



Echo Lake Youth Camp and CIT 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.



Bus Information



The City of Berkeley provides supervised, round-trip charter bus transportation to and from camp. The Echo Lake bus drop-off and pick up will take place at Francis Albrier Community Center, 2800 Park Street Berkeley, CA 94702. Please see the map below. We ask that you drop off your camper no later than 8:00am so we can depart in a timely manner. We will send out notifications to all families with a more accurate ETA on the day of pick-up, but please plan on picking up your camper around 4:45-5:00pm.

Berkeley to Echo Lake Camp	
7:30 AM	Drop-off begins at Francis Albrier
8:30 AM	Bus departs Berkeley
11:30 AM	Bus arrives at Echo Lake
Echo Lake to Berkeley	
1:00 PM	Load Campers
1:30 PM	Bus departs Camp
4:15-5:00 PM	Bus arrives at Francis Albrier

Transportation Day Safety

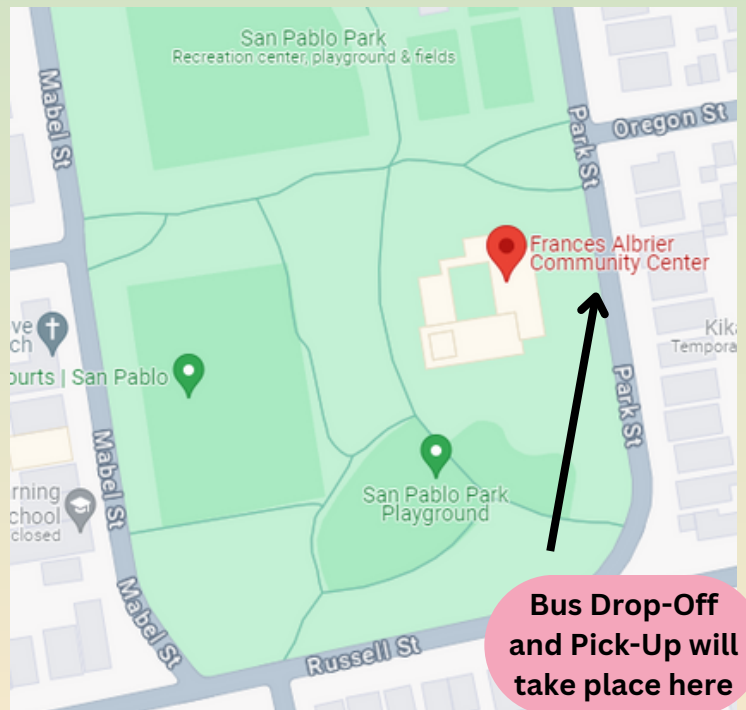
During transportation to and from camp, we take the following precautions to maintain a safe environment for campers, staff, and guardians:

- All medications accompanying campers must be left with City Staff at the check-in table.
- Parents release their camper to camp staff when they board the bus to camp. Please accompany your child until that time.
- Each bus group will be supervised by a minimum of one adult, not including the bus driver.
- A camp staff member aboard each bus will have a cell phone and a list of emergency contact information.
- All accidents/incidents will be documented and phoned in as soon as possible or immediately upon arrival at the destination.

If you have questions about Echo Lake bus transportation, please send an e-mail to jreasor@berkeleyca.gov.

Check-In Procedures

- Accompany your child to the check in area and remain with them until they board the bus to camp.
- Check-In with camp staff at the bus stop. Complete your health history form if you have not done so yet.
- Turn in any medications accompanying your child to camp (medications MUST be turned in to City Staff and may not be packed in your camper's luggage). See 'Medications' on Page 10 for detailed information.
- Drop off your child's luggage at the designated bus.
- Wave goodbye as the child boards the bus!



