

1-WEEK SESSION
PARENT GUIDE

Session 1.1: June 11-17, 2022
Session 1.2: June 18-24, 2022
Session 1.3: June 25-July 1, 2022

Dear AstroCamp Family,

Summer is coming and it's coming fast!! AstroCamp will be celebrating its 31st summer this year. Our team is working hard to get everything prepared for your child's arrival!

This Parent Guide contains everything you need to prepare for a fun and rewarding camp experience. Please read through this Parent Guide carefully as it is essential in your preparation for the summer.

The following sections are:

- ❖ Arrival & Departure Details + Travel Options
- ❖ Packing List & Housing
- ❖ Medication & Medical Information
- ❖ Required Forms Checklist
- ❖ Special Note & Preparing for Camp Resources
- ❖ Camp Schedule
- ❖ Camper Communication & Photos
- ❖ Companion App Download Details

All forms required for camp attendance are included in your online account. A list of these forms is included in this parent guide.

Children, now more than ever, need to be outside, off screens, and together. To be able to do this safely in the time of COVID-19, we are asking you – and everyone in our community – to assist in our efforts to keep campers and staff safe and healthy this summer.

If you have any questions, please do not hesitate to call our business office at 909-625-6194, contact our Summer Camp Registrar at registrar@gdi.org or myself, Diana Huff - Summer Camp Director, at diana@astrocamp.org. We are here to help!

We will see you this summer!

Sincerely,
Diana Huff
AstroCamp - Summer Camp Director
(909) 667-7085 (Direct)

Please note: Campers attending more than one session will NOT be able to stay at camp between the sessions.

ARRIVAL & DEPARTURE DETAILS



DRIVING TO & FROM CAMP

Address: 26800 Saunders Meadow Rd., Idyllwild, CA 92549

Drive time from the Los Angeles, Orange County, and San Diego area is about 2-3 hours.

ARRIVAL DAYS (SATURDAY @ 1-3 PM): Check In is between 1:00 PM and 3:00 PM. Please do not arrive before 1:00pm as staff are completing preparations for the session. Lunch is not provided. AstroCamp staff will be at various locations on-site to help direct you. For your safety, please heed all signs and follow drop-off instructions.

DEPARTURE DAYS (FRIDAY @ 9-11 AM): Check Out is between 9:00 AM and 11:00 AM. Please do not arrive before 9:00 AM as you will interfere with camper departure preparations. **Bring a photo ID with you to check out camper.** If a parent or guardian is not picking up the camper, please update your transportation form indicating the person that has permission to pick up. Any camper not picked up by 11:00 AM will be charged a late fee of \$50.00 per hour. Please respect the little time-off our staff gets between the sessions and arrive on time to pick up your camper. If you anticipate not being able to make the pick up time window, please call our main office.

If there are any emergencies or changes that will affect camper drop-off or pick-up, you will be notified via email and text blast.



BUS TO & FROM CAMP

AstroCamp will be offering charter bus transportation to and from Ontario (ONT) airport for those that would like to reduce the commute to camp.

There is a \$50 charge each way for the ONT airport bus service.

You may reserve a space for your camper(s) when registering online and/or completing the Transportation Form located in the camper account.

Location for pick-up and drop-off:

Ontario Cell Phone Waiting Lot –
[3350 John Bangs Drive, Ontario, CA 91761](https://www.google.com/maps/place/3350+John+Bangs+Drive,+Ontario,+CA+91761)

ARRIVAL DAY:

Check In: 11:15-11:45 AM. Departs at 12:00 PM.
Arrives to AstroCamp around 2:00PM.

DEPARTURE DAY:

Depart AstroCamp at 8:15am. Anticipated arrival to ONT cell lot is 10:30 AM.

We will update families via text message on arrival and departure information.



FLY TO & FROM CAMP

Campers flying to AstroCamp are required to arrive and depart from Ontario (ONT) International Airport only.

