



Family Camp Frequently Asked Questions

When is Family Camp 2016?

Arrival is 2-4 pm on Friday, June 24.

Departure is 10 am-12 noon on Monday, June 27

What is the cost? Is Financial Assistance available?

\$150 for the first family member, \$115 for every additional family member. Children under age 4 are free. So a family with 2 adults, 1 child under 4 and one over 4 would be \$380.

Adults and CITs who are working at earlier sessions can continue on as a work trade, and pay the \$115 rate for any additional family members.

There is a \$30 deposit per person to register, then the rest can with check or online. Partial camperships are available, and many Quaker Meetings are happy to help with funding as well, we want to make it possible for anyone who wants to attend.

Other than the nonrefundable deposit, your camper fees are refundable up until 45 days before the session begins.

Contact:

Director Anastacia Ebi // 435-554-1132
director@mountainfriendscamp.org
2455 Race Street, Denver, CO 80205 (winter mailing)

Who can attend Family Camp?

Family camp is especially for families with children under age 12, grandparents and extended families, single parents and LGBTQ families are all welcome! If you have a child(ren) under 12 and another over 12 let us know if you would like to join, though the older camper should be prepared for a camp with mostly younger kids. Please contact Anastacia Ebi (director@mountainfriendscamp.org // 435-554-1132) if you are thinking about bringing a child under age 4, or someone who might have a hard time with the rough terrain and rustic facilities.

What are the meals like?

Our cooks create delicious health meals using many local, organic and "from scratch" recipes. We always have a gluten free, vegetarian and vegan option. Contact us before camp if we have special food requirements, we will try accommodate, though we don't keep a gluten/allergen free kitchen. Some of our favorites have been tostadas, grilled burgers and veggies, spaghetti, stir-fry, curried lentil stew, and frozen bananas!



What is the daily schedule?

A sample day might look like this, though the weather and our group ideas, inspiration and energy levels will guide us as much as the clock at camp! Saturday, weather permitting be short hike, activities and lunch at Apache Canyon and Creek.

8:00 Breakfast

9:00 Morning Meeting for worship, affirmations, discussion and plans for the day

10:00 Morning Activity

12:00 Lunch

1:00 Siesta for everyone

2:00 Campers Choice Activity

4:00 Small Groups (Worship Sharing/Kids Activity)

5:00 Free Time

6:00 Dinner

7:00 Evening Activities

8:30 Bedtime for younger campers

9:00 Optional activity for adults and older children

What kind of activities will there be?

At Mountain Friends Camp we invite everyone to help plan and lead activities, so there will be options and opportunities to share your interests and learn something new! There will be some periods where we divide by age group, others for families to participate together, and free time too. Here are some ideas to get you started, we won't get to everything in three days!

Arts and Crafts: Sketching, painting, jewelry, tie-dye, sewing, knitting, found/nature art, collage, poetry photography, facepaint, puppets, singing, music making, skits

Plork: Cooking baking and other Kitchen help, farm trip, dishwashing, trail crew and erosion control, MFC thank you cards, property fix ups and beautification,

Nature: Hike to Apache Canyon, wading, animal signs, smelling the ponderosa pine, nature art, worship and listening in nature, night sky

Games: Low Ropes Course, trust and cooperative games, Frisbee, soccer, big wind blows, music and dance games, big group games, board games, improv and drama games, we <3 new games too!

Random & Relaxation: yoga, massage/body work, napping, story time, cloud watching, chillaxing, qi gong, compassionate listening, topic workshops and discussions

In addition to the activity choices, we have several regular camp programs

Morning Meeting: Every day there is a period of silent or unprogrammed worship. Each person is free to use the silence for contemplation and worship, to immerse their senses in nature or take time with their own thoughts. We might feel led to share a message, a few words about our thoughts or even a song! After silent meeting the facilitator opens up space for anyone to share concerns, questions, affirmations, and any announcements. An adult or two will offer a more interactive worship as an option for the youngest kids, such as drawing, guided meditation, or yoga.



