

We can't wait
to see you on
the island!



Camp del Corazon
Camper Handbook
2021



Welcome to Camp!



Celebrating 27 Years!

This is our 27th year of camp and our 26th on beautiful Catalina Island. Our staff is excited to share a session of fun with you!

This Camper Handbook contains all the information you will need to prepare for camp. Please read it carefully for instructions regarding check-in and pick up, medications, and what to pack.

If things change and your child is unable to attend camp, please let us know ASAP so that a camper on the waitlist can attend.

If you have any questions, please call our camp office at (818) 754-0312 or email us at info@campdelcorazon.org

Camper Release Form

On the last day of their Session, Campers will only be released to the guardians and/or emergency contacts listed on their applications in Camp Doc (these can be updated up to 14 days prior to Camp).

If someone other than those listed on the application will be picking up your child, please fill out this form and bring it with you to check-in. If pick-up plans change during Camp, you can send this completed form with the authorized adult to the docks. We will not release a camper to any unauthorized adults. All authorized adults must be 18 or older.

Photo ID is required for all persons picking up children. Thank you for helping to ensure the safety of our campers!

I authorize the release of my child: _____ to the following adults:

Name: _____

Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Print name of Guardian: _____

Signature of Guardian: _____

Date: _____

Dock Checklist

It's time to check-in! Do you have:

- ☐ Letter to My Counselor
- ☐ Camper Expectations
- ☐ Medication Release Form
- ☐ Properly labeled medications
- ☐ Camper Release Form (if applicable)
- ☐ PCR test results
within 72 hours of 1st day of your camp session
- ☐ Your camper! :)

*PCR Results should be uploaded to CampDoc if possible
Rapid testing will be administered at registration if no PCR is presented*



Getting Ready for Camp!

Which session am I attending?

Session 1: August 26th– August 30th

Session 2: August 30th—September 3rd

Session 3: September 3rd—September 7th



Please refer to the sticker on the back of this handbook's envelope to confirm which session you're attending. Plan ahead and arrive early in San Pedro for the first morning of your session as we will be taking extra time for COVID-19 rapid antigen testing and will be doing carpool check-in stations. Please plan on saying goodbye to your camper inside the car.

Camp Theme

Let's get ready to Turn the World Around! Grab your Camp passports and embark on a journey to explore Mountains, Fire, Water, and Sky!

This year we're so excited to be back together in person... Let's really get to know the members of our Cohorts and work as a team to play games, conquer challenges, express ourselves, and of course, DANCE a LOT!

Here are some *elements* you can look forward to:



- Day 1: MOUNTAINS - The hills are alive with the sound of spinning Bingo wheels. We may explore *Frozen* hills or a mysterious wandering trading lodge! Yodeling, hiking, and lumberjacking are all up for grabs!



- Day 2: FIRE - Get fired up for a camp favorite, Rotation Night! Can your cabin get the gold in our olympic challenges? Better pack your sports attire or be ready to represent your favorite team. There's no telling who could take the Gold back to their village!



- Day 3: WATER - Take a deep dive into the oceans, rivers, and waters of the world! Seek to explore your talents at skit night! But not just any skit night, a drive-in skit night! Be careful... You may get wet! Be sure to bring an extra beach towel!



- Day 4: SKY - Up, up, and away we go! What better way to celebrate the last night of camp than a Sky's the Limit Dance! Who will you see there... a bird, a plane, superman?! Or maybe an astronaut, angel, or an alien? There is so much to see from way up in the sky, so let's go all out for our last night together!

- Other KEY things to pack for our special program this year:
 - An extra beach towel
 - Your own reusable water bottle with your name on it

Drop-Off Procedures

× ARRIVE EARLY

- 7:00am - 12-17 year olds
- 7:30am - 7-11 year olds



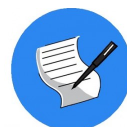
× Bring COMPLETE FORMS from this mailer

× WEAR A MASK to the dock.



× STAY IN YOUR CAR until a Med Nurse comes by to check you in.

× Eat a good breakfast prior to arrival



Pick-Up Procedures

× Arrive by 1:30pm

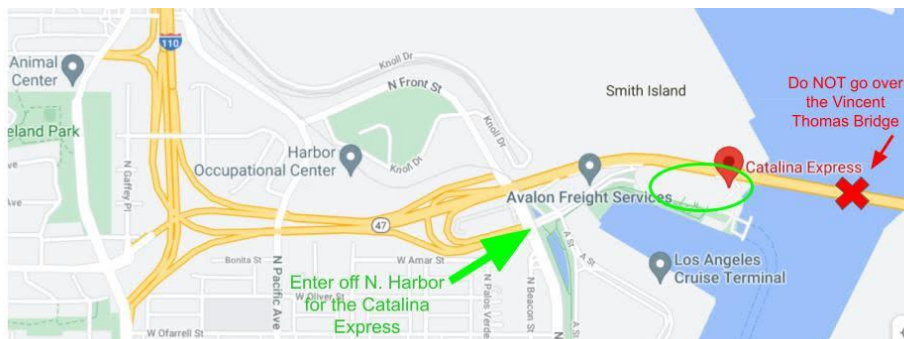
× Be patient — boat arrival times may vary

× Bring photo ID to sign out your child, remain in car

****You can authorize another adult to pick up your camper with the **Camper Release Form** provided in this manual.**

Please wait to look for your child's luggage until bags have been unloaded from both boats!

