



Welcome to Camp Sealth



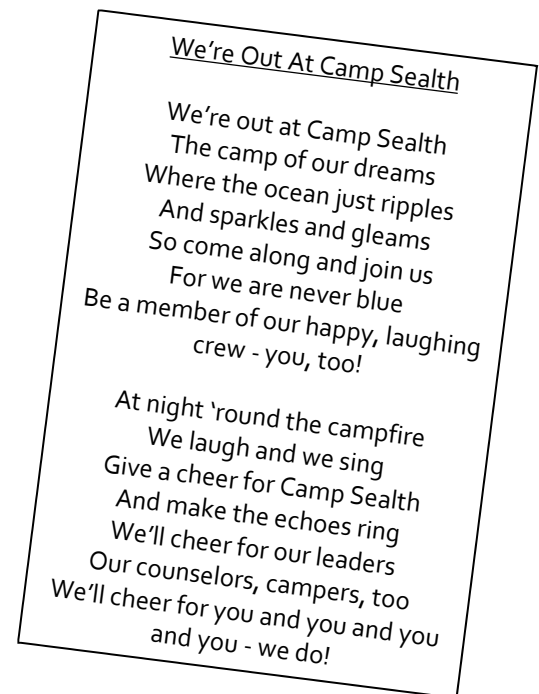
Welcome to Camp Sealth! We are thrilled that you've chosen to spend part of your summer with us on Vashon Island. Please read through this packet, as it contains lots of useful information to help you prepare for camp. If, after reading this packet, you still have questions, please don't hesitate to contact Camp Sealth staff.

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IMPORTANT DATES:

- April 9** Family Play Day & Open House at Camp Sealth
- April 30** Deadline to apply for the CIT/RSIT program
- May 27** Final payment deadline for all camp programs
- June 25** Family Play Day & Open House at Camp Sealth



GOT QUESTIONS?

For Questions About	Contact	Position	Phone	E-Mail
Registration, cancellation, switching sessions, payment, scholarships or transportation	Elaine Bacon	Camp Registrar	206 826 8947	elaineb@campfire-usa.org

All other questions can be answered by the Camp Director or Program Manager, listed below:

General camp questions, health care, food, campers with special needs, specialty programs, camp activities	Rick Taylor	Camp Director	206 463 3174 x22	rickt@campfire-usa.org
	Carrie Kishline	Program Manager	206 463 3174 x35	carriek@campfire-usa.org

If you need to contact Camp Sealth **during the camp session:**

- Contact the camp office at 206 463 3174. If it is not urgent, leave a message at one of the extensions listed above. Voicemails are checked and returned daily while camp is in session.
- To contact camp staff in an **emergency**, call the camp pager at 206 587 8638. Leave a voicemail including your phone number and your call will be returned immediately.

What to Expect

If you've never been to Camp Sealth before, here is a little bit of information about what to expect when you arrive, including some camp activities, traditions, and what the first day of camp will look like.

THE FIRST DAY OF CAMP

Whether you are riding Da Boata from Seattle, or arriving by van from Tacoma or private car, everyone gets to camp around noon on the first day of camp. As soon as you arrive, you'll meet your counselor and cabin-mates, start to get to know each other, and decide what you want to do during the session. Camp is all about what you want to do - start thinking now about what you're most looking forward to, and tell your counselor to make sure that it gets on the schedule (see below for ideas). Your cabin group will work together to plan your schedule for the whole session.

On the first day, you'll also take a tour of camp and learn where the bathrooms, program room, dining hall and camp nurse are located. Your counselor will help you bring your luggage to the cabin and unpack your suitcase. You'll meet the other staff and campers in your unit, and learn your unit song to sing at dinner. After dinner, everyone meets at Green Circle for First Night Fun, the traditional first night campfire to sing songs and learn about camp traditions.

TRADITIONS

Camp Sealth has been around for over 90 years, so there are a lot of traditions that make us unique. Here are just a few:

Uncle Wigglebottom: He's the spirit of Camp Sealth - he can be anything in nature (except things that hurt you, like stinging nettles). Uncle Wig has a cabin in the woods that you can visit, and if you write him a letter, he'll write back!

Polar Bears & Road Runners: You can earn patches for this optional early-morning activity - before breakfast, run from the flagpole to the waterfront and back (Road Runners) and take a dip in the chilly Puget Sound (Polar Bears).

