



CATALINA SEA CAMP

# PARENT GUIDE

ONE WEEK SESSIONS



SUMMER 2024

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# WELCOME CATALINA SEA CAMP FAMILIES!!



Hello Sea Camp Families,

Summer is on its way, bringing sunshine and joy!

We've put together a Parent Guide that's your key to unlocking a fantastic and enriching camp experience. Diving into this guide will equip you with all you need to ensure a smooth sailing summer for your camper. It's packed with useful tips and important information, so please give it a thorough read.

If any questions bubble up, feel free to reach out. You can call our business office at 909-625-6194, email our Summer Camp Registrar at registrar@gdi.org, or contact me directly, Jacqui Howe, your Summer Camp Director, at jacqui@catalinaseacamp.org. We're all aboard to assist you! Can't wait to see you and your bright, sunny faces this summer!



JACQUI HOWE

Summer Camp Director - Catalina  
Sea Camp, Fox Landing

 909-625-6194

 jacqui@astrocamp.org

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# YOUR SEA CAMP SUMMER TEAM



**Jacqui Howe**  
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# THE 2024 "TO-DO" LIST

- CAMPER TUITION - Camp fees are due May 1st. If you register after May 1st, camp tuition is due at the time of enrollment.



## FORMS

Due April 1st

Find Forms:  
[CampInTouch Account](#)  
 or  
[Campanion App](#)

- HEALTH HISTORY - Please complete the health history form completely. If your child takes any medication (prescription or over-the-counter), please make sure that all medication details are entered in the health history form. Our medication log is computed by the information entered in this form.
- PHYSICIANS EXAMINATION - Please print and have signed by a physician. Must be completed within 1-year of the start date of camp.
- PARENT AUTHORIZATION WITH INSURANCE INFORMATION - Please sign, and upload with insurance card details.
- TRANSPORTATION - Please indicate your travel plans to/from camp and who will be dropping off and picking up your camper on arrival and departure days.
- CAMPER EXPERIENCE - Please complete this form thoroughly so that your camper's counselor can properly prepare for your camper's arrival.
- CAMPER CODE OF CONDUCT - Please make sure the camper is aware of the expectations of camp.
- IMMUNIZATION RECORD - Please upload your camper's most recent immunization record.
- BUNK REQUEST - If your camper has any roommate requests, please be sure to indicate via the Bunk Request form before June 1st.
- CAMPER PHOTO - Please take a moment to upload a photo of your camper. These photos are not used publicly and are seen by directors and staff only. They help support our staff to recognize their assigned campers on arrival day.
- TEXT OPT-IN FORM - Please complete this form and OPT-IN to text messages. This will not be used for SPAM but to share important updates about camp and in the event of an emergency.



# SPECIAL NOTE ON SHARING ABOUT YOUR CAMPER

As a team, we can better assure your child a very successful time at camp!

THANK YOU so much for entrusting your camper to our care this summer! We are incredibly grateful for the opportunity to provide a fun, unique, safe, and memorable experience for your camper. To do so, we ask that you team up with us to provide the best experience possible. This starts with the Camper Experience & Health History Forms.

In our experience, some parents are ambivalent about providing camps with information about their child's behavior or past experiences. Some parents fear that the information may be misused, while others are concerned about their child being "labeled," singled out, or treated differently. All parents want to see their child have a good start at camp, unencumbered by past problems. We understand!

As seasoned camp directors, we know how invaluable such information can be in assisting us to help your child make as smooth and happy of an adjustment to camp as possible - something we know all parents want! Very often, having prior knowledge about a learning difficulty, a recent loss in or out of the family, or a major change in the family/child's life can be the crucial factor in helping us be sensitive to your camper's need for patience, understanding, and reassurance. Since children often automatically use their behavior rather than their words to tell us what's bothering them, having advanced knowledge of areas that might be difficult for your child helps us understand the message in their actions so we can assure them of a better summer.

We commit to never misuse such information or release it to unauthorized persons. It will never be used at camp unless necessary and only with the greatest discretion. We will certainly let you know if your child is having difficulty. If you have any special concerns about this information or your child, please feel free to call us. Alternatively, if something comes up after you have completed the forms, please send us an email or give us a call so we can make a small note.