ARRIVAL DAY:

All flight arrivals must be made to ONT **between 9:30 AM and 11:30 AM on the first day of camp.**

DEPARTURE DAY:

All flight departures must be made from ONT **between 10:00 AM and 12:00 PM* on final day.**
*recommended departure time around 11:00 am

There is a \$50 charge each way for the ONT airport transportation service.

You may reserve a space for your camper(s) when registering online and/or completing the Transportation Form located in the camper account.

Campers will be welcomed inside the airport by AstroCamp staff who will then accompany them on the charter bus transportation going to camp. The AstroCamp Welcome Team ensures that campers arrive at AstroCamp safely and promptly, and make the trip fun!

PACKING LIST & HOUSING DETAILS



PACKING TIPS

- ◆ Please read the [One-Week Packing List](#) carefully.
- ◆ **Label ALL items with camper's name.** This includes: water bottle, backpack, towel, bathing suit, jackets, and other clothing items. It is much easier for our staff to connect a lost item with its owner when they are labeled.
- ◆ Please limit luggage to no more than 1 large bag and a backpack. If you are not able to fit bedding into the bag, you can bring an additional bag for bedding. **Please make sure all luggage is visibly labeled.**
- ◆ **Please do not pack any food items.** We do not allow food in our dorms and campers will have access to our dining hall snacks throughout the day. Any packed food items will be collected and stored in our office until departure day. Thank you for helping us keep our dorms clean and free of unwanted animals.
- ◆ **Cell phones, smart phones, smart watches, iPods, handheld video games and other electronic devices are NOT ALLOWED.** They will be confiscated and put in the camp safe until the end of camp. For full list of items that should not be brought to camp, please see the [One-Week Packing List](#). Camp is a place to make new friends, try new things and gain independence which can be pretty tough if campers are texting friends from home or calling parents. PLEASE leave cell phones at home if possible. We ask for the Parent's support of this policy as it is especially difficult to enforce policies without support from you. Exceptions are made for campers that are flying in. Their phones will be collected upon arrival and kept safe until departure day.



HOUSING ARRANGEMENTS

AstroCamp believes that meeting new people is an essential part of the camp experience. We encourage you and your camper to think of camp as an opportunity to meet as many new friends as possible. Summer camp is a great way to develop life skills, especially friend-making skills.

- ◆ AstroCamp has dormitory style housing. Campers will be placed in a Cabin Group based on their age (not grade) and identified gender. Age groups are 8-9 years old, 10-11 years old, 12-13 years old. There will be 8-10 campers per cabin group with one counselor assigned to their group. Campers will have 1-3 dorm rooms for their group.
- ◆ Each group's counselor will be housed within the same dorm for any night emergencies. During arrival day dorm talks, the cabin group counselor will run through the important dorm protocols.
- ◆ If campers have another camper that they would like to be in the same group, please complete the Bunk Request form in your registration account. We do our best to honor bunk requests however they are not guaranteed. You will be notified if we are not able to make the accommodation. Please try to make your requests before June 1st.
- ◆ Campers will NOT be moved up to the next age group. Campers may move to a younger group, if appropriate and space allows.

MEDICATION & MEDICAL INFORMATION



ON-SITE MEDICAL PROFESSIONAL

AstroCamp will have a certified medical professional (Registered Nurse or Doctor) on-site each session to handle any minor medical issues as well as dispense medication. Our medical professional (referred to as Nurse ____) will also be available at arrival and departure day to collect medication, talk with parents about any medical concerns, and check campers for any illness on first day of camp.

If your camper gets sick or injured at camp, the Nurse will make an informed decision on whether or not the parent or guardian needs to be contacted based on the severity of the illness or injury or if additional treatment is required. The primary parent or guardian will be contacted by phone.



TAKING PRESCRIPTION MEDICATION AT CAMP

All prescribed AND over-the-counter medication needed by an AstroCamper will be collected at check-in by the nurse. Accurate instructions must accompany the medication. **ALL MEDICATION MUST BE BROUGHT TO CAMP IN THE PRESCRIBED CONTAINERS.** AstroCampers will have access to their medication through the nurse's office. The Camp Nurse will be dispensing all medication (prescription and over-the-counter) at required times and will sign our medication log once distributed.



