

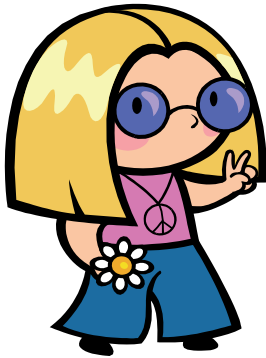


This packet includes some new and exciting information about camp this summer:

1. Theme Information
2. Basic information about camp and its programs
3. Camp Activity Reminders (find all schedules online)
4. What to bring to camp

Check out our website, www.campsac.org, to view a camp map, directions, schedules, prices, photos and more.

Please read all of this packet. If you have questions, feel free to give us a call at (916)808-6098. *Thank you and we will see you up at camp!*



Remember: Check-In does not start till 12PM (noon)!

For the most up-to-date information on Camp Sac: Search for The official Camp Sacramento

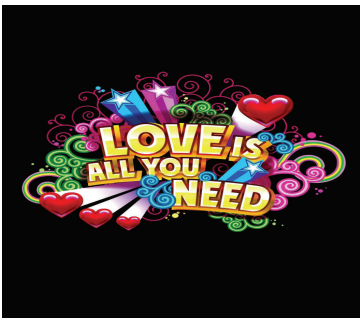
Like us on 

Follow us on 

Peace, Love, Camp Sacramento

Celebrate the “Summer of Love” at Camp Sacramento as we travel back in time to the era of peace, love and happiness. Get ready for some far-out tie dyeing and groovy campfires. **Make some awesome hemp friendship bracelets and head bands.** Remember to dress up in your best flower child outfits at the Camp BBQ and Dance.

NEW 2011 Activity:
Cabin Decorating Contest: Decorate your cabin with peace signs, daisies and any thing groovy and psychedelic. Throughout the week staff will take photos of decorated **cabins and the cabin winner** will be announced at closing campfire. Please remember that all decorations should be taken down before you depart from camp.





Just a reminder!

KEY DEPOSITS

We do not take key deposits at check in. Please return all keys to the Lobby at the end of your visit. If you lose a key, the fee will be \$ 10.00 per key.



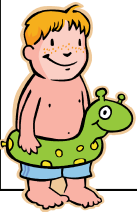
CHILDREN

Parents or Guardians are responsible for their children at all times. While a child is on a camp supervised activity, we will be responsible for them, but when the activity is completed or the child leaves the activity, parents again assume responsibility for their care, welfare and behavior.



SWIMMING

Swimming in the South Fork of the American River is NOT supervised by camp staff. The water is about 4 feet deep, swift and very cold. Please watch your children.



FISHING

The South Fork of the American River runs through camp and usually provides good fishing. A California fishing license is required for persons 16 years of age or older. 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 breakfast, or you can take them home.

Please limit your catch to no more than three (3), so others may enjoy this experience.



MAIL

Deposit letters/postcards in mailbox in Camp Store. Check out our Camp Sac postcards!! If you are expecting mail, please have the sender address the envelope as follows:

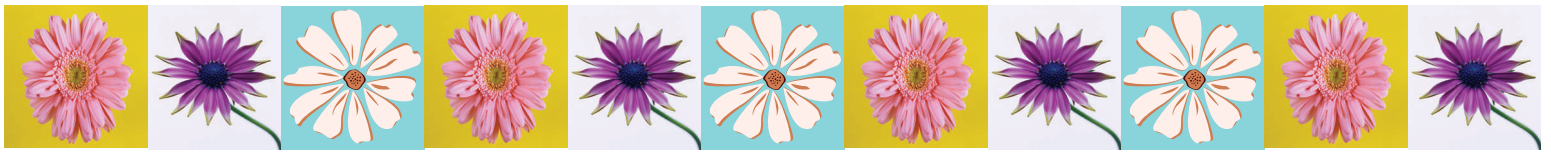
(Your name, your cabin #)
Camp Sacramento
Twin Bridges, CA 95735



IMPORTANT : Dietary Needs



Our Kitchen staff would like to know about any dietary needs before you arrive at camp. We will try to do everything we can for your dietary restrictions. We recommended you email us at campsacramento@cityofsacramento.org ASAP, no later than two weeks prior to your arrival at camp, and title your email "Dietary Needs". We will do our best to accommodate you and your family.



What to Bring and Expect

We all want to welcome you to Camp Sacramento. We have a busy and exciting schedule planned for you and we invite you to join in the activities and have a great time. Remember, this is **YOUR VACATION**, so you may do as much or as little as you choose. We are here to help you have the best stay possible, so if there is anything we can do for you, just let us know.