## THANK YOU!!!

### Helpful Things To Share

- Very Picky Eater
- Processing Difficulty
- Recent Loss of Family Member
- Parent Separation or Divorce
- Common Challenges in Behavior
- Recent Mental Health Concerns
- Sensory Issues
- Bathroom Accidents/Bedwetting
- Any Extreme Fears
- Sleeping Habits
- Social Skills (ie difficulty making friends or bullied)

# ARRIVAL & DEPARTURE DETAILS



## HOW DO CAMPERS GET TO CAMP

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Catalina Sea Camp staff will escort campers to and from Catalina Island aboard a large boat (700 passenger) leaving from the Queen Mary Terminal in Long Beach. Campers prone to seasickness should take anti-motion sickness medication one hour before departure. The fee for transportation to and from the island is included in the tuition. Due to the location of the dock, you may have to pay for parking. If there are changes or emergencies that will affect camper pick-up or drop-off time or location, you will be notified by email, phone blast and text.

Queen Mary Terminal 1046 Queens Hwy, Long Beach, CA, 90802

ARRIVAL DAYS (SATURDAY @ 12-2 PM): Report to the Queen Mary Terminal between 12:00 p.m. and 2:00 p.m. to check in at the Catalina Sea Camp staging area. We ask that you stay with your camper at the terminal until the boat leaves. The boat will depart at approximately 2:30 p.m. LUNCHESES ON THE DAY OF DEPARTURE ARE THE RESPONSIBILITY OF EACH FAMILY. There is a snack bar on the boat packed with lunch items and candy; \$20.00 would be more than enough for both trips. Sea Camp staff will be stationed at various locations in the parking lot to help direct you. For your safety, please heed all signs, follow directions and instructions of staff.



## HOW DO I PICK UP MY CAMPER

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DEPARTURE DAYS (FRIDAY @ 12:00pm Noon): Campers should arrive from camp at the Queen Mary terminal at approximately 12:00 p.m. Please make arrangements to pick your child up at the terminal at the appropriate time. Please bear in mind that the boats are not always on schedule and we request your patience should they run late. Any camper not picked up within 1 hour of arrival in Long Beach will be charged a late fee of \$50.00 per hour. This charge must be paid upon pick-up of camper.

If there are any emergencies or changes that will affect camper drop-off or pick-up, you will be notified via email and text blast.

# ARRIVAL & DEPARTURE DETAILS



## FLY TO & FROM CAMP

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Yes. There is a \$60.00 charge each way for this service. Any special arrangements must be approved by our business office and be in writing. Additional fees may be incurred.

PLEASE MAKE E-TICKET RESERVATIONS TO PREVENT LOSS. FLIGHT ARRANGEMENTS ARE TO BE MADE FOR THE FIRST AND LAST DAY OF CAMP ONLY.

For those campers flying into the area, flight arrangements are to be made only to Los Angeles International Airport, where a Catalina Sea Camp staff member will meet them at the gate and escort them to the Long Beach Boat Terminal by bus. Please note that our staff members will wear identifiable "CATALINA SEA CAMP STAFF" clothing as well as carry personal identification with them to meet your child.

### UNACCOMPANIED MINORS

There is a fee issued by the airlines for children traveling under the UM status (typically this fee is between \$100 to \$200 each way). If your camper is flying UM status then we require you MUST pay that fee for the return flight as well. That can be done when you check your child in for their flight to camp. The airlines will require a name and contact number for the individual picking your child up from LAX. Please provide them with the name Crystal Mena and the cell phone number (562) 247-5045. We will contact you closer to camp with the accurate staff name and phone number.

### ARRIVAL INFORMATION:

All flight arrivals must be made to LAX Airport between 8:00 AM and 11:00 AM on the first day of camp. Flights outside of this time frame will result in additional fees and must be approved by the director.

### DEPARTURE INFORMATION:

All flight departures must be made from LAX Airport between 3:00 PM and 5:00 PM on the last day of camp. Flights outside of this time frame will result in additional fees and must be approved by the director.

If you are unable to make reservations according to the flight time parameters above, please call the office to discuss possible alternatives with the Sea Camp Registrar.





# HOUSING ARRANGEMENTS

Catalina Sea Camp believes that meeting new people is an essential part of the camp experience. We encourage you and your camper to think of camp as an opportunity to meet as many new friends as possible. Summer camp is a great way to develop life skills, especially friend-making skills.

## 1 CABIN GROUPINGS

Campers will be placed in a Cabin Group based on their age (not grade) and gender. Age groups are as follows:

A Crew 8-9 years old

B Crew 10-11 years old

C Crew 12-13 years old

There will be 8-10 campers per cabin group with one counselor assigned to their group. We are not able to move a camper up to the next age group. Campers may move to a younger group if appropriate and space allows.

