

See you on
the island!



Camp del Corazon
Camper Handbook
2024



Welcome to Camp! Celebrating 30 Years!



This is our **30th year of camp** and our 29th on beautiful Catalina Island. This year, our staff is looking forward to traveling through space and time, traversing different multiverses with your camper!

This Camper Handbook contains all the information you will need to prepare for camp. Please read it carefully for instructions regarding check-in and pick up, medications, and what to pack.

If things change and your child is unable to attend camp, please let us know ASAP so that a camper on the waitlist can attend.

If you have any questions, please check our FAQ's on our website, call our camp office at **(818) 754-0312** or email us at info@campdelcorazon.org

Camper Release Form

On the last day of their Session, Campers will only be released to the guardians and/or emergency contacts listed on their applications in Camp Doc (these can be updated online up to 14 days prior to Camp).

If someone other than those listed on the application will be picking up your child, please fill out this form and bring it with you to check-in. If pick-up plans change during Camp, you can send this completed form with the authorized adult to the docks. We will not release a camper to any unauthorized adults. All authorized adults must be 18 or older.

Photo ID is required for all persons picking up children.

Thank you for helping to ensure the safety of our campers!

I authorize the release of my child: _____ to the following adults:

1. Name: _____

Phone: _____

2. Name: _____

Phone: _____

Print name of Guardian: _____

Signature of Guardian: _____

Date: _____

Dock Checklist

It's time to check-in! Do you have:

- Letter to My Counselor
- Medication Release Form
- Properly labeled medications
- Camper Release Form (if applicable)
- Your camper! :)

Getting Ready for Camp!



Which session am I attending?

Session 1: August 15th - August 19th

Session 2: August 19th - August 23rd

Session 3: August 23rd - August 27th

Please refer to the sticker on the back of this handbook's envelope to confirm which session you're attending. Plan ahead and arrive early in San Pedro for the first morning of your session as we may be taking extra time for COVID-19 rapid antigen testing and will have carpool check-in stations. Please plan on saying goodbye to your camper inside the car.

Camp Theme: *Festival of Colors!*

This SPECIAL ANNIVERSARY YEAR of Camp del Corazon deserves a memorable theme - Festival of Colors! Together, we will celebrate 30 Years of Camp with Art, Film, and Musical Festivities!

Arrival Day: **Colorful Characters** (*Rainbow Brite, Beanie Babies, Care Bears, Inside Out, etc!*)

Day 2: **Art Festival**

Day 3: **Film Festival**

Day 4: **Music Festival**

Departure Day: **Over the Rainbow**



Note: While we encourage campers to embrace the excitement of Festivals at camp this year, we caution parents not to send their kiddos to camp with their favorite costumes, as they may get lost or damaged. We will provide lots of costumes and supplies to make camp fun!

Drop-Off Procedures

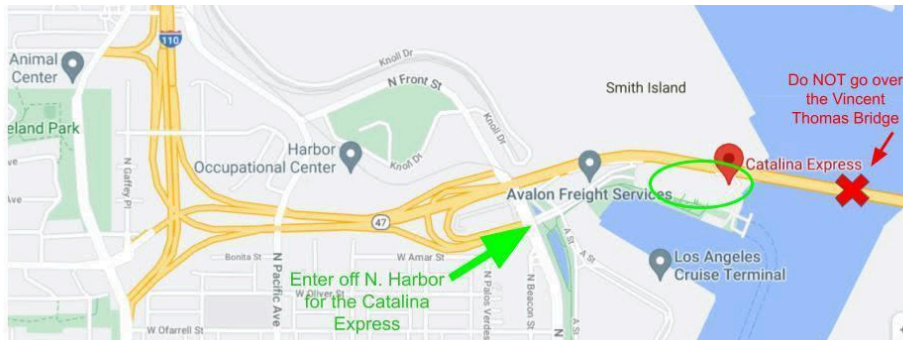
- × ARRIVE EARLY
 - 7:00am - 12-17 year olds
 - 7:30am - 7-11 year olds
- × Bring COMPLETE FORMS from this mailer.
- × STAY IN YOUR CAR until a Med Nurse comes by to check you in.
- × Eat a good breakfast prior to arrival!
- × Drive through our Check In Stations with caution and watch for pedestrians.
- × We ask that your children keep all hands, arms, feet and legs inside the Catalin Express charter boats. We ask that nurses remain close to their assigned cabin(s) of kids.

Pick-Up Procedures

- × Arrive by 1:30pm
 - × Be patient — boat arrival times may vary
 - × Bring photo ID to sign out your child
- ** You can authorize another adult to pick up your camper with the **Camper Release Form** provided in this manual.

Please wait to look for your child's luggage until ALL bags have been unloaded from both boats! IF ANYTHING CHANGES WITH PICK-UP OR DROP-OFF, WE WILL EMAIL AND TEXT CAMPER GUARDIANS.

Directions to the Dock



Catalina Express Terminal, San Pedro
425 East Swinford Street, San Pedro, CA

Please familiarize yourself with the route to the Catalina Express Terminal prior to camp. Merging onto the 47 Fwy is tricky and **you don't want to accidentally go over the Vincent Thomas Bridge!**

Please don't hesitate to contact our office with any questions or concerns you may have. We are here to help!
Office Phone: [818-754-0312](tel:818-754-0312)

E-mail: info@campdelcorazon.org

Our office staff is on call during camp sessions.

