



2010

PARENT / CAMPER HANDBOOK

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NOTE TO PARENTS

We look forward to the privilege of having your precious child here at Mountain Meadow. We appreciate your advising us of any special concerns or problems that arise so we can all work together to help our campers in every way possible. Education of young people today – and camp, while loads of fun, is education – takes the cooperation of all of us working together.

Also, MMR is a wonderful place to enjoy the great out-of-doors and the special relationships within the camp family. We are techno free and find that certain items do not lend themselves to our surroundings and are better left at home. **We do not allow any techno devices** (see packing list) at camp. **Games such as Dungeons & Dragons, Ouiji boards, trading cards, sports cards, pokemon cards, etc.** also don't belong at camp. **We also do not allow pets of any kind, chewing gum, candy, loose cash, weapons (of any kind), sheath knives, hand axes, laptops, palm pilots, ipods, iphones, cellphones or video games at camp.** Any of these items that do show up at camp will be confiscated. If you have any questions regarding any camp policy please don't hesitate to call the ranch.

IMPORTANT DATES AND PHONE NUMBERS



June 1st Balance paid in full
June 1st Health/Confidential forms due (signed by doctor)
June 1st Notify MMR of travel info

Session 1A

Mon., June 14th Opening Day Sat., June 26th Closing Day

Session 1B

Mon., June 14th Opening Day Fri., July 2nd Closing Day

Session 2A

Mon., July 5th Opening Day Sat., July 17th Closing Day

Session 2B

Mon., July 5th Opening Day Fri., July 23rd Closing Day

Session 3A

Mon., July 26th Opening Day Sat., Aug. 7th Closing Day

Session 3B

Mon., July 26th Opening Day Fri., Aug. 13th Closing Day

Session 4

Sun., Aug. 15th Opening Day Sat., Aug. 21st Closing Day



Tel. (530) 257-4419

Fax (530) 257-7155

Email: fun@mountainmeadow.com

Mailing Address (US Postal ONLY)

PO Box 610
Susanville, CA 96130

Shipping Address (UPS, FedEx ONLY)

704-950 Wingfield Road
Susanville, CA 96130

TRAVEL

HOW DOES MY CAMPER GET TO CAMP?

- Campers from the Southern California and San Francisco Bay Areas may meet and fly to camp with MMR Staff Escorts at LAX or Oakland. See Escorted Flights Page.
- You may drive your camper to the Ranch. Please try to arrive between 9:00am and 1:00pm on arrival day.
- Your camper can fly to Reno, NV and be met at their gate and escorted to the ranch by MMR staff.
- You may fly with your camper to Reno, rent a car, and drive them to the ranch between 9:00am and 1:00pm.
- You can drop your camper off at the Reno airport at 11:00am on arrival day, and we will escort him/her to the ranch. Please meet us at the only food court on the ground floor of the Reno airport. Look for lots of kids and MMR Staff Shirts.

WHEN DOES MY CAMPER ARRIVE AT CAMP AND LEAVE CAMP?

Please refer to the “opening” and “closing” dates listed on Page 1 of this handbook.



If you are driving your child to camp...

If you are driving your child to camp, please come between 9:00am and 1:00pm. On closing day, please pick up your camper by noon. Upon arrival at the ranch, follow the signs and park in the paved parking lot down hill, below the tennis courts. Please follow signs to check-in location. After check-in, you will be directed to your camper’s cabin, where a counselor will be waiting to help get your camper settled in. Please advise us of changes or emergencies effecting your campers’ arrival or pick-up.

PLEASE KEEP YOUR PETS AT HOME. We cannot accommodate dogs with all of the excitement of camp. The ranch dogs, like all dogs, are territorial and may react negatively to a new dog. Please leave pets at home.

WHERE CAN I STAY IN TOWN?

