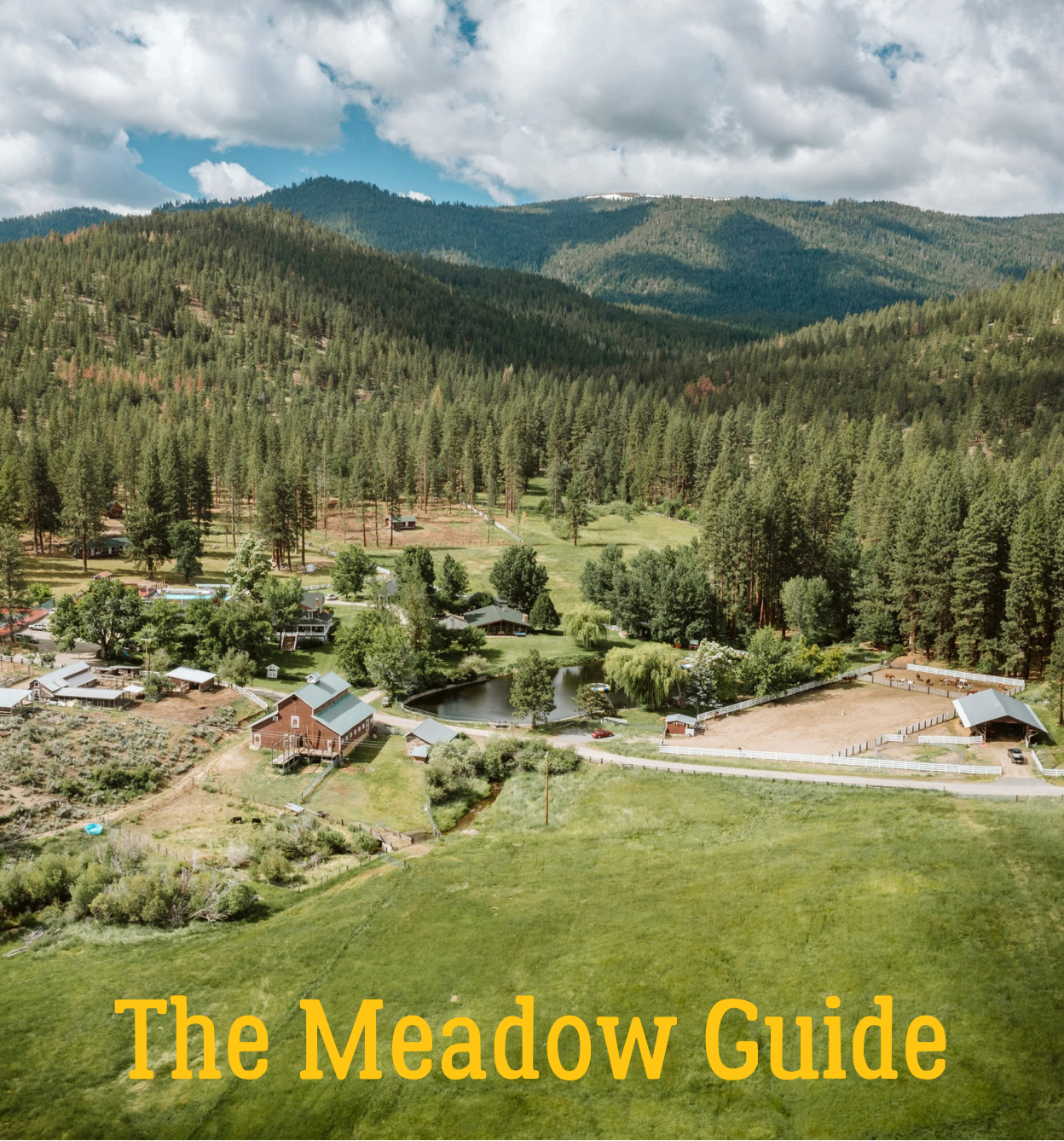




ESTD MOUNTAIN 1956  
MEADOW RANCH  
SUMMER CAMP



# The Meadow Guide



## WHAT'S INSIDE?

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- [Packing List](#)
- [Forms](#)
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## DIRECTOR'S NOTE

We hope you enjoy going through this handbook as a family. We've filled these pages with important information, tips, and beauty to stir both courage and excitement for the summer ahead! We are honored that you have chosen to spend part of your summer with us at MMR.

# CONTACT US

 530-310-9281

 [www.mountainmeadow.com](http://www.mountainmeadow.com)

 @mountainmeadowranch

## E-MAIL

Administrator (forms, tuition, etc.):  
[jane@mountainmeadow.com](mailto:jane@mountainmeadow.com)

Get in touch with a Director:  
[annamarie@mountainmeadow.com](mailto:annamarie@mountainmeadow.com)

## SNAIL MAIL + SHIPPING

Shipping (FedEx/UPS)

Mountain Meadow Ranch  
Camper Name  
704-950 Wingfield Rd.  
Susanville, CA 96130

Mail (Amazon/Letters)

Mountain Meadow Ranch  
Camper Name  
P.O. Box 610  
Susanville, CA 96130

## GETTING HERE

We strongly recommend using Google or Apple maps directions to “Mountain Meadow Ranch Summer Camp”, the business listing.

*\*Using the physical numerical address will take you to the wrong location.\**

# GET TO KNOW THE FAMILY

70 Summers, Three Generations,  
One Shared Commitment

1956-2026

Mountain Meadow Ranch is family-run in the fullest sense of the phrase. While not every family member works directly in camp operations, we all live here, care deeply for this land, and share responsibility for its future.

MMR is our home and our passion. Decisions are made with a long view in mind, guided by care for people, respect for the land, and accountability to the community that gathers here each summer.

Whether you arrive as a camper, staff member, parent, alumni, or friend of the ranch, you are part of a place shaped by continuity, stewardship, and genuine care—season after season.



# PRE-CAMP CHECKLIST










- Tuition auto-charged **April 1st**
- Submit ALL forms by **April 1st**
- Book travel EARLY
- Pack with your camper :)



# MOUNTAIN MEADOW

## PACKING LIST






### CLOTHING\*

- 2 Pants \_\_\_\_\_
- 2 Shorts \_\_\_\_\_
- 6 T-Shirts  \_\_\_\_\_
- 1 Sweatshirt  \_\_\_\_\_
- 1 Long-Sleeve  \_\_\_\_\_
- 1 Jacket \_\_\_\_\_
- 6 Underwear \_\_\_\_\_
- 6 Socks \_\_\_\_\_
- 2 PJs \_\_\_\_\_
- Sandals \_\_\_\_\_
- Swimsuit \_\_\_\_\_
- 1-2 Athletic Shoes \_\_\_\_\_
- 1 Hat  \_\_\_\_\_
- 1 Beach Towel  \_\_\_\_\_
- 1 Bath Towel  \_\_\_\_\_
- 1 Face/Hand Towel  \_\_\_\_\_

### TOILETRIES

- Toothbrush/Paste \_\_\_\_\_
- Hair Brush \_\_\_\_\_
- Sunscreen \_\_\_\_\_
- Lotion \_\_\_\_\_
- Insect Repellant \_\_\_\_\_
- Chapstick \_\_\_\_\_
- Shampoo \_\_\_\_\_
- Conditioner \_\_\_\_\_
- Body Wash \_\_\_\_\_

### EQUIPMENT



- Sleeping Bag  \_\_\_\_\_
- Extra Blanket  \_\_\_\_\_
- Pillow/Pillow Case  \_\_\_\_\_
- Laundry Bag \_\_\_\_\_
- Backpack (daypack like for school) \_\_\_\_\_
- Disposable or Digital Camera \_\_\_\_\_
- Water Bottle  \_\_\_\_\_
- Sunglasses  \_\_\_\_\_
- Flashlight/Headlamp  \_\_\_\_\_

### OPTIONAL

- Books \_\_\_\_\_
- Bedding (single bed)  \_\_\_\_\_
- Comfort Item (blanket/stuffie) \_\_\_\_\_
- Letter Writing Supplies  \_\_\_\_\_
- Outdoor Sleeping Pad \_\_\_\_\_
- Sun/Rash Guard \_\_\_\_\_
- Costumes/Silly Clothes \_\_\_\_\_

### DO NOT PACK

- Technology (phones/tablets,etc) \_\_\_\_\_
- Expensive/Valuable Items \_\_\_\_\_
- Food/Snacks/Candy/Gum \_\_\_\_\_
- Weapons \_\_\_\_\_
- Personal Sports Equipment \_\_\_\_\_
- Animals \_\_\_\_\_

 Items available to international campers  
 Items available to purchase in Camp Store

\* # of items are approx., please pack enough items for at least 1 week.



# PACKING: Tips + Tricks

*Pro tip: Have your camper help pack so they know where to find what they need!*

## LUGGAGE

Three pieces is most popular: one large bag to be used for clothing; one duffel bag for sleeping bag, pillow, etc.; and one daypack, small like used for school. Campers' luggage functions as their "closet" for the session, so keep this in mind when selecting a suitcase; we recommend something with a little structure.

