



TEACHERS GUIDE

Planning Packet



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GET READY FOR ASTROCAMP!!

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Dear Trip Coordinator,

We are excited to have you join us this year! Enclosed in this packet, you'll find everything necessary to streamline your trip planning process. Our team is working hard to get everything prepared for your school's arrival!

The best way to plan your trip and communicate with AstroCamp is to designate one person as the Leap Chaperone (this could be you!). The Lead Chaperone will spearhead all trip planning efforts and serve as the sole liaison with AstroCamp administration. They should also oversee the communication of all information related to preparing for a trip to AstroCamp to parents, chaperones, and students.

Behind the scenes, our team is hard at work too. Please take note of the deadlines outlined in the AstroCamp Planning Packet Email. Timely adherence to these deadlines enables us to craft your class schedule, allocate dormitories, and arrange instructors for your groups. In the event that deadlines cannot be met, we'll step in to handle these tasks.

Best Regards,

JOSH JASPER

Program Director - AstroCamp

📞 951-659-6062

✉️ josh@astrocamp.org

🌐 www.astrocamp.org



THE "TO-DO" LIST

6 weeks before camp

- ☐ ARRANGE TRANSPORTATION
- ☐ RECRUIT CHAPERONES
- ☐ COMMUNICATE WITH PARENTS
- ☐ COMPLETE PROGRAM PLANNER
- ☐ PRE-ORDER FORM *optional*

4 weeks before camp

- ☐ STUDENT HEALTH FORM COLLECTION
- ☐ CHAPERONE WAIVER COLLECTION

2 weeks before camp

- ☐ FINAL NUMBERS TO ASTROCAMP
- ☐ LOGISTICS
- ☐ DIETARY RESTRICTIONS

1 week before camp

- ☐ PREPARE CHAPERONES
- ☐ ORGANIZE STUDENT HEALTH FORMS BY GROUP - ENSURE THEY ARE SIGNED
- ☐ SACK LUNCH REMINDER FOR ARRIVAL



IMPORTANT DOCUMENTS

PROGRAM PLANNER

deadline is found in the "Planning Packet" email

STUDENT HEALTH FORM

MUST BE SIGNED. Due on arrival

CHAPERONE WAIVER

Due on arrival

**check the Planning Packet email for forms*

QUESTIONS? WHO TO CONTACT

Guided Discoveries, Inc

Main Office
schools@gdi.org
909-625-6194

New school orientation
Contract information
Payment information
Camp Dates & Adjustments

All things AstroCamp
Program Planning
Number of Attendees
Schedules/Dorm Assignments
Special School Needs

Caity Kwiecinski

Assistant Program Director
schedule@astrocamp.org
951-659-6062

Cathy Regalado


Administrative Assistant
secretary@astrocamp.org
951-659-662

Store/Preorder Questions
Lost & Found
All other general questions



 (909) 625-6194 (business office)

 (951) 659-6062 (camp office)

 www.astrocamp.org

ARRIVAL & DEPARTURE DETAILS



TO & FROM CAMP

Each group is responsible for its round-trip transportation to AstroCamp. To honor your contract, please ensure that you schedule transportation that will work for all weather conditions. The weather at AstroCamp is exceptionally variable; it can snow or rain anytime between October and early June.

[Check our weather here](#)

We highly recommend that you only use buses/cars which have snow tires or chains available and are staffed with a bus driver that has experience driving in the rain/snow and using wheel chains. The snow can come during any month and the CHP enforces snow tires/chains if the weather calls for it.

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: Arrival is between **11:00 AM and 12:00 PM**. Please do not arrive before 10:30 AM as staff are completing preparations for arrival. Lunch is not provided. AstroCamp staff will be available to assist with your arrival.

DEPARTURE: Departure is between **12:00 PM and 1:00 PM**. Class will end at 12:00PM. Allow time to load luggage and receive lunches. Your Program Coordinator will assist with departure.

If there are any emergencies or changes that will your travel, please contact the AstroCamp Office.



AstroCamp is in the small town of Idyllwild, CA, in the San Jacinto Mountains. 5,500 ft in elevation.

