Welcome Packet 2021
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Welcome to Camp Sacramento!

Thank you for choosing Camp Sacramento for your family’s summer camp experience! This past year has been a true challenge for all, and we hope to provide you with a respite to recharge and reconnect. It’s a wonderful opportunity to experience the natural world, make new meaningful friendships and rediscover self in a beautiful High Sierra environment. We are looking forward to a safe and fun summer that brings you and your family great experiences and wonderful memories.

We are committed to creating a safe, nurturing community that supports family values. We carefully select our staff from a rigorously screened group and provide extensive training. Our staff will provide camp experiences to thousands of participants this season, and we are excited to have the opportunity to share the Camp Sacramento experience with your family.

Whether you and your family are seasoned campers or you are looking forward to your first experience at Camp Sacramento, we know that questions may arise as you prepare. We want you to know that we are available to answer your questions and listen to your needs. You can reach us by e-mail at campsacramento@cityofsacramento.org or by phone at 916-808-6098. You can also find camp information including camp maps, schedules, dates and rates on our website at www.campsac.org.

We look forward to seeing familiar faces and meeting new families this summer and hope this guide serves as a valuable tool in preparing your family for what will undoubtedly be an inspiring, memorable, and fun vacation!
Check-in/Check-out

Check-in begins at 12 noon. We want our campers to have a great stay at camp from the moment they arrive and will do our best to make sure the check-in and check-out process is easy. When you arrive, find an available parking spot and walk to our lobby window on the side of the lodge to check in and collect the keys to your cabin. To obtain your keys, you must have your health forms completed for ALL of your family members or guests. Each camper will receive a cool camp ID bracelet upon arrival. We appreciate your cooperation by wearing your wristband for the duration of your stay. Once you have checked-in you can park your car next to your cabin in the designated parking space.

Check-out is at 10 AM.
Sad but true, eventually our campers have to go home. Before your departure, come check-out in the store and fill out a camper survey so we know what went well during your vacation and where we might be able to make improvements. Please return all keys at the end of your visit. A charge of $10 will be added to your camper tab for each lost key. Campers must be packed up and moved out of their cabins by 10 AM so the camp staff can clean cabins and prepare for the next group of campers. Don’t forget to pay off your store tab.

Rebooking your cabin for next year
If you are attending a mini session, you can rebook your current cabin from the moment you arrive at camp until 5pm on the last full day of your session. At 5pm of that day, all available cabins will be open for booking online on our UltraCamp reservation system.

If you are attending a week-long session, you can rebook your current cabin from the moment you arrive at camp until 12 noon on Friday. At 5pm of that day, all available cabins will be open for booking online on our UltraCamp reservation system.

Health Form
Paper health forms are no longer accepted at Camp Sacramento! Every camper is required to submit an electronic Camper Health form available within your UltraCamp account before they attend camp. Everyone will be receiving a notification to complete this mandatory form.

- Families own and control their information within UltraCamp
- UltraCamp uses the highest level of encryption to protect date.
- UltraCamp meets legislative requirements for privacy and security to ensure families’ data remains safe and secure at all times
- HIPAA Privacy Rule in US
- Regular audits to review and assess security policies and practices
Where is Camp Sacramento located?

Camp Sacramento is located at **18880 US 50, Twin Bridges, CA 95735.**

*Directions:* From Sacramento, take Highway 50 towards South Lake Tahoe. Continue on Highway 50 through the town of Strawberry. The turnout for camp is on the right across from the Ralston trailhead.

Transportation to and from Camp Sacramento

Campers are expected to provide their own transportation to and from Camp Sacramento. Upon arrival and check-in campers can park in front of the lodge. A staff member will be on-hand to guide you to your parking space. Once check-in is completed, please drive slowly to the designated parking spot nearest your cabin.
### Day 1 (Sunday/Wednesday)

- **12:00p** Arrival/Check-in
- **12:00-2:30p** Lunch
- **3:30-4:30p** Age Group Welcome
- **4:30- 5:30p** Wine and Cheese Social
- **5:30 – 6:00p** Craft Corner Open
- **5:30 – 6:00p** Family Trivia
- **6:00 – 7:30p** Dinner
- **7:30– 8:30p** Family Dutch Auction
- **8:45 – 9:30p** Welcome Campfire
- **9:45 – 11:30p** Teen Thing

