

Come Join us
for a week of
Fun in Nature

June 21 - June 24, 2022

Register by 6/17/22

AGES
10- 12

COST \$500
per child
Limited
scholarships

KIDS CAMP AT CAMP WHITTIER

LOTS OF FUN SUMMER ACTIVITIES!



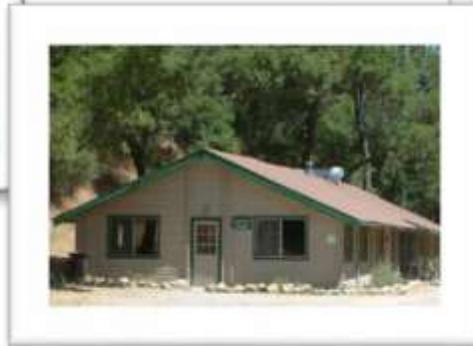
Register online at www.unitedbg.org
2400 Hwy 154, Santa Barbara (805) 962-6776



Welcome to Camp Whittier

United Boys & Girls Clubs of Santa Barbara County's very own 55-acre camp!

Welcome to Camp Whittier! We're thrilled that you've chosen to spend part of your school break with us in the beautiful hills of Santa Barbara. Please read through this packet, as it contains a lot of useful information to help you prepare for camp. If, after reading this packet, you still have questions, please don't hesitate to contact camp staff.



QUESTIONS?

Contact your local Club staff or Camp Whittier:

Carpinteria Unit
4849 Foothill Road
P.O. Box 643
Carpinteria, CA 93104
Office: 805-684-1568
Club Director:
Don Hall
dhall@unitedbg.org

Buellton/Solvang Unit
595 2nd St
Buellton, CA 93427
Office: 805-686-4707
Club Director:
alozoya@unitedbg.org

Lompoc Unit
1025 W. Ocean Ave.
Lompoc, CA 93436
Office: 805-736-4978
Interim Club Director:
Bryanne Morse
bmorse@unitedbg.org

Downtown Unit
632 E. Cannon Perdido
Santa Barbara, CA
Office: 805-932-2832
Club Director
egamboa@unitedbg.org

Goleta Unit
5701 Hollister Ave.
Goleta, CA 93117
Office: 805-967-1612
Club Director:
Sean Savatt
ssavatt@unitedbg.org

Westside Unit
602 W. Anapamu St.
Santa Barbara, CA 93101
Office: 805-966-2811
Director: Jesse Gonzalez
jgonzalez@unitedbg.org

If you need to contact Camp Whittier during the camp session: Contact the camp office at 805-962-6776. If it is not urgent, please leave a message. For urgent matters, please contact our Camp Director at 805-464-1516.

What to Expect

Here at Camp Whittier we are dedicated to giving your child the opportunity to grow and learn in a safe environment, gain appreciation for the natural world, and value humanity. If you've never been to Camp Whittier before, here is a little bit of information about what to expect when you arrive, including some camp activities and what the first day will look like.

CAMP ARRIVAL & DEPARTURE TIMES

- **Camp Arrival:** Tuesday, June 21st 11:00-11:30am***
- **Camp Departure:** Friday, June 25th 10:00-10:30am***

***** If you are using Club transportation, please check with your Club staff about Club drop-off and pickup times.**

THE FIRST DAY OF CAMP

As soon as your child arrives to camp, s/he will meet some of the camp staff and check in. After checking in, s/he will meet his/her camp counselor and cabin-mates, start to get to know each other, and play games in the meadow.

On the first day, your child will also take a tour of camp and learn where the bathrooms, activity areas, dining hall, and med lodge is located. The camp counselor will help your child bring his/her luggage to the cabin and unpack. Your child will meet the other staff and campers in his/her unit, then get ready for lunch. After lunch, everyone will meet on the field for some games and teambuilding.

CAMP ACTIVITIES

The activities listed here are just a start – your child's counselor will have tons of different ideas, and the possibilities are endless!

