



2025 Camp Winnarainbow Family Handbook

Dear Campers and Families,

We are so glad you have chosen Camp Winnarainbow this summer, and we look forward to welcoming you into (or back to) our community. This Family Handbook is brimming with information that will help prepare you for the adventure ahead. In all aspects of our program—from running full background checks on every staff member, to ensuring we have enough juggling balls, to providing every Camper three delicious meals (plus snacks) a day—taking care of your Camper is our number one focus and delight. We can't wait to see you soon!

Please read this handbook, and if you have any questions don't hesitate to ask us. You can reach us by calling (510) 525-4304 or emailing us at mail@campwinnarainbow.org.

Camp Winnarainbow's goal is to partner with you in raising your child to gain the 21st century skills they need to succeed in their lives. We are passionate about providing a safe and fun learning environment for everyone involved in Camp Winnarainbow. Your help is essential. Whether your Camper is new or returning, please read this handbook carefully, discuss its contents with your Camper, and save it for future reference.

Toward the Fun!

The Camp Winnarainbow Team

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American Camp Association Accreditation

Camp Winnarainbow is accredited by the [American Camp Association \(ACA\)](#). Our program, operations, and facility undergo rigorous review to meet or exceed the ACA industry standard for camp excellence. ACA standards review all aspects of running a camp safely, and include guidance on staff hiring, operations, emergency response protocols, lake safety, programming, food service, and health and wellness protocols. Camp Winnarainbow is an industry leader in youth development and leadership. We are proud of creating an equitable, inclusive community where diversity is celebrated. Our last accreditation visit was in 2024, and each year we are required to complete an annual accreditation report that attests to our continued compliance with ACA requirements and describes our ongoing process of policy review, reflection, and improvement.



Camp Winnarainbow Philosophy

Philosophy

Camp Winnarainbow creates a joyful environment where children from all backgrounds develop community, confidence, and self-expression through circus and performing arts.

Vision

We inspire kids to become engaged, resilient citizens of the world, who act with compassion and a sense of humor, and create positive change by putting their good where it will do the most.

Values – What Guides Our Work

Creative Expression & Youth Voice (“The Show-Show & The Life Show”) We believe that the performing arts and creative expression offer a safe testing ground for skills that serve young people throughout the rest of their lives. Our philosophy emphasizes taking risks in a physically and emotionally safe environment (“The Show-Show”), to prepare campers with the voice, confidence and agility to navigate the complexity of their daily lives (“The Life Show”).

Belonging & Community Camp Winnarainbow strives to provide a safe space of belonging for children from all communities. Many of the strengths of our program are brought to us by brilliant Black, Indigenous, Latinx, Asian American, Pacific Islander, Queer, and Trans community members. We are committed to equity, anti-racism, and responsible stewardship of our natural environment as ongoing practices of our community, staff, and leadership.

Humor & Big Fun Camp Winnarainbow uses humor and joy to build community and tell our stories. Our well-trained staff teach timing, balance, and, as founder Wavy Gravy says, “Survival in the 21st century, or, how to duck with a sense of humor and a dollop of compassion.” We believe that laughter is a great connector, and that all children deserve to have big fun.

Love & Empathy We believe in “three tries in the circus.” Working through mistakes and challenges in an accepting, loving environment builds resilience and empathy. Using community tools like check-ins, tipi-time, and restorative justice circles, we encourage children and adults to weave webs of connection that can withstand and repair mistakes, harm, and conflict.

Arrival Day

Camp Winnarainbow's physical address is **50350 N. Hwy 101 Laytonville, CA 95454**.

We are located approximately three (3) hours north of the San Francisco Bay Area on CA Hwy 101.

There are two options for transporting your Camper to Camp:

1. You (or someone you trust) brings your Camper to Camp Winnarainbow in Laytonville.
2. You sign up for the Bus that leaves from Berkeley (see below – space is limited; sign up during the registration process or contact the office for more details).

Camper Drop-Off at Camp in Laytonville

Plan to arrive between 3:00 pm and 5:00 pm on the first day of your Camper's session. Your Camper's counselors and teen staff will be waiting to greet you and help them get settled into Camp. ***Do not arrive early on the first day. The Camp facility is not open to families before 3:00pm and the parking lot is a very hot place to wait around.***

There are three stations when you first enter Camp: the check-in table, lice check, and medical check-in. There may be lines at any of these depending on how many families show up at the same time. We thank you in advance for your patience. If you have arranged for a check-in with a Camper Advocate or MESH (Mental, Emotional, and Social Health) Lead regarding a safety plan, please ask to check in with them during step 1 (at the check-in table).

