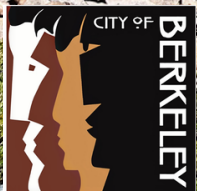




Echo Lake Family Camp Information Packet



Welcome to Camp!

We are so excited to have you join us this summer season! Berkeley Echo Lake Camp first opened in 1923 and has been serving both Berkeley residents and non-residents ever since. Today we operate mainly as a youth camp, but also offer Family Camp, 50 and Better Camp, and youth backpacking programs as well. Generations have marveled at the 40 mile vistas, the dark night sky dome and the sunrise above the mountains to the east. Straddling the Pacific Crest Trail and just minutes from Echo Lake and Desolation Wilderness, campers will be treated to an amazing alpine camping experience.

Echo Lake Camp boasts incredible views and excellent outdoor recreation opportunities, including swimming in our heated pool, arts & crafts, canoeing, archery, sports, hiking, campfires, dances and more. Camp facilities include a recreation lodge, a dining hall where campers can enjoy excellent company and delicious meals, hot showers and bathrooms located throughout, and of course, a green chair circle with an incredible view of the Lake Tahoe Basin.

Whether you are a first time camper or you have been camping with us for years, we look forward to having you join us this summer! We will do everything we can to make this an unforgettable experience, and we hope this packet will help guide and prepare you for all the fun that lies ahead! Summer will be here before we know it, and we are counting down the days until we begin!



Important Contact Info and Directions

Contact Information

If you have questions or concerns prior to the start of camp please call the camp city office at 510-981-6422.

Camp Manager

Jill Reasor

Cell: 510-542-0637

Camp Office (Mid May-September): 530-659-7506

City Office (October-May): 510-981-6642

jreasor@berkeleyca.gov

Recreation Program Supervisor

Justin Pitcher

510-981-5144

jpitcher@berkeleyca.gov

City of Berkeley Camps Office

1720 8th Street Berkeley, CA 94710

510-981-5140

camps@cityofberkeley.info



Location and Directions

Echo Lake Camp is located just 15 minutes from South Lake Tahoe, CA. It takes approximately 3 hours to drive to Echo Lake Camp from Berkeley, CA.

Echo Lake Camp

7 Echo Lakes Rd.

Echo Lake, CA 95721

Directions from Berkeley

- Take Highway 580W / I 80 E from Berkeley towards Sacramento (2 miles).
- Follow I 80 E to Sacramento. I 80 will merge with US - 50E/El Dorado Freeway (75 miles).
- Take US-50E, following signs for South Lake Tahoe to Echo Lakes Road / Forest Route 11N05 (89.5 miles).
- Turn left onto Echo Lakes Road / Forest Route 11N05 (1/4 mile).
- Turn left onto Echo Lakes Road. Follow Echo Lakes Road $\frac{3}{4}$ mile. Echo Lake Camp will be on the right.



Check-In and Check-Out

Check-In

When you arrive at Camp, follow signs to park in our temporary parking lot in front of the Dining Hall.

All of our family campers will check-in starting at 11:00am in front of our Dining Hall or Office. Early check-ins are not permitted. Echo Lake staff will greet campers and help them with the cabin selection process as follows:

Cabin Selection:

Your party will randomly pull 3 cabin numbers from a pool of cabins in your zone (zones are determined based on party size). From there, there are two options:

1. You may decide to select a cabin you pulled based on the map and staff recommendations.
2. You may decide to put a hold on up to two cabin options and take a walk-through camp to look at your 2 choices before making your decision. While you walk, the third cabin will be placed back in the pool and may be considered by other campers.

*****If you require any special accommodation requests (need of electricity, etc.) please make sure to note that in on the pre-camp survey which will be sent before the start of camp and also send an email to jreisor@berkeleyca.gov.***

Move-in Process

Congratulations, you're all checked in! Now that you have completed the check-in process, it's time to move into your cabin and unpack. There will be camp staff on standby to directly assist you move in.



Late Arrivals

Our office will be open until 6:00pm on check-in days. If you will be arriving late, you will go through the same process as other campers and select your lottery tent draw from available tents. If you are unable to arrive until after the office closes at 6:00pm, please call the Camp Office so that we can assist you with check in and finding your cabin. Please call the Echo Lake Camp office at (530) 659-7506 to confirm your anticipated arrival time. If possible, please call a few days before your arrival to ensure our staff are anticipating your late arrival.