REQUIRED MEDICAL FORMS

([Found in Online Account](#) & [Campanion App](#))

1. PHYSICAL EXAMINATION FORM

Must be completed by a physician prior to the start of camp. Physical must have taken place within **ONE YEAR** of the start of their enrolled session.

Returning campers must have a new physical each year.

2. PARENT AUTHORIZATION FORM WITH INSURANCE INFORMATION

In the unlikely event that your child needs to go to the hospital, this form is required for permission to treat. All medical insurance information must be valid.

3. HEALTH HISTORY FORM

Please provide background on your camper's health history. This will allow your child's counselor information to support your camper's experience.



ALLERGIES OR SPECIAL REQUIREMENTS

FOOD ALLERGIES

Please be sure to indicate in the Health History Form about your child's allergy in detail. We will communicate all food allergies and restrictions to our Kitchen prior to your camper's arrival.

DIETARY REQUESTS

Our kitchen is able to accommodate many camper's dietary request. We offer vegetarian, vegan, gluten free, dairy free options at each meal. If your child needs additional accommodation, please let us know in your health history form.

PHYSICAL NEEDS: If accommodations are needed for your camper to fully participate in the program, please contact our office at 909-625-6194 at least one month before camp begins.

REQUIRED FORMS & DOCUMENTS

All forms are available through two options:

1. [CampInTouch Account](#) (login recreated during registration)
or
2. Companion App (see app download details at end of parent guide)

Forms must be completed by **April 1st**.

If you need a specific extension or have difficulties with any of the forms, please contact registrar@gdi.org for support.



FORMS CHECKLIST

- CAMPER TUITION - Camp fees are due by May 1st.
- HEALTH HISTORY - Please complete health history form completely. If your child takes any medication (prescription or over-the-counter), please make sure that all medications details are entered in the health history form. Our medication log is computed by the information entered in this form.
- PHYSICIANS EXAMINATION - Please print and have signed by physician. You can upload completed form to Companion App or CampInTouch account.
- PARENT AUTHORIZATION WITH INSURANCE INFORMATION - Please print, sign, and upload with insurance card details. You can upload completed form to Companion App or CampInTouch account.
- TRANSPORTATION - Please indicate who will be dropping off and picking up your camper on arrival and departure days. If a non-guardian will be picking up your camper, please be sure to give first and last name so that we can check ID at check out.
- CAMPER PHOTO - Please take a moment to upload a photo of your camper. These photos are not used publicly and seen by directors and staff only. They help support our staff to recognize their assigned campers on arrival day.
- BUNK REQUEST - If your camper has any roommate requests, please be sure to indicate via Bunk Request form before June 1st.
- CAMPER EXPERIENCE
- CAMPER CODE OF CONDUCT
- IMMUNIZATION RECORD
- COVID-19 VACCINATION CARD

SPECIAL NOTE ON CAMPER INFORMATION

We hope you noticed the Camper Experience form in the Required Forms Section. We would like to take a moment to discuss this particular form.

In our experience, some parents are ambivalent about providing camps with information about personal aspects of their child's behavior or past experiences. Some parents fear that the information may be misused, while others are concerned about their child being "labeled," singled out or treated differently. All parents want to see their child have a good start at camp, unencumbered by past problems.

As seasoned camp directors, we appreciate these concerns. We also know how invaluable such information can be in assisting us to help your child make as smooth and happy adjustment to camp as possible - something we know all parents want! Very often having prior knowledge about a learning difficulty, a recent loss in or out of the family, a major change in the family or in the child's life can be the crucial factor in helping us be sensitive to your camper's need for patience, understanding, and reassurance. Since children often automatically use their behavior rather than their words to tell us what's bothering them, having advanced knowledge of areas that might be difficult for your child really help us understand the message in his/her/their actions so we can assure them of a better summer.

