



MILEPOSTTHIRTYFIVE

WE ARE CAMP
2020 CAMP GUIDE

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WELCOME

Welcome to our camp family! We are Camp , LLC, parent company of High Cascade, Windells, Seek NW, and Milepost35 summer camps is proud to have offered a safe, educational, and fun camp experience for over 30 years on Mt.Hood and this summer is no different!

This Camp Guide will be your go to resource to make sure that you, and your camper(s) have the best experience from your initial registration, all the way through to after camp. Included is information on pre-camp, travel logistics, how to pack, and more. We are so excited to welcome campers near and far for yet another great summer.

PRE-CAMP CHECKLIST

There's a few things that need to be done before your campers arrival to camp.

1. All forms need to be completed and uploaded to your campers Active account at a minimum of two weeks before the start of their session.
2. Your camper needs to get a physical from your family doctor before camp. Print out the 'Medical Form' from your Active account and bring it with you to the apt.
3. All remaining balances need to be paid off BEFORE your camper arrives. We will not be able to bring your camper to campus unless accounts are paid off.

SUMMER CAMP 2020 FORMS

Camper Questionnaire	River Drifters Release
Summer Travel Itinerary	Camper Housing Request
Emergency Contact & Allergy Information	Medical Form with Physician's Signature
Copy of Health Insurance Card	

To access your account and fill out your forms, go to our website and login to your account. An account is made for you when you register your camper, so make sure to use the email you used during setup (this is your username). Follow this link to go straight to the Log-In: [Active Login](#)

TRAVEL INFORMATION

We know that sending your child anywhere, let alone maybe across the country or even world can be a little scary. We have a long standing airport protocol and rest assured, we know what we're doing.

GENERAL TRAVEL INFORMATION:

- Book all arrival/departure flights to the Portland INT. Airport (PDX), Oregon
- All flights need to be booked in the 8am-4pm PST time frame to match our shuttle schedule
- Campers travel to and from camp on the first and last days of their session
- Campers are to pick up their bags and then meet our staff at Baggage Claim #2

Shuttles to and from camp are included in the camp cost. We run shuttles from the Portland, OR International Airport (PDX) from 8am-4pm PST on arrival and departure day. Please book all flights to land and depart within the 8am-4pm window. Any flights that are not in this time frame will be charged \$100-\$175 per camper, per trip, depending on the time of the flight. There is a 30 minute grace period for flights that fall within 30 minutes of 8am-4pm and you will not be charged anything extra.

If you cannot book a flight within the travel window, please contact the office immediately to discuss your travel options and any associated fees.

UNACCOMPANIED MINORS:

Each airline has different age requirements and additional fees for flying unaccompanied minors. Campers flying under the status of an UM will be met at their gate by a staff member upon their arrival at PDX. For their departure a staff member will help them get checked in and wait with them at their gate until they are on their way.

NAME OF PERSON PICKING UP UM'S AT PDX:

When traveling as a UM, most airlines require additional information about the person meeting your UM. If at all possible, when the airline asks for the name of the person picking up your UM, please give the airline 'A We are Camp Representative' and our phone number 503.206.8520. If they will not accept this, please give them 'Hannah Bellenbaum' (our airport manager) in place.

One week before the start of your session our office will email you with the exact name of who will be meeting your child at the gate. After providing you with this information, it's crucial that you update the information for the airline. If they need an address, it is 59550 E US-26, Sandy, OR 97055.

SUMMER PACKING LIST

Due to the unique nature of our camps, it can be a bit daunting to start packing. This list should have everything they need. Please check, and double check that your camper has everything they need before leaving for camp. Summer in Oregon is usually very sunny, dry, and warm. There can, however, be unexpected weather conditions at times.

To make the most of your camp experience, we encourage them to be prepared, and to bring a variety of clothing for warm and cold weather. Packing lists are the same for both Day and Overnight campers (except for toiletries and bedding). If your camper is staying for multiple sessions, our friendly staff will help them do their laundry between sessions for no extra cost.

Check out this YouTube video on how to pack your bike for travel!
[Dakine Packing Video](#)

Pro Tip: Print this page out and give it to your camper to have a reference. Make sure EVERYTHING has their name on it.