Families should plan ahead on how to say goodbye to their Camper. Counselors will help anyone who might be feeling sad or nervous. See our guidance on "Adjusting to Summer Camp" below for specific tips on how to prepare. The arrival window concludes at 5pm, and then Camp begins! We start with a dinner circle where we sing songs and share information about safety, the location of everything in Camp, what the first day at Camp will look like, etc.

If you are running late, please call, so we can be prepared to greet you. NO PETS are allowed at Camp (except licensed service animals). Please keep your pets at home. There are no shaded parking areas and vehicles get extremely hot. **DO NOT BRING YOUR PETS TO CAMP!**

Important Note About Forms

Camp Winnarainbow uses secure CampBrain software for all enrollment processes and form collection for Campers. We ask that all forms be completed by May 15th. Our forms allow you to indicate dietary preferences, request housing assignments, provide important medical and mental health information, and tell the counselors how your Camper is feeling about going to Camp. Our staff carefully review the forms for every Camper in our care.

MESH Forms

Camp Winnarainbow is steadfast in its commitment to nurturing the mental, emotional, and social health (MESH) of every child entrusted to our care. We seek to join forces with you, the parents and guardians of our Campers, in fostering an environment that prioritizes their holistic well-being. To this end, we have a form on [the parent portal](#), designed to offer insights into your child's MESH background. Completing this crucial information sheet enables our staff to support your Camper's experience and form a collaborative partnership with you in the process. Should you wish for our MESH staff to focus with particular attention on your Camper's needs, we invite you to reach out to our office via phone.

This is a gentle reminder that Camp Winnarainbow is not able to provide mental health services or treatment. Campers who start, stop, or change psychiatric medications within 3 months prior to Camp, or who have been hospitalized for mental health treatment within 3 months prior to Camp, or who are actively engaged in self harm or experiencing suicidal ideation or an active eating disorder require a level of support and monitoring that Camp Winnarainbow is not able to provide. If any of these situations apply to your Camper, you must let us know. Thank you for your cooperation.

Lice Policy

Camp Winnarainbow has a zero tolerance policy toward head lice. Anyone can contract lice, so please check your child thoroughly before they arrive at Camp. We cannot accept a child into Camp who has lice or nits; every child must be lice and nit free prior to entry. A head-lice check is required at check-in at Camp and also before boarding the bus in Berkeley.

Children with any sign of head lice, even nits that appear dead/treated, will not be allowed in Camp until all nits have been removed. If your child is found to have lice or nits upon arrival (or if lice or nits are discovered during Camp), we require that your child be treated with topical ivermectin (the cream, not the pills) in order to remain in Camp. In most cases, we anticipate that we can provide ivermectin treatment at Camp, but we will contact you prior to treatment. If you do not consent to treatment with ivermectin, your Camper will not be allowed to remain in Camp, and no refund will be issued. We use ivermectin because of its ability to kill both lice and nits with high levels of reliability - we are not currently accepting other forms of treatment for children that wish to stay in Camp.

To prevent the spread of lice, we ask that campers not share combs, brushes, hair ties, head/hair scarves, hair accessories, hats, or hooded sweatshirts while at Camp. This drastically reduces the likelihood of lice transmission, and we appreciate your support in ensuring that your Camper understands this rule.

Directions to Laytonville

Physical address: **50350 N. Hwy 101, Laytonville, CA 95454**

Driving north from the San Francisco Bay Area:

Plan on a three-hour drive north on Highway 101. We are located directly off of Highway 101, five miles north of the town of Laytonville, CA at highway marker 74.50. On the left, you will see a sign for Camp Winnarainbow – that is our driveway. Signs will lead you to the Camp parking and arrival area.

Driving south from Eureka:

Expect an approximately three-hour drive south on Highway 101. We are located directly off of Highway 101, 22 miles south of Leggett, California at highway marker 74.50. On the right is our driveway, although it is hard to see the sign coming from the north, so keep your eyes out for the highway mile markers. If you reach the town of Laytonville, you have gone too far. Once on our driveway, signs will lead you to the Camp parking and arrival area.

Bus From Berkeley

If you are unable to drive your Camper to Camp, a ONE-WAY charter bus is available to deliver a limited number of Campers to Camp Winnarainbow from Berkeley. NOTE: THERE IS NO RETURN TRANSPORTATION FOR CAMPER – plan to come to Camp in Laytonville on the last day to take your Camper home! We will send more information via email directly to families that are registered for the bus, but here is some key info in the meantime.

