



Roughing It

Outdoor Explorers Program Policies

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Welcome to Roughing It's Outdoor Explorers!

At Roughing It, we believe in encouraging each camper to grow as an individual in an atmosphere that is both challenging and fun.

General Camp Rules

1. Be considerate of others in what you say and do.
2. Cooperate with other campers and be supportive of one another.
3. Follow the instructions and directions of the Staff.
4. Stay with your camper group and do not wander off.
5. Gum is a safety hazard and is not allowed at camp.
6. Leave sticks and rocks on the ground where they belong.
7. Tread lightly upon the earth - Be considerate of the environment.
8. Leave your shoes on except when your counselor says you may go barefoot.
9. We do not allow campers to bring guests to camp.
10. Campers should dress to be outdoors all day. Expensive designer clothes, dangling or heavy earrings (they catch), and make-up are not needed or appropriate at camp.
11. Firearms, dangerous weapons of any kind, illegal drugs, tobacco, alcohol are prohibited at camp and possession or use of any of the above items will result in immediate dismissal from camp.

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Communication Between Parents and Camp

We encourage parents to call the camp office at (925) 283-3795 with any of their questions, concerns, or suggestions. At Roughing It, we welcome the opportunity to talk with parents and get to know our camper families better so we can work as a team to make camp the most positive experience possible.

ABSENCE

A parent or caretaker needs to inform the camp by 7:00 a.m. if a camper is unable to attend camp that day. This way, we can inform the bus driver not to wait at the bus stop.

If a camper is absent without a prior call or note from you, our office will contact you to check on the unexpected absence.

Please help our organization by informing us if your camper will be absent from camp.

ILLNESS

If your child has a cold but is well enough to be outside with other youngsters, you may send him/her to camp, but please inform the office of your child's condition.

There is no refund for days of camp missed due to illness.

EMERGENCY

In the event that we are unable to take your child to your own physician, we have made prior arrangements to take him/her to: Dr. Peter Sheaff in Lafayette or Dr. Tracy Trotter in Danville.

1. Our camp phone is staffed from 7:00 am-6:30 pm. Our camp directors are happy to speak with you, as are any of the counselors or staff members.

2. Ann and Hobie are always available should you wish to speak directly with them.

3. If you call after camp hours, we have voice mail and will relay your message to the proper administrator.

Bus Information

Locations

We offer central pickup service in 23 locations in San Francisco, the Berkeley/Oakland area, Alameda, Lamorinda, and the 680 corridor from Pleasant Hill to San Ramon. All school buses have a Roughing It adult counselor assigned as a Bus Captain to provide additional camper supervision and to carry out our traditional bus spirit activities for the campers during the ride to and from camp. All Roughing It Bus Captains are in direct communication with the Roughing It office by Nextel two-way radio.

Designated Person

The camp requires that a designated person be at the pick-up spot at the time of delivery of your camper. Camp-

ers eight years and older whose parents have checked the "Permission for an Unsupervised Drop-Off" box on the camper application may be dropped off unattended.

Changing Buses

It is not possible for campers to switch buses and go home with a friend on a different bus because of the difficulty of scheduling and safely supervising such changes. Each camper is assigned one bus stop and one bus. Campers may change buses or bus-stops prior to a session beginning, but not during a session. It is possible for campers to change bus stops in the p.m. by attending CampPlus. CampPlus campers can designate a different bus stop from their regular schedule. This choice can be made

on the CampPlus registration forms.

Communication

In the event a bus is running more than 10 minutes late, we will try to reach you by phone. In an emergency, we will contact you by phone immediately. Please understand what we may be delayed in reaching you if there is a major traffic delay affecting more than one of our bus routes. You can call our office at (925) 283-3795 at any time to get the status of your bus.



