



CAMP KANUGA

CAMP KANUGA ALASKA 2018

Camp Kanuga nurtures relationships within Christian community for transformation and growth.

ALASKA EXPEDITION DATES

Session 1 (18 days): June 19 – July 6, 2018

Session 2 (18 days): July 10 – 27, 2018

FEES

The fees for the Alaska Expedition include all meals, entrance fees, park passes, group gear, lodging and travel once in Alaska. These fees do not include airfare to Anchorage or personal spending money. The camper may want to bring enough spending money for snacks while traveling, gifts and souvenirs.

TRANSPORTATION AND TRAVEL INFORMATION

ARRIVAL

- **Location:** Ted Stevens International Airport in Anchorage Alaska.
- **Date:** Session 1: Tuesday, July 19, 2018
Session 2: Tuesday, July 10, 2018
- **Time:** No later than 8:00pm local Anchorage Alaska Time (Anchorage is 4 hours behind Eastern Standard Time)

How to Get There

Air Travel: You are responsible for booking your own flight to Anchorage.

1. **Traveling on your Own**

All campers are expected to be at the airport by **8:00pm Alaskan Time on the first day of your session**. Campers may arrive earlier that day. Camp Kanuga staff will be at the airport to greet campers who may be traveling on their own.

2. **Travel with a Group from Camp Kanuga**

If your flight plan allows it your camper may arrive at Camp Kanuga **the day before you are expected to be in Anchorage. Please do not arrive before 4:00pm**. Campers and Kanuga Trip Leaders will ride together to the Atlanta International Airport. You may also meet us at the Atlanta international Airport if you decide to book a flight with the camp staff. Final logistics can be made after a registration is completed.

DEPARTURE

The Expedition will conclude at the Anchorage Airport. Please make arrangements to fly out of Anchorage before 2:00pm local time if you would like for a Camp Kanuga staff member to wait with your camper.



CAMP KANUGA

STAFF AND LEADERSHIP

Experienced Staff

Camp Director, David Schnitzer, will be one of the leaders and organizers of Camp Kanuga's Alaskan Expedition. David has spent six summers in Alaska leading outdoor adventure service trips for both youth and families. He has lead hundreds of people in the back country participating in many activities including multiday sea-kayaking expeditions, backcountry hiking, glacier travel, flight seeing, rafting, train expeditions, bike tours and service projects with Denali National Park and the Anchorage YMCA. David's experience with Alaska first began in 1998 when he finished a semester with the National Outdoor Leadership School (NOLS) where he focused his training in mountaineering, sea-kayaking and hiking.

COMMUNICATION

Arrival: A member of the Camp Staff will contact the parent/guardian to communicate that camper has checked in with the Kanuga staff. Camp staff will not contact the parent/guardian throughout the Expedition. However, when possible the Camp Kanuga staff will make Facebook posts but this cannot be guaranteed.

Return Trip: Camp Kanuga staff will encourage the camper to contact the Parent/Guardian just before they board their flight. If your camper does not have a personal cell phone then they can use the Camp Staff phone.

HEALTH AND SAFETY

HEALTH AND SAFETY

Camp Kanuga provides age-appropriate activities for young people to develop Christian community, take on new responsibilities, gain independence and an appreciation of God's creation, as well as overcome challenges through safe and fun adventure-based programs. The ability to effectively interact in a small, group-based and community-living environment is important to the Kanuga experience. The Alaska Expedition team includes 12-13 campers and three Trip Leaders. Campers will be expected to effectively interact with others to accomplish community-building goals, establish positive and healthy relationships, work as a team, and maintain emotional resilience. Camp Kanuga facilitates programs under "challenge-by-choice" practices. Please contact the Camp Director for any special situations that might affect your child's experience while on expedition such as divorce, separation, new location or any mental, emotional or social health issues. The more we know about your camper, the better we will know how to serve and care for them.

Living and Daily Conditions

While participating on this expedition, campers will sleep out of outdoors, experience long and physically demanding days, set up their own camp and prepare their own meals. Weather conditions can be extreme. You must have all required gear listed on packing list. Each camper is expected to take good care of themselves. Campers are expected to participate fully in the expedition experience, including; assisting in set camp chores such as setting up camp, cooking, route planning, team building, and more.

Average Weather Conditions for Alaska during our Expedition



- Temp Range: High: 65°f Low: 55°f
- Average Rain Fall: 2" (average of 12 days a month)
- Average amount of sunlight per day: 20 hours day

Physical Demands

There are considerable physical demands on some parts of this expedition. Our trip will require long day hikes. Campers will not be required to carry all of their gear on their backs at one time, just day packs. The sea-kayaking portion of this trip will require sitting and paddling continuously for long periods of time and walking on rugged shorelines while carrying heavy items. Prior physical conditioning and a positive attitude are necessary to be a helpful team member and to get all that you can out of this experience. This can be a demanding experience both physically and emotionally, the more you prepare the better your experience can be.

