



Located at



PARENT GUIDE



SUMMER 2024

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WELCOME CAMP CHOP FAMILIES!!



Hello AstroCamp Family,

Summer is coming and it's coming fast!! AstroCamp will be celebrating its 33rd summer this year. Our team is working hard to get everything prepared for your child's arrival!

This Parent Guide contains everything you need to prepare for a fun and rewarding camp experience. Please read through this Parent Guide carefully as it is essential in your preparation for the summer.

If you have any questions, please do not hesitate to call our business office at 909-625-6194, contact our Summer Camp Registrar at registrar@gdi.org or myself, Diana Huff - Summer Camp Director, at diana@astrocamp.org. We are here to help!

We will see you this summer!



DIANA HUFF

Summer Camp Director - AstroCamp

📞 909-625-6194

✉ diana@astrocamp.org

🌐 www.astrocamp.org

YOUR ASTROCAMP SUMMER TEAM



Andy Balendy
GDI VP & CHOP
Director
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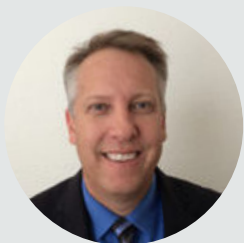
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Craig Turner
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Chef David Aylmer
Regional
Executive Chef
with CulinArt
Group



Chef Gianni Pucci
Chef Manager
with CulinArt
Group

THE 2024 "TO-DO" LIST

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



FORMS

Due April 1st

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

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



SPECIAL NOTE ON SHARING ABOUT YOUR CAMPER

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

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

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

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

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

THANK YOU!!!

Helpful Things To Share

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

ARRIVAL & DEPARTURE DETAILS



DRIVING TO & FROM CAMP

Address: 26800 Saunders Meadow Rd., Idyllwild, CA 92549

Drive time from the Los Angeles, Orange County, and San Diego areas is about 2-3 hours.

ARRIVAL DAYS (SATURDAY @ 1-3 PM): Check-In is between 1:00 PM and 3:00 PM. Please do not arrive before 1:00 pm as staff are completing preparations for the session. Lunch is not provided. AstroCamp staff will be at various locations on-site to help direct you. For your safety, please heed all signs and follow drop-off instructions.

DEPARTURE DAYS (FRIDAY @ 9-11 AM): Check-out is between 9:00 AM and 11:00 AM. Please do not arrive before 9:00 AM as you will interfere with camper departure preparations. Bring a photo ID with you to check out the camper. If a parent or guardian is not picking up the camper, please update your transportation form indicating the person who has permission to pick up. Any camper not picked up by 11:00 AM will be charged a late fee of \$50.00 per hour. Please respect the little time off our staff gets between the sessions and arrive on time to pick up your camper. If you anticipate not being able to make the pickup time window, please call our main office.

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



BUS TO & FROM CAMP

AstroCamp will be offering charter bus transportation to and from Ontario (ONT) airport for those that would like to reduce the commute to camp. Bus Service is \$60/way.

Book Bus Service via the Transportation Form in Forms and Documents.

Location for pick-up and drop-off:

Ontario Cell Phone Waiting Lot –
3350 John Bangs Drive, Ontario, CA 91761

ARRIVAL DAY:

Check In: 11:45 AM -12:15 PM. **Departs at 12:30 PM.** Arrives to camp approx. 2:30PM.

DEPARTURE DAY:

Depart AstroCamp at 8:30 AM. **Anticipated arrival to ONT cell lot is 11:00 AM.**

We will update families via text message on arrival and departure information.



FLY TO & FROM CAMP

Campers flying to AstroCamp are required to arrive and depart from Ontario (ONT) International Airport only. Airport Service is \$60/way.

ARRIVAL DAY:

All flight arrivals must be made to ONT **between 9:30 AM and 11:30 AM on arrival day.**

DEPARTURE DAY:

All flight departures must be made from ONT **between 12:00 PM and 2:00 PM* on final day.**
*recommended departure time around 1:00 PM

Book Airport Service via the Transportation Form in Forms and Documents. Campers will be welcomed inside the airport by AstroCamp staff who will then accompany them on the charter bus transportation going to camp. The AstroCamp Welcome Team ensures that campers arrive at AstroCamp safely and promptly, and make the trip fun!



