

CAMP SACRAMENTO

2023 Camper Welcome Packet

Welcome Campers!

We are so excited that you chose to spend your Summer vacation with us, in the beautiful Sierra high country! We have a fun vacation planned for you, so please take a gander through this welcome packet for any last minute info you might be missing.

Check-In and Check-Out

Check-in and Check-out will both take place at the main lobby (located inside The Lodge). Check in starts at 12pm on the arrival date for the scheduled session at Camp. Campers must be checked-out of their cabins by 10am on the final morning of their scheduled session.

***PRO TIP:** Log into your UltraCamp account and check your cabin number before you arrive at Camp. Parking in your designated spot before you check in will help us avoid any traffic jams in the quad!

Dining and Meals

Camp Sac provides 3 meals a day to our campers, all served out of the Dining Hall. All meals are preceded by the ringing of the historic Camp Sac Bell.

Breakfast.....8:30a– 9:30a

Lunch.....12:30p– 1:30p

Dinner.....6:00p-7:00p

- *Some meal times may differ slightly to accommodate program schedule.
- Snacks from home **MUST** be stored safely to deter wildlife.
 - Camp Stoves/Cookfires are **NOT** allowed.
 - Please see Food Services Manager upon arrival to verify any dietary restrictions.

Cabins and Lodging

Cabin sizes were chosen as part of your reservation process, and your specific cabin size is available in your UltraCamp account. Each cabin comes with a bed, dressers, and a working overhead light (but not every cabin has electrical outlets). Please bring whatever linens or sleeping supplies you need to make your cabin a comfy, cozy place!

- 2-3 Person Cabins: 1 Double bed, 1 Single bed.
- 3-4 Person Cabins: 1 Double bed, 2 Single beds.
- 5-6 Person Cabins: 1 Double bed, 4 Single beds.

*Many of the single beds in larger cabins come in bunk-bed format.

Camp Sac Activities

The Camp Sac program provides plenty of activity opportunities, and you can take part in as many (or few) as you'd like! Activities break down into 3 types: AGE-GROUP, ALL-CAMP, and SELF-LED activities.

AGE-GROUP activities are pre scheduled, and generally occur during the day between meals. Age groups meet in pre-defined locations for things like Archery, Tie-Dye, Hiking, and Arts & Crafts.

ALL-CAMP activities generally occur in the afternoon/evening, and are based around the whole Camp coming together to take part. This includes Campfires, Craft Shack, Bingo, The Dutch Auction, Volleyball, and Kickball.

SELF-LED activities are available all day, and supplies will be available for use or check-out in the lobby (when open). This includes ping-pong, air hockey, foosball, board games, billiards, corn-hole, fishing, and power-lounging.

Special Activities

Pajamarama: Wear your PJ's to breakfast on your first morning, and have your pictures taken for the Pajamarama contest.

Family Dutch Auction: Like a reverse scavenger hunt... we have the list, and your team gathers items you THINK will be on it.

Guest v. Staff Volleyball/Softball (ages 13+): Just a little friendly Competition!

Paint and Sip (21+): Paint and drinks... make sure you sign up early!

Cabin Decorating: Decorate to represent the theme, and maybe win a prize!

Variety Show: Weeklong only, please bring your own props and sign up EARLY!

Age Groups

Marmots (10-12): Meet @ Store Patio

Teens (13-17): Meet @ Volleyball

Adults (18+): Meet @ Camp Bell

Minnows (3-5): Meet @ Lodge

Chipmunks (6-9): Meet @ Campfire

2023 Camp Theme: The Western Frontier!

Yee-haw, Campers! In this neck of the woods, we love a theme that lets y'all get as creative and interpretive as you want... and this fan-favorite lets you do just that! Back by popular demand, the WESTERN FRONTIER theme opens up a whole bunch of swinging-saloon doors to High Sierra adventure. Are you a lawman on the chase, or an outlaw on the run? Are you celebrating indigenous histories and ties to the local landscape, or are you a buckskin-wearing frontiersman exploring wild places you've never seen? It's up to you!

