

# CAMP NAMANU 2022

# 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 Road  
Sandy, OR 97055  
503-695-6041

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

Assistant Camp Director  
Sarah "Badger" Hinton  
Direct (971) 710-2259  
shinton@campfirecolumbia.org

Registrar  
Shane "Crux" Sibold  
Direct (971) 710-2208  
ssibold@campfirecolumbia.org

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## CAMP NAMANU SUMMER 2022

SUN	MON	TUES	WED	THUR	FRI	SAT
June 26 <b>SESSION 1</b> - - -	June 27 - - - - -	June 28 - - - - -	June 29 - - - - -	June 30 - - - - -	July 1 - - <b>SESSION END</b>	July 2 <b>CLOSED</b>
July 3 <b>CLOSED</b>	July 4 <b>CLOSED</b>	July 5 <b>CLOSED</b>	July 6 <b>FRIENDS OF NAMANU WEEKEND</b>	July 7 - - - - -	July 8 - - - - -	July 9 - - <b>WKND END</b>
July 10 <b>SESSION 2</b> - - -	July 11 - - - - -	July 12 - - - - -	July 13 <b>SESSION 2.5</b> -	July 14 - - - - -	July 15 - - <b>SESSION END</b>	July 16 <b>CLOSED</b>
July 17 <b>SESSION 3</b> - - -	July 18 - - - - -	July 19 - - - - -	July 20 <b>SESSION 3.5</b> -	July 21 - - - - -	July 22 - - <b>SESSION END</b>	July 23 <b>CLOSED</b>
July 24 <b>SESSION 4</b> - - -	July 25 - - - - -	July 26 - - - - -	July 27 <b>SESSION 4.5</b> -	July 28 - - - - -	July 29 - - <b>SESSION END</b>	July 30 <b>CLOSED</b>
July 31 <b>SESSION 5</b> - - -	August 1 - - - - -	August 2 - - - - -	August 3 <b>SESSION 5.5</b> -	August 4 - - - - -	August 5 - - <b>SESSION END</b>	August 6 <b>CLOSED</b>
August 7 <b>SESSION 6</b> - - -	August 8 - - - - -	August 9 - - - - -	August 10 - - - - -	August 11 - - - - -	August 12 - - <b>SESSION END</b>	August 13 <b>CLOSED</b>
August 14 <b>SESSION 7</b> - - -	August 15 - - - - -	August 16 - - - - -	August 17 - - - - -	August 18 - - - - -	August 19 - - <b>SESSION END</b>	August 20 <b>CLOSED</b>

# Before You Pack...

## *Tips for Preparing your Camper for Camp*

1. Talk to your kids about their fears, excitement and expectations about camp. Even if they are returning campers it is important to hear their ideas. Tip: Just listen and encourage more sharing by saying 'tell me more'. You don't have to fix it or make it better, sometimes the best help is just listening.
2. Let your kids know that they will be missed and what everyone at home will be doing while they are gone.
3. Talk to your camper about homesickness, especially if this is their first time at camp. (see page 9)
4. Explain to campers the drop off and pick up system (see page 5 and 6) so they understand they will be riding the bus out of Namunu
5. Be available to answer questions or listen to concerns as they come up between now and camp
6. Write a letter to your camper that we can give them the first or second day of camp. (See page 11)



# Before You Pack...

## *Packing Tips*

1. Label bags, water bottles, any special items with camper's first and last name.  
The more labels the better.
2. For items such as underwear, 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, tablets, 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
4. Make sure you have medication in the original packaging.

*Campers can expect to run, hike, and play daily 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 us to discuss gear support options.

**Limit 1 large Duffel or Backpacking pack, 1 small bag/daypack, sleeping bag, pillow**

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## 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.\*\***

- Sneakers/Tennis shoes
  - Shoes or sandals that can get wet for creek hikes
  - Shower shoes (Flip flops okay)
- 

## 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 and/or fitted sheet for the camp mattress. |
| <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 |  |

### 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<br>(also available from our camp nurse) |
-

# Getting to Camp

*This summer families are responsible for transporting their camper(s) to camp, Namanu will provide bus service for all campers back to Portland on Fridays.*

**Drop Off Location:**  
10300 SE Camp Namanu Rd  
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
<b>1:00 PM</b>	<b>Gears, CITs, &amp; Balagan</b>
<b>2:00 PM</b>	<b>Pioneer &amp; Kiwanis</b>
<b>3:00 PM</b>	<b>Robin Hill &amp; Sherwood</b>
<b>4:00 PM</b>	<b>Bluewing</b>

## **What to Expect:**

- We ask that all families stay in their car during drop-off unless otherwise instructed by a staff member.
- Bathroom use will be limited. We will have one public portable toilet available in the parking lot.
- 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 ready to hand to medical staff
- 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 LEAVE ON THE BUS***

On Fridays, all campers will take a Namanu-provided bus to the Multnomah Educational Service District (MESD) office in Portland. Families will pick up campers and their belongings from this location.

