



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TEEN ADVENTURE INFO GUIDE SUMMER 2019

YMCA Camp Jones Gulch
11000 Pescadero Road
La Honda, CA 94020
P: 650-747-1200
www.ymcasf.org/campjonesgulch

WHITE WATER RAFTING * SANTA CRUZ MOUNTAINS ADVENTURE
SUPER CAMP * SURF CAMP * LAKE TAHOE ADVENTURE
BIG SUR EXPLORERS * YOSEMITE ROCK CLIMBING



WELCOME TO YMCA CAMP JONES GULCH!

We're looking forward to a great summer, and are so happy your child will be joining us. At YMCA Camp Jones Gulch, we focus on safety, character development, and fun, which makes us a great place for your child to learn and grow. We follow strict guidelines established by the ACA (American Camp Association) and the YMCA to ensure your child will have a safe, fun, and meaningful camp experience. We teach caring, honesty, responsibility and respect to all our campers. Thank you for choosing us for your child's summer experience!

www.ymcasf.org/campjonesgulch

INSIDE

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BASIC REGISTRATION QUESTIONS?

Contact our Member Services Staff
at (650) 747-1200.

DON'T SEE YOUR PROGRAM?

Separate Guides Are Available for:
Day Camp
Resident Camp
BOLD & GOLD Backpacking

QUESTIONS ABOUT THE PROGRAMS?

Contact Xander Tartter
Outdoor Programs Coordinator
ataratter@ymcasf.org

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SESSION DATES

Big Sur Explorers

Session 1
July 16 - 20

Surf Camp

Session 2
June 23 - 28

White Water Rafting A

Session 3
June 30 - July 5

Santa Cruz Mountains

Session 4
July 7 - 12

White Water Rafting B

Session 5
July 14 - 19

Yosemite Rock Climbing

Session 6
July 21 -26

Super Camp

Session 7
July 28 - Aug 2

Lake Tahoe Expedition

Session 8
Aug 4 - 9



ABOUT JONES GULCH

At YMCA Camp Jones Gulch, campers discover the natural world. It is much more than simply canoeing, swimming, campfires with friends, archery, horseback riding, and dabbling with the arts. Campers and counselors work together, learn new skills and build an honest, caring, responsible and respectful community. At the heart of the program, we encourage campers to challenge themselves to meet personal goals, gain confidence and become part of team.

To get the most out of Camp, you must:

- Live and play respectfully with similarly aged campers.
- Be responsible for personal care and individual health and safety.
- Follow a varied activity schedule and manage free time.
- Enjoy overnight excursions that require challenging hikes.
- Understand and respond to group instruction for the activities.
- Join in group activities that build community, such as singing, campfires, and family-style meals in the dining hall.
- Contribute positively to the overall spirit of the camp community.

YMCA Camp Jones Gulch endeavors to arrange reasonable accommodations to make camp accessible while preserving the rustic facilities, natural surroundings and quality of the camping experience for all.

A SHORT HISTORY OF YMCA CAMP JONES GULCH

The present site of YMCA Camp Jones Gulch was once part of Rancho San Gregorio, a stretch of land granted to Mr. Juan Alvarado by the Mexican Government. After passing through a few proprietors, the land was eventually sold to Jones & Franklin, a smalling milling operation in 1857. David Jones, of Jones & Franklin and for whom our camp is named, constructed a saw mill on this site, which is now our current Dining Hall. In the 1934, the then owner of the property, Mrs. S. M. Black was looking to sell her property to a non-profit to create a camp for boys and girls. Richard Perkins, the General Secretary for the YMCA of San Francisco at that time, negotiated a deal with Mrs. Black and was able to acquire 927 acres of redwood forest and meadows. Over the years, the YMCA of San Francisco has run a variety of camps and has expanded upon the facilities and programs to what you see today!

www.ymcasf.org/campjonesgulch

OUR MISSION

We build strong kids, strong families, and strong communities by enriching the lives of all people through spirit, mind, and body.