Labor Day Weekend	
Check-In	Friday, August 29, starting at 11am
Check-Out	Monday, September 1st, must be checked out by 11am

Check-Out

Sad but true, eventually our campers have to go home. All campers must be packed up and moved out after breakfast on Sunday, by 11am.



General Camp Information

Accommodations

During your stay, you will be camping in traditional High Sierra tent-cabins outfitted with bunk beds, cots or both. Camp supplies mattresses, but campers must provide their own linens or sleeping bags.

No food may be stored in the tents due to bear scavenging, but bear-proof food storage is provided in several locations throughout camp. Small amounts of ice (to cool beverages, ice bags for injuries, etc.) will be available at the Dining Hall upon request.

Each of our tent cabins is unique. Some have built-in bunks, while others have portable metal bed frames. Some cabins have private decks, while others are 'double' cabins, accommodating up to ten campers. Each tent-cabin has a wooden deck floor, half-walls, a canvas tent cover, and will have enough beds and mattresses for each camper. Once you have selected a cabin, you are welcome to arrange the cabin as you see fit so you and your family will be comfortable. Some campers may even wish to sleep under the stars!

WiFi and Cell Service

Camp has limited WiFi available to campers. If you are in need of WiFi during camp, please let the Camp Manager know beforehand.

Cell service is generally really good at camp.

Smoking

Smoking is not allowed anywhere in camp. If you must smoke, you must leave camp property to do so. Dry conditions atop Echo Summit create high fire danger in and around camp. Please use caution and extinguish cigarette butts fully.



Quiet Hours

Our camp-wide quiet hour starts every day at 1:15pm and ends at 2:30pm. Please be "In your Tent or Out of Camp" at this time. Echo Lake staff use Quiet Hour to clean up camp and prepare for afternoon activities. Quiet Hour is a great chance for you and your family to re-connect and share stories about your morning, and recharge for the afternoon. If our staff notices campers out of their tents during quiet hour, we will politely remind you of Quiet Hour rules.

In the evening and early morning, we ask that you and your party are respectful of other campers. We Quiet time begin at 10:00 PM, and lights will go out around camp at 11:00 PM. In the morning, please be respectful and remain being quiet until 7:30am- this includes use of our sports courts and common areas.



Meals, Weather and Activities

Meals at Camp

We pride ourselves on offering delicious and nutritious meals for our campers! During camp, we serve our meals family style, and campers may choose what they like from available options. Our kitchen staff will be available to assist campers and assure a comfortable dining experience.

Special Dietary Needs

We are typically able to accommodate most dietary needs (vegetarian, vegan, dairy free, gluten free). Depending on the severity, we may request a consultation before the start of camp to talk about what options are available while at camp. If you or anyone in your party has a special dietary need that you would like to discuss beforehand, please contact the Camp Manager.

Our facility is nut free and as such we do not prepare or serve meals with nuts during any of our programs.

***Please contact the Camps Office if you have special dietary needs, or require refrigeration of food items for medical purposes.**

Meal Times

Unless otherwise announced at camp, meal times are as follows:

- Breakfast: 8:00 AM
- Lunch: 12:00 PM
- Dinner: 6:00 PM

Can We Eat with Friends at Meals?

Yes, if you have friends or family that you would like to eat with that is okay!

Coffee & Tea

Echo runs on coffee and tea! Our coffee and tea station is self-served, but a staff member will be available each meal to help assist you if needed. Once you have received your beverage of choice, you are welcome to get the individualized creamers, sugars, honey, etc. to add to your beverage at your table. We ask that you help us to keep the area clean.

Environment and Weather

Echo Lake Camp is located in the Sierra Nevada Mountains above 7,400 feet; such elevation can have an effect on the body. High altitude means thinner air, which could lead to shortness of breath and dehydration. Please be conscious of the physiological effects that altitude may have on yourself and those in your party, and help us ensure that you are constantly drinking water and taking care of your body.