- | | | |
|-----------------|-------------------|-------------|
| ✓ Arts & Crafts | ✓ Low Ropes | ✓ Astronomy |
| ✓ Nature Hikes | ✓ Survival Skills | ✓ Campfire |
| ✓ Music | ✓ Outdoor Movie | ✓ Archery |
| ✓ High Ropes | ✓ Scavenger Hunt | ✓ Rock Wall |

Food Service

Meals are served buffet style and include lots of kid-friendly food and plenty of options. All campers and staff eat together in the dining hall. Food options are available for kids who are vegetarian and accommodations may be made for those with food allergies. Please let us know about all special dietary needs on your child's health history form. Camp Whittier may not be able to accommodate strict Kosher, vegan, or other specialty diets. Some examples of meals include: cereal and yogurt or breakfast burritos at breakfast, salad bar, fruit, and sandwiches at lunch, and chicken and pasta for dinners. Snacks and fruit are available at any time.

Health

United Boys & Girls Clubs of Santa Barbara County's top priority is the health and wellbeing of all campers and staff. All camp staff are trained in basic First Aid and CPR.

You can help us provide quality care for your child by giving us all the information we need on the health history form. Complete all sections of the form and give as much detail as you can. Staff are also available during check-in to discuss your child's specific needs if necessary.

Please do not bring your child to camp if they have the following symptoms:

- | | |
|--|--|
| × Lice | × Sore throat or persistent cough |
| × Vomiting | × Undiagnosed skin rash or skin infection |
| × Diarrhea | × Pinkeye or other contagious eye infection |
| × Fever higher than 100.4 F in the last 24 hours | × Complaint of persistent headache or pains |
| × Common cold with discolored mucus | × Vaccination of a live virus in the last 48 hours |

Please be mindful of the other campers. UBGC strives to keep parents involved and informed in decision-making with regards to health care, so camp staff will notify you as soon as possible if your child becomes ill or injured while at camp.

If you have questions about health care at camp, contact the Camp Director at 805-962-6776.

Medication

All medications brought to camp must be checked in with staff, and administered only through the med lodge. Medications include prescription and over-the-counter meds, vitamins, inhalers, eye drops, medicated creams or lotions, or anything else used to improve the campers' health.

UBGC highly recommends that children who are on behavioral medication during the school year continue to take the same medication during the summer and at camp. Most children experience a higher level of physical activity at camp than at home, so you may want to talk with your doctor about whether his or her medication dosage needs to change.

Do not pack medication, but have it available at check-in – if you are coming by Club transportation, the medication must be handed to the person in charge PRIOR to getting on the bus. Placing medications in a small bag with the camper's name on the outside will make transporting them easier. All medication must have:

- Original pharmacy or manufacturer container (pill sorters or other containers are not accepted)
- The child's own name (meds belonging to a sibling or anyone else are not accepted)
- Current date (expired meds are not accepted)
- Physician's instructions (prescription meds can only be administered according to doctor's instructions)

Homesickness

Most campers, including first-time campers and those who have been going to camp for years, experience homesickness at one time or another. It is normal to be homesick, especially for young children away from home for the first time. Preparing for camp ahead of time can go a long way in helping reduce homesickness. Here are some tips:

- Discuss what camp will be like. If possible, set up a tour with the camp staff to visit before camp starts.
- Encourage independence throughout the year, such as sleepovers at a friend's house or 2-3 nights at a relative's without their parents.
- Send an encouraging letter ahead of time that will be delivered on the first day of camp. It's OK to say that you'll miss them, but keep the focus positive - "I will miss you, but I know how much fun you'll have at camp."
- Pack an item from home, such as a stuffed animal.
- Encourage your child to talk to his or her counselor if feeling homesick. Let your child know that there are lots of friendly adults to talk to if needed.
- Don't make any promises or "deals" about phone calls or picking kids up - this makes it hard for kids to focus on having fun. Children overcome homesickness more quickly when they are not focused on the possibility of going home.
- Phone calls home usually increase homesickness. Camp staff are experienced in helping children deal with homesickness, and will help a parent judge when a phone call home is needed. Don't feel guilty about encouraging your child to stay at camp.
- Tears are normal. Most kids feel most homesick during down times like rest hour or bedtime. Encourage your child to read a book or write a letter home during those times.
- When is it time to go home? In most cases, homesickness will ease up after a couple of days. If the child is not eating or sleeping, or is anxious most of the time, it may be better for him or her to go home. Don't make it seem like a failure - you can try again next year after gaining a bit more independence.