### Day 2 (Monday/Thursday)

- **7:00 – 10:00a** Fireside Continental Breakfast
- **7:30 – 8:00a** Early Bird Hike
- **7:30 – 8:00a** Sunnyside Stretch
- **8:00a** Wake-Up Bell
- **8:15 – 8:45a** Pajama-Rama Pictures
- **8:30 – 10:00a** Pajama-Rama Breakfast
- **10:15a-12p** Minnows: Minnow Play
- **12:30 – 2:00p** Lunch
- **2:15 -3:15p** Minnows: BBQ Decorating
- **2 - 4p** Marmots: Lover’s Leap
- **3:30 – 5p** Minnows: Bug Catching
- **4 – 5p** Marmots: Arts-n-Crafts
- **5 – 5:30p** Craft Corner Open
- **5:45 - 6:45p** Ice Cream Social
- **7 – 8:30p** Staff v Guest: Volleyball
- **8:30- 9p** Crazy Campfire
- **9 – 10p** Bingo
- **10-15-10:45p** Stargazing

### Day 3 (Tuesday/Friday)

- **7:00-10:00a** Fireside Continental Breakfast
- **7:30 – 8:00a** Early Bird Hike
- **7:30 – 8:00a** Sunnyside Stretch
- **8:00a** Wake-Up Bell
- **8:30 – 10:00a** Breakfast
- **10:15 – 11:30a** Minnows: T-Shirt Decorating
- **12:30 – 2:00p** Lunch
- **2:30-4:00p** Guest v Staff Softball
- **4:00 – 5:30p** Softball Social
- **4:30 – 5:30p** Centennial Celebration
- **5:30 – 6p** Family Trivia
- **6 – 7:30p** Dinner
- **6:45 - 7:45p** Brownie Surprise
- **8:00 – 8:45p** Closing Campfire
- **9:00 – 11:00p** Camp Dance

### Day 4 (Wednesday/Saturday)

- **7:00 – 10:00a** Fireside Continental Breakfast
- **7:30 – 10:00a** Adults: Pay Store Tab
- **8:00a** Wake-Up Bell
- **8:30 – 10:00a** Breakfast
- **9:45 – 10:00a** Age Group Farewells
- **10:00a** Check-out and Departure

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**Camp SACRAMENTO**

**Est. 1920**

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**Mini Schedule 2021**
### Monday (Day 1)

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00p</td>
<td>Arrival and Check-In</td>
<td>Store Window</td>
</tr>
<tr>
<td>12:00-2:30p</td>
<td>Lunch</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>3:30-4:30p</td>
<td>Age Group Welcome</td>
<td>Various</td>
</tr>
<tr>
<td>4:30-5:30p</td>
<td>Wine and Cheese Social</td>
<td>The Deck</td>
</tr>
<tr>
<td>5:30-5:45p</td>
<td>Craft Corner Open</td>
<td>Craft Corner</td>
</tr>
<tr>
<td>5:30-6:00p</td>
<td>Family Trivia</td>
<td>The Deck</td>
</tr>
<tr>
<td>6:00-7:30p</td>
<td>Dinner</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>7:15-7:30p</td>
<td>Teen/Adult Meeting</td>
<td>Store Patio</td>
</tr>
<tr>
<td>7:30-8:30p</td>
<td>Family Dutch Auction</td>
<td>Campfire Pit</td>
</tr>
<tr>
<td>8:45-9:30p</td>
<td>Welcome Campfire</td>
<td>Campfire Pit</td>
</tr>
<tr>
<td>10:00-11:30p</td>
<td>Teen Thing</td>
<td>Lodge</td>
</tr>
</tbody>
</table>

