



**SACRAMENTO**

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*Welcome*

*Packet*

*2019*

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## Welcome to Camp Sacramento!

Thank you for choosing Camp Sacramento for your family's summer camp experience! You've given your family a wonderful gift- the opportunity to experience the natural world, make new meaningful friendships and rediscover themselves 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 nurturing community that supports the values your family is learning at home. 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. Before the camp season begins, we are available via phone at (916) 808-6098, or by e-mail at [campsacramento@cityofsacramento.org](mailto:campsacramento@cityofsacramento.org). During the camp season (June-September), you can contact us at (530) 659-7202. Up to date information including camp maps, schedules, dates and rates can be found on our website at [www.campsac.org](http://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 desk in the lodge to check in and collect the keys to your cabin. To obtain your keys, you must turn in your completed health forms 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 **12 noon on day 3 of your session (Tuesday or Friday)** – this is the day we go to Pope beach. When we return from Pope beach and the lobby desk reopens at **4pm** all cabins are up for grabs.

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**. When the lobby desk reopens at **1pm** all cabins are up for grabs.

## ePACT Health Form

Paper health forms are no longer accepted at Camp Sacramento! Every camper is required to submit an ePact Camper Health form before they attend camp. Every adult is required to use an ePACT's PRIVACY & SECURITY - Maintaining the privacy and security of our campers' data is ePACT's top priority. Please read our Privacy and Security policies for complete details on the safeguards, standards, and audits we maintain to ensure the safety of your data.

- Families own and control their information within ePACT
- Families control who they connect and share their information with – no organization or individual can link to an account without permission
- ePACT uses the highest level of encryption to protect data.
- ePACT 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

### Helpful videos

- [What is ePACT?](#)
- [Why Families Love ePACT](#)

