

CAMP HAMILTON

ENVIRONMENTAL



EDUCATION

**STUDENT GUIDEBOOK**

## Dear Students,

Hello! This guidebook is a way for you to prepare for your visit to the CYO Environmental Education program this spring. This means that you will be both living and learning outdoors! This will be a very special and unique time for you.

We would like you to be well prepared for your visit so that you will be able to learn as much as you can while you are at camp. In this guidebook you will learn about the things you will be doing and how to pack your bags. You might also want to share this guidebook with your parents, so that they can help you get ready for this experience.

You are participating in the Environmental Education experience so that you can recognize and respond to the Catholic Church's call to be stewards of God's creation. You will also have the opportunity to make friends and learn how to work together better. There is a lot to explore together at Camp Hamilton – woods, ponds, the lake and the garden.

The EE staff has been very busy getting ready for your visit to camp. We are looking forward to your arrival!

Sincerely,

*Shaune Randles*

CYO Camp Director

## Who will I meet at Environmental Education?

**EE Director:** This person is like a principal who will plan all of the activities, make sure that everything goes smoothly, and ensure that you have a fun and educational week while you are here.

**Teacher Naturalists (TNs):** These are the people who will plan and teach all of the educational field studies. They are fun teachers.

**Kitchen Staff:** There is a kitchen staff who work long hours in the kitchen to prepare healthy meals and snacks for you to eat.

**Camp Maintenance Staff:** This is the person who works to make sure all of the buildings and natural areas are in good shape and safe for you.

**Teachers:** Your own teacher will be at camp keeping you on task! :) They are also excited about this opportunity for you.

**Chaperones:** The chaperones are your cabin leaders while you are at camp. These are parents or college volunteers. They will also go out on field studies with you during the day.

### Questions:

1. Who is in charge of teaching the field studies?
2. Who supervises you while you are in the cabin?

# Sample Schedule:

Monday	Tuesday	Wednesday
11:30am Arrive, move in Opening Prayer, sack lunch 1:15 Program 1 2:45 Program 2 4:15 teacher-led activities 5:45 Evening Prayer 6:00 Dinner 7-8 Camp-wide game 8-9 showers and cabin time	8:00am Breakfast 9:00 Morning Prayer 9:15 Program 3 10:45 Program 4 12:15 Lunch 1:15 Program 5 2:45 Program 6 4:15 Teacher-led activities 5:45 Evening Prayer 6:00 Dinner 7-8 Campfire 8-9 showers and cabin time	7:00am pack up gear and clean cabins 8:00 Breakfast 9:00 Mass or Liturgy 10:30 Closing activities 11:15 Depart with sack lunches

Wednesday	Thursday	Friday
1:30pm Arrive and Opening Meeting /Prayer 2:45pm Program 1 /chaperone meeting 4:15 Teacher-led program. 5:45 Evening Prayer 6:00pm Dinner 7-8 Cabin time/showers 8-9 camp-wide game	8:00am Breakfast 9:00am Morning Prayer 9:15am Program 2 10:45am Program 3 12:15pm Lunch 1:15pm Program 4 2:45pm Program 5 4:15pm Teacher-led program 5:45pm Evening Prayer 6:00pm Dinner 7-8 Cabin time/showers 8-9 campfire	7:00am rise and shine and pack 8:20am Breakfast 9:20am Program 6 11:00 Mass/liturgy 12:00 Sack Lunch and closing activity with group 1:15 Load buses and depart

## Learning at Camp Hamilton

Just because you are at camp, doesn't mean you are on a vacation from school. You are expected to participate and learn just like in class, but at camp we learn by touching wildlife bones, coring trees, paddling canoes, and praising God.

After breakfast each day, you will head out on the trail with other students in your Exploration group along with chaperones and an Educator. You will receive a Field Study Journal to complete during your studies.

Our field studies focus on four elements of Pacific Northwest ecology: Water, Forest, Wildlife, and Humans. You will spend your time catching bugs in the lake, interpreting rings on trees, identifying

scat and tracks of local wildlife, and building a watershed model. Additionally, you spend time playing games, talking about the Catholic faith, helping in the garden, climbing our 40 ft. wall, and exploring beaver lodges on the lake. It's awesome.