## CLIMATE

Our daily temperatures average a dry 85 °F, while the nights average 50 °F. **Pro tip:** check the weather for Janesville, CA the week prior to attendance to adjust packing as necessary.

## SHOES

Running sneakers and hiking sandals (Teva, Chaco, Keen) work best at camp. We recommend a pair of slip-on sandals, hiking sandals, and running shoes. **Pro tip:** Brand new hiking boots can cause blisters if not worn-in properly and are not necessary if your camper is not 12+ and planning on joining the backpacking trip.

## LETTER MATERIALS

Pack your camper with materials to write and send letters: envelopes, paper, stamps, and the addresses for anyone they may wish to write. **Pro tip:** Teach your camper how to address envelopes before they get to camp.

If you wish to utilize the Companion eLetter feature, please print your camper response letters ahead of time! You can find these in your CamplnTouch under "Online Community" > "Email" > "eLetter stack" > "Print Now". Read more about eLetters in "[Connecting With Your Camper](#)".

## BEDDING

Campers have a single bunk, with one pillow and pillow case provided. What you choose to send with your camper for sleeping is totally up to their comfort needs. Every camper is required to bring at least a sleeping bag. Some campers choose to stick with just the sleeping bag and others prefer to bring a full bedding set for extra comfort.

## LAUNDRY DAY

Each cabin is assigned one laundry day per 2-week session, 1-week sessions do not have scheduled laundry days. That means, your camper should pack enough for at least one week. **Pro tip:** Pack a laundry bag that is labelled on the outside with your camper's name.

## DRESS CODE

We want clothes at camp to be functional, comfortable, and made for movement and play. Camp days are full of running, climbing, sitting on the ground, and getting a little messy! If clothing isn't a good fit for camp activities or our community of diverse ages, campers may be asked to change or wear camp-issued shirts or shorts. We encourage families to pack with our camp motto in mind: dress for FUNction, not fashion.

## BOOKS

As we are a tech-free camp, we recommend sending your camper with a book or two. This will help them unwind before bed and is a great rest period activity to decompress during the heat of the day. *We do not allow kindles or other e-readers at this time.*

## LABEL

Labeling items makes them more likely to be returned to your camper if they get lost in the cabin, on laundry day, or around camp.

# FORMS

## REQUIRED

All Forms can be found online in [CampInTouch](#) or the [Campanion App](#). **We strongly recommend using the Campanion App's scanner feature to upload paper forms!**

### Confidential Information

Share any information about your camper that may be helpful to us or their cabin counselors in providing the best possible summer camp experience. *Only our directors and your camper's cabin staff read this form.* Please provide full information; single word answers will be marked as incomplete.

### Health Form

Tell us about your camper's health history, considerations, mental health, medications, allergies, etc. and provide alternate emergency contacts.

### Immunization Form

Please provide your camper's Immunization record. *For questions about exemptions, reach out directly.*

### Parent Authorization

Attach your insurance provider information.

**SIGN AND DATE** the bottom. *This is a crucial (and oft-forgotten) step that authorizes care be provided to your camper in the event of an emergency.*

### Physician's Form

To be completed by your camper's primary care physician. They can fax it directly to us following the number on the bottom. Alternatively, you can scan and upload within CampInTouch.

### Transportation Form

Tell us how your camper(s) will be getting to camp! Review our travel options below.

#### **TRAVEL FORM POLICY:**

Travel information must be submitted on your Transportation Form by the deadline in order to guarantee a seat on our camp vans (if needed).

### Camper Standards Agreement

This digital permission form must be read and signed by you, on behalf of your camper, prior to attending camp.

It is the responsibility of the parent/legal guardian to ensure their camper(s) read and understand the information.

The information will be reviewed during Opening Day with all campers.

**ALL FORMS DUE APRIL 1ST**

# OPTIONAL

## Out Trips Authorization: 2-Week Sessions Only

This **optional form** allows you to either authorize or decline authorization for your camper to participate in fee-based Out Trips during their session at Mountain Meadow Ranch.

This authorization applies only to the following Out Trips, each of which carries a \$50 fee if attended:

- Water Sports at Lake Almanor
- Lassen Volcanic National Park Tourist Trip

Submitting this form gives MMR clear guidance on your permission preference. If you authorize participation, your camper may be included in sign-ups for these fee-based Out Trips once they arrive at camp. **Authorization does not guarantee participation, does not assign a specific trip, and does not generate a charge at the time of submission.**

Out Trips are limited, specialty experiences. Authorized campers may choose to sign up at camp, and campers may attend no more than one Out Trip per session, depending on availability.

**A \$50 fee is charged only if your camper attends one of the above Out Trips** and will be billed through CampInTouch after participation. If your camper does not sign up or does not attend, no fee will be applied.

*This form is optional. Campers do not need authorization to participate in Out Trips that do not carry an additional fee, such as the High Sierra Desert Trip or Backpacking (ages 13+).*



# TRAVEL: getting to camp

The beginning of the adventure - enjoy the journey!

There are a few ways to get to camp:

## DROP-OFF AT CAMP



### BETWEEN 10AM-3PM

This is your opportunity to see camp! Here's what to expect:

This year, all families will park in our designated lot and enjoy a short walk to the check-in party— **our driveway is now car-free** for a safer, more relaxed arrival. Bring backpacks and any medication to turn in to the Camp Nurse, we will handle moving the heavy luggage to a central location for an easier move-in process.

At Check-In you'll receive:

- Your camper's cabin assignment
- A map of camp
- A name badge that doubles as an orientation passport for your camper!

There will be refreshments and snacks, along with our friendly Directors and staff, at check-in. The Directors are happy to answer any last-minute questions and provide encouragement (and maybe a hug!).

After check-in, you can move through orientation (see Opening Day) in any order that suits you. Families are welcome to join us for lunch, connect with our staff, and soak in the summer vibes!

## Making Check-In Smooth for You + Your Camper

To help your camper transition into camp life, please keep your visit to max **two hours**.

We understand that lingering—whether due to nerves (yours or your camper’s!)—is a natural instinct. However, a longer goodbye can make the transition harder and delay those important first connections and moments of independence.

### Important Check-In Details:

- Everyone is welcome for lunch, including families, however, **we do not recommend arriving between 12-1pm**, as all staff will be cycling through lunch and it may mean a wait at Check-In and Orientation.

## Local Recommendations

Check out our [Visitor Guide](#) for all of the sights, shops, stays, and eats in the area.

## PLEASE LEAVE PETS AT HOME

We cannot accommodate pets with all of the excitement of Opening Day. Any pets brought to camp will not be allowed into the main camp grounds. A Director will specify where they can take a bathroom break.

# DROP-OFF @ AIRPORT

\$50 fee for trip from airport



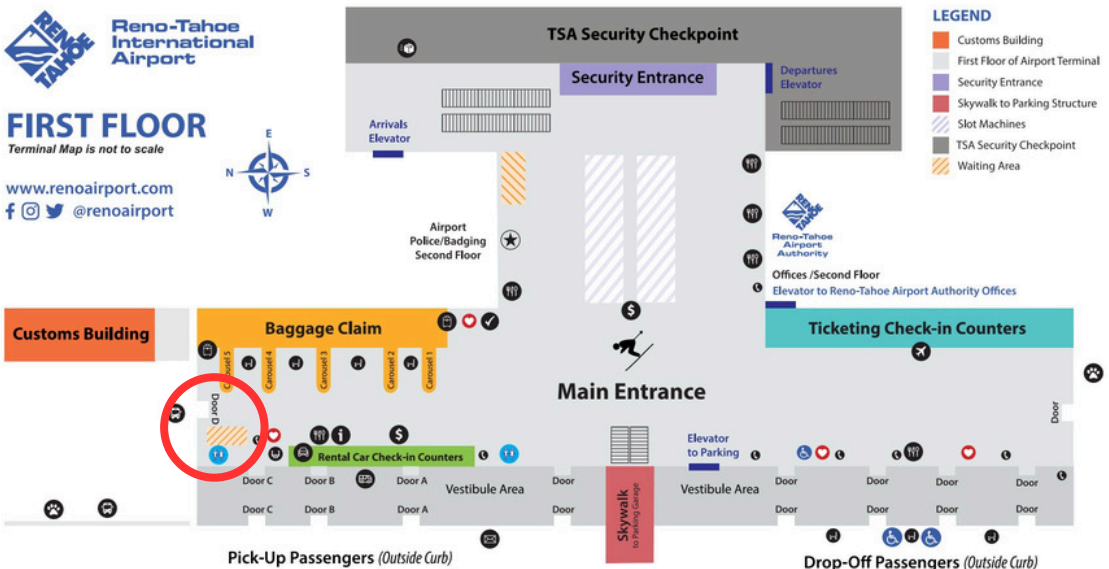
Before 12noon

## THE BUS LEAVES BETWEEN 12-1PM

We will meet you at the Reno-Tahoe International Airport. You will meet our staff at the waiting area located by Door D and Baggage Claim, located on the ground floor, indicated by the red circle on the map below. From here, once everyone has arrived, we will load luggage and board the bus to camp. **If you are flying to RNO to drop-off at the airport, your flight must arrive BEFORE 12pm in order to board the camp bus.**

\*If you are flying to drop-off and require a specific meeting time to make a return flight, please let us know via email by April 1st. Otherwise we will assume you are dropping off before 12pm.

