

Teen Adventure Bike Handbook

MEDICAL INFORMATION

If your child has medical condition or situation, whether physical and/or psychological, that will affect how we care for your child when in our care, please let us know *before* registration, so that we are best able to prepare. Please contact the director by phone or email when you receive this mailing. If anything new develops as we draw closer to camp, please let us know.

The following forms must be completed and brought to registration:

- Two completed Medical Cards and one In-Depth Health Information Form:** You should complete the medical information cards before your teenager arrives at registration. These do not need to be notarized. We must have two copies that are filled out completely when you drop your teenager off at TA Bike Base Camp. Please do not mail them to us. One copy of the medical card will go on the trail with your camper. The other medical card, along with the In-Depth Health Information Form, will remain safely with the director. When you register you will be interviewed to be sure that your medical forms are complete, and that we have all important medical information about your teenager.
- Two copies of your child's health insurance card** (front and back)
- Two copies of your child's prescription insurance card** (front and back) if separate from health insurance card
- Two Medication Cards:** Medications should be in original containers..
- One Immunization Form** (easiest to get copy from Doctor or school)
- One Release and Agreement Form** (both sides!)

CONCERNING BILLING

- Balance due must be paid by May 15th.
- Payments accepted: check, money order, cash, or credit card (Visa or Master Card or Discover). Credit card payments are accepted online only.
- All **checks should be made payable** to Baltimore Yearly Meeting. Please mark your child's name and 'TA' on the front of the check and sent by May 15th to BYM, 17100 Quaker Lane Sandy Spring MD 20860
- Campers with prolonged illness or injury who are not able to fully participate in camp activities may need to return home.

Refund Policy

The \$250 deposit is not refundable after May 1st. If the application for a prospective camper is withdrawn prior to May 1st, the \$250 deposit will be refunded. After May 1st, no refund is available. Due to the fixed costs of running a safe and successful camping program, Baltimore Yearly Meeting Camping Program expects families to be responsible for the tuition of their registered child. Exceptions are made only if the camper is unable to attend BYM Camps for reasons of health. In this case, tuition will be held over to be used the following year, less the \$250 deposit. An alternative option is a refund of half of the tuition (less the \$250 deposit). If you fill the spot your child has vacated, you will be relieved of this financial obligation. It is not possible to make any reduction for entering late or leaving early, except for withdrawal on account of illness incurred at camp. In that case, a partial tuition credit may be applied for the following year. There will be no refund if a camper is asked to leave during the season for an infraction of a camp rule or for unacceptable behavior or if a child is voluntarily withdrawn.

Lice Policy

Parents should check their campers for lice and nits before they come to camp. Campers should not come to camp if they have an active case of head lice or any nits. If a camper comes to camp and is found to have either nits or live head lice, at the director's discretion they may be sent home to be treated and might be permitted to come back to the residential camps when the camper is nit-free. Rejoining Teen Adventure is dependent on the specifics of trip scheduling since the campers are not stationary for long periods of time and meeting up with them may be difficult or impossible. Lice checks should be done at least one month ahead of time to give time for thorough eradication before a camper shows up. Parents may either do the work themselves or hire the services of a professional nit-picker if such is available to them. For more information on head lice: <http://www.cdc.gov/lice/head/index.html>

Creating a Diverse Community

At Teen Adventure we strive to create an emotionally safe, fun, inclusive, respectful, engaging community where diversity is honored and celebrated. Campers, staff, and families at Teen Adventure may represent diversity in terms of learning styles, life experiences, and social identities (including: religion, class, race, ethnicity, gender, sexual orientation, and ability). With the guidance of our trained staff this can create a wonderful opportunity for young people to expand their awareness and learn from each other's experiences.

To further our goal of an inclusive environment we also encourage parents to talk to their campers before arriving about feelings that may come up when encountering new kinds of people. Help your camper think through how (s)he can take part in creating an atmosphere where (s)he and all other members of the community feel welcome. The following are some resources to help you get ideas about how to start these conversations.