We commit to never misuse such information or to release it to unauthorized persons. It will never be used at camp unless necessary and only with the greatest discretion. We will certainly let you know if your child is having difficulty. If you have any special concerns about this information or about your child, please feel free to call us. Or, if something comes up before camp begins, please send us a note or email. **As a team, we can better assure your child of a successful time at camp!**



RESOURCES ON PREPARING FOR CAMP

For those going to camp for the first time and even for our returners, we know that being away from family and friends can be intimidating. While we (at camp) know how exciting and fun camp will be, we know the unknown can lead to some nerves and anxiety from campers AND parents. Our goal is to prepare our families as much as possible with open communication and available resources.

The [American Camp Association](#) (ACA) has many wonderful resources to help you and your child prepare for camp. Here are some suggested articles;

- Conversations to Have Before Camp - [Conversations Before Camp](#)
- Emotional Readiness for Camp - [Emotional Readiness](#)
- Top Tips to Prepare for Camp - [Preparing for Camp](#)
- 13 Tips for Managing Pre-Camp Anxiety in Children - [Pre-Camp Anxiety](#)

If you would like further assistance preparing your child for camp, our Summer Camp Director is always happy to help.

Contact Diana at diana@astrocamp.org

DURING CAMP

WEEKLY SCHEDULE (SUBJECT TO CHANGE)

| Breakfast 8:00 - 8:30 Lunch 12:30 - 1:00 Dinner 6:00 - 6:30 | | | | A Campers = 8-9 years old B Campers = 10-11 years old C Campers = 12-13 years old | | | | |
|---|---------------------------------|-----------------------------|---|---|-------------------|-----------------|---|-------------------|
| | 9:00-10:30 | 10:45-12:15 | 1:00-2:00 | 2:00-3:30 | 3:45-5:15 | 6:30-7:30 | 7:30-9:00 | 9:00-10:00 |
| Saturday | | | Camper Arrival & Check-In 1:00pm - 3:00pm Blast Off (3:00 - 3:30) Move In (3:30 - 4:00) Cabin Bonding (4:00 - 5:45) | | | Rec Time | Opening Campfire | Dorm Talks |
| Sunday | CORE ACTIVITIES | | Siesta Time | A - CORE ACTIVITIES B & C - ELECTIVES | Crew Night | | A Space Night | |
| Monday | | | | A - CORE ACTIVITIES B & C - ELECTIVES | Elective Night | | Campfire C Space Night | |
| Tuesday | | | | Freestyle Day | Crew Night | | B Space Night | |
| Wednesday | | | | ELECTIVES | AstroParty | | Dorm Time | |
| Thursday | | | | ELECTIVES | ELECTIVES | | Final Night Extravaganza! | |
| Friday | Camper Pick Up 9am - 11:00am | SEE YOU NEXT SUMMER! | | | | | | |



CAMP ACTIVITIES

Camper will participate in activities with their cabin group. Core Activities are the more hands-on science/outdoor activities such as Building & Launching Rockets, Lights & Lasers, Atmosphere & Gases, Microgravity, Archery, Zip-lining, etc. Electives are more adventure and creative based like sports, D&D, Tie Dye, 3D printing, board games, etc.



CAMP STORE

Once you have registered your camper, you have the option to fund the camp store account at any time prior to your camper's arrival at camp. We generally recommend an average of \$50.00 per week. To fund the camp store account, please log on to your camper's account and click the link named "View Camp Store Account". Please note, at the time you fund the camp store account, your credit card will be charged for the selected amount.

At the end of the summer any remaining balance of \$10.00 or less will NOT be refunded to your credit card and will be added to our camp financial aid fund. Any remaining balance over \$10.00 will be refunded to your credit card on file. If you would like to change your selection that was made upon registration, please contact the AstroCamp Registrar at 909-625-6194.