### Map of Reno-Tahoe International Airport Ground Floor:



#### PASSENGER SERVICES

- |   |  |  |  |  |                               |  |
|---|--|--|--|--|-------------------------------|--|
| Airport Mailers   | ATMs   | FedEx & USPS   | Information Center (Local/Area)  | River Room (Meeting Space)                         | Ground Transportation Pick-up | Wheelchair Services:<br>SAS (775) 470-1323<br>ABM (775) 328-6828<br>Please schedule through your airline ticket counter. |
| Animal Relief Areas   | Defibrillators   | House Phones (Free Local & 800 Calls)  | Restrooms  | SmarteCarte  | TSA PreCheck Office           |  |
| <b>Ticketing Check-in Counters</b><br>Alaska/Horizon<br>Allegiant<br>American<br>Delta<br>Frontier<br>JetBlue | <b>Baggage Claim &amp; Offices</b><br>Alaska<br>American/US Airways<br>Delta<br>JetBlue<br>Southwest<br>United | <b>Rental Car Check-in Counters</b><br>Alamo<br>Avis<br>Budget<br>Dollar/Thrifty<br>Enterprise | <b>Restaurants &amp; Retail Shops</b><br>Harley Davidson<br>Silver State Marketplace<br>Mari Chuy's Mexican Kitchen<br>Pee't's Coffee & Tea<br>PGA TOUR Shop<br>Vending Machines | <b>Shuttle Offices</b><br>North Lake Tahoe Express |                               |  |

\*Please plan to arrive early for pick-up and drop-off.

# SOLO FLIGHT TO CAMP

\$50 fee for trip from airport



Flights **MUST** be booked to arrive between  
**9AM-12NOON**

## THE BUS LEAVES BETWEEN 12-1PM

A staff member wearing an MMR shirt and sign will greet your camper at their arrival gate in Reno, assist them in retrieving their luggage, and walk with them to the camp vans/bus for the drive to camp (we accompany campers regardless of their age or U.M. status).

As flights times/numbers are subject to change, and to save on any confusion, we will not be providing a list of recommended flights. Please book a flight that arrives/departs the Reno airport within the times above.

*If there is a time conflict please email or call to notify us as it could mean your camper may need a special pick-up time, which incurs a \$100 fee each way.*

We can only guarantee seats on our airport transportation for those that submit their travel information by April 1st. Those that submit information after this deadline may need to plan drop-off at camp directly.

**Emailed travel information will not be accepted.** Please use the CamplnTouch Travel Form to submit this information.



# GOING HOME

You can “mix and match” your travel preferences to make the trip to and from camp as easy as possible. Here’s how each option works on the trip home at the end of your camper’s stay with us.

## PICK-UP AT CAMP

### BETWEEN 8-11AM

Unlike Opening Day, pick-up at camp on Closing Day is quick. There is no program for closing day and campers traveling to the airport leave before 9am. Bathrooms, coffee and tea are available, but there are no tours or events planned for this day.

**Late pick-ups make for a lonely end to camp for your camper.**

**\*At pick-up, we must verify the pick-up person** by matching the name provided above to their physical I.D. (even if you're the parent, even if we know you, even if you're in a hurry!). **Please check-out with a Director before departing.\***

## PICK-UP @ AIRPORT \$50 fee for trip to airport

### BETWEEN 9-10AM

Camp staff will wait with your camper and their luggage at the same location indicated for drop-off on the airport map above. Please plan to arrive within the time window so your camper does not have to wait too long.

**\*At pick-up, we must verify the pick-up person** by matching the name provided on the form “Airport Pick-Up Person” to their physical I.D. (even if you're the parent, even if we know you, even if you're in a hurry!). **Please check-out with a Director before departing.\***

## SOLO FLIGHT HOME \$50 fee for trip to airport

### BETWEEN 9AM-1PM

Camp staff will accompany your camper through check-in, security, and wait with them at their gate until the plane departs from the gate, regardless of age of camper or U.M. status.

Please book return flights that depart between 9am-1pm.

# TRAVEL TIPS

## TRANSPORT TO/FROM AIRPORT

We contract a charter bus for travel to and from the airport. If your camper requires a seat, it is a \$50 fee each way auto-charged through CampInTouch.

Non-travel day or travel outside of our time windows incurs a \$100 fee

Seats on Camp Transportation are only guaranteed for those that submit their travel information by April 1st.

*NOTE: All passengers must wear seat belts at all times while traveling in MMR vehicles. No 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 restroom must tell the driver.*

## AIRLINE FEES

Many airlines require UM and luggage fees be paid at the departing airport on the day of travel. Please send your child with a pre-paid credit card (minimum balance of \$200) to cover any airline fees that were not paid ahead of time. Reno-Tahoe Airport does not accept cash, and our airport staff cannot cover these expenses. If any additional expenses are incurred on departure day, these will be charged to the credit card in CampInTouch.

## UNACCOMPANIED MINOR

Airlines require a designated person be provided in order to book for a U.M. Staff are assigned this position at a later date. In order to book, please use the following contact as a placeholder\*:

**Brandon Whitestone - (530)310-4762 - fun@mountainmeadow.com**

\*We will send the updated contact information of your camper's designated pick-up person the week before their travel day. You will need to update this information prior to your camper's flight.

## WHY SHOULDN'T I MAKE TRAVEL ARRANGEMENTS OUTSIDE OF THE RECOMMENDED TIMES?

Opening day at camp is an exciting time when connections start and campers are able to familiarize themselves with the camp environment. Arriving at camp before 3pm is vital to ensure your camper has the most successful start to their camp experience. Closing day is a travel day and we do not have any events scheduled. If you book travel that require an airport pick-up outside of our requested times or on a non-travel day, you will be charged a \$100 fee. If you do not communicate your alternate travel plans prior to April 1 we cannot guarantee transportation.

## WHAT IF MY CAMPER IS STAYING FOR MORE THAN ONE SESSION?

Please select the "Stayover" travel option for the applicable dates on your Travel Form. Parents of Stayover campers will receive more details about what to expect on their fun extra day at camp directly to their email.

# OPENING DAY

The big day has finally arrived! You made it to camp! After your camper has checked-in, they will cycle through orientation. Each of the below to-dos can be done in any order!



## MEET THE NURSE

All campers need to meet our Camp Nurse for a lice check, a health check, and to drop off any medications (over the counter and prescription!), vitamins, etc. We recommend campers with medications prioritize stopping here first, even before moving in.

Thank for taking the time to keep our camp community healthy and well!



## MOVE-IN!

A counselor will accompany you to your cabin, show you around, and help you choose your bunk and get settled in. Bunks are chosen on a first-come first-serve basis. For this reason we cannot guarantee top or bottom bunks. If preference is indicated on your camper's Confidential Form, we will do our best to accommodate.



## TAKE A CAMP TOUR

See the sights and important spots around camp, including a trip to meet the wranglers and some horses down at the arena! This is a great event for families to join in on. Tours leave throughout the day from the Campfire Area.



## WATER SAFETY TEST

Show our lifeguards your aquatic skills in the water safety test at the pool! If you're not a confident swimmer, that's okay! Still swing by and get a fancy bracelet so our lifeguards know to provide you with a lifejacket and extra supervision.

# Let the adventure begin

After your camper has completed individual orientation tasks, there will be plenty of other fun stuff to do until everyone arrives:

- Pickleball + knockout basketball games
- Bead bracelet making
- Postcard decorating & writing (we'll mail them home that day—guaranteed mail from your camper!)
- Corn hole and other field games
- Color Wars team rosters - that's right, on Day 1 you'll know what team your camper is on for all-camp activities!
- And more!

Once everyone has arrived and families have bid farewell, we will gather as a camp family for All-Camp Orientation. This is where we lay out the boundaries that we all dance and play within, for safety and fun. Next up:



**Traditional Burger Barbecue** - there's nothing like that first meal together under the canopy!



**Meadow Capture the Flag** - whether you're decked out in camo or dancing across the meadow in a tutu, it's the perfect way to start off a session.



**Cabin Parties** to close out the night, with time to bond, laugh, and settle into camp life.

It's a full day, and the perfect start to a summer that won't be forgotten.