Pro Tip #2: Get a Dakine Bike Bag to protect your bike during travel. Use the extra space for gear as you're already paying a flat fee for oversized baggage. Clean your bike before travel.

Pro Tip #2: Bring extra bike clothes, let's face it- you're smelly

CLOTHING	TOILETRIES	GEAR	BEDDING
Mid Socks	Shower Bag	Full Suspension Bike	Sleeping Bag/Pillow
Regular Socks	Shampoo/Conditioner	Goggles	Extra Blanket
Sweatshirts	Body Wash/ Soap	Gloves	Any other Bedding
Long Sleeve Shirts	Deodorant!!!	Helmet (REQUIRED)	EXTRAS
Short Sleeve Shirts	Sunscreen (SPF 30+)	Bike Lock	Backpack/Day Pack
Jeans/Long Pants	Lip Balm (SPF)	Camel Back (optional)	Cellphone/charger
Shorts	Hand Sanitizer	Appropriate Shoes	Camera/Gopro
Pajamas	Towel	Rain Coat	Travel/Spending Money
Swim Suit	Shower Shoes	Sunglasses	Skateboard

F.A.Q: Does my camper have to bring their bike or can they demo/rent?

We have a small fleet of demo bikes available for campers, but it's very limited! We recommend that campers bring their own bike. If this is not possible, we may be able to rent one from a local shop. Office needs to know 3 weeks before your session.

THE BIG 6 RULES

In order to be the amazing place that camp is, we rely on a set of very basic, yet very important rules. We lovingly refer to these six rules as The Big 6™. These rules are imperative to the safety and well being of your child, as well as other campers at camp. All campers and parents need to sign the rules prior to coming to camp. We have a zero tolerance policy, so if your camper is caught breaking the rules, they will be asked to go home and we hate doing that. Please go over the rules with your camper before they leave.

THE BIG SIX™



NO DRUGS, ALCOHOL,
OR NICOTINE



NO THEFT OR
VANDALISM



NO WEAPONS
OR VIOLENCE



NO BULLYING
OR ABUSIVE BEHAVIOR



NO LEAVING
CAMP BOUNDARIES



NO BREAKING
CURFEW

DAY IN THE LIFE

7:00 Rise N' Shine

Campers wake up to tunes and counselors give a rundown on weather and the day's schedule.

7:15-8:00 Breakfast/Gear UP

K-Unit (Our awesome kitchen staff) cooks up a hot breakfast and continental style buffet line. Campers pack their sack lunch to take with them for the day & use the rest of the morning to get ready for the day!

8:10 Depart for the day's adventure

Campers meet with their coaches & load up in vans.

9-3:00 Time to Shred

Campers meet with their coaches and start honing their skills. Whether on-hill, on the trails, or exploring Oregon's best skateparks, it's a guaranteed party.

1:00-3:30 On-hill Clinics/Activities

If they're a skier or snowboarder, come 1:00pm campers can choose to stay on hill and participate in coaching clinics/competitions with our Signature Pro's™ or take an early shuttle back to campus for some much needed rest.

3:30 Afternoon Free-time

Aaah, free time! Campers can relax in their cabins, join in on trampoline/skate clinics, tune their equipment, skate the Concrete Jungle or participate in tons of other activities. Campers can join a "field trip" to local hiking trails or Trillium Lake to take a cool mountain swim.

5:30-7:00 Dinner

Dinner! Each night is a different course and there's always a loaded salad bar. *Our kitchen caters to all dietary restrictions/allergies. Call the office if you have questions.

7:00 Activities/Clinics

Play a game of S.K.A.T.E, do some balance training on our slack lines, jump & skate in B.O.B, learn to mountain bike, do some (f)arts & crafts...the possibilities are endless!

8:00 Sponsored Activities

Join our Signature Session™ pro's for the craziest and 'funnest' activities for campers to win prizes! Expect water balloon fights, no-hands doughnut eating contest, dodgeball, ladies only events, and so much more!

9:00 Courtyard Campfire & Grom Curfew

Enjoy a true summer camp tradition, we'll bring the s'mores! Grom campers (9-12) head in for an earlier curfew, but don't worry, they'll get scheduled camp fire time too.

10:00 Back to your Cabins

Campers head back to their temporary home and get ready for a long night of beauty rest.

10:30 Lights out

Lights out! Campers go on a dreamtime adventure and prepare for the big day ahead.