Missing Your Child

This is normal, too! Parents sending their child away for the first time often miss their children more than they expect. Avoid the temptation to call and check in on your child- although it's OK to do that. Camp staff are vigilant about health care, behavior, and homesickness with children, and we'll let you know if anything is wrong.

Camper Discipline Policy

All campers are held to the same behavior standard. UBGC staff use encouragement and positive reinforcement to help campers adhere to the Code of Conduct. If this fails, camp staff may utilize any of the following:

- ✓ Phone call to the parent(s)
- ✓ Loss of a privilege
- ✓ Written behavior agreement between the camper and counselor
- ✓ Talk with the Camp Director
- ✓ Camper is sent home

If a camper is having behavior problems during the session, staff will keep the parents informed along the way, and get your input, suggestions, and assistance. Sending a camper home is a last resort, and the parents will always be involved in making that decision. Camp Whittier will send a camper home if the child's behavior is unreasonable, uncontrollable, causing harm, or negatively impacting the experience of other campers.

Camp Policies for Campers

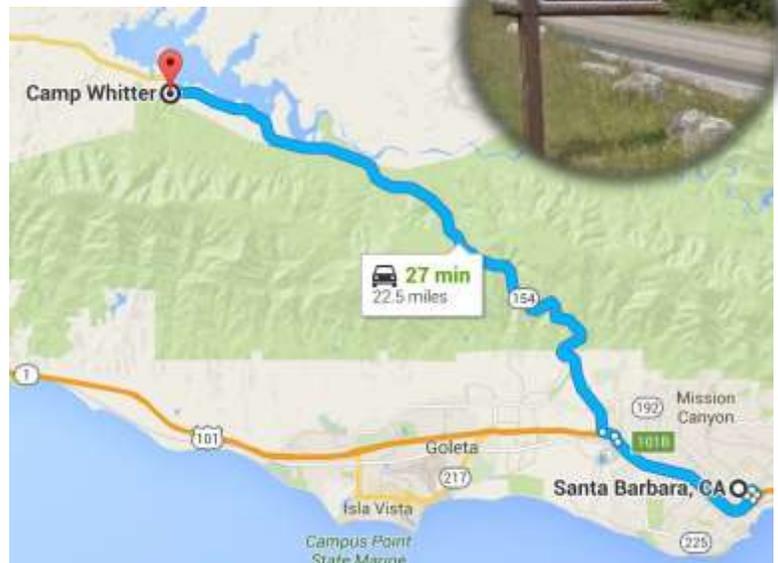
- Animals/Pets: Pets are not allowed on camp property at any time, not even if they are in the car during check-in/out.
- Alcohol, Drugs & Cigarettes: Camp is a drug- and alcohol-free environment. Campers may not use or possess drugs, alcohol or cigarettes while attending camp. Violation will result in being sent home immediately. Possession, misuse or self-administration of medication will also result in being sent home. Parents also may not smoke while on camp property.
- Cell Phones: Campers may not bring cell phones to camp. Any cell phones found will be confiscated and returned at the end of the session.
- Clothing: Campers and staff may not wear indecent or revealing clothing, low-cut, halter, or backless shirts, low-riding pants, revealing bathing suits, or clothes with messages promoting drugs, sex, alcohol, violence, hate or discrimination. Close-toed shoes are required - sandals may only be worn in the cabin, shower or by the pool.
- Contact with Staff: It is UBGC policy that campers and camp staff may not have contact with each other after the camp session has ended. This is for the protection of both campers and staff that we enforce this policy.
- Electronics: Electronics, including digital music players and video games, are not allowed at camp. These items will be confiscated and returned at the end of the session.
- Firearms & Weapons: Firearms, pocket knives, weapons, or anything else used as a weapon are prohibited on site. This includes toy guns, water/squirt guns, or anything resembling a gun or used in a threatening way. Possession of a weapon will result in being sent home immediately, and possibly calling the police.