OUR VISION

Using the vibrant beauty of our own 927-acre property as well as the breadth of dramatic natural areas throughout California, YMCA Camp Jones Gulch will ensure that kids of all ages, and families of all configurations, experience the outdoors. Camp provides pathways for discovery, inquiry, inspiration, rambunctious exploration, and the art of making friends.

WELCOME ALL

We work to ensure that everyone, regardless of ability, age, cultural background, ethnicity, faith, gender, gender identity, ideology, income, national origin, race, or sexual orientation has the opportunity to reach their fullest potential.



YMCA Camp Jones Gulch is proud to be an American Camp Association accredited camp, meeting nationally recognized standards for quality youth camping.

ABOUT THE TEEN TRAVEL PROGRAMS

TEEN ADVENTURE PROGRAM

Explore the natural beauty of California while pushing yourself out of your comfort zone. Teen Adventure campers voyage beyond the confines of Camp Jones Gulch to destinations including Lake Tahoe, Yosemite, the American River, and Big Sur. Develop your outdoor skills while bonding as a team, cooking meals together, and challenging yourself. You could kayak Lake Tahoe, surf the Pacific, paddle the rapids of the American, camp under redwoods, or rock climb in Yosemite.

BOLD & GOLD

(Boys and Girls Outdoor Leadership Development)

Are you ready to explore, make new friends and be inspired by the beauty of nature? Leave what you know behind and be a part of something extraordinary in the wilderness. On a YMCA BOLD and GOLD backpacking adventure, you will:

- Do the impossible! You'll understand the value of challenge and the meaning of hard work while experiencing amazing sunsets, beautiful mountaintops and starry skies.
- Experience the challenge and the wonder of being up close and personal with California's amazing wild places. During your expedition you'll live outdoors, sleep outside every night, help cook your own meals and carry all you need.
- Develop trust in one another and believe in yourself. You'll laugh deeply, make lifelong friends and discover your true potential.
- Connect with students from all different backgrounds. We embrace diversity and the uniqueness of every participant, including ethnicity, race, socio-economic level, culture and gender expression. You'll be inspired to be yourself and learn how to be a bridge-builder in today's multicultural world.

OUR STAFF

Our greatest resource is our staff, which is comprised of young adults who are carefully screened for their desire and ability to work with children. They complete an intense training program, to foster a safe and fun environment for our campers. Our directors and coordinators have extensive experience in youth development and leadership.

Our Trip Staff have a variety of trip-leading experience, medical training and certifications, and extensive experience working with youth.



BEFORE CAMP BEGINS

CHECK-IN & CHECK-OUT

- Check-in and Check-out times and locations vary depending on the trip. Please find the details for your trip among the trip-specific information below.
- To be admitted to our programs on check in, your camper must have the following complete and received in the office four weeks before camp:
 - Payment in Full
 - On-site Health Screening (including lice check)
- If your camper has medications (prescription or over-the-counter), make sure your child's name is on the medication. Please check the medications in with the Medic upon arrival.

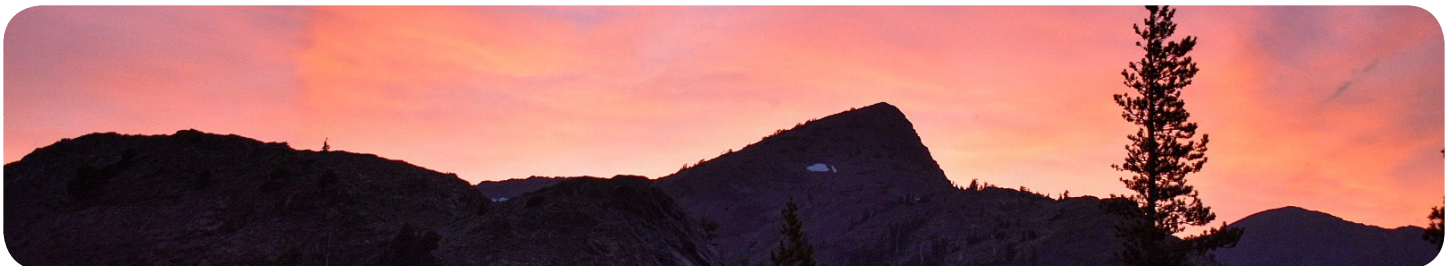
MEDICATION

If your child takes medication, consult your doctor before camp. All medications must be checked in at registration. Any prescription medication that we receive needs to be in the original container with the child's name and dosage information.