CHAPERONES

AstroCamp does not distinguish between parent and teacher chaperones. **All adults attending are considered chaperones.**

A chaperone's role is to supervise students and keep them safe from injury.

AstroCamp instructors do not fulfill the role of "counselor". An instructor's energy is directed toward leading program activities.

We require one chaperone for each research group plus one or two extra in case of emergency. Co-ed groups must have at least one male and one female chaperone. Research groups are limited to 16 students per group.



Chaperone Agreement

A visit to AstroCamp requires the cooperation of all chaperones. Teachers and parents can both fulfill the role of chaperone. Please share responsibilities and be involved in all activities.

Program

- Help supervise student behavior during program. Our instructors' focus should go into teaching, not disciplining.
- Be courteous to AstroCamp staff and encourage students to do the same. Comply with all instructions of the AstroCamp staff.
- Keep students on time for programs. A 15-minute break will be given between classes, it is a chaperone's responsibility to facilitate bathroom and snack breaks.

Student Care

- **Water:** Dehydration is the leading cause of illness at AstroCamp. Please encourage your students to drink plenty of water throughout the trip.
- **Supervision:** Chaperone supervision is always required, even when students are in program areas. The gymnasium, parking lot, dorm, and meadow are available during recreation with adult supervision. Please also review and enforce the Camper Agreement.
- **Accidents/First Aid:** We do not have a nurse on staff. Please review AstroCamp Emergency Procedures.
- **Clothing:** Make sure students bring and wear appropriate clothing and close-toed shoes.

Dorm Time

- Enforce quiet hours (10 PM-7 AM) and order among students while in dormitories.
- Horseplay in and around the dorms should be discouraged. Schools are held responsible for any property or building damage during their stay.
- Please conduct daily inspections of dorm rooms. Report damaged or broken furniture or appliances to your Program Coordinator. Lock chaperone rooms if they contain valuables and keep the exterior doors locked whenever the dorm is not occupied. Make sure that all personal items are removed from dorm rooms before departure.

Meals

- Be on time for meals.
- Supervise students and help AstroCamp staff during mealtimes.
- Participate in meal set-ups and clean-ups.
- Encourage students to maintain a quiet, orderly environment in the dining hall.

Camp Property

- Do not litter and encourage students to pick up any litter.
- Keep students out of restricted areas.
- Be extra present during dorm time to ensure students do not deface our property. *We have seen a rise in graffiti on our beds and need chaperone help with prevention.*
- A \$35 fee will be charged per bed to cover labor and costs to restore beds to their original condition if they are dismantled or defaced. Lost and unreturned keys will incur a \$10 dollar fee.



Arrange a Chaperone Meeting for all adults attending your trip. Review our [Visitor Guidelines](#) and [Chaperone Agreement](#). Print a copy of the Chaperone Waiver and have all chaperones sign it before coming to AstroCamp.



All chaperones attending must sign our Chaperone Waiver

Failure to do so will result in not participating as a chaperone or in the program

COMMUNICATING WITH PARENTS



To set your students up for success, schedule a parent meeting and go over our Camper Agreement.

Print or email a copy of the Student Health Form for each student attending. A parent/guardian signature is required on this form for participation in AstroCamp activities.

Please give parents your school's telephone number so they may call to see if their children have arrived at AstroCamp safely. Please do not have parents contact AstroCamp directly, except in the case of an emergency.



01. Mail To Camp

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

Please note: We will not accept packages during the camp session.

02. Prescription Medication

Daily prescribed medicine should be sent with the student. This includes EpiPens and inhalers. Being at high elevation can cause asthma attacks, therefore it is important that students have their own inhaler.

03. Bedding

AstroCamp does not provide bedding, linen, or towels. All students must bring their own sleeping bag and pillow. Sheets and blankets for a twin bed are also acceptable.

04. Lost and Found

To ensure lost belongings return to their owner, name tags are recommended on all belongings, especially jackets and water bottles. AstroCamp strongly recommends students do not bring items of value to camp.