### **Bus Pick-up Location**

**Multnomah Educational Service District (MESD)**

**11611 NE Ainsworth Cir**

**Portland, OR 97220**

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#### ***11:20 am: Families arrive to MESD Parking Lot***

*Note: we ask families to arrive slightly before campers to help expedite the check-out process.*

1. Show staff your photo ID at the check-out table.
2. Once ID is checked, Families will receive a bus pick-up slip for their camper(s).
3. Check for your camper(s) belongings - don't forget to check the lost & found.

#### ***11:45 am: Campers arrive to MESD from camp***

1. Families must provide bus slips to the staff person located on your camper's bus. NOTE: your paper slip will be the same color as your camper's bus sign.
2. Once provided a slip, staff will release campers to families.

***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

[www.campnamanu.org](http://www.campnamanu.org)



## *Policy Topics*

*Health & Wellness.....Page 8*

*Behavior Supports.....Page 9*

*Communication & Camp  
Procedures.....Page 10*

## *Important Contacts*

### **Director of Programs**

Gina "Sprout" Sander

Direct: 971-710-2223

[gsander@campfirecolumbia.org](mailto:gsander@campfirecolumbia.org)

### **Assistant Camp Director**

Sarah "Badger" Hinton

Direct: 971-710-2259

[shinton@campfirecolumbia.org](mailto:shinton@campfirecolumbia.org)

### **Registrar**

Shane "Cruz" Sibold

Direct: 971-710-2208

[ssibold@campfirecolumbia.org](mailto:ssibold@campfirecolumbia.org)

### **Executive Director of Namanu**

Janette "Pickle" Kunkel

971-710-2207

[jkunkel@campfirecolumbia.org](mailto: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 to discuss next steps including camp staff providing camper with an antigen Covid-19 test and/or sending the camper home depending on the results and severity of symptoms.

## 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, Tests & Vaccines***

It is our hope that as many campers as possible will be vaccinated before they come to camp, this will allow us the greatest amount of safety and freedom between camper units this summer. All camp staff will be fully vaccinated. This summer we still ask that every camper come prepared with a fresh mask for each day of program. While we are hopeful we will be able to be maskless in many areas of camp, there may be instances campers still need to utilize masking such as in our health center or in the event they develop cold, flu, or COVID symptoms.

This year, we will still be requiring campers to complete a rapid antigen or PCR covid test 72 hours prior to arrival at camp to ensure the health and safety of all campers on site. We know that some of our staff and campers are immunocompromised.

**As COVID cases, vaccine accessibility, and summer camp guidance continues to evolve, we will be continuing to review our COVID policies and communicate any updates to families as needed.**

## ***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 either ask the family to pick up the camper and provide treatment, or if we are able, 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. Cabin staff are also notified of camper dietary restrictions at the beginning of the week. 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 home 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 trauma-informed 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(s) 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. Behavior plans are a tool we use to support success and are not considered a disciplinary action.
3. If the issue continues or escalates the Camp Director will be pulled in and parent/guardians will be contacted to discuss next steps.

In cases of serious behavior issues, threat of harm or violence towards self or others, 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, healthcare staff or another adult they feel safe talking to.***

## ***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. Contact our Registrar, Shane Sibold, if you have questions [ssibold@campfirecolumbia.org](mailto:ssibold@campfirecolumbia.org).

### ***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 Camp Director:

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

### ***Will my camper and their counselor have the same Gender Identity?***

At Namanu we are a gender-inclusive camp, which means many of our campers and staff identify on a spectrum of genders. While more often than not the counselor for a cabin has the same gender identity as their campers, there are times when the counselors for a cabin have a different gender identity. We try to create a space that allows campers to be led by staff of any gender, which could include cisgender or transgender counselors, however we also want to make sure campers feel comfortable in their living space. If you have question or concerns please contact our Registrar or Camp Director.

## Lost & Found

Any camper items which remain in our lost and found at the end of a session will be held for 2 weeks. 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.

*Please Note: Mail will not be delivered on Sunday or Friday*

## 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 locked up in the administrative office 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.

