

## Essentials for ALL seasons:

1. Pens or pencils, bring multiple
2. Water bottle, 16oz size or more
3. Backpack (standard size)
4. Chapstick
5. Bedding (pillow, warm sleeping bag or blankets)
6. Toiletries (toothbrush & paste, hairbrush, soap, washcloth, towel, etc.)
7. Outdoor clothing or old clothing that can be layered
8. Jacket or sweater(s)
9. Long pants (we do not recommend shorts)
10. Pajamas
11. 2 pairs of socks/day
12. 2 pairs of closed-toed, sturdy shoes/boots (Do not bring sandals or dress shoes.)

## Suggestions for Nov-Apr (expect snow):

1. Heavy coat
2. Beanie
3. Mittens or gloves
4. Waterproof clothing
5. Snow boots
6. Warm clothing (long sleeves, pants, etc.)

## Suggestions for May and Sept-Oct:

1. Clothing that can be layered for chilly mornings & cool evenings
2. Short-sleeved shirts
3. Pants or shorts
4. Sunglasses
5. Hat, bug spray (optional)

## DON'T FORGET...

**PHONES ARE NOT ALLOWED AT CAMP.**

Label all student luggage (suitcases, bags) with a FIRST and LAST name.

Check the weather in Big Bear or Lake Arrowhead, depending on your program location, or check our website for updates. Do not call our offices to ask about the weather.

# DISCIPLINARY GUIDELINES

On Arrival Day, teachers and students will be informed of the following disciplinary guidelines and consequences for certain actions at camp. Our team will use either the 5-Step System or the 3-Strike System for re-enforcing positive and appropriate behavior and for protecting campers.

Remember, **if a student is sent home due to illness, injury or disciplinary issues, parents/guardians are expected to pick up their child immediately, regardless of the time of day or night.** Camp DOES NOT issue refunds to students that get sent home from camp.

## THE 5-STEP SYSTEM:

1. Give a clear, verbal warning.
2. If the behavior continues give a 5min Time Out (TO)
3. If the behavior continues give a 10min TO
4. If the behavior continues give a 15min TO
5. If the behavior persists after a 15min TO is accrued, teachers will be consulted about whether the student should be dismissed from camp or if additional consequences will result once he/she returns to school.

## THE 3-STRIKE SYSTEM:

1. Student receives a strike, a 15min TO, and an intervention conversation with his/her teachers.
2. If the behavior continues, the student receives the second strike, a 15min TO, and the student will call their parents/guardian to report their poor behavior.
3. If the behavior continues, the student receives the third strike and is sent home.

TOs are served during Rec Time; students must complete a behavioral reflection form to be submitted to teachers. Students will not be dismissed from camp without the consent of teachers.

Minor Violations	Consequence
Inappropriate gesture or conversation	Verbal Warning - 15min TO
Name calling, excessive teasing, bullying, foul language	Verbal Warning - 15min TO
Repeated disruption in the cabin after Lights Out	Verbal Warning - 15min TO
Repeatedly disrupting activities or not obeying leaders	Verbal Warning - 15min TO
Tardiness	Verbal Warning - 15min TO
Leaving the group without permission	Verbal Warning - 15min TO
Major Violations	Consequence
Any activity that is inherently dangerous to self/others	<b>No warning, immediate dismissal</b>
Cabin raiding/pranks	<b>No warning, immediate dismissal</b>
Fighting (physical), stealing, or excessive bullying	<b>No warning, immediate dismissal</b>
Intentionally destroying property	<b>No warning, immediate dismissal</b>
Outright defiance	<b>No warning, immediate dismissal</b>
Possession of illegal substances or weapons	<b>No warning, immediate dismissal</b>
Unauthorized leaving of cabin, entering a cabin of the opposite gender	<b>No warning, immediate dismissal</b>
Other behaviors at the discretion of Camp (e.g. suicidal ideations)	<b>No warning, immediate dismissal</b>