Physical by a Licensed Medical Provider Signature

It is required to have had a physical signed by a Licensed Medical Provider (doctor, physician's assistant, nurse practitioner, etc.) within the last 12 months to attend the Alaska Expedition.

Behavior

This is not a rehabilitation program. This is not the place to quit smoking, drinking, or drugs or to work through behavioral or psychological challenges. If your camper's behavior puts the rest of the group or the expedition at risk, arrangements will be made to send the camper home at the camper's expense.

Camp Kanuga Medical Services

Camp Kanuga staff have at least Wilderness First Aid and CPR certifications. All guides and vendors are certified Wilderness First Responders. Our staff is trained and equipped to give basic medical treatments and evaluation and medication distribution at all times. Kanuga follows Standing Treatment Orders signed off by a local medical doctor. The Kanuga Health Form, acknowledgement of risk, release of liability waivers, permission-to-treat and photo release signatures were all completed online. There may be more waivers to be signed by the parent or guardian before departure. If your camper has any special medical needs please contact the Camp Director before you register or arrive at camp.

Medications

All prescription medications must be checked in with the trip leader at the beginning of the expedition. All medicine must be in the original packaging. Medicines will **NOT** be given to campers if they are not in its original packaging. When administering prescription medications, Kanuga's staff will only follow the directions printed on the original prescription box or bottle.

Prescription medications will be dispensed by the Trip Leaders. Campers that brought inhalers or Epi-pens with them are required to have them on their person at all times.



Bullying Policy

Camp Kanuga has a zero tolerance bullying policy. Bullying is the antithesis of the Camp Kanuga community. Please speak to your camper about bullying prior to their arrival to camp. Please encourage your camper to communicate any bullying or other negative behaviors to their counselor. If a child's bullying behavior continues, this may result in going home early.

Vaccinations/Immunizations

By attending Camp Kanuga programs, the parent/guardian is attesting that all immunizations required for school are up to date. The American Camping Association *requires* that we ask all campers be up to date with their Tetanus shots (within the last 10 years). During the registration process we will ask for the dates of the following vaccinations:

1. Tetanus (Required)
2. MMR: measles, mumps, and rubella
3. Pertussis (whooping cough)

Communicating with Parent/Guardian about a Child's Health Status

The phone numbers you provide on your campers online account will be used to contact you in case of an emergency, or if your child needs to see a health care provider other than Kanuga's staff. We generally do not contact you if your camper has routine first aid need (e.g., skinned knee, sore throat, low grade fever, etc.). The decision to call parents is determined by the Camp Kanuga staff on a case-by-case basis.

CAMP KANUGA GOALS

Camp Kanuga is about building healthy relationships. We desire that all persons involved grow in love with each other and with God. We provide age-appropriate activities that support our goals below. Camp Kanuga's goals are:

- to build a Christian covenant-based community among the campers and counselors, helping them enjoy the privileges and leading them to accept the responsibilities as contributing members
- to offer a safe and enjoyable summer experiences in some of the most beautiful environments to be found among young people from diverse backgrounds
- to encourage appreciation for God's creation and all of its inhabitants
- to introduce campers to new places and experiences, to offer them challenging opportunities, and to support development of their self-confidence and independence
- to help campers, camp families, and camp staff to grow deeper in their relationship with God

TECHNOLOGY POLICY

Camp Kanuga programs are an "unplugged" experience. We intend to carry this concept with us to Alaska. Please help us to create this environment where new friendships can blossom and each camper has a unique and special outdoor experience. Participants may bring a cell phone or iPod during their travels but they will not be allowed to use this device once they check in with the Camp Staff in Anchorage. For EMERGENCIES and you need to contact your campers please contact the Camp Director on his cell phone: 828-577-2743. We ask that campers bring a separate camera other than their cell phones.



SOCIAL MEDIA POLICY

Concerns over appropriate use of the internet, specifically personal websites, blogs and social networking sites, Kanuga has identified some expectations of our campers in the off-season when referring to the camp, its programs or activities, its campers, and/or its staff members. If a camper chooses to identify him/herself as a camper at our camp on any website or social media platform, some readers may view the camper as a representative or spokesperson of the camp. Because of this, it is important that campers remain respectful at all times; avoid using gross or profane language; never belittle any other Camp Kanuga participant (staff member or camper); and avoid making references to alcohol, drugs, sexual behavior, bullying or any other behavior prohibited by Camp Kanuga. It is also necessary that each camper understand that photographs are for personal memories only; please do not post pictures on the internet of another camper without permission. Kanuga regularly monitors the internet for information pertaining to its programs. If any camper is found to have questionable material displayed on any website, specifically as it relates to the use of the Camp Kanuga name, brand or logo, parents will be notified.