HOUSING ARRANGEMENTS

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

1 Cabin Groupings

Campers will be placed in a Cabin Group based on their age (not grade) and gender.

Camp CHOP campers will join cabin groups with the AstroCamp campers attending the same week session. They will eat meals and share rooms with those campers.

There will be 8-10 campers per cabin group with one counselor assigned to their group.

2 Dormitory Style Rooms

Each dorm will have rooms with 2-3 bunk beds. Campers will have 1-2 dorm rooms assigned per group.

3 Counselor Room

Each group's counselor will be housed within the same dorm for any night emergencies. During arrival day dorm talks, the cabin group counselor will run through the important dorm protocols.

4 Bunk Requests

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



MEDICATION & MEDICAL INFO



The Health & Safety of our campers is top priority.

On-Site Medical Professional

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

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



Required Medical Forms

1 PHYSICAL EXAMINATION FORM

Must be completed by a physician prior to the start of camp. Physical must have taken place within **ONE YEAR** of the start of their enrolled session. *Returning campers must have a new physical each year.*

2 PARENT AUTHORIZATION FORM WITH INSURANCE INFORMATION

In the unlikely event that your child needs to go to the hospital, this form is required for permission to treat. All medical insurance information must be valid. **FORM MUST BE SIGNED & DATED.**

3 HEALTH HISTORY FORM

Please provide background on your camper's health history. This will allow your child's counselor information to support your camper's experience.



Taking Medications at Camp

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



Allergies or Special Needs

FOOD ALLERGIES

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

DIETARY REQUESTS

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

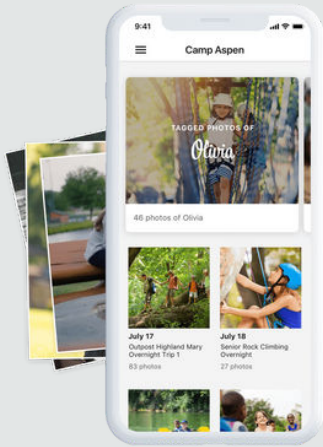
PHYSICAL NEEDS: If accommodations are needed for your camper to fully participate in the program, please contact our office at 909-625-6194 at least one month before camp begins.

PARENT & CAMPER COMMUNICATION

01. Camper Photos

Daily camper photos will be viewable via the Companion App.

We will be uploading pictures every day at the end of our camp day (which is late) so please be patient with us if you don't see them available right away. They are typically uploaded around 11-11:30 pm. We only have one photographer who works very hard to get every group and camper each day but please know that they are not able to be everywhere so please be patient if you don't see your camper in a picture.



02.

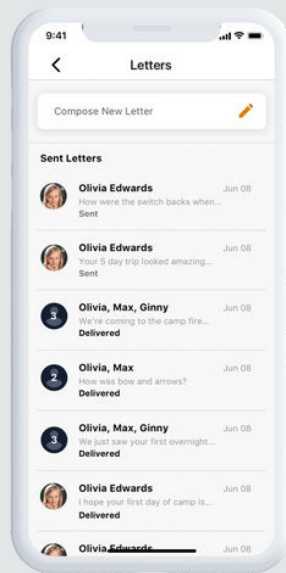
Parent Calls & Visits

Telephone calls to or from the campers **are not permitted** due to their busy schedules and our camp's belief in camper independence. If you have any concerns about your child, our staff is available to help you. Please call camp between 8:00am and 5:00pm at (951) 659-6062. Calls after 5:00pm or on the weekends may be answered by a camp administrator or an answering machine. The answering machine will have a number should you need to reach someone after 5:00PM for an emergency.