Theme Meals: Occasionally, a unit will plan a theme meal - everyone dresses up for the theme, and there are songs, mealtime entertainment, and awards given out for great costumes. It's not necessary to bring any costumes with you.

CAMP ACTIVITIES

The activities listed here are just a start - your counselor will have tons of different ideas, and the possibilities are endless! If you are registered for a specialty session (such as Archery, Horse Camp, Windsurf/Sail, or Adventure Trips), your focus will be on the specialty activity, with a little time left over for some of these traditional ones:

For All Ages:

Rowing
Fishing
Swimming
Arts & Crafts
Marine Touch Tanks
Star Lab/Astronomy

For All Ages:

Gardening
Nature Hike
Night Hike
Cookout
Overnight campout
Outdoor living skills

Entering gr. 4 and older:

Archery
Canoeing
Team-building initiatives

Entering gr. 6 and older:

Low ropes challenge course

Entering gr. 7 and older:

Kayaking
Photography

VISITING CAMP SEALTH

If you are new to Sealth, you may want to consider a visit to camp ahead of time. The Family Play Days are great opportunities to meet some of the staff and try out activities before heading off to camp on their own. These events are completely free and open to everyone, including new and returning campers, and friends, family or neighbors who want to check it out!

FAMILY PLAY DAY & OPEN HOUSE – Free!

Saturday, April 9 and **Saturday, June 25** 10 a.m. - 4 p.m.

Family Play Day is a whole day of **free** family fun! Come for a short visit, or bring a picnic lunch and stay for the whole day. Take a tour of camp, relax on the beach, or try out a variety of camp activities: archery, marine touch tanks, guided hikes, boating, fishing and arts & crafts. Camp staff will be available to answer any questions you have. All ages are welcome. Reservations are not necessary. Please leave pets at home.

If these dates don't work for you, but you would like to check out the camp, contact us at 206 463 3174 to arrange a tour at a time that is convenient for you.

Health Care

Camp Sealth's top priority is the health and well-being of all campers and staff. All camp staff are trained in basic First Aid and CPR. Sealth also employs full-time health care staff to manage camper medication and provide routine and emergency first aid as needed. All health care staff have a higher level of medical training . nurses, doctors, EMTs or paramedics.

You can help us provide quality care for your child by giving us all the information we need on the health history form. Complete all sections of the form, and give as much detail as you can. Health care staff are also available during check-in at Shilshole to discuss your child's specific needs if necessary. Sealth recommends (but does not require) that campers have a physical examination by a doctor within 24 months of attending camp. Campers with **asthma** must bring an asthma management plan, completed in consultation with the child's doctor, in order for us to provide the best possible asthma care.

Sealth strives to keep parents involved and informed in decision-making with regards to health care, so camp staff will notify you as soon as possible if your child becomes ill or injured while at camp.

If you have questions about health care prior to camp, contact the Camp Director at 206 463 3174 ext. 22. During camp, the health care staff may be reached at 206 463 3174 ext. 26.

MEDICATION

All medications brought to camp must be checked in with health care staff, and administered only through the health center (also known as Medamin+). Medications include prescription and over-the-counter meds, vitamins, inhalers, eye-drops, medicated creams or lotions, or anything else used to improve the camper's health. Sealth also has a supply of common over-the-counter medications that may be administered as authorized by parents on the health history form.

Sealth highly recommends that children who are on behavioral medication during the school year continue to take the same medication during the summer and at camp. Most children experience a higher level of physical activity at camp than at home, so you may want to talk with your doctor about whether his or her medication dosage needs to change.

Do not pack medication, but have it available along with your child's health history form when you arrive at check-in. All medication must have:

- Original pharmacy or manufacturer container (pill sorters or other containers are not accepted)
- The child's own name (meds belonging to a sibling or anyone else are not accepted)
- Current date (expired meds are not accepted)
- Physician's instructions (prescription meds can only be administered according to doctor's written instructions, such as the instructions printed on the original pharmacy container)

Food Service

Meals are served family-style by cabin group, and include lots of kid-friendly food and plenty of options. All campers and staff eat together in Rounds Hall, Sealth's historic dining hall built in 1921.

Food options are always available for kids who are vegetarian, lactose intolerant or who have food allergies. Sealth is a peanut-free camp . we do not serve any peanut products. Please let us know about all special dietary needs on your child's health history form. Sealth may not be able to accommodate strict Kosher, vegan, or other extreme diets. If you have questions about food service, please contact the Camp Director at 206 463 3174 ext. 22.