A Day at Camp

7:00am: (Optional) Wake 'n' Win Activities

8:00am: Breakfast

9:00-12:00: Morning Activities

12:00pm: Lunch

1:00pm: Quiet Hour

2:00-4:30pm: Afternoon Activities

4:30-6:00pm: Shower and Chill Time

6:00pm: Dinner

7:30pm: Evening Activities

9:00pm: Cabin Closing

9:30pm: Lights Out

What should I bring to Camp?

- (1) Sweatshirt (for evenings)
- (1) Long Sleeve Shirt
- (2) Pants/Jeans
- (5) T-shirts
- (2) Bathing Suit
- (4) Shorts
- (1) Pajamas
- (4) Socks
- (6) Underwear
- (1) Athletic Shoes (closed toe)
- (1) Sandals/Flip Flops/Aqua Socks (for beach use only!)
- (1) Hat
- (1 or 2) Beach Towel(s)
- (1) Bath Towel
- (1) Flashlight
- (1) Sunglasses
- (1) Sleeping Bag
- (1) Pillow w/ pillowcase
- (1) Laundry bag
- **(1) Reusable water bottle labeled with full name**
- (1) Garbage bag (for end of camp packing)
- (1) Sunscreen (SPF 15+)/ Lip Balm
- (1) Soap/Shampoo/Conditioner
- (1) Toothbrush/Toothpaste/Floss

Optional Items

- Backpack
- Inexpensive camera
- Playing cards/games
- Cabin decorations
- Camp-appropriate costume(s)!
- 7 well-fitting face masks

Luggage and Packing Tips

Clothes will get dirty, so we recommend wearing clothes that aren't fancy and new! Please make sure your camper has luggage marked with their full name so it won't get lost in transit!

- **Pack light! Please limit your camper's luggage to one piece.**
- A duffel bag that can also hold their sleeping bag and pillow is best.
- Mark all personal items with your child's full name.
- Prepare for beach weather: chilly in the am/pm, hot during the day.
- Leave anything at home if it is of value or would be missed if lost.
- We recommend having campers help pack their bags. They'll know where everything is and be able to repack at the end of camp.

Please **DO NOT BRING:**

- Cell phones
- iPads or other tablets
- Soda/Candy
- Alcohol
- Valuables
- Personal sports equipment
- Animals
- Weapons (including pocket knives)
- Drugs/Other illicit items
- Tobacco products



Camp del Corazon is not responsible for any personal items.

Medication Information

All medication must be turned in at medical check-in.

All guardians must submit a Medication Release Form at check-in, even if your child is not currently on any medications.

Please follow these steps for sending medications to Camp:

- Provide only an **8-day** supply of medications.
- Medications should be sent in their original prescription bottle, clearly labeled with the camper's name, medication name, and dosage.
Do not sort medications into daily doses.
- Over-the-counter medication (Tylenol, Advil, etc.), vitamins, and supplements must be included and listed with the camper's other medications.
- Send medication bottles in a large Ziploc bag with the camper's name clearly written on it.
- Medications requiring refrigeration should be placed in a separate bag with the camper's name and "Needs Refrigeration" written on it.
- Medications for the first day of camp should be placed in the envelopes provided and given to the nurses at check-in.
- Campers are not permitted to administer their own medications.

Sickness/Injury Protocol

Our medical staff and Health Center are prepared to handle any cardiac-related issues—but they spend most of their time fixing up scraped knees and bee stings.

[What if something more serious happens to my camper?](#)

If the camp physician determines that additional medical treatment is required, we will contact you to arrange pick up of your child.

If the camp physician determines that advanced medical care is required, you will be contacted and local paramedics and/or the Los Angeles County Air Squad will be called. Your child will be accompanied by one of the camp physicians to an emergency facility.

FYI - The Medical team will conduct a surprise "Mock Code" while on the island to practice our emergency protocols. You may want to warn your child about this "Emergency Drill" - they might see it happen, but they have nothing to worry about! 😊

Frequently Asked Questions

Who will be watching my camper?

Your child will be in a cabin with 5-8 other campers of their approximate age.

Every cabin has at least 2 staff members. Two cabin counselors spend all day, everyday with the cabin group.

There will be an RN (we call them “Med Nurses”) assigned specifically to your camper’s cabin to handle all medications and keep an eye on the health of the campers.

Can I call/visit my camper?

To maximize your child’s acclimation to the Camp del Corazon experience, we do not allow phone access, cell phones, or parent visits to camp. If there is an emergency, you will be contacted immediately by our office. If you have an emergency, please call our office and we will relay the message to the island.

What if my camper gets homesick?

It happens!

Our amazing staff is trained to handle homesickness.



Camp Safety &

Communicable Disease

Prevention

In order to keep campers safe, we are doing a few important things to ensure that campers remain healthy at camp. Although some things are different, the fun remains!

1. Vaccinations

- Encouraged for all (staff and campers) but not required.
- Reach out to info@campdelcorazon.org with questions.

2. Masks

- Masking is not required but optional if someone wants to wear one, and may be required if someone is showing active signs of an illness.
- You may want to pack **7 masks** for your child’s stay at camp. .

3. COVID Testing

- Rapid Tests conducted on everyone at the dock, and as needed due to exposure and symptoms on the island.
- PCR testing encouraged but not required prior to camp.

4. Isolation

- Isolation area will be used for positive cases.

Again, our Protocols may change at any point due to the uncertain nature of COVID-19. In this case, we will let the community know via email when we get closer to camp. Thank you for adhering to our safety protocols!

