

Teen Adventure 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 Common Ground (TA 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 at Common Ground. 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!)

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/

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.

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 on the trail. Thus, there is no central location for visiting or phone calls. You are welcome to send letters or care packages to Common Ground. Remember, mail will be forwarded only at scheduled transition times requiring transportation or food drop off, etc. Also remember that anything your teenager receives will have to be consumed, disposed of, or carried on her/his back for the remainder of the trip!

IN CASE OF EMERGENCY you may call the director at Common Ground at (540) 463-7234. Every effort will be made to get an **emergency** message to your camper as soon as possible.

IMPORTANT ADDRESSES:

Jen Schneider

Co-Director, TA
riverswift19@yahoo.com
540-535-6838 until June 20th
(after June 20th use the Common Ground phone number listed above)

Jane Megginson

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

Jesse Austell

Co-Director, TA
jesseaustell@gmail.com
410-804-3452

Your teenager at camp

Teen Adventure
495 Snakefoot Lane
Lexington, VA 24450
540-463-7234

Saturday, July 2nd

drop off at Common Ground :

Arrive at Common Ground for registration between 2 and 3 p.m.

Sunday, July 24th

pick up at Common Ground:

Arrive at Common Ground at Noon.

Directions to Common Ground: 495 Snakefoot Lane, Lexington VA 24450

From I-81 at Lexington VA

Take 64 West

Take first exit - US 11 South

Take US 11 S Bypass

Go **straight** at the light (where the Bypass rejoins US 11) onto **Rt. 251 (at this light look at your odometer – the left fork onto Blue Grass Trail is 10.2 miles from the light)**

Continue **straight**, road becomes **Kyger Hill Road (667)**

Fork **LEFT** over bridge as road becomes **Blue Grass Trail (612)**, for approx 4.5 miles.

Turn **left** onto **Spring Branch Road (662)**, go approx 2 miles.

Turn **right** onto **Snakefoot Road (661)**, go approx 1 mile.

Turn **left** into the Common Ground driveway.

Teen Adventure 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 backpack or inadequate shoes can color a camper's attitude toward backpacking, hiking 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.

Required Equipment: *label all items to avoid loss*

- A nylon backpack** with a metal (external) frame or internal frame (no day packs or rucksacks.) It is essential that the pack have a frame, a functional, one piece, well-padded hip belt and padded shoulder straps. It must be possible for the hip belt to be tightened around your camper's waist, while the shoulder straps go up to the frame at an angle bearing little or no weight. This allows the legs to carry the bulk of the pack's weight, thus avoiding shoulder or back injuries. The pack must fit well. When it is full, no part of the metal frame should touch the camper's body. Growth spurts over the last year may mean that last year's pack no longer fits properly, so please check carefully. If you have doubts or questions on how to gauge the size of a backpack to your teenager's body, contact a reliable outfitter. There should be a place for a sleeping bag to be strapped onto the frame.
- Lightweight sleeping bag with a nylon stuff sack.** Flannel sleeping bags are simply too heavy for our backpacking 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 and river water. 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 hiking shoes.** Shoes should be comfortable and lightweight (leather or nylon), but still have ample padding, strong soles and provide ankle support. Shoes must be broken in. Shoes should be sized to accommodate thick, wool socks. Canvas shoes, and army boots *may not* serve as hiking shoes.
- River shoes** *please read carefully*. Your camper will also need a pair of shoes to wear for canoeing and river activities. They must be closed-toed, cover most of the foot, allow sand and water to flow out of them, and be sturdy enough to walk distances in while carrying weight. The following types of shoes are not permitted for this: Teva type open sandals and other sandals, crocs type foam shoes, and aqua socks. Please do not bring them as river shoes.
We suggest old sneakers that will drain.
- Extra shoes.** These should be as lightweight and compact as possible, because they will be carried both on hiking and canoeing trips to allow feet to dry out in the evenings. Some campers bring two pairs of extra shoes, a pair of sneakers and something light and open such as flip-flops or crocs.

Equipment:

- 1 Ensolite pad or Thermarest pad
- 4-6 Hefty Steel Sack type garbage bags to line pack
- 2 web straps (30"-36" long) to attach sleeping bag (no bungee cords)
- 1 plastic bowl, 1 soup spoon, 1 plastic cup
- 2-3 one quart /liter water bottle (an empty, one liter soda water bottle is cheap, tough, and easy to replace.)
- 1 pocket flashlight or lightweight headlamp & extra batteries
- 1 lightweight rain poncho (which doubles as a ground cloth)
- 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 back while hiking*

- 1 swimsuit
- 3 T-shirts (Many people bring at least one synthetic shirt for hiking)
- 2 shorts (find a couple of pairs that minimize inner-thigh chaffing. Try them out by walking in the hot sun for a while.
Synthetic hiking shorts, biking shorts, and hiking *skirts* are popular choices).
- 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 and for sun protection)
- 3 pairs of thick wool or Smartwool (blend) socks (No cotton --> causes blisters)
- 3 pairs of thin liner socks (polypro, thermax, hydrofil - No cotton)

- 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 with strap
- 1 sun hat (very much needed!)
- 1 warm hat (wool or polyester--very much needed!)

You will not be permitted to bring long sleeves, pants, or socks that are cotton---so please follow our list. Remember, wet cotton leads to hypothermia! Synthetic fabric clothing can be found in sporting goods stores, department stores, odd lot stores, camping stores, and online. Items can range in price from inexpensive to ridiculously expensive, so you may want to look around before making any purchase.

Optional Equipment:

- Letter writing supplies
- Very small notebook or journal
- Small camera and film (waterproof disposables are a great idea)
- Sheet sack - see above
- Body Glide, Massengil anti-chaffing crème, or runner's lubricant to prevent thigh 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 Phoes

Remember:

You have to carry all this equipment in your pack, on your back, up and down large mountains. PACK LIGHT. You must also leave half of your pack empty to carry group gear and food. Load your pack and try it on. Then add 15 pounds of canned food and carry it up and down the stairs for a few hours. Make sure that it fits well loaded and is comfortable. It is impossible to stress enough the importance of proper equipment. Parents - If your child arrives without the proper equipment, you will need to go to the nearest outfitter (a one hour drive to Roanoke) to purchase gear before being enrolled. If you have any questions please contact us.

Questions? Jen Schneider: riverswift19@yahoo.com or 540-535-6838, or Jesse Austell, jesseaustell@gmail.com
410-804-3452