



FAMILY HANDBOOK

This handbook includes essential details for campers and their families including Covid safety protocols, packing lists, drop-off, bus, and pick-up procedures.



CAMP NAMANU
10300 SE CAMP NAMANU RD
SANDY, OR 97055

NAMANU RANCH
42185 SE ELSNER ROAD
SANDY, OR 97055



CAMP DIRECTOR
GINA SANDER
CAMP OFFICE (503) 695-6041
DIRECT (971) 710-2223
GSANDER@CAMPFIRECOLUMBIA.ORG

REGISTRAR
SHANE SIBOLD
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SUMMER 2021						
JUNE/JULY						
SUN 6/27	MON 6/28	TUES 6/29	WED 6/30	THUR 7/1	FRI 7/2	SAT 7/3
SESSION 1						CAMP CLOSED
JULY						
SUN 7/4	MON 7/5	TUES 7/6	WED 7/7	THUR 7/8	FRI 7/9	SAT 7/10
CAMP CLOSED	CAMP CLOSED	SESSION 2				CAMP CLOSED
SUN 7/11	MON 7/12	TUES 7/13	WED 7/14	THUR 7/15	FRI 7/16	SAT 7/17
SESSION 3						CAMP CLOSED
SUN 7/18	MON 7/19	TUES 7/20	WED 7/21	THUR 7/22	FRI 7/23	SAT 7/24
SESSION 4						CAMP CLOSED
SUN 7/25	MON 7/26	TUES 7/27	WED 7/28	THUR 7/29	FRI 7/30	SAT 7/31
SESSION 5						CAMP CLOSED
AUGUST						
SUN 8/1	MON 8/2	TUES 8/3	WED 8/4	THUR 8/5	FRI 8/6	SAT 8/7
SESSION 6						CAMP CLOSED
SUN 8/8	MON 8/9	TUES 8/10	WED 8/11	THUR 8/12	FRI 8/13	SAT 8/14
SESSION 7						CAMP CLOSED

BEFORE YOU PACK...

PACKING TIPS

1. Label bags, water bottles, any special items. The more labels the better.
2. For items such as under wear, socks, and masks we recommend bringing 1-2 more sets than you think you will need.
3. Items to leave at home:
 - a. Irreplaceable or high value items
 - b. Electronics such as cell phones, tables, computers, gaming devices, etc.
 - c. Food & candy
 - d. Personal sports equipment, vehicles, or animals
 - e. Weapons including pocket knives larger than 2" blade, drugs, alcohol, and tobacco in any form

Campers can expect to run, hike, and play each day and should plan to bring enough items to feel clean and comfortable each day.



PACKING LIST

**IF ANY OF THESE CAUSE A BARRIER FOR YOUR CAMPERS PLEASE CONTACT THE CAMP OFFICE.

LIMIT 1 LARGE DUFFEL OR BACKPACKING PACK, 1 SMALL BAG/DAYPACK, SLEEPING BAG, PILLOW

CLOTHING

- | | |
|---|--|
| <input type="checkbox"/> Underwear | <input type="checkbox"/> Sweatshirts and/or jacket |
| <input type="checkbox"/> Socks | <input type="checkbox"/> Water-proof layer |
| <input type="checkbox"/> T-shirts & tank tops | <input type="checkbox"/> Pajamas |
| <input type="checkbox"/> Shorts | <input type="checkbox"/> Swimsuit |
| <input type="checkbox"/> Long pants | <input type="checkbox"/> Face mask 1/day (disposable or multi-layered) |

OPTIONAL ADD-ON:

- Laundry Bag

SHOES

****All shoes must have a backstrap. Slip-ons or flip flops may only be worn in the shower or cabin.****

- Tennis shoes
- Shoes or sandals that can get wet for creek hikes
- Shower shoes (Flip flops okay)
- RANCH: Riding Boots (we have some to borrow if needed)

GEAR (we recommend labeling most if not all camper gear)

- | | |
|--|--|
| <input type="checkbox"/> Sleeping bag | <input type="checkbox"/> Brimmed hat |
| <input type="checkbox"/> Pillow | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Water bottle | <input type="checkbox"/> Backpack or day bag for overnights and/or hikes around camp |
| <input type="checkbox"/> Flashlight/Headlamp | |

OPTIONAL ADD-ONS:

- | | |
|---|---|
| <input type="checkbox"/> Compass | <input type="checkbox"/> Books, comics, magazines for quiet time |
| <input type="checkbox"/> Stuffed animal | <input type="checkbox"/> Paper, envelopes, & stamps |
| <input type="checkbox"/> Camera | <input type="checkbox"/> Throw blanket |
| <input type="checkbox"/> Swimming goggles | <input type="checkbox"/> Other head gear as needed i.e. warm hat, glasses, etc. |