If a student has lost an item, please contact our office at 951-659-6062

05. Cell Phones & Electronics

We encourage students to unplug while at AstroCamp. Cell phones are not permitted while participating in AstroCamp activities. Chaperones should be prepared to store any electronic devices in the safe located in the dorms. Cell phones used for medical purposes (i.e., insulin pump/glucose monitor, etc.) are allowed

06. Prohibited Items

Dangerous items are strictly prohibited. No drugs, alcohol, matches, fireworks, or weapons of any kind. No markers or Sharpies.

CAMPER AGREEMENT

- 1 Stay with your school**

No camper may leave the camp property without the head chaperone and AstroCamp administration's knowledge

- 2 Participate**

All campers must report to and participate in their scheduled activities. If a camper must leave the immediate program area, (e.g., to visit the first aid room) they must inform the instructor and be accompanied by an adult chaperone.

- 3 Wear shoes**

Shoes must always be worn while in program areas. Please bring close-toed shoes for outdoor activities.

- 4 Play safely**

Do not throw rocks, pinecones, snowballs, or any other objects. Do not climb trees or buildings. No rough play of any kind is allowed.

- 5 Be on time**

Arrive on time and be prepared for all programs and meals.

- 6 Seek help**

If you are injured or have a problem seek chaperone help immediately.

- 7 Personal property**

Personal belongings are your responsibility and should not be left out or unattended. AstroCamp is not responsible for lost or stolen items.

- 8 AstroCamp property**

Vandalism is strictly prohibited. Consequences of the destruction of property will be handled by the AstroCamp administration and the lead chaperone.

- 9 Respect quiet hours**

Quiet hours are maintained from 10:00 PM to 7:00 AM.

- 10 Follow dorm rules**

Only enter the dorm assigned to your group and only enter when you have adult supervision. Do not bring food inside. The staff residences are off-limits, except in case of emergency.

AstroCamp reserves the right to dismiss individuals or groups who violate the rules and regulations outlined here. No refunds will be rewarded to individuals or groups who are dismissed from AstroCamp early as a result of violating rules or regulations.

PROGRAM PLANNING



**Hands on,
minds on**



**Next Generation
Science Standards**



**Teamwork &
building self
esteem**



**Lifeskills &
development**

Our curriculum focuses on physical sciences, astronomy, and adventure. We offer the ability to choose classes to fit your school district's current curriculum.

We offer two varieties of programming; three-- or five-day sessions

3

**Day
Program**

**8 Class sessions
(max 2 ropes courses)
2 Evening sessions**

**Sessions
Mon-Wed
Wed-Fri
Fri-Sun**




5

**Day
Program**

**16 Class sessions
(max 4 ropes courses)
4 Evening sessions**

**Session
Mon-Friday
only**

3 Day Program

Day 1		Day 2		Day 3	
		BREAKFAST			
		Class 3		Class 7	
		Class 4		Class 8	
ORIENTATION & MOVE IN		LUNCH & FREE TIME			
Class 1		Class 5			
Class 2		Class 6			
					
DINNER & FREE TIME					
Night Program 1		Night Program 2			
QUIET HOURS & BEDTIME					

5 Day Program

Day 1					Day 2					Day 3					Day 4					Day 5									
<div>Arrival 11 AM- 12 PM</div>										BREAKFAST																			
										Class 3					Class 7					Class 11					Class 15				
										Class 4					Class 8					Class 12					Class 16				
ORIENTATION & MOVE IN										LUNCH & FREE TIME										<div>DEPARTURE 12 PM- 1 PM</div>									
Class 1					Class 5					Class 9					Class 13														
Class 2					Class 6					Class 10					Class 14														
DINNER & FREE TIME																													
Night Program 1					Night Program 2					Night Program 3					Night Program 4														
QUIET HOURS & BEDTIME																													

PROGRAM PLANNING

Our classes directly align with the core framework used to develop the Next Generation Science Standards.

Below you will find descriptions of all the classes offered at AstroCamp.

STEM ACTIVITIES

General Science & States of Matter

Atmosphere & Gases

In our most requested class, we learn about planetary atmospheric conditions and states of matter. Hands-on experimentation allows students to learn about temperature, pressure, density, and other gas properties.



Electricity & Magnetism

Explore the properties of electricity and magnetism by experimenting with magnets, static electricity, and electric current in a multitude of hands-on activities.