WHAT TO BRING

- *Sleeping bag/bedding
- *Pillow
- *Flashlight
- *Water bottle/canteen
- *Towels
- *Toiletries
- *Personal items, prescriptions
- *Comfortable hiking shoes
- *Warm casual clothes
- *Cool casual clothes
- *Jacket/coat/sweater
- *Swimsuit or cut offs
- *Backpack
- *Mosquito spray
- *Sun screen



OPTIONAL ITEMS

- *White cotton T-shirt for tie-dye
- *Musical instrument
- *Fishing pole, gear
- *Camera
- *Softball glove
- *Beach toys
- *Sandals, flip-flops, water shoes
- *PJ's for Pajamarama Breakfast
- *Beach chairs
- *Life preserver or floaties for non-swimmers
- *Costumes/props/music for Variety Show & Dance
- *Theme clothing for BBQ & Dance



RESTROOMS / SHOWERS AND LAUNDRY:

Restroom facilities are located throughout camp. There are washers & dryers in the Laundry Room. Hot water is always available in the shower and laundry areas. Your help is asked in conserving water & energy.

DINING HALL:

Opens daily at 6:30am for coffee/tea, 7:00am for continental breakfast. Open evenings until midnight for cards, games, reading, etc.



CAMP BELL / MEAL HOURS:

Wake-up Bell	8:00 am
Breakfast	8:30 am
Lunch	12:30 pm
Dinner	5:30pm or 6:00pm

IDENTIFICATION (ID) WRISTBAND:

As a registered guest, you and each member of your family or group will be issued an ID wristband upon arrival at Camp. *We appreciate your cooperation by wearing the ID wrist bands for the duration of your stay.*



LODGE:

Opens at 8:00am for morning exercises only. Open from 9:00am to midnight for games, reading, etc.

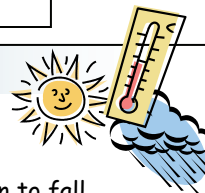
TELEPHONE:

Camp Office: (530) 659-7202
(June - September)
Sacramento Office: (916) 808-6098
(October- May)



WEATHER:

Cool nights/mornings
Mid to upper 80's most days
Snow and rain have been known to fall



MEDICINE:

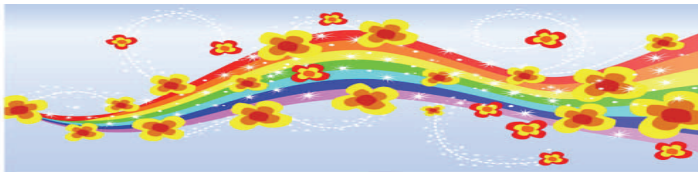
Medicine that needs to be refrigerated needs to be taken to the nurse's station, located next door to the office in the lodge. Please inform the nurse of special medical information at the beginning of camp.



CHECK IN/OUT



Check in time **begins** at 12:00 PM (NOON) on arrival day and **check out time is by 10:00am** on departure day. Always check in/out through the lobby desk.



CAMP SURVEY

In order to provide the best possible service, it is vital for us to know your opinions. Your feedback is extremely important. Remember, if we do not know there is a problem, we cannot fix it. While our surveys allow you to mail them in, we prefer them to be filled out and given to us during your stay.

Fill out the survey, turn it in at the lobby desk and thank you for your input.

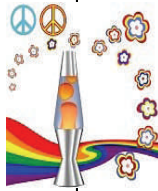


SHOES:

We recommend that parents have their children wear shoes at all times (even in the water) to prevent injuries.

MISCELLANEOUS:

The horseshoe pits, children's playground, volleyball court and basketball court close at 10:00pm every night. **All guests are requested to observe quiet hours from 10:00pm to 8:00am daily for the benefit of all.** NOTE: Some scheduled recreation activities last past 10:00 pm, but we will try to keep the noise level down.



FIRE IN CAMP

If we have a fire, we ask that you gather your family and walk to the campfire area to receive instructions from staff. **DO NOT DRIVE!!** We will ring the bell continuously and announce over the public address system to signify a fire in camp. Our staff has been trained in many emergency and safety procedures.

NOTE: There are fire extinguishers and fire hoses placed throughout camp. They are not toys and are not to be used for any purpose other than putting out a fire.



Beware of UV Rays!

Here are a few important sun protection measures that can help all campers:

Use sunscreen with SPF of at least 30 on all exposed skin.