03. Writing Your Camper

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

CampStamps are used to pay for the emails you send to your campers. **AstroCamp provides 5 CampStamps per parent/per camper/per week.** You are welcome to purchase more CampStamps through your account. Each email requires one CampStamp per recipient. CampStamps rollover from previous seasons. Full email instructions will be sent on the camper's first day by the camp director.



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

04.

Mail To Camp

Address any postcard or letter to:
Campers Name
c/o AstroCamp
PO Box 3399
Idyllwild, CA 92549

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



CAMPANION

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

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

Before camp starts, please do the following:

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

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






A TYPICAL DAY @ CAMP CHOP

7:00 AM	Wake Up
8:00 AM	Breakfast
9:00 AM	Morning Activities
12:30 PM	Lunch
1:00 PM	Siesta Time / Dorm Chill Time
2:00 PM	Afternoon Activities
5:15 PM	Dorm Time
6:00 PM	Dinner
6:30 PM	Rec Time
7:30 PM	Evening Event (Campfire/Crew Night/Special Event)
9:00 PM	Prepare for bed or Space Night (depending on scheduling)
10:00 PM	Lights Out*

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

CAMP CHOP

ONE WEEK SCHEDULE

Sun	Mon	Tue	Wed	Thur	Fri	Sat
BREAKFAST						
	WELCOME TO CHOP!	CULINARY 101	SQUISH & SQUASH	BAKING ROYALE CAKES VS. CUPCAKES	Electives	Departure Day (9 -11 AM) *Bus Departure at 8:30 AM
	CHOP OPS	MISE EN PLACE	NOODLE CABOODLE	DECORATING DELIGHT		
LUNCH						
SIESTA						
Arrival & Check In (1-3 PM)	ASTRO'S GREATEST HITS	SALSA, SAUCES, & DIPS	RISE & FALL	MOZZARELLA MADNESS		
		TOTALLY TERRIFIC TACOS	DESSERT IS COMING!	PIZZA PIZZA SAUCE SAUCE		
Blast Off/ Move- In / Mock Schedules						
BBQ Dinner	DINNER					
Dorm Talks	REC TIME					Packing Time
 Opening Campfire	Crew Night	Fantasy Elective Night	Sci-Fi Elective Night	 AstroCon <i>Bring a costume!</i>	 Final Night Extravaganza	
	Space Night Telescopes	 Camper Campfire	Space Night Constellations			
BEDTIME						

***Schedule is subject to change.**

PACKING TIPS FOR CAMP

Label ALL items with camper's name.

01.

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

Please do not pack any
food items

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

02.

03.

Cell phones, smart phones, smart watches, iPods, handheld video games and other electronic devices are NOT ALLOWED.

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

Please see One Week Packing List for more details.

SUMMER PACKING LIST

One Week Camper

Clothing

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

Swimgear

- Beach Towel
- Swim Suit

Footwear

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

Bath

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

Bedding

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

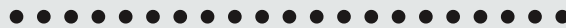
Recommended Items

- Small Backpack
- Laundry Bag
- Disposable Camera
- Watch
- Small Fan
- Sunscreen
- Bug Repellent
- Flashlight
- Sunglasses*
- Water Bottle*
- Chapstick with sun protection*
- Books (For Nighttime Reading)
- Comfort Item (Stuffed Animal or Blanket)
- Photos of Family, Friends, or Pets
- Costumes, Props, or Dress Up Items

(For our one week session, we have an AstroParty on Wednesday. We recommend campers bring any old Halloween costume to dress up for our wacky silent disco night!)

* Available for purchase in the camp store.

No laundry service available during the one week session.



Packing Tips

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

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

SUMMER PACKING LIST (cont.) One Week Camper

Labels

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

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

Climate

- AstroCamp is located at 5,500 ft elevation. It is important for campers to drink lots of water to get acclimated to the elevation.
- Daytime temperatures can range from 75-90 degrees.
- Nighttime temperatures can range from 40-50 degrees.

