

Camp Wamp



Summer Camp 2019

Confirmation Packet

IT'S ABOUT WHAT YOU CAN DO

ADVENTURE. OPTIMISM. SELF-RELIANCE. AMBITION.

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ABOUT OUR FOUNDER



The Stephen J Wampler Foundation the organization that runs Camp Wamp was founded by Stephen Wampler. Stephen has a pretty severe form of Cerebral Palsy due to an incident at birth, and uses an electric wheelchair to get around.

Stephen was born to extraordinary parents who taught him that while his disability was permanent, he owed it to himself to charge forward and to have a great life with goals and expectations for himself.

When he was 9, his parents sent him to a wilderness summer camp in the high Sierras of California. Stephen Wampler attended the camp for 9 summers until he aged out and went off to college to graduate from UC Davis with a Environmental Engineering degree. Three years later Stephen met and married his love of his life, Elizabeth. Four years later they welcomed their first child, Charlotte, followed a year later by son Joseph.

Stephen is now a family man and an Environmental Engineer, but he couldn't ignore the thought of reopening the camp that he had attended. It had closed down a few years earlier and Steve decided he wanted to reopen it so kids like him could attend and learn about nature as he had.

Stephen Wampler slowly started raising money, and to his great surprise, he got overwhelming support in the form of mass donations from the local Coronado, CA community as well as friends from the Bay Area of San Francisco.

Camp Wamp opened a new facility in the High Sierras of California that will be fully operational in the summer of 2018 for children ages (10-18) years old with physical disabilities. We also offer a family camp, available for adults and children of all ages with physical disabilities. This new facility has been a dream of Stephen's for years, it is an accessible place in the High Sierras for children with physical disabilities to come from all over the world and enjoy the great outdoors. Stephen wants to give Wampers the same memories and experiences he had as a kid with the great outdoors. The new Camp Wamp has a 9 acre lake with native brook trout and 129 acres of remote rugged wilderness. Camp Wamp is coming alive! Come join our journey!

WELCOME TO THE CAMP WAMP LIFE!

Camp Wamp is the place to be for summer and we can't wait for your camper to arrive!

In order for camp to be successful for all, it is important that you take an active role (especially their first year of camp) in preparing your camper for camp. Please use this packet to begin having conversations about Camp Wamp and your camper's experience while they are with us!. What are they looking forward to doing? What do they need to be ready for camp? What makes them nervous? The sooner these conversations start, the more comfortable and successful your camper will be at Camp Wamp.

Camp offers such a warm, friendly, and welcoming environment, that most children adjust quickly. In fact, it is not uncommon for campers to be ready for their parents to say goodbye as soon as the car is parked! This attitude is a reason to rejoice! Your camper is adjusting so well!

TIPS TO HELP MAKE YOUR CAMPER'S EXPERIENCE SUCCESSFUL:

1. Talk about camp as often as possible!

- Remind them of the new friends they will make
- Talk about the fun activities they will enjoy
- Explain that their counselors are there for them 24 hours a day

2. Write your camper letters in advance and drop them off at check-in!

- Short and cheerful letters are the best!
- Please keep letters positive, upbeat, cheerful, newsy and DO NOT SHARE BAD NEWS or "I miss you so much" ... please remind them of how excited (proud) you are about them being so independent!

3. The more campers know about Camp Wamp, the more secure they will feel.

- Seeing pictures of camp and watching camp videos helps campers become familiar with camp surroundings and facilities (we have several fantastic videos on YouTube)

4. Share what your plans are while your camper is at camp.

- Often, children worry that they are missing things at home, assure them that camp is where the fun is
- If you will be out of town, please be sure the specific itinerary of where you will be, and how you can be reached is on file with the camp office

5. Involve your camper in preparing for camp.

- Have your camper help pack their things for camp. Knowing what they have and where it is brings peace of mind.

6. Above all, do not panic if your camper seems upset as you are leaving. Homesickness is temporary (and parents will survive too).

HEALTH PROCEDURES

In order for your camper to have the best possible experience at camp, they should be arriving at camp free of illness. If your child is showing any signs of illness, please keep them home until they are well and contact the Camp Director. Your camper will be joining a camp community, living with other campers and sharing the camp with 23 other campers it is important that good practices, like hand-washing and catching sneezes, are second nature. Camp is staffed by a Registered Nurse (known as the Health Supervisor) and a local physician is on call at all times.

You will be contacted if your camper:

- Spends a night in the infirmary
- Needs to see a doctor or visit the emergency room
- Breaks the Camper Behavior Agreement

You may also be contacted if:

- The Health Supervisor has a question in regards to the information supplied on your camper's Health History Form
- Camp Staff needs your assistance or support in regards to your camper's well-being.

