

**ASTRO**CAMP

# TEACHER'S GUIDE

Planning Packet



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# 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](http://www.astrocamp.org)

# GET READY FOR ASTRO CAMP!!



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](mailto:josh@astrocamp.org)

 [www.astrocamp.org](http://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\*  
\*Must be signed
- 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*

# 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 impact 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.

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 the event of an 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, water and snack breaks.

### Student Care

1. **Supervision:** Chaperone supervision is always required, even when students are in program areas. The gymnasium, parking lot, dorm, and meadow are available during recreation time with adult supervision. Please also review and enforce the Camper Agreement.
2. **Water:** Dehydration is the leading cause of illness at AstroCamp. Please encourage your students to drink plenty of water throughout the trip.
3. **Accidents/First Aid:** We do not have a nurse on staff. Chaperones are responsible for basic first aid and care. Contact the office for emergencies.
4. **Clothing:** Make sure students bring and wear appropriate clothing and closed-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.**

## 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.

## 06. Prohibited Items

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

## 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.

## 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

# CAMPER AGREEMENT

- 1 Stay with your school** No camper may leave the camp property without the head chaperone and AstroCamp administration's knowledge

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- 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.

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

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- 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, especially in program and dorm spaces.

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- 5 Be on time** Arrive on time and be prepared for all programs and meals.

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- 6 Seek help** If you are injured or have a problem seek chaperone help immediately.

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- 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.

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

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- 9 Respect quiet hours** Quiet hours are maintained from 10:00 PM to 7:00 AM.

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- 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	
		BREAKFAST							
		Class 3		Class 7		Class 11		Class 15	
		Class 4		Class 8		Class 12		Class 16	
ORIENTATION & MOVE IN		LUNCH & FREE TIME							
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 were created with and directly align with 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, students will help conduct some of our most spectacular experiments as they explore concepts including pressure, temperature, and states of matter. What do other planets smell like? Why shouldn't you hold your breath in space? Students will learn the answers to these sorts of questions as they learn about some of the forces that shape our world, as well as those beyond our atmosphere.

***Pairs well with:*** Planetary Sciences, Expedition Valles Marineris



#### Electricity & Magnetism



Tesla coils, superconductors, and ferro fluid are just some of the powerful tools we use to help introduce students to electricity and magnetism. Through both scientific explanations and hands-on experiments, students will experience how these two forces work together to power our world.

***Pairs well with:*** Lights & Lasers, Whirling Windmills

## Lights & Lasers

Play, draw, and battle in our dark room equipped with black lights and a glow-in-the-dark wall. Students explore the visible and invisible world through learning about color-energy relations and covering topics from spectroscopy to electromagnetic radiation.

**Pairs well with:** Planetary Sciences, Solar Studies

## Planetary Sciences

In this highly adaptable class, students will gain an understanding of gravity and the role acids and bases play on exoplanets. By tapping into playful pandemonium, students become acquainted with concepts from aerospace to chemistry.

**Pairs well with:** Atmosphere & Gases, Day Hike, Stellar Simulation

## Micrometeorites

This geology class turned treasure hunt explores the relationship between Earth rocks and space rocks by discussing the rock cycle. Students will scavenge for space rocks and other fascinating objects, view them under our microscopes, and can even take them home!

**Pairs well with:** Atmosphere & Gases, Expedition Valles Marineris

## Simulation Classes

### Microgravity

In this simulated astronaut training, students will feel what it might be like to work in zero gravity. Using buoyancy to simulate a low-gravity environment, your astronauts-in-training will construct a “satellite” as they learn about the challenges of living in space, and how buoyancy is used to help real astronauts train for our final frontier. **Swimsuit required. Students will be wearing wetsuits and snorkles.**

**Only available April - November. Pool is offline in winter.**

**Pairs well with:** Expedition Valles Marineris



## Expedition Valles Marineris



What would it be like to rock climb on Mars? Students will find out as they harness up and use our auto-belay rock wall to conquer the largest canyon in our solar system. They will also learn about how Mars's geological history still shapes the planet to this day.

**Pairs well with:** Planetary Sciences, Micrometeorites, Microgravity



## Building/Engineering

### Building & Launching Rockets

(2 class periods): Students will learn about how rockets are constructed, and then will build their very own model rockets! Once they are built, groups will head to our rocket launchers, where their creations will be launched hundreds of feet in the air. It doesn't take a rocket scientist to figure out why this creative and exciting class is one of our most popular! Each student needs to bring a 2-liter soda bottle with a standard-size opening.