Worship Sharing: Every day adult campers will gather to share, worship and/or discuss around a chosen topic. During this time there will be silence and space for sharing, everyone is invited to share from their own experience and listen with open hearts. The topics, or “queries”, are often on one of more Quaker Testimony, simplicity, peace, integrity, community, equality, and stewardship in your life and family. Staff will lead alternate activities for kids during this time.

Evening Program: Everyone can participate in the evening activities, which might include full camp games, quiet sharing, group singing, stories, campfire, skits and more. There will be about 30-45 minutes for parents to put the younger kids to bed around 8:30, then there may be more activities or time to hang out for older kids and adults.

Where will we sleep? Will my family share a cabin?

Our charming “treehouse” cabins sleep 5-8 each in twin bunk beds. Some of the cabins have electricity, none have running water. The bathhouse is a 5-10 minute walk from the cabins, there is a portapottie as well. Most families will have a cabin to themselves, though depending on our enrollment some smaller families may be asked to share. If there are only 2-3 of you, maybe you could recruit more family and/or friends to share a cabin! Contact us with questions.



Will there be trained staff to lead activities? Tell me more about your staff?

Yes, some of our youth session staff will stay on for family camp, though we intentionally will have a smaller staff to keep fees affordable and encourage leadership in family camp participants. There will be a medic, cooks and some program staff. Our staff are all screened through application questions, interviews, references, and criminal background checks. They come from different backgrounds but share an enthusiasm for our program and a commitment to making Mountain Friends Camp fun, safe and rewarding for every camper. Staff range in age from 17-60+, giving campers a unique opportunity to find role models in a multi-generational community.

What if someone gets injured? How do you keep campers safe?

During staff training and throughout camp the health and safety of our campers is our priority. We carefully assess activities beforehand, and include campers in setting “norms” to avoid risky behaviors. Of course, in an outdoor setting accidents might happen at any time, so we prepare our staff in emergency protocols. Several of our staff have CPR, First Aid, Wilderness First Aid training, our camp medic is a certified Wilderness First Responder. For anything that we can’t handle at camp, Santa Fe has full medical services.

What if we can’t stay all three nights, can we still come?

Contact the director if you would like to register for 2 nights. We won’t allow families to register for only 1 night, in order to maintain more consistency for the kids. \$100 for first person, \$70 for additional family members for 2 nights.

Can I give permission for some other adult to bring my child to camp, such as a grandparent?

Yes, any adult 21 years or older can chaperone a child at family camp with parent/guardian permission. Chaperone consent forms are available on our website.

What do we need to bring?

Packing List Necessary Items:

- Layers for warm days and cold nights.
- Sturdy shoes
- Water Bottles (two 32oz bottles for hikes)
- Sun hat/cap
- Sunscreen
- Lip balm/chap stick
- Work clothes (long pants/capris, long sleeve shirts and t-shirts you can get dirty)
- Poncho/rain jacket
- Swim suit and towel, sandals for showers
- Warm sleeping bag or bedding (camp provides mattress only)
- Tooth brush, comb, soap and shampoo
- Flashlight
- Backpack for day hike
- Adequate supplies of any medications, prescription and/or OTC, in original containers



Optional Items:

- Musical instruments and song books
- Non electronic toys, arts and craft, games, and sport equipment
- Pictures of family/ reminder of home
- Camera (disposable is safest)
- Journal, sketch book, books
- Bug spray (non aerosol)
- A favorite snack to share
- 1 white cotton shirt for craft project
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Do not bring ('tis a gift to be simple):

- Alcohol, tobacco or any recreational drugs
- Pocket knives OK for adults, no other weapons of any kind
- Electronics and Valuables, bring at your own discretion, and please honor our "unplugged" policy and enjoy the simple life at camp.
- Extra food/candy cannot be kept in cabins, but you can bring a treat or snack to share.

