

2024 Family Handbook

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Welcome to Mountain Friends Camp!

I am looking forward to meeting all our new campers and seeing returning campers at camp this July, thank you for choosing Mountain Friends Camp! Use this Family Handbook for your information and reference, some topics will be helpful to discuss with your child before camp. Always feel free to get in touch with me with questions, both before and during camp. I am so glad your family is participating in Mountain Friends Camp this summer!

Anastacia Ebi, Director

1. 2024 Important Dates

- June 24-26: Staff Set Up
- June 27-30: Family Camp *waitlist only*
- July 1-6: Staff Orientation
- July 7-20: Youth Camp Session *waitlist only*

2. Pickup and drop off

- Camper drop off is between 2-4 pm and pick up is between 10-11:30 am. Note that lunch is not included on either day. Please email the director if anyone other than a parent/guardian will drop off your camper, or if you are not able to arrive at the designated times.

3. Camp Mission, Culture and Values

- Our focus, as Mountain Friends Camp, is always to follow our mission to *provide a camp experience grounded in the Quaker values of peace, community, simplicity, integrity, equality and stewardship for a diverse community of young*

people and adults. At camp we are inspired by the Quaker ideal of “letting our lives speak” by putting our values into practice. We value diversity and welcome campers and staff from various backgrounds in terms of religion, race, ethnicity, nationality, sexual orientation, gender expression and identity, socio-economic class, familial status, age and ability. We seek to minimize our environmental footprint and maximize our engagement with nature. Our camp is affordable and offers “camperships” to ensure that any family can send a child to camp.

Mountain Friends Camp is affiliated with Intermountain Yearly Meeting of the Religious Society of Friends(Quakers) and welcomes campers and staff from any religion or spiritual path, or no particular religion. At MFC, we do not try to convert campers or staff into becoming Quakers or practicing Quakerism, but find many new campers and staff come to camp with a curiosity or attraction to Friends ideas and values. Our Quaker values do inform our programs and interactions with each other during camp. See our website for more information here:

<https://mountainfriendscamp.org/about/about-quakers-rsof/>

4. Camp Contact Information

Communication Before and During Camp and a note on Homesickness

- Before and during camp: phone/text director Anastacia Ebi at 435-554-1132, or email director@mountainfriendscamp.org
- During Camp: The best way to keep in touch with your camper is an old fashioned letter or postcard! Send mail to:
 - (camper name) c/o MFC at Collins Lake Ranch, PO Box 472 Cleveland, NM 87502.
- Campers love to receive mail, we suggest one or two letters per session, and recommend sending early on as the mail and pickup from PO Box takes a few days. Small “Care packages” can be fun, but please know that extra food and candy is not allowed, and please only send one package per session as a constant stream of packages can be a distraction and create divisions between “haves and have-nots” at camp. Campers get a break from computers, cell phones, tablets, smart watches and other electronics while at camp, please talk to your camper ahead of time about what that might be like for them. Consider sending a couple of pre-addressed stamped envelopes for your camper to send during camp. If you prefer, you can send one email per week to your camper rather than snail mail, and the director will print and deliver with the mail as time allows.
- We have limited use of a landline at camp, and staff carry cellphones as needed, however camper phone contact with parents during camp is limited to urgent situations. Like many camps, we see homesickness as a normal and healthy process for many kids, and that a phone call home tends to worsen homesickness. Our counselors—and friendly campers!—do a great job helping new campers make friends and join in activities! If you get a “homesickness

letter” or have other questions you can call to speak first with the director or your camper’s counselor, and we will advise and collaborate with you on a plan.

When we’ll contact you

- We will always contact you if there are important questions or concerns with your child, such as an illness or injury requiring treatment, and you can speak with the director or cabin staff during camp. The director or other camp staff will call, email, and or text you, depending on the situation. Please be sure we have updated contact information for parents/guardians, emergency contacts, and a written note if the primary guardian(s) will not be available by phone during camp. We will send a general, “all is well!” group email within the first few days of each session, aside from that please assume no news is good news and try to limit calls and emails just to check in about your specific camper. Our staff is small and everyone, including the director, is busy day and night with camp programs and building community in the precious time we have at camp. Due to the busy schedules, the director will likely not be able to speak with you right away but will return your message. Please let the director know ahead of time if you have any concerns about your camper’s behavior, needs, or potential challenges adjusting to camp.

5. Address, Directions and Location

- Search for directions to Collins Lake Ranch (facility), 246 Encinal Canyon Road, Cleveland, NM, then follow posted signs to the camp ground.
- <https://mountainfriendscamp.org/driving-directions/> for details
- **Location Information:** Collins Lake Ranch has been our location since 2017, and we’re looking forward to returning to the ranch and creating community with new friends and neighbors. Collins Lake Ranch Autism Center provides support and programs for a few adults with developmental disabilities year round, our camp is in a separate area with our own yurt campground. More information and pictures are on our location page: <http://mountainfriendscamp.org/about/location/>

6. Packing List

- Find packing list here (note that there aren’t changes since 2023) <https://mountainfriendscamp.org/wp-content/uploads/2023/06/packing-list-camper-2023.pdf>
- Parents should help campers pack and/or visually check to make sure all required items are in their bags, as it is not easy to replace or provide additional clothes or supplies during camp. Campers have limited space to store belongings, so please try to fit clothing and gear into one medium sized duffle bag/suitcase, plus a backpack and bedding. Those flying to camp or anyone unable to bring bedding or other items should notify the director ahead of time so we can lend you what is needed. Please keep in mind that anything you bring to camp may get dirty, damaged, or lost. Name labels are highly recommended!

