

WELCOME PACKET

2023 Job Skills Training Camp

Hello!

This is going to be an amazing experience.

Thank you for choosing Aspen Camp. We can't wait to have you here!

Countdown to the Camp

- Fill out forms needed and get them back to your teachers
- Shop for or gather what you need
- Label all your belongings and pack for your working adventure

Forms & Paperwork

The following forms are required to help us prepare.

Required

- Aspen Camp Release and Waiver of Liability
- Health and Data Form (includes Participant Agreement)

Who's Who At Aspen Camp

These are the people who will be at the camp and to make sure you are having a great time.

The **Program Leaders** are those overseeing the entire program.

Other leaders and volunteers will also be helping in other areas like kitchen, marketing, logistics, and more. You will see them around.

Kitchen staff are the people who prepare the Camp meals! They make sure the kitchen is clean, your food is ready on time and will most likely be doing dishes as well.

We will also have **Interpreters & Office Support** staff. They will help us make sure communication is clear no matter the languages used.

What if I don't like someone?

It's important to remember that no matter where you go, there will always be people you

like more than others. This Camp is no different. Sometimes it takes a little while to get to know someone. Everyone deserves a chance, so try not to make a decision about someone quickly. Take time to get to know everyone. You may find that you have a lot in common with others!

If you find out, after getting to know others, that there are things you are uncomfortable with, please don't be afraid to talk about it. Your experience is important to us so we will do our best to make it better for you.

Plan, Prep, Pack

Good preparation makes for a great experience. Bring what you might need but keep it simple! Here's a packing list to help.

Packing List

The goal is to pack enough clothes while being mindful that space can be limited so please don't pack too much! The Camp is at an elevation of 8000' above sea level. Layers work best in our mountain environment and you want to be comfortable for all of the outdoor activities. May can be any combination of winter and spring weather happening at once!

Use your best discretion to decide what is right for you to pack. The packing list below is offered to help you remember things you might not.

Daily Wear (numbers are suggestions only)

- Longjohn tops and bottoms (not required)
- Mix of pants & shirts for work projects and change of clothes after the work day (3)
- Pajamas (1)
- Underwear (4)
- Socks (4)
- Sweaters or polypropylene layer (2)
- Medium-heavy weight jacket (preferably waterproof) (1)
- Warm wool hat and Brimmed hat (1 each)
- Gloves, scarf, buff or neck gaiter
- Work boots or hiking boots, comfortable indoor shoes
- Shower sandals (only for use in showers)

Personal Stuff

- Personal care items
 - Soap
 - Shampoo/Conditioner

- Lotion
- Toothbrush & toothpaste
- Brush/comb
- Chapstick (SPF of 15 or more)
- Sunscreen (SPF 15 or more & waterproof)
- Medicine/vitamins
- Storage case & batteries for hearing aids/cochlear implants

Other Things

- Water bottle (we have extra we can issue)
- Light backpack/day pack
- Headlamp & batteries or flashlight
- Waterproof camera (with tether is best)
- Favorite snacks/candies for social time (with enough to share)
- Photo ID

Do Not Bring

- Your favorite jeans
- Electronics at a very minimum
- Jewelry or other valuables
- Knives or weapons
- Anything with offensive or inappropriate content

What's Available At Aspen Camp?

We have some things at camp for you to use however we encourage you to bring your own:

- Twin size sheet & blankets or sleeping bag
- Pillow
- Bath towel
- Hand/face towel

Aspen Camp is not responsible for items lost, stolen, or damaged items.

Where You Will Sleep

When you arrive, we will show you the Camp cabins. Our beds are bunk style and twin sized. You will be sharing a cabin with others. You can decide who will take a top or bottom bunk.

Dressing Smart

Think about the activities you are going to partake in and pack the right clothes. Layers are important! They help you regulate the right body temperature easily.

Cotton is a no-no when in cold or wet places. Cotton retains water for a long time, making you feel uncomfortable and at risk of getting sick. Choose quick-drying fabrics instead. If money is an issue, keep your eyes out at thrift stores and for sales. Exercise clothing is normally moisture wicking and is a cheaper alternative. Preferably look for clothing items NOT made of cotton, but rather a synthetic material like polyester.

Clothing for Outdoor Activity

The outdoor clothes you bring and wear are an important element to your time at the Camp. They will provide protection from the elements and comfort while being active.

As you build your clothes collection, you want to choose items that layer well. Make sure to pack snow boots that are comfortable.

Daily Routine

A Typical Day

We will share a copy of the detailed schedule and menu when you arrive. Until then, here is a general idea of a typical day at camp:

- 7:30a - Community Morning Circle
- 8:00a- Breakfast
- 9:00a- Morning Activity and/or Projects
- 12:00p - Lunch
- 1:00p - Afternoon Activity and/or Projects
- 5:00p - Dinner prep
- 6:00p - Dinner
- 7:00p - Evening Program
- 10:00p - Lights Out..getting rest for another big day

At the end of our time together, we'll have a closing celebration on our last night.

