

# Teen Adventure Handbook

**MEDICAL INFORMATION-** camper medical information is all collected online. Please review your medical information a week or so before camp to make sure it is up to date. Any new prescriptions?

Please send **medications** in the original bottle with the doctor's name, child's name, name of medication, dosage and date marked on the label.

When you arrive at camp, the camp staff will interview you to be sure that all is in order and to receive any special instructions. Please ensure that your camper arrives at camp **healthy**. Strep throat, viruses, flu bugs and lice spread quickly at camp.

## 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/](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 deposit is not refundable after May 1st. If the application for a prospective camper is withdrawn prior to May 1st, the 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 deposit. An alternative option is a refund of half of the tuition (less the 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.

**48 Hour Policy** – If your camper needs to leave TA for 48 hours or longer, they may not be able to re-join their trip.

### 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 during camp. Every effort will be made to get an **emergency** message to your camper as soon as possible.

### IMPORTANT ADDRESSES:

#### Rosie Eck

Co-Director, TA

[rosalie.eck@gmail.com](mailto:rosalie.eck@gmail.com)

301-204-5780

until June 20th

(after June 20<sup>th</sup> use the Common Ground phone number listed above)

#### Jesse Austell

Co-Director, TA

[jesseaustell@gmail.com](mailto:jesseaustell@gmail.com)

410-804-3452

#### Jane Megginson

Camp Program Manager

1921 Larchmont Ln.

Lancaster PA 17601

717/481-4870

[jane@bymcamps.org](mailto:jane@bymcamps.org)

#### Your teenager at camp

Teen Adventure

495 Snakefoot Lane

Lexington, VA 24450

540-463-7234

**See the website for current session dates! Bymcamps.org**

Please do not bring pets when dropping off or picking up campers!

**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 Camper 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 depends largely on 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. For safety reasons, campers are not permitted on the trail without them.

**Required Equipment:** *label all items to avoid loss*

A **Nylon Backpack** with a metal 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. 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.

A **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**. Your camper will also need an old pair of lightweight sneakers or canvas shoes for canoeing. They should be **closed-toed**. Tevas, open-toed Chacos, and other sandal type shoes do not provide enough protection from rocks and glass for the sides and top of the foot. Please do not bring them as canoeing shoes.

**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. They must have a heel strap (no flip flops).

#### **Gear:**

1 Ensolite pad or Thermarest pad

4-6 Hefty Steel Sack 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 - optional)

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 headlamp & extra batteries

1 lightweight sturdy/reuseable rain poncho (which doubles as a ground cloth and pack cover)

Toiletries (toothbrush, paste, floss, and feminine products (if applicable), and

1 bottle SPF 30 biodegradable sunscreen (non-aerosol)

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

6-9 pairs of underwear

1 swimsuit

3 T-shirts

2-3 sports bras (if applicable)

1 sun hat and 1 warm hat

2 shorts (1 quick drying)

1 bandanna

1 pair long pants (No jeans)

1 long sleeve shirt

1 sweater or sweatshirt (wool and polar fleece / no cotton)

3 pairs of thick wool socks (No cotton --> causes blisters) with 3 pairs of liner socks (polypro, thermax, hydrofil - No cotton)

**OR** 3 pairs of synthetic hiking socks, such as Smartwool

1 pair of glasses with a very secure glasses strap if you wear glasses or contacts

#### **Optional Equipment:**

Sunglasses with strap  Sheet sack - see above

Letter writing supplies  \$20-\$30 spending money

Non-aerosol bug repellent  Small pocket knife

Very small notebook or journal

- Small camera and film (waterproof disposables are a great idea)
- Pack Cover to protect your pack during rain
- book
- watch
- Permethrin based bug repellent, for deer ticks – to spray on hiking clothes and sleeping bag not on the person, before camper comes to camp!

**Do not bring:**

- cotton towel
- shower supplies
- water additives (ie: koolaid mix or caffeine drops)
- gum

**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.