- Don't forget water shoes/strap on sandals for canoeing and swimming in the lake! Make sure your camper tries on their shoes for swimming and hiking.
- Prepare for cold nights, rain and possible hail storms with a sturdy raincoat and warm layers, and warm bedding!
- Please make sure you bring all required items, or ask in advance if you need to borrow something. Please consider bringing the optional items, and donating the group supplies if possible. Also note what not to bring!

7. Registration Forms:

- Camper Registration:
https://form.jotform.com/Mountain_Friends/camper-registration-2024
- Camper Health Profile and Waivers 2023:
<https://form.jotform.com/240304348339050>
- Healthcare Provider Recommendation Form:
<https://mountainfriendscamp.org/wp-content/uploads/2022/03/MFC-healthcare-provider-form-2022-camper-and-CIT.pdf>
- Pre-Arrival Health Screening: <https://form.jotform.com/231705281398157>
Due within 24 hours before arrival. Please do your best to take care of your health, get enough sleep, avoid unnecessary disease risk, and come to camp ready for fun!
- Immunization Exemption Waiver: Because participation in a summer camp has a potential for communicable diseases, we strongly recommend that participants are appropriately immunized for, at minimum, the following diseases: tetanus, mumps, measles, rubella, polio, pertussis, and diphtheria, yearly flu vaccines, and COVID-19. Individuals who have not received full recommended immunizations are required to submit this form:
<https://mountainfriendscamp.org/wp-content/uploads/2022/03/MFC-Immunization-Waiver.pdf>

Please note that if communicable disease occurs or is likely to occur at Mountain Friends Camp, the camp or health department may require the exclusion of infected persons and non-immunized persons.

8. Camper Fees and Policies

- See pricing options and pay any remaining balance due here:
<https://mountainfriendscamp.org/camper-fee-payment/>
- Or send check to Mountain Friends Camp at: 1344 South Green Street, Salt Lake City, UT 84105
- \$2000 per session is the actual cost pricing, a completely voluntary higher price. Paying this amount covers our actual operating costs for one camper-week and helps make it possible for lower income families to afford camp. You will receive a donation receipt for any amount over the regular cost. The pricing structure you

chase has no impact on the registration process or your child's experience at Mountain Friends Camp.

- \$50 discount for 2nd and additional campers in the same family
- \$100 deposit is nonrefundable. All other payments, including arrangements for camperships, are due June 1 or immediately when registering later, and nonrefundable after that date. We prefer check payments for the balance. Additional payments can be made via Paypal or credit/debit card at link above.
- Camper fees are not reduced for a late arrival or an early departure. There will be no refund if a camper is asked to leave during a session for infraction of a camp rule or disruptive/dangerous behavior, or if a camper is voluntarily withdrawn.
- Donations to support camperships help ensure more young people can have the powerful experience of camp, regardless of their families ability to pay. Every year between 30-50% of our campers receive partial camperships to help their families afford camp. Submit a request for campership along with camper registration, if the full amount needed is not able to be met, families can withdraw and receive full refund of the deposit.

9. Health and Safety

- Our focus, as Mountain Friends Camp, is always to follow our mission to *provide a camp experience grounded in the Quaker values of peace, community, simplicity, integrity, equality and stewardship for a diverse community of young people and adults*. In making decisions and communicating with families and our community, we strive to act with integrity and transparency, and prioritize camper and staff well-being. As in past years, we look to CDC and State guidelines, the American Camp Association and the Alliance for Camp Health for information and best practices, and consider examples from other summer camps. We will continue to monitor public health developments and guidelines, and will communicate changes if needed.
- Health Screening
 - All participants will be asked to self monitor and report any potential COVID-19 symptoms or exposure for the 10 days prior to arrival at camp. Our health staff or director will verify on arrival, take a temperature and ask about any symptoms or exposure. Please do not come to camp with any recent symptoms or exposure to infectious disease! "MFC Pre-Arrival Health Screening 2024 " link: <https://form.jotform.com/231705281398157>
- COVID-19 Testing
 - Testing this summer will only be required for those with symptoms or exposure to COVID-19. We will have rapid antigen tests available at camp to use as needed, if symptoms develop.
- Precautions before camp
 - We ask that participants and families do your best to limit exposure to COVID-19 or other diseases for the two weeks before camp, especially during travel and if [COVID levels](#) in your community are high or rising. We

ask all campers, their families, and camp staff to follow [guidance for travelers](#) in the 14 days before camp arrival to reduce exposure to diseases. For these two weeks, please limit exposure as much as possible, this includes physical distancing, mask-wearing when indoors especially when unable to physically distance, avoiding unnecessary travel and crowds.