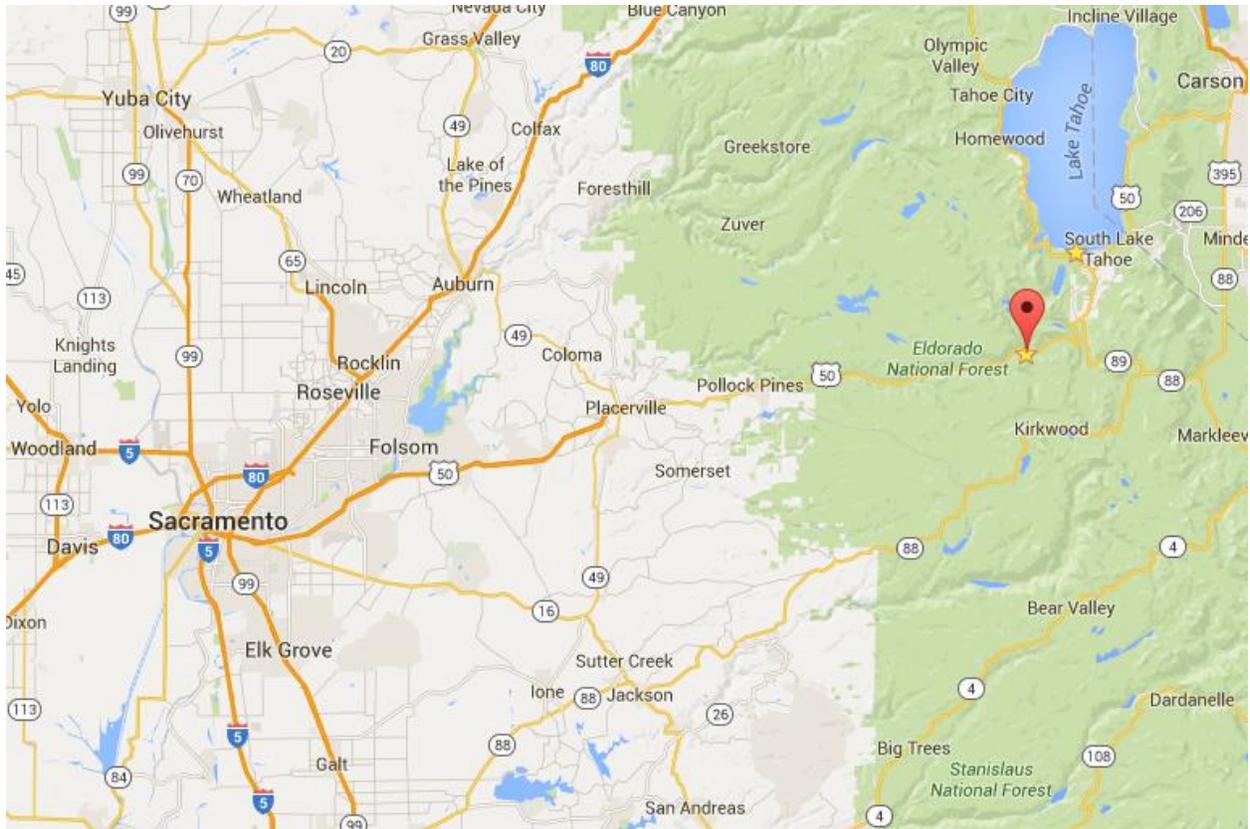
### Website

- [ePACT for Families](#)
- [Family Testimonials](#)

## 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 where to park. Once check-in is completed, please drive slowly to the designated parking spot nearest your cabin. Campers must also provide their own transportation to Pope Beach for our beach day. Camp Sacramento only provides transportation for camp staff.



## Mini Camp schedule of activities & meals

### DAY 1 SUNDAY/WEDNESDAY

<i>Welcome to Camp Sacramento!</i>		
TIME	ACTIVITY	LOCATION
12:00p	Arrival and check-in	Lobby desk
12:00-2:30p	Lunch – meet Chef Granison and explore the menu	Dining hall
3:30-4:30p	Camp tour and button making – ask your Rec staff about the <b>Camp Sac Star Map</b>	
4:30-5:30p	Wine and cheese social – presented by Friends of Camp Sacramento	Dining hall patio
5:30-6:00p	Craft Shack is open – lanyards, friendship bracelets, and a special craft!	Craft shack
5:30-6:00p	Family trivia – can you outsmart your fellow campers?	Camp store patio
6:00-7:00p	Dinner	Dining hall
7:30-8:30p	Family Dutch auction	Campfire pit
8:00p	Last chance to sign-up for tomorrow's Early Bird Hike or Sunny Side Stretch	Lobby desk
8:45-9:30p	Welcome campfire – meet your out of this world 2016 Camp Sacramento Staff	Campfire pit
9:30p	Late night snack – fresh baked chocolate chip cookies are served!	Dining hall
9:45-11:30p	Teen thing (ages 13-17)	Lodge
<b>Camp Store Hours</b> 7:30 am-10:00 am / 12:30 pm-4:30 pm / 7:00 pm-8:00 pm		
<b>Lobby Desk Hours</b> 7:30 am-10:00 am / 12:00 pm-4:00 pm / 7:00 pm-8:00 pm		