Options for everyone include cereal bar at breakfast, salad bar at most lunches and dinners and sun-butter and jelly sandwiches. Snack is served every afternoon, and fruit is available at any time. Many cabins also choose to do cookout meals, or cook occasional treats as a group activity.

Many camp traditions revolve around mealtime, and include Picnic Dinner (hamburgers and hot dogs, eaten outside in the Orchard), P.J. Breakfast (wear your PJs to breakfast!), Wail Lunch (loud, crazy lunch with grasshopper brownies) and the last morning's breakfast (Belgian waffles with strawberries and whipped cream).

Homesickness

Most campers, including first-time campers and those who have been going to camp for years, experience homesickness at one time or another. It is normal, especially for young children away from home for the first time, to be homesick at first. Preparing for camp ahead of time can greatly reduce homesickness. Here are some tips:

- Involve your child in the decision to attend camp. Read through the brochure together and choose a session and program that he or she is interested in. Choose a shorter session (4 or 5 days) for your child's first overnight camp experience.
- Discuss what camp will be like. If possible, attend one of the Family Play Days so your child can see what camp looks like.
- Encourage independence throughout the year, such as sleepovers at a friend's house or 2-3 nights at a relative's without their parents.
- Send an encouraging letter ahead of time that will be delivered on the first day of camp. It's OK to say that you'll miss them, but keep the focus positive. "I will miss you, but I know how much fun you'll have at camp."
- Encourage your child to talk to his or her counselor if feeling homesick. Let your child know that there are lots of friendly adults to talk to if needed.
- Don't make any promises or deals about phone calls or picking kids up. This makes it hard for kids to focus on having fun.
- Phone calls home usually increase homesickness. Camp staff are experienced in helping children deal with homesickness, and will help a parent judge when a phone call home is needed. Don't feel guilty about encouraging your child to stay at camp.
- Tears are normal. Many kids feel most homesick during rest hour or bedtime. Encourage your child to read a book or write a letter home during those times or pack an item from home, such as a stuffed animal.
- When is it time to go home? In most cases, homesickness will ease up after a couple of days. If the child is not eating or sleeping, or is anxious most of the time, it may be better for him or her to go home. Don't make it seem like a failure. You can try again next year after gaining a bit more independence.

"CHILD" SICKNESS

This is normal, too! Parents sending their child away for the first time often miss their children more than they expect. Avoid the temptation to call and check in on your child. Although it's OK to do that, camp staff are vigilant about health care, behavior and homesickness with children, and we'll let you know if anything is wrong.

Snail Mail & E-mail

eCamp is a great way to stay in touch with your kids at camp! If you registered online, you had the opportunity to sign up for the eCamp service, which gives you access to pictures of camp and one-way e-mail service to stay in touch with your kids. Each morning, e-mails are printed from the previous day and distributed with the regular mail. It may take up to 24 hours for your child to receive his or her e-mail, as camp is very busy and not all campers are in main camp every day. If you didn't sign up when you registered, you can sign up any time at <http://campfireps.ecamp.net>, and use the login code **campfire2011**.

Photos from camp are posted on the eCamp site nearly every day of the session. Please be patient, as camp is a busy place, and it takes time to get pictures loaded onto eCamp. Your child may not be in pictures every day.

Letters and care packages are fun to receive, too! The mailing address is listed below. Although mail delivery on Vashon Island is usually very reliable and prompt, allow at least two days for delivery. If your child is attending a shorter session, we encourage you to send letters and packages a few days before camp. If you want, you can save time and postage by giving staff members your letters at check-in to distribute throughout the week.

A few words about care packages:

- They are fun to receive, but not necessary. Please don't feel like you have to send one.
- We encourage kids to share care packages, so send enough for the whole cabin (6-8 kids).
- Do not send products with **peanuts, nuts or nut oils**.

Camp Sealth's Address:

Camper's Name
Program or Unit (if you know it)
Session Number
Camp Sealth
P.O. Box 13599
Burton, WA 98013

Camper Code of Conduct

Camp Sealth strives to make camp a safe, fun, and valuable experience for every camper. We want each child to be successful, to grow and make new friends, develop a sense of confidence and learn new skills. In order to ensure this positive experience for everyone, we ask that every camper commit to following the Code of Conduct while they are a part of the camp community. Please go over the Code with your child before camp starts.