Here are the details for the bus to Camp:

- You must pre-register and pay for your Camper's bus fee [online](#). Spots are limited!
- Arrive at 11:00 to check-in your child for the bus. Plan on staying until the bus leaves.
- The bus leaves at approximately 12:30pm from Live Oak Park in Berkeley.
- Live Oak Park is located at the intersection of Berryman Street and Shattuck Avenue in Berkeley (1301 Shattuck Ave., Berkeley, CA 94709).
- Review any requirements for COVID testing and complete testing before driving to the bus.
- What to bring: luggage, water and a nut-free lunch for the ride. You must deliver any medications to the nurse at bus check in (in their original prescription bottle or over-the-counter packaging, not in a pill organizer). Please keep any meds separately outside of Camper's luggage. Please see below for more info about medications at Camp.
- Your Camper will be checked for head lice. If any sign of lice or nits, dead or alive, are found, your Camper will not be allowed on the bus. See more details on lice above.
- Please remind Campers to use the nearby restroom before boarding the bus.
- In the event of any emergency or issues with the bus, the Camp Director will be in contact with all parents/guardians. We attempt to send an arrival confirmation email as soon as the bus arrives at Camp, but because arrival day is so busy, that email sometimes goes out late!

Pick-Up & Open House

On the last day of each session, we have an Open House (for one-week sessions) or a Big Show (for two-week sessions) for families where your Camper can show you around Camp and share what they learned. We will email out more information during your Camper's session, but Camp is typically open to families from 2:00pm to 4:30pm.

Departure

Campers will generally be ready to leave around 4:30pm on the last day of Camp. There is no camping at the Black Oak Ranch. There are several motels in Laytonville and nearby in Willits if you need to stay overnight.

If possible, do not take your Camper home early on the final day! If this cannot be avoided, please let us know as early in the session as possible, so that we can let your Camper and their counselors know they will have limited participation in the Open House or Big Show.

Session Break

Campers who are staying more than one session may remain at Camp over the break between sessions, or parents may pick them up and return them to Camp before the next session.

Preparing for the Time of Their Life!

What to Bring (an itemized packing list can be found at the end of this Handbook)

Luggage

Please limit luggage to bedding and a duffle bag. Campers sleep in tipis, and soft luggage such as a duffle bag is preferable.

Bedding

The most important thing to bring is a good, WARM sleeping bag (it gets quite cold at night) and a pillow. All Campers receive a sleeping mat. An indoor 'sleepover' bag is not warm enough for Camp.

Clothing

Bring enough comfortable clothing to last **all** days of the Camp session. A detailed packing list can be found at the end of this document. Camp is rustic and in the woods. Campers are active; clothes get dirtied, lost or ruined at Camp. We encourage you to involve your Camper in packing for Camp so they are familiar with the items you're sending. Please label **all items** with the Camper's first and last name. Initials are not enough. Please ensure that clothing does not depict violence, alcohol/drugs, or scary or horrifying imagery. Thanks for helping us create a fun and inclusive space for everyone!

Laundry

For two-week sessions, we will wash all of your Camper's socks and underwear and at least five items of clothing at some time mid-session. If there is a bathroom accident or other urgent need, we will wash clothing/bedding as well. We also provide laundry service for Campers staying multiple sessions.

Medications

All medications **MUST** be in the original prescription bottle with the Camper's name. They will be given to the Camp Nurse upon arrival. Please be sure to send enough for the entire session and do not use pill boxes/organizers. If your Camper takes vitamins or supplements, consider if they are absolutely necessary for your Camper to take while they are at Camp – we try to minimize the burden on our nursing staff, who must dispense all necessary medication to Campers each day. If your Camper does need to take them on a daily basis, they must be in the original bottle.

The Camp Medical Dome carries most common over-the-counter (OTC) medications. Unless your Camper takes an OTC on a daily basis, you do not need to send yours to Camp. An exception to this is if your Camper only takes a certain flavor or preparation, as we may not have that exact type on hand.

ASTHMATIC CAMPERS: If your Camper has asthma (even if they rarely have symptoms) you **MUST** send their rescue inhaler with them. Please also be sure to upload to CampBrain or bring a copy of their Asthma Action Plan (this is developed with their primary care provider or pulmonologist). Blank forms can be found at <https://www.aafa.org/wp-content/uploads/2022/10/asthma-action-plan-aafa.pdf>.