What does the theme mean for Campers?

- Wear themed PJ's to Pajamarama.
- Take part in the Cabin Decorating Contest with themed Decorations.
- Watch out for Theme-related items on the Dutch Auction List.
- Dress in theme for the Camp Dance.
- Be ready for the theme to be incorporated into Camp activities and Merch.

Packing List:

- Blankets
- Pillows
- Bedsheets
- Toothbrush
- Toiletries
- Towels
- Shorts
- Long Pants
- Extra Shirts
- Extra Socks
- Extra Undies
- Rain Jacket
- Sweatshirts
- Charging Cords
- Portable Chargers
- Hiking Boots
- Beach Supplies
- Sunscreen
- Bug Spray
- Chapstick
- Backpacks
- Water Bottles
- Ice Chests
- Snacks
- Hats
- Camera
- Swimsuits
- Flashlight
- Fishing gear and Licenses
- White Shirts to Tye-Dye!
- Dutch Auction Items
- Softball Gloves
- Folding Chairs
- Variety Show Props (Weeklong sessions)

21 & Over: Paint & Sip!

Camp Sac is excited to continue working with Sacramento's own "Paint, Sip, Repeat" to provide our adult Campers with some much deserved kid-free time! Bring your beverage of choice, and relax while the instructor guides you through the creation of your very own masterpiece!

*\$5 charge. Sign-up will be available online in your UltraCamp account starting June 5. There is limited space, and this activity is first-come, first-serve.

****NO Campers under 21 years of age allowed.**

Priority Booking

- Your CURRENT cabin can be re-booked for next season any time after check-in day using the unique password provided by Camp Sac Staff. A \$100 (Minis) or \$160 (Week-longs) non-refundable deposit will be due at the time of re-booking.
- If you do not re-book your current cabin, either by choice or on accident, it will go "up for grabs" to the public at 5:30pm on the final night of your stay.
- At 5:30pm on the final night of your reservation, all unreserved cabins become available online to both the public and Campers that wish to book new cabins.

***IMPORTANT NOTE:** If a Current Camper attempts to share their re-booking password, and enables a non-camper to book a reservation before the 5:30pm opening, both reservations will be subject to cancellation... Don't share that password!

Weather

Camp Sac is located in a remote stretch of the High Sierras... and we should always be prepared for mountain weather! Expect general days up to ~80 degrees, but night time temps that can drop to the 50's (or lower)! There have also been unexpected summer storms in the past... so come ready for anything! Extra blankets for cabin-nesting are HIGHLY recommended.

Goals and Outcomes

- Create Lasting Family Memories
- Deepen our Connection with the Natural World
- Engage Social Skills within Your Peer Group
- Explore Creativity

Wildlife

One of the coolest parts about Camp Sac is a chance to see wild animals in wild places... but we need to work together to KEEP WILDLIFE WILD! Most wildlife is harmless if we respect it, but please keep in mind we are sharing our space with bears, rattlesnakes, coyotes, wildcats, skunks, and rodents. ALWAYS pay attention to your surroundings (and your children) when we know these critters are nearby, and follow these rules to help keep everyone (including the wildlife) safe.

- STORE FOOD/TRASH SAFELY AND SECURELY. Do not leave any food/trash outside, and use designated bear-proof bins to dispose of trash.
- KEEP AN EYE ON YOUR KIDS and each other's family members.
- NEVER APPROACH, FEED, OR PET any wild animals.
- DO NOT HIKE ALONE, especially at dawn/dusk or night.
- ALWAYS TELL PEOPLE where you are hiking.
- PAY ATTENTION TO YOUR SURROUNDINGS.
- DO NOT WALK THROUGH THICK BRUSH and stay on hiking trails.
- DO NOT RUN from large animals (like bears).
- NOTIFY CAMP STAFF if you see something potentially dangerous.