- Personal Sports Equipment/ Musical Instruments: Personal equipment (such as archery bows, climbing gear, musical instruments etc.) may be brought to camp and used in some circumstances. Check with us before bringing them to camp. Camp staff will inspect personal equipment for safety prior to use.
- Pictures, Cameras & the Internet: Pictures taken at camp are for personal use only. Please respect the privacy of other campers by not posting any pictures on the Internet. Pictures may not be taken inside cabins or bathrooms. Camp staff will monitor use of cameras and delete any inappropriate pictures if needed.
- Vehicles: Parents dropping off their children should keep to the 4 mph speed limit on the road and park in designated areas (Oak Grove Parking Lot). A camper may drive his or her own car to camp, but only through a written agreement with the Camp Director.
- Head Lice: Each camper is examined for head lice at arrival. If any lice, eggs, or evidence of lice is present the camper will not be allowed to attend Camp. In order to return to Camp the camper must be shampooed with lice shampoo and receive a note from a doctor.

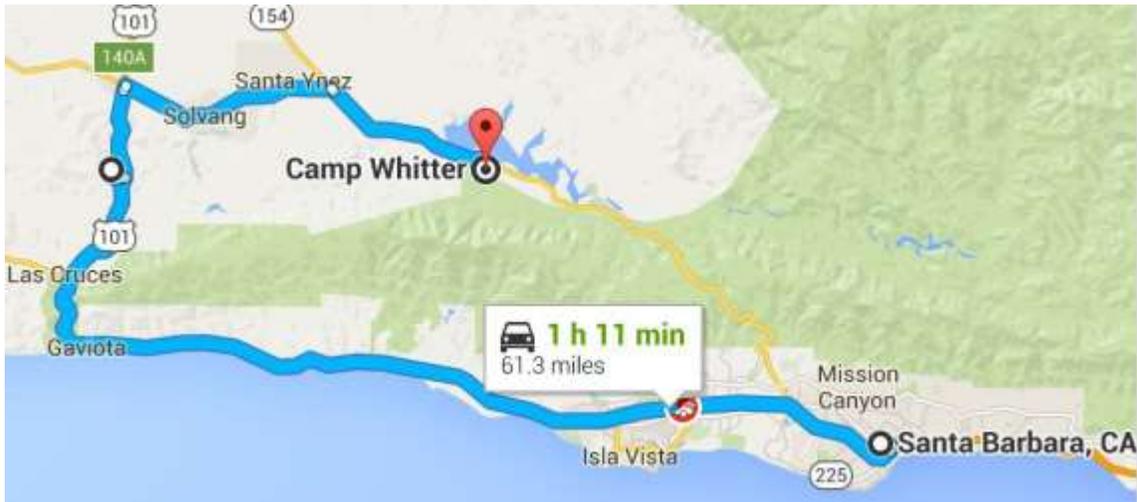
Driving Directions

From Santa Barbara on Hwy 154

1. Take Hwy 101 North.
2. Exist State St. / Hwy 154 (San Marcos Pass).
3. Take Hwy 154 North approx. 17 miles.
4. Watch for sign that says entrance to Lake Cachuma.
5. Right after that sign, at mile marker 15.32, you will see a left-hand turn lane and a sign for Camp Whittier. Turn left at the sign that says Camp Whittier.
6. Once you are on the dirt road, follow the signs and turn right to take the road to camp.
7. Park in the Oak Grove parking lot.
8. *Note*: If you get to the entrance of Lake Cachuma, you have gone too far.