Recommended Susanville Hotels include:

The High Country Inn (530) 257-3450

The Super 8 Motel (530) 257-2782

The Best Western Trailside Inn (530) 257-4123

FLIGHT INFO

MMR Staff Escorted Flights- Campers flying from Los Angeles or Oakland may select our Escorted flights where MMR Staff will meet campers at check-in and escort them through security, onto their flights, fly with them to Reno and escort them here to Mountain Meadow Ranch. We will also be escorting selected return flights to these same airports. *Escorted flights are indicated on the Escorted Flight List.*

For Non-Escorted Flights - Be assured, a staff member wearing a MMR staff shirt will greet your child **at arrival gate** whenever he/she arrives and provide escorted transportation to the Ranch. **If you are selecting a flight not listed on our escorted flight list, please try to arrange for your child to arrive at the airport as close to noon as possible.**

Jack Ellena Jr. and Chuck Smith will be signing for all unaccompanied minors. Please designate them as *responsible party at destination* to pick up your child on airline forms. **Don't forget to advise us in advance of airline, flight number and arrival time if your camper is not taking a staff-escorted flight.** Please advise us of changes or emergencies effecting your campers' arrival. A camp director will call parents in the event of changes, or emergencies that would affect the campers' pick-up or drop off time or location.

Upon departure, we will escort each camper personally through check-in, through security, and see campers onto their plane. **Please try to schedule return flights as close to noon as possible.**

A \$50 service fee will be charged for all airport trips made on non-travel days. ***Special note regarding airline restrictions on excess luggage and weight: If your camper plans to check a bag, please make sure they have cash on hand (\$50 recommended) to cover any additional fees imposed by the airlines for checked luggage.***

NOTE: For those with campers who will be escorted to the ranch by MMR staff, please be sure to read and explain the following to him or her before opening day:

All passengers must wear seatbelts at all times while traveling in MMR vehicles. No horse-play, wrestling, yelling, moving about, rocking back and forth, or bouncing. All passengers must remain seated, face forward at all times, and campers who feel sick or need to use the rest room must tell the driver.

Day Of Travel Escort Procedures

For flights to camp, camper families meet MMR Staff at check-in area 2 hours before departure. One hour prior to the flight, MMR Staff will escort campers through security to gate of departure. *Parents please sign-in your camper with MMR Escort Staff before leaving the airport.* Camp families arriving later than one hour before flight may find MMR Staff at the gate of departure. MMR Staff will stay with and supervise campers, onto the plane, and fly with campers to Reno. After landing, MMR Staff will escort campers off of the plane, gather luggage and accompany the campers home to Mountain Meadow Ranch.

For flights from camp, families may meet MMR Staff and their campers at the gate of arrival or at baggage claim carousel. *Parents please sign-out your camper before leaving the airport.* MMR Staff will escort campers off of the plane and to the baggage claim carousel and remain with the campers until parents arrive and sign-out the camper.

ESCORTED FLIGHTS

Mountain Meadow Ranch will be providing the following escorted flights for the upcoming 2010 season. Our hub is the Reno-Tahoe International Airport. Please let us know if you would like to have your child booked on one of these itineraries. *For all other cities, including Phoenix, Las Vegas, Seattle, San Jose and San Diego, please know that we will continue to meet your child at his/her gate of arrival in Reno, and escort them through check-in and security on the return flight.*

Session 1, 2 and 3 (A&B) – Escorted flights to camp on June 14th, July 5th and July 26th

From LAX – Southwest Flight # 2008 Departs 1:05PM Arrives 2:25PM

From Oakland – Southwest Flight # 614 Departs 2:40PM Arrives 3:30PM

Session 1, 2 and 3 (A Sessions Only) – Escorted flights returning from camp on June 26th, July 17th and Aug. 7th

To LAX – Southwest Flight # 1612 Departs 4:00PM Arrives in LAX 5:25PM

To Oakland – Southwest Flight # 2417 Departs 8:40AM Arrives in Oakland 9:35AM

Sessions 1, 2 and 3 (B Sessions Only) – Escorted flights returning from camp on July 2nd, July 23rd and Aug. 13th