Apply sunscreen about 20 minutes before exposure to the sun. Reapply after showering or swimming.

Try to wear clothing that covers skin.

Wear sunglasses with UV protective lenses.

Avoid long periods of direct sun exposure.



Camp Sacramento Office
2450 Meadowview Road
Sacramento, CA 95832
(916)808-6098

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.)



CITY OF SACRAMENTO
DEPARTMENT OF
**PARKS AND
RECREATION**

City of Sacramento
Kevin Johnson, Mayor
City Council

- Angelique Ashby, District 1
- Sandy Sheedy, District 2
- Steve Cohn, District 3
- Robert King Fong, District 4
- Jay Schenirer, District 5
- Kevin McCarty, District 6
- Darrell Fong, District 7
- Bonnie Pannell, District 8

Dave Mitchell, Operations Manager
Sylvia Fort, Recreation Program Manager
Laura Bjornsen, Superintendent
Tim Holland, Camp Manager

MINI FAMILY CAMP SCHEDULE

DAY 1 SUNDAY / WEDNESDAY

12:00 Arrival and Check-in
 12:00 - 2:30 Lunch
 3:30 - 4:30 Minnow / Chipmunk / Marmot / Teen / Adult Camp Tour & Name Tag Making
 4:30 - 5:30 Welcome to Camp Sacramento Social presented by Friends of Camp Sacramento (Dinning Hall Patio)
 6:00 - 7:00 Dinner
 7:30 - 8:30 Family Dutch Auction (Campfire)
 8:45 - 9:30 Welcome Campfire
 9:45 - 11:30 Teen Thing (Lodge)

DAY 2 MONDAY / THURSDAY

8:15 - 8:45 Pajamarama Pictures (Camp Bell)
 8:30 - 9:30 Pajamarama Breakfast
 10:00 - 12:25 Minnows - Jamboree
 Chipmunks - Archery
 Marmots - Tie dye
 10:15 - 12:25 Adults & Teens - Lovers Leap Hike
 Adults & Teens - Arts & Crafts
 12:30 - 1:30 Lunch
 2:00 - 3:00 Minnows - Bug Identification
 Chipmunks - Tie Dye
 Marmots - Arts & Crafts
 Teens - Climbing Wall
 Adults - Archery
 3:30 - 5:00 Minnows - Nature Crafts
 Chipmunks - Arts & Crafts
 Marmots - Archery
 Teens - Arts & Crafts
 Teen & Adults - Tie Dye
 5:30 - 6:30 Barbeque (Dining Hall)
 7:00 - 8:30 Co-ed Volleyball - Guests vs. Staff
 8:00 - 8:35 Kids Campfire
 8:30 - 9:00 All Camp Brownie Surprise (Dining Hall)
 9:00 - 10:00 Family Bingo (Dining Hall)
 9:45 - 11:30 Teen Thing (Lodge)
 10:15-10:45 Star Gazing (Meadow)

DAY 3 TUESDAY / FRIDAY

8:30 - 9:30 Breakfast
 10:00 - 12:00 Minnows - T-shirt Decorating
 Chipmunk - Puppy Love Hike
 Marmots - Lovers Leap Hike
 Teens - Archery
 Adults - Arts & Crafts
 12:00 - 4:00 **Pope Beach** (BBQ Sign up in Lobby)
 12:30 - 1:30 Lunch
 2:00 - 3:15 Minnow / Chipmunk / Marmot - Meadow Activities
 Teens - Arts & Crafts
 Adults - Arts & Crafts
 4:30 - 5:45 Family Fun Carnival (Quad)
 6:00 - 7:00 Dinner
 8:00 - 9:00 Closing Campfire
 9:15 - 11:00 Farewell Dance (Lodge)

DAY 4 WEDNESDAY / SATURDAY

8:30 - 9:30 Breakfast
 9:30 - 9:50 Minnows / Chipmunk / Marmot - Camp clean-up, and farewell to staff
 10:00 Check-out and Departure

****ACTIVITY TIMES AND ACTIVITIES ARE SUBJECT TO CHANGE****

Pre sign-up Every Day-

7:30 - 8:00am - Early Bird Hike*
 8:00 - 8:30am - Sunny Side Stretch*
 12:00 - 4:00pm - Tues/Friday Pope Beach

Sign up is required by 9:00PM in Lodge Sign-up board the night before. *Minimum of 3 people needed for program. Announcements will be made at 9:10pm.