### Tuesday (Day 2)

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00-10:00a</td>
<td>Continental Breakfast</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>7:30-8:00a</td>
<td>Early Bird Hike</td>
<td>Store Patio</td>
</tr>
<tr>
<td>7:30-8:00p</td>
<td>Sunny Side Stretch</td>
<td>Lodge</td>
</tr>
<tr>
<td>8:15-8:45a</td>
<td>Pajama-Rama Pictures:</td>
<td>Camp Bell</td>
</tr>
<tr>
<td>8:30-10:00a</td>
<td>Pajama-Rama Breakfast</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>10:30a-12:15p</td>
<td>Minnows: Minnow Play</td>
<td>Lodge</td>
</tr>
<tr>
<td></td>
<td>Chipmunks: Archery</td>
<td>Campfire Pit</td>
</tr>
<tr>
<td></td>
<td>Marmots: Tie-Dye</td>
<td>Store Patio</td>
</tr>
<tr>
<td></td>
<td>Teens/Adults: Lover’s Leap</td>
<td>Camp Bell</td>
</tr>
<tr>
<td>12:30-2:00p</td>
<td>Lunch</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>2:30-4:00p</td>
<td>Teens/Adults: Softball Slam!</td>
<td>Meadow</td>
</tr>
<tr>
<td>4:15-5:30p</td>
<td>Softball Social</td>
<td>Store Patio</td>
</tr>
<tr>
<td></td>
<td>Kids Social/Skit Practie</td>
<td>Lodge</td>
</tr>
<tr>
<td>5:30-5:45p</td>
<td>Craft Corner Open</td>
<td>Craft Shack</td>
</tr>
<tr>
<td>6:00-7:30p</td>
<td>Dinner</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>7:45-8:15p</td>
<td>Family Trivia</td>
<td>Store Patio</td>
</tr>
<tr>
<td>8:30-9:00p</td>
<td>Crazy Campfire</td>
<td>Campfire Pit</td>
</tr>
<tr>
<td>9:15-10:00p</td>
<td>Family Game Night</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>10:15-10:45p</td>
<td>Stargazing (weather permitting!)</td>
<td>Store Patio</td>
</tr>
<tr>
<td>10:45-11:30p</td>
<td>Teen Thing</td>
<td>Lodge</td>
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</tbody>
</table>

### Wednesday (Day 3)

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00-10:00a</td>
<td>Continental Breakfast</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>7:30-8:00a</td>
<td>Earlybird Hike</td>
<td>Store Patio</td>
</tr>
<tr>
<td>7:30-8:00p</td>
<td>Sunny Side Stretch</td>
<td>Lodge</td>
</tr>
<tr>
<td>8:30-10:00p</td>
<td>Breakfast</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>10:15a-12:15p</td>
<td>Minnows: T-shirt Decorating</td>
<td>Lodge</td>
</tr>
<tr>
<td></td>
<td>Chipmunks: Puppy Love</td>
<td>Campfire Pit</td>
</tr>
<tr>
<td></td>
<td>Marmots: Lover’s Leap</td>
<td>Store Patio</td>
</tr>
<tr>
<td></td>
<td>Teens/Adults: Archery</td>
<td>Camp Bell</td>
</tr>
<tr>
<td>12:30-2:00p</td>
<td>Lunch</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>2:30-4:00p</td>
<td>Family Kickball</td>
<td>Campfire Pit</td>
</tr>
<tr>
<td>5:00-5:30p</td>
<td>Craft Corner Open</td>
<td>Craft Corner</td>
</tr>
<tr>
<td>4:30-5:30p</td>
<td>Family Trivia</td>
<td>Store Patio</td>
</tr>
<tr>
<td>6:00-7:30p</td>
<td>Camp BBQ</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>7:00-8:30p</td>
<td>Volleyball (Camper v. Staff)</td>
<td>Volleyball Court</td>
</tr>
<tr>
<td>9:00-10:00p</td>
<td>Family Bingo</td>
<td>Various</td>
</tr>
<tr>
<td>9:45-11:30p</td>
<td>Teen Thing</td>
<td>Lodge</td>
</tr>
</tbody>
</table>
### Thursday (Day 4)

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00-10:00a</td>
<td>Continental Breakfast</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>7:30-8:00a</td>
<td>Earlybird Hike</td>
<td>Store Patio</td>
</tr>
<tr>
<td>7:30-8:00a</td>
<td>Sunny Side Stretch</td>
<td>Lodge</td>
</tr>
<tr>
<td>8:30-10:00a</td>
<td>Breakfast</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>9:00a</td>
<td>Teen/Adult Hike Departs</td>
<td>Camp Bell</td>
</tr>
<tr>
<td>10:30a-12:00p</td>
<td>Minnows: Bug Catching</td>
<td>Lodge</td>
</tr>
<tr>
<td></td>
<td>Chipmunks: Arts &amp; Crafts</td>
<td>Campfire Pit</td>
</tr>
<tr>
<td></td>
<td>Marmots: Archery</td>
<td>Store Patio</td>
</tr>
<tr>
<td></td>
<td>Teens/Adults: Tie-Dye</td>
<td>Camp Bell</td>
</tr>
<tr>
<td>12:30-2:00p</td>
<td>Lunch</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>2:30-3:00</td>
<td>Ice Cream Social</td>
<td>Store Patio</td>
</tr>
<tr>
<td>3:30-4:30p</td>
<td>Minnows: Minnow Play</td>
<td>Lodge</td>
</tr>
<tr>
<td></td>
<td>Chipmunks: Tie-Dye</td>
<td>Campfire Pit</td>
</tr>
<tr>
<td></td>
<td>Marmots: Arts &amp; Crafts</td>
<td>Store Patio</td>
</tr>
<tr>
<td></td>
<td>Teens/Adults: Arts &amp; Crafts</td>
<td>Camp Bell</td>
</tr>
<tr>
<td>5:00-6:00p</td>
<td>Family Trivia</td>
<td>Store Patio</td>
</tr>
<tr>
<td>6:00-7:30p</td>
<td>Dinner</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>7:45-9:00p</td>
<td>Teen Sunset Hike</td>
<td>Volleyball Court</td>
</tr>
<tr>
<td>8:00-9:45p</td>
<td>Family Movie Night</td>
<td>Lodge</td>
</tr>
<tr>
<td>10:00-11:30p</td>
<td>Teen Thing</td>
<td>Lodge</td>
</tr>
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### Friday (Day 5)