As camp is located in the High Sierra, weather changes can occur quickly. During the day, temperatures range from 70 to 80 degrees and drop to the 40s and 50s at night. The sun is stronger at higher altitude and the wind picks up quickly. Rain and thunderstorms can occur at camp, and mosquitoes are present during dawn and dusk. Make sure to pack sunscreen, bug repellent, and rainwear. You can find a more in-depth packing list at the end of this packet.

Recreation and Activities

There are a variety of fun and exciting activities that campers will take part in at camp. All of our camp programming provides opportunities for campers to enjoy shared experiences. Some examples of recreation activities offered at Echo Lake Camp include:

- Swimming (in our heated pool and at Echo Lake)
- Lake Hikes
- Archery
- Canoeing (*weather and program dependent*)
- Arts and Crafts
- Sports
- Nature/Science Activities
- Campfires
- Talent Shows
- Dances
- Star Gazing
- Music and Singing
- Hikes
- Group Games
- And lots more!

Recreation Activities

Hiking

Echo Lake Camp is an excellent place to venture out and take a hike. Ideally situated along the Pacific Crest Trail, there are miles of trails to be enjoyed around camp. Check at the Camps Office for additional resources and hiking guides.

While we encourage campers to take advantage of camp's natural environment and want you to enjoy the hiking trails, we also want to remind you that hiking can be dangerous and hiking trails can have uneven terrain. If hiking alone, please make sure to tell someone exactly where you are going and how long you think you'll be gone. Always wear appropriate footwear for hiking (i.e. no flip-flops or sandals), and take the appropriate safety measures whenever possible.

Out of Camp Adventures

Although there will be plenty to do and see at camp, some campers may choose to explore the surrounding area. There are many beautiful natural areas nearby, including Upper and Lower Echo Lake, Lake Tahoe, Desolation Wilderness, Tahoe Rim Trail, Pacific Crest Trail, El Dorado National Forest, and more. It's hard to go wrong because you can go exploring in any direction! Out of camp adventures are a great choice for those who don't want to participate in Quiet Hour. Also, be sure to check the Activity Board daily and listen to the announcements at mealtime for an update on special activities.

Bicycles

You can bring your bicycles to camp, however, for the safety of all our campers and to preserve our trails we ask that you do not ride your bicycles on camp property.

Sports

Echo Lake Camp has a basketball court, ping pong tables, bocce ball equipment, volleyball nets, 9 Square and an archery field. We also have a pickle ball net, as well as footballs, soccer balls and lots of other sport equipment available for use.

Canoeing

Echo Lake Camp has canoes available for use during designated time periods. *Please note, canoes may not be available due to weather or other programmatic factors.*

Kiddie Camp

Children 2-5 years old can participate in our "Kiddie Camp". Experienced staff provide supervision that ensures a safe and memorable experience for our little campers.

Parents can take a break and kids can have fun playing with other kids their own age. Signups will be posted each evening in the Dining Hall for the following day. Generally, as our staffing resources allow, we are able to accept almost all little campers on most days.

Please note: If your preschooler is not "potty-trained," a parent must be available if needed within the camp to change diapers. Kiddie Kamp staff will establish a method of communication with you when you drop off your child at the beginning of each session.

Other Activities

We provide a daily schedule of activities that helps ensure safety, fun, and excitement. These activities include things like tie-dye, arts and craft projects, pool parties, and more!



Example of the Schedule

Our programs will vary each day and be full of fun activity choices. This is an example of our program—depending on weather, staff availability and program availability, your experience may vary from the example shown below.