### DAY 2 MONDAY/THURSDAY

Welcome to your first full day at camp! Latte? Cappuccino? Check out the <b>camp store</b> for your morning rocket fuel! Now's the time to rebook your cabin for next year at the <b>lobby desk</b> ! Sign up in the camp store and join <b>Artist in Residence</b> Alex Amaral and learn to paint a starry night sky. \$10 includes your materials and a beer or beverage of choice!		
TIME	ACTIVITY	LOCATION
6:30-9:30a	Fireside coffee & tea	Dining hall
7:00-9:30a	Continental breakfast	Dining hall
7:30-8:00a	Early bird hike –requires 3 person minimum signup the day prior	Store patio
8:00a	Rise and shine bell	Camp bell
8:00-8:30a	Sunny side stretch - requires 3 person minimum signup the day prior	Lodge
8:15-8:45a	Pajamarama pictures	Camp bell
8:30-9:30a	Pajamarama breakfast – you woke up like this!	Dining hall
10:00-12:15p	Minnows (ages 3-5) – Minnow Play (Parents must sign children in and out of the activity)	Lodge steps
10:00-12:15p	Chipmunks (ages 6-9) – Archery	Campfire pit
10:00-12:15p	Marmots (ages 10-12) – Tie dye	Camp store patio
10:15-12:15p	Teens & Adults –Lover's Leap hike or Arts and Crafts	Camp bell
12:30-1:30p	Lunch	Dining hall
2:00-3:00p	Minnows (ages 3-5) – Bug catching (Parents must sign children in and out of the activity)	Lodge steps
2:00-3:00p	Chipmunks (ages 6-9) – Puppy Love hike	Campfire pit
2:00-3:00p	Teens (ages 13-17) – Rock wall	Volleyball court
2:00-3:00p	Adults (18+) –Archery	Camp bell
2:00-4:00p	Marmots (ages 9-12) – Lover's Leap hike	Camp store patio
3:30-5:00p	Minnows (ages 3-5) –BBQ decorating	Lodge steps
3:30-5:00p	Chipmunks (ages 6-9) – Arts & Crafts	Campfire pit
3:30-5:00p	Teens & Adults –Tie Dye	Camp bell
4:00-5:00p	Marmots (ages 9-12) – Archery	Camp store patio
5:00-5:30p	Craft shack is open - lanyards, friendship bracelets, and a NEW craft!	Craft shack
5:00-5:30p	Family trivia	Store Patio
5:30-6:30p	Camp BBQ – sign up for Pope beach tomorrow – beach parking is \$8	
7:00-8:30p	Teens & Adults – Co-ed Volleyball Campers vs. Staff	Volleyball court
8:00p	Last chance to sign-up for tomorrow's Early Bird Hike or Sunny Side Stretch - 3 person minimum	Lobby desk
8:00-8:30p	Kids Crazy Campfire – Come for the songs, stay for the s'mores!	Campfire pit
8:30-9:00p	Brownie Surprise – Shhhh! Don't let the secret out!	Dining hall
9:00-10:00p	Blast off BINGO	Dining hall
9:45-11:30p	Teen thing (ages 13-17)	Lodge
10:15-10:45p	Stargazing - look to the sky and spot your favorite constellation **weather permitting**	Meadow
<b>Camp Store Hours</b> 8:30 am-12:00 pm / 1:00 pm-5:30 pm		
<b>Lobby Desk Hours</b> 8:30 am-12:00 pm / 1:00 pm-5:30 pm		

