



## WELCOME TO FAMILY CAMP

Family Camp is right around the corner, and we're really glad you'll be joining us! We have many wonderful activities planned for all ages. Here's some information to help you make your vacation a memorable one.

**WHEN:** Arrive after 2 p.m. on Sunday (Week One – July 8; Week Two – July 15). Amanda Payne, Saylor Duckworth, Bernadette Burns, Ira Nelkin, and other staff volunteers will be in the dining hall from 2:00-5:00 p.m. to greet you, give you cabin assignments, collect fees still owed, and answer your questions. Be prepared to sign up for light chores during the week, and to sign up to help with the final clean-up on Saturday. Dinner will be served Sunday evening at 6:30 p.m., followed by a welcome circle.

**Note that staff are asked to arrive a day early (on Saturday @2pm) to help set up and attend a meeting on Sunday morning.**

**WHERE:** Directions available at <http://mendocinowoodlands.org/contact-us/maps-directions/> will help you find your way to camp. **We recommend that you print this page out and bring it along.**

Family Camp is at Camp Two of the Mendocino Woodlands – when you enter the Woodlands, you will pass Camp One and Camp Three on your way to Camp Two. The last 3 miles (from the Caretaker's cabin to Camp Two) are dirt roads with a maximum **speed limit of 15 miles per hour, 5 miles per hour through camps**. For everyone's safety, please observe the speed laws.

**The Woodlands have stated that they are creating a way to fine communities if the speed limit is not observed.**

**THE FACILITIES:** The cabins are redwood buildings with screened windows running around the top portion of the walls (no glass or curtains), with closets, but no electricity or water. The beds are cots with camp mattresses. Bring your own bedding; warm sleeping bags are recommended, as it gets cold at night. Each cabin group has its own bathrooms, with flush toilets and **cold** water sinks, but **no** electricity. There is one central shower house for the whole camp, with 4 private showers and one large group shower. By tradition, the large group shower is coed. Please use a private shower if you want privacy. The shower building **does** have electricity, hot and cold water, and a few electrical outlets. There are **no** laundry facilities (nearest facility is Fort Bragg, 45 minutes away). Each person should have a flashlight (labeled with your name) to get around at night. A battery powered lantern for the cabin is nice (it's dark in the woods).

**MESSAGES IN AND OUT:** A pay phone is available for use in Camp 2. The number is (707) 937-9958. Please ask family and friends to use this number for urgent matters only, as no

one is assigned to answer the phone and find campers. ***Please bring a phone card. Most cell phones do not work at camp.***

**MEALS:** Three meals, an afternoon snack, and dessert are provided daily. You will be called to lunch and dinner with a few short rings of the bell. The first meal will be dinner at 6:30 p.m. on Sunday, and our last meal will be a light breakfast on Saturday morning. The week's menu will be posted in the kitchen. If you would like to know what is in a dish, please feel free to ask one of the cooks. Those campers who have made special dietary requests (example: vegetarian, gluten free, etc) will be provided modified menu items in the kitchen. Cold breakfast items are available starting at 7:00AM, hot items starting at 8:00AM, and breakfast ends at 9:00AM. Some mornings, campers have the option to prepare their own breakfast, however, note that only adults are allowed at the grill. There will also be breakfast cereal, fruit, bread, peanut butter, and jelly available at all times for snacks.

**OUR COMMUNITY:** Our extended family includes people of all ages and backgrounds. Each year our community grows and changes—founded on an atmosphere of mutual respect and support. Enjoy one another and have a great time by getting to know your neighbors at your cabin groups, sitting with “strangers” at meal times, and finding out more about UUs from our district and from far afield. Strengthen our community by setting positive examples for our young people and reinforcing UU values.

**CHILDCARE:** We provide children's programming from 10 a.m. – 12 p.m. and 2 – 4 p.m. on Monday, Tuesday, Thursday, and Friday. During other times, please be sure you know where your children are, or ask someone else to be responsible for them. We provide plenty of activities for children: games, crafts, sports, hikes, etc. Check in Dining Hall for the schedule, or check with staff who will be introduced to you at the orientation meeting on Monday. Please pick up your children promptly from their activities.

Please note: Parents are ultimately responsible for their children at all times.

**ACTIVITIES:** A variety of workshops will be available Monday, Tuesday, Thursday and Friday including tie-dye, nichos and other crafts, essential oils, and archery. Evening activities to be held in the dining hall include a talent show, **a Gender Bender themed costume dance party**, game night and more. There are many hiking trails in the Woodlands and some people bring mountain bikes. If you're interested in swimming at the river, ask a staff member or experienced camper for directions to one of the beaches a short drive from camp. There will be a silent auction of handmade goods, art, and services to raise funds for Family Camp – feel free to bring offerings and your checkbook!

Wednesday is our “out of camp” day. No daytime activities or workshops are planned.

Campers typically visit Mendocino, Fort Bragg, play at the river, or just relax at camp. Breakfast, a bag lunch, and a late dinner will be provided.

Some late evenings, there will be a sweat lodge available. This is a quiet ritual with chanting. The activity is clothing-optional (groups to be decided by participants). Teens (age 13-17) are allowed to participate in this activity with written parental approval, and will be required to be accompanied by a parent or “substitute parent” during his/her first sweat. Those teens at camp with a “substitute parent” must bring to camp a copy of the “Sweat Lodge Liability Release and Permission Form” signed by their legal parents or guardians. All participants must attend a mandatory orientation and sign a liability waiver.

