

unPlugged

CAMP IS JUST AROUND THE CORNER!!!

uCamps 2019 theme:

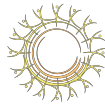
“FEARLESS”

This packet includes info for **both** uCampers & parents (guardians)

Included in this packet are the following:

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- 2. A TYPICAL DAY AT CAMP** page 2
- 3. PACKING LIST** page 3
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**We're really excited about camp and can't wait to see
you on June 25th!!!**



DAY 1 (Meds &. Snack Shack)

When at checkin (at bus or at camp) please turn in:

1. SNACK SHACK MONEY

- Place ALL spending money in an envelope labeled with the \$\$ amount AND camper's first and last name.
- We collect money at check in and return remaining balances to campers on the last day of their session.

2. MEDICATIONS

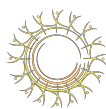
- Prescription AND over-the-counter medications must be in their original pill bottles with the camper's name clearly labeled.
- We cannot accept meds that arrive in anything but the original containers.

*** PAYMENT REMINDER ***

ALL FINAL CAMP TUITION PAYMENTS ARE DUE 30 DAYS BEFORE THE START OF YOUR SESSION!!!

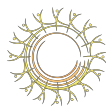
IF YOU HAVE A REMAINING BALANCE, PLEASE CHECK YOUR PROFILE FOR YOUR SCHEDULED AUTO-PAYMENT DATE(S).

Contact us with any questions
uCamps Administrator, Jasmine "Ember" Woodall
Call/Text/: (415) 240-6852; Email: info@uCamps.org



A TYPICAL DAY AT CAMP

7:30am	Morning Elective	(Go OR sleep in)
8:15AM	Group Warm Up	(Stretch/play/sing)
8:30AM	Breakfast	
9:15AM	Inspiration	(Start your day off right)
9:30AM	Workshop 1	(5-8 arts and recreation choices)
10:50AM	Hang 10	(Quick song/game/hang)
11:00AM	Workshop 2	(5-8 arts and recreation choices)
12:20PM	Hang 10	(Wash hands/get water)
12:30PM	Lunch	
1:15PM	Siesta	(Relax at the cabin)
2:00PM	uTime	(Free Time - snacks and fun)
2:50PM	Hang 10	(Quick song/game/hang)
3:00PM	Workshop 3	(5-8 arts and recreation choices)
4:20PM	Hang 10	(Quick song/game/hang)
4:30PM	Workshop 4	(5-8 arts and recreation choices)
5:50PM	Cabin Cheers	
6:10PM	Dinner	
7:15PM	Evening Activity OR Campfire	
8:30PM	Campfire OR Evening Activity	
9:30PM	Cabin Time	(High low high/get ready for bed)
10:30PM	Nighty Night!	



uCAMPS SUGGESTED PACKING LIST

This is a suggested packing list for uCamps. **All items should fit in ONE suitcase, duffel bag, or trunk.** All items brought to camp should be labeled with the camper's first and last name. uCamps **is not responsible for any lost, stolen, or broken items.** Any items left at camp are thrown away or donated to charity on the last day of camp. Please be responsible for your items. Check the lost and found before packing on the final day. We suggest you leave behind your nice clothing and only bring the clothing you are willing to get dirty and/or wet.

Clothes

1-2 swimsuit(s)
7-8 pairs of underwear
7-8 pairs of cotton socks
2-4 pairs of shorts
2-3 pairs of long pants
7-8 short sleeved shirts
Warm Pajamas/sleepwear
2-3 long sleeved shirts
1-2 warm sweatshirts/jackets
1 hat/visor (to protect you from the sun!)
2-3 pairs of shoes – suggestion: 1 hiking boot, 1 sneaker, 1 flip flop or sandals for showering

Toiletries

Toothbrush & toothpaste
Deodorant
Soap (in a case)
Shampoo/conditioner
Brush or comb
Washcloth
Flip flops/shower slippers
Q-tips
Band-aids
Sunscreen
Hand/face lotion
Menstrual products
Chapstick/Lip Balm
Insect repellent
Beach towel and bath towel