### DAY 3 TUESDAY/FRIDAY

Today is your last day to reserve your same cabin for the next year – so make sure to reserve today by 12 noon. After <b>4 pm</b> all cabins are up for grabs! Visit Adri or Alicia at the lobby desk to reserve today. Did you get your souvenir 2016 camp coffee cup?		
TIME	ACTIVITY	LOCATION
6:30-8:30a	Fireside coffee & tea	Dining hall
7:00-9:30a	Continental breakfast	Dining hall
7:30-8:00a	Early Bird hike - <i>requires 3 person minimum signup the day prior</i>	Store patio
8:00a	Rise and shine bell	Camp bell
8:00-8:30a	Sunny side stretch - <i>requires 3 person minimum signup the day prior</i>	Lodge
8:30-9:30a	Breakfast	Dining hall
10:00-11:15a	Minnows (ages 3-5) – <i>T-shirt decorating</i>	Lodge steps
10:00-11:15a	Chipmunks (ages 6-9) – <i>Tie dye</i>	Campfire pit
10:00-11:15a	Marmots (ages 10-12) – <i>Arts &amp; crafts</i>	Camp store patio
10:00-11:15a	Teens & Adults - <i>Archery</i>	Volleyball court
12:00-4:00p	Pope beach	Pope beach
12:30-1:30p	Lunch Beach BBQ- <i>burgers, hot dogs, sandcastle competition</i>	Pope beach
2:00-3:15p	Teens & Adults - <i>Arts &amp; crafts</i> – craft classes: <i>leather working, wood burning, silk painting</i>	Camp bell
4:30-5:30p	Painting with Artist In Residence Alex Amaral - <i>\$10 for canvas and beer (limit 10 campers)</i>	Camp store patio
4:30-5:30p	Family fun carnival	Camp quad
5:00-5:30p	Craft shack is open - <i>lanyards, friendship bracelets, and our LAST craft!</i>	Craft shack
5:00-5:30p	Family trivia	Camp store
6:00-7:00p	Dinner	Dining hall
6:15-7:15p	Ice cream social	Dining hall
8:00-9:00p	Closing campfire – <i>songs, skits and more!</i>	Camp fire pit
9:15-11:00p	BLACKLIGHT farewell dance – <i>hula hoop competition, limbo and dance the night away with your camp staff</i>	Lodge
Camp Store Hours 8:30 am-12:00 pm / 4:00 pm-7:00 pm		
Lobby Desk Hours 8:30 am-12:00 pm / 4:00 pm-7:00 pm		

### DAY 4 WEDNESDAY/SATURDAY

WOW camp was fast! We hope you had a fantastic stay at Camp Sacramento. Let us know how we're doing – <b>comment cards</b> are available at the lobby kiosk. Make sure to close your store tab and turn in your cabin keys by <b>10am</b> – we'll miss you campers, see you next year!		
TIME	ACTIVITY	LOCATION
6:30-8:30a	Fireside coffee & tea	Dining hall
7:00-9:30a	Continental breakfast	Dining hall
7:30-10:00a	Adults – <i>Pay your store tab and return your cabin keys</i>	Camp store
8:00a	Rise and shine bell	Camp bell
8:30-9:30a	Breakfast	Dining hall
9:30-9:50a	Minnows (ages 3-5) – <i>Camp clean-up and farewell</i>	Lodge steps
	Chipmunks (ages 6-9) – <i>Camp clean-up and farewell</i>	Campfire pit
	Marmots (ages 10-12) – <i>Camp clean-up and farewell</i>	Camp store patio
	Teens (ages 13-17) - <i>Camp clean-up and farewell Archery</i>	Volleyball court
10:00a	Check-out and departure – <i>see you next year campers! Have a safe drive home!</i>	
Camp Store Hours 7:30 am-10:00 am		
Lobby Desk Hours 7:30 am-10:00 am		

\*\*Activities and activity times are subject to change. Listen for announcements and check the daily activity board at the dining hall patio for updates\*\*

## Week-long Camp schedule of activities & meals

### DAY 1 MONDAY

<i>Welcome to Camp Sacramento!!</i>		
Use your store tab for all of your camp purchases. Corn hole, bocce balls, fishing poles and bait, cue sticks, and board games are all available to check-out at the <b>lobby desk</b> – requires a photo I.D. Sign up in the camp store and join <b>Artist in Residence</b> Alex Amaral and learn to paint a starry night sky. \$10 includes your materials and a beer or beverage of choice!		
TIME	ACTIVITY	LOCATION
12:00p	<b>Arrival and check-in</b>	Lobby desk
12:00-2:30p	<b>Lunch – meet our Chef and explore the menu</b>	Dining hall
3:30-4:30p	<b>Camp tour and button making</b>	
4:30-5:30p	<b>Wine and cheese social – presented by Friends of Camp Sacramento</b>	Dining hall patio
5:30-6:00p	<b>Craft Shack is open – lanyards, friendship bracelets, and a special craft!</b>	Craft shack
5:30-6:00p	<b>Family trivia – can you outsmart your fellow campers?</b>	Camp store patio
6:00-7:00p	<b>Dinner</b>	Dining hall
7:15-7:30	<b>Teens/Parents meeting</b>	Store patio
7:30-8:30p	<b>Family Dutch auction</b>	Campfire pit
8:00p	<b>Last chance to sign-up for tomorrow's Early Bird Hike or Sunny Side Stretch</b>	Lobby desk
8:45-9:30p	<b>Welcome campfire – meet your out of this world 2017 Camp Sacramento Staff</b>	Campfire pit
9:30p	<b>Late night snack – fresh baked chocolate chip cookies are served!</b>	Dining hall
9:45-11:30p	<b>Teen thing</b>	Lodge
<b>Camp Store Hours</b> 12:30 pm-4:30 pm / 7:00 pm-8:00 pm		
<b>Lobby Desk Hours</b> 12:00 pm-4:00 pm / 7:00 pm-8:00 pm		

