



January 2024

Dear Parents:

An exciting time at Camp El-O-Win 2024 is just around the corner. During the year, we will be celebrating El-O-Win's 65<sup>th</sup> Anniversary! Please read the following information carefully, as this letter has been written to answer your questions and to help both you and your daughter prepare for camp.

The health and safety of campers, staff and volunteers on-site has always been and remains our #1 priority. We comply with CDC, California, and Fresno County Health Department guidelines. In addition to providing a quality, safe and enjoyable camp experience, we work to meet the individual needs of each camper. If there is anything special we should know about YOUR camper, please share this with on her Health History Form in the box titled **Helpful Insights**. Chaperones accompanying campers are also considered campers and must register and complete the Health History Form.

**Again this year**, the **Health History/Permission Slip** is a single electronic form to be filled out online. You can click on the link to access the form now or at your convenience. This link also appears on our website [www.campelowin.org](http://www.campelowin.org) in the green ribbon at the top of the page.

The **Clydes' Pack Station Release** (if your camper is horseback riding) needs to be printed, signed by the camper AND the parent and mailed to 6533 N. Bungalow Lane, Fresno, CA 93704.

Forms must be submitted, and the balance paid two weeks before your camper arrives at camp.

- ✓ Balance of Camper Fee
- ✓ Health History Form
- ✓ Clyde's Pack Station Release (horseback riding)

### **Getting Ready:**

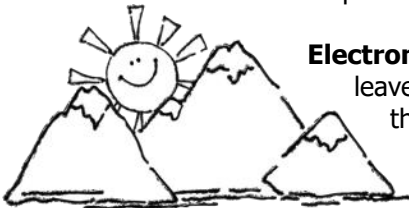
**Personal Equipment List:** Attachment with Confirmation email.

### **Transportation and Arrival at Camp:**

Campers are transported to camp by parents/guardians or group leaders. From Fresno, it takes about 1½ hours to drive to camp. Campers need to check in when they arrive at camp.

**Medications:** All medications must be in their original prescription container, labeled with the camper's name and instructions for use. All medications are held and dispensed by the parent or adult chaperone. If the camper is a minor and must keep her medication with her (EpiPen or inhaler for example), please indicate this on the form. At Mountain Madness, medication is collected, stored under lock and key and dispensed by the Camp's Health Supervisor.

**Emergencies:** If a camper becomes ill or injured (seriously enough to be taken to the doctor or spend more than 24 hours in the Infirmary) and a parent did not accompany her to camp, the parent will be notified. If we are unable to reach the parent, the emergency contact person will be notified.



**Electronic games, music players, cell phones:** We STRONGLY suggest that all campers leave phones, electronic games and music players at home. Dirt does unmentionable things to them. Because Camp El-O-Win is down in a valley, cell phones RARELY work at camp. It is a fact of life that many people use their phone as their camera. We do not have the capability to charge everyone's phone daily and more importantly, Camp El-O-Win is (almost) world famous for having a fine silt

type dust which permeates EVERYTHING be it living or electronic. El-O-Win cannot be responsible for the damage to electronics because of the dust. We are in the out of doors in order to leave the "real world" behind for a week ...to discover new things, new friends, and new revelations about ourselves. How about a disposable camera for your camper?

## Units:

At Camp El-O-Win, campers are assigned to living units with their chaperones on a first come first serve basis OR based on the program for which they registered.

- **Arapaho:** Four cabins house 6 campers each. One cabin sleeps 4. Campers sleep on metal cots with mattresses.
- **Iroquois:** Three platform tents in Iroquois house 5 campers each. Campers sleep on metal cots with mattresses.
- **Chippewa:** Three wooden teepees sleep 8 campers each. Campers sleep on mattresses. One cabin sleeps 4. Each unit has a hand washing water "trough" with multiple faucets and a Biffy (**Bathroom In Forest For YOU**).

## Activities:

No matter which program your camper is attending, she will get to participate in SOME traditional camp activities too: flag ceremonies, arts & crafts, river/wildlife/nature exploration, hiking, archery, singing around the campfire, roasting s'mores, stargazing, horseback riding, swimming in the creek and mountain biking.