# A TYPICAL DAY AT CAMP

*A typical day consists of three meals a day, activities chosen by campers, snack times, and plenty of time for free play and socializing with friends.*

*Our program allows campers the most flexibility to choose how they want to have fun! Times below are approximate and vary day to day.*

<b>07:30am</b>	Optional early morning activities* including round up, swimming, jogging
<b>08:00am</b>	<b>BREAKFAST</b>
<b>08:45am</b>	Cabin Clean-Up
<b>09:15am</b>	Activity Time!
<b>10:45am</b>	Snack time** : aquatic areas open, free time for court and field games
<b>12:00pm</b>	Activities close
<b>12:30pm</b>	<b>LUNCH</b>
<b>01:15pm</b>	Rest period: down time in cabins to write letters, read, and recoup
<b>02:30pm</b>	Activity Time!
<b>04:00pm</b>	Snack time** : aquatic areas open, free time for court and field games
<b>05:30pm</b>	Activities close
<b>06:00pm</b>	<b>DINNER</b>
<b>06:45pm</b>	Story time: the camp family gathers to share stories from the day
<b>07:30pm</b>	Evening activity: all camp group games
<b>08:45pm</b>	Gather at the campfire for evening words of encouragement/songs
<b>09:15pm</b>	Cabin time***
<b>10:00pm</b>	Lights out***

\* Early morning activities are offered on weekdays and depend on interest.

\*\* Not all activities, like horses and high ropes, break for snack time.

\*\*\* Cabin Time and Lights Out vary based on the camp's need for sleep.

# ACTIVITIES

*Let the fun begin! Serendipity & flexibility are essential to our program.*

## Weekdays

**Animal Care, Archery, Arts + Crafts, Ceramics, Drama, Fencing, Fishing, Frolfing, High Ropes, Horseback Riding, Lagoon, Paintball, Photography, Pool, Riflery**

There is no pre-registration for our on-site activities, campers choose an activity twice a day each weekday. While we encourage everyone to try a variety of activities, in the end, it is their choice. The length of our sessions do not allow the time for a guarantee that every camper will get to do every activity. If a camper doesn't get their first choice, they are encouraged to have second and third options ready. We also teach and support self-advocacy by encouraging campers to speak directly with the activity counselor, which can increase their chances of being selected for their preferred activity during the next period.

## Weekends

**Color Wars!\***

On the weekend, camp is divided into four teams: Red, Blue, Yellow, and Green for all-camp competitions like Relays, Scavenger Hunts, Capture the Flag, Random Talents, and many other fun activities. Sunday morning is our sleep-in breakfast and time for each cabin to bond, work on skits for the campfire, or do something special as a group.

## Evenings

**Meadow Capture the Flag, War Ball, Lalapoolooza, Counselor Hunt, Dances, Movie Night, Rock Pile Sunset Hike, The Play/Talent Show, Campfires\***

Evenings are spent in all-camp activities: dances, meadow capture the flag, movie night, sunset hikes, pool parties, and so much more. These often end up the highlight of the camp experience because it is when we are all together.

*\*Mini Camps will get a taste of the All-Camp Color War and Evening activities.*



# Out Trips

## Water Sports, Lassen, Desert Trip, Backpacking, the Overnight

We run a variety of specialty trips away from camp: Lassen Volcanic National Park Tourist Trip, Water Sports at Lake Almanor, Desert Exploration Trip, and a two day, one night Backpacking trip for camper's 12+.

## Mini Camp +

Out trips are not included for Mini Camp Traditional campers, as the focus is on experiencing the day-to-day life at camp. Instead, we offer Mini Camp +, which features a focus on one of the following specialty program areas:

- Horseback riding (on-site)
- Water Sports at Lake Almanor (out trip)
- Backpacking (out trip)
- Out Trips (each day focuses on a different out trip: Lake, Lassen, Desert, Thompson Peak, and more!)

**\*Mini Camp + requires pre-registration.**

## Classic 2-Week Sessions

**Two of our out trips require pre-authorization and a \$50 fee if attended:**

- Water Sports at Lake Almanor
- Lassen Volcanic National Park Tourist Trip

Camper's can sign up for these trips once they arrive at camp. However, to attend, you must authorize their participation on the **Out Trips Authorization Form** in CamplnTouch or the Companion App. Due April 1st. If your camper wants to attend with a friend, please note it in the memo field. While we will do our best to accommodate requests, it cannot be guaranteed.

**The \$50 fee is only charged for campers who actually attend.**

**Note:** Attendance on Out Trips is not guaranteed.



# THE OVERNIGHT

**Only offered during two-week sessions.**

Tuesday afternoon through Wednesday morning of the first week, all campers head out to the wilderness!

## What is an “overnight”?

This is our favorite night of each session! The camp family divides into two groups (boy cabins and girl cabins) to hike to their own camping spot and sleep outdoors, under the stars for one night. Yup, no tents at this event! We do this on purpose as we believe sleeping under the stars is a bucket-list experience everyone should have at least once. What better place than at camp surrounded by friends? Talk about bonding!

Each location is unique with ample opportunity to explore, discover, and build friendships. There is time set aside for each cabin to connect as a small group and bond right away, giving us a head start on deeper connections as a larger camp community. We offer special overnight-specific activities... Most importantly, we get to perfect and enjoy our S'more making skills!

*Both locations are in close proximity to camp for our Camp Nurse and Directors to easily access in the event of an emergency.*



# SPECIAL DAYS!

Two of our sessions include an all-day speciality activity! These are a blast and make the session experience truly unique. \*Make note this also means these sessions have one less activity and Out Trip day. Between sessions is a special time we call “Stayover”.

## SESSION B: 4TH OF JULY CELEBRATION!



This special day lands during Session B and offers a day full of patriotic events like:

- 4th of July-Themed Activities
- Festive Foods
- Dance Party!
- Fireworks Extravaganza + Root Beer Floats

*If your camper is enrolled in this session, be sure to pack some festive attire!*

## STAYOVER: THE TIME BETWEEN SESSIONS

For those lucky campers staying for more than one session, the fun doesn't stop between sessions. Once all outgoing campers have departed, any campers sticking around for more than one session (and their trusty stayover counselors) take a trip to town for lunch and Walmart shopping (a beloved event). Afterwards, they return to camp for an afternoon by the pool or lagoon (swimming only if lifeguard is present) and a movie night.

**SPENDING MONEY:** To ensure your camper has spending money for this event, please send them with cash or a pre-paid debit card and direct them to turn it in upon arrival. We will store it as we do any valuable item in our locked office cabinets and provide it to them before the stayover trip to town.

## SESSION C: LASSEN COUNTY FAIR!

An All-Camp Trip to the Lassen County Fair! This happens once a summer and lands during Session C.

After a shorter morning activity, we load up all of camp and head to Susanville (10 minute drive) for an afternoon spent on rides, playing carnival games, eating all the fair food, visiting the animals of our local 4H, and perusing local art and displays. After the fair, we wind-down (and cool-down!) with some Lagoon hanging before dinner.

**SPENDING MONEY:** We cover the cost of admission, and we encourage families to send camper's with spending money (cash is recommended as pre-charged debit cards may mean your camper has to use an ATM for some rides or fair events that only take cash). Please direct your camper to turn this in upon arrival and we will store it in our locked office cabinets until fair day.

More details regarding spending money, entry fees, etc. are sent out directly before your session.



# CAMP STORE

**HOW IT WORKS:** The Camp Store uses a charge system and does not accept cash. You can pre-charge your camper's account in CamplnTouch starting June 1. Whatever is not spent is refunded back to your card. We recommend charging between \$50-\$100 depending on your wishes for your camper's shopping.

**WHAT WE SELL:** Souvenirs, camp branded merchandise, essential items, letter writing materials, etc. Food is not sold.



## Other Discretionary Accounts

**We are asking families of multi-session campers and/or Session C campers to send spending money (cash recommended) with your camper.** We will store this in our locked office cabinets before the event. If this is not possible or you forget, you can use the following discretionary accounts to charge funds that we withdraw as cash for your camper:

**STAYOVER:** An account made available for campers staying for more than one session to use on lunch in town.

**LASSEN COUNTY FAIR:** An account for Session C campers to spend on food, rides, games, etc. at the County Fair.



## TECHNOLOGY FREE

MMR is a wonderful place to enjoy the great outdoors and reconnect. We know that cell phones are needed for travel, so campers may turn them in when they arrive at camp. They are returned at the end of the session for the trip home. All tech devices are not allowed for the duration of your camper's session. Including, but not limited to: smart watches, phones, tablets, gaming devices, etc. Any tech devices found during a session will be held until the end of camp.

## LOST & FOUND

Help us reduce the amount of lost & found by labeling all your campers belongings. Personal belongings are most often lost when left behind at an activity, not at laundry as many would suspect. We are not responsible for items lost, however we will do our best to locate & return items that are called for. Anything not called for will be donated one week after each session.

## CAMPER VEHICLES

Camper personal vehicles are not allowed on camp property at any time. Campers with personal vehicles should establish alternate travel plans to and from camp (parent/guardian, etc.) and leave personal vehicles at home for the duration of their stay at camp.

# HEALTH

*All campers meet the Camp Health Care staff to get acquainted, review their health forms, and turn in any medications.*

## HEALTH SCREENING

Should your camper arrive at camp with obvious signs of illness or lice, we will ask that your child be kept in your care until the illness resolves and/or lice treatment has been administered. Should your camper arrive at camp with medical conditions not disclosed beforehand that may impact their ability to participate, they may be returned to your care.