Lost and Found

Campers sometimes lose things at Camp. Our staff work hard to send Campers home with all of their belongings. This is why we recommend putting your Camper's full name on everything! Check through the Lost and Found before you leave Camp! If you arrive home and are missing something important, we will check the Lost and Found leftovers and try to assist you. All items we cannot identify will be donated to Camp's clothing reserves or to charity.

Cell Phone Policy

There is no Camp phone available for Camper use, and we highly encourage Campers to leave cell phones at home. Being screen-free is a huge part of what makes Camp so wonderful. At the same time, we understand that many children use their phones to take pictures, listen to music/white noise/audio-books, or utilize sleep aids or regulating strategies. There is almost no cellular data and NO camper wi-fi on site. If phones are brought to Camp, it is at your own risk. We are not responsible for any broken, damaged or stolen phones. Keep in mind that this may be one of the rare opportunities your child may have to be away from screen time. If your Camper says they want their phone to take pictures or listen to music, you might consider sending a disposable camera and/or a personal musical device.

Music and Instruments

If Campers bring music to share or play, it must be appropriate for all ages, including 7-year-olds. Explicit versions of songs are not appropriate. We find that even the clean versions of well-known songs often get accompanied by people singing the original lyrics – this is just to say, we are always working on this with our community! We love it when Campers play musical instruments at Camp, but unfortunately we do not have good storage for instruments, so bring them at your own risk.

What Not to Bring

Please do NOT allow your child to bring the following items to Camp:

- electronics
- walkie-talkies
- matches, lighters, or any fire-making device (*NO magnifying glasses or glass water bottles!*)
- firecrackers, fireworks or explosives
- weapons of any kind (including pocket knives)
- cash or valuables
- irreplaceable or extremely sentimental items
- pornography
- pets
- cigarettes, including smokeless devices and vapes
- drugs or alcohol

A Typical Day at Camp

A typical day at Camp Winnarainbow is designed to give Campers the ultimate in circus, performing, and summer camp experiences. Each part of the day focuses on skill building, making friends, and being active, all while having a massive amount of fun!

8:30 am– Let’s Go Cocoa!	12:45 pm – Tipi Check-In
8:50 am– Breakfast Circle	1:00 pm – LUNCH
9:00 am– BREAKFAST	1:30 pm – Free Time!!
9:30 am– Tipi Clean Up	5:45 pm – Tipi Check-In
9:45 am– Morning Reading	6:00 pm – Dinner Circle
10:10 am– Warm Ups	6:30 pm – DINNER
10:30 am– Class #1	7:00 pm – After Dinner Free Time
11:30 am– Class #2	8:00 pm – Evening Program
12:30 pm – Showtime	Around 10 pm – Bedtime

Bedtime at Camp can sometimes be later than young children are used to. We encourage anyone needing an earlier bedtime to leave the day’s evening program early, get ready for bed, and tuck in for the day. Many Campers choose this option — they just need to let their counselor know first!

The Week at a Glance

One Week Sessions

Mon, Day 1	Tues, Day 2	Wed, Day 3	Thurs, Day 4	Fri, Day 5	Sat, Day 6
Check-In 3pm-5pm	Community Guidelines	Full Morning of Classes!	Regular Day Schedule	Regular Day Schedule	Pillow Fight Tipi Clean Up
1st Dinner Circle Orientation Tipi Skit Night	First Class! Teacher Talent	Free Time Fire Circle	Adventure Night or Dance Party	Tornado of Talent!!!	Awards Open House Head Home!

Two Week Sessions

Mon, Day 1	Tues, Day 2	Wed, Day 3	Thurs, Day 4	Fri, Day 5	Sat, Day 6	Sun, Day 7
Check-In 3pm-5pm	Community Guidelines First Class!	Full Morning of Classes	Full Morning of Classes	Full Morning of Classes	All Peoples Day	Sleep-in Sunday!
1st Dinner Circle Orientation Tipi Skit Night	Teacher Talent	Fire Circle	Tornado of Talent	Guest Performance	Fire Circle	Tipi Clean-Up Movie Night
Mon, Day 8	Tues, Day 9	Wed, Day 10	Thurs, Day 11	Fri, Day 12	Sat, Day 13	
Full Morning of Classes	Full Morning of Classes	Full Morning of Classes	Full Morning of Classes	Rehearsal Day All Day	Pillow Fight Awards Ceremony Big Show Head Home!	
Dance Party	Guest Perf.	Adventure Night	Cabaret	Cabar-B		

Classes

Most days at Camp, we have two classes in the morning as well as certain classes during afternoon free time! **Almost all of our classes are free choice, meaning that for each period, Campers can choose which class they want to attend.** If they are confused about a class or don't know what to choose, there is an assigned staff person for each period (called 'Straggler Patrol'), whose job it is to help Campers find a class and make sure everyone gets to where they want to be.

