



mountain harmony camp

Region 12 Sweet Adelines International

IMPORTANT INFORMATION FOR CAMPERS & PARENTS

Mountain Harmony Camp
Alliance Redwoods Conference Grounds
6250 Bohemian Highway
Occidental, CA 95465

Land line phone: 707-874-3507

Camp Dates: Fri., Nov. 22 – Sun., Nov. 24, 2013

- Emergency Calls

Most cell phones will not work once you turn onto the Bohemian Highway. We will also ask all campers to leave their phones off while at camp so that everyone can enjoy the outdoor musical experience. There are pay phones at the Lodge/Office. If you want your child to call/check-in with you send coins or a phone card.

In case of an emergency you will be called from the camp office's land line at 707-874-3507.

That is the number you should use if you need to contact the Camp Director, or a camper. There is an Alliance Redwoods staff member on site 24/7.

- Arrival Time

Drop off time on **Friday, Nov. 22 is 4:00 pm**. Please do not bring campers earlier than 4:00, we have a limited time to prepare for your arrival and will not be able to admit you until 4:00.

- Pick Up Time

If you would like to see the product of your camper's weekend please plan to attend our small show before you pick up your child, on **Sunday, Nov. 24, at 12:00 noon**, in the Tabernacle. If you arrive before 12:00 noon you will be asked to pay a day fee of \$25.00, to avoid this fee, schedule your arrival for no earlier than noon. The show will be about 20 minutes long, and all campers **must be off-site by 1:00 pm to avoid a large overtime fee**.

- Medications

Any and all medications for campers under the age of 18 must be turned in to the Camp Nurse at registration with a signed Medication Authorization Form. This includes prescription and over the counter medications, which must be in their original container. A separate authorization form must be completed and signed for *each* medication. We have included one form for you. Please copy as many forms as you need, or download the form from our website at <http://www.sairegion12.org>, simply click on the Mountain Harmony Camp title on the homepage.

All prescriptions must have a legible label from the pharmacy indicating the following:

- child's name
- date
- name of medicine
- dosage
- expiration date
- doctor's name
- pharmacy name & phone number



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- Medications continued

The nurse will review dosage amounts and times, as well as storage instructions before you depart. She will be the only staff member allowed to administer medications on site, and will log each dose. You, or a specified adult agent, must sign off for any remaining medications to be returned at check-out.

If your child has asthma and needs to / is capable of keeping their inhaler with them, inform the nurse and you may sign a waiver allowing them to carry it while at camp. Please send two inhalers – one to leave with the nurse so we have a backup.

If you or your child have any extenuating medical issues please call the Camp Director, Cyndi Sharp, at 925-671-9895, prior to camp, so we can properly prepare for your needs.

- Diet / Meals

All meals are included in the registration fee. We will eat together as a group in the Dining Hall. The food service is excellent with nutritious, balanced meals. There are many choices other than the main dish at each sitting, including a salad bar for lunch and dinner, and a yogurt/fruit bar for breakfast. If your child needs gluten free, or specially prepared foods let our camp director know by noting that in your registration – the chefs will prepare special diet foods and your camper will receive specific instructions to receive her meals from a separate section of the camp kitchen.

We will provide snacks between meals and before bed. There will be a special gluten free snack section for campers that request it.

Friday Dinner: Registration opens in the Tabernacle building on Friday at 4:00 pm. Dinner will be served from 6:00 – 7:00 pm. If you expect to arrive after 6:45 pm on Friday please notify our Camp Director, and be sure to feed your child dinner before leaving the freeway, or Sebastopol. Once you turn onto Fulton Rd. the options for any “fast food” are very limited.

- Electrical Items

Please do not let your child pack phones, laptops, tablets, i-pads, i-pods, mp3's, game players, etc. There is no internet access at Alliance Redwoods and most cell phones do not get coverage. Our camp schedule is a busy one. We work hard and play hard. By lights out time campers are sufficiently tired! There is some free time in our day, however, we encourage them to spend it outdoors! Cameras are great to bring to record lots of memories, but other items can be easily lost, please leave them at home.

- Money

There is a small camp “store” that sells necessities, momentos, and some snack food ie: cookies, chips, popcorn, hot chocolate, etc. It is not necessary for any camper to bring extra money to camp, however, they are free to visit the store if they want to. Please do not bring excessive amounts of cash. We will not be responsible if it is lost.

If you have any further questions, or special needs, please feel free contact our Camp Director, Cyndi Sharp at 925-671-9895, or e-mail sharpadeline@aol.com We want each parent and camper to feel comfortable and prepared.