TOILETRIES

- | | |
|--|--|
| <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Shampoo & conditioner |
| <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Towels (1 pool & 1 Shower) |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Insect repellent (no aerosol) |
| <input type="checkbox"/> Body wash or soap | <input type="checkbox"/> Sunscreen (no aerosol) |
| <input type="checkbox"/> Hairbrush or comb | <input type="checkbox"/> Hand Sanitizer |

OPTIONAL ADD-ONS:

- | | |
|---|---|
| <input type="checkbox"/> Aloe vera | <input type="checkbox"/> Pomade or other necessary hair care products |
| <input type="checkbox"/> Hand sanitizer | <input type="checkbox"/> Menstrual products
(also available from our camp nurse) |

GETTING TO CAMP

This summer families are responsible for transporting their camper to and from Camp Namanu. We will not be providing bus service in 2021.

MAIN CAMP DROP OFF*
10300 SE CAMP NAMANU RD
SANDY, OR 97055

RANCH DROP OFF
42185 SE ELSNER ROAD
SANDY, OR 97055

Refer to the chart below for your check-in time.

REMINDER: Camp Namanu has a single lane road in and out of camp, so it is vital that families only arrive within 15 minutes of their specific drop-off window to avoid extended delays leaving camp.

CHECK-IN	UNIT
12:45 PM	GEARS & CITS
1:45 PM	BALAGAN, PIONEER, & RANCH*
2:45 PM	KIWANIS & ROBIN HILL
3:45 PM	SHERWOOD
4:45 PM	BLUE WING

**Note different drop off location for Ranch campers.*

WHAT TO EXPECT

- We ask that all families stay in their car during drop-off and pick-up unless otherwise instructed by a staff member.
- Bathroom use will be limited. We will have one public portable toilet available in the parking lot.
- Please make sure everyone in your vehicle has a mask available.
- If multiple age campers checking in, we recommend defaulting to the later time.
- Health checks for all campers upon arrival

WHAT TO BRING TO CHECK-IN:

- Medication in original packaging
- Camper luggage, sleeping bag & pillow
- Money for store if not already on UltraCamp
- Mail you would like to drop off for your camper
- Any updated authorized pick-up information

LEAVING CAMP

ALL CAMPERS WILL BE
PICKED UP FROM
MAIN CAMP

MAIN CAMP
10300 SE CAMP NAMANU RD
SANDY, OR 97055

ARRIVAL	UNIT
10:30 AM	BLUE WING
11:15 AM	SHERWOOD
12:00 PM	KIWANIS & ROBIN HILL
12:45 PM	BALAGAN, PIONEER, & RANCH*
1:30 PM	GEARS & CITS



WHAT TO EXPECT

- If multiple age campers, default to the later time
- Please only leave vehicle when instructed by staff member
- Family members can only be allowed to enter the program area if there is immediate concern for the health and safety of their child.

CAMPERS WILL ONLY BE RELEASED TO ADULTS LISTED
ON THEIR AUTHORIZED PICK-UP LIST - VALID PHOTO
ID IS REQUIRED AT PICK-UP.

CAMP POLICIES

BELOW YOU WILL FIND A SELECTION OF IMPORTANT CAMP POLICIES,
ADDITIONAL INFORMATION CAN BE FOUND ON OUR WEBSITE AT
CAMPNAMANU.ORG



POLICY TOPICS

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IMPORTANT CONTACTS

Camp Director

Gina "Sprout" Sander

Direct: 971-710-2223

gsander@campfirecolumbia.org

Registrar

Shane "Crux" Sibold

Direct: 971-710-2208

ssibold@campfirecolumbia.org

Executive Director of Namanu

Janette "Pickle" Kunkel

971-710-2207

jkunkel@campfirecolumbia.org

Camp Namanu

10300 SE Camp Namanu Road

Sandy, Oregon 97055

Office: 503-695-6041 (summer only)

Nurse: 503-695-6042 (summer only)

Camp Fire Columbia Main Office

1411 SW Morrison Street, 300

Portland, OR 9720

503-224-7800

HEALTH & WELLNESS

HEALTHCARE AT CAMP

Every session we have a camp healthcare team prepared to assist campers in their healthcare needs including but not limited to:

- Cleaning and dressing injuries
- Ice packs & over the counter medication for aches and pains
- Menstruation products
- Isolation rooms for overnight illness monitoring

For any serious or persistent health concerns or those requiring outside medical treatment you will be notified by phone as soon as possible. In the event your camper presents with Covid-19 symptoms while at camp, families will be contacted asap to pick up their camp.