General Bus Rules

1. Sit facing the front with your feet on the ground.
2. Wear a seat belt at all times.
3. Keep your hands to yourself and be helpful to others.
4. Use considerate language.
5. Be an enthusiastic and active participant.
6. Use low voices in the bus.
7. Follow the staff's instructions.
8. No eating or drinking on the bus.
9. Sharp objects like pencils are not appropriate to have out on the bus.
10. Radios are not allowed at camp.
11. Failure to follow the bus rules could result in a camper losing the privilege to ride the bus.
12. Lock your seat belt buckles together after you get up from your seat to exit.

What to Bring to Camp

- Lunch and beverage in a paper sack or a soft reusable lunch bag. No hard-sided lunch boxes, please!
- Small plastic water bottle may be included.
- Sweatshirt for cool mornings.
- A hat for protection from the sun plus sunscreen if your camper sunburns easily.
- Day pack to carry the above items and any other essential items.
- If you would like to send a special treat with your youngster, it is a Roughing It tradition to send a watermelon!

What NOT to Bring to Camp

- Anything Electronic: iPods, Cell Phones, Video Games, CD Players
- Watches
- Jewelry or Makeup
- Sports Equipment

- Fishing Gear
- Toys or Stuffed Animals
- Trading Cards
- Pets or any other living animal
- Anything else not mentioned in "What to Bring to Camp"



- Roughing It accepts no responsibility for the loss or damage of any of these "contraband" items. Campers will have a great time just bringing themselves.

What to Wear to Camp

- T-Shirt
- Shorts, long pants, or sweatpants

- Tennis Shoes. No sandals, please!
- Campers can wear sweats over a T-shirt & shorts on cool mornings. When the sun comes out, they can take off the sweats and put them in their day pack.
- Clothing needs to be modest and appropriate for Roughing It. The fit should be neither too loose nor too tight for normal participation in camp activities. Clothing that exposes cleavage, midriff or buttocks when bending, running, etc., is unacceptable.
- Makeup is not needed nor acceptable at camp.
- No personal items, including watches or jewelry, other than the above. We do have a Lost and Found every day at Closing Circle. **Help us to return your camper's belongings by clearly marking all personal items, especially towels and Roughing It clothing.**

Lunch Guidelines

We recommend parents keep the lunches nutritious. Include enough lunch so that your youngster has something extra for a mid-morning snack. Natural juices that come in containers or boxes are the easiest beverage to bring. Juices that come in boxes can be frozen the night before, wrapped in foil, and put in the lunch to keep food cool as it defrosts.

The following safety procedures have been developed to prevent any possible contamination of food brought to camp by campers. We have never had a case of food poisoning at Roughing It because our parents have adhered to these basic food safety rules.

1. Do not send perishable food items (cream based products and egg products besides hard boiled eggs.)
2. If you send any semi-perishable food products (meats, cheeses, mayonnaise, etc.) you need to freeze your camper's beverage or water bottle and place it next to the semi-perishable food or freeze the food product.
3. It is always a good idea to freeze your camper's water bottle and beverage.
4. Small insulated containers and non-breakable thermoses (small) may be used for semi-perishable foods.

Location

Roughing It is located at the beautiful Lafayette Reservoir, the perfect place for children to experience the outdoors first hand, explore the natural world, and learn about the environment and native wildlife. Conveniently located right off Highway 24 between Berkeley and Walnut Creek, the expansive lake and surrounding areas let us provide an engaging, traditional camp experience: fishing, boating, hiking, outdoor living skills, nature crafts, and sports all take place on site.

Items That Can be Purchased from Roughing It

T-Shirts **\$10.00**

Children's Sizes:

S (6-8), M (10-12),

L (14-16)

Adult Sizes:

S (34-36), M (38-40)

Sweatshirts **\$20.00**

(hooded)

Same sizes as above

Hats **\$15.00**

One size fits all.

Baseball style: Blue

Dark Green,

Khaki

All items may be obtained at the Camp Open House on the Thursday before the first Session begins, or you can call, mail or fax your order into the office. We recommend that families make their purchases before the start of their camper's first day because we occasionally run out of popular items.