The health of the camp family is very important to us, and we can only be as healthy as each member. For this reason, we strongly ask that campers not join MMR if they are sick or were recently exposed to a sickness. *Even the common cold can put a big damper on the fun and play of camp!*

## ILLNESS & INJURY

You will be contacted (at the primary number given on the enrollment form) if your child:

- Stays overnight in the infirmary.
- Is injured.
- Needs to leave camp for treatment (*x-ray, testing, etc.*)
- Presents with new or concerning health concern/symptoms.

If you cannot be reached, the next primary number will be contacted. If they cannot be reached, the emergency contact person will be called.

**If your contact information changes during camp, it is your responsibility to update your forms in a timely manner. Emailing new contact information may be missed.**

## INFIRMARY & STAFF

Our Camp Health Staff residence & the infirmary are located in the center of camp, within close proximity to all of our onsite activities. There is a camp healthcare professional (RN/PA/etc.) on staff 24/7, and a fully staffed hospital is only 12 miles away. All of our staff members hold CPR & First Aid certification.



# MEDICATIONS



All medications are turned-in to our Health Care staff on Opening Day\*. Medications are then given at each meal or before bedtime, as required by the physician. The camp Health Care staff keeps a daily written record, in order to make sure your camper receives his or her medication as prescribed. If your camper takes OTC regularly, such as allergy or pain relief, please send them with the preferred product. If they do not take an OTC regularly, we have a fully stocked Health Center available to them via our Camp Nurse. We will not accept dosed medicines in unlabelled pill dividers, they **MUST** be allocated and packaged by a pharmacy. We cannot legally administer prescription medicines without the prescribing physician's written direction (i.e. the prescription name and instructions on the original bottle).

\*ALL medication, including prescription and over the counter drugs like ibuprofen, allergy medicine, vitamins, etc. anything orally administered **MUST** be turned into the Camp Nurse. *Campers may keep topical solutions, bandaids, etc. (if prescription strength topical, please discuss this with the Camp Nurse on opening day).*



# MENTAL HEALTH

While camp can be *therapeutic* it is NOT therapy. Our staff are trained to supervise, engage with, and build relationships with campers so they have the best summer camp experience possible. They are additionally trained to understand the signs of potentially serious mental health conditions and alert our Camp Nurse or a Director immediately. As we do not have a state licensed mental health care provider on-staff, we are obligated to dismiss campers that show signs of serious mental health. See *Terms & Conditions of enrollment for an exhaustive description of serious mental health.*

While we do our best to offer low-key activity options for campers that are easily stimulated, camp is generally a fast-paced, high-energy, socially-intense environment. We have observed that this can exacerbate existing, or bring about new, mental health symptoms in some campers. While it may come as a distressing surprise to receive a call from camp that your camper exhibited signs of or communicated a concerning mental health state, *we hope you will view MMR and our staff as team members in desiring each camper has a safe and positive camp experience.* Sometimes that may mean going home early to receive the care needed at that time.

## DIETARY NEEDS

In the MMR kitchen, we are committed to nutritious, wholesome meals. We can accommodate a variety of dietary needs. Please be sure to notify us of any food allergies/preferences before arrival at camp. *Please use the allergy section of the Health Form.*

## FIRE & AIR QUALITY

We recognize the risk of wildfires in California as a result of climate change and unpredictable and extreme weather patterns. We are always hopeful for a summer without the impact of fires or smoke, but we are also prepared with cautious protocols that place safety of campers and staff above all else.

If a fire were to threaten MMR so as to require an evacuation, we would initiate our Evacuation Protocol early and with ample time to ensure the safe and calm evacuation of the camp family. Should air quality in our area diminish due to fires near or far we would initiate our Air Quality Protocol.



# HOMESICKNESS

*Not a sickness, but an emotion that most campers feel to some degree during their time at camp. A successful camp experience starts at home. Here are a couple tips to help prepare your camper!*

## 3 WAYS TO PREPARE

### 1 TALK ABOUT IT.

Acknowledging with your camper the potential for homesickness can be a great first step in preparing for it. Like other feelings, once we acknowledge their existence they can become a lot less scary and more manageable.

### 2 STAY POSITIVE.

Keep the focus on how much FUN camp will be! Let them know how proud you are of them for practicing their independence. Your child needs to know that you think they will be a great camper. Encourage them to write letters, journal, and take pictures of the experience.

### 3 DON'T DOUBT.

Expressing a lack of confidence in your camper's ability to be away from home, either directly to them or in front of others, undermines your child's budding confidence. Don't make any "deals" with your camper about coming to get them. For a homesick camper, these promises become the focus, instead of learning to cope with their feelings.

# HOW WE CARE FOR HOMESICKNESS

Our staff are trained in various tools for responding to homesickness. Below are a few they often employ to help guide your camper through the normal adjustment period of being away from home:

1

## EMPATHIZE.

First, we will give your child time and attention, recognize their feelings and let them know they are totally normal. Homesickness is a complex set of emotions and giving space to feel them is an important first step.

2

## COMFORT.

Second, we will offer some ideas of things that can bring a little comfort to help move out of the hard feelings and into feeling safe and secure for camp play. This might be a cup of tea at the Nurse's Cabin, special access to their preferred activity at the next period, or something to make the cabin feel a little more homey.

3

## ENCOURAGE.

Third, we encourage your camper to use the coping strategies below. Ultimately, we have found that the best remedy for homesickness is CONNECTION and PLAY. After providing some TLC (tender loving care), our staff will encourage your camper to get back in on camp life, with the promise to check in on them later that day.

# 4 COPING STRATEGIES

Talk with your camper about these & other tools they can take to camp:

1

## TALK.

Acknowledge your feelings and reach out to a counselor, Director, or Camp Nurse for a listening ear or a hug. They are here for you and would love nothing more than to support you as you process some hard feelings.

2

## PLAY.

Dance outside of your comfort zone to make connections and have fun! After all, that's what camp is for, right? Practice gratitude when feeling sad and focus on fully participating in the moment. Enjoy all that camp has to offer. Remember, it's not forever! Imagine the stories you will have to share with your family when you get home.

3

## WRITE.

Keep a journal about what you're doing at camp and your feelings so you can share all the stories back home. Write letters home to friends and family members about camp life, what treasured gifts to receive!

4

## SERVE.

You are a part of a bigger community here at MMR, and when we take care of the people around us it can often help us feel better in the process. There are so many opportunities to practice Servanthood at MMR: from including a new friend to join you at an activity, to volunteering for a clean up duty at the Dining Hall or in your cabin, to being the biggest cheerleader at Color Wars.

# WHAT IF I RECEIVE A SAD LETTER OR MY CAMPER LOOKS SAD IN A PICTURE?

1. Zoom out. Tell yourself, “This moment doesn’t represent their entire camp experience.”
2. See your child’s capability. Remind yourself, “Two things are true: my child can feel sad and cope with hard things.”
3. Limit rumination. Give yourself permission to disconnect. Put that phone down, infuse fun into your day.
4. Trust the process. Remind yourself that your camper is in the care of camp professionals, and that you will be contacted if anything concerning or out of the ordinary occurs with your child.

*\*Adapted from Summer 365.*

## We'll call you if...

...your child is visibly upset (crying frequently, not participating, having trouble eating, or sleeping) and not adjusting after two full camp days, we will call you to let you know what is happening and discuss a plan for helping your child adjust. This is rare and most cases of homesickness respond and get better over the first couple of days. As the old saying goes: no news is good news.



# KIDSICKNESS

“Kidsickness”, again not a sickness, but a variety of emotions you might experience while away from your child. When your child goes to camp for the first time, their experience with homesickness is usually the focus, while it is increasingly found that the separation anxiety of camp is harder on parents than kids. For this reason, we offer a few tips:

## 3 WAYS TO PREPARE

### 1 LEAN IN... TO YOU.

There is so much information now to help parents prepare themselves for the camp experience. We encourage you to spend some time in education and reflection, learning from the tips and findings of research and blogs. We have included a “recommended further reading” section at the end of this handbook to jump start this process. We are also here to help. Give us a call before your camper’s session and we are happy to talk through your concerns and provide you encouragement and further information on any area.

### 2 FINE-TUNE YOUR CIRCLE.

Do you have a circle of friends and family that you typically go to for support? If so, that’s amazing. If not, or if you’re not satisfied with the give and take of your existing relationships, we invite you to consider ways to “fine-tune your circle”. Do you have other friends/family that send their kids to camp over the summer? Having relationships with other people making similar family choices can help build your confidence and excitement about something that might be new and unknown.

## 3

## PLAN AHEAD.

We encourage parents to book a trip, event, or something else during their camper's stay at camp so they have something to 1) look forward to, and 2) help the time pass with enjoyment. This can be a full two-week adventure, a short weekend getaway, a staycation, a spa day, a new class, even a dinner date with friends you don't often get to see. Planning ahead can also look like having the tools to employ when the panic and worry strikes while your child is at camp.

