



RED OAK ONE-WEEK CO-ED RESIDENCE CAMP SESSIONS GENERAL INFORMATION AND EQUIPMENT LIST

PROGRAM OVERVIEW

The one-week residence camp sessions are for boys and girls 9 to 14 who would like a week or two of sleep away camp and the chance to experience the “Red Oak Way” of camping. Our motto at Red Oak is Safety First, Last and Always, and our mission is to Develop Our Campers Inner Strength Through Outdoor Adventure. Each week will include challenging and fun camp activities, including archery, canoeing, camp cooking, field games, fishing, hiking, riflery, swimming, tennis, and more. Campers will be challenged by our 21-element high ropes course, climbing tower, and 450-foot long zip line.

During the day, campers will participate in activities open to our Red Barn Day Campers. Late afternoon and evening activities will be dedicated to our residence campers, and may include group initiatives that stress cooperation, teamwork, and problem solving, and activities that require more time, such as riflery, the high ropes course, and hiking through the Holden Arboretum. We also introduce campers to camp chores, including cabin clean up, KP, and wash house duties.

CONTACT INFORMATION

David Roskos, Executive Director, oversees all camp programs (Red Oak, Red Barn, Chincapin, and other weekly programs), and can be reached at redoakcamp@redoakcamp.org, or by his cell phone at 440-521-1946. David Faulstich is Program Director and Director of our Residence Camp Programs and is the best contact for day-to-day camper information. David Faulstich is a certified Wilderness First Responder, a lifeguard, a certified watercraft instructor, and formerly trained as an EMS. David can be reached by email at redoak@redoakcamp.org, or by calling the Lodge or Director’s cabin at 440-256-0511. Kandy Miller is our camp cook and can be reached at the lodge number as well.

ARRIVAL/DEPARTURE

Campers arrive Monday morning at 8:30 A.M. and leave at 4 P.M. on Friday. Please be on time with your camper or group on Monday and please be on time Friday. We meet at the driveway circle by the Science Building.

If you are new to the Red Oak program and would like to tour the camps prior to the start date, please contact David Roskos, Executive Director, at 440-256-0716.

EQUIPMENT LIST:

2 pair long pants
4 T shirts. 1 should be Red Oak shirts
1 sweat shirt
Lightweight jacket (water repellant)
Poncho or rain suit
Heavy shirt - warm
Swim suit
Flip flops or water shoes for going between pool and changing areas
2 pair pajamas
2 pair shoes
2 or 3 shorts
4 set underclothes
Socks - 5 pair

2 sheets & blanket or lightweight, washable
sleep bag
Wash cloths and 2 towels
pillow - and case
Laundry bag
Water bottle
Day pack
Toiletries - tooth brush, paste, comb brush
No food of any kind
Softball baseball equipment
Fishing rod and tackle box
Camera - disposable
No sheath knives
Sun screen
Bug repellant

NO CELL PHONES OR ELECTRONIC GAMES

MARK ALL ARTICLES, TENNIS RACKETS, UNDERWEAR, EVERYTHING!!!

REQUIRED FORMS

To participate in the weekly residence sessions, you need to complete and submit the following forms:

- The Camp Enrollment Form (<http://fs17.formsite.com/redoakcamp/form777708659/>)
- The Camper Health History Forms (<http://fs17.formsite.com/redoakcamp/form680839132/>)
- The Camper Health Care Recommendations (http://redoakcamp.org/Camper_HealthCare_Recommendations.pdf)

PRESCRIPTION MEDICATIONS

If your camper takes daily prescription medication, please send the required amount in the original prescription container, sealed in a zip lock bag, with instructions signed by the parent. The Director will dispense medication as needed. All medication is locked in the Director's cabin.

SPECIAL DIETARY NEEDS

The camp health forms have sections to list food allergies or special dietary needs. In the past, Red Oak has been able to accommodate most special food requests. However, in addition to the health forms, please send a note to redoakcamp@redoakcamp.org if your camper has a special dietary need or food allergy.

If we cannot accommodate all the needs of his or her diet, we may need to contact you to provide us the special foods that we will prepare and provide.

CAPS AND SHIRTS – DRESS CODE

Campers should have at least one Red Oak shirt for the weekly residence camp. The Cap is optional.

As a co-ed program, both boys and girls will be asked to dress appropriately for specific activities. No provocative clothing will be tolerated (short shorts, cut off shirts, low rider pants, etc.)

EMERGENCIES

In the event your camper is ill or injured, the Camp Director will contact you via the emergency numbers provided on the medical forms. If we cannot contact you within a reasonable period of time, as deemed necessary by the director depending on the nature of the illness or injury, we will contact the next person listed for contact on the medical form.

COMMUNICATION WITH YOUR CAMPER/HOMESICKNESS

There are no parental visits for our one-week sessions. You can send a note to your son or daughter via the camp email at redoak@redoakcamp.org, and we will print and distribute the message to your camper. Please be sure to information that will encourage your camper and not cause him or her to become homesick. To learn more about homesickness, visit http://www.acacamps.org/media_center/how_to_choose/homesickness.php.

CAMPER CONDUCT

These are co-ed camp sessions, and we are sensitive to issues that may arise between teenage and pre-teen boys and girls. We want our campers to enjoy a traditional camp experience, which means gaining confidence and autonomy, and developing an appreciation of our position in the ecosystem.

Of course, boys and girls will be in separate cabins, and a nighttime monitor will be on duty to monitor cabins at night. The shower house will be monitored during assigned periods of use between boys and girls, and campers will always be monitored by at least two adult staff during any “down” time. Each cabin will be assigned an adult counselor who will sleep in the cabin.

To ensure that our focus remains on camping and not “crushes,” during orientation, campers will learn that there will be no Public Displays of Affection between campers (holding hands, notes, attempting to isolate away from group). Any infractions will be handled according to the camps standard disciplinary policy (warning, escalation to Executive Director and notification of parents, dismissal).