Drop-Off or Pick-Up at Camp

All parents and guardians must notify camp at least week prior (if you have not already) if you plan on dropping off or picking up your camper from camp. When you arrive at camp you can follow the signage to our short-term parking in front of our Dining Hall. If you are dropping your camper off at camp, check-in and check-out times are as follows:

Check-In- Monday, 11:30 AM - 12:30 PM

Check-Out- Saturday, 12:00 PM - 1:00 PM

Youth campers will check-in in front of our Dining Hall where they will be greeted by our camp staff. Campers will drop off any medications brought to camp, be shown their cabin, and then will say their final goodbyes.

Any additional medical information regarding medications, allergies, dietary restrictions not mentioned or described on the health history form should be mentioned at this step.

Late Arrivals

If you are planning to drop off your camper but are unable to arrive until after the designated check-in times, please call the Camp Office so that we can assist you and your camper(s) with the check-in process described above. 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.

Check-Out Times

Sad but true, eventually our campers have to go home. If you are planning on picking your child up directly from camp please reference the check-out times outlined above. Before you pick-up your camper, parents/guardians must sign their camper out at the Dining Hall or Office.

Authorized Pick-Up Person

Authorized pick-up persons must be listed on your camper's authorized pick-up list given during registration. For your child's safety, campers will not be released to anyone not on the authorized pick-up list. If your Authorized Pick-up person has changed, you must notify camp via email at least one week prior to the start of camp.

If you have any questions related to check-in or check-out procedures please give call our Camp Office, (530) 659-7506, or email the Camp Manager directly at jreasor@berkeleyca.gov.



Cabins and Cabin Assignments

Accommodations At Camp

Our campers stay in traditional High Sierra tent cabins outfitted with bunk beds and mattresses. Campers must provide their own linens, sleeping bags and pillows. It can get quite cold at night, so we highly recommend packing a warm sleeping bag and extra blankets. A more complete packing list is at the end of this packet.



Cabin Assignments

Cabins are designated by camper's preferred gender, age, cabin requests and staff availability. Each cabin will house between 7 and 8 campers and will be supervised by two Echo Lake Camp staff members.

What if my Camper is Transgender?

We welcome all children to camp and want each child to feel safe and comfortable. We respect each child's identity and will assign them to cabins based on their gender identity. Please make sure to indicate your child's appropriate gender identity and name where indicated in the registration process and on the Health History forms.

It is important in the event of an emergency that we have your child's name and gender information that corresponds to their health insurance. We also cannot give campers medication if it is not prescribed to them. If information for health insurance or medication is different from any part of their name or gender identity, please make sure to include this information on the camper's health form. This information will be kept confidential and only used in the event of emergency or by our Camp Medical Staff as necessary.

Non-Binary, Gender Non-Conforming and Gender Fluid/Expansive Campers

We welcome all children to camp and want each child to feel safe and comfortable. We have a few sessions this summer with designated non-binary/non-gender specific cabins. If your camper is not attending one of those sessions, please consider whether your camper will feel more comfortable being put in a boys cabin or a girls cabin, and then register accordingly. If your child changes their mind closer to camp, please contact our Camp Manager and we will review whether we can easily make that change.

For the sake of cabin dynamics, we do not allow campers to change cabin groups once they have joined their assigned cabin. If your camper is staying for multiple sessions of camp and decides they would prefer to be in the opposite gender cabin the subsequent weeks, they can notify the Camp Manager before the end of their current session and they can work with you to make those arrangements.

One of the first things cabin groups do is introduce themselves to their cabin group. Campers are invited to share their pronouns which will be respected, affirmed and supported by their cabin staff and cabinmates. As we tell all camp families, if you or your child would like to speak with our Camp Manager in advance to discuss any concerns or questions prior to a great week at camp, please feel free to contact the Echo Lake Camp Manager.



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 buffet 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 with the parent or guardian before the start of camp to talk about what options are available while at camp. If your camper 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 Youth Camp programs. If your camper has any special dietary need or food related allergy, please indicate this on your camper's Health History Profile prior to the start of camp.



