

2015  
**Troop 59**  
***Marin Sierra Summer Camp***  
PARENT & CAMPER GUIDEBOOK

**Departure information:**

Leaving Sunday, July 19<sup>th</sup> at 8:00 AM. We will meet and check-in at Bon Air Shopping Center in front of the former Calico Corners. The cars will leave at 8:20 AM. Scouts should be in full Class A uniform, have had breakfast, and bring a bag lunch.

**Return information:**

We will return to the same location the following Saturday, July 25<sup>th</sup> at approximately Noon. Adult leaders will have cell phones and coordinate calls to parents as the return trip progresses.

**Contact Information:**

**For Marin Sierra:**

<Name of Scout>

Troop 59, Marin Council

Camp Marin Sierra

P.O. Box 86

Emigrant Gap, CA 95715

Ned Farnkopf, Leader (415) 302-7681

Dave Pearce, ASM (415) 203-6052

Camp Office : (530) 389-2427

Marin Council Office : (415) 454-1081

**BEHAVIOR**

All Scouts are expected to behave safely, respectfully and in accordance with the Scout Oath and Law while at Camp. Any behavior to the contrary and/or that is disruptive to the group, taxing to adult leaders, or that is damaging to Troop 59's reputation will not be tolerated. While we hope this will not be the case, *any Scouts whose behavior is unacceptable will be asked to leave and we will expect his parents to immediately come to Camp to pick him up.*

**DAILY SCHEDULE**

Days in Camp are busy, with several merit badge periods daily, free time, and various activities. Scouts are expected to use this time productively and in a Scouting manner rather than just "hanging out".

**HOMESICKNESS**

Coming to camp may raise issues of homesickness for younger Scouts. We regard homesickness as a normal and healthy (though certainly uncomfortable) occurrence for children. Adult leaders and camp staff are aware to watch for signs of homesickness (they're pretty obvious!) and will try to help the child understand that feelings of homesickness are natural and will make an effort to involve the homesick camper in all camp activities.

Experience tells us that within two or three days the camper is busy having fun with newfound friends and the staff. Note that calls to home are “homesickness pills” and only make the situation worse. In severe cases the adult leaders will contact the Scout's parents to let them know of the situation and only in extreme cases will they recommend that the Scout go home.

### **CAMPER-SICKNESS**

Sometimes a child's departure for summer camp can also produce anxiety for a parent. While campers may feel homesick, some parents experience “camper-sickness.” This is a normal part of your family's summer camp experience. We encourage you to project confidence and excitement to your child as he or she prepares for camp, even though you may be feeling nervous or are anticipating missing your child. Often a child's attitude about leaving home mirrors the attitude of his or her parent. You can contribute to the success of your child at camp by encouraging the camper to have a great time.

### **SPECIAL INFORMATION FOR ADULT LEADERS**

Please let us know of any special circumstances in your Scout's life. This will assist the counselors and other staff in providing the best possible experience for your child. Sensitive issues will only be shared with the appropriate staff and never with other children.

### **TELEPHONES**

Direct phone contact with children at camp is highly discouraged. Such calls disrupt the Scout's camp experience and may prolong homesickness. Camp phone numbers are listed at the beginning of this note *for emergency purposes only*.

**Cell phones are not allowed at camp.** There is little cell phone reception at camp and no need for cell phones. Adult leaders and camp staff will always have a way to get in touch with parents should the need arise.

### **DO NOT SEND FOOD TO CAMP:**

**Food sent in care packages will not be distributed to children.** Scouts get plenty of wholesome, tasty food at Camp. Food from home, whether sent in care packages or brought to camp in luggage, tends to ruin their appetites and attract bugs and animals into the tent. It can also lead to jealousy as Scouts compete for the “best” care packages or worse, refuse to share fairly. Believe it or not, an old fashioned letter is often the most treasured gift received by Scouts in the camp setting.

### **CASH NEEDS**

Scouts should bring some cash with them for merit badge fees, souvenirs, snacks, and lunch on the return bus ride. \$50 will be more than enough for this – less if they aren't taking merit badge classes with fees (rifle/shotgun, basketry).

### **KNIVES**

Scouts can only possess knives if they have passed their Totin' Chip and have their card in their possession. Knives will be confiscated if used in an unsafe manner. Sheath knives and pocket knives with blades 4 inches or longer are not allowed.

Scouts who arrive at camp without their Totin' Chip will have a chance to earn a new one on Monday during free time when the Scout Skills staff will provide a Totin' Chip class.