Consider building an "emergency kit":

- Start with a basket or box
- Fill it with whatever might be helpful to you:
  - Flashcards with affirmational statements.
    - "My child is capable of doing hard things. I am capable of doing hard things." "Camp will grow our independence from each other and build a stronger relationship in the long-term."
  - A letter you wrote to yourself with reminders about why you chose the camp experience.
  - Pictures of your child in other settings when they had a fun adventure away from home.
    - Maybe a hike, a prior camp experience, a weekend trip to their grandparents. This can help you visualize the positive benefits of the camp experience.
  - A gift card to your favorite coffee/smoothie/book shop. Take this as a nudge to get out and do something fun *for you*.



# 3 WAYS TO COPE

## 1 KEEP IN TOUCH

One of the unique things about camp is that it's one of the only opportunities for children and parents to exchange hand-written letters. Writing and sending letters can be a great exercise in staying connected and helping the separation anxiety. However, be mindful of letting your anxiety come through the letters to your camper. Letters should be up-beat and positive, with encouragement for the experience and news from home. Let friends and relatives know the camp address, so they can send mail too! The letters your child writes and receives may be some of the best written memories from their childhood - what treasures!

## 2 THINK OF THE BENEFITS

Why did you decide to send your child to camp? Remember that you are giving your child a gift that will follow them throughout their life:

### CONNECTION:

At camp, children practice communication, collaboration, social and cross-cultural skills. Campers get to meet people from all over!

### EXPLORATION:

Two weeks to just be a kid in the great outdoors, enjoying a much-needed break from the stresses of school, competitive sports, and busy schedules.

### UNPLUGGED:

The opportunity to live technology-free and focus on building face-to-face social skills, in a community of people all doing it together, is rare!

### GROWTH:

Overcoming challenges independently allows them to build confidence, adaptability, resiliency, critical thinking, and leadership skills. Among a host of other valuable skills!

### 3 TAKE CARE OF YOU

While your camper is at MMR, we encourage you to take time to have some quality experiences yourself. It's a great time to do projects and trips that are not kid-focused or perhaps not so kid-friendly. Take the time to treat yourself to some fun, friends, and growth while your camper is doing the same here! You will *both* gain from this enriching experience and have stories to share when you reconnect. This is where your preparation comes in handy. Hopefully you took our advice and have something fun or self-care oriented scheduled to look forward to. Perhaps you built an emergency kit and now is the time to look through it.

Ultimately, camp is one of the stepping stones and “training grounds” for developing healthy boundaries with your child(ren), as they grow into independent adults who will someday move out, go away to college, get married, or go on an entirely unique adventure of their own.

*There is so much good advice out there, follow us on social media as we share our favorite articles on all things camp preparation!*



# CONNECT WITH YOUR CAMPER

*We think staying in touch with your camper is important!*

## THE COMPANION APP

We utilize the Companion App (powered by CampMinder) to provide email, eletters, and photo sharing to our camp families.

If you don't have the app on your phone yet, you will need to follow these steps to get the most out of your camper's experience this summer:

- [Download the Companion app](#)
- Use your CampInTouch Account email address and password to login on your phone

## 4 WAYS TO CONNECT

### 1 SNAIL MAIL

Campers love to get mail. We're talking about the real thing: pen on paper, maybe some doodles or stickers, in envelopes, with stamps. What wonderful keepsakes! Campers are encouraged and given time to write letters daily, but as you can imagine it is nearly impossible to make this happen. Mail goes out from the camp mailbox daily on weekdays starting on Tuesday of the first week and ending on Wednesday of the second week. *Any letters received after the session are returned to sender.*

#### **Camp Address:**

Camper Name  
P.O. Box 610  
Susanville, CA 96130

#### **NO CARE PACKAGES:**

*If you need to send something essential that is not available in the Camp Store, contact us so we can 1) approve it, 2) ensure you have the correct shipping address, and 3) let you know when it arrives.*

You can send emails to your camper directly from CampInTouch or Companion app! We print emails daily starting on Tuesday of Week 1 and ending at 5pm on Wednesday of Week 2. We do not print or handout mail on the weekends.

### **We kindly request that you follow our email guidelines:**

- Limit your emails to one every few days.
- Emails with pictures or attachments will not be delivered.
- Only email from family will be delivered.
- eLetters do not support special characters

## How do family/friends without a CampInTouch account send emails?

You can authorize Guest Accounts in your CampInTouch under “Online Community” > “Guest Account” *Guest Accounts grant access to CampInTouch desktop version only.*

## Can my camper reply to emails?

Campers can reply to your email if written on person-specific eLetter paper with a barcode. This can be accessed in two ways:

1. Send your camper with pre-printed eLetters.
  - Located in your Parent Account under “Online Community” > “Email” > “eLetter stack” > “Print Now”
2. When you write an email to your camper, select “I would like a handwritten eLetter reply to this email.” This will automatically generate and print a response sheet that will be handed out to your camper with your email.

You can read their response in the Companion app or in CampInTouch under “Online Community” > “Email”

**\*MAKE NOTE\* We cannot control if a camper chooses to reply or utilizes the eLetters you have packed them.**

## How often will camper replies be sent?

Camper responses are scanned and uploaded on weekday evenings.

## A NOTE ON EMAILS

We love the convenience and speed of eLetters to keep you and your camper connected. However, there are two valuable aspects of handwritten, snail mail letters that we hope to maintain:



Handwritten letters, sent through the mail with a stamp, offer invaluable time capsules to remember this fleeting season of summer camp. A mailed letter becomes not only a keepsake for your family, but also a potential heirloom with cultural imprint (think: the way the postage looks, the location and date of the post office stamp, etc.) in a way that email just doesn't.

We encourage you to continue exchanging the classic, mailed letter.

With the opportunity for faster communication between home and camp comes the potential for added pressure: on the adults at home to send regular notes of love and encouragement, on the camper to send back regular notes filled with updates and stories from camp, on us camp professionals to ensure the stream of contact continues without a hitch (alas, rural WiFi connections don't always cooperate).



However, summer camp is about unplugging from the fast-paced, instantly-gratifying, always-on life of technology and plugging back into a slower pace that allows for soaking up all the present moment has to offer. Handwritten letters are a timeless and integral component of that, giving campers and the loved ones at home the chance to press "pause" on the need for constant updates and relish in the time spent waiting.

We hope eLetters do not take away from what camp is supposed to be about, for you and your camper.

Direct phone calls with campers are not available, so our Camp “Mom” is here to support you. Families are welcome to call or text the camp office, leave a message, or send a text. Our Camp Mom will check in with your camper, connect with their counselors as needed, and return your call or message within 24 hours. You may hear back by phone or text.

We invite families to wait 48 hours before calling to check in, as the first couple of days are an important adjustment period. On Opening Day, we send an email confirming that all campers have arrived safely and are settling in.

### Calling & Texting the Camp Office

Our camp office phone number remains the same, and families are welcome to call or text us throughout the summer as needed. To ensure timely responses and smooth coverage, we use a shared office phone system during the camp season. Because of this, text messages may appear as green bubbles rather than blue. This is completely normal and does not affect delivery — we receive your messages just the same.

### When will we call you?

- If your camper spends overnight in the infirmary or is injured or presents with new or worsened health concern.
- If your camper presents with new or worsened mental health.
- If your camper is experiencing extreme homesickness that does not respond to our practices above and gets worse after the first 48 hours (incredibly rare).



- If your camper had to have a 1-on-1 with a Director for a behavioral matter.
- If anything concerning or out of the norm occurs with your camper.

**NO NEWS IS  
GOOD NEWS!**

## VIEW SUMMER PHOTOS

Photos are uploaded directly to your Parent Account. They can be accessed in two ways:

1. Companion App
  - a. Facial recognition will auto-populate an album for you based on your camper's face.
2. CampInTouch Desktop version.
  - a. Log-in > "Online Community" > "Photos"

### How do family/friends without a CampInTouch account see photos?

You can authorize Guest Accounts in your Parent Account under "Online Community" > "Guest Account" *Guest Accounts grant access to CampInTouch desktop version only.*

### FACE FINDER

Companion utilizes facial recognition to sort through our photos and generate an album of your camper, personalized just for you!

We'll be sharing photos all summer long, and Companion's facial recognition technology automatically searches for campers and tags them for you to view in the app. This saves you time sifting through hundreds of photos.

Once you've logged into the Companion app (see instructions above), you'll see an option to upload a training photo of your child. This enables the technology to identify your campers and receive notifications whenever they appear in camp photos.

Learn more about Face Finder [HERE](#).

### A NOTE ON PHOTOS

We are an unplugged camp, in the backcountry, with occasionally unreliable internet. We do our best to upload new photos a couple times each week. Directions for viewing summer photos will be included in the Welcome email you receive on your camper's first day of camp. We aim to capture 1-2 photos of each camper over the course of the session. Please note, this is a service that we offer and not a guarantee that you will see your camper every day. If you find yourself suffering from Kidsickness, please see the above section for tips on coping.