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. Echo Lake staff are conscious of the physiological effects that altitude may have on our campers, and will ensure that campers are constantly drinking water and taking care of their 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 Echo Lake Youth 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
- Fishing
- Arts and Crafts
- Sports
- Nature/Science Activities
- Campfires
- Talent Shows
- Dances
- Star Gazing
- Polar Bear Swims
- Music and Singing
- Hikes
- Group Games
- And lots more!

Example of the Schedule

Our Youth Camp programs will vary each day and be full of fun activity choices. This is an example of our program—depending on weather, age, program availability, cabin and individual group choices, your camper’s experience may vary from the example shown below.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30	7:30	7:30	7:30	7:30	6:45
Campers Check-In	Wake Up	Wake Up	Wake Up	Wake Up	Polar Bear Swim
	(Half Day Lake Hike)	(Half Day Lake Hike)	(Half Day Lake Hike)		7:30 AM- Wake-Up
8:30	8:00	8:00	8:00	8:00	8:00
Busses Leave for Echo	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	9:00	9:00	9:00	9:00	8:45-10:15
	Cabin Clean-Up and Get Ready for Day	Cabin Clean-Up and Get Ready for Day	Cabin Clean-Up and Get Ready for Day	Cabin Clean-Up and Get Ready for Day	Packing and Cabin Clean-Up, All Camp Clean-Up
11:30	9:45-12:00	9:45-12:00	9:45-12:00	9:45-12:00	10:15
Busses Arrive at Echo	Morning Activities	Morning Activities	Morning Activities	Morning Activities	Pine Cone Ceremony
1:00	12:00	12:00	12:00	12:00	11:00
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
2:15-2:45	1:15-2:30	1:15-2:30	1:15-2:30	1:15-2:30	1:30
Camp Welcome	Quiet Hour	Quiet Hour	Quiet Hour	Quiet Hour	Busses leave for Berkeley
2:45-5:15	2:45-4:00	2:45-4:00	2:45-4:00	2:45-4:00	
Camp Tours, Swim Tests, and Cabin Meetings	Capture the Flag	Dodgeball or Trivia	Scavenger Hunt	Echo Olympics/Theme Day	
	4:00-5:15	4:00-5:15	4:00-5:15	4:00-5:15	4:30-5:00
	Free Time/ Shower Time	Free Time/ Shower Time	Free Time/ Shower Time	Free Time/ Shower Time	Busses Arrive in Berkeley
5:15	5:15	5:15	5:15	5:15	
Cabin Cheer-Off	Cabin Dance-Off	Cabin Draw-Off	Cabin Knockout	Thriller Lessons	
6:00	6:00	6:00	6:00	6:00	
Dinner	Dinner	Dinner	Dinner	Dinner	
7:30	7:30	7:30	7:30	7:30	
Warmy Time	Warmy Time	Warmy Time	Warmy Time	Get Ready for Dance	
7:45-9:00	7:45-9:00	7:45-9:00	7:45-9:00	7:45-9:00	
Opening Campfire and S'mores	Talent Show/Night Hike	Karaoke/Night Hike	Bingo/Night Hike	Themed Dance!	
9:00	9:00	9:00	9:00	9:00	
Get Ready for Bed, Cabin Time	Get Ready for Bed, Cabin Time	Get Ready for Bed, Cabin Time	Get Ready for Bed, Cabin Time	Get Ready for Bed, Cabin Time	
10:00	10:00	10:00	10:00	10:00	
Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	

Camp's Community Agreements

Our community agreements are intended to communicate expectations regarding acceptable conduct at camp. Our goal is provide a healthy, fun and safe living/learning environment for all campers. We take our responsibility to safeguard the health and safety of each camper very seriously. Before camp, please discuss these community agreements with your camper.

Campers will respect themselves at all times.

This includes practicing good hygiene, getting enough sleep, wearing appropriate clothing, not leaving camp or the activity group without permission, and making healthy personal choices while at camp.

Campers will respect other campers and staff at all times.

This includes keeping hands to oneself, being polite and respectful to cabin mates, not threatening other campers or using hurtful words, and asking for permission before using others' belongings.