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00-9:30a</td>
<td>Continental Breakfast</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>7:30-8:00a</td>
<td>Early Bird Hike</td>
<td>Store Patio</td>
</tr>
<tr>
<td>7:30-8:00a</td>
<td>Sunny Side Stretch</td>
<td>Lodge</td>
</tr>
<tr>
<td>8:30-9:30a</td>
<td>Breakfast</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>10:30a-12:00p</td>
<td>Family Activity Time</td>
<td>All Camp</td>
</tr>
<tr>
<td>12:30-2:00p</td>
<td>Lunch</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>2:30-3:30p</td>
<td>Centennial Celebration</td>
<td>Quad</td>
</tr>
<tr>
<td>4:00-5:30p</td>
<td>Variety Show</td>
<td>TBD</td>
</tr>
<tr>
<td>6:00-7:30p</td>
<td>Dinner</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>7:30-7:45p</td>
<td>Craft Corner Open</td>
<td>Craft Corner</td>
</tr>
<tr>
<td>8:00-8:45p</td>
<td>Farewell Campfire</td>
<td>Campfire Pit</td>
</tr>
<tr>
<td>9:00-11:00p</td>
<td>Camp Sac Dance!</td>
<td>Store Patio</td>
</tr>
</tbody>
</table>

### Saturday (Day 6)

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00-9:30a</td>
<td>Fireside Continental Breakfast</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>8:00-10:00a</td>
<td>Adults: Pay Tab and Return Keys</td>
<td>Store</td>
</tr>
<tr>
<td>8:00a</td>
<td>Rise n' Shine Bell</td>
<td>Camp Bell</td>
</tr>
<tr>
<td>8:30-9:30a</td>
<td>Breakfast</td>
<td>Dining Hall</td>
</tr>
<tr>
<td>9:30a</td>
<td>Age Groups: Final Farewell</td>
<td>All Camp</td>
</tr>
<tr>
<td>10:00a</td>
<td>Check out and Departure</td>
<td></td>
</tr>
</tbody>
</table>
Activity information and permission

Camp Sacramento provides many fun-filled activities for all ages. You can participate in only those that interest you, or you can participate in all of them if you'd like. Unless otherwise indicated, all age groups are eligible for the following list of activities. Additionally, due to current COVID health and safety guidelines for overnight summer camps, all camp activities and events will be held outside, and masks will be mandatory in all age-group activity areas as well as all-camp events. These guidelines and requirements will be subject to change based on National, State, and County updates.

Scheduled activities include:

- Archery (ages 6+)
- arts & crafts
- family bingo
- hikes
- volleyball
- softball
- dances
- BBQs
- campfire with songs and skits
- star gazing (ages 6+)

There are also many things to do that aren't scheduled:

- ping pong
- horseshoe pits
- a children's playground
- pool tables and a foosball table in the Lodge
- board games to check out
- shop at the camp store
- power lounging (aka napping on the patio)
- fishing on the American River

Camp Theme

To celebrate 100 seasons of service, we are very excited with our Summer 2021 Theme - ‘DECADES’! Whether it’s from 60’s or 2000’s, be sure to pack what you can find for our centennial celebration events during each session. Also, remember themed items for the Family Dutch auction, cabin decorating contest, and special centennial carnival events.

The Craft Shack

At the Camp Sacramento Craft Shack campers can get craft supplies for lanyards and other special arts and craft projects.