Mountain Sickness

The loss of oxygen at higher altitude (4,800 feet or more) can cause mountain sickness. It starts as acute mountain sickness (AMS). To prevent AMS, ascend slowly, take it easy, and give your body time to get used to the altitude. Drink plenty of water and let your body rest even if you don't feel tired. Early symptoms of Altitude Mountain Sickness include:

- Headache • Fatigue • Insomnia

If you notice early symptoms, let us know immediately. Watch Your Urine Color. The color of your urine (pee) can help you see if your body is dehydrated or not. Keep in mind that some medicine or food could cause your urine to change color. You want to keep your urine a light yellow color. A really dark yellow urine means you're really dehydrated. We'll be encouraging everyone to drink water or hot non-caffeinated liquids like herbal tea. You can start hydrating even before you arrive.

Wild Animals

There have been sightings on the Camp property of animals that live in the wild. It is rare for anyone to come across a large animal, let alone an aggressive one, because we spend a lot of time outdoors in groups. Our noise and size will often signal them before we even know they've been around and they do not come near. However, we will not leave food or trash out that would attract animals. If we are lucky, perhaps we'll get to see something that lives in the woods nearby.

More Information

Medicine & Vitamins

Please consider what OTC medicines, prescription medicines, vitamins, and essential oils you need to bring. Complete the related forms and know we will have first aid kits on site as needed safety supplies.

Meals

We work really hard to provide home-cooked, healthy meals for everyone. About two weeks before camp, we finalize our menu. Gluten-free, vegan, vegetarian, and kosher options are possible. It is critical that allergies and dietary restrictions are shared with us via the health data form by the deadline in order for us to make appropriate arrangements.

Hey oh! H-2-O!

Water is so important to keep our bodies fit and happy. All participants are strongly encouraged to carry a water bottle at all times.

Don't Get Burned

You will want to wear sunscreen at all times outdoors. Our elevation makes the sun and UV rays you are getting that much more intense.

Leave No Trace (LNT)

We love our earth and want to keep her happy. Help us keep her clean by picking up trash outside. Thank you!

Staffing

In addition to your school staff, we will rely on volunteer leaders, local professionals and other school's staff. The Aspen Camp Board will ensure that all leaders and volunteers embody our mission and have a passion for being a positive role model. All will be required to spend hours of training prior to your arrival in preparation for the retreat.

Outside Visits or Calls

We must let you know that our cell reception is spotty at best for those bringing personal cell phones. We strongly request that your calls and texts be limited to essential communications with work and family outside the program so that you are staying present for all things "Camp". This focus will allow for the greatest benefits that the experience can provide.

Tobacco & Pets

Thank you in advance for respecting our camp facilities. When visiting our campus, please leave all pets at home and do not bring tobacco (including e-cigs) or marijuana (including vapors) on the premises. Please help to keep the grounds clean by picking up your trash and using designated pathways whenever possible.

NOTE: Please do not bring your pets with you. Some participants may have allergies or fear of pets.

Emphasis on Positivity & Partnership

We believe that the most powerful experiences come from building a positive group culture. Even within this 4-6 day program, we will look for opportunities to create a sense of community. If you are working to modify certain aspects of your life, Aspen Camp welcomes the opportunity to support these efforts.

Problematic Situations

We maintain a zero-tolerance policy with respect to sexual misconduct, alcohol/drug/tobacco/marijuana use, weapons possession, and/or physical or emotional harassment. Participants found in violation of these will be asked to leave. Aspen Camp reserves the right to deny registration for future program participation, as well.

Illness

If you become ill during camp and are unable to participate in activities, an emergency contact person may be notified. If a participant is hurt, an authorized person will administer immediate first aid.

If the situation requires advanced medical attention, the Program Leader or authorized staff members may attempt to contact and inform your emergency contact as soon as possible.

We will work with local physicians or local emergency personnel for treatment and/or transportation to the hospital, if necessary. A staff member will accompany a participant to the hospital and stay until further arrangements are made. Hospital visits will require a copy of an insurance card so in case of an emergency, we request that you come to the retreat with this.

If the illness is contagious or severe, the participant could be asked to go home or be quarantined (off campus). Generally we do not offer financial support for last minute travel or quarantine yet we will work with you should such an issue arise.

Inclement Weather

The Camp will happen snow or shine. If the weather is very concerning, we may suspend activities and be creative otherwise, until weather conditions improve.

Lost & Found

Our camp is not responsible for any items left at camp. We strongly encourage you to label all of your personal belongings with your name in order to avoid lost items.

At the close of each session, lost and found items will be sorted and stored for two weeks. You may contact Aspen Camp to arrange a time and date to pick up lost items or arrange

for a mailing label to cover the cost of shipping items back to their rightful owner. Any items left at camp for two weeks or more after the end of the session will be donated to charity.

In Case of Emergency

In case of an emergency, you may need to contact your family or arrange for an emergency pick-up. Please use the Camp phone number: (970) 315-0513.