Campers will respect our natural environment, camp buildings, and the surrounding area at all times.

This includes keeping a safe distance from wildlife, not littering and picking up all trash, not damaging trees, plants, or camp buildings, and being respectful towards camp's neighbors.

Consequences for NOT Following Agreements

With the exception of serious violations of Camp rules, behavioral management will normally begin at a minimal level, and proceed through the action steps listed below. If unacceptable behavior is severe, the Camp Manager or designee may terminate the camper's participation immediately.

1. First, the camper will receive a warning, and be politely asked to stop the behavior by our staff. Our staff will always work with the camper to discuss why this behavior is inappropriate and/or harmful, and work with the camper in finding a positive plan forward.
2. If the behavior continues, our staff may ask for assistance in trying to resolve the situation. Depending on the severity of the behavior, a phone conference may be requested with the parent/guardian to discuss the situation.
3. If the behavior still continues, the Camp Manager or designee will talk to the child and the parent/guardian to discuss possible solutions, up to and including dismissal from Camp.
4. If the inappropriate behavior does not stop, the Camp Manager or designee will terminate the camper's participation in the program, contacting the parent/guardian to make arrangements for their child to be picked up from Camp.

It is always our policy to consult with parents/guardians on positive strategies for dealing with campers who display inappropriate behavior while at Camp.

When the welfare of the camper, other campers, or camp property/equipment is jeopardized, the parent/guardian will be notified to pick up their camper at their own expense. Travel arrangements will always be made in advance with the parent or guardian.

Please note that no refunds will be given if participants are terminated from the program on the basis of poor behavior.



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.



Camper Medications and Health History

Health history profiles will be available to fill out online before camp begins. All information must be submitted at least two weeks prior to the start of the session. Please note, due to safety regulations, campers will not be allowed to carry any of their own medication (excluding an epi-pen or inhaler) while at camp. Our nurse will be responsible for administering any medication designated on the health history profile. If you will be sending any medications to camp, please follow the instructions below:

- Over the counter medications, prescribed medications, and vitamins **MUST** be sent in their original containers with the original pharmacy label.
- Regulations require camp medical staff to dispense medication only from the original container according to the prescribed dosage. Your local pharmacy can provide you with an extra container if needed.
- Prescription medications must be prescribed to the camper, and must not be expired. No exceptions.
- Camp will carry certain over the counter medication such as Tylenol, Ibuprofen, Claritin, etc. **Please DO NOT send these meds with your child to camp unless they take them on a consistent basis.** Please make sure to also indicate your approval to dispense these medications on the Health History Profile.
- Complete and submit all health information prior to camp. Please include all medications and/or vitamins being sent to camp. Camp will not accept any medications if they have not been written on the Health History Profile.
- Only send the exact dosage (plus two extras) that your camper will need during their stay at camp.
- Pack instructions along with the medications in their original containers in a plastic bag and bring them with you to check-in. Turn them in at the check-in table.

Health and Safety Continued

What if my camper gets COVID like symptoms at Camp?

If someone gets sick at Camp, we ask that they take themselves to the Nurse's Cabin. From there, our on-site nurse will...

1. Complete a health and wellness screening for camper(s) experiencing symptoms.
2. Recommend a course of action which may include getting a COVID19 Test and/or isolation.
3. COVID-19 Onsite Testing at Echo Lake Camp: If a camper needs to obtain a COVID test because they are exhibiting symptoms, the onsite camp nurse will conduct a rapid test on site provided by the City of Berkeley.
4. Isolation While at Camp: Campers who get sick at Camp will be required to remain in isolation until the test result is returned. Camp will have designated cabin(s) set aside as Isolation Cabins in the event a camper is required to isolate.
5. Depending on the severity of symptoms, timing of symptom onset, and expected receipt of test results, we may ask individuals to return home. If a positive test result is received, we will require that individual to return home.

