

**Parent/Camper
Welcome
Packet**



Summer 2023



CHECKLIST:

**ALL ITEMS MUST BE COMPLETED BY THE
DEADLINE TO GUARANTEE CAMP SESSION
DATES FOR YOUR CAMPER**



REGISTRATION FORM/INTERVIEW



HEALTH FORMS / PHYSICAL



SOCIAL MEDIA POLICY AGREEMENT



**CAMPER CONSENT FORMS AND PARENT
CONSENT FORMS**



BIO PIC

**A FUN PHOTO OF YOUR CAMPER WITH A SHORT
BIO ABOUT THEM FOR THEIR COUNSELOR.**



PAID INVOICE

(FOUND ON PAGE 12)



CAMPERS SHIRT SIZE



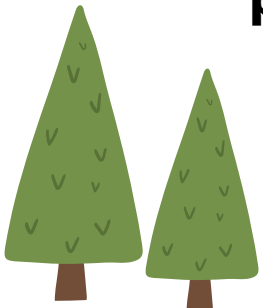
Stephen J. Wampler Foundation
It's About What You CAN Do!

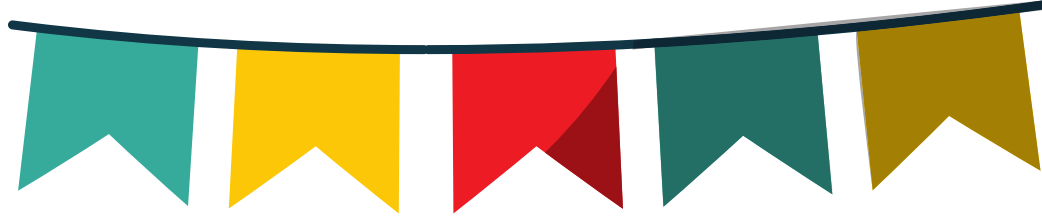


Welcome to the Camp Wamp life!

Camp Wamp is the place to be for summer and we can't wait for your camper to arrive! In order for camp to be successful for all, it is important that you take an active role (especially their first year of camp) in preparing your camper for camp. Please use this packet to begin having conversations about Camp Wamp and your camper's experience while they are with us. What are they looking forward to doing? What do they need to be ready for camp? What makes them nervous? The sooner these conversations start, the more comfortable and successful your camper will be at Camp Wamp.

Camp offers such a warm, friendly, and welcoming environment, that most children adjust quickly. In fact, it is not uncommon for campers to be ready for their parents to say goodbye as soon as the car is parked! This attitude is a reason to rejoice! Your camper is adjusting so well!



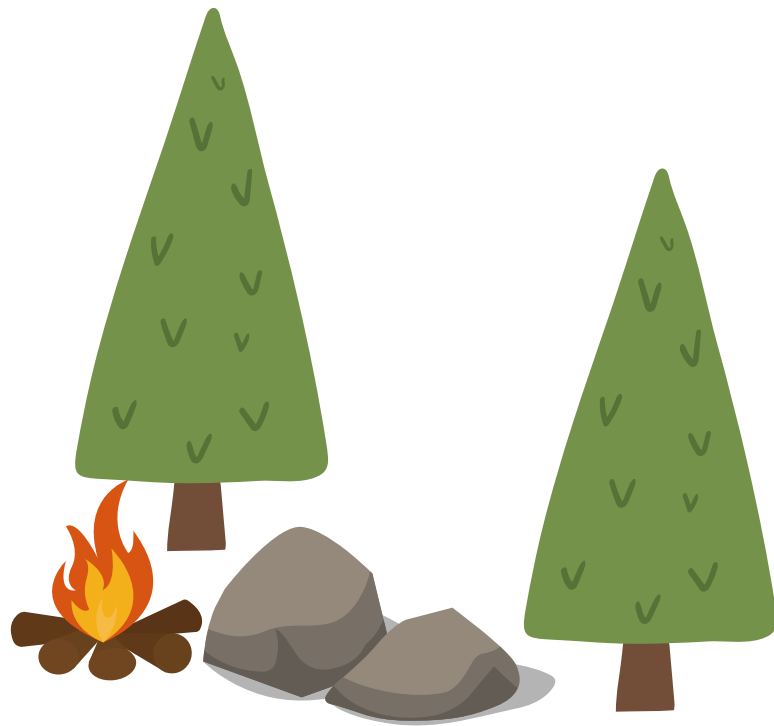


Tips to help make your camper's experience successful:

- 1. Talk about camp as often as possible!**
 - Remind them of the new friends they will make
 - Talk about the fun activities they will enjoy
 - Explain that their counselors are there for them 24 hours a day
- 2. Write your camper letters in advance and drop them off at check-in!**
 - Short and cheerful letters are the best!
 - Please keep letters positive, upbeat, cheerful, newsy, and **DO NOT SHARE BAD NEWS** or "I miss you so much" ... please remind them of how excited (proud) you are about them being so independent!
- 3. The more campers know about Camp Wamp, the more secure they will feel.**
 - Seeing pictures of camp and watching camp videos helps campers become familiar with camp surroundings and facilities (we have several fantastic videos on YouTube).
- 4. Share what your plans are while your camper is at camp.**
 - Often, children worry that they are missing things at home, assure them that camp is where the fun is.
 - If you will be out of town, please be sure the specific itinerary of where you will be, and how you can be reached is on file with the camp office.
- 5. Involve your camper in preparing for camp.**
 - Have your camper help pack their things for camp. Knowing what they have and where it is brings peace of mind.
- 6. Above all, do not panic if your camper seems upset as you are leaving.**
Homesickness is temporary (and parents will survive too).

Typical Daily Schedule

8:00 am - Wake up
8:30 am - Breakfast
9:30 am - Activities
12:00 pm - Lunch
1:00 pm - BOB Time (Bodies On Beds)
2:00 pm - My Choice Activities
4:00 pm - Survival Challenge Activity
6:00 pm - Dinner
7:30 pm - Evening Program
9:00 pm - Getting ready for bed
10:00 pm - Lights Out

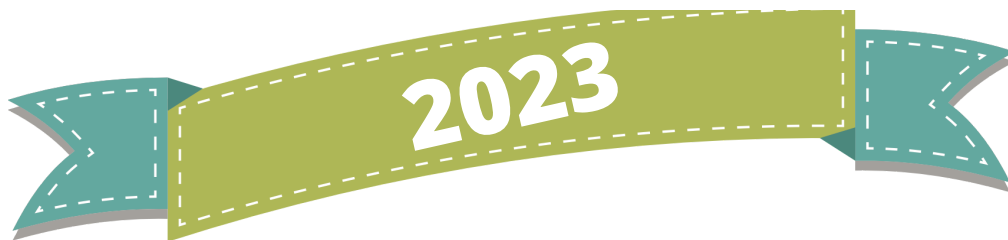


Camp Director

Max Park



Max has been with Camp Wamp since 2019. She first started out as Nature Director and now is extremely proud to be your Camp Director. Before Camp Wamp Max ran a very adventurous kids camp in South Florida, on the water. As a certified lifeguard and paddle instructor, she spends the off season guiding Eco-Tours for school groups and tourists. Max has accredited two camps into the ACA in the past 10 years. She loves nothing more than sharing the gift of nature with people and making memories that will last a lifetime.



Assistant Camp Director

Ale' Bruyere



Ale has been involved with Camp Wamp since she was 8 years old. Growing up next door to the Wampler's she has been in the middle of all things Wamp at such a young age. Volunteering at Camp Wamp was what opened Ale's eyes to what her true passion in life was. She has worked her way up over the last 15 years, starting as a volunteer, to a CIT, to a counselor, and now Assistant Director. She has been involved from the beginning and truly knows camp inside and out. Camp Wamp is her favorite place in the world and she is so excited to share the experience with you!

HEALTH PROCEDURES

In order for your camper to have the best possible experience at camp, they should be arriving at camp free of illness. If your child is showing any signs of illness, please keep them home until they are well and contact the Camp Director. Your camper will be joining a camp community, living with other campers, and sharing the camp with 23 other campers. It is important that good practices, like hand-washing and catching sneezes, are second nature. Camp is staffed by a Registered Nurse (known as the Health Supervisor) and a local physician is on call at all times.

You will be contacted if your camper:

- Spends a night in the infirmary
- Needs to see a doctor or visit the emergency room
- Breaks the Camper Behavior Agreement

You may also be contacted if:

- The Health Supervisor has a question in regards to the information supplied on your camper's Health History Form
- Camp Staff needs your assistance or support in regards to your camper's well-being.
- All campers receive a health screening upon arrival at camp, and the Health Supervisor verifies health information. Parents will be notified of any concerns.