Below are some of the items available in the camp store:

- | | | | |
|--------------|------------------|--------------|----------|
| Soap/shampoo | Postcards/stamps | Toothbrushes | T-shirts |
| Snacks | Sweatshirts | Batteries | Mementos |
| Sunglasses | Hats | | |

CAMPER COMMUNICATION & CAMP PHOTOS

AstroCamp is excited to feature the **CAMPANION APP** to connect you with your child's camp experience. Through the Companion App, you will be able to complete required forms, view session photos, email your camper, and get regular updates from camp.

Please make sure to upload a photo of your camper which will enable the app to use facial recognition and show you pictures that your camper is in.



CAMPER PHOTOS

Daily camper photos will be viewable via the Companion App (recommended) or [CampInTouch Account](#).

We will be uploading pictures every day at the end of our camp day (which is really late) so please bear with us if you don't see them available right away. They are typically uploaded around 11-11:30pm. We only have one photographer that works very hard to get every group and camper each day but please know that they are not able to be everywhere so please be patient if you don't see your camper in a picture.



CAMPER EMAIL

Camper Emails (also known as Bunk Notes) can be sent and viewed via the Companion App (recommended) or [CampInTouch Account](#).

CampStamps are used to pay for the emails you send to your campers. **AstroCamp provides 5 CampStamps per parent/per camper/per week.** You are welcome to purchase more CampStamps through your account. Each email requires one CampStamp per recipient. CampStamps rollover from previous seasons. *Full email instructions will be sent on the camper's first day by the camp director.*



MAIL TO CAMP

Address any postcard or letter to:

Campers Name
c/o AstroCamp
PO Box 3399
Idyllwild, CA 92549

Please note: We will not accept packages during the camp session. If you have something you need to send to the camper, please contact Camp Director prior to sending.



PARENT CALLS & VISITS

Telephone calls to or from the campers **are not allowed** due to their busy schedules and our camp belief of camper independence. If you have any concerns about your child, our staff is available to help you. Please call camp between 8:00am and 5:00pm at (951) 659-6062. Calls after 5:00pm or on the weekends may be answered by a camp administrator or an answering machine. The answering machine will have a number should you need to reach someone after 5:00PM for an emergency.

Due to the busy schedule and safety of our campers, we do not allow any in-session visits or tours.



CAMPANION

Camper Photos & Emails on your phone any time

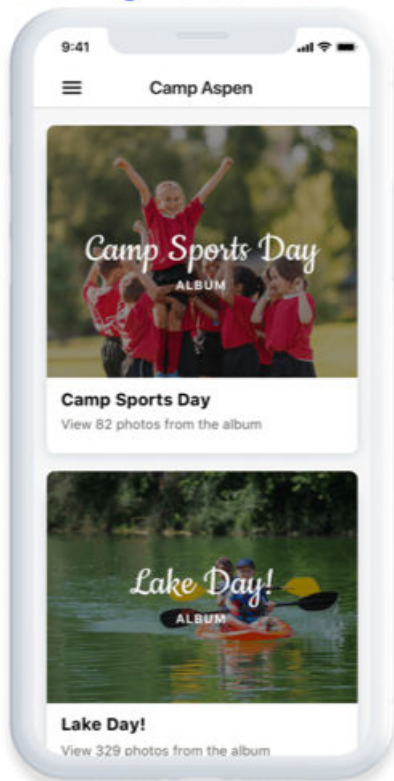
How to Setup Campanion:

1. Download Campanion from the APP STORE
2. Use your Camper Account login info to open the app
3. Follow the opening instructions and take a photo of your camper