Sunscreen

Echo Lake Camp is located over 7,400 feet in elevation. This means that the sun's rays are more intense, and campers who are prone to sunburn. Please talk to your campers about the importance of sunscreen and wearing protective layers while at camp. Please also help your camper pack an adequate supply of sunscreen for their week at camp and be sure to identify on the Health History form if your camper is particularly sensitive to sun exposure. Camp staff will remind campers frequently (morning and afternoon) that they need to apply sunscreen, and also make sure that campers apply sunscreen prior to activities like swimming and lake hikes. If a camper needs sunscreen, we always keep sunscreen out at our nurse's cabin for campers to apply as they pass by.

Communicable Illnesses, Fractures, Breaks, and Stitches

Children with communicable illnesses will not be allowed to attend camp until they are free of the illness, or until they are no longer contagious as determined by a doctor. Campers with fractures, breaks, or stitches must have permission from their physicians to attend camp. A Doctor's note must accompany children or be submitted to the Camp office before arrival.

Camp Hygiene Standards

We encourage our campers to be clean! Hygiene is reinforced throughout the camp experience, including things like washing hands before every meal, showering, brushing teeth, etc. Your pre-camp support of this concept is appreciated. Bathrooms are inspected and sanitized twice a day by members of our staff. Our cabin counselors emphasize and model good hygiene, and support campers in caring for both their personal and community spaces.



Communication and Mail

Contacting Campers in an Emergency

Should you need to contact your child at camp or while on trip under emergency circumstances, please do so through the Echo Lake Camp Office at (530) 659-7506, or through the Camp Manager at (510) 542-0637. Should your child need to call home, our Camp Manager will arrange a time with you, and together with your child, they will make the call home.

Cell Phone/Smart Devices

We do not allow our CITs or our campers to carry cell phones or use any smart devices (i.e. Apple Watch) during any of our programs. We understand that cell phones are becoming an increasingly prominent part of our lives, and that many of our campers may have cell phones of their own that they use for a variety of tasks. We also believe that the Echo Lake Camp experience provides a unique opportunity for campers to unplug, to connect with their peers in a natural outdoor environment, and to develop a greater sense of independence. For those reasons, we do not allow campers to carry cell phones during their camp experience.

We strongly encourage parents to collect and hold any personal electronics prior to departure. Any cell phones brought to camp will be collected by camp staff and held in our Camp Office for the duration of the camp program. Devices will be returned to parents or guardians at the end of the session.

Please note, CITs will not be allowed use of cell-phones except for the middle Sunday of their two-week session. Otherwise, they will be asked to turn in their phones when not in use.

Can Campers Bring Cameras?

The answer is YES! We want campers to take home lasting memories from camp, and the use of cameras is encouraged. Simple point and shoot or disposable cameras are best suited for camp. Our camp staff are also tasked with taking photos of all our amazing camp activities (these photos will be shared with parents and guardians during camp so they can share in all the fun being had). *For the privacy of our campers, cameras may not be used in changing rooms, cabins, or bathrooms. Failure to follow this directive may result in the collection of the camper's camera, which would be returned upon camper's return to Berkeley at the end of the camp session.*

Sending Mail to Your Camper

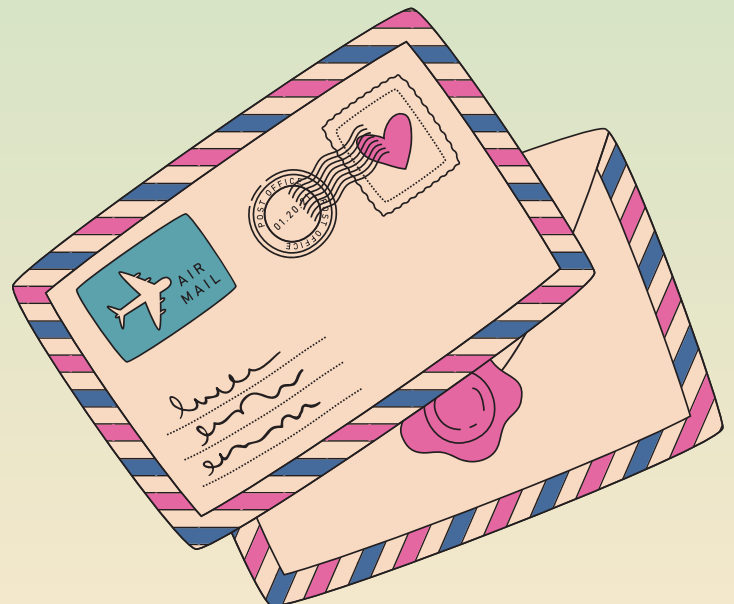
We love care packages, postcards, and letters from home! Care packages that include all members of your child's cabin (small items to share with the cabin group, such as stickers, cards, or group games) are particularly enjoyable. Group care packages help cabins maintain a happy and healthy social dynamic. Some ideas include: books, cards, address books, small drawing pads, small stuffed animals, and/or other items to share with a group.