CODE OF CONDUCT

- Be a responsible member of the camp community
- Be considerate and respectful of other's feelings and needs
- Think in advance about the consequences of my actions
- Resolve differences in a respectful manner
- Protect the natural environment
- Commit to honesty
- Commit to try

All campers are held to the same behavior standard. Sealth staff use encouragement and positive reinforcement to help campers adhere to the Code of Conduct. If this fails, camp staff may utilize any of the following:

- Phone call to the parent(s)
- Loss of a privilege or special treat
- Written behavior agreement between the camper and counselor
- Talk with the Camp Director or Assistant Camp Director
- Camper is sent home

If a camper is having behavior problems during the session, staff will keep the parents informed along the way, and get your input, suggestions, and assistance. Sending a camper home is a last resort, and the parents will always be involved in making that decision. Camp Sealth will send a camper home if the child's behavior is unreasonable, uncontrollable, causing harm, or negatively impacting the experience of other campers.

CAMP SEALTH POLICIES FOR CAMPERS

Animals/Pets: Campers may not bring animals or pets to camp.

Alcohol, Drugs & Cigarettes: Camp is a drug and alcohol-free environment. Campers may not use or possess drugs, alcohol or cigarettes while attending camp. Violation will result in being sent home immediately. Possession, misuse or self-administration of medication will also result in being sent home.

Cell Phones: Campers may not bring cell phones to camp. Any cell phones found will be confiscated and returned at the end of the session.

Clothing: Campers and staff may not wear indecent or revealing clothing, low-cut, halter, or backless shirts, low-riding pants, revealing bathing suits, or clothes with messages promoting drugs, sex, alcohol, violence, hate or discrimination. Close-toed shoes are required. sandals may only be worn in the cabin, shower or on the beach.

Contact with Staff: It is Camp Sealth's policy that campers and staff members may not exchange contact information. Campers and staff may correspond after camp ends using camp's mailing address, but we actively discourage communication between campers and staff after the camp season ends. If you choose to allow your child to communicate with staff members outside of camp, you take responsibility for that relationship.

Electronics: Electronics, including digital music players, CD players and video games are not allowed at camp. These items will be confiscated and returned at the end of the session.

Firearms & Weapons: Firearms, weapons, or anything else used as a weapon are prohibited on site. This includes toy guns, water/squirt guns, or anything resembling a gun or used in a threatening way. Possession of a weapon will result in being sent home immediately, and possibly calling the police.

Personal Sports Equipment: Personal equipment (such as archery bows, riding helmets, etc.) may be brought to camp and used in some circumstances. Check with us before bringing them to camp. Camp staff will inspect personal equipment for safety prior to use. Bicycles may only be brought when required for a specific camp program.

Pictures, Cameras & the Internet: Pictures taken at camp are for personal use only. Please respect the privacy of other campers by not posting any pictures on the Internet. Pictures may not be taken inside cabins or bathrooms. Camp staff will monitor use of cameras and delete any inappropriate pictures if needed.

Vehicles: Parents dropping off their children should keep to the 10 mph speed limit on the road and park in designated areas. A camper may drive his or her own car to camp, but only through a written agreement with the Camp Director.

Packing List

Old clothes make the best camp clothes . pack stuff that is sturdy and you don't mind if they get dirty. You don't need to buy anything new for camp. Remember to label everything with your child's first and last name . items can get lost easily. There is no store at camp, so send everything your child will need.

For some specialty camps, such as Horse Camp, additional items are required or recommended. If you are registered for a specialty camp, check the specialty letter sent with the confirmation.

Clothes

- Socks & underwear
- Shorts
- Long pants
- Sweatshirts
- Jacket
- Pajamas
- Swimsuit
- Two pairs of sturdy, close-toed shoes (*Sandals may only be worn in the cabin or on the beach*)

Other Gear

- Sleeping bag
- Pillow
- Flashlight & extra batteries
- Rain jacket

Toiletries

- Toothbrush & toothpaste
- Soap
- Shampoo/conditioner
- Hairbrush
- Washcloth
- Towel
- Tote bag to carry toiletries
- Extra glasses or contacts if needed

Optional

- Small backpack or day pack
- White shirt for tie-dying
- Blues & whites for Candlelight Dinner (Sealth's traditional uniform: dark blue pants, shorts or jeans and a clean white shirt)

