

## Youth Camp - General Q&A

- **Q. What are camper accommodations like? Can we request a cabin assignment?**  
A. At Duncan Park, campers stay in the Main Lodge Bunk Houses, separated by gender. Each Bunk House holds 11 – 12 campers with at least one counselor.
- **Q. Is Duncan Park a religious camp?**  
A. Duncan Park's camp program is grounded in the Christian faith and Episcopalian tradition, with daily prayer, conversations about the Bible and faith, and space to allow creation to speak into their faith. Campers do not need to be Episcopalian or Christian to attend, but should be comfortable with conversations of faith and Christian worship services.
- **Q. What is food like at Duncan Park? What about food allergies or special diets (i.e. vegan, gluten-free, nut allergies, person with diabetes who needs access to regular snacks, etc.)**  
A. The Duncan Park cook and other staff prepare nutritious meals, served buffet style. We believe in providing our campers and guests with healthy and nourishing meals. Special dietary requests and food allergies can be accommodated, with at least seven days' notice, to allow for menu planning and provisioning.
- **NO FOOD OR SNACKS are allowed outside of the kitchen and dining areas (see Wildlife in the Mountains section below).** Campers or guests may bring special food from home to store in the kitchen on a case by case, DP Director approved, basis. The kitchen is always accessible to guests, and campers will often bring a small snack (granola bar, fruit, trail mix, etc.) on hikes.

## Wildlife in the Mountains

- Duncan Park is surrounded by the Roosevelt National Forest, which is home to many different species of animals and plants. Larger mammals living in this region include moose, elk, bears, and mountain lions. All of these animals stay away from human contact as much as possible, and so, are not a threat to our campers or guests. The bears that inhabit this region of the country are Black Bears, which are passive until provoked, unlike their cousins the Grizzly Bear. On the rare occasion that one of our furry friends walks through camp, we get to observe them from a respectful, safe distance. The Duncan Park orientation teaches everyone how to properly interact with these majestic creatures.
- To help encourage good behavior from our wildlife neighbors, no food or snacks are allowed in any sleeping quarters. Local wildlife has a keen sense of smell and a curiosity to match.

## Cost

- All Youth Camps cost \$1,025.00 per person. A deposit of \$40.00 is required to confirm registration.
  - Youth camp registration cost includes meals, lodging, activities, and roundtrip airfare through the San Antonio Airport.

## Scholarships

- <https://www.ultracamp.com/forms.aspx?idCamp=912&campCode=LMy&idF=13435>
  - **Step 1: Parent must register camper or family for desired session, first.**  
To confirm registration, the site will require a deposit payment. This deposit will count towards the family portion of your camper's registration fee. If assistance is needed with this amount, please contact John Knox Ranch.  
**Your camper's registration is not confirmed until the deposit has been taken care of.**  
Even if all forms are completed, their name will not show up on our roster until you speak with an administrator or pay the deposit.
  - **Step 2: Parent fills out the scholarship form**

- Step 3: John Knox Ranch will notify you within a week of the amount awarded.
- Step 4: Accept the award within a week and the amount will be applied on to your account.

### **Airport Guidelines**

- All youth campers will fly from the San Antonio Airport, together with an adult chaperone.
- Campers will stay with the chaperone at all times.
- Parents or guardians should be prepared to park the car and walk in with camper to sign check-in form.
- Typically, Duncan Park books flights that leave the San Antonio Airport around 3:35pm on Sunday, the first day of camp.
- Return flights will arrive in San Antonio mid-afternoon the following Friday or Saturday, depending on the type of youth camp.
- Parents, or other pre-authorized adults, should be prepared to park the car and walk in to Baggage Claim to sign camper check-out form.

### **Camper Medications**

- All medications must have the original prescription labels on them, with the camper's name and dosage information from the doctor.
- Over the counter medication, like Ibuprofen or Advil, should also be sent with a prescription from the doctor.
- Medications will be collected by the chaperone at the airport and stored in a secure box at Duncan Park.

### **Electronics and Cell Phones at Duncan Park**

- During the flight, youth will have access to their electronic devices and cell phones, observing the FAA regulations for Airplane mode during flight.
- Once the youth campers arrive at Duncan Park, all electronics (cell phones, iPods, iPads, etc.) will be locked in a container for the entire session.
- Devices will be returned to campers, prior to boarding their return flight.
- Campers may use a camera throughout the week, as long as it is not attached to a cellphone or other smart device. Duncan Park staff will take photos throughout the session that will be shared after the campers return home.

- Duncan Park staff have access to back-country communication devices at all times, in case of emergency.
- If a family member, dependent, or others need to contact you, incoming calls can be directed to the diocesan offices in San Antonio (888/210-824-5387), Monday through Friday from 9:00 am to 5:00 pm. If it is non-urgent and after hours, use the phone directory by last name to leave a voicemail for Leslie Mixson, who can address your call during the next business day.
- In case of an emergency call Rob Watson's cell phone (210-837-2788), and he can get in touch with you or Duncan Park onsite staff quickly.

