

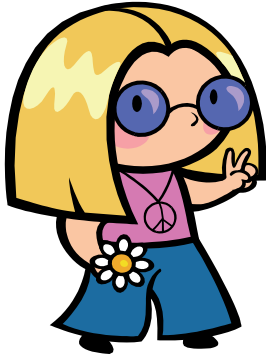


This packet includes some new and exciting information about camp this summer:

- 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](http://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, daises and any thing groovy and psycadelic. 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.



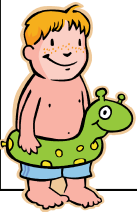
CHILDREN

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:

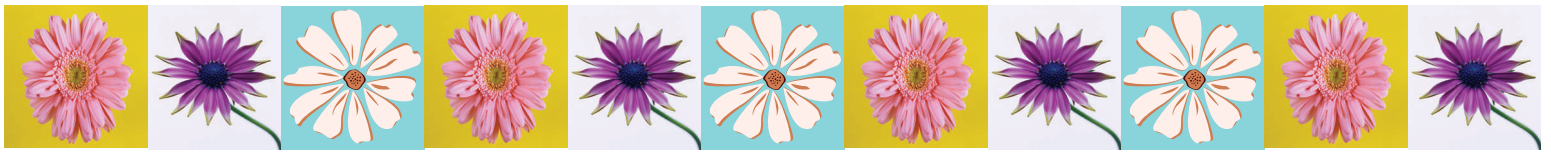
(Your name, your cabin #)  
Camp Sacramento  
Twin Bridges, CA 95735



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.

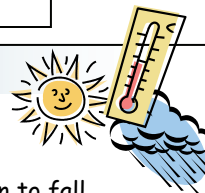
### TELEPHONE:

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:

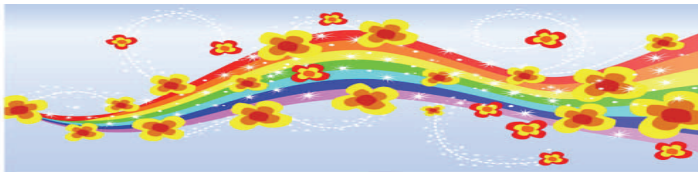
Medicine that needs to be refrigerated needs to be taken to the nurse's station, located next door to the office in the lodge. Please inform the nurse of special medical information at the beginning of camp.



### 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.*

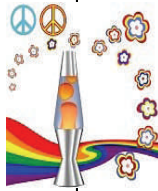


#### SHOES:

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

# WEEKLY FAMILY CAMP SCHEDULE

## MONDAY

12:00 Arrival and Check-in  
 12:00 - 2:30 Lunch  
 3:30 - 4:30 Minnows / Chipmunks / Marmots / Teens / Adults  
 Camp Tour & Name Tag Making  
 4:30 - 5:30 Welcome to Camp Sacramento Social presented  
 by Friends of Camp Sacramento (Dining Patio)  
 6:00 - 7:00 Dinner  
 7:15 - 7:30 Teens / Parents Meeting (Lodge)  
 7:30 - 8:25 Family Dutch Auction (Campfire)  
 8:30 - 9:15 Welcome Campfire  
 9:45 - 11:30 Teen Thing (Lodge)

## TUESDAY

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 Teens & Adults - Lovers Leap Hike  
 12:30 - 1:30 Lunch  
 2:00 - 3:50 Co-ed Softball - Teens & Adults vs. Staff (Meadow)  
 4:00 - 5:00 Softball Social (Store Patio)  
 4:00 - 5:00 Kids Social  
 Skit and Variety Show Practice-  
 Minnow/Chipmunk/Marmots (Lodge)  
 5:30 - 6:30 Dinner  
 6:45 - 7:00 All Day Hike Planning Meeting (Lodge)  
 7:00 - 8:00 Family Kick Ball  
 8:15 - 8:45 Family Crazy Campfire  
 9:00 - 10:00 Family - Game Night (Dining Hall)  
 10:15 - 10:45 Star Gazing (Meadow)  
 10:45 - 11:30 Teen Capture the Flag

## WEDNESDAY

8:30 - 9:30 Breakfast  
 9:35 - 2:40 All Day Hikers Depart  
 9:15 - 2:30 Teens Depart for South Lake Tahoe - Bike Ride  
 10:00 - 12:25 Minnows - T-Shirt Decorating  
 Chipmunks - Tie Dye  
 Marmots - Archery  
 Teens - Arts & Crafts  
 Adults - Arts & Crafts  
 12:30 - 1:30 Lunch  
 2:00 - 3:00 Minnows - Bug Catching  
 Marmots - Lovers Leap Hike  
 Teens - Archery  
 Adults - Tie Dye  
 2:00 - 4:00 Chipmunks - Puppy Love Hike  
 3:30 - 5:00 Minnows - Decorating for BBQ  
 Marmots - Still on Lovers Leap Hike  
 Teens - Tie Dye  
 Adults - Archery  
 4:00 - 5:00 Chipmunk- Archery / Arts & Crafts  
 5:30 - 6:30 Barbeque (Dining Hall)  
 7:00 - 8:15 Co-ed Volleyball - Teens & Adults vs. Staff  
 8:30 - 9:00 Brownie Surprise (Dining Hall)  
 9:00 - 10:00 Family - Bingo (Dining Hall)  
 9:45 - 11:30 Teen Adventure Climbing (Lodge)

