

# Parent and Camper Welcome Packet



## Youth Paddling Camp Navajo Lake, Utah Wed, June 29 – Sat, July 2

### Wild Canyon Discovery

501(c)(3) non-profit established in 2020

[www.wildcanyon.org](http://www.wildcanyon.org)

[info@wildcanyon.org](mailto:info@wildcanyon.org)

928-660-9107

Wild Canyon Discovery's Mission is to lead transformative nature connection experiences in the outdoors that will cultivate character, confidence, curiosity, stewardship, and resilience in our participants.

### Packet Contents:

Welcome page - 1

Camp Schedule - 2

Camp Guidelines - 3

Camp packing list - 4

Camp food and supplies - 5

**Forms to be filled out and returned by June 27:**

**Camp registration form - 6**

**Liability waiver form - 7**

**Medical Authorization form - 8**

# Camp Schedule



Note: Camp schedule is tentative and may need to be adjusted due to weather conditions and other factors at camp

## **Wednesday, June 29 – Day 1:**

Campers get **dropped off by 3:00 pm AZ time at Navajo Lake Campground**, site 25 in the lower campground loop

Tent and camp setup and get settled  
Welcome Circle & camp guidelines discussion  
Dinner prep, eating and clean-up  
Campfire activities and dutch oven dessert

## **Thursday, June 30 – Day 2:**

Early group forest walk (optional)  
Breakfast prep, eating and clean-up  
Morning forest exploration with trail etiquette and plant identification games  
Lunch prep, eating and clean-up  
Afternoon lake time with safety and skills training for kayaks and paddle boards with swimming  
Free time  
Dinner prep, eating and clean-up  
Campfire activities with star gazing

## **Friday, July 1 – Day 3:**

Early group kayaking (optional)  
Breakfast prep, eating and clean-up  
Morning forest exploration with trail games and activities  
Lunch prep, eating and clean-up  
Afternoon lake time kayaks, paddle boards and swimming  
Free time  
Dinner prep, eating and clean-up  
Campfire activities

## **Saturday, July 2 – Day 4:**

Early group walk or group kayaking—campers choice (optional)  
Breakfast prep, eating and clean-up  
Pack up gear and tents—leave campsites and move to lake shore near the launch ramp  
Closing Circle and free time if there is extra time  
Lunch prep, eating and clean-up  
Campers get **picked up by 12:00 pm AZ time at the Navajo Lake Public Launch Ramp** (next to Navajo Lake Campground)



# Camp Behavior Guidelines



## Camper responsibilities, expectations and participation guidelines:

Camping is a cooperative adventure! We never know what interesting weather or unexpected challenges will happen while out in nature. Each person needs to be adaptable and cooperate to the best of their ability. We will all be contributing and working together to make this paddle camp enjoyable for everyone. Our camp community encourages a spirit of both self-sufficiency and interdependence. Camp responsibilities provide a chance to learn skills, gain confidence, get to know others you are working with, and to feel pride in knowing your contribution is benefitting yourself and others.

- Campers are expected to not take unnecessary risks that could result in injury to themselves or others. Navajo Lake is in a remote location with very little cell phone coverage and no nearby medical services. Camp leaders are trained Wilderness First Responders but it is better to prevent injuries and accidents when possible!
- We expect each camper to be responsible for themselves and their gear, and to be respectful of other people's belongings.
- Each person is expected to keep track of their own clothing and gear, and keep their sleeping area, gear and tent orderly and tidy. **Food, candy or sweet drinks are not allowed in the tents, even if in containers, because they will attract insects like ants and animals such as squirrels and bears!**
- Campers are expected to help with setting up camp on the first day and taking down camp on the last day and daily assigned camp responsibilities, such as meal prep, meal clean-up, fire starting, water filling and waste management duties. These duties will rotate each day and will be supervised by a camp mentor.
- Campers will be washing their own dishes after each meal. Dishes will be provided.
- Each person in camp is asked to try to maintain a positive mental attitude and be willing to try new experiences. We also ask that each person be positive, helpful, and participate with a good attitude in each activity and with camp and meal chores.
- Please be kind and supportive of other camp community members at all times. No teasing or bullying will be tolerated!
- Everyone should treat themselves with respect, treat others with respect and treat the environment with respect. No harm or violence to self or others will be tolerated.
- Refrain from using any offensive language or gestures.
- No alcohol, drugs or weapons of any kind are allowed to be brought to camp

We need each camper and parent to understand and agree to abide by these guidelines. If there is a behavior problem that cannot be resolved by camp staff or **if any participant is a safety risk to themselves, other participants, or staff members** then the parent will be contacted and be required to come and pick the youth up early from the camp location.