Medications that are prescribed to parents or siblings cannot be administered to campers. Please do not pack any medications, including non-prescription or vitamins, in your child's luggage. It is helpful to place the medications in a Ziploc bag with the child's name clearly labeled. The camp health center and staff on trips will have a variety of over-the-counter medications for simple ailments. Medications are usually dispensed at mealtimes; if your child needs to have medication at another time, please let the Medic or Director know when you check in.

SPENDING MONEY

Campers are encouraged to bring a small amount of cash for spending on souvenirs from gift shops or snacks during travel days. Spending (particularly on snacks) may be limited at the staff's discretion. Access to the Camp Jones Gulch Camp Store is unlikely on most trips as time spent at camp is so limited.



SAVING MONEY WHEN PACKING

Please review the packing lists on the pages that follow. Note that you do not need to buy all gear at camping stores or specialty stores. You can find many of these items at discount outdoor stores at thrift stores such as Goodwill. If you do not have an item on the list and wish to borrow from us, please let us know. You can email [Xander Tartter](mailto:atarter@ymcasf.org) at atarter@ymcasf.org or call our main office at 650-747-1200. We also plan to call participating families prior to each trip to check in about gear needs and make sure everyone is prepared.

The YMCA will provide all group camping gear (tents, stoves, fuel, cooking equipment, food, first aid kits, water purification, etc.) There is no need to pack any of this prior to your trip.



TEEN ADVENTURE PACKING LIST

- Layering helps to be prepared for the changing temperatures at camp.
- We recommend packing comfortable clothes, that you don't mind getting dirty.
- The YMCA is not responsible for lost or damaged articles.

PLEASE MARK ALL OF YOUR CHILD'S BELONGINGS WITH THEIR NAME!!

The following is a suggested packing list for a week-long program.

WHAT TO BRING:

2-3 Long pants/Jeans	2 Pairs Shoes	1 Liter Water Bottle
2-3 Sweatshirts	Towel	Sunscreen (#15+)
Warm Jacket	Lip Balm/Chapstick	Warm Sleeping Bag
6 T-shirts	Flashlight	Ground Pad for Sleeping
4 Shorts	Toothbrush/toothpaste	Pillow
2 Long-sleeve shirts	Shampoo	Pajamas
1-2 Swimsuits	Soap	Warm Hat
8 Underwear	Comb/Brush	Sunglasses
8 Pairs Socks	Rain Gear	Day Pack

OPTIONAL ITEMS:

Hat/Cap with Brim	Beanie	Games for Free Time
Book/Reading Material	Day Pack	
Disposable Camera	Cash for snacks/gift shops	

PLEASE DO NOT BRING

Food, Gum or Candy	Knives/Hatchets	Aerosol Sprays
iPods/Radios	Drugs or Alcohol	Animals
Matches/Lighters	Fireworks	Vehicles
Weapons	Laptop/iPad	Hand-held Game Console
Sports equipment	Tobacco Products	

TRIP SPECIFIC INFORMATION

BIG SUR EXPLORERS (Session 1)

- **Check-in: Sunday June 16**
Check-in at Camp Jones Gulch from 2-3pm or Register for Chartered Bus Transportation
 - **Check-out: Thursday June 20**
Check-out at Camp Jones Gulch from 4:00-4:30pm or Register for Chartered Bus Transportation
 - We strongly recommend that campers pack an additional pair of shoes that can be used for river crossing, or a pair of water shoes. Chacos/Teva style strap-on sandals work well.
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SURF CAMP (Session 2) – No Chartered Bus Transportation

- **Check-in: Sunday June 23** - Check-in at Camp Jones Gulch from 2-3pm
 - **Check-out: Friday June 28** - Check-out at Camp Jones Gulch from 4:00-4:30pm
 - Surf Camp participants must be proficient swimmers and reasonably comfortable in the ocean. They are encouraged to bring their own wetsuit if they have one. Otherwise wetsuits will be provided.
 - An additional waiver for this program will be emailed at least 2-3 weeks prior to the program. A waiver must be filled out and signed by a parent or guardian for each participant.
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WHITE WATER RAFTING A (Session 3)

