



ST. DOROTHY'S  
CAMPER  
WELCOME  
PACKET

EVERYTHING YOU NEED TO KNOW ABOUT  
SUMMER CAMP AT ST. DOROTHY'S REST

# DEAR PARENTS AND GUARDIANS,

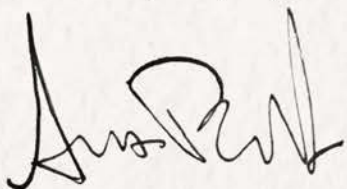
Welcome to St. Dorothy's Rest Camp & Retreat Center! We are so excited to welcome your child to camp this summer and cannot wait to share the magic of St. Dorothy's with your whole family.

Throughout their time at St. Dorothy's Rest, campers will increase in their confidence, develop new and lasting relationships with one another and our staff, and have opportunities to express themselves in new ways. With a wide array of activities and experiences available to campers – from canoeing, to archery, drama, music, arts & crafts, hiking, and more – campers will grow their skillsets just as they increase their confidence and sense of self in the world.

This handbook contains key information to help you and your camper(s) prepare for camp. Please read and review it with your camper, and do not hesitate to contact us if other questions come up.

Thank you for sharing your camper with us! We are grateful for the trust you have put in us, and look forward to giving them a summer they will never forget.

In faith, hope, love, and luck



Ashley Boaeuf Lange  
Executive Director  
St. Dorothy's Rest



# DEAR CAMPER,

We know that the days leading up to camp can be a bit nerve-wracking. You might be wondering about making new friends, trying out new things, and, of course, crossing your fingers for the most fantastic counselor ever! We want to make sure you have all the information you need to feel comfortable and ready for that thrilling first day of camp.

And if you're one of our returning campers, welcome back! We hope this handbook serves as a delightful reminder of the wonderful experiences that await you this summer at St. Dorothy's Rest.

Whether you're a first-timer, a second-timer, or a life-timer, we cannot wait to welcome you to camp! Read on for "what-to-know"s, "how-to"s, and all other kinds of helpful information to prepare you for the best summer yet!

See you soon!

♥ *St. Dorothy's Rest  
Summer Staff*



# ST. DOROTHY'S REST GUIDING VALUES

St. Dorothy's invites children, youth and adults, wherever they may be on their spiritual journeys, to experience and explore God's creation through summer camps and retreats. Warm hospitality, acres upon acres of reclaimed redwood forest, and a pace that is altogether different than everyday life, allow visitors to care for their most important relationships—to themselves, their loved ones, their God and creation. This is a place to truly “Get A Way.” At St. Dorothy's, we are guided by six core values:

✿ **INCLUSIVITY:** Giving every person the space and conditions to be themselves. Differences are not “tolerated”, they are celebrated!

✿ **CONNECTION:** Making a place for people to connect with themselves, one another, nature, and the divine through rest, play, and discovery.

✿ **WELCOME:** Bringing people together to feel at home while away. Making camp and retreat possible for everyone, regardless of race, ethnicity, gender and sexual identity and expression, and socio-economic status.

✿ **NATURE:** Experiencing deep rest and renewal in a unique place in the redwoods.

✿ **CREATIVITY AND IMAGINATION:** Extending the invitation and creating space to try new things and be ourselves without fear!

✿ **GROWTH AND LOVE OF CHILDREN:** We were founded to be a safe place for children to truly be themselves, and to experience the unique healing benefits of nature. We are purposely here to make camp possible for all children.

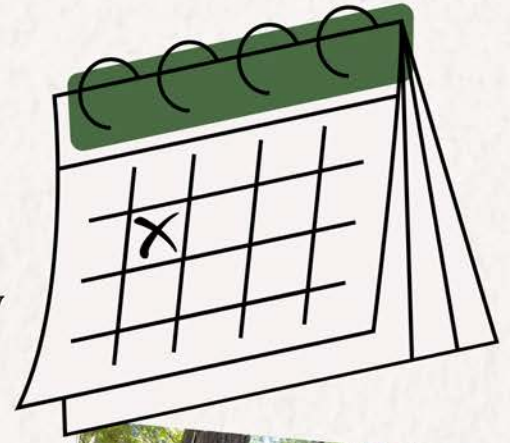
# BEFORE YOU ARRIVE

## **Gather and submit all required documents:**

- Health History Form (to be completed by parent/guardian)
- Copy of Insurance Card
- COVID-19 Vaccination Card
- Signed Camper Behavior Agreement

## **Go through the packing list as a family.**

- Make sure all items are packed, labelled, and easy to find.
- Pro tip: old clothes are best, and packing cubes or ziplocks can be mighty helpful!