Personal Items

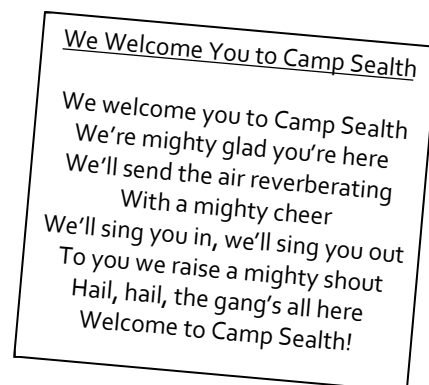
- Water bottle
- Sunscreen
- Bug spray
- Book
- Paper and pen/pencil
- Pre-addressed, stamped envelopes or postcards
- Camera (disposable camera is fine - avoid sending expensive digital cameras)
- Stuffed animal

Bring to camp, but do not pack:

- All medication (including prescription & over-the-counter meds)
- Sack lunch (no peanut products, please)
- Completed health history form

DO NOT SEND TO CAMP:

- Cell phones
- Music players
- Video games
- Any other electronics
- Money
- Valuables
- Fireworks
- Food, candy or gum
- Alcohol
- Drugs
- Tobacco
- Firearms or weapons
- Pets or animals
- Sentimental items that will cause heartache if broken or lost



TIPS FOR PACKING

- Space in the luggage truck is limited. Please bring only two pieces of luggage: a large duffel or backpack and sleeping bag in a stuff sack work great for camp.
- All of the paths and trails at Sealth are dirt or gravel . rolling suitcases/duffels are not recommended.
- Color-coded luggage tags will be handed out at check-in - these are used to sort luggage by the unit each camper will be housed in. We also recommend labeling each piece of luggage with a permanent marker or a sturdy luggage tag in case in the colored tags get lost or torn off.
- Pack only what's needed . your child should be able to carry his or her own luggage with minimal assistance.
- It is helpful for you and your child to pack together . your camper will know where to find everything and be more likely to bring it all home again.

LOST & FOUND

Lost and found items are sorted and stored at camp, then transported to the main office in Seattle until September 30. If you are missing any items, call the Registrar at 206 826 8947. You can pick up lost items at the office in Seattle or at camp. After September 30, lost and found items will be donated to a local charity that can use children's clothing.

Drop-Off and Pick-Up

Transportation to and from camp is in one of three different ways, listed below. Driving directions to all drop-off sites are available on page 8.

Da Boata from SHILSHOLE BAY MARINA (Seattle): Affectionately called %Da Boata+, the Goodtime II is by far the most popular and traditional way to get to camp. The 3-hour ride to camp is filled with songs, games, limbo and dance contests, and plenty of fun. We highly encourage all campers to ride Da Boata!

Camp vans from Pt. Defiance Ferry Terminal (Tacoma): This is a more convenient option for campers who live in south Puget Sound. Campers check-in with Sealth staff at the Go-Kart track at the Pt. Defiance ferry terminal, then ride across the ferry and to camp. (Note: During Session 1 only, check-in will be on the water near the main terminal building.)

Camper drop-off at Camp Sealth (Vashon Island): Camper check-in is also available by driving to Sealth.

We asked about your transportation preference when you registered. If your plans have changed, or if your child needs to arrive late or leave early, please notify us by calling the Registrar at 206 826 8947 at least one week prior to camp.

CAMPER DROP-OFF

Times for camper check-in at each location are listed below. Camp staff will be available to answer any last-minute questions you might have. Parents must remain with their children until the boat or van departs at both Shilshole Bay Marina and Pt. Defiance. To facilitate a smooth check-in, have the following items available:

- Health history form, completely filled out
- Sack lunch (kids eat after arrival at camp) . please, no peanut products
- Medication, including over-the-counter and prescription . do not pack in luggage

***Remember, electronics including **cell phones, music players** and **video games** are not allowed at camp. Sealth staff screen luggage during check-in and will send home any of these devices that are found.

	Check-In Time	Boat/Van Departs	Check-In Location
Shilshole Bay Marina (Seattle)	7:30 . 9:00 a.m.	9:30 a.m.	Drop off luggage first in the parking lot at the south end of the marina; camper check-in is in the plaza near the main building, and Da Boata departs from H-Dock.
Pt. Defiance (Tacoma)	10:45 . 11:30 a.m.	11:30 a.m.	Check-in is in the parking lot of the Go-Kart track at the top of the hill. (Session 1 only: check-in is on the water near the ferry terminal building.)
Check-In at Camp	11:30 . 12:30 a.m.	---	Check-in is at the table in the big grassy field at the bottom of the hill, in main camp.

