

# "The One with Self Discovery"

### Date of 2023 Winter WOLP: January 13th – January 16th 2023

**COVID:** Currently, the COVID protocols will be the same from Summer—vaccinations required, and testing upon arrival. If the Camp Medical Committee recommends changes to these protocols, we will let you know as soon as possible.

To learn more about our Camp Health and Safety Policies for Winter Camp please click HERE

**Medications:** We ask campers to bring all medications and catheter care supplies they will need during their stay to Camp registration. All medicines should be in their original bottles. **Please include any additional care instructions that can help us provide your camper with a happy and healthy stay.** 

**Medical Emergencies:** Should a medical emergency occur while your camper is at Camp, our medical staff will first assess the situation and decide the most appropriate course of action to take. We will call you, to make you aware of the situation, and inform you of the steps we intend to take. If you will be away from home while your camper is at Camp, please let us know the best way to contact you should an emergency arise.

#### Winter WOLP Packing List:

Bedding/sleeping bag Pillow & Pillowcase Sweatshirt Sunscreen

Socks - 6 pairs Pants - 3 pairs Underwear - 4 pairs

Coat or Jacket Pajamas Shoes - 2 pairs (closed-toed)

Shirts - 4 Long Sleeve Shirts - 2 Beanie or Hat Toothbrush & Toothpaste Comb/Brush Shampoo & Soap

Towel Medications Camera (not cell phone camera)
Chapstick/Lip Balm Water Bottle Plastic bag for wet clothes

Dear Parents & Campers, please DO NOT bring/pack: clothes with beer or drug logos, offensive language or suggestive phrases, tight/suggestive or overly loose clothes, animals/pets, cell phones, DVD players, iPods, itouch, PS 2, knives, lighters/matches, valuable jewelry, expensive cameras/radios, alcohol/non-prescribed drugs/tobacco products to Camp. Keep in mind that we are an UNPLUGGED community. If your camper is unable to leave these devices at home we reserve the right to collect these items from them for the duration of the session. These items will be returned on the last day of the camp session.

Photos from your campers' Camp session on our Web Site & Facebook!: Simply follow our page on Facebook for updated photos or log on to www.rmhcscorg/camp. Click on the "Camp Photos" option under the "Need to Know" title from the dropdown menu. New photos will be added to the session picture page every other day during the session, so continue to log on and see the Camp fun!

**Email your camper at Camp**: You may email your camper via our Camper Mailbox: <a href="mailto:camper@campronaldmcdonald.org">camper@campronaldmcdonald.org</a> At this time we do not have the facilities available to allow campers to return email. Your teen can also send mail to you. You may want to provide them with a pad, pen and envelopes with your home address pre-written on them, and stamps.

Continue to the next pages for IMPORTANT info & directions to the pick-up / drop-off locations for your session!

\*\*\*Please Note Check-in Times are Different from Summer Camp!!!\*\*\*

## Los Angeles Pick-up / Drop-off Information:

Friday, January 13<sup>th</sup>, 2023 at 4:00pm Los Angeles Ronald McDonald House

**Location:** Los Angeles Ronald McDonald House 4560 Fountain Ave

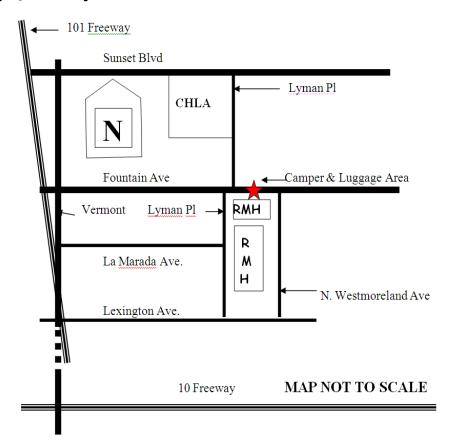
Los Angeles CA, 90029

**Return Date & Time:** 

Monday, January 16<sup>th</sup>, 2023 at 2:30 pm

**Dinner Reminder:** Please bring your Dinner to eat on the bus OR fill your tummy before you arrive. Dinner will **NOT** be served due to our late arrival.

Please Note: If your camper(s) have recently had a fever or 100+ and/or cough/sore throat or been exposed to someone that has displayed these symptoms in the last week please do not send them to camp. Your camper will be in a cabin with campers who are still in treatment. Please call the camp office if you have any questions.