### DAY 2 TUESDAY

Welcome to your first full day at camp! Latte? Cappuccino? Check out the <b>camp store</b> for your morning rocket fuel! Now's the time to rebook your cabin for next year at the <b>lobby desk!</b>		
TIME	ACTIVITY	LOCATION
6:30-9:30a	<b>Fireside coffee &amp; tea</b>	Dining hall
7:00-9:30a	<b>Continental breakfast</b>	Dining hall
7:30-8:00a	<b>Early bird hike –requires 3 person minimum signup the day prior</b>	Store patio
8:00a	<b>Rise and shine bell</b>	Camp bell
8:00-8:30a	<b>Sunny side stretch - requires 3 person minimum signup the day prior</b>	Lodge
8:15-8:45a	<b>Pajamarama pictures</b>	Camp bell
8:30-9:30a	<b>Pajamarama breakfast – you woke up like this!</b>	Dining hall
10:00-12:15p	<b>Minnows – Minnow Play (Parents must sign children in and out of the activity)</b>	Lodge steps
10:00-12:15p	<b>Chipmunks – Archery</b>	Campfire pit
10:00-12:15p	<b>Marmots – Tie dye</b>	Camp store patio
10:15-12:15p	<b>Teens &amp; Adults –Lovers' Leap hike or Arts and Crafts</b>	Camp bell
12:30-1:30p	<b>Lunch</b>	Dining hall
2:00-3:45p	<b>Co-ed softball Teens and Adults vs. Staff</b>	Meadow
4:00-5:00p	<b>Softball social</b>	Store patio
4:00-5:00p	<b>Kids social and scavenger hunt</b>	Lodge
4:00-5:00p	<b>Skit and variety show practice for Minnows, Chipmunks, Marmots</b>	Lodge
5:30-6:30p	<b>Dinner</b>	Dining hall
6:45-7:00p	<b>All day hike planning</b>	Store patio
7:00-8:00p	<b>Family kick ball</b>	Meadow
8:15-8:45p	<b>Crazy campfire</b>	Campfire pit
9:00-10:00p	<b>Family game night</b>	Dining hall
10:15-10:45p	<b>Stargazing - look to the sky and spot your favorite constellation **weather permitting**</b>	Meadow
10:45-11:30p	<b>Teen capture the flag</b>	Meadow
<b>Camp Store Hours</b> 8:30 am-12:00 pm / 1:00 pm-2:30 pm / 6:00 pm-7:00 pm		
<b>Lobby Desk Hours</b> 8:30 am-12:00 pm / 1:00 pm-2:30 pm / 6:00 pm-7:00 pm		

### DAY 3 WEDNESDAY

A day full of your favorite Camp Sacramento activities. Make sure to stay hydrated and drink plenty of water. Not going to Pope beach tomorrow – make sure to sign up for a sack lunch with our chef!