Adjusting to Summer Camp

Going away to summer camp includes fun, friendship and adventure. It provides children with an opportunity to learn, grow and feel good about themselves. However, going away to summer camp (especially for the first time) also entails adjustment for children and their families. Coming to Camp may create feelings of homesickness. We regard this as a normal, healthy occurrence for youth. Facing homesickness teaches many skills, and your Camper will not be alone! We understand this process and are always able to support you and your Camper in preparing for Camp.

We ENCOURAGE You to Say:	We DISCOURAGE You from Saying:
Being homesick is a normal feeling, and Camp has lots of ways to help you through it.	I'll pick you up if you get homesick.
It's okay for us to miss each other. I know you are going to have a great time even if you miss me.	I'll pick you up right away if you want me to.
It's okay to feel nervous - lots of people at Camp will help you get settled.	You just have to try it for a day (or a few days) to see if you like it.
Your counselors and the people in charge can contact me if they need to.	You can call me anytime you want.

Please feel free to contact the Camp office by phone or email to ask any questions you might have. Additionally, the ACA has many resources to help guide you —check out their website at the link below:

[American Camp Association: Preparing for Camp](#)

You know your Camper best, and Camp Winnarainbow honors the story of every Camper. Your Camper's adult counselors and our Camper Advocates read everything you share in your registration paperwork. The MESH form is reviewed by our MESH specialist and Camper Advocates. We use this information to place your Camper in their tipi and develop strategies for supporting them at Camp.

Another opportunity for you to help us learn your Camper's story is when you drop them off. If you

drop them off at Camp, you can speak to their counselor and offer strategies that might help us in supporting your Camper. If you are dropping them off at the bus, you can also speak with the Camp personnel there about any specifics. They will relay that information to the counselors at Camp. For bus dropoff, we also recommend that you send additional information via email *before* your Camper's session starts so we can inform your Camper's counseling team prior to arrival.

Preparing for Independence at Camp

One way to help your Camper prepare is to ensure they can do the following things independently (for older Campers, this list may be no problem; for younger ones, it can be good to confirm and practice):

- brushing their teeth and washing their face
- picking out their clothes and getting dressed
- filling their water bottle
- adjusting the temperature of water in the shower
- checking their body from head to toe (to check for ticks - we teach this at Camp each session!)
- brushing their hair
- applying sunscreen to their face
- putting dirty clothes into a designated bag inside their duffel
- washing hands thoroughly with soap and water

While our counselors and teen staff are always available to help those who need support (and almost all Campers do need support at various points), mastery of these tasks helps Campers thrive.

Communication

We know that staying in touch with your child is important. This section outlines a few different options for communicating. **We do not have visiting days, and Campers do not have access to our office phones to contact you.** At the start of each session, we invite families to a shared Google photo album, where pictures are periodically added throughout the session. Please note that we are not able to upload photos every day - we appreciate your understanding. Camp also maintains a daily (or almost daily!) blog that covers goings-on in Camp at a high level - it's a nice way to follow along with our adventures and have specific things to ask your Campers about when they get home.

We will always call you if your Camper is having a concerning issue, such as a medical issue, prolonged homesickness, or safety concern, or if your Camper is requesting to call you about a personal issue that they do not want to address with us. To request a check-in on your Camper or to let us know of a specific concern, call our office at (707) 984-6507. We will discreetly check on your child and return your call with an update within 24-48 hours. You can call for a check-in at any time.

Email

You can send an email note to your Camper at mail@campwinnarainbow.org. We will print it and send it to them through the Camp mail – *please do not include photos in the email as our printers at Camp cannot accommodate them*. We will try to email you back to confirm that it’s on its way to your Camper, but due to the high volume of emails we receive, we may not always be able to do so.

Letters Are A Great Way to Communicate

Write your child some letters! You can leave them in the office the first day of Camp to be distributed throughout the session or mail them within the first couple days of Camp to ensure they arrive on time. See our physical addresses below.