## THURSDAY

8:30 - 9:30 Breakfast  
 10:00 - 5:00 Pope Beach South Lake Tahoe  
 12:30 - 1:30 Lunch at Pope Beach  
 5:30 - 6:30 Dinner  
 6:00 - 7:00 Ice Cream Bar (Store Patio)  
 7:30 - 9:15 Family Movie Night (Lodge)  
 7:30 - 9:15 Teen Sunset Hike  
 11:30 Teens Overnight Lock-In (Lodge)

## FRIDAY

8:30-9:30 Breakfast  
 10:00 - 12:15 Family Boat Building & Races  
 12:30 - 1:30 Lunch  
 2:00 - 3:00 Skit and Variety Show Practice-  
 Minnow/Chipmunk/Marmots (Lodge)  
 3:00 - 4:30 All Camp Carnival (Quad)  
 5:30 - 6:30 Dinner  
 6:45 - 7:45 Starlight Lounge Variety Show (Lodge)  
 8:00 - 9:00 Closing Campfire  
 9:15 - 11:00 Farewell Dance (Lodge)

## SATURDAY

8:30 - 9:30 Breakfast  
 9:30 - 9:50 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\*

### Event Sign up:

Wednesday- Teen Bike Ride \*

Adult All Day Hike\*(5 Person Minimum)

Thursday- Pope Beach, Variety Show

Sign up is required by 9:00PM. Sign-up board in the lodge. \*Minimum of 3 people needed for program.

### Activities Available for Each Age Group:

**Minnows (3 - 5 years):** Meets at the lodge steps.

Activities include: Nature journal, nature crafts, meadow games, hikes t-shirt decorating, jamboree, bug identification, and more.

**Chipmunks (6 - 9 years):** Meets at the camp fire pit.

Activities include: Nature journal, nature crafts, leather craft, meadow games, archery, soccer, hikes, tie dying, lanyards, friendship bracelets', hikes, and more.

**Marmots (10 - 12 years):** Meets at the store patio.

Activities include: Nature journal, nature crafts, leather craft, meadow games, archery, soccer, hikes, tie dying, lanyards, friendship bracelets, hikes, and more.

**Teens (13 - 19 years):** Meets at the volleyball court.

Activities include: Archery, hiking, nature journal, nature crafts, leather craft, tie dying, lanyards, friendship bracelets, and more.

**Adults (19 years and up):** Meets at the camp bell.

Activities include: 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.

\* Daily activities will be posted by 9PM each  
 night at the Dining Hall Patio and announced  
 on the P.A. System.

## Sample Weekly Camp Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	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  Scones	Pancakes Scrambled Eggs Bacon Sausage Cream of Wheat  Filled Coffeecake	Omelet Bar Biscuits & Gravy Scrambled Eggs Bacon Sausage Hash Browns Oatmeal  Cinnamon Rolls	<i>Continental Breakfast every morning at 7am includes: Cold Cereals Muffins Bagels &amp; Toast Yogurt, Fruit Cottage Cheese</i>
Sandwich Bar: Roast Beef Turkey Salami Ham PB&J Salad Bar Fruit Bowl  Dessert: Cookies	Soup Bar: Chicken Noodle Tomato Split Pea Grilled Cheese Fruit Salad  Dessert: Cookies	Sloppy Joes: Meat & Vegetarian Oven Fries Onion Rings Salad Bar Fresh Fruit  Dessert: Cookies	Tostadas Quesadillas Refried & Black Beans Chips and Salsa Fruit Bowl  Dessert: Cookies	BBQ, Pope Beach Hamburgers Hot Dogs Veggie Burgers Macaroni Salad Chips Watermelon  Dessert: Cookies	<i>Salad Bar available at all Lunch and Dinners Includes Specialty Salad listed.</i>	<i>Assorted Drinks available throughout the day including:  Ice Tea Lemonade Coffee Milk Juice</i>
Wine Social 4:30 PM	Softball Social 4:00PM					
Pasta w/ Marinara Meatballs Pesto/Alfredo Penne Vegetable Blend Garlic Bread Salad Bar Caesar Salad  Dessert: Spumoni & Vanilla Ice Cream	Enchiladas <b>Tacos</b> Spanish Rice Refried & Black Beans Salad Bar <b>Southwest Bean &amp; Corn Salad</b>  Dessert: Apple Crisp	BBQ Chicken Ribs <b>Hot dogs</b> Marinated Tofu Corn on the Cob Ranch Beans Cornbread Salad Bar <b>Coleslaw</b>  Dessert: Watermelon	Pizza: Cheese Pepperoni Garlic Chicken Vegetarian Minestrone Soup Salad Bar  Dessert: Ice Cream Social	Tri-Tip Salmon w/Salsa <b>Fish sticks</b> Mashed Potatoes Vegetable Blend Rolls Salad Bar <b>Spinach Salad</b>  Dessert: Chocolate Cake		<b>Red</b> = Optional entrée for kids  <b>Blue</b> = Specialty Salad
ChocChip Cookies	Smores	Brownie Surprise		Krispie Treats		Evening treats

**Camp Sacramento Health Form - DUE MAY 13, 2011**

Camp Sacramento  
2450 Meadowview Road  
Sacramento, CA 95823

**Due to Camp Office:**  
[Redacted]

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: \_\_\_\_\_  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](http://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**