**Canoeing:** Campers in the 7<sup>th</sup> – 12<sup>th</sup> grades will have the opportunity to go canoeing on Shaver Lake. Campers are transported to Shaver Lake, about 10 miles from camp. Campers are transported by the adult who brought them to camp or the camp van. All campers will receive basic instruction and be required to wear life jackets while on the water in canoes.



**Horseback riding:** With parental permission, campers will have the opportunity to go on an hour horseback ride on saddled horses. Rides and instruction will be geared to the camper's age, experience and ability. Riding helmets are provided by camp. Campers who ride are required to wear tennis shoes or sturdy shoes, long pants and a helmet. Horseback rides will be offered by Clyde's Pack Outfitters, a horse stable about a mile from camp. Campers will be transported to and from the stable. Hour rides will consist of 6 campers, an adult and a wrangler from Clyde's.

**Swimming:** Swimming and wading take place in Dinkey Creek under the supervision of certified lifeguards and qualified watchers. Old shorts and shirts or a bathing suit AND old tennis shoes are appropriate creek wear. The bottom is very rocky and the rocks are slippery. Campers will not be allowed in the creek without shoes with gripping soles. Water shoes meet this requirement if they do not float off the foot as soon as they are in the water.

**Trading Post:** A Trading Post will be operated at Camp El-O-Win. Campers will have the opportunity to purchase items they need or want. A list of Camp El-O-Win items available at the Trading Post are listed on the website [www.campelowin.org](http://www.campelowin.org) under the S'more tab. Camp El-O-Win t-shirts, camp patches and year bars are sold at the Trading Post in addition to an assortment of items: necklaces, stuffed animals, lanyards, pencils, etc. The Trading Post accepts all major credit cards, checks and cash. This year, many of our Trading Post items are available on our website under EOW OUTLET and be purchased before your camper arrives at camp. You can let us know if you want it shipped or picked up by YOUR camper when she arrives to check-in at camp.

## Staff:

Camp El-O-Win is operated by The Friends of Camp El-O-Win, a nonprofit. We do not have paid staff but are volunteer run. During the summer, college-aged women are hired as camp staff. Some men are hired to work in the kitchen or maintenance areas. Each staff member goes through an application and interview process, is fingerprinted and background checked, attends a mandatory on-site 4-day training, and completes state required trainings. Individuals who transport campers have been DMV checked and are 25 years or older. We are lucky to have many returning staff, who love being at camp as much as the campers do.

## Odds and Ends:

**Showers:** Warm water showers are available at the Camper Shower House.

**Food at Camp:** For most events, meals, including snacks are provided as part of your daughter's camp fee. Menu planning and food preparation are supervised by qualified and experienced cooks. Our kitchen staff ensures that all meals are fresh, nutritionally balanced, attractive, and tasty. There may be foods your daughter does not care for. Please help your camper understand we try to satisfy many tastes. Encourage her to try foods that may be new to her or prepared in a new way. During some events, groups provide their own food and prepare their own meals.

If your daughter is on a special diet or has allergies to specific foods, please note this on the health form and we will make appropriate arrangements.

**PLEASE DO NOT BRING CARE PACKAGES OR SNACKS TO CAMP!**

We ask this for several reasons:

1. Campers receive well balanced meals, including desserts;
2. Furry four-legged-food-loving creatures love food in duffle bags or the bottom of sleeping bags and have little respect for personal property (chomp chomp); and
3. We take food allergies very seriously. While your daughter may be allergy free, the care package you send may contain items that affect other campers.



**MAIL** - you can write cards and letters to your camper before camp! Bring them with you and at Check-In, discreetly pass them to one of the staff. We will distribute each to your camper one at a time throughout her stay.

We do not permit gum chewing at camp.

**If your daughter has a birthday while at camp, do let us know. We have a special camp tradition for recognizing our birthday campers! And yes, cake is part of the fun!**

Please do not ask your daughter to call you during her time at camp. If there is a problem of any kind, we will let you know!

We cannot wait for CAMPERS to arrive at camp! New adventures and new friends await! If you have questions, you can send an email to [info@campelowin.org](mailto:info@campelowin.org) or call (559) 320-5439.



Thank you for choosing Camp El-O-Win!

Most Sincerely,

Camp El-O-Win Staff