Care Packages

We are not able to securely store care packages, so do not send high-value items. Please consider letters and emails as your primary way to convey your love. If you want to send a package (or leave one with us on arrival day) please send only one per Camper per session. Please make sure it contains items that are allowed at Camp. We inspect all Camper packages and remove prohibited items.

Favorite items: magazines and books, chapstick, and small activities that they can do during free time (e.g. embroidery thread for friendship bracelets, Rubik's cube, Mad Libs, Magic Cards). Shareable snacks such as chips, pretzels, popcorn, dried fruit without added sugar, jerky and crackers are allowed. We will remove sugary ingredients and any other items that are not allowed at Camp.

MAILING ADDRESS

<i>Letters or Packages through the USPS:</i> CAMPER NAME & TIPI CAMP WINNARAINBOW PO BOX 1359 LAYTONVILLE, CA 95454	<i>UPS or FedEx - use our street address:</i> CAMPER NAME & TIPI CAMP WINNARAINBOW 50350 NORTH HIGHWAY 101 LAYTONVILLE, CA 95454
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In 2024, we got feedback about needing better mail delivery systems at Camp, and we are working hard to improve those processes for the upcoming summer! Thanks for bearing with us!

Community Expectations & Restorative Processes

Camp Winnarainbow Offering Restorative Justice (ORJ)

Camp Winnarainbow community members agree to work together to learn, model, and engage in restorative practices for proactive behavior management. Conflict is inevitable when we work and live together. Camp is a community that strives to include people from all walks of life, identities, socio-economic statuses, cultural and racial backgrounds in an equitable way. Restorative practices teach holistic skills to resolve differences and guide us to take responsibility and be accountable for our actions, in relation to our community and environment.

Restorative processes value healing and teaching – both by attending to the needs and wishes of those harmed and by providing opportunities to those that have hurt people to take responsibility for their behavior. All of our staff are trained in conflict mediation and actively work to support all Campers' needs before challenges arise. Our framework of Camper support comes from skilled social workers, years of experience working with Campers, detailed staff training, and ACA guidelines.

Camper safety is our guiding principle for all our community members. When Camper behavior violates the safety of themselves or others, and restorative practices cannot address the behavior, Campers will be sent home. In addition, alcohol, tobacco and other drugs may not be possessed or used at Camp Winnarainbow, nor do we tolerate hate speech, bullying, sexual harassment or assault, violation of a behavior contract, physical violence, or running away from staff or Camp. The consequence for these instances may be an immediate send-home from Camp, regardless of time of day or inconvenience to a Camper's family. There will not be any refund given for time missed for these reasons. In these instances, the Camp Director and lead staff will work closely with the Camper's parents/guardians to determine the best course of action for the Camper.

Health and Safety

The health and safety of Campers is always paramount. There is at least one licensed medical person on duty at all times, and the vast majority of our counselors are certified in first aid and CPR. There are first-aid kits in each tipi and an infirmary dome located in Camp. All of our skills instructors are experienced in teaching children, and they employ appropriate and certified safety techniques. However, as stated in our enrollment application, some of the skills we teach—such as acrobatics, stilt-walking, aerials and unicycling—do carry an increased risk of injury. If there is a class in which you do not want your child to participate, you must notify us in writing prior to arrival.

The Camper Medical Form (and all other forms and paperwork) must be completed by May 15th. If your child has special medications or if there are special instructions regarding their health, note this on the health form. If your Camper has a complex medical history, please contact the office as soon as possible, so we can plan to support your Camper and ensure that we are able to do so.

Please also be sure to review the section on medications and asthma care above (begins on page 9).

The Camp Winnarainbow site is subject to county inspection each year. Our water, kitchen, food storage, and toilet facilities are all required to be at or above health code standards. Our waterfront staff credentials meet or exceed ACA standards and California regulations for Organized Camps.