# CAMPER CONDUCT & EXPECTATIONS



Campers are expected to behave in a manner that is conducive to our programming, mission, and goals. Behavior deemed dangerous, inappropriate, or unmanageable by the administrative staff is grounds for dismissal from camp.

At St. Dorothy's Rest we affirm and celebrate the dignity and sacred worth of each and every camper, counselor, volunteer, staff member, and guest - regardless of race, religion, sex, gender identity or expression, socio-economic status, or ability.

Bullying in any form is not tolerated. including, but not limited to physical, emotional, verbal bullying and exclusion. Parents will be contacted as needed.



## ARRIVAL DAY



- **Check-In begins at 1 PM** on the first day of camp session.
- Camp Staff will have checkpoints for you and your camper for check-in, health screening, and luggage drop-off.
- Your camper's cabin counselor will take them to their cabin and help them settle in.
- For campers taking medication while at camp: You will be directed to speak with the Camp Nurse.

*\*Campers with incomplete paperwork, or signs of lice or illness, will not be admitted to camp.*

## DEPARTURE DAY

- **Check out is from 10:00 - 10:30 AM.**
- Parents may arrive as early as 9:30 AM to participate in the Camp Ritual.
- Your camper will be packed and ready to go when you arrive.
- When you arrive, tell a staff member your camper's name. We will assist you in loading luggage to your vehicle.
- Camp crafts, t-shirts, and any follow-up instructions will be given to you upon pick-up.
- Don't forget to pick up medication you left with the nurse!



# MEDICAL INFORMATION & ADMINISTRATION

**Our staff can ONLY administer medicine to a camper with the following:**

- Completed and signed Medical Forms.
- Copy of insurance card.
- A written and dated order from your physician for ALL medications over-the-counter and prescription.

**All prescription medication must be in the original pharmacy container with the doctor's name, child's name, name of medication, and instructions for use.**

All prescription AND over-the-counter medication must be checked in with the Health Care staff on Check-In Day. \*St. Dorothy's Rest has standing orders for many common medications - they are listed on the Health History Form. You do not need to send these medications to camp.

**Information on behavior or emotional health needs or other physical or mental health concerns must be addressed on the medical forms.**

- Please provide any information that will allow us to best care for your camper.
- All information is handled with confidentiality and discretion and shared only with program staff as needed.



# IN THE EVENT OF ILLNESS OR EMERGENCY

If a camper becomes ill during a camp day and is unable to participate in activities, the parent / guardian will be notified.

If a camper is hurt, a member of staff or an authorized person will administer immediate first aid. All program staff members are certified by the American Red Cross to administer First Aid and CPR/AED.

If a situation requires immediate medical attention, staff will contact and inform the parent / guardian ASAP.

If the doctor advises the camper not to return to camp, the parent / guardian will be asked to come and sign the camper out of the facility and camp and into their custody.



## CAMPER WELLNESS

We provide 24/7 care to campers in the Wellness Center, “Get Well HQ”. Get Well is staffed by a nurse, and all St. Dorothy’s staff are CPR, First Aid certified.

We have a well-stocked inventory of over-the-counter medication and first aid supplies.

Our staff are trained to be just as mindful of a campers physical health as their mental and emotional health. A “Soft Room”, equipped with fluffy pillows, weighted blankets, and fidget toys, is available to any camper who needs a relaxing, low-stimulation environment to decompress.





## CAMPER LETTERS & PHONE USE

Letters can be a great way to let your camper know you're thinking about them! Read below for some basic guidelines and instructions:

- Letters for the week can be dropped off during Check-In on the first day.
- To maintain equity among campers, **packages (i.e. boxes or envelopes containing snacks or other goods) are not permitted\***.
- Write your camper's FIRST & LAST NAME and CABIN on each piece of mail. You will receive cabin assignments at Check-In. (Bring a pen!)
- Please include the day of the week each piece of mail is to be delivered so camp staff can distribute them accordingly.
- Mail is distributed after lunch on all days except opening and closing day.
- Please do not use Amazon, Instacart, or other mail delivery services to send mail to your campers.