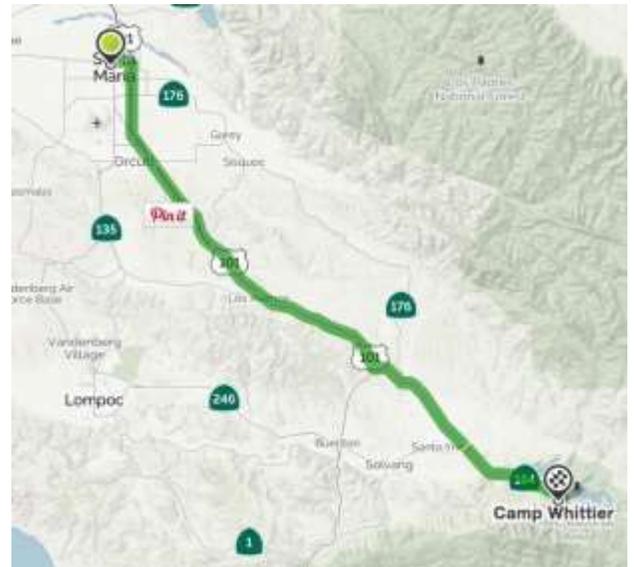
From Santa Barbara on Hwy 101



1. Take Hwy 101 North for approx. 35 miles from Santa Barbara.
2. Exit Hwy 246 Buellton/Solvang.
3. Turn right to go East on Hwy 246 for approx. 10 miles to Hwy 154.
4. Exist State St. / Hwy 154 (San Marcos Pass).
5. Take Hwy 154 South approx. 10 miles.
6. Pass the sign that says entrance to Lake Cachuma.
7. Turn right at the sign for Camp Whittier.
8. Watch for sign that says entrance to Lake Cachuma.
9. Once you are on the dirt road, follow the signs and turn right to take the road to camp.
10. Park in the Oak Grove parking lot.
11. *Note:* If you get to the entrance of Lake Cachuma, you have gone too far.

From Santa Maria

1. Take Hwy 101 South.
2. Turn left onto Hwy 154 (San Marcos Pass toward Cachuma Lake).
3. Follow Hwy 154 for approx..15 miles.
4. Pass the sign that says entrance to Lake Cachuma.
5. Turn right at the sign for Camp Whittier.
6. Once you are on the dirt road, follow the signs and turn right to take the road to camp.
7. Park in the Oak Grove parking lot.
8. *Note:* If you get to the entrance of Lake Cachuma, you have gone too far.



Packing List

Old clothes make the best camp clothes - pack stuff that is sturdy and you don't mind if they get dirty. You don't need to buy anything new for camp. **Remember to label everything with your child's first and last name - items can get lost easily.**

Clothes

- Socks & underwear (6+ pair)
- Shorts
- Shirt (5)
- Long pants (2)
- Sweatshirts
- Jacket
- Pajamas (2)
- Swimsuit
- Two pairs of sturdy, close-toed shoes

If your camper
doesn't like to be
dirty, please pack
extra clothes.

Toiletries

- Toothbrush & toothpaste
- Soap (and soap dish)
- Shampoo/conditioner
- Hairbrush
- Washcloth & Towel
- Anti-Perspirant/Deodorant
- Tote bag to carry toiletries
- Chapstick & body lotion
- Extra glasses or contacts if needed

Personal Items

- Water bottle
- Sunscreen
- Bug spray
- Book
- Paper and pen/pencil
- Pre-addressed, stamped envelopes or postcards
- Camera (disposable camera is best)
- Stuffed animal

Other Gear

- Sleeping bag
- Pillow
- Rain jacket
- Hat (with brim)
- Small backpack or day pack

Bring to Camp, But Do Not Pack

- Medication

DO NOT SEND TO CAMP:

- | | | |
|-------------------------|-----------------------|---|
| ✗ Cell phones | ✗ Fireworks | ✗ Firearms or weapons |
| ✗ Music players | ✗ Food, candy, or gum | ✗ Pets or animals |
| ✗ Video games | ✗ Alcohol | ✗ Sentimental items that will cause heartache if broken or lost |
| ✗ Any other electronics | ✗ Drugs | |
| ✗ Valuables | ✗ Tobacco | |

All luggage brought to camp is subject to search!