Family Dutch auction

Family Dutch auction is a reverse scavenger hunt camp activity taking place on the first night of every session. Race the clock and gather the items that you think would show up on our super-secret scavenger list. Points are awarded for matching an item on our list. Items on our list are camp and decades theme related – and could be anything including the kitchen sink!
River Access
Playing in the South Fork of the American river or at Pope beach is supervised by camp staff. The water in the South Fork of the American river can be up to four feet deep, swift and very cold. Please watch your children and encourage them to use the buddy system when swimming.

Hiking
Camp Sacramento is an excellent place to venture out and take a hike. Ideally surrounded by numerous trailheads, there are miles of trails to be enjoyed around camp. Speak to a camp staff member for additional resources and hiking guides.

While we encourage campers to take advantage of camp’s natural environment and want you to enjoy the hiking trails, we also want to remind you that hiking can be dangerous and hiking trails can have uneven terrain. Please never hike alone, always have someone with you. If for some reason this is not possible, make sure to tell someone exactly where you are going and how long you think you’ll be gone. Always wear appropriate footwear for hiking (i.e. no flip-flops or sandals), and take the appropriate safety measures whenever possible.

Fishing
Do I need a license to go fishing at Camp Sacramento?
The South Fork of the American River runs through camp. In the State of California, anyone over the age of 16 is required to have a valid fishing license. All California fishing regulations must be followed. Licenses can be attained locally, or at many sporting goods stores on the drive up. A fish cleaning sink is located at the south end of the generator room. After cleaning, you can bring your fish to the kitchen to be wrapped and stored in our freezer. If you like, we will cook your fish for dinner, or you can take them home. To ensure that every camper gets a chance to fish, there is a 3 fish limit per camper during your stay. Fish and Wildfire is known to stop by and check licenses.

Goals and outcomes of Camp Sacramento
Our goals for you and your family are to:

- Create lasting family memories
- Deepen your connection with nature
- Improve social skills with peer group
- Explore your creativity

Unplug at Camp Sacramento
Although cell-phone access is available, we ask that campers respect their fellow campers and refrain from using cell phones in public camp areas.

One of the benefits of a camping experience at Camp Sacramento, and a frequent sentiment of our family campers in past years, is the opportunity to unplug from technology and connect with nature, friends and family without the distractions of the modern world.

At Camp Sacramento, it will be up to you to self-regulate your personal electronic device usage. Although we appreciate that you may need to communicate with others during your stay, using personal electronic devices at camp will inherently change the experience for you, for your family, and for other campers.
Communication at camp
Camp Sacramento does have limited cell reception and Wi-Fi service at camp. Mail is picked up and dropped off daily before lunch. The phone number at camp is (530) 659-7202.

Contacting campers in an emergency
Should you need to contact your family at camp under emergency circumstances, please do so through the Camp Sacramento office at (530) 659-7202.

Packages and mail can be sent to:

For USPS:
Camper’s Name
Camp Session (if applicable)
Camp Sacramento
PO Box 81
Twin Bridges, CA 95735

For FedEx/UPS:
Camper’s Name
Camp Session (if applicable)
Camp Sacramento
18880 US 50
Twin Bridges, CA 95735

Meals
We pride ourselves on offering delicious and nutritious meals for our campers! Before the meal, campers will hear a “come and get it” meal bell ring alerting campers of mealtime. Additionally, to accommodate health and safety guidelines and recommendations, all meals will be split into shifts based on your cabin number (see times below) to reduce crowding at the dining hall. Additionally, all dining seating will be set up outside in the immediate area of the Dining Hall.

Meal Times
Unless otherwise announced at camp, mealtimes are as follows (the bell will ring for each shift):
Breakfast: 8:30 – Cabins 1-20 • 8:45 – Cabins 21 – 40 • 9:00 – Cabins 41 – 66.
Lunch: 12:30 – Cabins 1-20 • 12:45 – Cabins 21 – 40 • 1:00 – Cabins 41 – 66.
Dinner: 5:30 – Cabins 1-20 • 5:45 – Cabins 21 – 40 • 6:00 – Cabins 41 – 66.

Fireside coffee and tea service begins at 6:30 AM and continental breakfast is available starting at 7:00 AM each day in the dining hall. The seating in the dining will be limited due to spacing out to accommodate physical distancing.

Some mealtimes may shift slightly to accommodate special camp programs or activities, so be sure to listen to meal-time announcements and the meal bells.