## 2 CABIN STYLE ROOMS

Each Cabin will have 6 bunk beds. The cabins are detached from the bathrooms. There is a changing room and outlet in every cabin.

## 3 COUNSELOR ROOM

Each cabin will have 2 counselors living in them. 2 of the 6 bunk beds will be occupied by counselors.

## 4 BUNK REQUESTS

Please complete the Bunk Request Form in your account. We do our best to honor bunk requests however they are not guaranteed. You will be notified if we are not able to make the accommodation. Please try to make your requests by June 1st.



# MEDICATION & MEDICAL INFO



The Health & Safety of our campers is top priority.

## ON-SITE MEDICAL PROFESSIONAL

Sea Camp will have a certified medical professional (Registered Nurse or Doctor) on-site each session to handle any minor medical issues as well as dispensing medication. Our medical professional will also be available on arrival and departure days to collect medication, talk with parents about any medical concerns, and check campers for any illness on the first day of camp.

If your camper gets sick or injured at camp, the Nurse will make an informed decision on whether or not the parent or guardian needs to be contacted based on the severity of the illness or injury or if additional treatment is required. The primary parent or guardian will be contacted by phone.



## REQUIRED MEDICAL FORMS

- 1** **PHYSICAL EXAMINATION FORM**  
Must be completed by a physician prior to the start of camp. Physical must have taken place within ONE YEAR of the start of their enrolled session. Returning campers must have a new physical each year.
- 2** **PARENT AUTHORIZATION FORM WITH INSURANCE INFORMATION**  
In the unlikely event that your child needs to go to the hospital, this form is required for permission to treat. All medical insurance information must be valid. FORM MUST BE SIGNED & DATED.
- 3** **HEALTH HISTORY FORM**  
Please provide background on your camper's health history. This will allow your child's counselor information to support your camper's experience.



## TAKING MEDICATIONS AT CAMP

All prescribed AND over-the-counter medication needed by a Sea Camper will be collected at check-in by the nurse. Accurate instructions must accompany the medication. ALL MEDICATION MUST BE BROUGHT TO CAMP IN THE PRESCRIBED CONTAINERS. Sea Campers will have access to their medication through the nurse's office. The Camp Nurse will be dispensing all medication (prescription and over-the-counter) at required times and will sign our medication log once distributed.



## ALLERGIES OR SPECIAL NEEDS

### FOOD ALLERGIES

Please be sure to indicate in the Health History Form about your child's allergy in detail. We will communicate all food allergies and restrictions to our Kitchen before your camper's arrival.

### DIETARY REQUESTS

Our kitchen can accommodate many camper's dietary requests. We offer vegetarian, vegan, gluten-free, dairy-free options at each meal. If your child needs additional accommodation, please let us know in your health history form.

PHYSICAL NEEDS: If accommodations are needed for your camper to fully participate in the program, please contact our office at 909-625-6194 at least one month before camp begins.

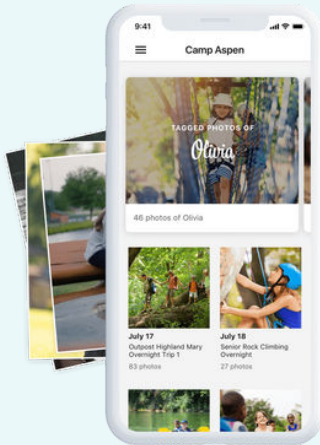
# PARENT & CAMPER COMMUNICATION

## 01. CAMPER PHOTOS

Daily camper photos will be viewable via the Campanian App.

We will be uploading pictures every day at the end of our camp day (which is late) so please be patient with us if you don't see them available right away. They are typically uploaded around 11-11:30 pm.

We only have two photographers who work very hard to get every group and camper each day but please know that they are not able to be everywhere so please be patient if you don't see your camper in a picture.



## 02.

## PARENT CALLS & VISITS

Telephone calls to or from the campers are not permitted due to their busy schedules and our camp's belief in camper independence. If you have any concerns about your child, our staff is available to help you. Please call camp between 8:00am and 5:00pm at (310) 510-1622. Calls after 5:00pm or on the weekends may be answered by a camp administrator or an answering machine. The answering machine will have a number should you need to reach someone after 5:00PM for an emergency.