TIME	ACTIVITY	LOCATION
6:30-8:30a	<b>Fireside coffee &amp; tea</b>	<i>Dining hall</i>
7:00-9:30a	<b>Continental breakfast</b>	<i>Dining hall</i>
7:30-8:00a	<b>Early Bird hike</b> - requires 3 person minimum signup the day prior	<i>Store patio</i>
8:00a	<b>Rise and shine bell</b>	<i>Camp bell</i>
8:00-8:30a	<b>Sunny side stretch</b> - requires 3 person minimum signup the day prior	<i>Lodge</i>
8:30-9:30a	<b>Breakfast</b>	<i>Dining hall</i>
9:15-2:30	<b>Teen bike ride</b>	
9:35-2:40	<b>All day hikers depart</b>	<i>Dining hall</i>
10:00-12:00p	<b>Minnows</b> – T-shirt decorating	<i>Lodge steps</i>
10:00-12:00p	<b>Chipmunks</b> – Tie dye	<i>Campfire pit</i>
10:00-12:00p	<b>Marmots</b> – Arts & crafts	<i>Camp store patio</i>
10:00-12:00p	<b>Teens &amp; Adults</b> - Archery	<i>Volleyball court</i>
12:30-1:30p	<b>Lunch</b>	<i>Dining hall</i>
2:00-3:00p	<b>Minnows</b> - Bug catching	<i>Lodge steps</i>
	<b>Teens and Adults</b> - Archery	<i>Camp bell</i>
2:00-4:00p	<b>Chipmunks</b> – Puppy Love hike	<i>Campfire pit</i>
	<b>Marmots</b> – Lovers' Leap hike	<i>Camp store patio</i>
3:30-5:00p	<b>Minnows</b> – Decorating for BBQ	<i>Lodge steps</i>
4:00-5:00p	<b>Chipmunks</b> – Archery or arts and crafts	<i>Campfire pit</i>
5:30-6:30	<b>BBQ Luau and Pope Beach signups</b>	<i>Dining hall</i>
7:00-8:15p	<b>Co-ed volleyball Campers vs. Staff</b>	<i>Volleyball court</i>
8:30-9:00p	<b>Brownie surprise</b>	<i>Dining hall</i>
9:00-10:00p	<b>Family BINGO</b>	<i>Dining hall</i>
9:45-11:30p	<b>Teen rock wall</b>	<i>Lodge</i>

**Camp Store Hours** 8:30 am-12:00 pm / 1:00 pm-5:30 pm

**Lobby Desk Hours** 8:30 am-12:00 pm / 1:00 pm-5:30 pm

### DAY 4 THURSDAY

Fun in the sun all day at Pope beach! Parking is \$8.

TIME	ACTIVITY	LOCATION
6:30-8:30a	<b>Fireside coffee &amp; tea</b>	<i>Dining hall</i>
7:00-9:30a	<b>Continental breakfast</b>	<i>Dining hall</i>
8:00a	<b>Rise and shine bell</b>	<i>Camp bell</i>
8:30-9:30a	<b>Breakfast</b>	<i>Dining hall</i>
10:00-5:00pm	<b>Pope Beach</b>	
12:30-1:30	<b>Lunch at Pope beach</b>	<i>Pope beach</i>
2:00-2:30p	<b>Sandcastle competition</b>	<i>Pope beach</i>
5:30-6:30p	<b>Dinner</b>	<i>Dining hall</i>
5:45-6:45p	<b>Ice cream social</b>	<i>Dining hall</i>
7:00-7:45p	<b>Campfire</b>	<i>Campfire pit</i>
7:15-8:45p	<b>Teen sunset hike</b>	<i>Volleyball court</i>
8:00-9:30p	<b>Family movie night</b>	<i>Lodge</i>
11:30p	<b>Teen thing</b>	<i>Lodge</i>

**Camp Store Hours** 8:30 am-10:30 am / 4:30-7:00 pm

**Lobby Desk Hours** 8:30 am-10:30 am / 4:30-7:00 pm

**DAY 5 FRIDAY**

Today is the last day to reserve your current cabin for next year! Deadline to reserve is 12:00 pm today. At 1:00 pm the lobby desk reopens and all cabins are up for grabs.