## **Living at Camp Hamilton**

You will be assigned to a cabin group with 8-10 other students of the same gender from your school. Each group lives in a separate cabin with a chaperone. The cabins are cozy and comfortable, with hard-wood floors and bunk beds with mattresses. There are no bathrooms in the cabins, but facilities are only a short walk away. Many of the activities you do in the morning and evening will be done as a cabin group. This is a good way for you to make new friends and spend time with old friends.

There is always cabin time during the day for you to rest, relax, and just hang out with your friends. It is your responsibility to make sure the cabin is kept clean and tidy. Remember though, that you need to always respect the chaperone and other members of your cabin. Your chaperone will go over cabin expectations on the first day you arrive.

### **Questions:**

1. What are you looking forward to learning more about at Camp Hamilton?
  
  
  
  
  
  
  
  
  
  
2. Who else will be in your cabin?

# Suggested Packing Checklist

The following items are recommended for attendance at the three-day, two-night Environmental Education program at Camp Hamilton. Warm clothes, good rain gear, and a warm sleeping bag are the most essential items. Camp is a great place for old clothes; please don't bring expensive items to camp. CYO Camps cannot assume responsibility for lost or damaged items.

## Bedding

- Sleeping Bag
- Pillow

## Clothing

- 2-3 pair of long jeans or pants
- 4 T-shirts
- Daily change of underwear & socks
- Warm jacket (fleece, wool, or down)
- Warm hat or cap (required)
- Hooded raincoat with rain pants (required)
- Sweater or warm sweatshirt
- Pajamas
- 1 pair of tennis shoes
- 1 pair water resistant shoes or boots
- Plastic bag for wet/dirty laundry

## Toiletries

- Toothbrush & toothpaste
- Soap & Shampoo
- Deodorant
- Towel & washcloth
- Hairbrush/comb
- Swimsuit & Flip flops for showers only

## Class Items

- Sack lunch for the first day (**No nuts**, please!)
- Backpack/Book Bag (for field studies)
- Pen/pencil
- Water bottle (labeled)

## Recommended

- Reusable tupperware for sack lunch
- Flashlight (extra batteries)
- Sunscreen (seasonal)
- Insect repellent
- Disposable camera labeled with name (optional)

## DO NOT BRING

- Hair dryers
- Make-up
- Money
- Gum /candy/soda/**nuts**
- Cell phones
- Fireworks
- Any Electronics (phones, iPods)
- Weapons (knives, guns, etc.)

## Packing Tips!

1. Pack things as compactly as possible. A large duffle bag is best, but suitcases or backpacks are permissible. Try to put sleeping bags and pillows in a duffle, suitcase or plastic bag.
2. If you don't have the number of items suggested, just bring what you can. We have some extra warm clothes and gear at camp that you can borrow if needed.
3. Please check to make sure you have not brought something on the "Do Not Bring" list.
4. *Be sure to pack a healthy, **nut-free** sack lunch for the first day.*

# Preparing for Camp

Before you come to camp, your teacher will send several forms out for your parents to fill out – permission slips, health forms, informational notes, etc. It is very important that you bring these forms back on time.

You also want to come to camp with all the necessary supplies. Oftentimes it can be cold and rainy. We still go outside – so pack well! Bring old clothes, and equipment that you have around the house. Don't buy something new if you don't need to. See the suggested equipment list to find out what you will need to bring to camp. Be sure not to bring the items on the list we ask you not to bring. (i.e. no nuts) Label your things.

## Meals

We eat together as a large group at camp in a building called Discovery Lodge. The kitchen staff prepares a tasty, well-balanced meal designed with you in mind. We'll have staff to help you on the first day to get your food and find your place to eat.

No one goes hungry at camp. Second helpings are always available. There will be a snack in the afternoons. If you are hungry in between meals, please let an adult know. Your parents and teachers work with the Kitchen Staff to take care of any special dietary needs that you might have.

### **Hints for Good Table Manners:**

1. Wash your hands or sanitize before the meal.
2. Keep conversation quiet and talk only to your table.
3. Don't talk with food in your mouth.
4. Pass food around the table and make sure everyone will get a portion.
5. Eat once everyone is served, not before.
6. Remain seated until you are excused.
7. Use serving utensils.
8. Use "please" and "thank you" when asking for something.