

INFORMATION FOR PARENTS:

VIERS Summer Eco-Camp 2010

Description of lodging: Your child will be sharing a dormitory style cabin room with up to five other eco-campers about their same age. The cabins have twin beds/cots and a pillow is provided for each bed. Boys and girls have separate cabins.

What to bring:

☀	Twin bed sheets and pillow case	☀	Hiking shoes with socks
☀	Bath and beach towels	☀	Bathing suit
☀	Personal toiletries: toothbrush, toothpaste, soap, shampoo, etc.	☀	Sandals for beach and showers
☀	Few old shorts and t-shirts	☀	Waterproof sunscreen
☀	Underwear and sleepwear	☀	Small, light backpack for hiking
☀	Hat for sun protection	☀	Optional: Flashlight
		☀	Not Optional: A smile ☺

NOTE: Each camper will be provided with a reusable water bottle and camp t-shirt.

Snorkeling gear: VIERS has most sizes, but it is ok to bring your own.

What not to bring:

- ☀ No electronic music, computers, video or game devices are allowed in use during camp
- ☀ No alcohol, cigarettes, or illegal drugs will be allowed
- ☀ No clothes with tobacco, alcohol, illegal drugs, or inappropriate words or graphics
- ☀ No fancy clothing, fancy jewelry, fancy shoes, or uncomfortable shoes
- ☀ No posters (No posting of anything on cabin walls)
- ☀ No lighters, candles or lightable bug repellants
- ☀ No water guns or weapons of any kind

Cell Phones: Cell phone use is not permitted during the camp without VIERS staff permission.

Personal prescription medications: VIERS staff can only administer certain prescription medications accompanied by a parental permission note which has been prearranged.

Items available for sale: The camp store has a selection of bottled water, juices, Gatorade, sodas, candies, cookies, and chips. There will be supervised time for the purchase of snacks. Though three hearty meals are provided, as part of the summer camp experience you may wish to send your child with some snack money. We suggest that it not exceed \$10 total. Telephone calls are 25¢ each from the outside payphone.

Camp duties: Your child will participate (in a team) with camp duties such as washing dishes and keeping cabins clean and tidy.

Swimming: Please indicate your child's swimming abilities on the registration form. VIERS staff will be assigned to lifeguard at all times while at the beach and there will be close supervision. Non-swimmers will be exposed to a gentle water orientation by trained personnel.

Hiking: Please be aware that your child will be hiking several times during the camp. Some of the trails are rocky and though they are not far distances, they do require physical effort.