What Not To Bring

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

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

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

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

Dress Code

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

Questions? Please call 909-625-6194 or email diana@astrocamp.org

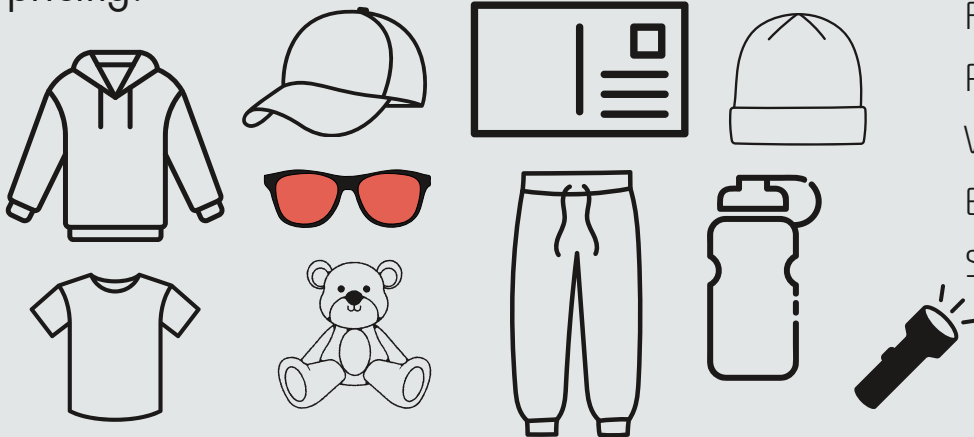
Camp Store

01. When

Campers have a minimum of two opportunities to check out the Camp Store while at camp. The store will be open on departure days as well.

TYPICAL ITEMS 02.

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



Flashlights

Sweatshirts

Pencils

T-shirts

Water Bottle

Hats

Beanie Hat

Sunglasses

Stickers

Beanie Critters

Postcard/Stamp

Pajama Bottoms

03. HOW TO FUND

Once you have registered your camper, you have the option to fund the camp store account at any time before your camper arrives at camp. **We generally recommend an average of \$50-60 per week.** To fund the camp store account, please log on to your camper's account and click the link named "View Camp Store Account". Please note, that at the time you fund the camp store account, your credit card will be charged for the selected amount.

End of Session

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

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

Resources for First Time Families

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



AstroCamp is an accredited camp through the American Camp Association since 1991. We adhere to over 250 standards focused on health, safety, quality programming, hiring, risk management, and logistics policies.

Recommended Articles:

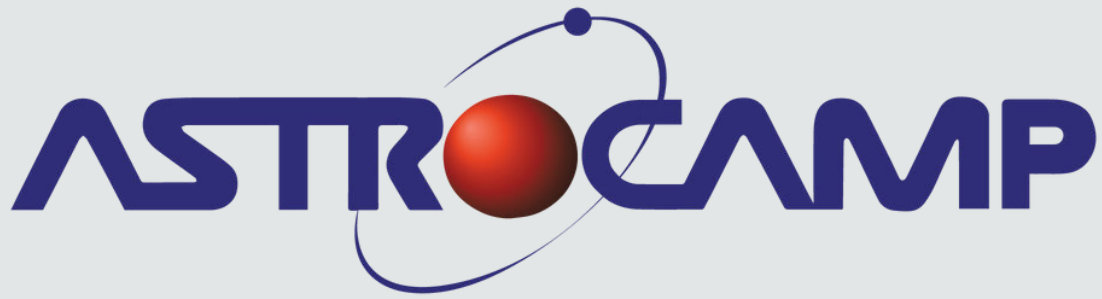
[13 Tips for Helping Anxious Kids Enjoy Summer Camp by Child Mind Institute](#)

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

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

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

If you would like further assistance preparing your child for camp, the Summer Camp Director is always happy to help.



CONTACT INFO



26800 Saunders Meadow Rd.
Idyllwild, CA 92549



(909) 625-6194 (office)



(951) 659-6062 (camp)



diana@astrocamp.org



www.astrocamp.org



@astrocamp



AstroCamp



www.youtube.com/@AstrocampOrg

