



Parent Information and Camp Packing List

Dear Parents,

Welcome to the Green River Outreach for Wilderness Foundation's Summer Camp! We are all excited to share with each of you this place that we have come to love and treasure, a place that has had an enormous impact in our lives and a place we all consider home. The following information is very important and your attention to the many details will help us to make your child's camp experience the best it can be. There are a few new changes so returning families, please be sure to read carefully. You are providing a wonderful gift for your child whom you love, and we want to make sure that the very best summer of their life is waiting for him or her at Camp GROW. Thank you for the trust you have placed in us. We promise that we will do our best to give your child a safe, wholesome, and adventure-filled camp experience this summer!

Mail:

Our mailing address (USPS)
GROW
c/o camper name
PO Box 259
Boulder, WY 82923

Physical Address (FedEx, UPS, etc).
GROW
c/o camper name
368 Scab Creek Access Road
BLM Road 5423
Boulder, WY 82923

When you send mail please include your camper's name on the letter / package. You may also send your camper an email at our camper email address (contact for more info). We print emails and distribute them daily at lunch with regular mail. We do not provide computer access for your child to respond via email they will have to rely on regular U.S. Mail service. You may want to consider sending along some pre-stamped and addressed envelopes to make it easier for your child to write to you. Parents that are leaving the country can send along a "group" of letters to be distributed at a predetermined time; just let us know how you want them delivered.

Parent Communication

All of us at GROW are actively engaged in becoming your partners in the parenting process. A part of this includes direct communication from your child's counselor. If your child is arriving at camp via airlines, we will notify parents once they meet our staff in the airport and again when they arrive on camp property. Also, please feel free to contact your child's counselor at any time via the camp phone or the camp email. It would be unusual for your child's counselor to be immediately available but we will have them return your call or email promptly.

Telephone

The Camp GROW / Mountain Springs Ranch phone number is 307537-5441. As this is our only phone line, campers do not have access to the telephone, except in emergencies or on occasions when the camp director feels a call home is appropriate. GROW staff members are usually by the phone 24/7 during the camp season. There are occasions when we will have stepped out, so please leave a message and we will return your call promptly. We assure you that we will call if there are any pertinent details that concern your child.

Camp Visits

Parents and friends are welcome to visit **after** the first week of camp. It is very important that campers, especially homesick campers, are given an opportunity to adjust to camp life before parents visit. All parents, family and friends are welcomed, but please remember that everyone visiting camp needs to check in at the camp office upon arrival. We are more than happy to accommodate guests at our meals, but advance notice is appreciated. An advance phone call to camp will ensure your camper is actually in camp when you arrive to visit, and not out on a multi-day camping trip or one of our other day trips.

GROW is a wonderful place, but what about.....

Homesickness

Everyone has experienced a bit of homesickness at some time during their lives. There is no guaranteed way to predict if or when it will happen to your camper or how severe it will be. It is part of growing up, and rest assured that camp is a safe place to deal with homesickness. Our highly trained camp staff is equipped to deal with even the most challenging cases. Bouts of homesickness are most common in the first few days of camp and during this time it is not uncommon for campers to write home and express a desire to leave camp. However, by the time this letter reaches you, the camper is usually engaged and adjusting to camp life and has forgotten he/she was even homesick! If you do receive one of these letters please contact the camp office. Chances are we already know about it, and are working our hardest to help your camper through it. All of us need to be sensitive to the fact that this pain is real, but can be dealt with. It is vital that we work together to help your child overcome homesickness. Your job is to express love and support for your child and assist in the process through completion. Our job is to create positive wholesome and supportive environment along with exciting and engaging camp programs. Together we can make sure your camper will have the most rewarding camp experience possible. Please note that there are no refunds given for campers who leave camp due to homesickness.

What to Bring to Camp

Camp is a busy, dirty, wet and active place; it's not a place for "new" clothes as they will be inevitably ruined by week's end. We discourage new, expensive or designer clothing. Please DO send clothes that you are not worried about your camper ruining or losing. We will do laundry as needed, and replace linens weekly. Please note that although camp does do laundry; this doesn't mean all your campers clothing will return home clean. We will do our best to return lost clothing and personal belongings and ***IT IS VITAL THAT ALL ARTICLES OF CLOTHING AND PERSONAL BELONGINGS ARE CLEARLY MARKED WITH YOUR CAMPER'S FULL NAME!*** This will help us out dramatically and ensure that your camper goes home with his/her belongings! Trust us; you wouldn't believe how common it is for different campers to show up with identical shoes, jackets, hats, flashlights, etc. Again, please label ***ALL*** your child's belongings.