CAMPER PICK-UP

When you drop off your child, Sealth staff will ask you to confirm how your child is getting home from camp (especially if it is different from how he or she arrived). Please ensure that your child knows how he or she is getting home, as it will avoid unnecessary confusion and distress. If you need to change your child's transportation home from camp **during the session**, please call the Camp Director at 206 463 3174 ext. 22.

If someone other than the camper's parent is picking him or her up, that person must be listed as an emergency contact on the health history form. The pick-up person must show photo ID to pick up the child, even if it is a parent. We will not release the child to anyone who has not specifically been authorized to do so.

	Pick-Up Time
Shilshole Bay Marina	12:00 - 1:00 p.m. (Da Boata arrives at 12:00)
Pt. Defiance	10:50 a.m.
Pick-Up at Camp	9:30 . 10:00 a.m.

Driving Directions

To Shilshole Bay Marina (Seattle)

Address: 7001 Seaview Ave NW
Seattle, WA 98117

From I-5 North or South: Shilshole Bay Marina is located north of the Hiram M. Chittenden Locks in the Ballard neighborhood of Seattle. From I-5 North, take exit 169 (45th St exit at University of Washington). Follow 45th Street to the west; 45th Street becomes 46th St, then Market Street. Near the Locks, Market Street veers left, becoming 54th St, then Seaview Ave. Continue on Seaview Ave for 1 mile. Shilshole Marina will be on your left. Sealth staff will direct you to the south parking lot for luggage drop-off.

For camper drop-off on the first day of camp, Camp Sealth staff will direct you to park near the luggage drop-off in the parking lot at the south end of the marina. Check in your luggage first, then head to check-in at the plaza near the Shilshole office building. Da Boata departs from H-Dock near the check-in tables.

To Pt. Defiance Ferry Terminal (Tacoma)

Address: 5810 North Pearl Street
Tacoma, WA 98405

From I-5 North or South: Take exit 132 (Hwy 16 West) and proceed west on Hwy 16 for about 3 miles. Take the 6th Ave exit, turn left onto 6th Ave, then take the next right onto Pearl Street. Continue north on Pearl for 3 miles to the Pt. Defiance ferry terminal entrance.

From Hwy 16 (Gig Harbor/Bremerton): Take Hwy 16 south and east across the Tacoma Narrows Bridge. Take exit #3 (Pearl Street exit), and turn right onto Pearl Street. Continue north on Pearl for 3 miles to the Pt. Defiance ferry terminal entrance.

Camper drop-off and pick-up is at the parking lot adjacent to the Go-Kart track on the right at the top of the hill (just as you enter the ferry terminal).

To Camp Sealth (Vashon Island)

Address: 14500 SW Camp Sealth Road
Vashon, WA 98070

Ferry service to Vashon Island is available from Southworth (Kitsap Peninsula), Pt. Defiance (Tacoma), and Fauntleroy (West Seattle). Round trip ferry fare is about \$18 for a car and driver and \$4 for a passenger. Current fares, schedule and advance ticket sales are available at <http://www.wsdot.wa.gov/ferries>.

From Southworth or Fauntleroy ferries: When the ferry unloads, follow the traffic up the hill to the left. This is Vashon Highway. Follow Vashon Highway south for about 12 miles, through the towns of Vashon and Burton. Three miles past the four-way stop in Burton, take a sharp right turn onto Wax Orchard Road. Follow Wax Orchard for ½ mile, then turn left onto Camp Sealth Road.

From Pt. Defiance ferry: When the ferry unloads, follow the traffic to the left. This is Vashon Highway. Follow Vashon Highway north for about 2 miles. At the Y, veer left onto Wax Orchard Road. Follow Wax Orchard for ½ mile, then turn left onto Camp Sealth Road.

The camp road is **long, narrow and steep**. For everyone's safety, please keep a speed limit of **10 mph**. Follow the camp road for 1 ½ miles, until you see the water (do not take the turn-off for Wrangler, even if you have a camper in that unit). Camper drop-off is in the large, grassy field in main camp. Parking is available in the gravel strip along the field.