Tips for Packing

- ✓ Old clothes make the best camp clothes - pack stuff that is sturdy and you don't mind if they get
- ✓ Campers will be sharing their cabins with 10-12 other kids, so please limit the amount of luggage brought to camp. Please bring only two pieces of luggage: a large duffel or backpack and sleeping bag in a stuff sack.
- ✓ Luggage will be labeled at check-in. This helps us to identify luggage and will have the cabin's name for which your camper is staying.
- ✓ Pack only what's needed - your child should be able to carry his or her own suitcase with minimal assistance.
- ✓ It is helpful for you and your child to pack together -your camper will know where to find everything and be more likely to bring it all home again.

Lost & Found

Lost and found items are sorted and stored at camp for up to 2 weeks after the camp session has ended. If you are missing any items, call the Office at 805-962-6776. After 2 weeks following the camp session, lost and found items will be donated to a local charity that can use children's clothing. *Camp Whittier is not responsible for lost or stolen property.*

ALLERGIES / HEALTH HISTORY

ALLERGIES

Please list all known allergies, including reaction and treatment to be given:

- No known allergies
- Food allergies
- Medication
- Environmental/seasonal

DIET / NUTRITION

Please check all that apply, and give any specifics that will help the kitchen staff provide the best possible nutritional support.

- Eats a normal diet
- Vegetarian
- Other (specify): _____

HEALTH HISTORY

Does camper / staff have a history of any of the following? Check all that apply:

- Asthma
- Hospitalization
- Migraines
- Diabetes
- Surgery
- Seizures
- Sleepwalking
- Chronic illness
- Recent injuries
- Nightmares
- Mononucleosis
- Physical disabilities
- Bedwetting
- Heart problems
- Other (specify): _____

Please explain any items checked above:

Any restrictions on your activity while at camp? If yes, please explain:

MENTAL & EMOTIONAL HEALTH

Has camper / staff been diagnosed or treated for any of the following ?

- ADD
- AD/HD
- Anxiety
- OCD
- PTSD
- Learning disability
- ODD
- Eating disorder
- Depression
- Developmental disabilities
- Other psychiatric diagnosis (specify): _____

Please explain any items checked above:

Does Camper/ Staff see a mental health professional? Yes No

Any home, family or other life experiences or circumstances that we should know about? Please explain:

MEDICATIONS

List ALL medication that are coming with camper / staff to camp, including vitamins, prescriptions and over-the-counter meds.

All medication must have:

- Original pharmacy or manufacturer containers
- Name (meds belonging to anyone else are not accepted)
- Current date (expired meds are not accepted)
- Written directions from pharmacy or physician (your instructions for prescription medications are not accepted)
- Youth will be responsible to taking medication themselves in front of UBGC staff

<i>Name of Medication</i>	<i>Reason for Taking</i>	<i>Amount / Dose Given</i>	<i>Time Given</i>	<i>How's It Given</i>
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Evening	
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Evening	
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Evening	
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Evening	

IMMUNIZATIONS

Give the dates of the last immunization or booster, or attach a copy of official immunization record:

Has camper / staff had chicken pox? Yes No

Tetanus Booster: ___ / ___ Chicken Pox: ___ / ___ Hepatitis A: ___ / ___ Influenza: ___ / ___

HPV: ___ / ___ Hepatitis B: ___ / ___ Measles, Mumps, Rubella: ___ / ___

HEALTH CARE & TREATMENT RECORD - For Camp Use

Date	Time	Complain/Condition	Treatment	Staff
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____