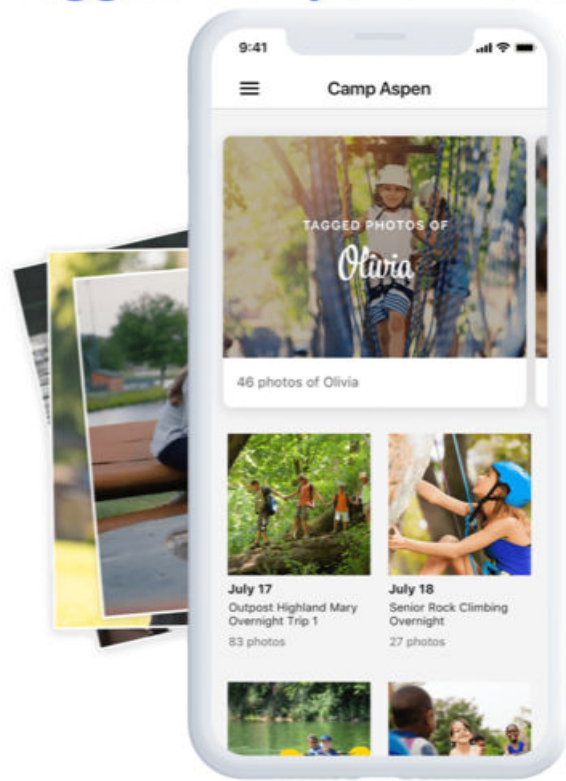
What Campanion Does:

1. Creates photo albums of all the photos uploaded each day
 2. Once a camper's photo has been setup, Campanion uses Face Finder software to notify you when a new photo of your camper has been uploaded
- *Face Finder is optional unless you want to be notified when your camper has a new photo upload and tagged in the system*

Sample Album



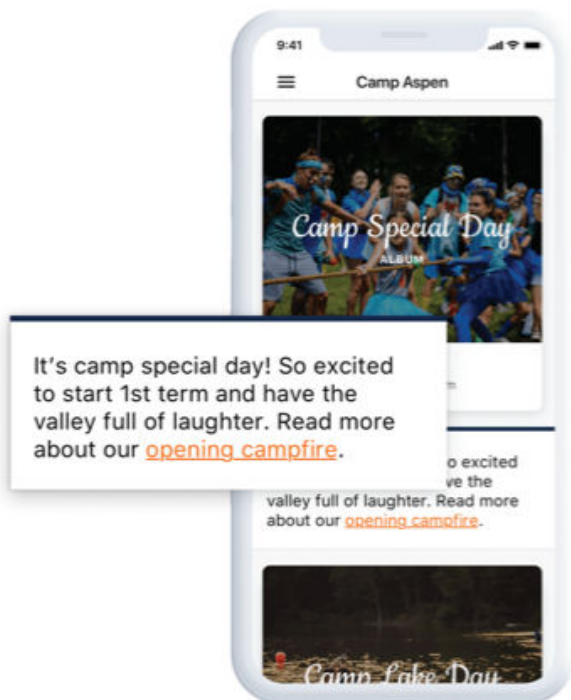
Tagged Campers Photo



What Companion Does continued:

3. Receive short messages from the Camp Director about events at camp
4. Instantly share photos with friends and family or social media
5. Receive notifications for new emails and email your camper from Companion

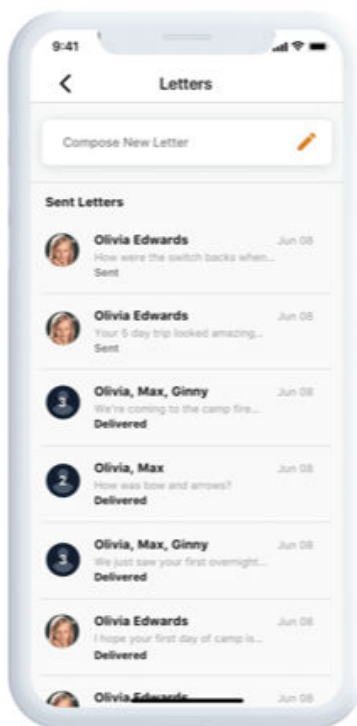
Director's Message



Easily Share Photos



Email Notifications & Compose New Emails



For more information visit <https://companionapp.com/support/faq/> OR
For assistance call CampMinder Support at 303-444-2267