**Signatures showing you understand are required on the medical authorization form.**

# Camp Packing List



This time at camp is a chance to disconnect from the digital world and connect to yourself, to others and to the wonder and beauty of the natural world.

Electronic game and music devices, headphones and earbuds are not allowed. There is almost no cell phone signal at Navajo Lake. A cell phone could be used on airplane mode for taking occasional photos. We are not responsible for any damage to cell phones that may occur during this program.

Note about packing: We recommend packing clothes and gear in a duffel bag or large backpack. Sleeping bag, pillow, etc. can all be packed in a large trash bag. Do not pack too much, but make sure to bring enough warm clothing for the cold nights. Bring clothes you already have that are durable and versatile. Please keep in mind, we are not responsible for any loss or damage to personal items that are brought on the trip.

## You need to bring...

### Clothing

**Note about clothing: Cotton is great for warm sunny days, but fleece, wool and synthetic fibers stay warm when cold and wet.**

- 2-3 t-shirts (at least 1 quick dry preferred)
- 1 long-sleeved light-weight shirt for sun protection
- 1-2 hiking pants
- 1-2 pairs of shorts
- 1 hooded sweatshirt or fleece jacket for night
- Hat - wide brimmed or ball cap for sun protection
- Sunglasses
- 4-5 pairs underwear
- 4-5 pairs of socks
- Broken-in lightweight hiking boots or sturdy walking shoes
- Water shoes/sandals (Teva and Chaco type recommended but not necessary); you MUST wear shoes at camp. NO EXCEPTIONS
- Swimsuit/swim shorts or swimming clothes
- 1 cozy, warm outfit for sleeping (long underwear/leggings/ warm pajamas, socks, beanie)
- Bandana for wetting to cool yourself (optional)

### Camping and Outdoor Gear

- Water bottle (at least 1 liter or 32oz)
- Small backpack for day hikes
- Sunscreen and lip balm with SPF
- Flashlight/headlamp
- Insect repellent
- Towel and washcloth
- Biodegradable camp soap, if possible
- Toothbrush/paste
- Deodorant and other necessary toiletries
- Personal medications (kept by camp leader)
- No makeup or hair products necessary!
- Plastic grocery bags for dirty clothes

### Sleeping Gear

- Cold weather sleeping bag (night time temp can be between 32F and 45F) an extra blanket or extra sleeping bag can be used if you do not have a cold weather sleeping bag
- Sleeping pad or air raft
- Pillow

### Optional Gear

- Slip-on camp shoes like flipflops
- Book for reading during free time



# Camp gear, food, and supplies we will bring

## We will bring...

- ◆ Large tents for campers to share
- ◆ A few small tents are available to be requested by campers if they prefer to not share a tent (a camper may bring their own small tent if desired)
- ◆ All kayaks, paddle boards, canoe, paddles, small dry bags for day use and PFDs (Personal Floatation Devices)
- ◆ All food, snacks, large drinking water jugs, re-usable dishes and eating utensils, cooking supplies, camp chairs, dish washing and sanitizing station and all kitchen items
- ◆ Hand soap, hand washing station, hand sanitizer and first aid supplies

## Food

Food will be prepared by the camp leader and campers assigned to assist. There will be a different menu each day. The menu will include common food such as hamburgers, hotdogs, tacos, pancakes, breakfast burritos, turkey sandwiches, etc.

If your child has any dietary restrictions, please indicate them on your medical form. We will do our best to accommodate special diet needs or allergies. We may not be able to accommodate any severe food allergies and cannot guarantee that all needs can be met due to the group cooking nature of a camp and our small size and limited resources.

## About the Navajo Lake Campground facilities

The Navajo Lake Campground is located next to Navajo Lake on Cedar Mountain in Utah. It is about 26 miles east of Cedar City, Utah and 8 miles west of Duck Creek Village, Utah. The campground has restroom facilities and drinking water spigots. Lake is surrounded by part of the Dixie National Forest with great hiking and mountain biking trails. The area is in a remote location with very little cell phone coverage and only one small store a few miles away.