\*If you would like to gift your camper snacks or other goods, you must 1) disclose the contents to your camper's counselor so that we screen for allergens, and 2) pack enough to be shared with their cabin.

In order to keep our campers present during the camp week, **non-emergency phone calls are NOT permitted.** If an emergency arises and you need to get in contact with a camper, please text or call our office at **(707) 874-3319.**



# THINGS TO DO



## DAILY CAMP SCHEDULE

- 7:00 Rise & Shine!
- 7:40 Morning Gathering
- 8:00 Breakfast
- 8:45 Cabin Clean-Up
- 9:15 First Activity ("Act 1")
- 10:45 Act 2 OR Canoe Trip Departure
- 12:15 Sound-Offs / Transition Time
- 12:30 Lunch
- 1:15 Cabin Time
- 2:00 Act 3
- 3:30 Canteen
- 4:00 Cabin Time 2
- 5:00 Evening Gathering
- 5:30 Dinner
- 6:00 Activity Sign-Ups & Playground
- 7:00 All-Camp Activity / Game
- 8:00 Campfire & Ritual
- 9:00 Cabin Reflections & Wellness Check
- 9:30 Lights Out (Youngers)
- 10:00 Lights Out (Teen Week)

## CAMPER FUN-LINES

- Safety first! (Use your noggin'; don't break it!)
- Respect yourself, others, and the environment.
- Try new things and do your best.
- Be responsible for your actions.
- HAVE FUN!!



# WHAT TO PACK



HELP US HELP YOU!  
LABEL ALL ITEMS  
WITH YOUR CHILD'S  
NAME TO PREVENT  
MIX-UPS OR LOSS.

- T-shirts (4-6)
- Shorts (4-6)
- Long pants (1-2 pairs)
- Sweatshirt or jacket (for cooler evenings)
- Underwear and socks (enough for each day)
- Pajamas
- Swimsuit
- Raincoat or poncho
- Hat or cap
- Closed-toe shoes suitable for hiking
- Water shoes or sandals for water activities
- Extra pair of shoes or sandals
- Extra set of clothes in case of emergencies

*\*Scale down for Mini Camp  
or Ankle Biters Camp*

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- Prescription medications (e.g. adderall)
  - Personal medications (e.g. melatonin; non-prescription)
  - Any required medical devices (e.g., inhaler, EpiPen)
  - Spare glasses or contact lenses (with supplies)

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- Sleeping bag
  - Pillow
  - Blanket or extra sheets (optional)
  - Towels (bath towel, hand towel, and washcloth)
  - Toiletries (toothbrush, toothpaste, shampoo, conditioner, deodorant, etc.)
  - Hairbrush or comb
  - Sunscreen (water-resistant and SPF 30 or higher)
  - Insect repellent
  - Water bottle
  - Flashlight or headlamp with extra batteries
  - Backpack or daypack for hikes and canoe trips
  - OPTIONAL: Entertainment items (books, magazines, playing cards, etc.)
  - OPTIONAL: Camera or disposable camera

\*Medications must be clearly labeled, with detailed dosage and instructions for administration. Medications will be collected and organized for each camper at check-in.

# CONTACTING CAMP

If you need to contact your camper during a camp session, please contact one of the staff listed below to relay the information.

Our office is staffed between 8am-6pm on camp days, and we monitor our voicemail box, but email or text is the best way to get in touch.

## **Ashley Boaeuf Lange**

Executive Director  
ashley@stdorothysrest.org  
(707) 758-4992

## **Addie Kugler Lunt**

Office & Retreats Manager  
office@stdorothysrest.org  
(707) 874-3319

## **Isabella Seiden Miller**

Camp Director  
isabella@stdorothysrest.org  
(707) 242-1141

Mail To:

**St. Dorothy's Rest Camp & Retreat**  
P.O. Box 440  
Camp Meeker, CA 95419

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