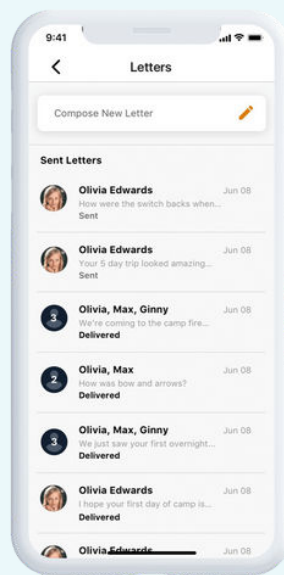
## 03. WRITING YOUR CAMPER

Camper Emails (also known as Bunk Notes) can be sent and viewed via the Campanian App.

CampStamps are used to pay for the emails you send to your campers. Sea Camp provides 5 CampStamps per parent/per camper/per week. You are welcome to purchase more CampStamps through your account. Each email requires one CampStamp per recipient.

CampStamps rollover from previous seasons.

Full email instructions will be sent on the camper's first day by the camp director.



Due to the busy schedule and safety of our camp community, we do not allow any in-session visits or tours.

## 04.

## MAIL TO CAMP

Address any postcard or letter to:  
Campers Name  
c/o Catalina Sea Camp - Fox  
Landing  
PO Box 1920  
Avalon, CA 90704

Please note: We will not accept care packages during the camp session. If you have something you need to send to the camper, please contact Camp Director prior to sending.



# CAMPANION

The story of camp,  
written for the 21st-century parent.

Campanion is the new mobile app we're using to connect you with your child's camp experience through a personalized stream of content from camp. With brilliant photography, regular updates from camp, and more, Campanion connects you to camp like never before.

**Before camp starts, please do the following:**

- 1) **Download** the Campanion app
- 2) **Login** using your Camper Account login and password
- 3) **Upload** a reference photo of your child to Campanion

Once camp is in session, check back daily for photos and updates from camp!

# A TYPICAL DAY @ CATALINA SEA CAMP

7:30 AM	Wake Up
8:00 AM	Breakfast
9:00 AM	Morning Activities
12:30 PM	Lunch
1:00 PM	Quad Time/Cabin Chill Time
2:00 PM	Afternoon Activities
5:00 PM	Shower Hour
6:00 PM	Dinner
6:30 PM	Rec Time
7:30 PM	Evening Event (Campfire/Crew Night/Special Event)
9:00 PM	Prepare for bed
10:00 PM	Lights Out*

\*bedtimes can differ based on age group and scheduled events.

# ONE WEEK SCHEDULE

SAT	SUN	MON	TUE	WED	THUR	FRI
BREAKFAST						
Morning Program						Departure Day Leave Camp by 9am arrive in LB 12pm
C's go to Italy						
LUNCH						
Arrival to Fox Landing	Quad Time					
	Program	Electives	Electives	Electives for A/B crew	Camp Cleanup	
Move in/Orientation	C's go to Italy					
SHOWER TIME						
DINNER						
Opening Campfire	REC TIME					Packing Time
	Crew Night	Elective Night	Sea Camp Social <i>Bring a costume!</i>	Elective Night	Final Night Extravaganza Ice Cream Social Closing Campfire	
Dorm Talks	Campfire	Beach Bon Fire				
BEDTIME						

## CREWS

- A Crew = 8-9 Years Old
- B Crew = 10-11 Years Old
- C Crew = 12-13 Years Old

## ACTIVITIES

CATALINA SEA CAMP HAS TWO DIFFERENT TYPES OF  
PROGRAM ACTIVITY BLOCKS ELECTIVES

Campers will participate in a curated schedule of the most popular Sea Camp activities with their cabin group.

Electives are activities chosen by the camper at camp. There will be a selection of elective options the day of which a camper is able to sign up for.

# PACKING TIPS FOR CAMP

**LABEL ALL ITEMS  
WITH CAMPER'S  
NAME.**

## 01.

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- This includes: water bottle, backpack, towel, bathing suit, jackets, and other clothing items. It is much easier for our staff to connect a lost item with its owner when they are labeled.

**PLEASE DO NOT PACK  
ANY FOOD ITEMS**

- We do not allow food in our dorms and campers will have access to our dining hall snacks throughout the day. Any packed food items will be collected and stored in our office until departure day. Thank you for helping us keep our dorms clean and free of unwanted animals.