All medications must be checked in with the Health Supervisor and can only be at camp if:

1. In the original container
2. Labeled with the camper's name, physician's name and correct dosage
3. Prescribed by a physician
4. Includes detailed written instructions on the Camper Health History Form

MEDICATION

Please bring only prescription medication to camp. Medication will be administered according to the prescribed instructions. Emergency Medications such as Epinephrine or inhalers will remain with the camper at all times and camp staff will know the specifics of that child's medical needs.

HEAD LICE

If head lice are found during the health screening, the parent/guardian of the camper will be contacted to discuss options that best serve the camper and the camp community. To avoid the challenge of discovering head lice at camp, please check-or have someone with experience check-your camper several days before arrival. This should provide ample time to treat. Here are a few tips:

- Finding lice can be difficult. There are many web resources for checking for lice, such as www.cdc.gov/parasites/lice/head/diagnosis.html
- If found, carefully treat hair and all belongings before coming to camp. Treat hair with a lice removal product, remove all nits and repeat treatment in seven days. Wash all bedding, pillows, hats, stuffed animals, bike helmet, sleeping bags, brush, comb and anything else hair comes in contact with in hot water (130 degrees) and/or dry on high heat. Many children get re-infected from their own belongings.
- Here are more treatment recommendations: www.cdc.gov/parasites/lice/head/treatment.html
- For additional information, please read the healthy camp update from the American Camping Association: [http:// www.acacamps.org/sites/default/files/images/parents/parentflyer.pdf](http://www.acacamps.org/sites/default/files/images/parents/parentflyer.pdf)

SAFETY IN THE SUN AND HEAT

At camp, we have two very common and preventable problems: SUNBURN and DEHYDRATION. Participants are encouraged to bring non-aerosol sunscreen of SPF 15 or greater and chapstick with SPF 15+. Water is critical to our body's health. Everyone needs to drink at least three water bottles a day. At camp meals, we all drink one glass of water before other beverages. **PLEASE ENSURE YOUR CAMPER BRINGS A REFILLABLE WATER BOTTLE.** One with a strap for carrying is recommended.

SHOWERS AT CAMP

In consideration of California's water supply, showers will be limited and campers are asked to keep their shower time to a minimum. Campers may want to practice taking 5-minute showers before arriving at camp.

EMERGENCY PROCEDURES

Parents will be contacted if there is an emergency that affects the camp community. Examples of emergencies include wildfire evacuation or similar occurrences. When these events occur, please do not call camp. You will be contacted by the camp office with information regarding next steps.

Packing List

Campers are responsible for all items brought to camp. **Label everything** – especially sleeping bags and luggage! Please do not attach loose items to luggage (ex. tying shoes to suitcase). We recommend that you leave any items you consider to be irreplaceable or valuable at home. Stephen J. Wampler Foundation Inc. is not responsible for lost, damaged or stolen items.



CLOTHING / PERSONAL CARE

- ☐ t-shirts – one per day
- ☐ shorts – one per day
- ☐ socks – one pair per day
- ☐ underwear – one per day
- ☐ shoes – tennis shoes or sport sandals (must have heel strap)
 - ☐ 1 washcloth
 - ☐ 2 bath towels(one for swimming, one for bathing)
- ☐ sunscreen AND lip balm – SPF 15 or higher ☐ shampoo, conditioner
- ☐ brush OR comb
- ☐ soap and deodorant (no spray cans) ☐ toothpaste, toothbrush
- ☐ disposable diapers (ample supply if appropriate) NICE TO HAVE
 - ☐ shower shoes, like flip-flops
 - ☐ rain coat or poncho
 - ☐ pajamas
 - ☐ long pants – 2-3 pair
 - ☐ hat or visor
- ☐ sweater, sweatshirt, OR jacket
 - ☐ Swimsuit
- ☐ sanitary items (if appropriate)
- ☐ plastic bag/bucket to take items to showers ☐ sleeping bag/pillow
 - ☐ laundry bag with name on it
 - ☐ flashlight and extra batteries
- ☐ water bottle with a shoulder strap ☐ sunglasses
 - ☐ daypack/backpack
- ☐ Manual Wheelchair (if appropriate)
 - ☐ camera, film(phones not allowed) ☐ stuffed animal
 - ☐ book