Lights & Lasers

Learn about the physical properties of light by experimenting with lasers, ultraviolet lights, spectrum glasses, an infrared camera, a phosphorescent wall, and more!

Planetary Sciences

Take a tour and study the extreme environments of the solar system through the lens of exciting, hands-on experiments. Bernoulli's Principle, Acid-Base Reactions, Atmospheric Spectra, and Planetary Motion are just some of the exciting concepts covered.

Micrometeorites

Learn about meteors, meteorites, asteroids, and comets. Use magnets and microscopes to collect and identify possible micrometeorites at AstroCamp.



Microgravity

Learn about buoyancy and experience the challenge of constructing a mock satellite in a neutrally buoyant environment. Swimsuit and towel required.

Expedition Valles Marineris

Simulate research on the surface of Mars with our interactive touch-screen computers and auto-belay rock wall. Learn about Mars and one of the larger canyons in the solar system.



Building/Engineering

Building & Launching Rockets

(2 class periods): Use what you know about forces and the laws of motion to design and build a model rocket. Launch your own rockets powered by water and pressurized air. Each student needs to bring an empty 2-liter soda bottle with a standard size opening.



Cosmic Lander

Learn about the challenges of space travel while designing and building your own "cosmic lander." (Construct something that will protect a water balloon from a two-story drop.) Test its ability to survive landing on simulated planetary surfaces.

Daytime Astronomy



Stellar Simulation

Take an interstellar tour of our solar system and beyond. Learn about celestial bodies, deep sky objects, and stellar life cycles. Using our vortex room, discover gravitational forces and the size and scale of the universe.

Solar Studies

Use solar telescopes and lenses to view sunspots, prominences, and solar flares. Learn about the properties of the sun, solar radiation, and solar energy.

Hiking



Day Hike

(1 class period) Explore AstroCamp's forest trails and learn about local flora and fauna.

Extended Day Hike

(2 class periods) Take a longer and more in-depth hike through AstroCamp's forest trails.

Full Day Hike

(4 class periods) A full day of hiking and exploration around AstroCamp's forest trails. Learn about the geology, remote sensing, and the natural history of the Idyllwild area. Lunch on the trail will be included. **For 5-day groups only.**



Ropes Course & Team Building

Initiatives

Build teamwork, trust, cooperation, and communication skills by participating in problem-solving activities as a group.

Vinewalk

Balance on a tightrope while using hanging "vines" high in the trees.

Powerpole

Climb up a telephone pole and lunge for a hanging tetherball.

SkyCoaster

Swing through the air after classmates raise you up via a pulley system.

Zipline

Climb up a cargo net, then zip 700 feet across a meadow.



SkyCoaster

EVENING CLASSES

Space Night

Take a short night hike up to one of the Telescopes Viewing Areas in our signature evening program. Learn how to use binoculars and telescopes to view deep-sky objects. Each group gets their own telescope station consisting of 2 telescopes and 5 binoculars. View images taken with our digital telescope cameras (CCD). Activities include sensory awareness games, stargazing, and constellation stories. Space Night is a combination of our **Night Hike** and **Telescope Viewing** programs.



Night Hike

Take an hour-long night hike and play sensory awareness games.

Telescope Viewing

Spend an hour learning to use binoculars and telescopes to view deep-sky objects.

Astro Olympics

Compete in a series of relay-type games in this fun and active program

Interstellar Auction

Plan and bid for extrasolar planets and the materials needed to colonize them in an exciting auction. Group cooperation and compromise is required for this thought-provoking activity.

Messier Madness

Learn about types of deep space objects. A group scavenger hunt will take place. Please bring flashlights.

EVENING CLASSES cont.

Space is Right

Students participate in AstroCamp's version of the popular game show The Price is Right! Take your best guess at answering questions about the size and scale of the objects in our universe.

Whirling Windmills

Generate electricity by harnessing the power of the wind with your own windmill design. Test and improve your windmill as many times as possible!



School Night

If you have your own night program or movie in mind, we will provide audio/visual resources and facilities. Please let us know which resources you will need so we can reserve them for you.