All campers receive a health screening upon arrival at camp, and the Health Supervisor verifies health information. Parents will be notified of any concerns.

All medications must be checked in with the Health Supervisor and can only be at camp if:

1. In the original container
2. Labeled with the camper's name, physician's name and correct dosage
3. Prescribed by a physician
4. Includes detailed written instructions on the Camper Health History Form

MEDICATION – Please bring only prescription medication to camp. Medication will be administered according to the prescribed instructions. Emergency Medications such as Epinephrine or inhalers will remain with the camper at all times and camp staff will know the specifics of that child's medical needs.

HEAD LICE

If head lice are found during the health screening, the parent/guardian of the camper will be contacted to discuss options that best serve the camper and the camp community. To avoid the challenge of discovering head lice at camp, please check—or have someone with experience check—your camper several days before arrival. This should provide ample time to treat. Here are a few tips:

- » Finding lice can be difficult. There are many web resources for checking for lice, such as www.cdc.gov/parasites/lice/head/diagnosis.html
- » If found, carefully treat hair and all belongings before coming to camp. Treat hair with a lice removal product, remove all nits and repeat treatment in seven days. Wash all bedding, pillows, hats, stuffed animals, bike helmet, sleeping bags, brush, comb and anything else hair comes in contact with in hot water (130 degrees) and/or dry on high heat. Many children get re-infected from their own belongings.
- » Here are more treatment recommendations: www.cdc.gov/parasites/lice/head/treatment.html

For additional information, please read the healthy camp update from the American Camping Association: <http://www.acacamps.org/sites/default/files/images/parents/parentflyer.pdf>

SAFETY IN THE SUN AND HEAT

At camp, we have two very common and preventable problems: SUNBURN and DEHYDRATION. Participants are encouraged to bring non-aerosol sunscreen of SPF 15 or greater and chapstick with SPF 15+.

Water is critical to our body's health. Everyone needs to drink at least three water bottles a day. At camp meals, we all drink one glass of water before other beverages. PLEASE ENSURE YOUR CAMPER BRINGS A REFILLABLE WATER BOTTLE. One with a strap for carrying is recommended.

SHOWERS AT CAMP

In consideration of California's water supply, showers will be limited and campers are asked to keep their shower time to a minimum. Campers may want to practice taking 5-minute showers before arriving at camp.

EMERGENCY PROCEDURES

Parents will be contacted if there is an emergency that affects the camp community. Examples of emergencies include wildfire evacuation or similar occurrences. When these events occur, please do not call camp. You will be contacted by the camp office with information regarding next steps.

CAMP PROGRAM - WHAT TO EXPECT

At Camp Wamp children enjoy a sleep-away week of camping under the stars, and experience everything the outdoors has to offer. Kids at Camp Wamp enjoy a variety of outdoor activities including; fishing, canoeing, singing around the camp fire, hiking, making new friends, participating in survival challenges, and much more.

All Camp Wamp sessions with kids ages (10-18) offer STEAM (Science, Technology, Engineering, Art and Math) experiences. STEAM will be introduced in an outdoor classroom setting where enthusiasts introduce STEAM throughout the week at camp. STEAM is geared towards problem solving specific to the disabilities of each child. We are thrilled to offer this unique experience to our kids at camp. All activities are weather permitting.

TYPICAL DAILY SCHEDULE

8:00 am - Wake up
8:30 am - Flag Ceremony
8:45 am - Breakfast
9:30 am - Activities
12:00 pm - Lunch
1:00 pm - BOB Time (Bodies On Beds)
2:00 pm - My Choice Activities
4:00 pm - Survival Challenge Activity
5:45 pm - Flag Ceremony
6:00 pm - Dinner
7:30 pm - Evening Program
9:00 pm - Getting ready for bed
10:00 pm - Lights Out

THEME WEEKS

Each week we will have meals, special all-camp events, and other fun activities based upon these themes. Some staff and campers enjoy "dressing the part" for some themes, just remember to keep it appropriate. If you have something special to share that is theme related feel free to bring it along.

THEMES

Session 1 – Pirates and Parrots
Session 2 – Superheroes
Session 3 – Western
Session 4 – Jungle Safari
Session 5 – Around the World

CAMPER MAIL

To ensure your camper gets mail every day, you may write a letter for each day and leave it with our staff during drop off. Please **DO NOT** send mail via the U.S. Postal Service, FedEx, UPS, or any other service, we do not receive mail at camp.

Make sure your mail is cheerful and positive. Ask questions about what they are doing at camp. Please don't tell them about all the great things they are missing or how much you miss them. This can lead to homesickness. If you want to bring a care package to be given to your camper during their stay, we recommend sending stationery, puzzles, books, comics, pens, stickers, glow sticks, etc. Please do not give candy, food or soda to your camper. It attracts insects and wild animals, makes a mess, and can also create conflicts among bunk mates.