## CAMPER HEALTH

Parents should remind Scouts that while they are at camp they should:

- Stay hydrated, drink lots of water
- Wear sunblock and a hat
- Maintain good hygiene, take showers
- Always wear shoes and socks
- Wash hands before all meals

## GLASSES

If your child wears glasses or contacts, it is very important that you send an extra pair and your child's prescription to camp. It is difficult to enjoy camp if there is a long delay in replacing broken glasses or lost lenses. Camp is dusty and rustic, so we do not recommend contact lenses unless your child is very comfortable with them.

## MEDICATIONS

Camp doctors can provide prescription medication to campers when necessary.

**ALL medications will be kept in the health lodge so that the camp doctor may dispense them and keep a record of their use.** Any medication that your child uses regularly or will use at camp (including vitamins and herbal or homeopathic medicine) must be labeled carefully with his or her name and session and turned in to the adult leaders at the time of departure. **Campers may not store or administer their own medicine**, except for children with a history of asthma, who may keep an inhaler with them, or children with anaphylactic allergies, who may keep an EpiPen for emergency use.

**Summer camp is not the place to take a “med vacation”—children taking medications that help them focus and attend to instructions succeed much more easily if they continue use during Camp.**

## WHAT TO BRING

**Scouts should pack their gear in a backpack (not a duffle bag or suitcase.** Please see that each article of clothing is **marked clearly with the Scout's full name** in laundry-marking pens or nametapes. Unlabeled articles or those with first names only are often lost and not recovered. Order forms for nametapes are available at [www.bestnametape.com](http://www.bestnametape.com).

## LOST AND FOUND

Camp **cannot** assume responsibility for lost or damaged items. Although we make every effort to help the campers be conscious of their belongings, things get lost.

## PACKING LIST

The following partial list is for your guidance. Note that Scouts are required to wear Class A uniform during daily flag ceremonies. At all other times they should wear Class B (Troop or Scouting related T-shirt) or plain shirts **without logos**.

**Scouts should pack their gear in a backpack (not a duffle bag or suitcase) and should include:**

- Full Scout uniform: shirt, shorts, socks and belt (Scouts should wear full Class A uniform correctly at morning and evening assembly, meals, and as color guard.)
- Light jacket and light sweater or sweatshirt (light layers of clothing are lighter and warmer than a heavy jacket.)
- Light rain suit or poncho
- Extra pair of shoes or boots
- Extra Scout uniform parts: shirt, socks, etc.
- Underwear and tee shirts (at least 4 sets)

- Extra socks (at least 4 pairs)
- Sweatshirt
- Swim trunks
- Hat
- Handkerchiefs or Kleenex packs
- Shorts and at least one pair of jeans
- Lightweight long or short sleeve shirts (non-uniform)
- Backpack with frame (especially for overnighter)
- Small day pack with water bottle holders
- Sleeping bag
- Polyurethane foam pad or lightweight air mattress
- Mess kit, including eating utensils (for in-camp cooking and overnighter): minimum of a bowl, spoon and a Sierra cup.
- Water bottles and/or hydration pack (Camelback)
- Toilet kit: soap, washcloth, toothbrush, toothpaste, comb, towel
- Small personal first aid kit
- Small flashlight and extra batteries
- Small pocket-knife (NO SHEATH KNIVES)
- Money: \$50.00 allows an adequate amount of spending money
- Scout Handbook, merit badge pamphlets, etc.
- Pen/pencil, notebook, paper, stamps, envelopes or postcards
- Mosquito repellent
- Sunscreen

#### OPTIONAL EQUIPMENT

- Camera
- Sunglasses
- Fishing gear
- Book

#### WHAT **NOT** TO BRING

- Cell phones
- Electronic devices (iPods, DVD players, Gameboys, etc)
- Items that may cause harm or endanger campers
- Valuables whose loss would be upsetting (such as expensive cameras or jewelry)
- Pornography
- Fireworks
- Cigarettes and tobacco products
- Drugs
- Alcohol

Camp is not the place for expensive electronic equipment. Such items tend to get lost, dirty, or broken, and their use is prohibited. Consider camp an opportunity for children to wean themselves from electronics. If any of the above items are brought to camp, they may be confiscated by the staff. We are not responsible for loss or damage and camp will not replace campers' personal belongings in either instance.

*We are looking forward to a safe, fun, productive and memorable week for all at Camp this summer.*

THANK YOU!