Astro Jeopardy

5-day groups only. Test your knowledge in this AstroCamp version of the popular game show.

DORM LIFE

AstroCamp has five dormitories, named in theme with the flora of the San Bernadino National Forest.

WILLOW CEDAR PINE OAK MANZANITA

Dorm Assignments

AstroCamp will contact you with your dorm assignments via email once your [Program Planner](#) has been submitted. You will receive a floor map and roster.

Dorm assignments are based on the size of your school and gender breakdown. If there are any last-minute additions or special accommodations, please call our office.

Dorm assignments are split by gender and barred by double doors or floors.

Please contact AstroCamp if you have students who are non-binary. We respect gender identity and want every student to feel comfortable.

Dorm Rooms

Each room varies depending on the dorm. Most rooms consist of two bunk beds and a single bed or three bunk beds.

Chaperone rooms vary by dorm. Details of chaperone room arrangements are presented in the dorm assignments email's dorm map

Bathrooms

Each split will have a proportional bathroom to share with the floor. The bathrooms are equipped with private stalls and showers with curtains/doors.

Students must pack a towel and toiletries. We do not accommodate bathroom accessories outside of soap and paper towels.

AstroCamp does not provide linens, towels, or toiletries. If a student or chaperone does not bring their accommodations, please contact AstroCamp.



Willow Dorm

PACKING LIST

3 Day Trip

Clothing

- ☐ Pajamas/Sleepwear
- ☐ 2 Jeans or Long Pants
- ☐ 3 T-Shirts
- ☐ 1 Long sleeve shirt
- ☐ 2 Underwear
- ☐ 1 Jacket
- ☐ 1 Sweatshirt*
- ☐ 1 Hat*

Swimgear ****if scheduled for MicroGravity only****

- ☐ Beach Towel
- ☐ Swim Suit

Footwear

- ☐ Athletic Shoes (One pair of closed toed shoes required)
- ☐ 3 Socks
- ☐ Waterproof shoes/boots
winter/spring only

Bath

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

* Available for purchase in the camp store.

Bedding

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

Recommended Items

- ☐ Small Backpack
- ☐ Disposable Camera
- ☐ Watch
- ☐ Sunscreen
- ☐ Bug Repellant
- ☐ Flashlight
- ☐ Sunglasses*
- ☐ Water Bottle*
- ☐ Chapstick with sun protection*
- ☐ Books (For Nighttime Reading)
- ☐ Money for Student Store



AstroCamp is located at 5,500 ft elevation in the San Jacinto Mountains, our weather is extremely variable. It is important for campers to drink lots of water to get acclimated to the elevation.

Our outdoor activities do not stop when it rains or snows. Please check the weather for Idyllwild before arrival and plan accordingly.

Packing for Weather

Rain

- ☐ Windbreaker
- ☐ Waterproof shoes
- ☐ Extra Socks
- ☐ Waterproof pants / extra pants
- ☐ Poncho (optional)

Snow or temp below 55

- ☐ Winter coat
- ☐ Beanie/Hat
- ☐ Waterproof gloves
- ☐ Snow boots/waterproof shoes
- ☐ Extra Socks
- ☐ Long-sleeve T-shirt

PACKING LIST

5 Day Trip

Clothing

- ☐ Pajamas/Sleepwear
- ☐ 3 Jeans or Long Pants
- ☐ 5 T-Shirts
- ☐ 2 Long sleeve shirt
- ☐ 4 Underwear
- ☐ 1 Jacket
- ☐ 2 Sweatshirt*
- ☐ 1 Hat*

Swimgear **if scheduled for MicroGravity only**

- ☐ Beach Towel
- ☐ Swim Suit

Footwear

- ☐ Athletic Shoes (One pair of closed toed shoes required)
- ☐ 6 Socks
- ☐ Waterproof shoes/boots
winter/spring only

Bath

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

* Available for purchase in the camp store.