To LAX – Southwest Flight # 492 Departs 12:25PM Arrives in LAX 1:50PM

To Oakland – Southwest Flight # 512 Departs 1:40PM Arrives in Oakland 2:35PM

Session 4 – Escorted flight s to camp Sun., Aug. 15th

From LAX – Southwest Flight # 523 Departs 11:35AM Arrives 12:50PM

From Oakland – Southwest Flight # 1267 Departs 2:30PM Arrives 3:30PM

Session 4 – Escorted flights returning from camp on Sat., Aug. 21

To LAX – Southwest Flight # 2490 Departs 2:35PM Arrives in LAX 3:55PM

To Oakland – Southwest Flight # 1936 Departs 8:40AM Arrives in Oak 9:25AM

MMR personnel will escort all campers from arriving flights to camp and from camp to the airport, through check-in, and onto flights home.

Additional Arrival & Departure Escort Info: Parents may escort their children through security to see them onto their flights. Upon check-in, tell the agent you wish to escort your child to the gate, show valid I.D. and they will issue a security pass.

CAMP VAN TRANSPORTATION – SAN FRANCISCO BAY AREA ONLY

Although we strongly encourage our escorted flight service as the quickest and most efficient travel to Mountain Meadow, parents in the San Francisco Bay Area, including Davis and Sacramento, may opt to take our van service to and from camp. Please contact us if you wish to have your camper take this service. Our van will stop at convenient drop-off and pick-up points in Marin, the East Bay and the Peninsula.

CONTACTING YOUR CAMPER



CAN I CALL MY CAMPER AT CAMP?

We request parents not to call your camper until after the first week (homesickness), and then only when you feel it is absolutely necessary. However, you may call anytime and speak with a director to check on your child. Mealtime is the best time to catch your camper near the phone:

Mon.-Sat. → 8:00am, 12:30pm, 6pm

Sun. → 9:00am, 1:00pm, 6:00pm

Please be patient- there is only one phone and many parents may also be trying to call. If the phone rings 1-2 times and goes directly to an answering service, it is in use. The best chance to get through is to keep calling throughout the meal. Due to the high number of parents calling in, please try to limit calls to five minutes.

Campers do not have phone access and are not permitted to have cell phones. If it is ever urgent or an emergency that you reach your child, leave a message and we will get back to you as soon as possible. *Exception:* Campers who are flying to camp may bring a cell phone to call home upon arrival into Reno, however it will need to be turned in to a Director upon arrival at Mountain Meadow.



HOW DO I SEND MAIL TO MY CAMPER?

Mail is SO important to your child! It is important your camper hears from home once or twice weekly with letters or postcards. However, *too much mail causes just as many problems as no mail.* In addition **we ask that campers not receive care packages with anything edible** (see below). Contact your camper via postal mail at:

Camper's Name
Mountain Meadow Ranch
PO Box 610
Susanville, CA 96130



CAN I E-MAIL MY CAMPER?

You can e-mail your camper by sending an e-mail to your child at **fun@mountainmeadow.com** with your camper's name in the subject field of the e-mail. We will hand it out at mail call that evening.

The time and effort required to process and print out e-mail for the entire camp family is enormous. Please try to **limit your e-mails to one every few days.** Please **do not e-mail pictures or attachments.** Only e-mail from family will be printed for delivery, and campers are not able to reply.



CAN I SEND MY CAMPER A CARE PACKAGE?

CARE PACKAGES CONTAINING NONFOOD ITEMS MAY BE SENT TO YOUR CAMPER. Just4Camp.com and S.W.A.K. are two companies that specialize in non food care packages. **CARE PACKAGES WILL BE OPENED UNDER DIRECTOR SUPERVISION AND ALL FOOD ITEMS REMOVED.** Campers will not receive any food items sent to them. Your cooperation is much appreciated.

CAN MY CAMPER WRITE ME?

Mail goes out from the camp mailbox everyday, and campers have access to this mailbox. We do encourage campers to write home, but as you can imagine, it is nearly impossible to make this happen. A letter home is the required ticket to get into certain camp events.

