
Raincoat or poncho	Pillow	Curling Irons
Underwear	Day Pack	Valuables
Bath towel	Contact lenses (glasses cannot be worn under masks. TCX does not offer optical snorkeling masks.)	Alcohol or drugs
Toothbrush and paste	Extra swim suit	TV's, radios, etc.*
Swim suit	Extra blanket	Video games
Large beach towel	Fold up Chair	Water guns
Warm Sleeping Bag		Water balloons
Flashlight		Gum
Tennis shoes/ hiking boots		Cell phones*
Sunscreen		
Toiletries		
Water bottle		
Warm sweater or sweatshirt		

***If campers use mp3 players or electronics on the trip over, please collect them and place them in a safe place. We discourage children from bringing cell phones to camp, however, adults may bring cell phones as necessary. TCX does not assume responsibility for lost/stolen items.**

Please pack personal gear in a suitable container. NO LARGE TRASHCANS. Soft luggage or duffle bags are best. Also, tying sleeping bags to the rest of the luggage can make it harder to load on and off the boat. Please keep luggage pieces separate and well marked with the campers name, organization and THE CATALINA EXPERIENCE.

INCLEMENT WEATHER

The weather on Catalina Island is usually very good. However, it is possible to have rain, wind, fog, or a combination of these conditions at any time. All campers and chaperones should have rain gear. Plastic trash bags can function as an inexpensive, although not very durable, rain poncho. If there are bad winds, it is possible that your boat transportation will be postponed until the winds have died down. **Be prepared for all types of weather!**

It is prudent to pack plastic bags for wet articles from rain or last-morning water activities.

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DEPARTURE PROCEDURE

Prior to departure from White's Landing, campers will sweep out and clean their tent-cabins, clear the sand off the mattresses and pick up any debris around the tent. TCX Instructors will check each tent for cleanliness and damages before dismissing the group. Luggage will be carried by the students to the designated area to await departure.

The boat may return to the mainland via other camps or Two Harbors.

SAFETY INFORMATION

EMERGENCY PROCEDURES

In the event of a fire or other facility emergency adults are responsible for moving campers to an appropriately safe location. This procedure will be covered during the orientation upon arrival. Campers should not tamper with fire fighting equipment. Campers who discharge fire extinguishers without just cause will have to pay a \$100.00 recharging fee.

Fire: If any person spots a fire, they should sound the alarm immediately, report to the program office and explain the situation to the TCX staff. Upon hearing the alarm, all guests at White's Landing are to report to the waterfront. The leaders are to account for all their campers. **DO NOT ATTEMPT TO FIGHT THE FIRE!**

Lost Child: The TCX staff has been instructed as to the proper procedure for a lost child. Paramedics and the Sheriff are available for emergency situations.

MEDICAL PROCEDURES

If an accident of any type occurs, report it immediately to a TCX staff member. If first aid is required it will be administered by a qualified individual. All TCX instructional staff are certified in First Aid, and CPR; Paramedics will be contacted for major accidents. Problems requiring a doctor's attention, other than accidents handled by paramedics, will have to go to Avalon or the mainland for attention. In the event of any accident that requires a student to be taken off site for medical attention, TCX staff will notify parents of that student. Camper illnesses that last 3 days or longer will also warrant parental notification.

Student Medications: The school group leader will be responsible for distribution of all medication required by the campers.

STUDENTS WITH COMMUNICABLE ILLNESSES

During the course of a visit, any camper or other guest at White's Landing that shows symptoms of chicken pox, measles, or any other communicable disease will, be restricted from program participation and sent home at the earliest opportunity. Please do not bring any sick campers or chaperones to The Catalina Experience. Fevers, flu and colds are just a few examples. This policy is in consideration of the affected person's comfort and the health and well being of the remaining campers and TCX staff.

Camper Packet — Meals

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All meals are set up buffet style with a hot meal and a salad bar. Campers will all come into the dining hall and sit down at their designated tables and wait to be dismissed. After each meal a clean up crew from each group will stay behind to clean all the tables and sweep the floor.

General Guidelines:

- All campers and adults are to stay in the dining hall until announcements are given.
- Campers should enter the dining hall in an orderly fashion.
- All campers will be responsible for bussing their own dishes.
- A group of campers from each group will stay after the meal, with a chaperone, to help clean the dining hall.

Students need to be courteous and take only what they can eat.