## FAQ ON CONNECTING



### WHY CAN'T I TALK TO MY CAMPER DIRECTLY?

Direct contact home can negatively impact the camp experience in a number of ways:

1. It takes your camper out of the moment.
2. It inhibits the mental and emotional growth of camp.
3. It can exacerbate, and even cause, homesickness.

When you send your camper to MMR, you are sending them to a safe and fun environment full of opportunities to grow. However, this mental and emotional growth can't happen if parents and adults at home are maintaining a tight grip of concern and control. At camp, kids learn that sometimes things don't go as expected, and other times they do. No matter what happens, they are on a learning adventure to trust themselves, find their footing, and build resilience.

### WHY CAN'T I SEND CARE PACKAGES?

We have found packages to create unnecessary stress for families and campers. Whether it be the feelings of obligation to send the "best package ever" so their camper doesn't feel left out, or to provide something for the *whole* cabin, the items rarely end up being used and often end up in the trash. Camp life is busy and fun, and we provide all necessary supplies for the experience. Please plan ahead and pack any fun costumes, letter writing materials, stickers, magazines, sundry items, etc. Further, MMR is located in the beautiful Sierra Nevada wilderness. For this reason, we do not allow food, candy, or gum in our cabins or out in camp. Homemade goodies have never been allowed at MMR. ***If you need to send a package with something essential or forgotten, please email our office so we can approve it when it arrives.***

#### **If we receive a care package:**

We will return to sender and bill the postage fees to the primary credit card in CampInTouch. If there is no return address, we donate the items to our local Goodwill.

# What If My Camper Has a Negative Experience?

At Mountain Meadow Ranch, we believe that camp is a place for growth, exploration, and personal discovery. Sometimes, challenges or tough moments are part of the journey, and these experiences can be opportunities for resilience, empathy, and self-confidence to bloom.

## Challenges Lead to Growth

- Every camper will face challenges at some point—whether it's missing home, resolving a disagreement, or stepping out of their comfort zone. While these moments may feel difficult in the moment, they can lead to important life skills like adaptability, emotional regulation, and problem-solving.
- We encourage campers to approach challenges with an open mind, and we work closely with them to frame struggles as opportunities to learn and grow. With the right tools and support, what starts as a negative moment can become a transformative experience.

## The Power of Perspective

Sometimes, how we view a situation makes all the difference. At camp, we teach campers to shift their perspective:

- Instead of "This is too hard," they might say, "I'm learning something new."
- Instead of "They don't like me," they might consider, "Maybe I need to share how I feel."

Helping campers reframe their experiences allows them to see obstacles not as roadblocks, but as stepping stones toward personal growth. **Families at home can partner with us in this and practice similar tools when debriefing the camp experience upon your camper's return.** The way you talk to your camper about their camp experience – before, during, and after – can have a powerful impact on how they feel about it themselves.

# Bullying

We take bullying seriously at MMR and are committed to creating a safe and inclusive community. To better understand and address concerns, it's helpful to separate myths from facts and recognize the difference between bullying and normal child dynamics.

## Myths+ Facts

**Myth:** Bullying is just part of growing up.

**Fact:** Bullying is harmful and unacceptable. At camp, we work to create a culture of kindness, where everyone feels valued.

**Myth:** If a camper doesn't report bullying, it's not happening.

**Fact:** Some campers may hesitate to share their feelings. That's why we provide multiple ways for campers to seek help, both directly and anonymously.

**Myth:** Bullying only happens in physical ways.

**Fact:** Bullying can be verbal, emotional, or social. At MMR, we address all forms of unkindness with a focus on restorative practices to repair relationships and rebuild trust.

## Understanding the Difference

Not every disagreement or difference of opinion is bullying. Sometimes, kids may clash over personalities, have a disagreement, or struggle to see eye-to-eye. These normal dynamics are opportunities to practice compromise, communication, and empathy.

### What makes bullying different?

**Intentionality:** Bullying involves deliberate harm—physical, verbal, or emotional.

**Repetition:** Bullying is often a repeated behavior rather than a one-time incident.

**Power Imbalance:** Bullying typically includes a real or perceived imbalance of power, where one person has more control or influence.

At camp, we help campers recognize these distinctions and equip them with tools to handle everyday challenges in healthy and constructive ways.

## Where My Camper Can Go For Help

We want every camper to feel supported and heard. If your camper is struggling, here are the ways they can seek help at camp:

- **Talk to an Adult:** Counselors, the camp healthcare provider, and our Directors are all here to listen and help.
- **Use the Anonymous Feedback Box:** Located in the camp health center, this box allows campers to share their feelings privately.
- **Mid-Session Feedback Form:** During two-week sessions, campers receive a feedback form on Sundays. In one-week sessions, it's provided on Wednesdays. This is another opportunity for them to share their thoughts and experiences.

We're dedicated to helping your camper navigate challenges with the support and care they need to grow. If they have a tough moment, we're here to ensure it leads to new strengths and valuable life lessons.

### **Families, here's how you can help:**

Discuss these resources with your camper before coming to camp. Consider discussing hypothetical scenarios to prepare them for how they could respond to a challenge while at camp and practice asking for help.

### **Campers, here's what we expect from you:**

Staff at MMR are here for you, to ensure you have a positive and fun experience. However, we can only help as much as we know

about a hard situation. If you reach out to a counselor and aren't happy with the help you've been given, try asking another adult like the camp healthcare provider or a director.



# STANDARDS

## For a Safe, Fun, and Positive Camp Experience

At Mountain Meadow Ranch, we're all about building a safe and supportive community where every camper can thrive. To make this happen, we ask campers and their families to embrace the following guidelines and agree to our shared values of respect, kindness, and responsibility.

**These actions are not okay at Mountain Meadow Ranch and will result in a camper being sent home, at the Director's sole discretion:**

1. Physical harm or any talk of hurting yourself or others—even as a joke.
2. Bullying, teasing, harassment, or discrimination of any kind.
3. Inappropriate language, media, or conversations that aren't aligned with our camp values.
4. Bringing or using banned items, including tobacco, vapes, alcohol, drugs, or weapons.
5. (All prescription and over-the-counter medications will be safely kept in the infirmary and administered by our Health Care Supervisor.)
6. Romantic or intimate behavior that isn't a fit for camp life.
7. Sneaking away from your cabin or activities.
8. Disrespectful or harmful behavior toward anyone in the camp community.
9. Wearing clothes or accessories that don't align with our camp appearance guidelines (detailed in the Camp Handbook).
10. Unsafe use of camp equipment or breaking camp rules in ways that could hurt you or others.
11. Damaging or taking property that isn't yours—whether it belongs to camp or another camper.

*MMR is not equipped and cannot accommodate campers requiring repetitive 1-on-1 attention from a staff member, and or repetitive calls for director support, for any reason.*

### **If things go wrong:**

If a camper engages in any of the behaviors above, we will follow our Restorative Justice/Call Home Policy as detailed in the Camp Handbook as far as it is safe and in the best interest of the camp community. This may look like your camper being separated from the group to talk with a Director and find a solution. If the situation is serious, we'll call home to discuss next steps. In some cases, the Restorative Justice process may be bypassed and campers may need to leave camp to get extra support at home. While we do our best to ensure the decision to have a camper return home is collaborative and mutual, ultimately the decision is at the Director's sole discretion.

### **If dismissal happens:**

Parents/guardians will need to pick up their camper within 24 hours. Please note that the camp reserves the right to send a camper home if their behavior is unsafe, illegal, harmful to others, or goes against our shared camp values, at the Director's sole discretion.

### **Parents/Guardians, here's how you can help:**

- Read and understand the standards, including the consequences for any violations.
- Talk with your camper about these expectations and make sure they understand their importance.
- Know that our camp team will observe, encourage, and uphold these standards to ensure a safe and positive experience for everyone.
- Sign the Camper Standards Agreement form in CampInTouch to show your family's commitment to our shared camp values.

### **Campers, here's what we expect from you:**

You're here to have fun, make friends, and grow. To help everyone have the best possible experience, it's important to treat each other and our staff with respect, celebrate differences, and be a positive, contributing camp community member.

MMR reserves the right to dismiss a camper whose conduct is dangerous, illegal, or at the discretion of the camp director, detrimental to the camp and/or to other campers, otherwise unsatisfactory, or does not meet MMR's Camper Standards.

# APPEARANCE Dress For FUNction Not Fashion

Campers should pack clothing that is appropriate for a kid-friendly, outdoor, and active camp life. Heavy use of make-up and/or wearing of expensive clothing are discouraged while at camp as they can take away from the freedom and spontaneity of the experience.

The following are not allowed at camp:

- Clothing with any logos or graphics depicting violence, drugs, alcohol, or inappropriate language or topics.
- Jewelry that includes collars, chains, and excessive face or body piercings (ear and nose piercings are okay) as these may be unsafe for certain activities.