Cabin living

Pillow and pillowcase
Fitted twin sheet
Sleeping bag or blankets

**** Specialty Themed Items to Bring to Camp ****

- 1. Cabin Decorations** (streamers, lights, balloons, etc. - be creative!)
- 2. ALL-BLACK outfit FOR PERFORMANCES**
(shoes, pants/dress/skirt, shirt/top)

THEME DAY COSTUMES

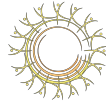
- 3. Superhero Day:** Dress like your favorite hero or invent a new one!
- 4. Disney Day:** Dress up like your favorite Disney character
- 5. Hoe-Down Outfit:** Flannels, overalls, straw/cowboy hats, etc.

Accessories

Pre-Addressed/Stamped Envelopes/Postcards
Alarm Clock
Flashlight/headlamp with extra batteries
Notepad with lined paper for writing
Pens/pencils
Sunglasses
Camera (remember your charger)
Water bottle (drink lots of H₂O at camp!!)
Playing cards
A book
Board games
Day pack (backpack) for carrying clothes, etc.
Super Soakers
Ipod/MP3 player
\$20 - \$80 for food, drinks, merchandise and souvenirs

Items to Leave at Home

Food, candy, gum, drinks (except water)
All weapons (knives, all types of guns, etc.)
Aerosol products (hairsprays, deodorants, etc.)
Lighters, matches, firecrackers, fireworks, etc.



uCAMPS WORKSHOP INFORMATION

uCampers, please come with an open mind and a positive, supportive attitude. We will have a wide range of talents and interests at camp and that's what makes uCamps amazing!

We are all about the artistic process, NOT the final product. The uCamps motto is "Celebrate Individuality". So come to camp, be yourself, try something new, be willing to look foolish, encourage one another and, HAVE FUN and make this the BEST SUMMER EVER!!

IMPORTANT NOTE FOR PARENTS:

If you have an expectation for your child to participate specifically in performance-based or educational workshops, please discuss this with them ahead of time.

One of the aspects of uCamps that uCampers most enjoy is the freedom they have to design their own camp experience each day.

Early Morning Electives

Daily at 7:30am

(Activity changes each day and may include):

Yoga, Polar Bear Swim, Photography, Drum Circle, Morning Hike, Meditation, Discussions, Drawing/Painting, Basketball, Gaga Ball, Journaling and more!!

Workshops

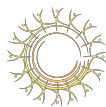
2 in the AM + 2 in the PM

At EVERY session we offer a variety of workshops in each of these departments:

Acting, Singing, Dance, Filmmaking, Rock Band, Arts & Crafts, Fine Art, Photography, Writing, & Sports/Recreation

**** Additional workshops are available each year based on staffing. ****

***Note: If you plan to take a film, music, dance, writing, fine arts or photography workshop, please bring any and all equipment, supplies, gear, footwear and instruments you wish to use at camp, though it is not required as we can also provide most of these items.**



uCAMPS WISH LIST 2019

PLEASE BRING ALL DONATIONS TO THE BUS STOP ON DAY 1

Your contribution helps uCamps develop camper creativity
and provide more fun!

Use hyperlink or copy & paste the links below to make a purchase and donate a
specific item from the wish list:

Glow Bracelets

\$19.99

<https://www.amazon.com/Glow-Sticks-Bulk-300-Count/dp/B00N1QVCMU/>

Glow Necklaces

\$18.99

https://www.amazon.com/FlashingBlinkyLights-Premium-Necklaces-Assorted-Glowsticks/dp/B00BD9962U?ref=bl_dp_s_web_7071320011

Zip Ties

\$8.99

https://www.amazon.com/Cable-Matters-Combo-Self-Locking-12-Inch/dp/B00L2LGMO4/ref=sr_1_2?keywords=zip+ties&qid=1557875350&s=subscribe-with-amazon&sr=8-2