Directions to the Dock



- Catalina Express Terminal, San Pedro
- 425 East Swinford Street, San Pedro, CA

Please familiarize yourself with the route to the Catalina Express Terminal prior to camp. Merging onto the 47 FWY is tricky and **you don't want to accidentally go over the Vincent Thomas Bridge!**

Please don't hesitate to contact our office with any questions or concerns you may have. We are here to help!
Office Phone: 818-754-0312

E-mail: info@campdelcorazon.org

Our office staff is on call during camp sessions.

A Day at Camp

7:00am: (Optional) Wake 'n' Win Activities

8:00am: Breakfast

9:00-12:00: Morning Activities

12:00pm: Lunch

1:00pm: Quiet Hour

2:00-4:30pm: Afternoon Activities

4:30-6:00pm: Shower and Chill Time

6:00pm: Dinner

7:30pm: Evening Activities

9:00pm: Cabin Closing

9:30pm: Lights Out



What should I bring to Camp?

- **(7) well-fitting face masks**
- (1) Sweatshirt (for evenings)
- (1) Long Sleeve Shirt
- (2) Pants/J Jeans
- (5) T-shirts
- (2) Bathing Suit
- (4) Shorts
- (1) Pajamas
- (4) Socks
- (6) Underwear
- (1) Athletic Shoes (closed toe)
- (1) Sandals/Flip Flops/Aqua Socks (for beach use only!)
- (1) Hat
- (1) Beach Towel
- (1) Bath Towel
- (1) Flashlight
- (1) Sunglasses
- (1) Sleeping Bag
- (1) Pillow w/ pillowcase
- (1) Laundry bag
- (1) Reusable water bottle labeled with full name
- (1) Garbage bag (for end of camp packing)
- (1) Sunscreen (SPF 15+)/ Lip Balm
- (1) Soap/Shampoo/Conditioner
- (1) Toothbrush/Toothpaste/Floss



Optional Items

- Backpack
- Inexpensive camera
- Playing cards/games
- Cabin decorations

Luggage and Packing Tips

Traveling all around the world with their camper passport will require Campers to pack simply.

Clothes will get dirty, so we recommend wearing clothes that aren't fancy and new! Please make sure your camper has luggage marked with their full name so it won't get lost in transit!

• Pack light! Please limit your camper's luggage to one piece.

- A duffel bag that can also hold their sleeping bag and pillow is best.
- Mark all personal items with your child's full name.
- Prepare for beach weather: chilly in the am/pm, hot during the day.
- Leave anything at home if it is of value or would be missed if lost.
- We recommend having campers help pack their bags. They'll know where everything is and be able to repack at the end of camp.

Please **DO NOT BRING**:

- Cell phones
- iPads or other tablets
- Soda/Candy
- Alcohol
- Valuables
- Personal sports equipment
- Animals
- Weapons (including pocket knives)
- Drugs/Other illicit items

Camp del Corazon is not responsible for any personal items.



Medication Information

All medication must be turned in at medical check-in.

All guardians must submit a Medication Release Form at check-in, even if your child is not currently on any medications.

Please follow these steps for sending medications to Camp:

- ☐ Provide only an 8-day supply of medications.
- ☐ Medications should be sent in their original prescription bottle, clearly labeled with the camper's name, medication name, and dosage.

Do not sort medications into daily doses.

- ☐ Over-the-counter medication (Tylenol, Advil, etc.), vitamins, and supplements must be included and listed with their other medications.
- ☐ Send medication bottles in a large Ziploc bag with the camper's name clearly written on it.
- ☐ Medications requiring refrigeration should be placed in a separate bag with the camper's name and "Needs Refrigeration" written on it.
- ☐ Medications for the first day of camp should be placed in the envelopes provided and given to the nurses at check-in.
- ☐ Campers are not permitted to administer their own medications.

Sickness/Injury Protocol

Our medical staff and infirmary are prepared to handle any cardiac-related issues—but they spend most of their time fixing up scraped knees and bee stings.



What if something more serious happens to my camper?

If the camp physician determines that additional medical treatment is required, we will contact you to arrange pick up of your child.

If the camp physician determines that advanced medical care is required, you will be contacted and local paramedics and/or the Los Angeles County Air Squad will be called. Your child will be accompanied by one of the camp physicians to an emergency facility.

Frequently Asked Questions

Who will be watching my camper?

Your child will be in a cabin with 5-8 other campers of their gender and approximate age.

Every cabin has at least 2 staff members. Two cabin counselors spend all day, everyday with the cabin group.

There will be an RN (we call them “Med Nurses”) assigned specifically to your camper’s cabin to handle all medications and keep an eye on the health of the campers.

Can I call/visit my camper?

To maximize your child’s acclimation to the Camp del Corazon experience, we do not allow phone access, cell phones, or parent visits to camp. If there is an emergency, you will be contacted immediately by our office. If you have an emergency, please call our office and we will relay the message to the island.



What if my camper gets homesick?

It happens!

Our amazing staff is trained to handle homesickness.

Camp Safety & COVID Prevention



Camp may look and feel a little different than previous years. In order to keep campers safe we are doing a few new things to ensure that campers remain healthy while at camp.

1. Masks

- Campers will be asked to wear a mask any time they are interacting with campers outside their cabin.
- Please pack **7 masks** for your child’s stay at camp.

2. Cohorting

- Campers will be assigned to small groups of cabins called “cohorts”
- Cohorts will not interact with each other except when socially distanced and masked.
- Campers will only move around camp with their cabin/ cohort.

3. Hygiene

- Frequent hand washing will be encouraged
- Hand sanitizer will be provided for each camper

4. Different Activities

- Some of our traditional camp activities have been updated to accommodate safety guidelines, but not to worry, we’re planning lots of fun and safe activities for our cohorts!