*Activities change daily and are decided on by our activity director the day of.

HEALTH & WELLNESS

For many families, sending their child to camp can be scary, especially if their camper has existing conditions, or allergies. With years of experience, we have perfected a system to ensure the health and wellness of our campers. We Are Camp employs a full-time Registered Nurse who is on-call 24 hours a day. In addition, we staff several full-time EMTs (emergency medical technicians) on campus and utilize Timberline Ski Area's Ski Patrol for on-snow injuries. Prior to employment, all staff must be CPR & First Aid certified and go through extensive staff training.

Campus Cleanliness & Sanitation

Now more than ever, it's imperative that we maintain and enforce strict cleaning and hygiene policies on campus. The health, safety, and wellbeing of our campers is our top priority. Luckily for us, we've had long standing procedures to uphold our cleanliness standard and have made some adjustments for Summer 2020. In addition to our cleaning regimen, we also have a cabin reserved to isolate sick campers that's attached to our nurses office.

- A full health screening of all arriving campers (including a temperature check) is done at check-in.
- Stationed medic at hand washing area upon cafeteria entry/meal time to enforce hand washing
- Daily bleach/sanitize of all hard surfaces in camper cabins
- Additional bathroom bleaching twice daily
- Hourly sanitation of 'high touchpoint' areas
- Daily sanitization of all indoor athletic facilities
- A professional cleaning service cleans all linens between sessions.
- Upgraded grab-n-go lunch line, eliminating all open food and cross contamination
- All meals plated by our kitchen staff.

Food Allergies & Medications

We're proud to offer specialized meal plans to avoid allergens and facilitate safe medication use. Prior to coming to camp, parents are asked to fill out an extensive medical form listing all allergies and medications. Our office staff uses this form to communicate, and ensure that your camper is being cared for properly.

- If your camper has mild, or severe food allergies, our kitchen and medical staff is happy to adjust meals accordingly. If your camper has an EXTREME food allergy, please call the office to communicate in detail, and discuss protocol.
- If your camper has medications they need to take while at camp, please pack all medications in a labeled plastic bag. Upon arrival to camp, your camper will turn in their medications to our medical team which will safeguard the medications in the nurses office. Counselors will facilitate the distribution to campers and make sure they're taking them correctly.

Injuries

While injuries are inevitable in action sports and camp activities, our rules, protocols, and staff, exist to enforce safety and mitigate injuries. The percent of injuries which occur at camp is less than that of the national average. Information provided in the Camper Ability Form is used to place campers into small coaching groups based on ability. Our coaches, coach to their respective coaching groups' ability level, as well as ensure campers are not attempting tricks and features beyond their ability. As a parent, it is important that you do your best to help your child honestly fill out their ability form to the best of your knowledge. Campers are never without SuperVision™ and helmets are required at all times.

In the event that a camper is injured while at camp and does not get clearance from a licensed physician to participate in their sport, there are two options for the camper:

1. Stay at camp and relax during the day while everyone else gets coached. In the afternoon and evening there are plenty of non-physical activities to keep an injured camper entertained. If you choose this option, no credits or refunds will be given.

2. Leave camp ASAP, and receive a pro-rated camp credit for days missed. You'll be missed, but we'd rather have them back when they are fully recovered.

*Camp Credits are good for two years, are non-transferable and have no monetary value. See 'Payments & Cancellations' for more detail

PAYMENTS & CANCELLATIONS

Payment Terms

Paying for camp shouldn't be a burden, so we offer easy payment plans to let you pay for camp in installments. Want Grandma and Grandpa to pitch in for camp? Easy - let them cover one of the installments. Start your payments in the fall or winter and have camp paid off by Spring! Want to see how summer plays out before making a large financial commitment? We've got you covered! Only 15% of your purchase is needed to lock in your spot.

A deposit equal to 15% of total purchase is due at the time of registration. Payment must be received in full by June 1st. Any registrations made after this date must be paid in full at the time of sale with any major bank/credit card.

- **Standard 15% deposit due at time of registration**
- **Setup monthly payment plans - taken out on the 1st of every month**

Cancellation Policy

We are proud to offer the most lenient cancellation policy in the industry. We understand that life happens and don't want to punish you for that. Below is our policy surrounding cancellations followed by directions on how to process an Official Cancellation.

