

OVERNIGHT GUIDE

JULY 26 — 27

SUMMER CAMP

**BOTHE-
NAPA VALLEY
STATE PARK**



NAPA COUNTY REGIONAL PARK &
OPEN SPACE DISTRICT

2023

NAPAOUTDOORS.ORG

Campout Schedule

8:00 AM - 9:30 AM	CAMP SET-UP
9:30 AM	MORNING CIRCLE
10:00 AM	HIKE TO BALE GRIST MILL
10:30 AM	SNACK BREAK
10:45 AM	ROTATION 1: MILL TOUR & WOODWORKING
11:45 AM	LUNCH
12:15 PM	ROTATION 2
1:30 PM	HIKE BACK FROM BALE GRIST MILL
2:30 PM	SWIMMING POOL TIME
3:30 PM	SNACK & FREE TIME
4:30 PM	AFTENNOON ACTIVITIES- SKITS AND SONGS
5:30 PM	DINNER
6:30 PM	CAMPFIRE STORIES AND S'MORES
7:30 PM	GET READY FOR BED
8:30 PM	QUITE TIME /BED TIME
8:30 PM	JR COUNSELOR NIGHT HIKE - STAR GAZING
9:30 PM	JR. COUNSELOR BED TIME / LIGHTS OUT
6:00 AM	MORNING QUITE TIME
7:00 AM	WAKE UP - GET READY FOR THE DAY
7:30 AM	BREAKFAST
7:00 - 8:30 AM	PACK-UP CAMP
9:30 AM	MORNING CIRCLE
10:00 AM	FOREVER THURSDAY ACTIVITIES
10:30 AM	SNACK BREAK
11:00 AM	GIVE BACK TO PARK - TRAIL RESTORATION/GARDENING
12:00 PM	LUNCH
12:30 PM	NATURE ART
1:30 PM	GOODBYES CLOSING CIRCLE
2:00 PM	POOL FREE TIME
2:00 PM-4:00 PM	PICK-UP TIME

Essential Information

CAMP SET-UP

8:00 AM - 9:30 AM

Drop-off time is extended on Thursday to allow parents to help campers set up tents and gear if they wish to. This is not required, but we find that parents often enjoy helping set up tents and may also have better knowledge of the tent-specific quirks. We will have staff and junior counselors there to help set up camp as well.

STAFFING

There will be a ratio of 1 counselor, over the age of 25, for every 10 campers throughout camp, and we have protocols for any incidents occurring at night, including tent lighting to "wake up" the staff on duty.

CAMPOUT IS OPTIONAL

Campers do not have to participate in the overnight, but we do need to identify a pick-up time for campers who are not participating in the campout.

TENT RULES

No one is allowed in other campers' tents unless campers are sharing a tent. There is a hangout area and benches for shared activities, and tents are meant for sleeping in and relaxing during the camper's free time.

HOMESICKNESS

Our Camp staff makes every effort to help campers overcome homesickness by helping them learn to accept the natural feeling of missing family and friends. We keep our campers busy and engage them in many fun activities with their new friends. Homesickness occurs much less frequently than many Parents and Guardians would believe. In the event of extreme camper distress, a Parent or Guardian will be notified by Camp staff to discuss options.

CONTACTING US

Cell phone is the best way to get ahold of us during camp. Ideally, contacting by text, calling, or leaving a voicemail if no one answers. We will get back to you as soon as we can.

A Cell Phone number to contact the camp director will be provided to the drop-off person on the first day of camp, or you may request a cell phone number prior by emailing jessica@ncrposd.org.

Wednesday Packing Checklist

- | | |
|--|---|
| <input type="checkbox"/> Wednesday Lunch | <input type="checkbox"/> Pajamas |
| <input type="checkbox"/> Snacks
Wednesday Morning & Afternoon | <input type="checkbox"/> Comb / Brush |
| <input type="checkbox"/> Water Bottle | <input type="checkbox"/> Face wash & Hand Towel |
| <input type="checkbox"/> Backpack & Bag for
Overnight gear | <input type="checkbox"/> Toothbrush & Toothpaste |
| <input type="checkbox"/> Hiking Shoes | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Day Clothes for Thursday | <input type="checkbox"/> Flashlight |
| <input type="checkbox"/> Swim gear, Towel & Sandals | <input type="checkbox"/> Insect Repellent |
| <input type="checkbox"/> Tent * | <input type="checkbox"/> Camp Chair (Optional) |
| <input type="checkbox"/> Sleeping Bag | <input type="checkbox"/> Medications
(MUST be listed on Medical Forms) |
| <input type="checkbox"/> Sleeping Pad | |
| <input type="checkbox"/> Pillow | |
| <input type="checkbox"/> Warm Clothes- Sweater, Sweatpants | |

***TENT NOTES:**

We allow campers to share tents if both camper's parents approve.
Please avoid bringing oversized tents.

Food Notes:

Campers pack their lunch and snacks on Wednesday.
We will provide Wednesday dinner, Thursday breakfast, Thursday snack, and Thursday lunch.
Allergies and special diets will be accommodated if noted in medical forms or requested at least 1 week prior to camp.

The expectation for behavior at Camp is that campers will...

- Follow the safety rules of camp
- Cooperate with other campers and staff
- Respect the rights and property of others
- Listen to and follow instructions
- Participate in all activities or kindly ask to sit aside during specific activities while remaining with the group at all times
- Not endanger themselves or others while at camp, emotionally or physically

Camp Camper Code of Conduct

- I will show respect to other campers and treat them as I would like to be treated.
- I will be sensitive to the needs of others and not discriminate based on age, race, gender, ethnicity, sexual orientation, body type, or religion.
- I will adhere to all safety rules and regulations given for each activity.
- I will not verbally abuse others by using inappropriate language, gossip, threats, teasing, exclusion, or harassment.
- I will not physically abuse others by deliberately causing bodily harm to other participants or staff. I understand that pushing, kicking, hitting, or fighting are not acceptable and will not be tolerated.
- I will listen to camp staff at all times, cooperate with their instructions, and respect their privacy and personal space.
- I will respect the environment by refraining from vandalism, littering, and abusing equipment and the camp facilities.
- I will respect the property of other campers and staff.
- I will adhere to all safety rules and regulations given for each activity.
- I will inform the staff if I am experiencing a problem with another camper or other issues. I understand that if camp staff is not informed about a problem, they cannot stop the problem or assist me.
- I will have fun at camp, but never at the expense of others.
- I will be a positive contributor to and participant in all Camp programs and activities.
- I will be fully responsible for my actions and understand that irresponsible behavior will result in disciplinary action.
- I will not use foul language, profanity, or sexually inappropriate language.
- I understand that these rules and guidelines are for the safety and the protection of myself and all campers and staff.