Roll of White Construction Paper

\$18.92

https://www.amazon.com/Pacon-Easel-24-Inch-200-Foot-White/dp/B009R5VU0S?ref=bl_dp_s_web_2598073011

Rit Dye (bright colors for tie dye)

\$3-\$10 ea

https://www.amazon.com/s?k=Rit+Dye+Liquid+Fabric+Dye%2C+8+oz&i=arts-crafts&ref=nb_sb_noss

White T-Shirts (3-10 packs, all sizes)

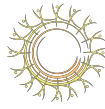
\$10-\$20

Girls - [https://www.amazon.com/Rene-Rofe-Undershirt-Sleeve-Shirts/dp/B07P5DK99X?](https://www.amazon.com/Rene-Rofe-Undershirt-Sleeve-Shirts/dp/B07P5DK99X?ref=w_bl_sl_ap_ap_web_2599538011)

[ref=w_bl_sl_ap_ap_web_2599538011](https://www.amazon.com/Rene-Rofe-Undershirt-Sleeve-Shirts/dp/B07P5DK99X?ref=w_bl_sl_ap_ap_web_2599538011)

Boys - https://www.amazon.com/Fruit-Loom-Cotton-White-Shirt/dp/B07JBCLT3P?ref=w_bl_sl_l_ap_ap_web_2529449011

**Thank you in advance for your generosity in supporting the
uCamps' community!**



BUS TRANSPORT INFORMATION

Please arrive early enough to allow time to check in, load your luggage, and give your camper(s) a hug and kiss goodbye!

PLEASE BRING A SACK LUNCH FOR THE RIDE, AS THE FIRST MEAL AT CAMP WILL BE DINNER!!!

BUS LOCATION: PARK AND RIDE IN DANVILLE, CA
[CLICK HERE](#) for directions

Driving Directions:

From 680:

1. Exit Sycamore Valley Rd. and head east toward Camino Ramon
2. The Park and Ride is on the left, immediately after exiting the freeway.

YOU MUST BE SIGNED UP FOR THE BUS IN ORDER TO RIDE!

Please confirm if have or have NOT signed up to take the bus.

The deadline for late adding the bus is 7 days prior to camp.

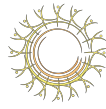
1st Day June 25th Camper Checkin **(Arrive to bus stop by 10:15am)**

On both the ride to and the ride home from camp, the bus makes one 10 min stop in Oakdale, CA for campers to stretch and use the bathroom.

June 30th Camper Checkout **(Arrive by 2:30pm)**

Bus leaves Camp Jack Hazard at 11:00am, and will arrive at the Danville Park & Ride +/- 2:15-2:45pm (traffic). Campers will call/text exact time when in range on the ride home.

If there's an emergency that prevents you from making the bus ride on the first day, please text (415) 240-6852.



AIRPORT SHUTTLE INFORMATION

PLEASE BRING A SACK LUNCH FOR THE RIDE, AS THE FIRST MEAL AT CAMP WILL BE DINNER!!!

LOCATION: OAKLAND INTERNATIONAL AIRPORT

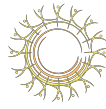
[CLICK HERE for directions](#)

June 25th Camper Pickup **(Arrive by 9:30am)**

A staff member (in uCamps gear) will meet the camper at OAK baggage claim, and drop them at the Danville Park & Ride where they'll ride to camp with the bus transport uCampers.

June 30th Camper Drop-off **(Depart by 4-6pm)**

A staff member will drive the camper to OAK, park, walk them in, and see them off.