Bedding

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

Recommended Items

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- ☐ Disposable Camera
- ☐ Watch
- ☐ Sunscreen
- ☐ Bug Repellant
- ☐ Flashlight
- ☐ Sunglasses*
- ☐ Water Bottle*
- ☐ Chapstick with sun protection*
- ☐ Books (For Nighttime Reading)
- ☐ Money for Student Store



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- ☐ Extra Socks
- ☐ Waterproof pants / extra pants
- ☐ Poncho (optional)

Snow or temp below 55°

- ☐ Winter coat
- ☐ Beanie/Hat
- ☐ Waterproof gloves
- ☐ Snow boots/waterproof shoes
- ☐ Extra Socks
- ☐ Long-sleeve T-shirt

PACKING LIST (cont.)

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 **one** large suitcase or duffel. Sleeping bags/sheets and pillows are to be stored in a trash bag. All luggage should have visible tags with the student's name, address, and phone number clearly written.



What Not To Bring

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

Cell Phones	Electronic Cigarettes/ Vape Pen/ Juul
Alcohol	Computers/ Ipads/ Tablets/ Apple Watch
Speakers/Head Phones	Weapons of Any Kind (Recommend disposable camera)
Dangerous Sporting Equipment	Illegal Drugs
Electronic Games	Lighters/Matches
Food/Candy	Sharpies/Markers
Animals or Pets	Expensive Camera or Jewelry
Inappropriate Card Games	

Electronic devices are **not** allowed to be used during AstroCamp Program. We encourage students to disconnect from technology.

Chaperones may use cell phones.

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

Dining Hall



All AstroCamp meals are served buffet style three times a day. We accommodate most dietary restrictions. The Student Health Form will give AstroCamp the necessary information regarding dietary needs.

Dietary Needs Accommodations

Vegetarian options are available at each meal.

Gluten-free, Vegan & Dairy-free options are available upon request.

Nut Allergies: No nuts are served with meals, and peanut oil is not used in cooking. However, some foods are labeled as being processed on equipment that also has processed foods containing nuts. Our cookies are processed in facilities that contain nuts. Please don't eat them if you have a nut allergy.

Packing Meals for Students with Special Dietary Needs:

We have limited refrigerator space in the kitchen for pre-packed meals, and we can heat prepared meals for people upon request. School chaperones are responsible for retrieving meals from the kitchen and may use a microwave to heat these meals.

We do not accommodate kosher, but we can provide vegetarian options as an alternative.

Questions? Please call 951-659-6062 or email schedule@astrocamp.org

Our cooks are available during mealtimes to answer questions and accommodate special dietary needs. Please talk with them if you have any concerns or special requests.

AstroCamp Weekly Menu

Dietary need equivalent is provided upon request via Student Health Form

Sunday

Pancakes
Scrambled Eggs
Pork Sausage
Tater tots
Mini Muffins

.....
3 day Groups
AstroCamp Sack lunch

Monday

Baked Chicken
Wild Rice Pilaf
Steamed Broccoli
Dinner Roll

Thursday

Waffles
Scrambled Eggs
Pork Sausage
Crispy Hashbrowns
Cinnamon Rolls

.....
Beef Hotdog
Coleslaw
French Fries

.....
Spaghetti Marinara
& Merat Sauce
Green Bean and
Mushroom Saute

Tuesday

Waffles
Scrambled Eggs
Pork Sausage
Crispy Hashbrowns
Cinnamon Rolls

.....
Chicken Tenders
w/ Cinnamon honey
Glazed Carrots
French Fries

.....
Ground Beef Tacos
Spanish Rice
Refried Beans
Chips & Salsa

Friday

Pancakes
Scrambled Eggs
Pork Sausage
Tater tots
Mini Muffin

.....
3 day Groups
AstroCamp sack lunch

.....
Meatloaf
Mashed Potatoes
Green bean Casserole
Dinner Roll

Wednesday

Pancakes
Scrambled Eggs
Pork Sausage
Tater tots
Danish

.....
5 Day Groups
Pizza
3 day Groups
AstroCamp sack lunch

.....
BBQ Chicken
Mac n'cheese
BBQ Baked Beans
Corn on the Cobb
Hawaiian Rolls

Saturday

Waffles
Scrambled Eggs
Pork Sausage
Crispy Hashbrowns
Cinnamon Rolls

.....
Cheese Enchilada Casserole
Mexican Rice
Refried Beans

.....
Breaded Chicken Tender
Roasted Broccoli w/ parmesan
French Fries
Dinner Roll

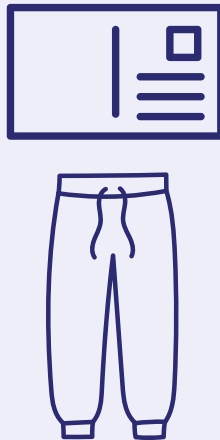
Camp Store

01. When

Your school will have a store opportunity during your free time. This can occur after lunch or dinner on your second day. Let us know if you do not want to participate.