Activities Available for Each Age Group:

Minnows (3 - 5 years): Minnows meet at the steps of the Lodge. Activities include: Nature journal, nature crafts, meadow games, hikes, t-shirt decorating, bug identification, and more.

Chipmunks (6 - 9 years): Chipmunks meet at the campfire pit. Activities include: Nature journal, nature crafts, leather craft, meadow games, soccer, hikes, tie dying, lanyards, friendship bracelets', hikes, and more.

Marmots (10 - 12 years): Marmots meet at the store patio. Activities include: Nature journal, nature crafts, leather craft, meadow games, soccer, hikes, tie dying, lanyards, friendship bracelets', hikes, and more.

Teens (13 - 19 years): Teens meet at the volleyball courts. Activities include: climbing wall, archery, hiking, Nature journal, nature crafts, leather craft, tie dying, lanyards, friendship bracelets', and more.

Adults (19 years and up): Adults meet at the camp bell. Activities include: climbing wall, archery, hiking, crafts, leather craft, tie dying, lanyards, friendship bracelets', Gourd painting, jewelry making, and more.

Check Daily Activity Board on the Dining Hall Patio for activities for each age group.

* Next day activities will be posted by 9PM each night and announced on P.A. System.

Day 1	Day 2	Day 3	Day 4
	8:30 AM	8:30 AM	8:30 AM
<i>Continental Breakfast every morning at 7am includes:</i> <i>Cold Cereals</i> <i>Muffins/Coffee Cake</i> <i>Bagels/Toast</i> <i>Yogurt</i> <i>Cottage Cheese</i> <i>Fruit</i> <i>Coffee, teas, milk, juice, hot cocoa</i>	Pancakes Scrambled Eggs Bacon Sausage Oatmeal Muffins	Breakfast Burrito Bar Scrambled Eggs Bacon Sausage Cream of Wheat Blueberry Coffee Cake	French Toast Scrambled Eggs Bacon Sausage Oatmeal Cinnamon Rolls
12:30 - 2:30 PM	12:30 PM	12:30 PM	
Sandwich Bar: Roast Beef Turkey Ham Tuna PB&J Chips Fruit Salad Bar Dessert: Oatmeal Cookies	Soup Bar: Chicken Noodle Vegetable Minestrone Grilled Cheese Sandwiches Fruit Salad Salad Bar Dessert: Shortbread Cookies	Hamburgers Hot Dogs Garden Burgers French Fries Onion Rings Chips Salad Bar Dessert: Chocolate Chip Cookies	<i>Assorted Drinks available throughout the day include:</i> <i>Ice Tea</i> <i>Lemonade</i> <i>Punch</i> <i>Coffee/Tea</i> <i>Hot Cocoa</i> <i>Milk/Soy Milk</i> <i>Chocolate Milk</i> <i>Juice</i>
Wine & Cheese Social 4:30 pm			
6:00 PM	5:30 PM	5:30 PM	
Spaghetti Marinara Sauce Meatballs Pesto Alfredo Penne Vegetable Blend Garlic Bread Salad Bar *Caesar Salad Dessert: Spumoni & Vanilla Ice Creams	BBQ Chicken/Ribs Hot dogs Marinated Tofu Corn on the Cob Ranch Beans Cornbread Salad Bar *Coleslaw Dessert: Watermelon	Pizza: Cheese Pepperoni Garlic Chicken Vegetarian Salad Bar *Spinach Salad Dessert: Raspberry Bars	* Specialty salads
Chocolate Chip Cookies	Brownie Surprise	Ice Cream Social	

Camp Sacramento Health Form - DUE MAY 13, 2011

Camp Sacramento
2450 Meadowview Road
Sacramento, CA 95823

**Due to Camp Office:
May 13, 2011**

Questions?
Call Allison at 916-808-6098

Family Info:

Family Name: _____

Session: _____ Cabin Number: _____

I decline to provide the requested health information for myself and my family (please sign the back of this page)

Please provide the following information. This records will remain confidential and is required by state law. California Code of Regulation Title 17, Article 8 Section 30750 Health Supervision.