- **Check-in: Sunday June 30**
Check-in at Camp Jones Gulch from 2-3pm or Register for Chartered Bus Transportation.
 - **Check-out: Friday July 5**
Check-out at Camp Jones Gulch from 4:00-4:30pm or Register for Chartered Bus Transportation.
 - This trip requires an additional pair of shoes that can be worn on the raft and when swimming and will not fall off. An old pair of sneakers works well. Water-shoes or Chaco or Teva style strap-on sandals work well. Flip-flops will NOT suffice.
 - *An additional waiver for this program will be emailed at least 2-3 weeks prior to the program. A waiver must be filled out and signed by a parent or guardian for each participant.
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SANTA CRUZ MOUNTAINS ADVENTURE (Session 4)

- **Check-in: Sunday July 7**
Check-in at Camp Jones Gulch from 2-3pm or Register for Chartered Bus Transportation.
- **Check-out: Friday July 12**
Check-out at Camp Jones Gulch from 4:00-4:30pm or Register for Chartered Bus Transportation.
- Participants must know how to ride a bike. Participants may bring their own helmet or mountain/hybrid bike as long as it is well fitted and has many gears. Otherwise, biking equipment will be provided.
- *An additional waiver for this program will be emailed at least 2-3 weeks prior to the program. A waiver must be filled out and signed by a parent or guardian for each participant.

TRIP SPECIFIC INFORMATION

WHITE WATER RAFTING B (Session 5)

- **Check-in: Sunday July 14**
Check-in at Camp Jones Gulch from 2-3pm or Register for Chartered Bus Transportation.
- **Check-out: Friday July 19**
Check-out at Camp Jones Gulch from 4:00-4:30pm or Register for Chartered Bus Transportation.
- This trip requires an additional pair of shoes that can be worn on the raft and when swimming and will not fall off. An old pair of sneakers works well. Water-shoes or Chaco or Teva style strap-on sandals work well. Flip-flops will NOT suffice.
- *An additional waiver for this program will be emailed at least 2-3 weeks prior to the program. A waiver must be filled out and signed by a parent or guardian for each participant.

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Yosemite Rock Climbing (Session 6) – No Chartered Bus Transportation

- **Check-in: Sunday July 21** – Check-in at Camp Jones Gulch from 2-3pm
- **Check-out: Friday June 26** – Check-out at Camp Jones Gulch from 4:00-4:30pm
- All climbing equipment will be provided.
- *An additional waiver for this program will be emailed at least 2-3 weeks prior to the program. A waiver must be filled out and signed by a parent or guardian for each participant.

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Super Camp (Session 7)

- **Check-in: Sunday July 28**
Check-in at Camp from 2-3pm or Register for Chartered Bus Transportation.
- **Check-out: Friday August 2**
Check-out at Camp from 4:00-4:30pm or Register for Chartered Bus Transportation.
- For this program, if campers have a cell phone they are encouraged to bring it. Cell phones are useful to help the group communicate and coordinate while at crowded theme parks. If the phones are becoming a distraction or being used inappropriately, staff will take them away.

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Lake Tahoe Expedition (Session 8) – Chartered Bus Transportation TO camp ONLY

- **Check-in: Sunday August 4**
Check-in at Camp Jones Gulch from 2-3pm or Register for Chartered Bus Transportation.
- **Check-out: Friday August 9**
Check-out at Camp Jones Gulch from 4:00-4:30pm. **No chartered transportation available.**
- *An additional waiver for this program will be emailed at least 2-3 weeks prior to the program. A waiver must be filled out and signed by a parent or guardian for each participant.

CHARTERED BUS TRANSPORTATION

The following chartered bus transportation options are available for certain trips in lieu of dropping off or picking up your camper directly from Camp Jones Gulch. Please be aware that these are not available for all trips. Refer to trip-specific information (pg. 6-7) for more information. If your camper is going to take the bus, you must register ahead of time at a cost of \$45 one way. Please contact our office at 650-747-1200 to register.

