



CAMP KANUGA

CAMP KANUGA HAWAII 2019 PARENT GUIDEBOOK

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

HAWAII EXPEDITION DATES

Session 1 (20 days): June 13 – July 2, 2019

FEES

The fees for the Hawaii Expedition include meals, entrance fees, park passes, group gear, lodging and travel once in Hawaii. These fees do not include airfare to and from Honolulu, personal spending money, or extra airport fees such as checked bagged fees. The camper may want to bring extra funds for snacks while traveling; and for gifts, souvenirs and a couple of meals out (like Oahu's famous North Shore food trucks!).

TRANSPORTATION AND TRAVEL INFORMATION

ARRIVAL

- **Location:** Daniel K. Inouye International Airport in Honolulu, Hawaii.
- **Start Date:** Session A: Thursday, June 13, 2019
- **Time:** Arrive **no later** than 8:00pm local time in Hawaii Time

Hawaii is “6 hours” behind Eastern Standard Time

How to Get There

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

1. Traveling on your Own

All campers are expected to be at the airport by **8:00pm Hawaii 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. Our Trip leaders will meet campers at the gate. We will constantly check for flight delays or changes in campers travel plans.

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 Honolulu. Please do not arrive before 4:00pm**. Campers and Kanuga Trip Leaders will ride together to the airport. You may also meet us at the airport if you decide to book a flight with the camp staff. Final logistics can be made after your registration is completed. Please contact the Camp Director if you desire to fly on the same flight as the Camp Kanuga Trip Leaders.

DEPARTURE

The Expedition will conclude at the Daniel K. Inouye International Airport in Honolulu, Hawaii. If you would like a Camp Kanuga staff member to wait with your camper at the airport, please arrange to fly out of Honolulu by 4:00pm local time.



Staff presences at in Honolulu: Camp Kanuga is collaborating with Camp Mokuleia, an ACA Accredited Episcopal Camp, located in Oahu. A member of Camp Kanuga or Camp Mokuleia will be present in Honolulu to greet your camper upon arrival or to ensure that your child safely boards their departure flight.

Flights: Depending on where you live, the total time it takes to get to Honolulu can be considerable. A non-stop flight from Atlanta to Honolulu is over 9hrs. Please remember to bring books, journals, cards, iPods, ear buds and anything else to help make your travels easier. Hawaii is 6 hours in time difference (behind) the East Coast. Please research and prepare how to handle jet lag – drink water, rest before and be physically active before you depart.

Unaccompanied Minors (UM):

When a camper travels as an UM with an airline, there usually is an extra fee (est. \$150 *one-way*). This fee provides a service for your child to have an escort the entire length of his/her flight. Parents will be allowed to accompany your child through security to the gate. An airline official will walk your child to his/her seat. Upon arrival a flight attendant will escort your child off the plane, and stay with him/her until a designated Camp Kanuga staff member signs the appropriate paperwork for the airlines to release your child.

Children under the age of 17 can travel with most airlines as an UM; **many airlines require children under the age of 15 to fly as an UM.** If your child prefers to travel on his/her own, you may want to select an airline that will allow him/her to fly alone. You will need to give the airlines the names of the Camp Kanuga staff. Please use the name: “Camp Kanuga Trip Leader” when requesting UM services. We will provide you with the names at least 10 days before the trip begins.

Overland Travel (15 passenger Vans): Camp Kanuga will lease a 15 passenger van from a nationally recognized rental company (Alamo, Enterprise or comparable). We will only use vehicles that are mechanically sound with annual inspections.

Inter Island Travel: Camp Kanuga will travel in between the Island of Oahu and Kauai. Tickets will be purchased by Camp Kanuga through a nationally recognized airline such as Hawaii Airlines and Southwest Airlines. The fees for these airline tickets is included in the trip fees.

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 \$200-250.



HOUSING AND LIVING CONDITIONS

Camp Kanuga will use several “basecamps” to facilitate our program. These camps are located on the white sandy beaches as well as in the mountains so that we may experience different environments that Hawaii has to offer. Both of these camps offer bunkhouses, showers, flush toilets, and access to laundry machines. Although these camps are very rustic, we will still be very comfortable. Camper will have access to laundry at least 3 times while in Hawaii.

COMMUNICATION

Arrival: A member of the camp staff will ensure that the parent/guardian is communicated with regarding safe arrival of each camper to Honolulu. Camp staff will not contact the parent/guardian throughout the Expedition. However, when possible the Camp Kanuga staff will make Facebook posts of photos and trip details but this cannot be guaranteed.