SAMPLE MENU

Breakfast:

- Oatmeal and Scones, French Toast, Scrambled Eggs and Hash browns, Breakfast Burritos
- Sides: Bacon, Sausage, Fresh Fruit, Bagels,
- Self Serve Cold Cereal Bar

Lunch:

- Cold cut sandwiches, Tomato soup and Grilled Cheese, Chicken Sandwiches, Meatball Subs
- Sides: Chips, Veggie Platter, Fresh Fruit, Pasta Salad
- Self Serve Salad Bar

Dinner:

- Baked Pene with meat sauce, Chili and Cornbread, BBQ Burgers/Hot dogs, Baked Chicken
- Sides: Cheese bread, Chips and Salsa, Baked Beans, Dinner Rolls, Stuffing
- Self Serve Salad Bar
- Dessert: brownies, cookies, cake, etc.

Note: This is a sample menu only. Food items are subject to change and vegetarians are accommodated at each meal. One month prior to departure our office will contact the group leader for any special food needs or allergies. **Food is of highest quality and there is plenty of it. Please refrain from bringing extra food and snacks as these will attract insects and rodents.**

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CAMPER APPLICATION-MEDICAL FORM CAMPER INFORMATION (COMPLETE IN FULL)

GROUP NAME: _____

Dates of Camp Trip: _____

Student's Last Name _____ First _____ Middle Initial _____ Male Female

Street Address (Home) _____

City _____ State _____ Zip Code _____ Home phone _____

Parent or Guardian _____

Street Address (Work) _____

City _____ State _____ Zip Code _____ Work Phone _____

Emergency Contact other than Parent _____

Name _____

Street Address _____ City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____ Relationship _____

Name of Your Insurance Company _____ Policy Number _____

Address of Insurance Company _____ Phone Number _____

Family Physician _____ Phone Number _____

Student Age _____ Height _____ Weight _____

Check all applicable conditions of student and explain below

- Allergies (General)
- Allergy to bee stings
- Asthma
- Backaches or weak back
- Bowel or bladder problems
- Car/sea sickness
- Epilepsy or convulsive disorder
- Food Related Allergies
- Hay fever
- Headache
- Heart trouble or murmur
- Poison Oak
- Respiratory problems
- Sinus trouble
- Sleep Walking
- Vomiting
- Vegetarian
- Diabetes
- Other

Explain:

Is camper capable of participating in strenuous activities? YES NO

Explain:

Any other Important medical needs? YES NO

Explain:

Date of last Tetanus:

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Is the camper required to take regular medication: YES NO (all medications are administered by the chaperones for the student's own school)

Please provide instructions (dose) for administration of medication:

YES	NO	YES	NO
___	___	___	___
___	___	___	___
___	___	___	___
___	___	___	___
___	___	___	___
___	___	___	___

Medical Consent

The camper's medical conditions stated on this application are complete and correct. I hereby give permission to The Catalina Experience (TCX) personnel to administer first aid and to arrange for medical care and treatment in case of a medical emergency. I also give permission to the physician selected by TCX camp personnel to examine, diagnose and treat or secure proper treatment for the student as the physician shall determine is proper and necessary under the circumstances. A photocopy of this authorization shall be as valid and may be accepted as the original.

Parental Authorization

I have been informed of the nature of the TCX program in which the camper is enrolled. I understand that there are risks associated with the camper's participation in the program activities generally described in the parent information pamphlet and transportation to and from the camp, which pose a threat of injury, illness, or death. The undersigned is familiar with outdoor sports and activities and the camper's abilities and I am not aware of any physical, emotional, or mental problem or limitation that would prevent, impair or increase the risk involved in the camper's participation in TCX activities.

With this knowledge, I grant permission for the camper to participate in all camp activities and on behalf of the undersigned and the camper I accept and assume the risk and full responsibility or injury, illness, death or loss of personal property or other damage, and medical or other expense resulting from the camper's presence at TCX.

I here by release and discharge The Catalina Experience, and their agents and employees from liability to us and to the student for any and all losses, damages, and expenses and any injury to person or property, including death, resulting from the camper's travel to or from TCX and participation in the program.

I agree to direct the camper to comply with all TCX rules and policies and to cooperate with TCX personnel. I understand and agree that if the camper fails to comply with the rules and policies, he or she may be expelled from TCX and sent home at my, the parent or legal guardian's expense. I also authorize the use of photos taken of my child by TCX in their promotional literature.

DATE: _____ SIGNATURE: _____
Parent or legal Guardian

****Note: Please attach a copy of the front and back of the applicable insurance card to this form ****
Rules for acceptance and participation in The Catalina Experience programs are the same for everyone without regard to race, color, national origin, sex or handicap.