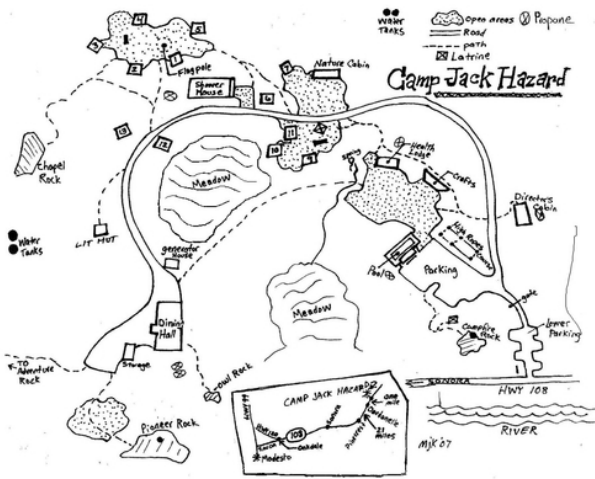
CAR TRANSPORT INFORMATION

For those NOT taking the bus or flying

CAMP JACK HAZARD

[Click here for Directions](#)

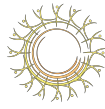
June 25th Camper Drop-off **(Arrive 1:45-2:30pm)**



Bring your child to the camper check in table (upper parking lot), drop off meds/snack shack funds/donations, give them a hug & kiss goodbye, and the staff will introduce them around while other uCampers arrive!

June 30th Camper Pick-up **(Arrive 10-10:30am)**

Meet your child at the checkout table, collect any meds/leftover snack shack funds, load their luggage, say hello and goodbye to their camp friends, show ID at check out and off you go!



A GOOD UCAMPS EXPERIENCE STARTS AT HOME

PARENTS: Do your best to play an active role in your child's camp experience.

THE BENEFITS OF CAMP

At uCamps, children learn to work together, make choices, take responsibility, develop creative skills, build independence and self-reliance, and gain confidence. All are necessary steps on a child's path to a healthy, productive life. Camp is an opportunity for your child to explore a world bigger than his/her neighborhood and a chance for you and your child to practice "letting go." Letting go allows children to develop autonomy and a stronger sense of self, make new friends, and more. This time also gives you, as parents, an opportunity to take care of yourself so that you will feel refreshed when your child returns home.

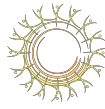
Noted experts in child development have expressed their beliefs that camp is a valuable resource for giving children the gift of belonging to a community of their own. At uCamps, your child's health, safety and happiness are our #1 priority. We invite you to assist us in our goal of nurturing and fostering happy, confident children.

HOW PARENTS CAN HELP

This summer, millions of children will get a taste of independence at a summer resident camp. Many will also have an experience with homesickness. But not to fear....the prescription for camper homesickness is a simple solution of preparation and patience. Homesickness is the norm rather than the exception. Over 75% of all campers experience some level of homesickness on at least one day of camp.

As a parent, there are a few do's and don'ts which will increase the opportunity for your child to have a successful and rewarding camp experience."

1. First and foremost, **tell your child that missing something about home is NORMAL.** Reassure them they will do great, that they will have a lot of fun, and that you are proud of them. Share about times you missed something about home, both as a child and as an adult.
2. Before camp, it can be beneficial to **practice short stays away from home** such as spending the night with a friend or a weekend with grandparents.
3. **Send a note or care package ahead of time to arrive the first day of camp.** Acknowledge, in a positive way, that you will miss your child. For example, you can say "I am going to miss you, but I know that you will have a good time at camp!"
4. **Pack a personal item** from home, such as a stuffed animal.
5. Use a calendar to show exactly the amount of time your child will be away. **Predictability and perspective** on the length of separation is important whenever possible.
6. Warn children, even older teens, against keeping feelings of homesickness to themselves. **Encourage them to share their feelings** and seek out trusted adults with whom to connect.
7. uCamps has a "no calls" policy. If you honor and support the policy, your child will too.
8. Tell children that they can use strategies like thinking about all the good things that camp is giving them, to help ease their worry.
9. Encourage your child to write letters home. Supply pre-stamped, pre-addressed envelopes and paper before the child leaves home.