PLEASE DO NOT SEND FOOD TO YOUR CAMPERS!

We share camp with a variety of wildlife and therefore food in cabins serves as an unwelcome invitation for these visitors. Any food sent in care packages will be confiscated.

Please allow enough time for the mail to reach your camper before the end of their session. It can sometimes take more than a week for packages to arrive at our local post office. Any packages received after your camper's session has ended will be returned at the sender's expense. The last day campers receive mail is Friday each session.

**Camper's Name
Camp Session #
Echo Lake Camp
7 Echo Lakes Rd.
Echo Lake, CA 95721**



Camp Staff and Counselors-In-Training

Our Camp Staff

In addition to cabin staff, Echo Lake Camp has a team of recreation and kitchen staff who will be available to assist with programs and serve as support for our campers. Our Camp Manager will also be on-site during Youth Camp sessions.

Echo Lake's staff are the heart of our camp program. All our staff complete a full week of training where we cover topics that include developing positive camper behavior, effective child development techniques, games, age appropriate programming, emergency procedures, health and safety, and risk management.

Our staff are energetic and personable, and are wholly dedicated to making your child's time spent at camp memorable, meaningful, and fun!

Staff Credentials

All staff must complete the application and interview process as outlined by the City of Berkeley Recreation Department. Our staff will have current CPR/First Aid certifications from a nationally accredited training institution and will have passed a criminal background check before employment.



Counselors-In-Training (CIT) Program

Our Counselor-In-Training (CIT) program provides leadership opportunities for campers 15-17 years of age. Whether your camper has attended Berkeley Camps before, or it's their first experience, they are sure to gain practical, hands-on leadership experience and the opportunity to learn more about the behind the scenes of camp. All CITs must apply to be in the program.

The Echo Lake Camp CIT Program is designed to provide an opportunity for CITs to have a meaningful, fun experience at camp with their peers, while also taking on responsibility to help support our camp programs. CITs will spend one week living and working with one of our youth camp cabins, and the other week learning more about the behind of scenes of camp. Daily projects include leading recreation activities, helping within our kitchen or dining hall space, or assisting with maintenance/beautification projects around camp. Outside of projects, CITs will have the chance to enjoy activities like our Lake Hike, arts and crafts, sports, our dance, and a movie night.

Overall, we hope that all of our CIT program participants gain an appreciation for working in recreation programs, and walk away with some new skills that they can use to apply to future jobs back home. More detailed information about our CIT program and the application can be found here [Echo Lake CIT Application 2025](#).



Preparing for Camp

Preparing for camp can be both a fun and nerve-wracking process. For some campers, packing and planning for their week is a part of the adventure. For others, this may be their first experience away from home and they may not know what to expect. The thought of being away from home for several nights, may be challenging and scary, and that's okay!

As you and your campers prepare, please consider taking some time to talk about what camp may be like, what your campers' expectations are, and how you can support your camper from home while they are away. Let them know that our camp staff are always there to support them, and they can always turn to them if they need help in any way. Be encouraging and reassuring that your camper will have a fun and memorable time.