TRIP HIGHLIGHTS

- Wildlife viewing: caribou, brown bears, orcas, marmots, eagles, sea otters, porpoises, seals, puffins, salmon runs
- Natural wonders: tide water glaciers, tundra, tallest mountain in North America, fjords, ice fields
- Experience life with over 20 hours of sunlight daily
- Adventure activities: day hikes, multiday sea kayaking, flight seeing, whale viewing day cruise
- Grow in Christian leadership skills
- Spend time in an intentional Christian community that will foster spiritual exploration and growth

THINGS TO CONSIDER

- Airline and TSA rules and regulations can change often. Please be sure to check with your airline and review age limitations, baggage details, arrival times, and carry on restrictions.
- Baggage Fees: If your checked bag requires a fee because of weight or size this can cost anywhere from \$25-\$150. You will have to pay at the counter.
- Spending Money: You will want your own personal funds to buy snacks during travel and pit stops. Also, do not forget about the Christmas ornament for grandma and matching sweaters for your parents! We suggest \$150-200.

CHECK LIST

- | | |
|---|-----------------------------------|
| - Read of Parent Information Guidebook
Registration | Immediately after |
| - Consult with Camp Kanuga Trip leader
Registration | Immediately after |
| - Book Airfare and send confirmation to Camp Kanuga
including the following information: | April 1st, 2018 |
| - Name of Airline(s) | |
| - Departing city and any stops | |
| - Flight Number and boarding times | |
| - Review your flight carriers travel policies | |



- Submit Physical May 1, 2018
- Balance Due: May 1, 2018
- Physical Due: May 1, 2018
- Collect Gear and practice packing
- Check-In Form: May,1, 2018
- Waivers: May,1, 2018

The Check-in form and waivers **will be sent to you before** the trip begins. Campers will need to have this form completed and signed by the **Parent/Guardian** when they check-in with trip leaders.

PACKING INFORMATION

Getting your gear right can make or break a trip. Alaska's weather changes daily and often. There can be high temps with long days of sunshine followed by cold fronts with snow and rain. The Camp staff will train campers how to be comfortable in all weather. But, you must have the right gear. Please follow this list carefully. If you have any questions on packing please contact the Camp Director.

We suggest that campers purchase gear at Recreational Equipment Inc. (REI). The reason why is because there is an REI in Anchorage. If for any reason you need to exchange items or buy new ones we can make a stop on our first days in Anchorage.

Important Things to Consider:

- **Base Layer:** The base layer is meant to help regulate body temperature by wicking moisture away from the skin. Merino wool and synthetic fabrics are great for this. Try to avoid cotton as it will retain moisture and can leave you feeling cold and wet. This piece of clothing should be relatively snug as you will often wear other layers over it.
- **Insulation Layer:** This layer will help you retain heat by trapping it close to your body. Fleece or wool jackets are the best fabrics for this.
- **Shell Layer: This is your most important piece of equipment.** The shell layer, or top layer, is meant to protect you from wind, rain or snow. This layer should be big enough to fit over both the base and insulation layers that you will wear underneath. A shell should be wind resistant, waterproof and insulated.

Brand Recommendations:

- Patagonia, Columbia and North Face have a lot of options for clothing and bags. A Patagonia Nano Puff Jacket is a great lightweight option for an insulated jacket. All three brands make a variety of options for fleece jackets that vary in style and weight.
- Ozark Trail makes some fantastic hiking/camping equipment that is reasonably priced (look for mess kits, sleeping pads or sleeping bags)
- Columbia has a variety of thick soled, trail running shoes that are great for day hikes.
- Chacos or Tevas work well for camp shoes because they are waterproof and contain a back strap.
- Osprey makes a large variety of lightweight, day pack options.

Bags and Packs

- Duffel Bag (60-90 liter): travel with all of your gear in a duffel bag. This bag should be strong enough to withstand airline travel and big enough to hold all of your stuff. Be sure to check with your airline to determine size and weight restrictions.
- Backpack (25-35 liter): Camper will **NOT** have to carry all of their stuff on their backs. We will not be doing any long range over night backpacking trips in the back country. However, we will be doing long day hikes over glaciers and tundra. Campers will want to bring a medium size daypack to carry a lunch bag, change of clothes, rain gear, fresh socks, camera, two water bottles and other personal gear.