Cancel prior to 30 days: Receive a refund less a cancellation fee of 50% of the deposit up to \$250 per session OR receive a full camp credit, good for two years and non-transferable.

Cancel within 30 days: Receive a refund less a cancellation fee of your deposit up to \$500 per session OR Receive a camp credit less 50% of the deposit up to \$250 per session, good for 2 years and non-transferable.

Cancel within 10 days: Receive a camp credit less a cancellation fee of your deposit up to \$500 per session, good for 2 years and non-transferable.

Cancellation Request Process

All cancellation requests must be emailed to office@wearecamp.com and include:

- Camper Name
- Camp Name + Session to Cancel
- Chosen Cancellation Option (include timeframe & choice between camp credit or refund less cancellation fee)
- Reason for cancellation

*The date the email is sent notes the official cancellation date. Once a credit is chosen, there will be no refunds issued at a later date. Camp credits are good for any We are Camp summer camp within a 2 year period, are non transferable and have no monetary value.

SUMMER CAMP TIPS & TRICKS

To make the camp experience the best it can be, we've put together a list of our favorite tips & tricks. These are just a few things that we've learned over the years. Our office staff is happy to answer any additional questions and provide insight on any and all things camp!

Travel

- To avoid lost ID's/passports, money, cell phones etc., get your camper a travelers pouch to keep all essentials safe and in one spot! Check out Treefort Lifestyle's Travelers Trunk: Go to their website!
- Make sure your campers have some cash to travel with to cover baggage fees and any other airport purchases. If you're worried about them carrying cash, get a reloadable Visa card.
- Airports are dirty and expensive! As a preventative measure, send your camper with a travel size hand sanitizer to travel with. Pack them snacks for the journey to/from camp to hold them over.

Packing

- Our sprawling campus provides ample space for campers to misplace belongings. Label luggage, backpacks, water bottles, and all outerwear with their name on it. That way, we can easily return it to your camper.
- To avoid any additional fees at the airport, make sure to utilize your campers bag space well. Because a Ski, Board, or Bike bag is already considered 'oversized baggage' and has a fee associated with it, pack as much as you can inside!

Spending

Our camp is All-Inclusive, so campers don't need extra spending money, although there are some things they might want to buy while at camp.

- The Camp Outpost is stocked full of camp apparel, accessories and more. You can set your camper up with a digital gift card to be used at our store and Snack Shack. To set your camper up with a reloadable gift card, visit 'The Camp Outpost' on our website! It's better to start small, you can always load more money later!
- The Staff Sale™ is a tradition of ours, and a camper favorite. Think of it as the ultimate outdoor flea-market hosted by our staff and Signature Session Pro's™. It's cash/Venmo only, so if your camper wants to participate, make sure to send them with cash. Typically \$20-\$100 is plenty, but if your camper is in the market for some bigger ticket items, it could be more. We do not ship camper purchases home, so make sure they have room for extras in their luggage.
- Other Spending may include; local retail/skate shops, field trips (Portland, Thrift Shops), Gift Shops, Volcano Cones

CONTACT INFORMATION

Summer Office Hours

On arrival and departure days, our office will open at 8am. If your camper has last minute travel changes, please send us an email or leave a voicemail and we will call you back first thing.

9am-9pm PST
7 days/week

503.206.8520
office@wearecamp.com

Office Manager:

Savannah Johnson
savannah@wearecamp.com

Shipping Address

We are Camp, LLC
ATTN: Camper Name
59550 E US26
Sandy, OR 97055

Mailing Address

We are Camp, LLC
P.O BOX 628
Welches, OR 97067

Emergency Contact

In the case of extreme emergency, please call our office phone. If it is past office hours, listen for the directions on the voicemail and follow the extension. We have a staff member on-call 24/7 to answer emergency calls.

Our campers are under 24hr SuperVision™ and our staff is more than equip to notice and handle most emergencies. If your camper feels like they need to talk to you, they are more than welcome to let their counselor know. All campers are encouraged to first tell their counselors if they feel sick, unsafe, or homesick. Our staff will notify parents at an appropriate time for both the camper and family.

Examples of Emergencies;

- Family emergency, & camper needs to come home immediately
- Camper feels unsafe and needs immediate intervention
- Camper is having a medical emergency