Camp/Dance Theme

Each week of camp has its own unique theme! Please note the theme of your week and pack costumes accordingly (costumes are highly encouraged for the dance)! More information about camp themes will be released as camp approaches.



Missing Home (aka Homesickness)

Missing home is a normal part of the camp experience and can affect both our new and returning campers, and younger and older campers alike. We know that a camp experience may be a big step out of some of our campers' comfort zones, and that being away can sometimes lead to missing and wanting to return home. It is okay to talk with your camper before camp about the possibility of missing home. We encourage you to talk with your campers about what do if they find themselves missing home.

Effective strategies include:

- Talking with their cabin counselors
- Writing a letter home
- Emotional distress strategies (body scans, box breathing, 5 senses orientation)
- Journaling or drawing

Please DO NOT tell your camper that you will pick them up or that they can come home if they are really missing home. This idea can stay in your camper's mind and influence poor behavior. Rather, the best ways you can support your camper is to walk them through the strategies above, let them know that you are proud of them and believe they can do it, and continue to show them love and support by answering questions before they arrive and by sending letters/packages during camp.

Can My Camper Call Home?

In our experience, phone calls can often increase feelings of homesickness in campers. Therefore, outside of more severe cases of homesickness or emergency situations, we do not allow phone conversations between campers and family members while at camp. We will however continue to keep parents/guardians in the loop if their child is having a hard time, and will consult the parent/guardian on the best course of action to ensure their camper feels supported while at camp!

Preparing for Camp Continued

What Should My Camper Wear?

Echo Lake Camp is located in a rugged part of the High Sierra, and weather can change frequently and often. Be sure to pack several layers of clothing, including a warm jacket and/or rain jacket, sweatshirt, long pants, hiking shoes or boots, extra socks and underwear, and sun protection. For more details and recommendations, please see the packing list at the end of this packet. **Closed toe shoes are required.**

Unacceptable dress includes but is not limited to the wearing of any clothing that displays tobacco, alcohol, drug, or drug paraphernalia and/or offensive words, pictures or symbols.

Lake Hike Clothing

Campers will get to spend a morning going on a Lake Hike to Lower Echo Lake where they will be able to experience what it is like to jump off of Jumping Rock (please note, only campers who pass our swim test are allowed to jump off Jumping Rock, all other campers can swim in the designated wading area), eat lunch by the lake, and create lifelong experiences with cabinmates. During the hike, it is important that campers are wearing appropriate shoes (**must be closed toed**), as well as wearing sunscreen and appropriate clothing that will protect them from sunburn. We strongly recommend that campers wear T-shirts and sun hats/ball caps on the hike that will cover high exposure areas of the body such as the neck, back, shoulders, and forehead.

Swimsuits

Swimsuits should fully cover intimate body parts. Boxers/briefs or undergarments are NOT appropriate swimming attire.

Lost & Found

Please remember to label each piece of your child's camp gear and clothing with their first and last name. Items with no identification are brought back to Berkeley at the end of each session. After October 15th, all items will be donated to charity. Please call the Camp Office for inquiries.



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 help your camper pack appropriate clothing for our colder weather, as well as some closed toed shoes and a water bottle (both are required).**

Updated weather information will be sent out in an email a week prior to the camp start date. Please clearly label all of your camper's clothing and items brought to camp. This will greatly help us ensure your camper's items will return home with them!

Echo Lake Youth Camp 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!

Please label all items!

Shoes

- **Closed-toe shoes of some kind (required)**
- 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

Please label all items!

Other Items

- **Water Bottle (required)**
- Light Day Pack or backpack
- Beach Towel
- Camera
- Guitar / Musical Instrument
- Self-Addressed stamped envelopes
- Pens or pencils
- Sketch Pad

Toiletries

- Labeled toiletry case
- Medicines (turned in to Camp Staff at Check-In)
- 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

Cell Phones or other electronics (including iPods, watches, radios, etc.), alcohol, drugs, or tobacco products, money, matches or lighters, weapons of any type, candy or food, expensive make-up or clothing, or fireworks