**TEENS:** A teen advisor is available to help teens plan their week. Teens must follow all camp rules and participate in chores. In addition to general camp rules, minors at camp must also follow basic YRUU rules: **no drugs, no sex, no violence**.

**SUBSTITUTE PARENTS:** Youth under age 18 must have an adult age 25 or over responsible for them. Please fill out and bring **completed** permission forms to camp, if you will be coming with a “substitute parent.” **All substitute parent arrangements must be pre-approved by the Deans *before arrival at camp***. Failure to gain pre-approval and bring completed forms will result in camper not being able to attend Family Camp. Substitute parents may only sponsor 2 minors in addition to their own children.

**STAFF:** Family Camp staff members are ***all volunteers***, receiving only part of their room and board while working at the camp. This arrangement allows Family Camp fees to remain low. Please remember, staff members are here to help, but they are campers too! That is why we ask your cooperation in helping with chores and with our Saturday morning clean up. We will be scheduling some “Saturday” cleanup for Friday night, so watch for announcements at camp.

## **IMPORTANT CAMP RULES:**

*Please bring positive intentions!*

- Do not do anything that will jeopardize our community.
- NO firearms.
- NO illegal substances.
- NO acts of violence on anyone.
- NO alcohol consumption by persons under 21 years. (\*For the safety of our youth, adults please keep your personal alcoholic beverages locked in your car before you go to bed.)
- NO smoking under the age of 18 years. Smoking is ONLY permitted at fire circles. Smoking not permitted in the presence of campers under 18. NO SMOKING NEXT TO THE KITCHEN.
- NO sexual harassment or inappropriate sexual behavior\*
- NO animals or pets, except service animals (with special permission) NO electronics outside Hill House
- NO candles, lanterns, heaters, etc. with a flame. Batteries are OK. NO driving over 10 mph.
- NO parking in the cabin areas. Park in designated areas only. Keep fire roads clear at all times.
- All campers must be registered.
- All campers must help clean the camp on Saturday

\*A Safe Camp Policy governs all camp activities. Details of this policy can be found at [ncuucc.org](http://ncuucc.org).

### **CONSEQUENCES OF BREAKING CAMP RULES:**

Northern California UU Camps & Conferences leadership reserves the right to dismiss or remove any camper for misbehavior at any time. Violations of the camp rules forbidding firearms, use of illegal substances, under-age alcohol consumption, sexual harassment, inappropriate sexual behavior, and acts of violence by adults **SHALL RESULT IN IMMEDIATE DISMISSAL. No refund will be made.**

**EMERGENCY:** A continuous sounding of the camp bell indicates an emergency. If this happens, please collect all children in your vicinity and come directly to the area in front of the dining hall.  
**FIRST AID KIT** is located in the dining hall.

**CAMPER LIABILITY RELEASE FORM:** All campers age 18 or over, and the parents or legal guardians(s) of those campers under 18, are each required to sign a copy of the attached Camper Liability Release Form (one signed copy per camper) and bring it to camp. While Family Camp offers a relaxed and supportive environment to its campers, the activities undertaken, like most everything in life, come with some risk to life and property. By signing this form, campers and their heirs are agreeing not to hold Northern California UU Camps & Conferences (NCUUCC), or its leaders, volunteers and employees, among others, in any way responsible for accidents or injuries that may take place at Family Camp or during camp-sponsored activities. The Camper Liability Release Form is a legally binding document. Read it carefully before you sign. NO REFUNDS will be provided for failure to sign it. NCUUCC regrets the need for this requirement.



## WHAT TO BRING:

- Directions to camp – don't forget!
- Pillows, sleeping bags or bedding
- Flashlights, one for each camper, **labeled**
- Extra batteries
- Towels, washcloths, personal toiletries
- Hand towels for restrooms
- Clothing: enough to last a week, suitable for any weather. Extra for your kids, **they will get dirty!** Hand-washed items take a long time to dry, as the woods can be damp. Clotheslines may be helpful.
- Jackets and long pants - mosquitoes and cool evenings make these a must!
- Mosquito repellent, sunscreen, anti-itch lotion
- Costumes or materials to make one
- Toys to share for the wee ones program (0-5 yrs.), pillows & blankets to help create a cozy space
- Clothes hangers (the cabins have clothes poles)
- Enclosed medical release form for minors (for emergency only)
- Biker's agreement & helmet if you bring your bike
- Substitute parent agreement form for minors coming without their parent/guardian.
- All substitute parent arrangements must be pre-approved by the Dean.**
- Sweat lodge release form
- General liability waiver
- A check for any balance you owe.

## OPTIONAL BUT NICE:

- Battery powered lantern - cabins are quite dark, even during the day
- Camera
- Cabin furnishing - curtains, throw rugs, etc. can make your cabin a homey place
- Swimsuits, beach towels, beach shoes (the beach path is rocky)
- Picnic chairs or loungers
- Hiking shoes, water bottles, day packs
- Musical instruments & sheet music
- "Rise up Singing" songbook (**Labeled**)
- Books, toys, puzzles, games, Frisbees, balls (**Labeled**)
- Highchairs, cribs, playpens, etc. for our smallest campers
- Bicycles & Helmets (required) - please park bikes only in the designated area
- Money for Family Camp Fund Raisers and optional kayak or canoe trips
- Supplies for workshops:** yoga mat and comfortable clothes, wide paint brushes, yarn, beads.

Visit our web site: [www.ncuucc.org](http://www.ncuucc.org)

Visit the Mendocino Woodlands site: [www.mendocinowoodlands.org](http://www.mendocinowoodlands.org)

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