Staying Healthy

All Campers are required to turn in a completed health form through the online UltraCamp system— keys will NOT be given out without completed health forms on file.

- Campers are responsible for their own general health and wellbeing while at Camp Sac, but we do have CPR/First Aid certified team members, and there is a Camp Nurse on site to help out!
- Please MAKE SURE any allergies or restrictions are listed on health forms, so we can work with you to avoid contamination.

FOOD ALLERGY STATEMENT: Though we cannot guarantee anything completely nut free, we are taking the following steps to help minimize risk:

- We serve NO tree nuts or peanuts.
- Reporting allergies is MANDATORY.
- Campers at risk of anaphylaxis must carry medications.
- We ask that parents/family members have a protocol in place.
- Staff CANNOT distribute medications.
- Bring your own safe snacks, just in case!

Emergency Procedures

In the unfortunate event of an emergency, Camp Sac Management will ring the Camp Bell CONTINUOUSLY, and all Campers will be responsible for gathering their party members and meeting at the Campfire Pit. Once we are gathered, Camp Management will relay further instructions. Emergencies include, but are not limited to:

- Missing Campers
- Fires
- Medical Emergencies/Injuries
- Intruders
- Environmental Dangers (landslides, flash floods, etc.).

Water Safety

Camp Sac is located right alongside the scenic waters of the American River, which offers some of the best fishing and wading in the area...

...HOWEVER: Camp Sac DOES NOT offer any guided waterfront activities at this time. When accessing the American River, minors MUST be accompanied by a supervising adult. Fishing requires a valid license, purchased through CDFW.

Camp Rules

- PARENTS/GUARDIANS ARE RESPONSIBLE for the safe and appropriate behavior of all Campers in their group(s).
- CAMPERS MUST STAY IN THEIR RESERVED CABIN. No switching or entering empty cabins is allowed. If there is an issue with your reserved cabin, please contact Camp Staff.
- ALCOHOLIC BEVERAGES may be purchased and consumed by Campers 21+... just keep it classy, please!
- QUIET HOURS are between 10pm and 8am. No volleyball, basketball, horseshoes, ping-pong, playground access, or other activities that might keep your fellow Campers awake.
- COOKFIRES< CAMP STOVES, CANDLES, SPACE HEATERS, OR ANY OPEN FLAMES ARE PROHIBITED. No building campfires ANYWHERE in the El Dorado National Forest!
- FLAMMABLE LIQUIDS AND SUBSTANCES ARE PROHIBITED.
- FISHING requires a license purchased through the CA. Dept. of Fish and Wildlife. Fishing rods and tackle are available to rent in the lobby, available on a first-come, first-serve basis.
- ILLEGAL DRUGS ARE PROHIBITED.
- NO LITTERING OR DUMPING OF TRASH. It is gross, and just plain rude.
- TIMBER HARVEST IS PROHIBITED.
- REMOVAL OF PLANTS, ANIMALS, AND MINERALS IS PROHIBITED with the exception of fish taken legally with a license.
- VEHICLES MUST PARK IN DESIGNATED SPACES.
- SMOKING IS ONLY ALLOWED IN THE DESIGNATED SMOKING AREA. Is designated area is next to the Camp bridge, where the surroundings are least-flammable.
- WEAPONS AND FIREWORKS ARE PROHIBITED.
- CAMPERS ARE NOT ALLOWED IN STAFF QUARTERS, AND STAFF ARE NOT ALLOWED IN CAMPER QUARTERS.
- CAMP SACRAMENTO IS NOT RESPONSIBLE for any lost, stolen, or damaged property.
- CAMP SACRAMENTO MANAGEMENT POSSESSES THE AUTHORITY AND RESERVES THE RIGHT to cancel any reservation and or eject individuals from the property... Please behave.

See You Soon, Campers! Safe Travels!

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