Friday	Saturday	Sunday	Monday
	8:00 Breakfast	8:00 Breakfast	8:00 Breakfast
	9:30-12:00 Kiddie Camp	9:30-12:00 Kiddie Camp	9:30-11:00 Kiddie Camp
		9:30-4:00 All Day Lake Hike	9:30-11:00 All Campers Must Be Checked Out by 11am
	9:30-12:00 Morning Activities	9:30-12:00 Morning Activities	
	Canoeing at Echo Lake	Canoeing at Echo Lake	
	Jumping Rock Hike	Pool	
	Pool	Archery	
	Archery	Tie Dye	
	Shrink Beads	Hemp Bracelets	
11:00	Lanyards	Solar Ovens	
Check-in Begins	Sport Court	Sport Court	
12:30	12:00	12:00	
Lunch	Lunch	Lunch	
1:15-2:30	1:15-2:30	1:15-2:30	
Quiet Hour	Quiet Hour	Quiet Hour	
Kiddie Camp	Kiddie Camp	Kiddie Camp	
2:30-5:00	2:30-4:30	2:30-5:00	
Afternoon Activities	Afternoon Activities	Afternoon Activities	
Archery (2:30-4:00)	Archery (2:30-4:00)	Archery (2:30-4:00)	
Tie Dye	Tie Dye	Tie Dye	
Friendship Bracelets	Paper Flowers	Friendship Bracelets	
Pool	Pool	Pool	
Sport Court	Sport Court	Sport Court	
5:00-6:00	4:30-6:00	5:00-6:00	
Kiddie Camp	Staff v Camper Volleyball	Kiddie Camp	
Children's/Teen Hour		Children's/Teen Hour	
Adult Social (Observation Deck)		Adult Social (Observation Deck)	
6:00	6:00	6:00	
Dinner	Dinner	Dinner	
7:30-9:00	7:30-9:00	7:30-9:00	
Opening Campfire and S'mores	Bingo Night/Night Hike	Table Night/Night Hike	



Health and Safety

Camp Medical Staff On-Site

There is a nurse that lives on site every week that assists with illness, accidents and general first aid. Most of our staff are also CPR/First Aid certified. Camp medical staff are available 24/7 in case of an emergency. The Nurse's Cabin is conveniently located in the center of camp. In the unfortunate event that an emergency occurs, please know that the nearest medical facility, Barton Memorial Hospital, is a fifteen minute drive from camp.

Barton Memorial Hospital
2170 South Ave
South Lake Tahoe CA, 96150
(530) 543-3420

Illness and Accidents

Our nurse is always available 24 hours a day in case of emergency. If medical treatment beyond first-aid is required, the Camp Manager and nurse will make every effort to contact the family starting with the indicated parent or guardian, then the emergency contact.

Our Nurse's Cabin has limited capacity to keep campers in extended isolation. In our experience, campers with more severe illnesses often feel more comfortable recuperating at home. In such situations, the Camp Manager may contact parents and request that they come early and pick up their child from camp. Camp's policy is that parents are responsible for transporting sick campers home.



Packing List

Below is a list of recommended items your child may want to bring to help make their stay at camp more comfortable. Echo Lake Camp is located above 7,400 feet in elevation. Our days are mild but our nights and early mornings can be quite cold and windy. **Please pack appropriate clothing for our changing weather, as well as some closed toed shoes and a water bottle.**

Updated weather information will be sent out in an email a week prior to the camp start date.

Echo Lake Packing List

Clothing/Apparel

- Jeans/Pants
- Shorts
- T- Shirts / tank tops
- Long sleeve shirts
- White T-Shirt or article of clothing for Tie-Dye
- Lots of socks!
- Underwear
- Warm pajamas
- Leggings / warm pants
- Sweatshirts
- Warm Jacket
- Rain Jacket
- Hat/ Beanie
- Bathing suit
- Sunglasses
- Costumes / silly clothes for camp dance!

Shoes

- **Closed-toe shoes of some kind**
- Sneakers / Athletic Shoes
- Flip flops or Sandals (For the tent and showers)
- Water Shoes

For the Tent

- Warm Sleeping Bag
- Extra Blanket(s)
- Pillow(s)
- Twin Sheet
- Flashlight / Headlamp
- Extra Batteries
- Book(s)
- Playing Cards
- Games
- Magazines

Other Items

- **Water Bottle**
- Light Day Pack or backpack
- Beach Towel
- Camera
- Guitar / Musical Instrument
- Pens or pencils
- Sketch Pad

Toiletries

- Labeled toiletry case
- Medicines
- Menstrual products
- Towels
- Wash cloth
- Shampoo/Conditioner
- Toothpaste/brush
- Chap Stick/Lip Balm
- Sunscreen
- Bug Spray
- Eyeglasses / Contacts
- Contact Solution
- Face cleanser/wash
- Hairbrush / Comb
- Moisturizer / Lotion
- Razor

DO NOT BRING

Drugs or Tobacco Products | Animals | Fireworks | Matches or Lighters | Weapons of any kind