- Click on “Teaching Diversity”at: <http://life.familyeducation.com/>
- “Talking to Our Children about Racism and Diversity”
http://www.civilrights.org/publications/reports/talking_to_our_children/

CONTACTING YOUR CAMPER

The Teen Adventure Program has been designed to meet the needs of older, more independent and capable young persons. With the exception of two days at the beginning of our session and two days of closure, your teenager will spend the entirety of her/his camping experience away from the base camp. Thus, there is no central location for visiting or phone calls. You are welcome to send letters or care packages. Remember, mail will be forwarded only at scheduled transition times. Also remember that anything your teenager receives will have to be consumed, disposed of, or carried on her/his bike for the remainder of the trip!

IN CASE OF EMERGENCY you may call the director Tasha Walsh, (540) 460-4671. Every effort will be made to get an **emergency** message to your camper as soon as possible.

IMPORTANT ADDRESSES:

Tasha Walsh, Director, TA Bike Director

950 Turkey Hill RD. Lexington VA 24450. 540/460-4671. Tasha@corehappinesscoach.com

Jane Megginson, Camp Program Sec., 413 S West End Ave, Lancaster PA 17603, 717/481-4870, jane@bymcamps.org

Your teenager at: TA Bike, 950 Turkey Hill RD. Lexington VA 24450

PICK UP AND DROP OFF LOCATION AND TIMES!

Drop off SATURDAY, July 2nd, Registration 11am – 1pm

Pick Up SUNDAY, JULY 24th, 2pm

Elk Cliff Farm
445 Arnold Valley Rd
Natural Bridge Station, VA 24579

Teen Adventure Bike - Equipment List

This list is *extremely* important; please follow it closely. Proper equipment is essential. Our goal is to provide exciting, challenging and positive outdoor adventures. However, the quality of your camper's experience can be affected by the appropriateness of the equipment you provide. The misery caused by an ill-fitting bicycle or inadequate gear can color a camper's attitude toward biking and camping, in general. Please help your teenager enjoy Teen Adventure! All items *not* listed in the Optional, or Do Not Bring categories are required. If a camper does not bring a required item, TA staff or parents have to drive to town to buy them—and they are often difficult and/or expensive to find at the last minute. For safety reasons, campers are not permitted on the trail without them. **Parents—please check that your TA camper has packed all items on the list before departing for TA.**

Critical Equipment: *label all items to avoid loss*

- A bicycle.** There are many types of bikes, and most will work, but best type of bike for this trip is either a hybrid, touring or mountain bike. We will be riding on paved, dirt and gravel roads and trails. We will have a mechanic on site to check out your bike when you arrive, but it's a good idea to get it checked out before hand to minimize last minute repairs/purchases. The most important things about the bike:
 - Comfortable fit – be sure your camper can stand over the top tube with a few inches of clearance- give it a test ride to see how it feels. This is important not only for comfort, but for safety and prevention of injury as well. If you consult a bike shop, tell them this is for touring, not racing or mountain biking.
 - Sturdy rear rack
 - Triple chain ring (the one in front)
 - Good tires (not skinny, not big nobbies, best type is 28 – 35 mm with a somewhat smooth tread)
 - Water cage (to hold the water bottle) at least one, two if your bike can handle it
 - Good brakes
 - Front white reflectors, red rear reflectors. If you have lights, that's even better.

If you're camper does not have a good bike, and you are interested in renting one, please let us know.

- A lightweight sleeping bag with a nylon stuff sack.** Flannel sleeping bags are simply too heavy for our program. We recommend a synthetic fabric bag filled with a lightweight synthetic fiber. Down bags become heavy and provide no warmth when wet. Stuff sacks are essential because they make the sleeping bag more compact and help protect it from rain. A sheet is also highly recommended and is a great way to keep the bugs off and sleep in hot weather. An old sheet can be sewn part way up the side to make a "sheet sack."