Prepare for uCamps together

- **Help your child pack** to make sure nothing is forgotten. Let them be the leader!!
- Work with your child to **learn about the camp**, ahead of time, so they know what to anticipate. Take a weekend road trip to tour the camp.
- **Share your own childhood camp experiences.** Tell your child about the fun activities he or she will get to participate in and about the new friends they'll make.
- If your child feels a part of the decision-making process, his/her chances of having a positive experience will improve.
- **Discuss what camp will be like** before your child leaves. Consider role-playing anticipated situations, such as changing the batteries in the flashlight.

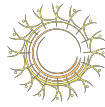
Talk about concerns & have realistic expectations

- As the first day of camp nears, some children experience uneasiness about going away. **Communicate confidence in your child's ability to handle being away from home.** Encourage your child to talk about these feelings rather than acting on what you think the feelings may be.
- Camp, like the rest of life, has high and low points. Not every moment will be filled with wonder and excitement. Encourage your child to have a reasonable and realistic view of camp. Discuss both the ups and downs your child may experience.
- **Involve your child in the decision** to go away from home so they have a sense of control.

The DONT'S about communicating with your child (Avoid the following pitfalls)

- Before the separation, **DON'T make comments that express anxiety** or ambivalence about the child going away. Even "I hope you'll be okay" or "what will I do without you" can leave a child worried that something bad might happen and make them fixate on thoughts of home.
- **DON'T make a "pick up plan" or a deal** to bring your child home if they don't like the experience of being away. This undermines the child's sense that their parents have confidence in their ability to be on their own, and sets an expectation that they won't like camp.
- If a "rescue call" comes from the child, **offer calm reassurance** ("you're doing great") and put the time frame into perspective ("only 4 more days"). **Don't offer to take them home early.**
- **DON'T bribe.** Linking a successful stay at camp to a material object sends the wrong message. The reward should be your child's new found confidence and independence.
- **DON'T feel guilty about encouraging your child to stay at camp.** For many children, camp is a first step toward independence and plays an important role in their growth and development.
- If your child takes medicine for attention, behavior or psychological conditions, **DON'T use camp as an excuse to take a "drug holiday."** Make sure that they, and the camp's nurse and counselors, know their medication schedule and the importance of sticking to it.
- If your child has special medical needs, such as diabetes or asthma, make sure that the camp nurse knows how to handle day-to-day care and emergencies. Parents who have managed their child's care intensely can have an extra hard time giving up that control, and children can sense that anxiety.

A little extra time preparing for camp will go a long way. You can do it! They can do it!! Together, you can set your child up to have a fun, happy, rewarding experience, filled with personal growth!! Thank you again for choosing uCamps!!



uCAMPS CONTACT INFORMATION

(Please keep this information on your refrigerator or somewhere safe)

Camp is a time for children to gain confidence and a greater sense of independence. Please keep in mind, **uCampers will not be allowed to call home** or receive calls from home during their stay at camp. You are welcome and encouraged to send letters, cards, and care packages. Prepare yourself and your child for the time apart, and everything will be smooth and happy!!

uCamps Directors:

Doug “Bald E” Cembellin, Founder/Director
Jasmine “Ember” Woodall, Administrative Director

uCamps Email: info@ucamps.org

uCamps Cell Phone: (415) 240-6852
(Call/Text - messages checked daily)

Camp Jack Hazard Phone: (209) 965-7254
(Emergency only!)

COMMUNICATION WHILE AT CAMP!

We do “Mail Call” every day at lunch, and uCampers LOVE receiving letters from their friends and family!

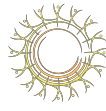
SEND MAIL TO:

CAMPER NAME

Camp Jack Hazard % uCamps

CA-108

Dardanelle, CA 95364



Remember to be
FEARLESS!

uCAMPS 2019 IS
GOING TO ROCK!!