**Pairs well with:** Cosmic lander, Whirling Windmills



### Cosmic Lander

In our take on an egg-drop challenge, students will work in teams to construct a "cosmic lander" to protect their water-balloon "payload" as it drops onto our simulated Martian landscape. It will take teamwork, trial and error, and creative thinking if students want their balloon to survive its journey!

**Pairs well with:** Building & Launching Rockets, Whirling Windmills, Expedition Valles Marineris

# Daytime Astronomy

## Stellar Simulation

Students take an immersive journey through a realistic virtual universe on scales from our own solar system to distant galaxies. Led by students' curiosity, this class is designed to demystify space while getting them excited about astronomy.

**Pairs well with:** Planetary Sciences, Solar Studies, Expedition Valles Marineris, Space Night, Telescope Viewing,

## Solar Studies

What would a day look like if we had to rely on the Sun for all of our technology? In this class, students harness the power of the Sun to tell time, heat water, and even bake cookies! Students also use Astrocamp's telescopes to (safely) look at the sunspots and prominences on the surface of the Sun.

**Pairs well with:** Lights & Lasers, Stellar Simulation

# ADVENTURE

## Hiking



### Day Hike

(1 class period) Take a stroll through our beautiful forest, and learn about some of the species that make up this diverse and stunning ecosystem.

### Extended Day Hike

(2 class periods): Delve deeper into our ecology, as we also discover some of our mountain's gorgeous geology.

### Full Day Hike

See much of the natural beauty that our area has to offer as we explore far beyond our camp. Enjoy lunch on the trail, and delve deeper into how our flora and fauna interact to make this such a special and stunning landscape.

Lunch on the trail will be included. **For 5-day groups only.**



# Ropes Course & Team Building

## Initiatives

Groups will work together through exciting games and solve mind-boggling challenges in this powerfully playful class. Students will build the teamwork, trust, cooperation, and communication skills that help make trips to Astrocamp successful and memorable.

## Vinewalk

Climb a tree and walk across a tightrope using hanging “vine” ropes.

## Powerpole

Climb up a 30’ telephone pole, and then see if you can hit a hanging ball as you leap from your perch.

## SkyCoaster

After being pulled about 35’ in the air, soar between our beautiful trees on this giant swing.

## Zipline

See some of our camp from above, as you climb up a cargo net and zip 700 feet through our beautiful campus.



Powerpole



Zipline



SkyCoaster

# EVENING CLASSES

## Space Night

In our signature evening program, experience the night sky in two ways. Students will use our binoculars and powerful telescopes to see some of the objects in our night sky. They will also be guided on a night walk as they use activities and games to explore how we as humans navigate the world at night. Space Night is a combination of our **Night Hike** and **Telescope Viewing** programs.



## Night Hike

Dive deep into how humans navigate the world at night through sensory games and activities. Learn some of the stories behind the constellations, experience some of the tricks our eyes play on us to keep us safe at night, and explore our camp under the night sky.

## Telescope Viewing

Students will be able to get their hands on our powerful binoculars and Dobsonian telescopes, and will be able to see stunning views through our most powerful telescopes. Explore how we use cameras to peer deep into space, and how we use the information we have on Earth to understand objects that are so far away.

## Astro Olympics

In this goofy and delightful night program, students will compete in silly, challenging, and active gym-style games, which will put their teamwork, creativity, and quick thinking to the test.

## Interstellar Auction

The human race is moving off of Earth, and students are tasked with developing their own interstellar empire fit with planets, infrastructure, and energy! Compete in groups using strategic planning and budgeting to bid your way to the top and create the most habitable realm.

## Messier Madness

Students will learn about deep space objects outside of our solar system, and then will explore camp in groups in a scavenger-hunt-style game. If caught breaking the overbearing rules, they must accept chaotic "fun-ishments"! Please bring flashlights.

## Space is Right

In our take on The Price is Right, students will put their guessing abilities to the test as they estimate the sizes and distances that make up our galaxy.

## Whirling Windmills

Build, test, and build again in this engineering challenge. Students will work in groups to design the most effective windmill, and will use trial and error to try to come out on top.

## Campfire

An instructor-led or school-led activity, which can be fun and goofy, reflective, or a bit of both. Star stories, group reflection, or summer camp vibes are our specialty; just talk to your instructors to decide what's right for you. AstroCamp provides marshmallows, but the school should bring graham crackers and chocolate if desired.