Childhood illnesses and scrapes do occasionally occur during Camp. We will treat minor problems at Camp, and if it becomes necessary to take your child to the local clinic or hospital, we will contact you and follow your wishes for the care of your child. (In the event of a medical emergency, our priority will be to ensure your child receives immediate care, and we will contact you as soon as possible.) When we need to take a Camper to see a physician or dentist, we will bring the insurance information that you provided, and you will be billed directly. Please notify us if you take an out-of-area trip or will be at another phone number while your child is at Camp. **It is extremely important that we be able to contact you while your child is in our care; it is also critical that you or a designated emergency contact be able to pick up your Camper within 24-hours in the event of an emergency.**

A note about bugs! We have mosquitoes, bees, wasps, and spiders at Camp. We do our best to coexist alongside them, and we work with many campers who may feel nervous about this. It may be helpful to let Campers who are new to Camp know that bugs are something to expect. Ticks are also active in Northern California, and people at Camp sometimes find ticks on themselves (although the peak season is typically over by the time Camp begins). We encourage everyone to check their bodies every day for ticks, and instructions for tick checks are posted in each of our shower stalls (which include a full-length mirror to assist with the checks). At the beginning of each session, we present information about ticks and tick-checks, and any Camper discovering a tick on their body is instructed to see our medical team right away.

Staff are trained to keep all Campers safe during an emergency. Camp has written emergency plans that are updated annually. Camp administrators attend local emergency preparedness meetings to coordinate plans with local authorities, and we are grateful to be closely connected to numerous emergency personnel and organizations in our area, many of whom have advised us on the review and upkeep of our policies. In the event of an emergency affecting all of Camp, we will contact families by email. We have staff on- and offsite that can communicate with families if such a situation arises, and we have emergency equipment (such as satellite phones and backup generators) to assist with ongoing communication.

Camp Life

Staff

At Camp Winnarainbow, we have a large, carefully selected staff of adult counselors and professional performing artists. We perform background checks every year. All staff working at Camp Winnarainbow have experience working with children and many are parents themselves. We strive for a staff that represents a diversity of cultural backgrounds as well as a wide range of ages. Adult Staff are asked to attend an extensive training before each summer season. Most of our adult and teen staff are former Campers and many received training for years as youth leaders at Camp Winnarainbow. We have a very high return rate of our adult staff each year, and an adult staff-to-camper ratio of 1:3 or better.

Meals

Meals are an important part of Camp life. We cook all of our meals from scratch using the best ingredients available (including many from an organic farm right onsite). We serve meals family-style in our beautiful outdoor dining area. Tipi groups will take turns doing the dishes for the community.

We serve three meals each day. There is also pre-breakfast cocoa for early-risers, an afternoon snack, and a daily “store order” (more info below). We design meals for young people's tastes and nutrition. We do our best to accommodate special diets, but these should be discussed with us in advance if a special food plan is needed. (There will always be vegetarian, vegan, and gluten-free options available, and these dietary needs—as well as food allergies—should be indicated on registration forms.)

Please speak with your Camper and their counselor on arrival day about any issues you anticipate for your Camper and eating while at Camp. We have plenty of food for everyone, and staff help Campers feel satisfied at every meal. Sometimes a Camper will need to let their counselor or another adult know they are not feeling full or getting what they need. Counselors pay attention to Camper needs at meals, but we also want to encourage Campers to practice expressing their own desires.

Camp Store / Cash

Providing money for your Camper to use at the Camp store can be done through your Camper's account in the [Parent Portal](#). The store sells Camp merchandise and snacks like drinks, candy, and chips. During the session, Campers place their orders in the evenings and their ‘Store Order’ snacks are delivered during free time the following day. The typical amount on a Camper's store account is \$15–\$25 per week. The Camp store will be open during the Open House and Big Show on the final day of the session. Proceeds from store purchases go directly to support Camp's Financial Aid/Scholarship Fund, and any money left over after a Camper departs may be donated as well!

The Facility

Camp Winnarainbow is held at the Black Oak Ranch facility in Mendocino County. The land is a mixture of meadows, wooded groves and hills with hiking trails. Camp has access to a year-round stream, where Campers may choose to spend relaxed free-time. Downtown Camp has a circle of tipis where Campers sleep, and it includes the big top circus tent, extensive costume collection, a stage and amphitheater equipped with a professional lighting and sound system. The kitchen, outdoor dining area, showers, restrooms, and laundry facilities are nearby. The facility also includes a three-acre lake, Lake Veronica, for swimming and lounging on the beach or the raft. Camp life is lived outdoors and there are many shaded areas for classes and other adventures. The weather is usually hot during the day and cold at night. Campers used to living in the city will appreciate the clear, starry nights.

Lodging and Tipi Assignments

Campers are housed in custom-made tipis with heavy-duty floors made of waterproof fabric. Comfortable sleeping mats are provided for each Camper. We group Campers by age and by their housing preference (boys, girls, or gender-inclusive) indicated in their registration paperwork. If you are interested in learning more about our gender-inclusive housing option, please reach out to the office - we are happy to speak with you or to connect you with families and/or staff that have experience in our gender-inclusive tipis. Each tipi will have at least two adult staff assigned to it and one or two teen staff.