Dietary Needs
At Camp Sacramento we will do our best to accommodate special dietary needs. Campers must submit special dietary needs and requests on their camper health form. We ask that all campers with dietary needs or restrictions speak with the Camp Manager or Head Chef at least two weeks prior to the start of camp so we can make the appropriate food substitutions during your stay.

Campers can check the posted menu to what is on the menu each day. Some special dietary needs may be more challenging for our kitchen to accommodate. If you have questions or concerns about your special dietary requirements, please contact the Camp Sacramento office at (530) 659-7202.
Food Allergy Statement
Camp Sacramento is aware of the increasing prevalence of severe food allergies, including peanut and tree nut allergies. Though we cannot guarantee a nut free facility, we have implemented the following preventative measures to minimize the risk to our guests with severe food allergies:

- Camp Sacramento does not serve any peanut or tree nut products from our kitchen.
- Certain menu items may be produced in a factory that processes tree nuts. Ingredient information is available upon request.
- Campers who have severe food allergies are required to include this information in their camper health form.
- Campers with anaphylactic allergies are required to carry the appropriate epinephrine injector for their condition and size/age.
- To assist in this effort, please remind your child/participant of what to do if they suspect they are having a reaction and review with them all the signs and symptoms of anaphylaxis.
- It is also requested that parents/guardians monitor all persons in their cabin with dietary needs or allergies. If a child has a severe allergy and requires an epinephrine injector, the parent or guardian is required to provide a trained adult to oversee their diet and injection of epinephrine.
- Campers with food allergies must bring their own desserts, daily treats/snacks, and any appropriate allergen-free or specialty food items to supplement their meals while they are at camp. Some appropriate items are also available for purchase in the camp store.

Facilities and cabins
Camp Sacramento is situated in the Sayles Flat area of the Eldorado National Forest. It sits on a 14-acre property owned by the U.S. Forest Service and leased by the City of Sacramento. There are 61 cabins of various sizes scattered throughout the property. These cabins have electricity, but most do not have any outlets other than the light bulb on the ceiling and the porch light. They are rustic yet charming - most of them were built in the 1930s. Some of the cabins are wheelchair accessible. The cabins do not have running water, but there are centrally located restrooms available complete with electrical outlets and private shower stalls. Camp facilities also include a dining hall, lodge, camp store, camp nurse's office, softball diamond, half basketball court, volleyball court, campfire pit, arts & crafts areas, ping pong tables, horseshoe pits, and the scenic American River.

Accessibility
There are a limited number of cabins that are equipped with ramps. If you require ramp access, please contact the Camp Sacramento office at (916) 808-6098 in advance of your stay to confirm availability.

Restrooms, showers and laundry
Restroom facilities are located throughout camp. There are washers and dryers in the laundry room. Hot water is available in the shower and laundry areas. Laundry detergent is available for sale in the camp store. Water in the High Sierras is a valuable resource. Our water supply is very limited, and your help is needed to conserve in.
Health and safety

The health and safety of your family is our primary concern. Every camper is required to complete and submit a Camper Health Form. The form can be completed online within your UltraCamp account.

Please provide us with any food, drug, or environmental allergies before arriving at camp. At camp we maintain a first aid station with basic first aid supplies and bandages. A volunteer health care professional (nurse, EMT, doctor, etc.) is generally on-site for each session. Also, the Camp Sacramento staff is CPR and First Aid certified and can assist with general first aid.

Families are expected to handle their own general medical needs while at camp. To assist, the camp nurse and/or other appropriate staff will be available 24/7 during each session. The first aid office is conveniently located in the center of camp on the store patio. In the event that an emergency occurs, please know that the nearest medical facility, Barton Memorial Hospital, is a twenty-minute drive without traffic from camp.

Barton Memorial Hospital
2170 South Ave
South Lake Tahoe CA, 96150
(530) 543-3420

What if I brought medicine at camp that needs to stay cold?

Medicine that must be refrigerated must be taken to the first aid station. Please inform the nurse on duty of special medical information at the beginning of camp.

How can I prepare for camping at high altitude?

Camp Sacramento rests at an altitude of approximately 6,500 feet. This is more than a vertical mile higher in elevation than the City of Sacramento! Please make sure to plan all hikes and physical exercise accordingly and drink lots of water to stay hydrated. As you gain elevation, the sun’s rays become more powerful, so make sure to bring and apply sunscreen regularly to avoid burns.

Are there bears at Camp Sacramento?