HEALTH

INFIRMARY AND MEDICAL STAFF

Our Camp Doctor/Nurse's residence & infirmary is located right in the center of main camp and within close distance of all our onsite activities. There is a camp doctor or registered nurse on staff 24/7, and a fully staffed hospital is only 12 miles away. All of our counseling staff are required to have training in First Aid and CPR prior to coming to camp.



WHAT IF MY CHILD TAKES MEDICATIONS?

All medications are turned into our Doctor or RN in residence on opening day. Medications are then given at each meal, as required by prescribing physician. All prescription medications must include specific written directions by the prescribing physician. Please no hand written notes from mom or dad. The camp Doctor/RN keeps a written record, in order to make sure your camper receives his or her medication as prescribed.



WHAT IF MY CHILD IS INJURED OR BECOMES ILL?

Parents will be telephoned if their child stays overnight in the infirmary, has medicine prescribed, or is taken from camp for treatment (e.g. x-rays, testing, etc.). If a parent cannot be reached in an emergency, the emergency contact person will be called.

PACKING



HOW SHOULD MY CAMPER PACK?

All your camper's clothes and equipment minus their sleeping bag should fit into a standard-size footlocker or large duffel. A locker or duffel can be purchased in many large drug, variety, department or sports surplus stores, and they are also available in our clothing and equipment catalog which we have included with this handbook.

Please remember, laundry is done weekly, and much more than one locker/duffel-full is too much stuff. Cabin storage is limited. Please try not to over-pack. Include a list of everything sent to camp with your camper. Every item must be labeled with camper's name.

WHAT SHOULD MY CAMPER BRING TO CAMP?

See the packing list on page 15. Take special note of all items that are NOT permitted at camp.

CAMPERS WHO BRING ALCOHOL, ILLICIT DRUGS, MARIJUANA OR TOBACCO TO CAMP WILL BE SENT HOME WITHOUT REFUND AT PARENT'S EXPENSE.



HOW DOES LAUNDRY GET DONE?

Each camper's laundry is done once a week in industrial washers and dryers. There is no ironing and no hand washing of garments. Items needing special care should be left at home. **MMR IS NOT**

RESPONSIBLE FOR LOST OR DAMAGED CLOTHES, THOSE NEEDING SPECIAL HANDLING SHOULD BE LEFT AT HOME. IT IS ALSO VERY IMPORTANT THAT EACH ITEM OF EQUIPMENT AND CLOTHING IS CLEARLY MARKED WITH YOUR CAMPER'S NAME.



HOW DO I GET MY CAMPER'S THINGS TO CAMP?

If your child is flying to camp, you may check your child's belongings in at the airport. **Please be advised of airline fees for excess luggage weight, and make sure your child has cash on hand for the return trip home (see below for current Southwest policies).** We also recommend that to avoid any luggage hassles at the airport, you may ship the packed footlocker or duffel bag ahead of time. Footlockers should be shipped at least 10 days ahead of the start of your camper's session. For return shipping of your footlocker, please provide us with either a pre-paid UPS or Fed Ex label with a bar code (preferred) **or**, your credit card information (including expiration date and v-code) and you will be billed directly by the carrier and not Mountain Meadow. UPS or FedEx will pick-up everything here at the ranch. At the end of camp, we will ship the trunk or duffel home to you. Because of our relatively isolated location, we recommend you ship only via UPS or FedEx. Please tape a return home physical shipping address and daytime phone number to the inside of your locker lid and include an additional copy to be turned in to us.

SOUTHWEST AIRLINES FEES FOR EXCESS BAGGAGE WEIGHT

(taken from the Southwest Airlines website 3/2010)

Weight and Size Allowance: Maximum weight is 50 pounds and maximum size is 62 inches (length + width + height) per checked piece of luggage. Effective June 17, 2009, overweight items from 51 to 100 pounds and oversized items in excess of 62 inches but not more than 80 inches (e.g.; surfboards, bicycles, vaulting poles) will be accepted for a charge of \$50 per item.