We realize that for some Campers, it is very important that they be able to be in the same tipi with a friend. If Campers are the same age, we will do our best to arrange this, but we cannot guarantee it. Even if Campers are not in the same tipi, there are many hours of opportunity for them to take classes, enjoy free time and sit together at shows with their friends. They will be able to share the Camp experience with previous friends, while making many new friends.

NOTE: Tipi placements are done before Camp begins. Please use the registration form to let us know if your Camper wishes to be housed with a friend. We cannot accommodate new requests that are made upon arrival at Camp. Please note that families sometimes request that their Camper *not* be housed with another Camper, and it can put us in a difficult situation if we cannot disclose that information to the other family. We encourage families to have direct conversations about this wherever possible - it is very common for kids to want a chance to make new friends, even when a great friend is coming to Camp with them.

Birthdays at Camp

Our birthday tradition at Camp Winnarainbow was started by Wavy Gravy, as a classic clown event. If they choose, Campers may opt to be surprised on their birthday by a whipped cream pie-in-the-face, OR to pie themselves in the face, OR to choose a friend or staff to receive the Camper's pie-in-the-face instead. This event typically occurs during meal time at the kitchen where the Camp community sings

Happy Birthday, after which the Camper's counselors help them wash off the whipped cream. All of this is optional depending on the Camper's comfort level. You are welcome to send or leave a birthday care package – following the care package guidelines noted above – and we'll make sure your Camper gets it the afternoon of their birthday.

Program Evaluation, Contact After Camp

After Camp Feedback

After your child returns home, you and your child will receive a feedback survey. Completing this with your child is a wonderful way to learn more about their Camp experience and helps us improve our programs and service to your family. If you would prefer to speak with the Director after Camp to discuss your child's experience, you may call or email us anytime.

Social Media, Camper, and Staff Contact After Camp

Camp Winnarainbow is founded on community-building and includes all members, including parents, guardians and extended family. However, our staff policy states that adult staff may not contact Campers outside of Camp (except where there is a preexisting relationship with that family). This includes a prohibition against following minor Campers or Teen Staff—or having minor Campers or Teen Staff follow them—on any social media. We appreciate your understanding (especially in a world where social media is always changing and evolving).

What to Bring Checklist

(label every item with labels or laundry marker indicating the first and last name)

Camp Stuff

- ☐ warm sleeping bag (it gets cold at night)
- ☐ pillow
- ☐ reusable water bottle (NOT glass due to fire hazard)
- ☐ 2 towels (one for showering, one for swimming)
- ☐ washcloth
- ☐ flashlight (w/extra batteries)
- ☐ bag for dirty laundry

Clothes

- ☐ shorts
- ☐ long pants (jeans and/or sweatpants – a must for cold mornings/evenings and stilts/aerials)
→ jeans/sweats are great for stilts, and leggings/not-too-baggy sweats are great for aerials
- ☐ t-shirts, tank tops and casual clothing appropriate for hot days
- ☐ long sleeves
- ☐ a jacket, sweatshirt or sweater for cool evenings
- ☐ warm pajamas
- ☐ socks & underwear
- ☐ one warm hat and one sun hat
- ☐ swim suit (goggles if desired)
- ☐ two sets of footwear: (1) a pair of sandals, and (2) a pair of closed-toed, sturdy shoes for stilting/unicycling
- ☐ shower sandals (if the sandals above are not well suited to going in the shower)
- ☐ rain gear (rain is unlikely, though possible)

Toiletries

- ☐ toothpaste & toothbrush
- ☐ soap
- ☐ shampoo & conditioner
- ☐ deodorant
- ☐ hairbrush / comb
- ☐ hair ties
- ☐ sunblock & chapstick
- ☐ lotion
- ☐ insect repellent
- ☐ glasses/contacts if needed
- ☐ toiletry bag for above items

Optional:

- ☐ pre-addressed stationery and stamps
- ☐ earplugs (if your child is a light sleeper)
- ☐ digital or disposable camera
- ☐ a book to read, a deck of cards, etc.
- ☐ menstrual products (also available in med. dome)
- ☐ stuffed animal/small blanket
- ☐ bandana
- ☐ sunglasses
- ☐ a handheld mister/fan can be a good thing to have on a hot day - not necessary, but nice!