## 02.

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**CELL PHONES, SMART PHONES,  
SMART WATCHES, IPODS,  
HANDHELD VIDEO GAMES AND  
OTHER ELECTRONIC DEVICES  
ARE NOT ALLOWED.**

## 03.

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- All electronics will be collected and put in the camp safe until the end of camp. Camp is a place to make new friends, try new things, and gain independence which can be pretty tough if campers are distracted by electronics. PLEASE leave cell phones at home if possible. We ask for the Parent's support of this policy as it is especially difficult to enforce policies without support from you. Exceptions are made for campers who are flying in. Their phones will be collected upon arrival and kept safe until departure day.

**PLEASE SEE ONE WEEK PACKING LIST FOR MORE DETAILS.**

# SUMMER PACKING LIST

## One Week Camper

### Clothing

- Pajamas/Sleepwear
- Shorts
- Jeans or Long Pants
- Shirts
- Underwear
- Jacket
- Sweatshirt\*
- Hat\*

### Swimgear

- Beach Towel
- 2 Swim Suit

### Footwear

- Sandals or Flip Flops
- Athletic Shoes (One pair of closed toed shoes required)
- Socks

### Bath

- Bath Towel & Wash Cloth
- Toiletries & Toiletry Bag  
(Toothbrush & paste, soap, shampoo, conditioner, sunscreen, lotion, brush/comb, deodorant, chapstick with sun protection)

### Bedding

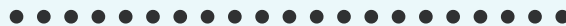
- Sleeping Bag (Please wash and heat dry before sending to camp)
- Pillow & Pillow Case
- Blanket (optional)
- Twin Fitted Sheet (optional)  
(To cover mattress)

### Recommended Items

- Small Backpack
  - Laundry Bag
  - Disposable Camera
  - Watch
  - Small Fan
  - Sunscreen
  - Bug Repellent
  - Flashlight
  - Sunglasses\*
  - Water Bottle\*
  - Chapstick with sun protection
  - Books (For Nighttime Reading)
  - Comfort Item (Stuffed Animal or Blanket)
  - Photos of Family, Friends, or Pets
  - Costumes, Props, or Dress Up Items
- (For our one week session, we have a Sea Camp Social on Tuesday. We recommend campers bring costumes that are on theme. An email will be sent out for the theme.)**

\* Available for purchase in the camp store.

*No laundry service available during the one week session.*



## Packing Tips

Packing for camp is the start of your child's independent camp experience. Please have your child participate in packing for camp so that they know where to find their clothing and items.

**Luggage** All items should be packed into no more than **one** large suitcase/duffel and one small bedding bag. Please make sure all luggage has visible tags with camper's name, address, and phone number clearly written.



# SUMMER PACKING LIST (CONT.)

## One Week Camper

### Labels

**All camper's clothing and belongings MUST be clearly labeled with camper's full name.** Items not labeled are unlikely to be returned to your camper.

- Items like socks, towels, shirts, water bottles, and sleeping bags are the most commonly lost items at camp. Please be sure to label them if you would like them to be returned if found.
- *Personalized Labels by Oliver's Labels will be available for purchase in your CamplnTouch account under CamperPacking Labels.*

### Climate

- Catalina Sea Camp is located on an island. Being in the ocean and in the sun all day causes exhaustion and dehydration, campers must be drinking lots of water daily.
- Daytime temperatures can range from 75-90 degrees.
- Nighttime temperatures can range from 50-60 degrees.

### What Not To Bring

Please do not send any of the following items as they are not allowed at camp:

- Cell Phones
- Alcohol
- Speakers/Head Phones
- Dangerous Sporting Equipment
- Electronic Games
- E-Readers/Kindle
- Animals or Pets
- Inappropriate Card Games
- Electronic Cigarettes/Vape Pen/ Juul
- Computers/ Ipads/ Tablets/ Apple Watch
- Weapons of Any Kind
- Illegal Drugs
- Lighters/Matches
- Food/Candy
- Expensive Camera or Jewelry (Recommend disposable camera)
- Cash (All store purchases will be charged to store account)

Electronic devices are **not** allowed at camp. Camp is a place to make new friends, try new things, and gain independence which can be challenging if they are on a device. **Any electronic devices brought to camp will be collected upon arrival and checked into the camp office until departure day.** For campers traveling by air, electronic devices and travel money will be held in our office during the camp session.

Sea Camp does not accept responsibility for the loss, damage, or theft of personal belongings.