Yes, occasionally a bear might wander through camp. Please remember that the forest is its home, and it doesn’t realize it needs to share with us. If you see a bear please report it to a camp staff member so we can take proper precautions. If a bear comes close to you, do not run. Stand still, make yourself appear as large as possible (hold up your arms) and make loud noises. These bears are not aggressive and are not known to attack humans unless aggressively provoked (and documented cases of this are incredibly rare). Typically, bears are looking for a good meal so DO NOT KEEP FOOD IN YOUR CABIN! Bears have broken into cabins and cars in previous years! Bear cans are located throughout camp for your convenience and to protect the bears.

What if there is a fire in camp?

In the event of a fire in camp we ask that you gather your family and walk to the campfire area to receive instructions from camp staff. Alert your cabin neighbors. Gather necessary medications. Do not drive. The camp bell will ring continuously and announce over the PA system to signify a fire. Our staff has been trained in many emergency and safety procedures.
Weather and temperature
Camp can experience extreme weather and temperature fluctuations. Weather patterns shift rapidly in the High Sierras, and may include warm, sunny days, afternoon thunderstorms, and chilly evenings. Be sure to check the weather before your arrival, and to pack clothes that are appropriate for hot days in the high 80s and colder nights in the 40s. Bring an extra blanket if you tend to get cold!

Be sun smart and wear sunscreen or clothing that covers skin. Wear sunglasses with UV protective lenses and avoid long periods of direct sun exposure.

Quiet hours
In the evening and early morning, we ask that you and your family are respectful of other campers. Our evening quiet hours begin at 10:00 PM. In the morning, please be respectful of quiet hour until 8:00 AM - this includes use of the playground, sports courts, and common areas such as the dining hall, lodge, and grounds. Please remember many of our campers have young children who are sleeping at this time.

Camp Rules & Policies
ALCOHOLIC BEVERAGES
Alcoholic beverages can be consumed by campers aged 21 years and older. Beer is available for sale in the camp store. Campers aged 21 and over may bring their own alcoholic beverages to camp.

CAMPER BEHAVIOR AND SUPERVISION
Parents and/or guardians are responsible for the overall supervision and the safe and appropriate behavior of campers in their cabins and/or group. Parents and/or guardians required to inform all campers of the camp rules and regulations. The Camp Director possess the authority and reserves the right to eject anyone from the property.

CANDLES/LANTERNS
Candles, kerosene, and oil lanterns are not permitted in any building.

CHEMICAL SUBSTANCES AND FLAMMABLE LIQUIDS
The use of gasoline, kerosene, explosives, flammable liquids, and poisonous substances are prohibited. This includes the use of pesticides and insecticides.

COOKING
Cooking is not permitted in cabins, or on Camp Sacramento grounds and the forest. All meals are provided and prepared by Camp Sacramento staff.

EMERGENCY SITUATIONS
If you have an emergency while at camp immediately notify the Camp Director of any emergency situations.*
This includes but is not limited to:
- Fires
- Missing persons
- Medical emergencies or injuries
- Intruders
* In case of any emergencies (illness, injury, etc) involving minors while away from their parent/guardian at camp, the parent/guardian of a minor will be notified immediately by senior staff member (details of the incident/accident and communication will also be documented in the Incident/Accident form completed by the staff member).
FIRES/FIREBUILDING
Fires are permitted only in already established fire ring or fireplaces. Fires must never be left unattended. Creating new fire rings is prohibited and will result in ejection from camp.

FISHING
Campers may fish in the South Fork of the American River. Camp Sacramento has a few poles available to rent. Fishing can be done along the bank or along the bridge. A fishing license is required to fish.

HEALTH INFORMATION
Each person in your reservation is required to complete and submit the Camp Sacramento Camper Health form before arrival at camp. Keys to cabins will only be given upon collection of completed and signed Camper Health form.

GROUNDS
Please help us preserve our beautiful camp by maintaining and protecting the plants and wildlife. This includes the preservation of annual and perennial plants, trees and shrubs and to practice good conservation. Therefore, the following must be adhered to:

- No digging, moving, or removal of stones
- No picking or removal of flora, fauna, animal or mineral substance
- No littering or dumping of trash
- No driving on service roads, see exception below
- No cutting of timber or cutting trees.

ILLEGAL DRUGS
The use of illegal drugs is prohibited.

INSURANCE
Each camper must provide written evidence of medical and accident insurance coverage on their Camper Health History form. Coverage may be provided by the individual or family.

LODGING AREAS
Beds in lodging areas are set up per building capacity and Health Department regulations. Beds and mattresses shall not be moved to other cabins nor are they to be used outside.