PACKING LIST

CLOTHING

<u>Item</u>	<u>Quantity</u>	<u>Description</u>
<input type="checkbox"/> Base Layer (long underwear top)	2	Light weight, warm, synthetic or wool long sleeve shirt
<input type="checkbox"/> Fleece Jacket	1	Light or mid weight jacket that fits over your base layers
<input type="checkbox"/> Insulated Jacket	1	A warm jacket that can fit over your base layers
<input type="checkbox"/> T-shirt	5	Lightweight shirts, at least 3 should be non-cotton
<input type="checkbox"/> Wind shirt/jacket	1	Nylon shell that can fit over your base layers
<input type="checkbox"/> Rainproof Jacket	1	*should be large enough to fit over all bottom layers
<input type="checkbox"/> Base Layer (long underwear bottoms)	2	Light weight, warm, synthetic long pant, tightly fitted
<input type="checkbox"/> Insulated/Fleece Pants	1	Medium weight, synthetic long pant, non-cotton
<input type="checkbox"/> Rain Pants	1	A waterproof outer layer that can fit over all base layers
<input type="checkbox"/> Hiking Pant	1	Lightweight, nylon hiking pants
<input type="checkbox"/> Hiking Shorts	2	Lightweight, nylon hiking shorts
<input type="checkbox"/> Pajamas	1	You can sleep in your long underwear and fleeces if you like, but you may want to bring other comfortable clothing as well
<input type="checkbox"/> Casual Outfit	2	Bring two outfits to wear in town and flight home

SHOES/SOCKS

<input type="checkbox"/> Camp Shoes	1	Any comfortable shoe with back strap and covers toes
<input type="checkbox"/> Day Hiker Shoes	1	Look for heavy duty/ trail running shoes. These will generally have a thicker sole and more support than a standard running shoe. You do not need full hiking boots (that cover the ankle) but you are welcome to bring them if you would like.
<input type="checkbox"/> Hiking Socks	8	Lightweight, yet warm, non-cotton socks. It is helpful to choose socks that come above the ankle, to prevent burrs and small rocks from entering the shoe
<input type="checkbox"/> Warm Socks	2	A thicker style of sock, usually wool, that can be worn around camp or when sleeping



GEAR

- | | | |
|--|-----|--|
| <input type="checkbox"/> Sleeping bag | 1 | Minimum temperature rating of 20°F or colder, stuff sack |
| <input type="checkbox"/> Sleeping pad | 1 | A lightweight, foam pad that does not need to be inflated or can do so by breath, this is not an air mattress |
| <input type="checkbox"/> Sleeping Bag Stuff Sack | 1 | A small bag to carry your sleeping bag in. Will generally be included with your sleeping bag when you buy it. |
| <input type="checkbox"/> Large Duffel Bag (60-90 liter): | 1 | You will use this to store all of your gear and to transport it from place to place. |
| <input type="checkbox"/> Day Pack (25-35 liter): | 1 | A lightweight back pack (preferably with a waist strap) that can be used to carry daily gear such as extra layers, sunscreen or a camera |
| <input type="checkbox"/> Compression Stuff Sacks | 3-5 | Medium (10-15 liter) and larger (20-22 liter) |
| <input type="checkbox"/> Mess Kit | 1 | Small Tupperware bowl with lid, cup/mug with lid, Spoon that fits in bowl |
| <input type="checkbox"/> Pocket Knife/Small Multi Tool | 1 | Must be folding. Does not have to be a multi tool |
| <input type="checkbox"/> Bathroom Kit | 1 | Travel size liquid bottle shampoo, body soap, toothpaste, Toothbrush |
| <input type="checkbox"/> Rag/Bandana | 2 | Multipurpose use for cleaning hands, face, dishes |
| <input type="checkbox"/> Waterproof Bag Liner | 6 | Plastic Contractor trash bags, gear dry |
| <input type="checkbox"/> Sunscreen | 1 | Minimum of 50spf, 8-10oz container |
| <input type="checkbox"/> Insect Repellent | 1 | 2-4oz container |
| <input type="checkbox"/> Sunglasses | 1 | Must have 100% UV protection |
| <input type="checkbox"/> Sun hat | 1 | Baseball caps or bucket hat |
| <input type="checkbox"/> Warm Hat | 1 | Fleece or wool hat that covers ears |
| <input type="checkbox"/> Towel | 1 | Lightweight, quick dry travel towels are best |
| <input type="checkbox"/> Journal and Pen | 1 | Bring it! |
| <input type="checkbox"/> Bible | 1 | Bring it! |

OPTIONAL

- Camera Cards/dice Book