TIME	ACTIVITY	LOCATION
6:30-8:30a	<b>Fireside coffee &amp; tea</b>	<i>Dining hall</i>
7:00-9:30a	<b>Continental breakfast</b>	<i>Dining hall</i>
8:00a	<b>Rise and shine bell</b>	<i>Camp bell</i>
8:30-9:30a	<b>Breakfast</b>	<i>Dining hall</i>
10:00-12:00p	<b>Family Activities</b>	<i>Lodge steps</i>
12:30-1:30	<b>Lunch</b>	<i>Dining hall</i>
2:00-2:30p	<b>Skit and variety show practice</b>	<i>Lodge</i>
3:00-4:30p	<b>Camp Carnival</b>	<i>Quad</i>
5:30-6:30p	<b>Dinner</b>	<i>Dining hall</i>
7:00-8:30p	<b>Variety Show</b>	<i>Lodge</i>
9:00-10:30p	<b>Farewell dance</b>	<i>Lodge</i>
<b>Camp Store Hours</b> 8:30 am-12:00 pm / 1:00 pm-5:30 pm		
<b>Lobby Desk Hours</b> 8:30 am-12:00 pm / 1:00 pm-5:30 pm		

**DAY 6 SATURDAY**

WOW camp was fast! We hope you had a fantastic stay at Camp Sacramento. Let us know how we're doing – **comment cards** are available at the lobby kiosk. Make sure to close your store tab and turn in your cabin keys by **10am** – we'll miss you campers, see you next year!

TIME	ACTIVITY	LOCATION
6:30-8:30a	<b>Fireside coffee &amp; tea</b>	<i>Dining hall</i>
7:00-9:30a	<b>Continental breakfast</b>	<i>Dining hall</i>
7:30-10:00a	<b>Adults</b> – Pay your store tab and return your cabin keys	<i>Camp store</i>
8:00a	<b>Rise and shine bell</b>	<i>Camp bell</i>
8:30-9:30a	<b>Breakfast</b>	<i>Dining hall</i>
9:30-9:50a	<b>EVERYONE</b> – <i>Camp clean-up and farewell</i>	<i>Lodge steps</i>
10:00a	Check-out and departure – <i>see you next year campers! Have a safe drive home!</i>	
<b>Camp Store Hours</b> 7:30 am-10:00 am		
<b>Lobby Desk Hours</b> 7:30 am-10:00 am		

## 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.

Scheduled activities include:

- archery
- arts & crafts
- family bingo
- hikes
- volleyball
- softball
- dances
- BBQs
- campfire with songs and skits
- star gazing

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

We are very excited with our **Summer 2019 Theme of SPORTS!** Pack your bags, grab your favorite team garb, and don't forget a good measure of the team spirit. Also, remember themed items for the Family Dutch auction, cabin decorating contest and sand castle competition.

## 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 space theme related – and could be anything including the kitchen sink!

## Swimming

Feel like taking a dip? Swimming in the South Fork of the American river or at Pope beach is now 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 meal time.

### Meal Times

Unless otherwise announced at camp, meal times are as follows:

Breakfast: 8:30 AM  
Lunch: 12:30  
Dinner: 5:30 PM

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.

Some meal times 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 any and 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 don't 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 water.

## 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 is mailed to you and can also be found at:

Please inform us of 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.

Although families are expected to handle their own general medical needs, our camp medical staff is available 24/7 if you need to speak with a medical professional. 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

### 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

### 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 cabin is required to complete and submit the Camp Sacramento Camper Health form at check-in. 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, sensitivities, 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.

## **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 (6-8)      1:6
- Marmots (9-14)      1:8
- Teens (15-18)      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.)



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