### Loma Linda Pick-up / Drop-off Information:

Friday, January 13<sup>th</sup>, 2023 at 5:30 pm Inland Empire Ronald McDonald House

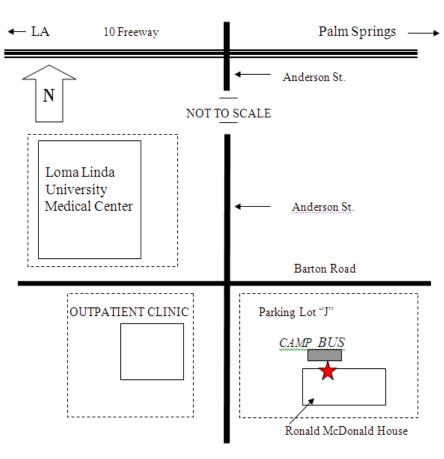
Location: Loma Linda Ronald McDonald House 11365 Anderson Street Loma Linda CA, 92354

Return Date & Time:

Monday, January 16<sup>th</sup>, 2023 at 1:30 pm

**Dinner Reminder:** Please bring your Dinner to eat on the bus OR fill your tummy before you arrive. Dinner will **NOT** be served due to our late arrival.

Please Note: If your camper(s) have recently had a fever or 100+ and/or cough/sore throat or been exposed to someone that has displayed these symptoms in the last week please do not send them to camp. Your camper will be in a cabin with campers who are still in treatment. Please call the camp office if you have any questions.



## Long Beach Pick-up / Drop-off Information:

Friday, January 13<sup>th</sup>, 2023 at 4:00pm Long Beach Ronald McDonald House

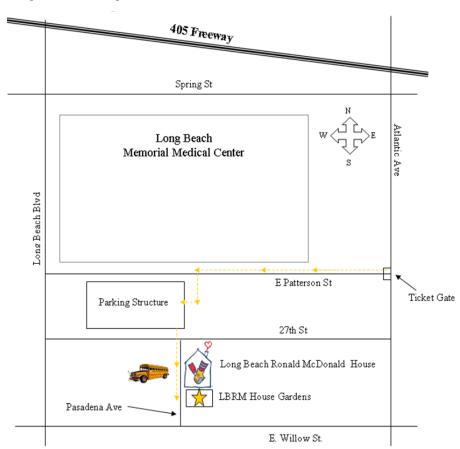
Location: Long Beach Ronald McDonald House (behind in the Gardens) 500 East 27th Street Long Beach, CA 90806

Return Date & Time:

Monday, January 16<sup>th</sup>, 2023 at 2:30 pm

**Dinner Reminder:** Please bring your Dinner to eat on the bus OR fill your tummy before you arrive. Dinner will **NOT** be served due to our late arrival.

Please Note: If your camper(s) have recently had a fever or 100+ and/or cough/sore throat or been exposed to someone that has displayed these symptoms in the last week please do not send them to camp. Your camper will be in a cabin with campers who are still in treatment. Please call the camp office if you have any questions.



### **Apple Canyon Center Pick-up / Drop-off Information:**

Friday, January 13<sup>th</sup>, 2023 at 7:30 p.m. Apple Canyon Center

Location: Apple Canyon Center 56400 Apple Canyon Road, Mountain Center, 92561

### Pickup Date & Time:

Monday, January 16<sup>th</sup>, 2023 at 12:00 pm

**Dinner Reminder:** Please eat dinner before you arrive. Dinner will **NOT** be served due to our late arrival.

Please Note: If your camper(s) have recently had a fever or 100+ and/or cough/sore throat or been exposed to someone that has displayed these symptoms in the last week please do not send them to camp. Your camper will be in a cabin with campers who are still in treatment. Please call the camp office if you have any questions.

How to Get There From Where You Are:

#### From Los Angeles:

#### Take Interstate 1-10 east.

Exit at Hwy 79 (Beaumont Avenue).

Take Hwy 79 south (9 miles) to Ramona Expressway.

Turn left onto Ramona Expressway. Follow Ramona Expressway (8 miles) until it ends at Florida Avenue (Hwy 74).

Turn left on Florida Avenue (Hwy 74) and continue up Hwy 74 (14 miles) to Mountain Center.

At Mountain Center stay to the right (continuing on Hwy 74) (3.3 miles) to Apple Canyon Road.

Turn left onto Apple Canyon Road. (Do not take the hard left into Hurkey Creek County Park entrance.)

Follow Apple Canyon Road (.4 miles) to Apple Canyon Center entrance on your left.

#### From San Diego:

Take Hwy 15 (North).

Exit Hwy 79 (Indio).

Turn right and continue on Hwy 79 to Hwy 371.

Turn left at Hwy 371 through Anza to Hwy 74.

Turn left at Hwy 74.

Continue on Hwy 74 through Garner Valley to Apple Canyon Road.

Turn right onto Apple Canyon Road. (Do not take the soft right into Herkey Creek County Park entrance.)

Follow Apple Canyon Road (.4 miles) to Apple Canyon Center entrance on your left.