\*\*Weather permitting\*\* **Only available April - November**

## Free Swim

An open swim time in our heated, enclosed pool. Lifeguards are provided.

**Swimsuit required. Only available April - November. Pool is offline in winter.**

## School Night

Make room for a school tradition or start a new one with School Night! Whether you have your own night program in mind or just want to watch a movie, we will provide facilities and audio/visual resources. Please let us know which resources you will need so we can reserve them for you.

## Astro Jeopardy (5 Day only)

*Revisit all of the exciting experiments you saw during your stay here in our take on the popular game show Jeopardy. You'll have to put together all that you've learned at Astrocamp if you want to earn the most points and come out victorious.*

# 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

# DORM RULES

## When inside the dorms, Please . . .

- 1** Use your walking feet
- 2** Use your inside voices
- 3** Keep room doors open for airflow, gently close them when needed
- 4** Keep food and non-water drinks outside
- 5** Keep doodles on paper, not on walls or beds
- 6** Keep jumping outside, not on or off the beds
- 7** Keep non-toilet paper items out of the toilets
- 8** Keep outer doors closed at all times

**QUIET HOURS:  
10:00pm to 7:00am**

# PACKING LIST

## 3 Day Trip

### Arrival Day Lunch

*AstroCamp does not provide lunch unless requested*

### 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 Pairs of 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.

## Packing for Weather

### Rain

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

### Bedding

- Sleeping Bag **\*\*Please wash and heat dry before sending to camp\*\***
- Pillow & PillowCase **sending to camp\*\***
- 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.*

### 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

### Arrival Day Lunch

*AstroCamp does not provide lunch unless requested*

### 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 pairs of 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 **\*\*Please wash and heat dry before sending to camp\*\***
- 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 (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 duffle. 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	(Recommend disposable camera)	Electronic Cigarettes/ Vape Pen/ Juul
Alcohol		Computers/ Ipads/ Tablets
Speakers/Head Phones		Weapons of Any Kind
Dangerous Sporting Equipment		Illegal Drugs
Electronic Games		Lighters/Matches
Food/Candy		Sharpies/Markers
Animals or Pets		Expensive Camera or Jewelry

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](mailto: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.**