Suggested items to pack for TWO WEEKS of summer camp (adjust accordingly for one week)

Luggage (a big duffel, suitcase or footlocker / trunk all work well)

4-6 pair long pants, one lighter pair that is not jeans

4-6 pair shorts

- 8-10 pair socks
- 8-10 pair underwear
- 1 set sleepwear
- 1 pair lace up sneakers (for general use, and around camp)
- 1 pair of sturdy boots (for horseback riding, and hiking; should have a heel, no flat soles)
- 1 pair water shoes (sandals with heel straps are recommended; no flip flops please)
- 2 pair warm sweater, fleece or light jacket (we discourage cotton)
- 1 pair long underwear (Polypropylene or wool; it does get cold, and although rare, can snow)
- 1 rain jacket or poncho (please no "emergency" or single use ponchos)
- 1 hat for sun protection
- 1 bathing suit
- 2 towels (one for lake, one for showers)
- 1 toiletries kit (soap, shampoo, toothbrush, toothpaste, chap stick, sunscreen, bug repellent)
- 1 water bottle (quart size preferred)
- 1 backpack (day pack size is perfect. Backpacks for multi-day trips should have hip-belts and fit the camper well to ensure a comfortable hike)
- 1 sleeping bag (for overnight camping, and doubles as a blanket while in camp)
- 1 pillow (we provide sheets)
- 1 flashlight or headlamp with good batteries

Things to Leave at Home

There are some items that don't belong at camp because they are expensive, dangerous or distract from camp life. If a camper brings an item to camp that he or she shouldn't have, it will be held in the camp office until your camper's session is over and then returned to the camper. This is our policy for all items that don't belong to camp and is non-negotiable. The Green River Outreach for Wilderness Foundation will not be responsible for broken, lost, damaged or stolen items.

Cell phones (There isn't much service here anyway!)

Portable game systems, tablets, portable DVD players, radio, tape or CD players, or iPods

Campers flying to camp can bring cell phones, iPods, tablets, and game systems for travel time, but they must be turned into the office upon arrival.

Fireworks

Rifles, Crossbows, or Ammunition (without approval from the Camp Director)

Large Sheath type Knives (folding pocket knives smaller than 4 inches are ok at camp but not in carry-on for air travel!)

Non-prescription drugs or alcohol

Food: Snacks, sodas, chips, candy, etc. – We have some campers that have severe allergic reactions to specific foods, or ingredient thus we must highly regulate the food and snacks available to campers. Something as simple as sharing a cookie with your new camp friend could result in a trip to the ER, or worse!

Digital cameras – These are allowed at your discretion. Camp can't be responsible for cameras that are lost or broken.

A note from our Medical Director...

1.) Please fill out the health form and list your child's allergies and immunization status. Please do not forget to make sure your campers' tetanus immunizations are up to date.

- 2.) Any medication sent with the camper should be accompanied by very explicit instructions, either on the bottle or written by the doctor, to ensure proper dosage and administration. All medication will be kept locked in the camp office.
- 3.) Any camper who wears glasses should bring an extra pair to camp. We suggest campers wear glasses rather than contact lenses while at camp, although we leave this decision up to you and your camper.
- 4.) The Medical form can be found at the camp webpage along with other Registration information.

Baggage

- 1.) We suggest a small footlocker, trunk, or duffel for clothing and other bulky items.
- 2.) If traveling to and from camp by airlines, please be sure to follow specific airline baggage requirements. Most airlines limit checked baggage to 50 lbs, and less than 62 inches in length. Families may want to consider shipping camper's trunks a week or so in advance via UPS or Fed Ex.
- 3.) Campers who fly should travel with a carry-on bag containing two changes of clothes, swim-suit, a lightweight jacket and toilet articles. Most airlines require that campers 14 years old and younger, who are traveling without a parent or legal guardian travel as an unaccompanied minor. Contact the airlines for more information regarding travel as an unaccompanied minor, as some airlines require unaccompanied minors to travel only on direct flights.

Travel

- 1.) Parents driving their child to camp may arrive any time after 1:00pm, and are encouraged to be at camp no later than 3:00pm on opening day. We invite you to take your time looking over the camp and meeting your child's counselors. We are happy to provide camp tours for all family members and friends who are interested! When camp is over, you may pick your child up between 8:00 and 11:00 am on the last day of your camper's session. Earlier pick-ups are always acceptable, but please notify the camp office what time you would like your child to be ready to leave.
- 2.) Children flying to camp should have a round-trip ticket, since return seats may not be available at the end of the season. We will safeguard your child's return paper ticket in the camp safe along with the passports of campers traveling internationally. We will pick up and drop off your camper at the airport in: Jackson Hole, WY or Rock Springs, WY for an additional fee. **PLEASE ENSURE YOU HAVE FILLED OUT THE TRAVEL FORM IF YOUR CHILD IS FLYING TO CAMP. WE NEED SPECIFICS OF FLIGHT NUMBERS AND ARRIVALTIMES.**
- 3.) If you have special travel needs, please give us a call, as we are more than happy to attempt to accommodate your needs.

Early Arrival and Late Departure

Our staff is very busy both before and after camp and it is difficult to accommodate campers who arrive early or depart late. If this is absolutely necessary, please make arrangements well in advance. There may be an extra charge of \$100 for each extra day.

We wait with eager anticipation the beginning of this summer's camping season. We hope to give your child one of the happiest summers of his/her life. To this end, we ask for your cooperation in camp regulations. Please know that your child will always be a very important, loved, and respected member of the GROW family. As always, if you have any additional questions or concerns, please don't hesitate to contact us.

**Sincerely,
CAMP GROW STAFF**