#### **What does off-the-grid mean?**

- All electricity at Duncan Park is harvested through solar panels and stored in large batteries. All water for drinking, showers, cooking, and cleaning up comes from a well, which is run by electricity. If there is no electricity, there is no water until the batteries refill or an onerous back-up system is activated.
- While these resources seem unlimited in modern, daily life, they are extremely precious and limited at Duncan Park. We request all campers and guests help conserve our resources.

#### **Which session registration fees include roundtrip airfare?**

All Youth Camps, Veteran Family Camp, and Renew, Reflect, Connect (Adult Camp)

#### **Cancellation / Refund policy**

- If a reservation is cancelled more than three weeks before session start date, a refund of the amount paid minus the \$40.00 deposit will be given.
- If a reservation is cancelled less than three weeks before the session start date, no refund will be given in most cases.
- If a reservation is cancelled due to a medical condition or family emergency, a refund of the full amount paid will be given, pending approval of DP Director and after the Duncan Park Office Manager receives a doctor's note.
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#### **Weather in the Rocky Mountains**

- To view current weather conditions at Duncan Park, enter the following location information into your preferred weather website or phone app, such as [www.weather.com](http://www.weather.com).
  - City = Ward
  - Zip Code = 80481
  - County = Boulder County
  - Nearby landmarks = Brainard Lake State Natural Area, Millsite Inn Restaurant
- **June weather** in the Rocky Mountains is like late winter in South Texas, with cold nights (30° - 40° F) and warmer days (40° - 60° F). Expect rain showers in the afternoon.
- **July weather** in the Rocky Mountains is like spring in South Texas, with cool nights (40° - 50° F) and warmer days (60° - 80° F). Expect rain showers in the afternoon.

### Session Length

- Most Duncan Park summer camp sessions begin on Sunday and end on Friday.
- *Backpacking Camp for youth begins on Sunday and ends on the following Saturday.*
- For all groups (family camps, youth camps, and adult camp) the flight departs San Antonio around 3:30.
- All youth campers will meet diocesan staff and trip chaperone at the San Antonio Airport around 1:00 pm to check bags, get oriented, and begin their journey to Duncan Park.
- Once the plane lands in the Denver Airport, Duncan Park staff will meet the group in the baggage claim area, and will then drive the group to Duncan Park.
- On the arrival day, groups will have dinner onsite at Duncan Park, followed by an orientation presentation.
- The last day of camp, Friday (*or Saturday for youth Backpacking Camp*) is a travel day that starts very early in the morning, often before sunrise, to allow plenty of time to drive to the Denver airport and process through TSA security, with plenty of time to spare.
- Typically return flights will arrive in San Antonio around 2:00 pm on Friday (*or Saturday for youth Backpacking Camp*).

### A Day in the Life at Camp / Length of Sessions

Each camp sessions follow a similar rhythm

- Sunday – Travel to Duncan Park, eat dinner and orient to the space
- Monday – Thursday Daily Schedule (all camps except Backpacking):
  - Breakfast – 8:00 am
  - Morning Chapel – 9:00 am
  - Morning Program (team builders, rock climbing, rafting, hike)
  - Lunch - 12:30 pm
  - Afternoon Program (environmental education or returning from morning activity)
  - Free Choice Time (options of fishing, lawn games, hammock time, arts & crafts)
  - Dinner – 6:30 pm
  - Evening Program (outside group game, s'mores & storytelling, indoor group games, etc.)
  - Evening Chapel – 9:00 pm
  - Lights out – 10:30 pm

### Backpacking Camp Schedule

- Sunday – Travel to Duncan Park, eat dinner and orient to the space
- Monday – acclimate (play games and team builders) & learn how to pack your hiking pack
- Tuesday – Friday morning
  - Wake up and pack up camp – 7:00 am
  - Breakfast – 7:30 am
  - Morning Devotional – 8:00 am
  - Hit the Trail
  - Arrive at new campsite
  - Lunch
  - Rest
  - Afternoon program (fish, team builder, games, journal)
  - Dinner
  - Evening devotional
  - Sleep

- Friday, after arriving back at Duncan park – clean gear, shower, eat, rest, trip into Nederland Dinner and Closing Eucharist at Brainard Lake – Sunset
- Saturday – Return to Texas

#### **Fitness level – Backpacking Camp**

- For the most enjoyable and successful backpacking experience, Duncan Park staff recommend Backpacking Campers begin walking from 1 to 3 miles at least three days each week leading up to camp. About 4 weeks before the session, start wearing your school backpack with a couple textbooks, a couple full water bottles, or hand weights.
- If you bought new hiking boots – **break them in before camp!** Wear them during your training walks. Trust us, you don't want to break them in on the trail during camp.
- There are plenty of great online resources for beginning backpackers. Outside Magazine or REI Co-Op's Advice sections can be a great starting place, or get in touch with our Duncan Park director. We'd be happy to talk in more detail with you or your camper.
  - <https://www.outsideonline.com/2199201/your-first-backpacking-trip-read>
  - <https://www.rei.com/learn/expert-advice>
  - <https://www.rei.com/learn/expert-advice/walking-fitness.html>