	Breakfast	Lunch	Dinner
M	<p><b>AVAILABLE AT ALL MEALS</b></p> <p><b>Breakfast:</b> Cold Cereals, Yogurt, Granola, Fresh Fruit, Oatmeal</p> <p><b>Lunch/Dinner:</b> Salad bar</p> <p><b>All Meals:</b> Milk, juices, water</p> <p><b>Snacks:</b> Bananas, apples &amp; granola bars</p>	<p><b>Arrival Lunch</b></p> <p><b>Please Bring Sack Lunch</b></p>	<p>Baked Chicken Montreal 🌱</p> <p>Vegan Chicken Montreal 🌱</p> <p>Rice Pilaf 🌱</p> <p>Roasted Broccoli 🌱</p> <p>Hawaiian Rolls 🌱</p> <p>Ice Cream Cup 🌱 Italian Ice 🌱</p>
T	<p>Waffles 🌱</p> <p>Scrambled Eggs 🌱</p> <p>Turkey Sausage 🌱</p> <p>Hashbrowns 🌱</p> <p>Cinnamon Roll 🌱</p>	<p>Cheese 🌱 or Pepperoni Pizza</p> <p>Gluten Free Pizza 🌱</p> <p>Vegan Pizza 🌱</p> <p>French Fries 🌱</p> <p>Caesar Salad 🌱</p>	<p>Ground Beef Hardshell Tacos 🌱</p> <p>Impossible Meat Hardshell Tacos 🌱</p> <p>Mexican Rice 🌱</p> <p>Refried Beans 🌱</p> <p>Chips &amp; Salsa 🌱</p> <p>Churro 🌱 Italian Ice 🌱</p>
W	<p>French Toast 🌱</p> <p>Scrambled Eggs 🌱</p> <p>Turkey Sausage 🌱</p> <p>Hashbrowns 🌱</p> <p>Danish 🌱</p> <p>Apple Turnover 🌱</p>	<p><b>FOR 5-DAY SCHOOLS ONLY</b></p> <p>Beef or Turkey Burger</p> <p>Impossible Meat Burger 🌱</p> <p>Hamburger Buns 🌱</p> <p>French Fries &amp; Onion Rings 🌱</p> <p>Lettuce/Tomato/Onions/Pickles 🌱</p>	<p>BBQ Chicken 🌱</p> <p>BBQ Vegan Chicken 🌱</p> <p>Mac N' Cheese 🌱</p> <p>Pasta Salad 🌱</p> <p>Corn On The Cob 🌱</p> <p>Hawaiian Rolls 🌱</p> <p>Rice Krispy Treat 🌱 Italian Ice 🌱</p>
TH	<p>Waffles 🌱</p> <p>Scrambled Eggs 🌱</p> <p>Turkey Sausage 🌱</p> <p>Hashbrowns 🌱</p> <p>Cinnamon Roll 🌱</p>	<p>Chicken Tenders</p> <p>GF Chicken Tenders 🌱</p> <p>Vegan Tenders 🌱</p> <p>French Fries 🌱</p> <p>Peas &amp; Carrots 🌱</p>	<p>Orange Chicken Teriyaki Chicken 🌱</p> <p>Vegan Orange Chicken 🌱</p> <p>Jasmine Rice 🌱</p> <p>Veggie Spring Rolls 🌱</p> <p>Veggie Pot Stickers 🌱</p> <p>Fortune Cookie 🌱 Italian Ice 🌱</p>
F	<p>French Toast 🌱</p> <p>Scrambled Eggs 🌱</p> <p>Turkey Sausage 🌱</p> <p>Hashbrowns 🌱</p> <p>Danish 🌱</p> <p>Apple Turnover 🌱</p>	<p><b>TO-GO LUNCH!</b></p> <p><b>THANKS FOR COMING TO ASTROCAMP!</b></p>	<p>Baked Chicken Montreal 🌱</p> <p>Vegan Chicken Montreal 🌱</p> <p>Rice Pilaf 🌱</p> <p>Roasted Broccoli 🌱</p> <p>Hawaiian Rolls 🌱</p> <p>Ice Cream Cup 🌱 Italian Ice 🌱</p>
S	<p>Waffles 🌱</p> <p>Scrambled Eggs 🌱</p> <p>Turkey Sausage 🌱</p> <p>Hashbrowns 🌱</p> <p>Cinnamon Roll 🌱</p>	<p>Chicken Tenders</p> <p>Gluten Free Chicken Tenders 🌱</p> <p>Vegan Tenders 🌱</p> <p>French Fries 🌱</p> <p>Peas &amp; Carrots 🌱</p>	<p>Cheese 🌱 or Pepperoni Pizza</p> <p>Gluten Free Pizza 🌱</p> <p>Vegan Pizza 🌱</p> <p>French Fries 🌱</p> <p>Caesar Salad 🌱</p>
SU	<p>French Toast 🌱</p> <p>Scrambled Eggs 🌱</p> <p>Turkey Sausage 🌱</p> <p>Hashbrowns 🌱</p> <p>Danish 🌱</p> <p>Apple Turnover 🌱</p>	<p><b>TO-GO LUNCH!</b></p> <p><b>THANKS FOR COMING TO ASTROCAMP!</b></p>	<p><b>Gluten Free</b> 🌱</p> <p><b>Vegetarian Friendly</b> 🌱</p> <p><b>Vegan*</b> 🌱 *Addtl vegan options available upon request</p> <p><b>All Rolls/Bread Have GF Option Available</b></p> <p><b>Soy, Oat, &amp; Almond Milk Available</b></p>

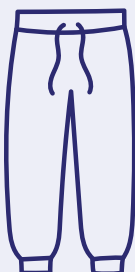
# Camp Store

## 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

Beanie Critters

Pajama Bottoms

*We generally recommend campers bring \$50-60.*

*Accept cash, check and all major credit cards.*

## 03. PREORDER

**\*\*OPTIONAL\*\***

Sweatshirts and T-shirts can be bought ahead of time through a preorder. All sizes are Adult.

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



26800 Saunders Meadow Rd.  
Idyllwild, CA 92549



(909) 625-6194 (business office)



(951) 659-6062 (camp office)

## LINKS



[www.astrocamp.org](http://www.astrocamp.org)



[www.astrocamp.org/teacher-resources](http://www.astrocamp.org/teacher-resources)



[www.astrocamp.org/parent-resources](http://www.astrocamp.org/parent-resources)



[FAQs](#)