sleeping bag/pillow or favorite blankets

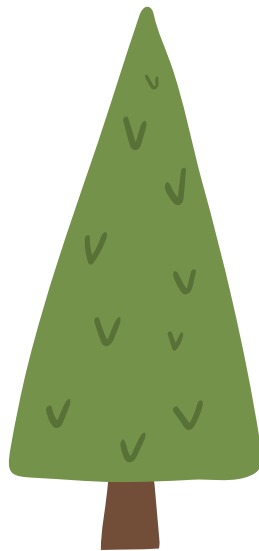
- ☐ 1 light colored item to tie-dye

DO NOT SEND

- » pets/animals
- » vehicles (bicycles, ATV's, etc) » radios, iPods OR other music players » phones
- » video games
- » gum, candy or other food items » laptops or portable DVD players » snacks with nuts
- » personal sporting equipment
- » tobacco, non-prescription, illegal drugs, alcohol » expensive name-brand items, or cash » matches or candles
- » irreplaceable items
- » anything with wi-fi
- » fireworks or weapons
- » inappropriate books, magazines, clothing

LOST AND FOUND

All "lost & found" items will be held for one week at Camp Wamp after close of the camp session. All items not claimed within one week of session closing will be donated to local charities.



CHECK-IN AT CAMP SITE

Please do not plan to arrive early, as the staff will be preparing the site for campers. Camp lot opens promptly at 10:00 am (and closes 45 minutes later, program will start one hour after drop-off time). Please bring any medication with you to the check-in table. You and your camper will check in and then visit the health screening area. Luggage should remain in your car during this step.

PARKING – Staff will direct you to back in and show you where to begin the check in process. Our camp does not have large parking areas. Please be patient as we try to squeeze the cars in.

CHECK-IN PROCESS

1. Get Rapid Covid Test. Pass
2. Check your camper in with camp staff at the designated check-in table.
3. Give camper mail to the staff.
4. Submit all medications to the Health Supervisor. (Includes emergency medications, prescription and over the counter medications—all medications **MUST BE** in their original containers.)
5. Camp staff will conduct a health screening with camper (feet and head).
6. Camper and parent/guardian meet with their counselor and joins the camp group
7. Parent says goodbye to camper.
8. Parent places camper's luggage in the designated area.
9. See you soon! Don't forget to bring your ID. Covid 19 Vaccine card

ON-SITE CHECK-OUT

The gate opens promptly at 9:00 am for pick up and closes one hour later for staff to clean and prepare for the next group. **THE PERSON PICKING UP THE CAMPER WILL BE REQUIRED TO SHOW PHOTO IDENTIFICATION.** There are no exceptions to this policy – even parents/guardians must show ID. This is for your child's protection.

LUGGAGE PICK UP – Please take time to find ALL your camper's luggage including laundry bag, sleeping bag, pillow, stuffed animal, etc. Your camper's luggage may have expanded since you dropped them off. Check the luggage pile thoroughly. It's so much easier than picking up lost items later.

MEETING COUNSELORS – Feel free to take a few minutes and meet the staff who worked with your camper. They'll be happy to meet you and discuss your child's stay.

LATE PICK UP – It is NOT possible to make arrangements for someone to stay with your camper beyond the pick up time at camp. They will be excited to see you and share her camp experience. This is also the beginning of staff meetings and preparation for the next group of campers.

MEDICATIONS – Remember to pick up your campers' medication from the Health Supervisor.

LATE ARRIVALS - If your camper will be arriving late, you will need to contact the camp office prior to arrival. Please report to the camp office upon arrival.

EARLY DEPARTURES - If your camper will need to leave early for any reason during the week, notify the camp Director during check-in. For your camper's safety, our gate remains closed during sessions; without prior notice, you will not be able to enter the property. You will need to report to the camp Director to pick up your camper.





CAMP WAMP PHYSICAL FORM 2023

To Physicians and Their Staff:

This person is a camper/CIT at Camp Wamp. Camp includes physical activity such as lifting, swimming, hiking, and canoeing. These activities require the individual to be outside in a variety of weather conditions. Our nurse/staff will use the information provided on this form to guide their interface with the camper. If you question the person's suitability for their participation, please talk with them and/or their parent/ guardian about your concerns and develop a plan to address that concern. You can also speak to one of our camp professionals by calling 530.721.6369. Thank you!