MAINTENANCE/REPAIRS
Any maintenance problems should be immediately reported to camp staff so repairs may be made promptly. Campers are asked not to attempt their own repairs.

MEALS
All meals are provided by Camp Sacramento staff. All campers are required to submit a health form that details any food allergies, sensitives, restrictions, or accommodations required.

PARKING/VEHICLES
Vehicles are to be parked in designated and numbered spots next to cabins. Service roads and fire lanes may be used for unloading and loading of gear only and must remain clear always. The use of “off road vehicles” and dirt bikes are prohibited.

PERSONAL EQUIPMENT
Camp Sacramento is not responsible for loss or damage to clothing or personal possessions including, but not limited to, sports equipment, guitars and other musical instruments, and items brought for the group’s program.
PETS
Pets are not permitted on camp property for the safety of our property and visitors. Documented service animals are allowed with prior notification and approval from the Camp Director.

QUIET HOURS
Please be considerate of other campers in using common areas. Quiet hours are to be observed from 10:00 PM to 8:00 AM.

RECREATION ACTIVITIES, EQUIPMENT AND AREAS
Camp recreational activities and use of recreational equipment and areas are included in the reservation fees. Damaged recreation equipment or facilities are the responsibility of the camper or camper’s parent or guardian.

SMOKING
Smoking is permitted in the designated area only. The designated smoking area is the back patio of the lodge next to the camp store. Cigarette butts must be properly disposed of and not left lying on the ground. Smoking is prohibited in all buildings, fire rings, and on hiking trails.

TELEPHONE
There is a phone available for emergency use only in the camp office.

TENTS
Tent camping is not permitted at Camp Sacramento.

TRANSPORTATION
Camp Sacramento does not provide transportation to/from camp or away from camp for campers at any time. Emergency transportation is the responsibility of the family and must be available always. It takes approximately 20 minutes for an ambulance from South Lake Tahoe area to reach Camp Sacramento. It takes approximately 30 minutes to reach Barton Memorial hospital from Camp Sacramento.

WATER AVAILABILITY
Based on the operation of the water treatment plant, drinking water is available from approximately May 15 thru October 15.

WEAPONS/FIREWORKS
Weapons/fireworks of any kind are prohibited on camp property. This includes guns, hunting items, large knives and any type of fireworks.

EMERGENCY CARE PERSONNEL
In an emergency, Camp Sacramento staff are trained to provide basic first aid and CPR until emergency services can assume care. The First Aid station provides basic first aid supplies and equipment and over the counter medication as well as access to an AED. Any emergency transportation need is responsibility of the family.

WATERFRONT
Camp Sacramento has one waterfront area - the South Fork of the American River. Children should be accompanied by a parent/guardian at the river at all times. Waterfronts are supervised by certified lifeguards provided by Camp Sacramento during posted hours.

YOUTH SUPERVISION
Per American Camp Association standards and to ensure adequate supervision of youth groups the following staff:camper ratios must be observed:

- Minnows (ages 3-5)  1:5
- Chipmunks (6-9)  1:6
- Marmots (10-12)  1:8
- Teens (13-17)  1:10
What to bring

Recommended items:
- Sleeping Bag or bedding, Pillows – EXTRA BLANKETS if you tend to get cold
- Towels
- Warm Casual Clothes - It has been known to rain and snow during all times of the camp season so please be prepared!
- Cool Casual Clothes - It gets up to 80 (sometimes even 90) degrees during the day.
- Toiletry items
- Swimsuit or cut-offs
- Sunblock
- Backpack
- Camera
- Flashlight
- Beach Toys (for the Pope Beach trip and sand castle contest)
- Comfortable hiking shoes
- Jacket, Coat, Sweater (or purchase this year’s camp sweatshirt)
- Mosquito Spray
- Fishing pole/gear/bait
- Softball Glove (for weekly campers)
- Water bottle
- PJ’s for Pajama Breakfast
- White T-Shirts for the Tie Dye Activity

Optional Items
- Beach Chairs
- Snorkel, Mask, Flippers
- Sandals, Thongs, Water Shoes
- Air Mattress, Floats, Inner Tube
- Life Preservers or floaties
- Musical instrument
- Space costumes for dance
- Music for the Variety Show (full week sessions only)
- Theme Clothing for BBQ and Dance
Camp Sacramento is a permittee of the Eldorado National Forest. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. (Not all prohibited bases apply to all programs.)