HEALTH HISTORY FORMS

As the summer approaches, registered families will receive an email prompt to complete their health history forms online. All information provided in this form is confidential and is collected to ensure a safe and successful experience for your camper. Health forms provide us with vital information about your camper such as health history, dietary restrictions, allergies, & emergency contacts. While completing the form, prepare to provide information such as:

- Immunization records including Covid-19 vaccination information (if eligible)
- Insurance information in case outside emergency medical care is needed
- Emergency contact information
- Additional information about how to help your camper be successful

Please contact our registrar if you have not received a prompt within 2 weeks of your camper's upcoming session, have concerns about completing the form, or need an alternative to the online form.

Shane Sibold

Camp Namanu Registrar (Mon-Fri 8:00 am – 4:30 pm)

971-710-2208

ssibold@campfirecolumbia.org

MEDICATIONS

Bring all camper medications with you to your check-in on the first day of camp. All medications, including rescue medications such as an inhaler or epipen, must be turned in to Namanu staff. All rescue medications will stay with the camper. Other medications will be stored and administered by the camp healthcare team. Please make sure camper name is on all medication including rescue medication such as inhalers or epi pens.

- All medications must be in original packaging (Rx or OTC) with specific written instructions for use. We are unable to distribute unmarked medications to the camper.
- All medications must be listed with detailed instructions given on the Health History form prior to coming to camp.
- Bee Sting/Allergic Reactions: If your camper has a known allergy to bee stings, or other severe allergic reactions, the camper must bring an appropriate treatment kit to camp.
- History of asthma: If your camper has a history of asthma, you must provide medication for treatment. Even if your camper has not used this medication recently, camp activity (heat, cold water, or dust) can aggravate symptoms and we want to have every tool at our disposal to keep your camper safe.

MASKS & VACCINES

It is our hope that as many campers as possible will be vaccinated before they come to camp. At this time, we expect to have both vaccinated and unvaccinated campers on site so we will be applying the same mask policy for each group. The only exception may be specialty units such as Gears or CITs where all campers are vaccinated.

This summer we ask that every camper come prepared with a fresh mask for each day of program and a handful of extras. As the summer camp guidance continues to evolve, we will be continuing to review our masking policy. Campers will have the option to maskless in the following situations:

- When indoors or outdoors with just the members of their cabin group
- When outdoors and distanced from other campers
- When showering, swimming, sleeping, or other times it would be hazardous to wear a face covering.
- When actively eating or drinking.
- During any planned outdoor "mask breaks" while distanced from other campers.

BED WETTING

Our staff are trained in how to handle wet sleeping bags at camp in a discreet and respectful manner. All soiled clothing and bedding will be washed and we do our best to ensure that this is done in a timely manner, without other campers' knowledge. We also provide campers with loaner sleeping bags if needed before soiled items are washed and dried. If you are concerned that your camper may end up with a wet sleeping bag, please indicate on the health history form so that we can be particularly vigilant in our bed checks. You may also want to talk with your camper about what to do in case of an accident. It is best if a camper tells their counselor immediately, and you can reassure your camper that their counselor will keep the information private. Our staff are compassionate and dedicated to keeping campers safe, happy, and healthy while they are at Camp Namanu.

LICE

Please check your camper for lice prior to arrival at camp. During the drop-off process every camper will be checked for signs of head lice. If lice or nits are found we will provide on site treatment and isolate your camper temporarily. Here is a video with helpful tips for checking your camper's for lice: <https://www.youtube.com/watch?v=5A2osxo8ZgM>

MEALS & DIETARY NEEDS

Camp Namanu strives to provide meals that are healthy and well-balanced. Before each session we provide the kitchen staff a list of known food allergens and dietary needs for each camper to ensure they prepare an option for every camper at every meal. This year campers will eat their meals in their cabin cohorts. All dining spaces will be outdoor, open air, or limited use indoor spaces. Please make sure your camper's dietary needs are listed on their health history form.

BEHAVIOR SUPPORTS

HOMESICKNESS

At any age, campers may experience some degree of difficulty being away from home. For first time campers we recommend the following:

- Schedule a sleepover at a friend or family member's to practice.
- Talk about what your camper is excited about and what they can do if they start to miss home (i.e. write a letter, talk to their counselor, squeeze a stuffed animal).
- Reassure your camper that everyone at home will be well taken care of and excited to hear about their time at camp.
- It can be helpful to use language such as "I am excited for the great experiences you will have this week" or "I'm so excited to hear what you learn this week" rather than "I will miss you".
- Let staff know if your camper is in a time of transition or uncertainty and could use additional reassurance on site.