Pickup and Drop-off Times

Stonestown Family YMCA
333 Eucalyptus Drive
San Francisco, CA 94132

Sunday Departure: 1:15pm
Friday* Arrival: 4:45pm

Peninsula Family YMCA
1877 S. Grant Street
San Mateo, CA 94402

Sunday Departure: 2:15pm
Friday* Arrival: 4:00pm

EM Downer YMCA
263 S. 20th Street
Richmond, CA 94804

Sunday Departure: 12:45pm
Friday* Arrival: 5:45pm

Downtown Berkeley YMCA
2001 Allston Way
Berkeley, CA 94704

Sunday Departure: 1:30pm
Friday* Arrival: 5:00pm

*For Session 1, camp ends on Thursday June 20th.
Arrival times still apply, but will be on Thursday, not Friday.

SAFETY TIPS

Please stay with your camper until they are checked in by a YMCA Camp Jones Gulch staff person.

We require all passengers to wear seat belts in vehicles that are equipped with them.

The winding mountain roads can cause motion sickness in some campers. Please try to avoid large heavy meals and consider using a motion sickness medication prior to the trip.



WHILE AT CAMP

COMMUNICATION & UNPLUGGING

Most of our trips involve travel to remote places where cell phone service is limited. Our trip leaders check-in at regular intervals with staff back at camp by cell phone or satellite phone if necessary. We generally do not allow campers to have cell phones while on trips and want to encourage our teens to take the opportunity to unplug, take a break from technology, and spend time bonding face-to-face with one another. In the case of an emergency in the field, our highly-trained and experienced staff will be responding promptly, communicating with emergency services (if necessary) and then with our staff at camp. If you need to reach your camper in case of a family emergency, you may call Camp Jones Gulch and we will get the message out to our staff in the field as soon as possible. Please do not expect direct communication from campers in the field except in the case of an illness or emergency.

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BEHAVIOR AND DISMISSAL POLICY

Attending YMCA Camp Jones Gulch is a privilege that you as a parent/guardian have chosen for your child. Our staff will make every attempt to provide positive, realistic expectations and guidelines for your children. During registration, parents/guardians are given the YMCA Ground Rules Policy and agree to review them with their camper. This presents an ideal opportunity for you and your child to discuss appropriate behavior at camp. If a camper is having a difficult time behaving appropriately, counselors will work with the camper and use positive discipline, behavior contracts, phone calls home to parents, and assistance from coordinators and directors to help the child contribute to a safe, respectful community at camp. Campers who cannot abide by the camp rules, or are adversely affecting the experiences of other children, will be dismissed without a refund.

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HOMESICKNESS

Going away to camp can be a challenging experience. It is perfectly normal for some children to experience difficulty with the many changes associated with being away from home. Prepare your child by talking with them about this experience prior to camp. Let them know that you have confidence in their abilities, and try to focus on the positive aspects of going to camp, such as the new friends they'll make and the activities they'll enjoy.

Once at camp, our caring and well-trained counselors will keep campers busy and engaged!

HEALTH CARE AND INSURANCE

It is the responsibility of every camper's parent or guardian to provide for the camper's health and accident coverage while participating at YMCA Camp Jones Gulch. The health and safety of your child is our primary concern. We have a qualified camp medic on duty 24 hours a day. Local medical services are available in Half Moon Bay, which is located a short drive away. We have access to 911 emergency services, who respond quickly to a call. Our staff members are all certified in first aid and CPR.

We conduct brief health screenings with all campers on opening day. Please, if your child is ill, do not send them to camp. We will work with you to place your child in a later session or give a refund if a doctor's note is provided. If your child has any health concerns that may affect his/her stay at camp that were not indicated on the Health History and Examination Form, please let us know in writing prior to arrival at camp. Campers with a temperature of over 100 degrees will NOT be admitted into camp.