IF I CHOOSE TO SHIP, WHERE DO I SHIP MY CAMPER'S TRUNK?

To: Camper's Name
Mountain Meadow Ranch
704-950 Wingfield Road
Susanville, CA 96130
Phone: (530) 257-4419

CAMP STORE



WHAT IF MY CAMPER NEEDS SOMETHING WHILE AT CAMP?

MMR's camp store is open daily. We prefer that you send cash, in a sealed envelope, with your child, or a check payable to CASH (we recommend \$100). This money is deposited in the camper's store account and the items they purchase are charged against this amount. Any leftover money is sent home on the last day of camp with an itemized statement of the camper's purchases.



WHAT DOES THE CAMP STORE SELL?

The store sells all necessity items that a camper might be in need of, such as: shampoo, conditioner, comb, brush, toothbrush, toothpaste, soap, lotion, deodorant, chapstick, sun block, and water bottles.

The store also sells non-necessity items, such as: stationary, postcards, stamps, pens, disposable cameras, fishing supplies, white t-shirts to tie-dye, flashlights, batteries, MMR shirts, sweatshirts, hats, stuffed animals, etc.



SNACKS & NUTRITION

Nutritious snack food items are also sold in the camp store and available only during mid morning and mid afternoon (SNACK) times. In addition, healthy fruit is also offered to campers free of charge and both are taken into consideration in the daily menu plan.

HOMESICKNESS

HOW CAN I PREPARE MY CAMPER FOR BEING AWAY FROM HOME?

It is crucial that YOU maintain a very positive attitude. Accentuate the wonderful opportunities for new friendships and new experiences that camp will provide. Friends are easy to make at camp and there is a lot of help when trying new things. Your child needs to know that you think he/she will be a GREAT CAMPER. Campers need the confidence of their parents and their enthusiastic encouragement for a positive camping experience.

Listen to your child's feelings about being away from home and gently reassure him/her. Tell them you love them, how proud you are of them, you've chosen the best camp possible for them, you're happy they will have so many fun things to do at camp and nice people and new friends to do them with. They will have so many exciting things to tell you about when they come home!

Jody "Momma" Ellena is our TLC Director and has had great success conquering every imaginable homesick-related situation. As a mother of three, she can readily empathize. **Do not hesitate to contact her.** Camp is a comfortable place for this personal growth to take place and your camper needs all of our encouragement and support



SHOULD I WRITE MY CAMPER IF HE/SHE IS HOMESICK?

Mail call is a special time for campers. It is very important that your camper continues to receive your positive support by frequent "upbeat" notes from home. You might include a cartoon or funny story. Make news about life at home chatty but not too exciting (which might cause him/her to feel left-out). Tell them you love them, but don't overemphasize how much you miss your

child or they might feel guilty for leaving you. After all, you've given them this wonderful opportunity to grow and gain confidence, and above all, have FUN, so allow them the freedom to do so. You both will gain from his/her enriching camp experience. **Don't hesitate to call us with any concerns.**

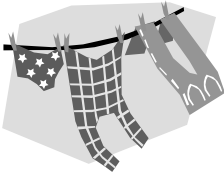
WHAT IF MY CHILD WRITES THAT HE/SHE IS UNHAPPY?

It is very common for campers to write homesick notes during the first week of camp, expressing that they do not like camp and want to come home. Be sure that you continue to write back with positive, reassuring notes to help them make an effort to adjust. Ask about the camp experience so far (i.e. What are your favorite activities? Who are your favorite counselors? What's your favorite meal? etc.). Remember that telling them how much they are missed can be detrimental. **Don't hesitate to call us with any concerns.**

PLEASE DON'T tell campers that if they do not like it they can come home early. This technique almost always ensures that the camper will give in to homesickness.

Feel free, however, to call us to discuss any situation, anytime. We are always here, directly involved with your camper and we need your trust.