### Dress Code

We ask that our campers dress appropriately and comfortably for their various activities at camp. We do not allow campers to wear clothing with alcohol, tobacco, drug, religious, sexual, or political printing. Please send your campers with shorts of an appropriate length. The length must extend below the camper's thumb tips when the camper's arms are extended at their sides. Please keep the bathing suits modest. Please no thongs, cheeky bikinis for female campers, and no speedo-style bathing suits for male campers. We do reserve the right to request campers to change clothing if deemed inappropriate.

**Questions?** Please call 909-625-6194 or email [jacqui@catalinaseacamp.org](mailto:jacqui@catalinaseacamp.org)

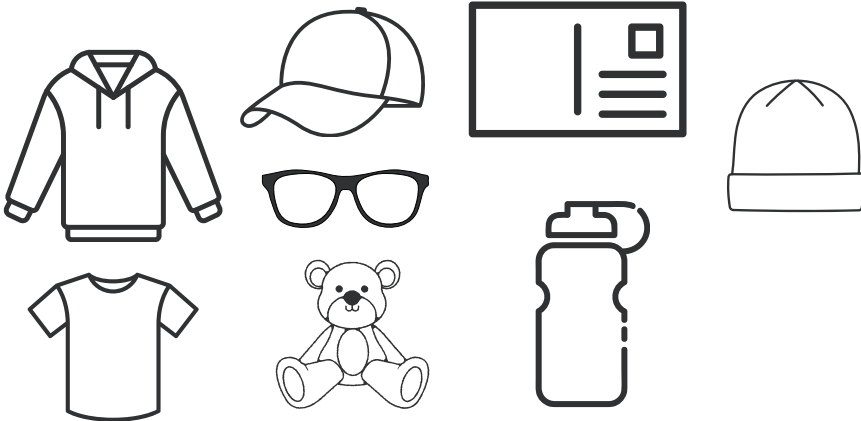
# CAMP STORE

## 01. WHEN

Campers have a minimum of two opportunities to check out the Camp Store while at camp.

## TYPICAL ITEMS 02.

Items can vary each summer. We will let you know prior to the start of summer what store options and pricing.



Water Bottle    Sweatshirts  
Beanie Hat    T-shirts  
Stickers    Hats  
Sunglasses  
Beanie Critters  
Postcard/Stamp

## 03. HOW TO FUND

Once you have registered your camper, you have the option to fund the camp store account at any time before your camper arrives at camp. We generally recommend an average of \$75-100 per week. To fund the camp store account, please log on to your camper's account and click the link named "View Camp Store Account". Please note, that at the time you fund the camp store account, your credit card will be charged for the selected amount.

### END OF SESSION

At the end of the summer, any remaining balance of \$10.00 or less will be donated to our camp financial aid fund unless you request to be refunded.

If the balance is over \$10 will be refunded back to the credit card on file.

# RESOURCES FOR FIRST TIME FAMILIES

For those going to camp for the first time and even for our returners, we know that being away from family and friends can be intimidating. While we (at camp) know how exciting and fun camp will be, we know the unknown can lead to some nerves and anxiety from campers AND parents. Our goal is to prepare our families as much as possible so that the transition to camp is as smooth as possible.



Catalina Sea Camp is an accredited camp through the American Camp Association since 1982. We adhere to over 250 standards focused on health, safety, quality programming, hiring, risk management, and logistics policies.

## RECOMMENDED ARTICLES:

[13 Tips for Helping Anxious Kids Enjoy Summer Camp by Child Mind Institute](#)

[Preparing for Camp: Tips for Campers \(and Parents!\) by American Camp Association](#)

[10 Messages For a Homesick Camper by Sunshine](#)

[Parenting 5 Essential Summer Camp Packing Tips Every Parent Should Know by Audrey Monkey](#)

*IF YOU WOULD LIKE FURTHER ASSISTANCE PREPARING YOUR CHILD FOR CAMP, THE SUMMER CAMP DIRECTOR IS ALWAYS HAPPY TO HELP.*



# CONTACT INFO



Fox Landing, Catalina Island



(909) 625-6194 (office)



(310) 510-1890 (camp)



[jacqui@catalinaseacamp.org](mailto:jacqui@catalinaseacamp.org)



[www.catalinaseacamp.org](http://www.catalinaseacamp.org)



@catalinaseacamp



CatalinaSeaCamp



[www.youtube.com/@catalinaseacamp](http://www.youtube.com/@catalinaseacamp)