BEHAVIOR MANAGEMENT

We expect all campers and staff to be respectful and inclusive to all members of our Camp Namanu community. Staff receive behavior management training and will work with campers to establish cabin and unit expectations at the beginning of the week. Should peer conflicts or behavior management challenges arise, staff will:

1. Talk with the camper(s) about what happened and discuss what support they need to resolve the issue or avoid the behavior in the future.
2. If the challenge continues, the unit supervisor or manager will speak with the camper to ensure they understand expectations and potential consequences or rewards for their behavior. If a behavior plan is needed, staff may call to consult with families.
3. If the issue continues or escalates the Camp Director will be pulled in and parent/guardians will be contacted to discuss next steps possibly including dismissal from program.

In cases of serious behavior issues, threat of harm, or violence, staff may bring the issue directly to the Camp Director. Families will be notified and, depending on seriousness of behavior, campers may be exited from program without implementing a behavior plan. Camp fees will not be reimbursed when a camper is sent home due to behavior.

Please convey to your camper that if they feel threatened or bullied they should immediately tell their counselor or another staff member.

COMMUNICATION & CAMP PROCEDURES

HOW DO I SEND STORE MONEY AND HOW MUCH TO SEND

Items at the store range from \$1 key chains to sturdy sweatshirts (\$25-\$45). While shopping at the camp store can be fun, it is not a mandatory part of camp, and we encourage families to send whatever they are comfortable with. As a reminder all campers will receive a camp shirt this year as part of their registration. We prefer store money to be uploaded through your UltraCamp account.

HOW DOES NAMANU APPROACH GENDER IDENTITY?

Every camper is an individual, and every camper has the right and opportunity to be authentically themselves while at Camp Namanu. We want to honor all identities and therefore we provide all-gender and gender binary cabin options at camp. Our current registration system has limitations, so if you do not see the option your camper needs when registering, please reach out to us as soon as possible. If you have questions, concerns, or you'd like to discuss your campers' cabin assignment, please call contact the overnight camp director:

Gina "Sprout" Sander
Camp Director
Direct: 971-710-2223
Camp Office: 503-695-6041
gsander@campfirecolumbia.org

LOST & FOUND

Any camper items which remain in our lost and found at the end of a session will be held for 48 hours. If an item is labeled we will do our due diligence to connect with a family before donating items. To follow up on a lost and found item, leave a detailed message on our office phone line including camper name and description of item. **Camp Namanu is not responsible for lost items.**

CAMPER MAIL

Campers enjoy getting mail at camp! However, the Postal Service often takes more time than one would think to transport letters out to and from Namanu. We do not recommend sending letters or packages to your camper by postal services. If you would like to send your camper an encouraging note or picture, please follow these guidelines.

Turn letters in at check-in. All letters must have:

- Camper's Name
- Unit Name
- Session Number
- Day you would like it to be delivered
- Example: John Doe Sherwood Session 3 Please deliver Tuesday

For younger campers wishing to send mail home from camp, we suggest sending them with stationery that contains a pre-addressed, stamped envelope. We will do our best to ensure that any mail that we do not think will make it through the US Postal system will be available on the last day of the session to be handed over at pickup.

Please Note: Mail will not be delivered on Sunday or Saturday

PHONE CALLS

Situations may occur when your input will help your child succeed at camp. The Camp Director or another staff member working closely with your camper may call home if the need arises. Typically this conversation will be between staff and families, we rarely ask campers to join phone conversations as this can exacerbate homesickness and make it harder for campers to successfully finish out the session. However, exceptions have been made when the Camp Director and/or families feel it is the best option to support a camper's success.

NOTE: Cell phones are not allowed at camp and any camper cell phones found will be held by our administrative staff until the last day of camp.

STAFF & CAMPER INTERACTIONS AFTER CAMP

Campers often develop strong and positive mentor relationships with summer camp staff. When a session ends many campers want to keep in touch with their favorite staff members. However, all Camp Namanu staff are asked to refrain from connecting with campers via any social media platforms until they have aged out of our programs or graduated high school. Instead we recommend campers send mail to Camp Namanu or the Camp Fire office. It is against Camp Fire policy for staff to communicate with campers outside of camp without the camper's family permission.