THE MMR CLOTHING STANDARD



Since so many families have different standards of appropriate dress, we have developed some guidelines for our campers that will help promote a safe, appropriate environment at camp. In addition, some clothing is just not practical for the vigorous activities at camp.

– General Guidelines

- Gal's daily clothing should not reveal cleavage or stomach (swimsuits are an exception)
- Modest swimsuits ~Please.
- Any clothing with logos or words must not be offensive to any protective parent sending their 8 year old to camp for the first time
- Any clothing brought to camp could come home damaged
– we recommend leaving all expensive clothing at home

– Some Specifics Please

- No tube tops
- No crop tops
- No short shorts
- No string bikinis
- No Items with
Pictures, slogans, logos or words promoting alcohol, tobacco, drugs, violence
- No Items with offensive or profane language
- No baggy pants without belts
- No sagging/No pants that hang below boxers
- No piercings, except ears
- No extreme hair styles or dye



These standards will be strictly adhered to. Any clothing that does not meet the MMR standard cannot be worn at camp. T-shirts will have to be worn over inappropriate swim-suits

SUGGESTED CLOTHING/EQUIPMENT

Clothing

- _ 2 pairs of long pants
- _ 3 pairs of shorts
- _ 4 T-shirts ☺
- _ 1 windbreaker or sweatshirt
- _ 2 long sleeve shirts ☺
- _ 1 jacket

- _ 6 pairs of underwear
- _ 6 pairs of socks
- _ 2 sets of sleepwear
- _ 1 pair of slippers
- _ 1 pair of sandals (Texas/flip-flops)
- _ 1 swim suit (see clothing standard)
- _ 1 or 2 pairs tennis shoes
- _ 1 pair hiking boots/heeled shoes
(for hiking & horseback riding)
- _ 1 hat ☺
- _ 1 wash cloths
- _ 1 pool/beach towel ☼
- _ 1 bath towels ☼
- _ clothes for dances (see dance themes)

Miscellaneous/Optional

- _ Stationary/Stamps/Envelopes/ ☺
- _ Pen/Pencil ☺
- _ Flashlight/Extra batteries ☺
- _ Personal Helmet (horse or bike) ☺
- _ Fishing Equipment ☺
- _ Insulated Sleeping Pad ☺
- _ Outgrown riding boots or drama costumes to contribute to our collections are greatly appreciated ☺

Equipment

- _ Sleeping bag ☼
- _ Extra blanket ☼
- _ Pillow Case ☼
- _ Bedding (single bed) ☼
- _ Laundry bag ☺
- _ Day pack-For overnights & out trips (required)

- _ Camera ☺
- _ Water bottle ☺
- _ Sunglasses

Toiletries

- _ Toothbrush/paste ☺
- _ Comb/Brush ☺
- _ Sunscreen ☺
- _ Lotion ☺
- _ Insect Repellant ☺
- _ Chapstick (w/SPF) ☺
- _ Shampoo ☺
- _ Conditioner ☺
- _ Soap (w/case) ☺

Please DON'T bring

- NO Cell phones/I-PODS/IPhones
- NO CD players/Discman
- NO Game boy, etc
- NO Palm Pilots
- NO Laptops & DVD players
- NO ALL techno devices
- NO Expensive clothes
- NO Expensive Jewelry
- NO Weapons

Please remember that laundry is done once per week, and this list should include more than a week's worth of clothes. Also, please label all items to help us keep losses to a minimum.

Providing a list of all items that your camper brings to camp is especially helpful when packing for the trip home.