Name of Camper _____ Male _____ Female _____

Legal Guardian: _____ Phone Number _____

Date of Birth: _____ Age _____

Height _____ Weight _____

1. List any chronic health problems for this person: The following medications are stocked in our Health Center and can

- ☐ None ☐ Asthma ☐ Diabetes ☐ Allergies be used as needed to manage illness and/or injury.
☐ Other:

_____ CROSS OUT any that are contraindicated for this Camper

2.2. List the prescription medication(s) this person Acetaminophen 500 mg Q6 PRN

will take while at camp. All medications given Ibuprofen 200 mg tabs - Give 400 mg/ 2 tabs Q8 PRN

Cetirizine HCL 10 mg QD PRN

By mouth _____ GTube _____ NPO _____ Loratadine Chewable 5mg- 10 mg QD PRN

Diphenhydramine 25 mg Q6 PRN

☐ No Routine Medication will be needed while at camp Generic Cough Drops- 1 Drop Q2 PRN

Colace 100 mg QD PRN

Medication, Dose, Route and Frequency for ALL Milk Of Magnesia 1200mg QD PRN

medication that will be brought to camp. Bismuth Subsalicylate (Kaopectate) 262 mg Q8 PRN

Nik Lice Treatment- use as directed

Please specify any special instruction (Example: Calamine Lotions- use as directed

Medication must be given prior to getting out of bed in Sunscreen- Use as directed
AM)

3. List ALL patient allergies, known reactions and best course of

1) _____ treatment upon exposure.

2) _____ ☐ No known allergies

3) _____ A) _____

4) _____ B) _____

C) _____

5) _____

Note: We expect the some campers will have an EpiPen. Will your

6) _____ camper bring an EpiPen?

7) _____ Yes _____ No _____

What is the EpiPen used for? _____

4. Describe any other treatments needed by this person while at camp. IE. Breathing Treatments, Suction Machine, G-Tube Feeding Pump

☐ None needed

5. Describe any significant physical findings regarding this person and/or describe any limitations that may impact the performance or participation.

☐ No significant findings

6. If you feel we have neglected to ask something you feel is needed to adequately address this person's health,

please add comments below. ☐ No additional comments

Doctor's Signature:

PRINTED NAME (or Stamp):

Office Address: _____

Office Phone # _____

Office Fax # _____

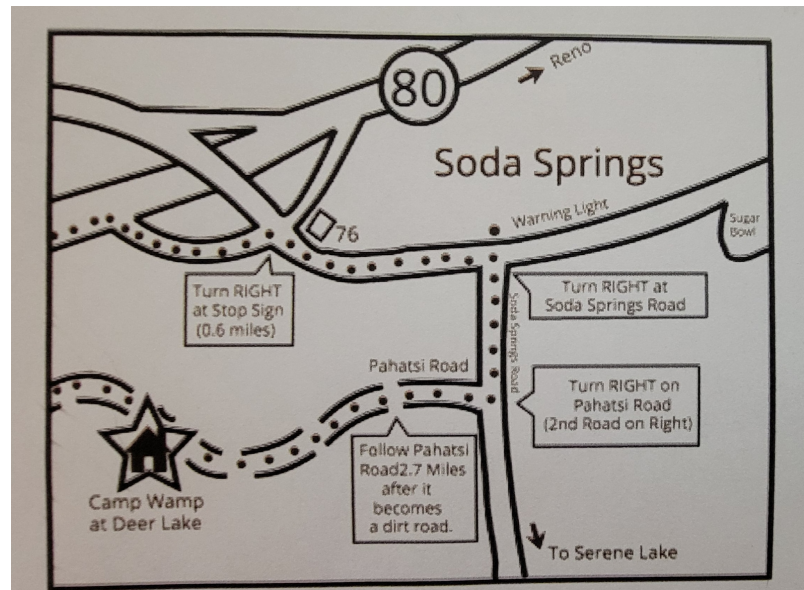
Date: _____

By signing this form, you are stating that, in your professional opinion, This person is both physically and emotionally ready to participate at our camp except as noted in your comments.

**CLOSER TO THE ARRIVAL DATE WE WILL EMAIL YOU DIRECTIONS
ON DROP OFF AND PICK UP. ANY QUESTIONS, PLEASE DON'T
HESITATE TO REACH OUT TO US.**

