



## **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 10 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, swimming, tennis, and more. Campers will be challenged by our 21-element high ropes course, climbing tower, and 450-foot long zip line.

Campers will also participate in activities that stress cooperation, teamwork, and problem solving. We also introduce campers to camp chores, including cabin clean up, KP, and wash house duties. Campers may also get a chance to experience overnight tent camping and backpacking. Campers may sign up for one or both weeks.

### **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](mailto: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](mailto: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 9 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  
2 pair pajamas  
2 pair tennis shoes  
2 or 3 shorts  
4 set underclothes  
Socks - 5 pair  
2 sheets & blanket or lightweight, washable

sleep bag  
Wash cloths and 2 or 3 OLD towels  
pillow - and case  
Laundry bag  
Water bottle  
Toiletries - tooth brush, paste, comb brush  
No food of any kind  
Softball baseball equipment  
Fishing rod and tackle box  
Books  
Camera - disposable  
No sheath knives  
Sun screen  
Bug repellent

***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://redoakcamp.org/roallcampenroll2009.pdf>)
- The Statement of Activities (<http://redoakcamp.org/RedOakActivities.html>)
- The Camper Health History Forms  
([http://redoakcamp.org/Camper\\_Health\\_History\\_Form.pdf](http://redoakcamp.org/Camper_Health_History_Form.pdf))
- The Camper Health Care Recommendations  
([http://redoakcamp.org/Camper\\_HealthCare\\_Recommendations.pdf](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](mailto: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. If your camper is new to Red Oak, and you do not fill out the caps and shirts order form, we will give your camper one and bill you accordingly.

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](mailto: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](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).