In case of illness while at camp, campers will be housed in the Health Center for a brief period. Our practice is to call you if a camper is out of program for more than half a day. We will also call you to report any accidents more severe than a simple scratch or bruise. However, if you cannot be reached, we will try to get in touch with the listed emergency contact. Please be sure to provide us with complete emergency contact information, especially if you are traveling. In the event that no one can be reached, we have your written authorization for emergency medical care on the Health History and Examination Form. Emergency services can be available within 10 minutes of calling 911. All off-site trips will have the names, phone numbers and directions to the nearest hospitals for all points of the trip. Again, we will contact you or your emergency contact if emergency services are needed.

Special Medical Needs

YMCA Camp Jones Gulch strives to be inclusive with all youth, however we also want to be realistic in terms of what we can offer based on our staff's medical knowledge. If your camper has any special medical needs, please contact the Director as soon as possible so that, together, we can determine if our camp can provide a successful, positive experience for your camper.

IMMUNIZATIONS

For the safety of our staff and campers, we will not be providing any exemptions to immunizations based on personal or religious beliefs.



AFTER CAMP ENDS

PHOTOS

Photos that staff take during the trip will be posted to our Camp Jones Gulch Shutterfly page following the trip. Once available, an email with instructions on how to access the photos will be sent to families.



EVALUATIONS

At the end of each session, you will receive an evaluation for each program in which your child participated. (The forms will also be available on our website.) We welcome your feedback, as it is invaluable to the future success of our programs. Based on the information we receive from parents and campers, we can make decisions on how to improve our existing programs and implement new ones.

COUNSELOR COMMUNICATION AFTER CAMP

It is the YMCA of San Francisco’s staff policy that our employees have no outside contact with campers after camp unless it is at a sanctioned YMCA function. This includes letters, e-mail, social networking websites and visits in person. Letters addressed to YMCA Camp Jones Gulch are always welcome. Please explain to your camper that the consequences of staff not following this policy are severe, up to and including termination. We have stringent child abuse prevention policies in place to help keep your child safe including, but not limited to, fingerprinting, multiple reference checks, and additional training.

Many camps, schools, and youth agencies have struggled to deal with adolescent behavior on social networking websites and “chat rooms” on the Internet, such as Facebook, etc. We encourage you to research your child’s internet activities so you can stay “in the loop.” We recommend the website www.common sense media.org for more information.

OTHER PROGRAMS

BOLD & GOLD BACKPACKING

Have a teen who's ready for a bit more of an adventure? Sign them up to develop their leadership skills on one of our BOLD & GOLD backpacking trips to Yosemite, Point Reyes National Seashore, Big Basin, or Lake Tahoe.

FAMILY CAMPS

We offer four opportunities for your whole family to spend time together at camp. We'll take care of the food, and provide programs for all ages. You can do as much or as little as you want... as a family!

- Memorial Day Family Camp (May 24 - 27)
- July 4th Jubilee (July 1 - 5)
- Labor Day Family Camp (Aug 30 - Sept. 2)
- Autumn Magic Family Camp (October 4 - 6)

WOMEN'S WEEKEND GETAWAY (May 3 - 5)

WOMEN'S WEEKEND FALL RETREAT (November 8 - 10)

Join us for a weekend of fun! Indulge your inner child, grab your friends and escape to a gal's weekend in the beautiful redwoods! Enjoy a full schedule of activities and workshops devoted to enriching your spirit, mind and body.

GROUP SERVICES, Retreats and Rentals

YMCA Camp Jones Gulch provides year-round accommodations and meeting spaces for up to 400 people. Our cabins are comfortably heated and house 8-16 guests. We have three lodges with fireplaces for meetings spaces. The ideal location for Church Retreats, Music/Band Camps, Sports/Drama Camps, Family Reunions, Scout Camporees, Y-Guides, etc.

CHALLENGE COURSE

Ropes Course and Teambuilding

Home of California's first live ropes course, YMCA Camp Jones Gulch offers full teambuilding programs, including group initiatives, low ropes and high ropes elements. Low events range from zero to six feet above the ground, while high events are attached to large redwood trees at an average of thirty feet above ground.

Visit ymcasf.org/programs for more information about all of the programs we offer.