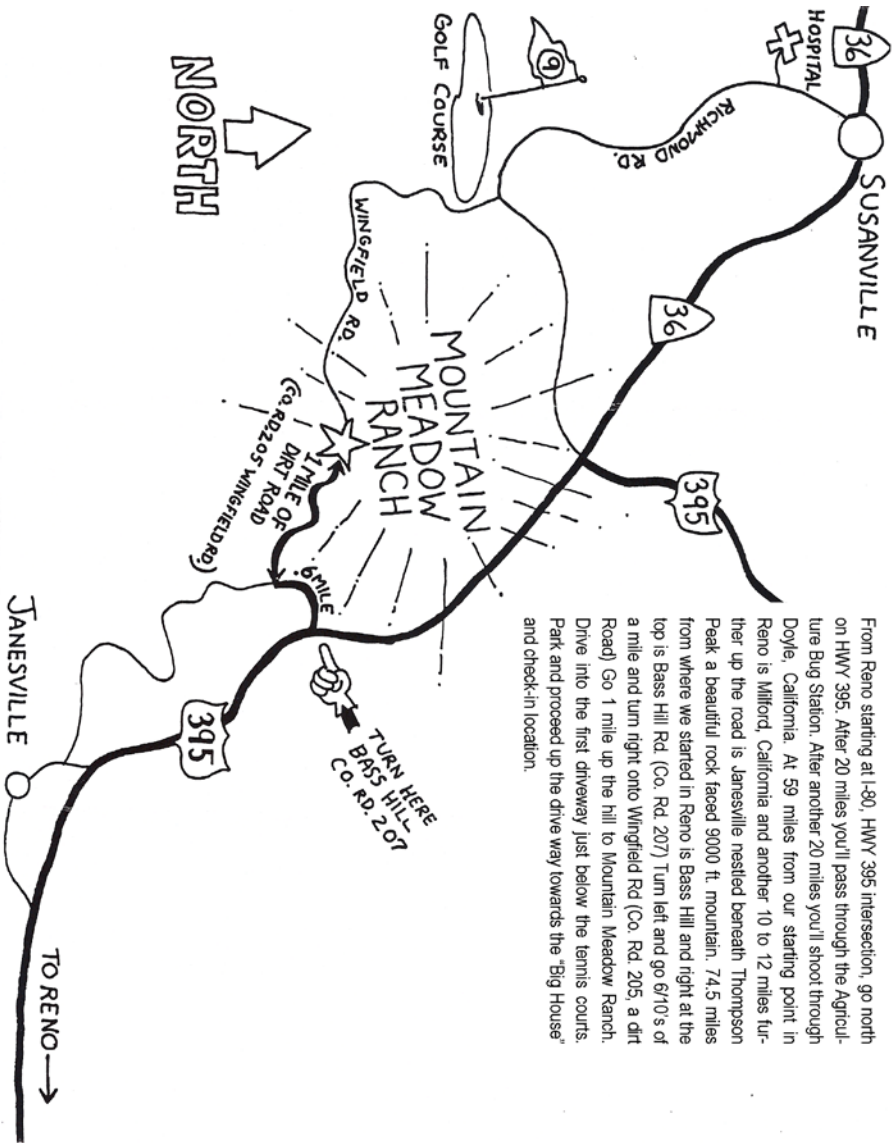
☺ **These items are either available at the camp store, or are available for use if necessary while at camp.**

☼ **Mountain Meadow will furnish towels and bedding to its international campers and staff.**

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Please contact Mountain Meadow *before* sending any large or expensive sporting equipment to camp (wakeboards, bikes, etc). Mountain Meadow has a large supply of high quality equipment, so bringing your own should not be necessary. Any item sent to camp could come home damaged, and MMR won't be held responsible for such damages.



From Reno starting at I-80, HWY 395 intersection, go north on HWY 395. After 20 miles you'll pass through the Agriculture Bug Station. After another 20 miles you'll shoot through Doyle, California. At 59 miles from our starting point in Reno is Milford, California and another 10 to 12 miles further up the road is Janesville nestled beneath Thompson Peak a beautiful rock faced 9000 ft. mountain. 74.5 miles from where we started in Reno is Bass Hill and right at the top is Bass Hill Rd. (Co. Rd. 207) Turn left and go 6/10's of a mile and turn right onto Wingfield Rd (Co. Rd. 205, a dirt Road) Go 1 mile up the hill to Mountain Meadow Ranch. Drive into the first driveway just below the tennis courts. Park and proceed up the drive way towards the "Big House" and check-in location.