ITEMS 02.

We will send a separate email with store information. Items and prices may vary.



Pencils
Water Bottle
Beanie Hat
Stickers
Postcard/Stamp

Sweatshirts
T-shirts
Hats
Sunglasses
Beanie Critters
Pajama Bottoms

We generally recommend campers bring \$50-60.

03. PREORDER

OPTIONAL

Sweatshirts and T-shirts can be bought ahead of time through a preorder. Lead Chaperone organizes by collecting money and sizes and submits a single form to AstroCamp. Preorders are due 6 weeks before your trip date.

Preorder form will be sent in a separate email.

Rules & Expectations

GENERAL VISITOR GUIDELINES

Emergencies: Please review the Emergency Procedures below. Go over these procedures with all AstroCamp attendees. If there is an emergency, EMS has a response time of 5-10 minutes.

Smoking Area: AstroCamp and the surrounding forest is a high fire-risk environment. We strive for a smoke-free campus, but adult smoking is allowed in the designated area only (behind the Chaperone Lounge). Smoking inside buildings is strictly prohibited.

No weapons/fireworks: Weapons or fireworks of any kind are prohibited on campus.

Wildlife: Protect all animals and plant life. Do not feed animals, and do not collect wildlife, plants, or other natural objects.

Children must be always supervised: Most accidents occur during free time, so please monitor your students. The gym, parking lot, dorm, and meadow are available during free times only with chaperone supervision. AstroCamp equipment may not be used without staff supervision except for designated free time areas.

Technology: Please advise students not to bring cell phones, laptops, MP3 players, gaming systems, or other electronic devices that will be disruptive to our program and the experience of AstroCamp visitors. If students bring any electronic devices, they should be collected by chaperones and held until departure. AstroCamp is not responsible for lost or stolen items.

Valuables: Personal belongings, jewelry, money, and other valuables are your responsibility and should not be left out or unattended. AstroCamp is not responsible for lost or stolen items.

Rules & Expectations (cont.)

EMERGENCY PROCEDURES

Be Prepared: Discuss AstroCamp emergency protocol with your chaperones and students. In case of an emergency, remain calm. Wait for instruction from AstroCamp staff and cooperate with their directions.

Fire Emergencies: If anyone sees a fire, immediately call 911. Report to the main office for further instruction.

Administering Medication: It is the responsibility of chaperones to administer regular medications to students. Communicate with parents about dosages and schedules of medications. To assist you, we provide a refrigerator and safe for storage. If other medications need to be given, consult the student's health form and record any medication administered in the First Aid Logbook (located in the first aid room).

First Aid: It is the responsibility of chaperones to always supervise children, especially during recreation time, to prevent injury or accidents. Chaperones are also responsible for first aid treatment of injured children.

Minor injury: If a minor injury occurs during program time, let your instructor know before bringing the child to the first aid room for treatment. Before administering treatment, always check the student's health form, and record any treatment given in the First Aid Logbook (located in the first aid room).

Serious injury: If a serious injury occurs, first call 911 for professional assistance. Be prepared to give the dispatcher information on the type of injury, your location, the victim's age, and the victim's condition. An adult will remain with the injured individual while another person reports to the main office.

Contacting Parents: It is the On-Site Lead Chaperone's responsibility to contact parents as soon as possible about any serious medical needs that a student may have.



CONTACT INFO



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(909) 625-6194 (business office)



(951) 659-6062 (camp office)

LINKS



www.astrocamp.org



www.astrocamp.org/teacher-resources



www.astrocamp.org/parent-resources



[FAQs](#)