- A healthy camp starts at home! This list from the American Camp Association highlights multiple ways families can prepare for a healthy and positive time at camp:
https://www.acacamps.org/sites/default/files/resource_library/research/2020-Healthy-Camp-Begins-Ends-at-Home.pdf

- Disease Precautions During Camp

While we can never eliminate the risk of infectious diseases in a group living environment, during camp we work to reduce risk by training staff and campers to practice good hand hygiene, eating meals and conducting most activities outdoors, actively monitoring for symptoms, and responding quickly if signs and symptoms of disease are present.

As in 2023, masks will not be required unless the medic recommends them due to symptoms and/or exposure during camp. Participants are welcome to mask for their own and community protection.

Medications

A trained (Wilderness First Responder or higher) staff member will store and distribute any camper medications. Please be aware that MFC can only administer prescription drugs in accordance with direction from licensed medical personnel (not parents or camper). MFC must have either a doctor's written direction or the original labeled bottle of medicine. You must supply the camp medic with enough medicine for their full time at camp. Be sure to fill out the medical information form completely, and include details about any supplements or over the counter medications as well as prescription drugs. If the parent prefers and gives permission, the camper can keep emergency treatments like an EpiPen or albuterol inhaler with them at camp. We may not be able to accommodate campers with every medical or behavioral challenge.

Camper Expectations and Requirements

- In general, campers attending Mountain Friends Camp must be able to:
 - Move daily on foot on uneven, outdoor terrain and negotiate natural obstacles.
 - Sleep in a rustic cabin with campers and counselors, sleep in tents or tarps for overnight trips.

- Lift and carry a backpack for hiking and wilderness trips, traveling beyond access of power-driven vehicles.
 - Eat provided meals, drink regularly, and wear sun protection.
 - Follow directions and participate willingly in camp activities, daily chores, and community living activities.
 - Refrain from violence, hitting, verbal assault, bullying, inappropriate or unwelcome touching, or similar behavior.
 - Listen well, show respect for others, work/live/play/interact in large and small groups without constant one-on-one assistance.
 - Continue taking prescribed medication if directed by their doctor or parent.
 - Participate in normal activities related to self-care, health, and hygiene including not wetting the bed.
 - Abide by MFC camp rules as explained by camp staff, and community norms agreed to by campers.
 - Promptly notify MFC staff of any health condition that requires medical attention or change of activity.
- If you have questions about our activities, or ideas about accommodations for your child please contact us.

- Camper behavioral expectations

At MFC, we strive to strike a thoughtful balance between the needs of the individual and needs of the community to provide a safe and healthy camp experience for all. Behaviors that imperil individual or group safety or actions that seriously violate community norms may necessitate a camper being sent home early. We spend time at the beginning of each session discussing positive behavioral expectations. As with any community, conflicts or disruptive behaviors will arise. Staff are trained to help campers work through these issues productively, and most can be dealt with through discussion and with support. We will respond to each situation lovingly and with attention to all circumstances; however, conflicts or behaviors that are egregious or that cannot be resolved in a way that supports the community may result in a camper being sent home from camp.

- Pickup plan. Families should be prepared to pick up campers within 12 hours of notification from camp, and sooner if possible.

10. Donations are welcome and essential to our small nonprofit camp!

- The majority of our funding each year comes from Quaker Meetings and individual contributions to Mountain Friends Camp, this allows us to provide high quality programming with a high adult to camper ratio, and keep camp affordable

for families. We welcome and make good use of any donations to camp, and appreciate camper families reaching out to your community about our program and encouraging support and participation. You can mail checks to the address above or donate online at: <https://mountainfriendscamp.org/donate/>

11. After Camp.

- Please stay in touch! We'll send a parent/family survey and welcome your feedback after camp. Your perspective and voice are important, and make a big impact as we reflect and plan for the next years of camp!
- If campers want to stay in touch after camp, they are encouraged to exchange whatever contact information they need during camp. We don't share a master list of contact information to respect camper and staff privacy. If you would like to reach out to someone after camp and do not have their contact information, reach out to the director and I can help campers and families get in touch. We're happy to facilitate camp friendship and community all year round!
- Counselors and campers should only be communicating outside of camp in transparent ways that include the camper's parent/guardian. This can include snail mail messages, and emails/electronic messages that CC the parent/guardian. We acknowledge the need for exceptions in some situations such as when a counselor was already friends with a camper before they joined the staff, but expect the older person will always be mindful of appropriate boundaries.
- Mail and Lost and found. We will set up a Lost and Found table at checkout, and make time for campers to look for lost items during and at the end of camp. Since staff have to pack and leave the Collins Lake Ranch facility the day after campers are picked up, we have limited ability to respond to requests and reunite lost items after camp ends, but it may be possible. MFC claims no financial responsibility for personal items lost, stolen, or damaged during camp. We encourage families to label items, and not to send anything to camp they wouldn't be willing to risk losing. Any mail that arrives for your camper after they have left camp will be forwarded to you or returned to sender.