HOMESICKNESS

It is normal

Let your camper know that homesickness is a normal feeling and that the best cure is to get busy and enjoy the activities at camp. Let them know that it is a "passing feeling", that even the counselors feel that way sometimes too, but that we can all get over it quickly if we choose to!

Keep it short and sweet

Don't linger and say long and sad good-byes. As parents, we want to take our time leaving, but remember, we want our children to be successful! When you leave them, tell them you want their first letter to list their 5 favorite things so far.

Let's not make a deal

Please don't tell your camper that you'll pick them up if they don't like camp. If you do so, we are defeated before we ever start! Tell them that they should share their feelings with their counselors and that they will help! Assure them that they will overcome being homesick!

Don't make them feel guilty

If you have a child that you are sure is not going to be homesick, do not make them feel guilty that they are not homesick. Often, they feel guilty anyway if they are not homesick, when what we really want them to realize is that we are proud of the way they are handling "being away from home".

I (the parent) am homesick

Parents should also be aware that YOU will also feel "homesick" for your children and this is also normal. In fact, we actually find more HOMESICK PARENTS than children each summer! Do not pull your child into your feelings! You are a great parent, don't forget that, and allowing your child freedom is one of the many reasons you are so great!

GETTING TO CAMP BY BUS

BUS STOP LOCATION & CHECK-IN

*Please provide a sack lunch and a large bottle (at least 32 ounces) of water for your camper for the bus ride to camp. Do not send "sugared" drinks as they leave are sticky when spilled and may cause your camper to become sick on the bus. If a camper is not present at the bus departure time listed then it is the **guardian's responsibility** to get that camper to camp.*



BUS STOP INFORMATION

American River college
4700 College Oak Drive,
Sacramento, CA 95841

Once on campus, please follow the signs indicating the bus location.

- Sundays -
 - Bus Check in - 9:15 am
 - Bus Departure - 10:00 am
 - Arrival at Camp - 12:00 pm
- Fridays -
 - Load at Camp bus - 9:15 am
 - Bus Departure - 10:00 am
 - Arrival at Destination: 12:00 pm
 - Parent Pickup 12:00-1:00 pm

Safety Procedures at Bus Stop

- Please do not come early as our bus stop is outside and offers little shade.
- You may want to consider bringing an umbrella for shade.
- The bus stop may be crowded with long lines.
- Please bring water to drink and follow directional signs upon arriving at the site.
- You may want to consider leaving small children and pets at home.
- Your camper will not be able to board the bus until they are checked in and their name is called.
- Please remain with your camper until your camper boards the bus and the bus departs.

We thank you in advance for your patience.

Safety Procedures During Bus Travel

If there is an emergency involving your camper or the bus, you will be contacted by Stephen J. Wampler Foundation as soon as possible. The Foundation office will use your primary phone number. It is important that the number is accurate.

- Camp staff will have a roster of all campers riding the bus.
- Camp Staff will conduct a "roll call" and must be respected at all times.
- Aisles are clear for emergencies at all times.
- Please use trash bag for all trash.
- When walking to the restroom, hold onto seat backs.
- Sit on your bottoms, not your legs.
- Shoes need to be worn at all times and please keep them off of the seats.
- No soda or any sticky candy.
- If the driver asks for quieter voices, please follow that request.

COMING HOME FROM CAMP ON THE BUS

PHOTO ID

Anyone that you have authorized to pick up your camper will be asked to present a photo ID and to sign your camper out. Every parent wants to see their child as soon as possible and it is important that your child is picked up by someone you have listed as “authorized”. Please be patient with the sign out procedure and our staff. This is for your child’s safety.

LUGGAGE PICK-UP

Luggage will be removed from the storage area and placed in piles by camp staff. Please take time to find all your camper’s luggage including laundry bag, sleeping bag, pillow, stuffed animal, etc. Luggage may have expanded since they left—check thoroughly. It’s much easier to take it all home rather than make a trip to pick it up from Camp Wamp

SCHEDULE CHANGES

It is NOT possible to make arrangements for someone to stay with your camper beyond the bus check-out time. If a change occurs and buses will not be returning to Sacramento on time, the office will make every attempt (via email and phone) to contact you and be present at bus stop to answer questions.

ON-SITE CHECK-IN

CHECK-IN AT CAMP SITE

Please do not plan to arrive early, as the staff will be preparing the site for campers. Gate opens promptly at 1:00 pm (and closes 45 minutes later, program will start one hour after drop-off time). Please bring any medication with you to the check-in table. You and your camper will check in and then visit the health screening area. Luggage should remain in your car during this step.