- Clothing that does not cover underwear (clothing should cover stomach, lower back, chest, and bottom).
- Any extra tight or extra loose clothing - *unsafe for certain activities.*
- In the case of swimsuits – two pieces are allowed. If it breaks number 3 from above, they may be asked to change.

\* Pictured: A great example of silly clothes at camp!

# CALL HOME POLICY

At Mountain Meadow Ranch, we believe in Restorative Justice—a compassionate approach to helping campers take responsibility for their actions, repair relationships, and grow emotionally and socially. If a camper's behavior doesn't align with our community standards, our staff follows a thoughtful, step-by-step process to address the situation:

## 1. REMOVE/REDIRECT:



A staff member will encourage your camper to join in the appropriate activity or task. If your camper does not respond or ignores the counselor's first request, we'll move to step two.

## 2. PROVIDE CHOICES:



Your camper will have the opportunity to:

- a) Engage in the appropriate behavior, or
- b) Take a brief time-out away from the group (still within sight of a counselor).

If the negative behavior continues, we'll proceed to step three.



## 3. DIRECTOR SUPPORT + FIRST CALL

A Director will meet with your camper to discuss what happened and explore ways to make things right. At this stage, you'll receive a first phone call to work with us in creating a plan to help your camper repair relationships and move forward positively.

## 4. SECOND CALL HOME, LAST OPPORTUNITY

If your camper continues to struggle, you'll receive a second phone call to let you know that we've reminded your camper of their final opportunity to express remorse, rebuild trust, and rejoin the camp community in a positive way. We'll also share that a third phone call, if necessary, will mean your camper must go home.

## 5. THIRD PHONE CALL: TIME TO RETURN HOME

If a third phone call becomes necessary, we'll ask you to make arrangements for your camper to leave camp. This step is only taken when all other options for reparation and growth have been exhausted.

### For Serious Incidents

Some behaviors—particularly those that seriously violate camp standards—may skip the Restorative Justice process. In these cases, you may receive a single phone call letting you know your camper must leave camp immediately.

**If a camper is dismissed from camp,** it is the parent/guardian's responsibility to arrange for their camper to be picked up within 24 hours. If unavailable, the parent/guardian must appoint an authorized adult to retrieve their camper within the same timeframe.

## OUR GOAL

Our ultimate aim is to nurture growth and provide all campers with the tools to repair and learn from challenges. We're



committed to working closely with families to create a safe, respectful, & supportive environment for everyone.

# UNABLE TO CONTACT POLICY

*If under any circumstances under the director's discretion, we are unable to reach you, MMR will abide by the following policy:*

- If contact is necessary for any behavioral, medical, or emergency reason, a MMR director or representative will first attempt contact with the primary contacts given on camper's application.
- If unable to contact after attempts of all resources i.e. phone, text, e-mail, etc. emergency contacts listed in camper application will be contacted.
- If unable to reach emergency contact, we will have no other option but to contact the appropriate authorities.



## TRIP PROTECTOR INSURANCE

*An add-on option during the application process.*

We recommend that families consider a “cancel for any reason” insurance package via their preferred insurance provider. The American Camp Association (ACA) provides a great overview of what this means, and some resources on agencies that provide packages tailored specifically for the summer camp experience and its associated (and often nonrefundable) costs. Read more here:

[Cancel for Any Reason and Interrupt for Any Reason Insurance: Protect Your Nonrefundable Camp Costs | American Camp Association](#)

# WE INVITE YOU TO: BE ON THE SAME-TEAM.

Here at MMR, we believe in partnering with parents and the adults at home to ensure that your camper has the absolute BEST camp experience possible. To do that, we invite you to review and reflect on the following:

## WHAT MOUNTAIN MEADOW RANCH AGREES TO:

- Treating all campers with respect, empathy, and curiosity.
- Having their comfort, well-being, safety, health, and needs in mind. *Sometimes, like in instances of mental health or behavioral issues, that means going home early.*
- Communicating our standards, expectations, and policies early and clearly with both you and your camper; and upholding our standards, expectations, and policies at all times.
- Communicating with you following our above communication policies, meaning that should *anything* concerning happen with your camper you will hear from us.

## WHAT WE INVITE YOU, THE PARENTS AND ADULTS AT HOME, TO:

- Trust the camp experts (that's us!) to do what we do best.
- Understand fully our standards, expectations, policies, and consequences of breaking them (*including the terms & conditions of enrollment and our cancellation & refund policy!*)
- Treat all MMR staff with respect and kindness, in-person and digitally (over the phone/email).
- Ensure your child is ready for the camp experience and communicate any considerations (mental health, physical health, etc.) to MMR as requested on our required forms.



## OUR COMMITMENT TO DIVERSITY + INCLUSION

We believe that summer camp is a powerful way to broaden young people's perspectives through meaningful, real-life connections within a diverse and vibrant community. We also acknowledge the historical inequities in organized camping that have limited access for some populations, and we are committed to being part of the solution.

**We are actively working to make MMR a place where everyone feels welcome, valued, and empowered to thrive.** Our efforts include:

- **Fostering Curiosity:** Continuously exploring how we can create a more inclusive environment and improve our practices.
- **Educating Ourselves:** Staying informed and adopting effective strategies to promote equity and belonging.
- **Increasing Access:** Identifying and removing barriers to the camp experience wherever possible, ensuring that more families can share in the magic of camp.
- **Partnering for Impact:** Collaborating with the nonprofit organization "Fun Camp" based in Reno, NV, to sponsor 20 campers each summer who might not otherwise have the opportunity to attend camp.

We know this is an ongoing journey, and we are committed to learning and growing as we work toward a truly inclusive camp community.

If you'd like to hear more about our efforts, or if you have perspectives, resources, or input to share, we invite you to connect with us. You can reach us at [fun@mountainmeadow.com](mailto:fun@mountainmeadow.com) or by phone at 530-310-9281. Together, we can continue to make Mountain Meadow Ranch a place where everyone belongs.



# INTERNATIONAL

*Our campers come from all around the world, each bringing their own culture. For many, English is their second language. Rest assured we work hard to make each camper feel included and informed. However, we are not equipped to teach English and recommend all campers have a basic understanding of English to get the most out of their experience with us.*

## INSURANCE

We recommend travelers insurance for any campers traveling from outside of the continental U.S. The combination of being in a location that is both rural and foreign makes travelers insurance a good, inexpensive option to insure the *complete* coverage of any medical costs incurred while at camp.

## EQUIPMENT PROVIDED

We have the following items available to our international campers to use while at camp, at no extra cost:

- Towels
- Sleeping Bags
- Bedding (sheets, pillows, pillow cases, blankets)



## POST-CAMP COMMUNICATION BETWEEN CAMPER AND STAFF

At MMR, we are committed to hiring trustworthy and capable young adults to care for our campers. All staff undergo a rigorous two-part interview process, comprehensive background checks (federal and state, including fingerprinting), are CPR/First Aid certified, and receive extensive training in the skills and protocols required to work closely with children.

While we take great care in selecting and supervising our staff, we do not endorse them as babysitters, nannies, or companions outside of camp. At MMR, staff work within a visible, well-supervised community guided by clear policies, overseen by Directors, and supported by co-workers. For this reason, we discourage contact between campers and staff outside of camp, as we cannot oversee these interactions.

Our official policy prohibits the exchange of contact information between campers and staff. However, we understand the close, positive relationships that develop at camp and that some campers may independently seek contact with counselors online. We advise staff to keep any communication public and group-oriented rather than private.

For parents/guardians, we recommend monitoring your child's online activity as you would in other areas of life. Should you permit your child to exchange contact information with a staff member, you assume full responsibility for overseeing their interactions.



We are so excited to connect with each and every one of you! We truly believe in the power of camp and look forward to sharing that with each of you this summer season!

## 2026 Dates

Mini Camp 1: Jun 7-13

Session A: Jun 14-26

Session B: Jun 28-Jul 10

Session C: Jul 12-24

Mini Camp 2: Jul 25-31

70<sup>th</sup> Anniversary Alumni Reunion!

Jul 31-Aug 03



## RECOMMENDED FURTHER RESOURCES

*There is so much information out there now to educate and support campers and parents ahead of the summer camp journey. There is also a lot of research that we heed in developing our policies. We have included a few selected items for further reading for those interested.*

### BLOGS/TED TALKS

- [Sunshine Parenting](#)- Blog by Audrey Monke, Audrey is a fellow camp professional with a passion for researching well-being in kids.
- [Ted Talk: How to raise successful kids, without over parenting](#)
- [Summer 365 Blog](#)

### BOOKS

- [The Whole Brain Child](#)- Daniel J. Siegel & Tina Payne Bryson
- [Rewilding Childhood Raising Resilient Children Who Are Adventurous, Imaginative, and Free](#)- Mike Fairclough
- [Happy Campers: 9 Summer Camp Secrets for Raising Kids Who Become Thriving Adults](#)- Audrey Monke
- [Free to Learn: Why Unleashing the Instinct to Play Will Make Our Children Happier, More Self-Reliant, and Better Students for Life](#)- Peter Gray