Footwear: (3 pairs of shoes needed):

- Sturdy, lightweight shoes.** Shoes should be comfortable and lightweight with flexible soles. Shoes must be broken in. Hiking shoes or sports shoes are fine as long as they have good padding. Cycling shoes with pedal cleats are great, but you will also need an extra pair of walking shoes.
- River shoes** Your camper will also need a pair of shoes to wear for river activities. They must have a snug strap (no flip-flops or crocs) and be sturdy enough to walk distances in.
- Extra shoes.** These should be as lightweight and compact as possible. Some campers bring two pairs of extra shoes, a pair of sneakers and something light and open such as flip-flops or crocs.

Other Required Equipment:

- 1 bicycle helmet – CPSD Certified (check the label)
- 1-2 spare inner tubes (sized to fit your bike)
- 1 Ensolite pad or Thermarest pad
- 4-6 Hefty Steel Sack type garbage bags to line panniers
- 2 web straps or bungee cords (30"-36" long) to attach sleeping bag to rack
- 1 plastic bowl, 1 soup spoon, 1 plastic cup
- 2-3 one quart /liter water bottles that fit in water cage (an empty, one liter soda water bottle is cheap, tough, and easy to replace.)
- 1 lightweight headlamp & extra batteries
- 1 lightweight raincoat (raincoat with elastic around the wrist and long enough in the back to cover your bottom is the best – ponchos do not work well on a bike)
- Toiletries (toothbrush, paste, and biodegradable soap/shampoo)
- 2 bottles SPF 30 sunscreen

- Non-aerosol bug repellent

Clothes: *Pack very light, as you will be carrying all of this on your bike*

- 1 swimsuit
- 3 T-shirts (Many people bring at least one synthetic. Sleeveless shirts are also popular. Bicycle shirts are fine, but not required)
- 2- 3 shorts (at least one pair of biking shorts with padding, while not required, will go a long way to increase comfort)
- 1 pair cycling gloves
- 1 pair long pants (fleece or synthetic sweatpants work well – No cotton)
- 1 or 2 long sleeve shirts or long-sleeve T-shirts (one should be cotton for sun protection)
- 3 pairs of socks (No cotton --> causes blisters)
- 1 sweater or sweatshirt (wool and polar fleece / no cotton)
- 1 pair of eyeglasses with a very secure glasses strap if you wear glasses or contacts
- 5 pairs of underwear --
- 1 bandanna
- 1 pair of sunglasses (very much needed! – be sure it fits with bike helmet on)
- 1 warm hat (wool or polyester--very much needed!)

***** We will be making panniers out of plastic cat litter containers (rectangular bucket size with lids). If you have cats, or have access to recycling center, SPCA, pet store, etc. please bring 2 with you. We will supply the additional tools, paint, etc. needed *****

Optional Equipment:

- Handlebar bag
- Letter writing supplies
- Very small notebook or journal
- Small camera and film (waterproof disposables are a great idea)
- Sheet sack - see above
- Bag Balm, Udderly Smooth or some type of anti-chafing crème or chamois butter to prevent chafing—very helpful!
- \$20-\$30 spending money
- Small pocket knife

Do Not Bring:

- Delicate clothing or jewelry (these tend to be damaged or lost)
- Aerosol dispensers or spray cans
- Ipods, Mp3 players or other electronic games or equipment
- Fire works, large knives, guns, or any other weapons
- Non-prescription medicines
- Cigarettes, drugs, or alcohol: the possession or use of alcohol or drugs, or the misuse of prescription drugs, will result in camper(s) being sent home
- Anything that you dearly love and would hate to lose or ruin
- More than \$30 cash
- Cell Phones

Remember:

You have to *carry* all this equipment on your bike, in and on top of two panniers. **PACK LIGHT.** It is impossible to stress enough the importance of proper equipment. Parents - If your child arrives without the proper equipment, we may have some equipment you can purchase on site, but you may be required to go to the nearest outfitter or bike shop to purchase gear before being enrolled. If you have any questions please contact us.

Questions? Tasha Walsh: Tasha@corehappinesscoach.com or 540-460-4671