PARKING – Staff will direct you to back in and show you where to begin the check in process. Our camp does not have large parking areas. Please be patient as we try to squeeze the cars in.

CHECK-IN PROCESS

1. Make sure your camper has their water bottle.
2. Check your camper in with camp staff at the designated check-in table.
3. Give camper mail to the staff.
4. Submit all medications to the Health Supervisor. (Includes emergency medications, prescription and over the counter medications—all medications MUST BE in their original containers.)
5. Camp staff will conduct a health screening with camper (feet and head).
6. Camper and parent/guardian meet with their counselor and joins the camp group
7. Parent says goodbye to camper.
8. Parent places camper’s luggage in the designated area.
9. See you Friday! Don’t forget to bring your ID.

ON-SITE CHECK-OUT

The gate opens promptly at 9:00 am for pick up and closes one hour later for staff to clean and prepare for the next group.

THE PERSON PICKING UP THE CAMPER WILL BE REQUIRED TO SHOW PHOTO IDENTIFICATION.

There are no exceptions to this policy – even parents/guardians must show ID. This is for your child’s protection.

- » **LUGGAGE PICK UP** – Please take time to find ALL your camper’s luggage including laundry bag, sleeping bag, pillow, stuffed animal, etc. Your camper’s luggage may have expanded since you dropped them off. Check the luggage pile thoroughly. It’s much easier than picking up lost items later.
- » **MEETING COUNSELORS** – Feel free to take a few minutes and meet the staff who worked with your camper. They’ll be happy to meet you and discuss your child’s stay.
- » **LATE PICK UP** – It is NOT possible to make arrangements for someone to stay with your camper beyond the pick up time at camp. She will be excited to see you and share her camp experience. This is also the beginning of staff meetings and preparation for the next group of campers.
- » **MEDICATIONS** – Remember to pick up your campers’ medication from the Health Supervisor.
- » **LATE ARRIVALS** - If your camper will be arriving late, you will need to contact the camp office prior to arrival. Please report to the camp office upon arrival.
- » **EARLY DEPARTURES** - If your camper will need to leave early for any reason during the week, notify the camp office during check-in. For your camper’s safety, our gate remains closed during sessions; without prior notice, you will not be able to enter the property. You will need to report to the camp office to pick up your camper.

PACKING LIST

Campers are responsible for all items brought to camp. Label everything – especially sleeping bags and luggage! Please do not attach loose items to luggage (ex. tying shoes to suitcase). We recommend that you leave any items you consider to be irreplaceable or valuable at home. Stephen J. Wampler Foundation Inc. is not responsible for lost, damaged or stolen items.

CLOTHING

- t-shirts – one per day
- shorts – one per day
- socks – one pair per day
- underwear – one per day
- shoes – tennis shoes or sport sandals (must have heel strap)
- shower shoes, like flip-flops
- rain coat or poncho
- pajamas
- long pants – 2-3 pair
- hat or visor
- sweater, sweatshirt, OR jacket
- Swimsuit

PERSONAL CARE

- 1 washcloth
- 2 bath towels (one for swimming, one for bathing)
- sunscreen AND lip balm – SPF 15 or higher
- shampoo, conditioner
- brush OR comb
- soap and deodorant (no spray cans)
- toothpaste, toothbrush
- disposable diapers (ample supply if appropriate)
- sanitary items (if appropriate)
- plastic bag/bucket to take items to showers
- sleeping bag/pillow
- laundry bag with name on it
- flashlight and extra batteries
- water bottle with a shoulder strap
- sunglasses
- daypack/backpack
- Manual Wheelchair (if appropriate)

NICE TO HAVE

- camera, film (phones not allowed)
- stuffed animal
- book
- stationery, pen, stamps
- address book
- themed dress up items
- 1 light colored item to tie-dye

DO NOT SEND

- » pets/animals
- » vehicles (bicycles, ATV's, etc)
- » radios, iPods OR other music players
- » phones
- » video games
- » gum, candy or other food items
- » laptops or portable DVD players
- » snacks with nuts
- » personal sporting equipment
- » tobacco, non-prescription, illegal drugs, alcohol
- » expensive name-brand items, or cash
- » matches or candles
- » irreplaceable items
- » anything with wi-fi
- » fireworks or weapons
- » inappropriate books, magazines, clothing

LOST & FOUND

All “lost & found” items will be held for one week at Camp Wamp after close of the camp session. All items not claimed within one week of session closing will be donated to local charities.

CAMP WAMP

DRIVING INSTRUCTIONS

- Follow 80 East
- Take Soda Springs Exit (Norden)
- Right turn at stop sign
- Right at blinking light onto Soda Springs Rd
- Right at Pahatsi Rd
- Follow Pahatsi road 2.7 miles past the end of the paved road to the Camp Wamp parking lot