Camper 1

Name: _____ Date of Birth: _____
First Name Last Name MI Month Day Year

Do you have any health condition requiring medication, treatment, special restrictions while at Camp? Yes No

If yes, please describe: _____

Do you have any food or medication allergies? Yes No

If yes, name the items and indicate the reaction: _____ Intolerance Anaphylaxis
 _____ Intolerance Anaphylaxis

Immunization History

Vaccines	Date of Last Immunization
DPT / TD / Tetanus	
Polio	
MMR (mumps, measles, rubella)	
Hepatitis B / Hepatitis A	

Camper 2

Name: _____ Date of Birth: _____
First Name Last Name MI Month Day Year

Do you have any health condition requiring medication, treatment, special restrictions while at Camp? Yes No

If yes, please describe: _____

Do you have any food or medication allergies? Yes No

If yes, name the items and indicate the reaction: _____ Intolerance Anaphylaxis
 _____ Intolerance Anaphylaxis

Immunization History

Vaccines	Date of Last Immunization
DPT / TD / Tetanus	
Polio	
MMR (mumps, measles, rubella)	
Hepatitis B / Hepatitis A	

Signature

Camp Sacramento Health Form
Continued

Camper 3

Name: _____ Date of Birth: _____
First Name Last Name MI Month Day Year

Do you have any health condition requiring medication, treatment, special restrictions while at Camp? Yes No

If yes, please describe: _____

Do you have any food or medication allergies? Yes No

If yes, name the items and indicate the reaction: _____ Intolerance Anaphylaxis
 _____ Intolerance Anaphylaxis

Immunization History

Vaccines	Date of Last Immunization
DPT / TD / Tetanus	
Polio	
MMR (mumps, measles, rubella)	
Hepatitis B / Hepatitis A	

Camper 4

Name: _____ Date of Birth: _____
First Name Last Name MI Month Day Year

Do you have any health condition requiring medication, treatment, special restrictions while at Camp? Yes No

If yes, please describe: _____


Do you have any food or medication allergies? Yes No

If yes, name the items and indicate the reaction: _____ Intolerance Anaphylaxis
 _____ Intolerance Anaphylaxis

Immunization History

Vaccines	Date of Last Immunization
DPT / TD / Tetanus	
Polio	
MMR (mumps, measles, rubella)	
Hepatitis B / Hepatitis A	

If you only have four (4) campers in this cabin please sign below if you have more campers in this cabin please continue. Camp Sacramento Staff thank you for your time. See you at camp.

 Camper Signature: _____ Date: _____

Continued

Camper 5

Name: _____ Date of Birth: _____
First Name Last Name MI Month Day Year

Do you have any health condition requiring medication, treatment, special restrictions while at Camp? Yes No

If yes, please describe: _____

Do you have any food or medication allergies? Yes No

If yes, name the items and indicate the reaction: _____ Intolerance Anaphylaxis
_____ Intolerance Anaphylaxis

Immunization History

Vaccines	Date of Last Immunization
DPT / TD / Tetanus	
Polio	
MMR (mumps, measles, rubella)	
Hepatitis B / Hepatitis A	

Camper 6

Name: _____ Date of Birth: _____
First Name Last Name MI Month Day Year

Do you have any health condition requiring medication, treatment, special restrictions while at Camp? Yes No

If yes, please describe: _____

Do you have any food or medication allergies? Yes No

If yes, name the items and indicate the reaction: _____ Intolerance Anaphylaxis
_____ Intolerance Anaphylaxis

Immunization History

Vaccines	Date of Last Immunization
DPT / TD / Tetanus	
Polio	
MMR (mumps, measles, rubella)	
Hepatitis B / Hepatitis A	

Camp Sacramento Staff thank you for your time. See you at camp.

Camper Signature: _____ Date: _____

CAMP SACRAMENTO
Family Camp & Conference Center

2450 Meadowview Rd.
Sacramento, CA 95832
Camp Manager : (916) 808-6169



CITY OF SACRAMENTO
Department of Parks and Recreation

Information / Reservation (916) 808- 6098
Fax: (916) 808-4060
www.cityofsacramento.org/parksandrecreation/campsac

Dear Camper:

In the event that you should bring a child or teenager from another family, we request that they have the attached medical release and medical care authorization form signed by their parent or guardian. Thank you for your consideration in this matter. We are all looking forward to seeing you at camp this summer.

RELEASE AND MEDICAL CARE AUTHORIZATION

Permission is hereby granted for my child: _____

to attend Camp Sacramento with: _____

from _____ to _____ and for my child to participate in all activities, and to receive any medical care that may be deemed necessary by authorities in charge.

PARENT OR GUARDIAN SIGNATURE

DATE

In case of illness or accident, please notify:

Name

Address

(____)_____
Phone

NOTE: Individual forms must be completed for each child that is seventeen (17) years of age and younger. This form should be brought to camp and given to the Camp Manager at the time of check-in