# Youth Camp Registration



## **General Camper Information:**

Camper's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Parent/Guardian's Name(s) : \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Phone: (\_\_\_\_\_) \_\_\_\_\_ Alternate Phone: (\_\_\_\_\_) \_\_\_\_\_

Parent/Guardian's Email Address \_\_\_\_\_

## **Previous Camp Experience and Skills: (circle one)**

Do you have camping experience? None    Some experience    Lots of experience

Do you have swimming experience? None    Some experience    Lots of experience

Do you have experience kayaking? None    Some experience    Lots of experience

Do you have experience paddle boarding? None    Some experience    Lots of experience

Do you have fire safety and fire starting skills?    None    Some    Lots

Do you have home cooking experience?    None    Some    Lots

Do you have campfire cooking experience?    None    Some    Lots

## **Camper's Expectations:**

What are your expectations for this camp experience? What do you hope to learn at camp? What skills do you hope to acquire? \_\_\_\_\_

---

---

---

# YOUTH PARTICIPATION AGREEMENT, RELEASE AND ASSUMPTION OF RISK



Name of Program: \_\_\_\_\_ Date: \_\_\_\_\_

Name of participant(s) \_\_\_\_\_

1. I voluntarily release Wild Canyon Discovery, their founders, directors, employees, facilitators, assistants, volunteers and all other persons acting on their behalf (hereafter collectively referred to as "WCD") of any liability for damages from personal injuries to my child(ren) or others, or for damage to property sustained as a result of this WCD program. \_\_\_\_\_ Initials
2. I voluntarily release the landowners of the property where this Wild Canyon Discovery program will take place, of any liability for damages from personal injury to my child(ren) or others, or for damage to property sustained as a result of this Wild Canyon Discovery program. \_\_\_\_\_ Initials
3. I am aware that outdoor programs with WCD entail known and unanticipated risks that simply cannot be eliminated without jeopardizing the essential qualities of the program. The risks include but are not limited to: forces of nature, such as exposure to temperature and weather extremes, water and drowning hazards and the hazards of outdoor terrain from falls and exposure to wild animals, insects and plant life. \_\_\_\_\_ Initials
4. I expressly agree and promise to accept and assume all the risks existing in this program. The participation of my child(ren) in this program is purely voluntary, and I elect to take responsibility in spite of the risks. \_\_\_\_\_ Initials
5. I certify that I have adequate insurance to cover any injury or damage my child(ren) may cause or suffer while participating, or that I agree to bear the costs of such injury or damage to my child(ren). I further certify that my child(ren) has no medical or physical conditions which could interfere with their safety in this activity, or else I am willing to assume and bear the costs of all risks that may be created, directly or indirectly by any such condition. \_\_\_\_\_ Initials
6. In case of illness or accident, we will contact the parents immediately to discuss options. In the case that a parent cannot be reached, we will contact the emergency contact listed by the parent. If an injury has the potential to be life-threatening, we will immediately seek professional medical help and then will contact the parents/ emergency contacts. It is understood that the undersigned parent will assume full responsibility for any emergency medical treatment that was administered and the cost of the treatment. \_\_\_\_\_ Initials  
List any medical conditions, medications and allergies: \_\_\_\_\_  
\_\_\_\_\_
7. I give permission and full consent to Wild Canyon Discovery to use photographs and other media of my child (ren) for presentations and promotion of their programs. I understand that media is also used to document WCD activities for future programming. \_\_\_\_\_ Initials
8. I have read and understood the terms and conditions of this Waiver and I agree to subscribe to them.

Parent's Printed Name \_\_\_\_\_ Phone # \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

Additional Emergency Contact name and phone #: \_\_\_\_\_

# Medical Authorization Form



There are times when illness or accident may occur and immediate surgical or medical attention is necessary. I/we hereby grant permission to Wild Canyon Discovery to make arrangements for qualified surgical or medical attention for my child/ward in the event of an emergency without necessity of my prior approval. I understand that I will be notified by the quickest means possible if this authority is exercised.

Child's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parent/Guardian's Name(s) : \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Phone: (\_\_\_\_\_) \_\_\_\_\_ Alternate Phone: (\_\_\_\_\_) \_\_\_\_\_

In case of emergency, and parent cannot be contacted, please notify:

Name/Relationship: \_\_\_\_\_ Phone:(\_\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Insurance Information:

Insurance Company: \_\_\_\_\_

Insurance Policy #: \_\_\_\_\_

Insurance Policyholder: \_\_\_\_\_

Health Questions (If none, please state):

Blood type (if known): \_\_\_\_\_ Dietary restrictions: \_\_\_\_\_

Food or Medication Allergies: \_\_\_\_\_

Medications currently taking: \_\_\_\_\_

Chronic Health Problems: \_\_\_\_\_

Physical Limitations: \_\_\_\_\_

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Date

We have read "Camp Guidelines" and we hereby understand and agree to abide by them. We also understand that if there is a behavior problem that cannot be resolved by camp staff, then the parent will be contacted and may be required to come and pick the youth up early from the camp location.

\_\_\_\_\_  
Child's Signature

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Date