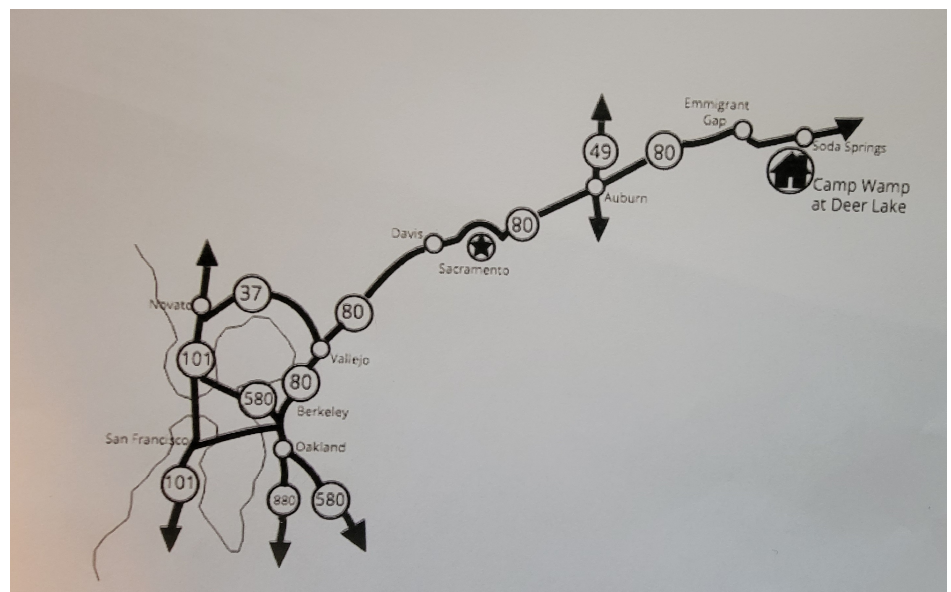
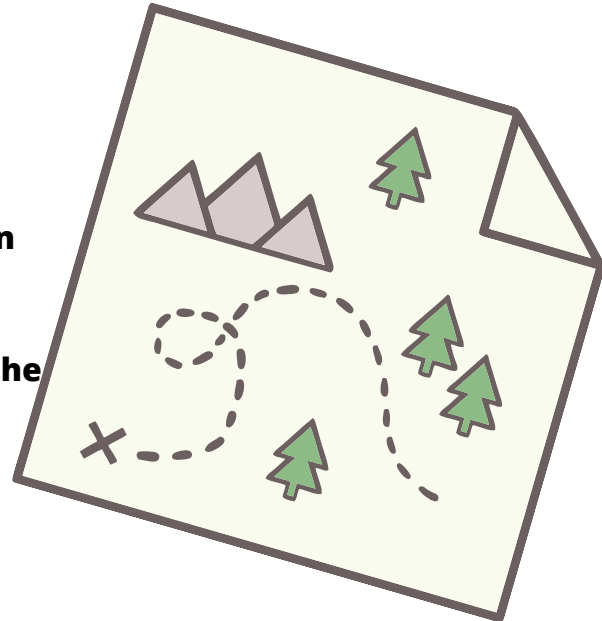


Stephen J. Wampler Foundation
It's About What You CAN Do!



Camp Wamp Driving Instructions

- Follow 80 East
- Take Exit 174 towards Soda Springs/ Norden
- Turn left onto Donner Pass Rd
- Turn right onto Soda Springs Rd
- Turn right onto Pahsti Road 2.7 miles past the end of the paved road to the Camp Wamp parking lot.
- Look for staff to drop off your camper





**STEPHEN J WAMPLER
FOUNDATION
941 ORANGE AVE, STE 440
CORONADO, CA 92118**

INVOICE

Date: Summer 2023

invoice to :

CAMPER

Session : 2023

Date:

Camper:

Total Due

\$300.00

As Camp Wamp provides a premier wilderness experience for persons living with physical disabilities, we would like to share with you the true cost to host a camper at Camp Wamp for a 7 day/6 night session.

Our true cost to host a camper at Camp Wamp for one session is \$3500. We do not pass this cost on to families as we recognize that raising a child with a disability is very expensive. We fundraise all year long to cover the costs. Donations are welcome and encouraged.

There is a one-time registration fee of \$300 per child to attend. This covers admin costs and includes a Camp Wamp T-shirt. Must pay to guarantee your child's week at camp. If cancelled over 30 day before camp session begins a 50% Refund will apply. No Refunds for No-Shows or cancellations within a month (30 days) from the start of camp session you had registered for. This makes room for other campers on wait list,

Please reach out if you have any questions. Go to <https://stephenjwamplerfoundation.org/support/donate/> to make a payment online

Contact Us

Stephenjwamplerfoundation.org
800-381-6891

**Thank you! We cannot wait to see
you at camp.**

Total : \$300.00

Max Park

Camp Director
Max@wamplerfoundation.org