



CAMP KANUGA ALASKA 2019

PARENT GUIDEBOOK

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

ALASKA EXPEDITION DATES

Session 1 (18 days): June 18 – July 5, 2019

Session 2 (18 days): July 9 – 26, 2019

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, several of meal in town, gifts and souvenirs.

TRANSPORTATION AND TRAVEL INFORMATION

ARRIVAL

- **Location:** Ted Stevens International Airport in Anchorage Alaska.
- **Date:** Session 1: Tuesday, July 18, 2019
Session 2: Tuesday, July 9, 2019
- **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 flights to and from 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. 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 Anchorage. 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 a registration is completed.

DEPARTURE

The Expedition will conclude at the Anchorage Airport. If you would like a Camp Kanuga staff member to be with your child then please try to arrange to fly out of Anchorage before 2:00pm local time.



Staff presences in Anchorage: If your son/daughter is flying to Anchorage on their own know that a staff member will meet your camper at the gate. We will also ensure that they safely board their departure flight.

Flights: Depending on where you live, the total time it takes to get to Anchorage can be considerable. A non-stop flight from Atlanta to Anchorage is over 7hrs. Please remember to bring books, journals, cards, iPods, ear buds and anything else to help make your travels easier. Alaska is 4 hours behind the Eastern standard time. 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.

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 mom and dad! We suggest \$200-250.



HOUSING AND LIVING CONDITIONS

Camp Kanuga will use several “basecamps” to facilitate our program. These camps are located State and National Parks and Lands. Some of these basecamps offer showers and laundry, and most offer flush toilets. We will be sleeping in tents in designated campsites. Although these camps are very rustic, we will still be very comfortable. Camper will have access to laundry at least 2 times while in Anchorage.

COMMUNICATION

Arrival: A member of the Camp Kanuga Staff will ensure that contact with the parent/guardian has taken place. 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 ensure 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.

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 Anchorage. However, the 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 Alaska Expedition team includes 12-13 campers and two to three 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 Alaska Expedition. We will also require two character references as well as an conversation with the Camp Staff before you leave.

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. 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 Alaska during our Expedition

- Temp Range: High: 65°f Low: 55°f
- Average Rain Fall: 2" a month
- Average amount of sunlight per day: **20 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. Kanuga's staff will only follow the directions printed on the original prescription box or bottle. The Trip Leaders will dispense prescription medications. Campers that brought inhalers or Epi-pens with them are required to have them on their person at all times.

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 Alaska. 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 Anchorage. 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 or 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: caribou, brown bears, orcas, grey whales, 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, sea kayaking, flight seeing, whale viewing, day cruise, ice climbing, mountain biking, back county exploration and wilderness tour, glacier hiking,
- Grow in Christian leadership skills
- 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 | Immediately after Registration |
| - Balance Due: | April 1, 2019 |
| - Physical Due: | April 1, 2019 |
| - Collect Gear and practice packing | April 1, 2019 |
| - 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.



ALASKA 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.

Camp Name: _____
Trip Name: _____

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: _____

Please send reference information to:

David Schnitzer, Camp Director
dschnitzer@kanuga.org

or

David Schnitzer, Camp Director
PO Box 250
Hendersonville, NC 28793

ALASKA EXPEDITION PACKING INFORMATION (PAGE 1-3)

Having the right gear 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. You must have the right gear. Please follow this list carefully. We suggest that campers purchase gear at Recreational Equipment Inc. (REI). Any broken or incorrectly sized may be returned to the REI in Anchorage.

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), and change of clothes. You may want to change once in Anchorage!

Important Things to Consider:

- **Base Layer:** The base layer helps regulate body temperature by wicking moisture away from the skin. Merino wool and synthetic fabrics are great for this. 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. A shell should be wind resistant, waterproof and insulated.

Brand Recommendations:

- Patagonia, Columbia and North Face have many 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, daypack options.

Bags and Packs

- **Duffel Bag (70-90 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 backcountry. 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.



ALASKA PACKING LIST (PAGE 2-3)

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



CAMP KANUGA

ALASKA PACKING LIST (PAGE 3-3)

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"/> Water bottles | 2 | 32 ounce, wide mouth Nalgeens |
| <input type="checkbox"/> Bathroom Kit | 1 | Travel size liquid bottle shampoo, body soap, toothpaste, Toothbrush |
| <input type="checkbox"/> Rag/Bandana/buff | 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"/> Bible, Journal and Pen | 1 | Bring it! |