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

Cell Phone: All of Camp Kanuga’s Expeditions offer a technology free environment. We do suggest that campers travel with a cell phone to and from Hawaii. Staff will collect phones and electronic devices on the first day of the Expedition after campers have checked in with their parents upon arrival.

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.

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 and be a positive member of a community is required. The Hawaii Expedition team includes 12-13 campers and 2-3 Trip Leaders. Campers are 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.

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.**

Physical Demands

There are considerable physical demands on some parts of this expedition. Our trip will include long day-hikes. Campers will **NOT** be required to carry all of their gear on their backs at one time, just daypacks. The sea-kayaking portion of this trip will require sitting, paddling continuously for long periods. Walking on rugged shorelines and mountain trails in heavy rains may also occur as well. 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.

REQUIRED: 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 from the start date of the trip to attend the Hawaii Expedition.

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. The group will always have access to 911 and EMS services. Camp Kanuga follows Standing Treatment Orders signed off by a medical doctor. The Kanuga Health Form, acknowledgement of risk, release of liability waivers, permission-to-treat and photo release signatures must be completed to participate on the trip. 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.



Weather

Average Weather Conditions for Hawaii during our Expedition

- Temp Range: High: 80s°f Low: 70s°f
- Average Rain Fall: 1”
- Average amount of sunlight per day: 13 hours day

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 allowed if they are not in its original packaging. Camp Staff will manage all prescription medications. Kanuga’s staff will only follow the directions printed on the original prescription box or bottle.

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 (with in 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)

OTHER KANUGA POLICIES

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 at the expense of the camper family.

TECHNOLOGY POLICY

Camp Kanuga offers an “unplugged” experience. We intend to carry this concept with us to Hawaii. Please help us to create an environment where new friendships can blossom and each camper has a unique and special outdoor experience. However, we do ask that participants bring a cell phone during their travels. They will be asked to turn these devices in to the trip leaders once they check-in with the camp staff in Honolulu. If in an EMERGENCY, and you need to contact your camper, please contact the Camp Director on his cell phone: 828-577-2743. If the camper would like to take pictures, we ask that they bring a separate camera (shock and waterproof) 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/names 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: sea-turtles, dolphins, horses, tropical fish and reefs, birding
- Natural wonders: Famous Na Pali Coast, Waimea Canyon (the Grand Canyon of the Pacific), Oahu's North Shore, Kauai's Hanalei Bay
- Adventure activities: catamaran cruise, day hikes, sea-kayaking, horseback riding, zipline, swim in tropical waterfalls, surfing, snorkeling reefs, beach days
- Service Opportunities: serve as a day camp leader for underprivileged children on Oahu. Participants will receive 40 service hours. CK can complete any necessary forms needed by your school.
- Spend time in an intentional Christian community that will foster spiritual exploration and growth

CHECK LIST

- | | |
|--|---------------------------------------|
| - Read Parent Information Guidebook | Immediately after Registration |
| - Consult with Camp Kanuga Director and 2 Reference | Immediately after Registration |
| - Book Airfare and send confirmation to Camp Kanuga | April 1st, 2019 |
| including the following information: | |
| - Name of Airline(s) | |
| - Departing city and any stops | |
| - Flight Number and boarding times | |
| - Review your flight carriers travel policies | |
| - Balance Due: | April 1, 2019 |
| - Physical Due: | April 1, 2019 |
| - Collect Gear and practice packing | |
| - Check-In Form: | June,1, 2019 |
| - Waivers: | June,1, 2019 |

The check-in form and waivers **will be sent to you 10 days 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.



HAWAII REFERENCE FORM

Along with the physical (Health History Form) we are asking that campers submit two character references. We would like these references to be an adult who can vouch for your son/daughters character. This can be a teacher, coach, administrator, youth director, pastor, mentor or family friend. We also will require that both the camper and the parent connect with the Camp Director so that we can discuss details and expectations of the trip.

We take seriously the Expedition Behavior details listed in this packet. We want everyone to grow, be challenged, and create friendships that will last a lifetime. We are not expecting that all campers act perfectly always. However, we do want to ensure that all campers are healthy and mature enough to attend this experience. We expect that participants to be active and positive members of the group. Participants are expected to serve in many ways such as cooking, cleaning, packing and more. We expect that group members respect and honor the staff, each other and themselves.

References

1. Name: _____
Contact Number: _____
Relationship to participant: _____
2. Name: _____
Contact Number: _____
Relationship to participant: _____



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HAWAII EXPEDITION

PACKING INFORMATION (PAGE 1-3)

Having the right gear can make or break a trip. Summer weather in Hawaii is quite nice; June and July offer the lowest average rainfall and mild temperatures for the entire year. Still, several areas of Kauai and Oahu are listed as the top ten wettest places on earth (over 460 inches a year!). It can rain daily with quick heavy showers but within minutes back to clear blue skies. There can be high temperatures with long days of sunshine followed by cold fronts and heavy rains. The camp staff will train campers how to be comfortable in all weather conditions, but you must have the right gear. Please follow this list carefully. If you have any questions on packing please contact the Camp Director. Access to gear stores and outfitters is limited in Hawaii. You will need to have all items on this list before you arrive in Hawaii. Below are tips and requirements on how to pack.

How to pack for Arrival Day

Carry-On Bag/Day Backpack (25-35 liter): This is a small backpack like a school bag. This bag needs to secure your:

- Photo ID or Passport
- Access to funds: cash or debit card
- Cell Phone and charger, medications, wallet, and return ticket information.
- Rain jacket, water bottle (empty), change of clothes. You may want to change once in Hawaii!

Important Things to Consider

- **Base Layer:** The base layer is meant to help regulate body temperature by wicking moisture away from the skin. 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.
- **Shell Layer: This is your most important piece of equipment.** The shell layer, or top layer, is meant to protect you from wind and rain. This layer should be big enough to fit over the base layer. A shell must be 100% waterproof.

Brand Recommendations:

- Patagonia, Columbia and North Face have a lot of options for clothing and bags.
- Ozark Trail makes some fantastic hiking/camping equipment that is reasonably priced
- 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 (70-90 liter):** travel with all of your gear in a duffel bag (without wheels). 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 backcountry.



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HAWAII PACKING LIST (PAGE 2-3)

CLOTHING

<u>Item</u>	<u>Quantity</u>	<u>Description</u>
<input type="checkbox"/> Sets of daily clothes	6	Keep it light breathable clothing. Athletic and casual.
<input type="checkbox"/> Midweight Jacket (optional)	1	Light or mid weight jacket that fits over your base layers
<input type="checkbox"/> T-shirts	5	Lightweight shirts, UPF sun protection of 50+
<input type="checkbox"/> Long Sleeved Swim Shirt	2	UPF sun protection of 50+
<input type="checkbox"/> Wind/rain jacket	1	Light weight waterproof that fit over all base layers
<input type="checkbox"/> Long Pants/Legging (active wear)	2	You will need at least one pair for horseback riding.’
<input type="checkbox"/> Swim Suits	2	1 piece, active, swimsuit
<input type="checkbox"/> Shorts	2	Lightweight, nylon hiking shorts
<input type="checkbox"/> Sun hat	1	Baseball caps or bucket hat
<input type="checkbox"/> Sunglasses & Chums	1	Polarized
<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

SHOES/SOCKS

<input type="checkbox"/> Comfortable Shoes	1	Any comfortable shoe with back strap and covers toes
<input type="checkbox"/> Water Shoes	1	Any comfortable shoe with back strap
<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. Do not need full hiking boots.
<input type="checkbox"/> Socks	2	Thin, non-cotton, comfortable, day hike use or in town.



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HAWAII PACKING LIST (PAGE 3-3)

GEAR

- | | | |
|--|---|--|
| <input type="checkbox"/> Sleeping bag | 1 | Minimum temperature rating of 40°F, stuff sack |
| <input type="checkbox"/> Compression Stuff Sack for sleeping bag | 1 | A small bag to carry your sleeping bag |
| <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"/> Waterproof Dry Bag | 1 | Roll top dry bad to keep cameras, papers dry. 5-10L |
| <input type="checkbox"/> Compression Stuff Sacks | 2 | Medium (10-15 liter) and larger (20-22 liter). Great for dirty laundry. |
| <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"/> Sunscreen/Lip Balm | 2 | Minimum of 50spf, 8-10oz container |
| <input type="checkbox"/> Insect Repellent | 1 | 2-4oz container |
| <input type="checkbox"/> Towel | 2 | Lightweight, quick dry travel towels are best |
| <input type="checkbox"/> Beach Towel | 1 | Sand Resistant Beach towel |
| <input type="checkbox"/> Journal and Pen | 1 | Bring it! |
| <input type="checkbox"/> Bible | 1 | Bring it! |

OPTIONAL

- Camera Cards/dice Books Travel Games