



City Kids Wilderness Project



PARENT HANDBOOK 2010

Welcome

Welcome to City Kids Wilderness Project! We hope City Kids is a positive experience for you and your child. City Kids is a nonprofit organization whose mission is to inspire leadership and confidence through outdoor adventure. Your child's years at City Kids will be full of adventure, fun, and many challenges. City Kids staff will be there to support your child and answer any of your questions. There are two parts to the program, school year programming and summer camp. Detailed information about the program can be found in this handbook. If you have any questions please feel free to contact us at anytime.

School- Year Events & Programs

Throughout the school year City Kids will hold weekend and afterschool trips for your child. We hope each child can participate in as many weekends as possible. Arrangements will vary from trip to trip. We mail information to you whenever possible, or please contact your youth program sponsor (SEED School, DC Prep, Martha's Table, The Fishing School, Horton's Kids, KIPP Academy). Please keep us updated with your most current contact information throughout the year.

Summer Camp in Wyoming

Each summer your child will attend summer camp in Jackson, Wyoming on the beautiful Broken Arrow Ranch. At summer camp you child will participate in exciting outdoor adventures and explore the wilderness around them. Detailed information for the summer can be found in the back of the parent handbook.

Years at City Kids

City Kids is a multi-year program for your child. Once they have been accepted, students may participate through their graduation from high school, unless dismissed from the program for behavioral problems. The program includes 4 years of summer camp and school year trips as a camper, and two years of summer camp as a paid junior staff for motivated students. Each year brings new adventures and new challenges, as well as a new name. Below are the names for each year.

Year 1: Rangers

Year 2: Mountaineers

Year 3: Elite Team

Year 4: Leadership Team

Year 4+: Students may apply to be junior staff

Important Contact Information

During the months of September through April, City Kids staff members are located in Washington, DC and should be contacted at the DC office. During May through August, City Kids staff can be reached in Jackson, WY. Contact information is on the next page.

Jackson, Wyoming
May-August

Broken Arrow Ranch
13055 So. US Hwy. 191
Jackson, WY 83001
Office: 307-739-0859
Toll Free: 800-397-5247

Washington, DC
September-April

City Kids Wilderness Project
PO Box 70437
Washington, DC 20024
Office: 202-488-0627 x235
Toll Free: 800-397-5247
Fax: 202-488-1307

All contact information, applications, forms can be found on the City Kids website:

www.citykidscamp.org

Our Staff

We have a small staff of highly skilled and experienced people. Our director is Molly Warga. This is her fourth summer at City Kids Wilderness Project. Our Program Coordinator is Colleen McHugh who has worked with your child during the year with City Kids. Both Colleen and Molly live in DC and do after school and weekend trips with students; then spend their summers in Wyoming at our camp. Please, contact either of them at the numbers listed below if you have any questions or concerns. Also, your organization/school leader can always reach us, contact them if needed.

Molly Warga
Program Director
Cell phone: 202-355-3920
molly@citykidscamp.org

Colleen McHugh
Program Coordinator
Cell phone: 202-302-2582
colleen@citykidscamp.org

Student Conduct

We hope that City Kids is the right choice for each child. However, if a student's behavior is disruptive to the group or if the child is unable to participate in a positive manner, we will dismiss the child from our program. Foul language will not be tolerated. If they are attending summer camp, we will send the child home early. Please encourage your child to behave respectfully while with City Kids and we will keep you informed of any serious problems. Our staff is experienced in working with youth, and we always do everything possible to keep campers involved and happy.

Non Discrimination Policy

Nondiscrimination Policy: The City Kids Wilderness Project admits students of any race, color, national and ethnic origin to all rights, privileges, programs, and activities generally accorded or made available to students in the school. It does not discriminate

on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarships, and other school-administered programs.

Medical Information

Students will not be allowed to come to summer camp or to participate in our other programs without a complete health history form. It's the law! If you need help completing the form or visiting the doctor, please contact us, or your organization's director. Be sure to sign the form and to list all the important phone numbers so we can keep in touch with you.

Medication

Any prescription medication, or non-prescription medicine, or vitamins must be in their original container with proper labels. All medicines and vitamins must be held by the program staff to prevent misuse. Students with asthma inhalers will be allowed to carry them. Be sure to pack all necessary medications for your child and dosage instructions for day and overnight trips.

Bringing Money

We provide all food, equipment, and activity fees for all of our events and trips. We do not shop on our day trips or weekend camp-outs. On weeklong trips or during summer camp, students are allowed to bring a reasonable amount of spending money. There will be only a few special times to shop for souvenirs. We suggest sending whatever amount you feel comfortable with- certainly no more than \$25 is necessary. The program staff will hold the student's money until shopping day. When flying to Wyoming, do not pack money or other valuables in the suitcase. Students should bring them in their carry-on luggage. Please encourage your child to spend wisely. Often children waste their money on candy, soda, and other junk food.

Leave Valuables at Home

It's best to leave expensive personal items such as expensive clothing and shoes, jewelry, CD players, and digital games at home. **DO NOT BRING ELECTRONICS.** We cannot insure that personal items will not be lost or broken. We will not replace personal items that are lost, stolen, or damaged.

Dress for the Weather

Most of our activities take place outdoors; therefore send clothing to protect your child from cold, wet weather. Likewise, children should have shorts, t-shirts and other lightweight clothing during the summer. Children should not bring their "best" clothing or most favorite because items often get stained in the outdoors. Packing lists are included in this Parent Handbook. The items on the list are not suggestions...**YOU MUST PACK ALL OF THE ITEMS ON THE LIST.**

Homesickness

Homesickness is not usually a problem on our short overnights, or for our older returning students. If you keep a positive attitude- your child will have an easier time. Encourage your child by talking about the fun and adventure of camp. **WRITE TWO**

LETTERS while your child is in Wyoming. We'll be sure to keep them busy and happy. Please contact Molly if you need to share any upsetting information with your child just before or during camp. It's best if we can help a child deal with emotional news.

Keeping in Touch with Your Camper in Wyoming

Letters are a great way to encourage your child while at summer camp. Please try to write a brief note each week. We'll be sure that your child will write to you also. Phone calls are difficult because we are often outdoors. Do call if there is an emergency or a concern. Each camper will call home once, midway through his or her stay.

Send mail to: Camper's Name
 City Kids Wilderness Project
 Broken Arrow Ranch
 13055 South US Highway 191
 Jackson, WY 83001

Packages: The US Post Office will NOT deliver packages or express mail directly to our ranch. It's faster to send packages by UPS or Federal Express. Use mailing address for packages too.

Questions

If you have any questions or concern about City Kids, please do not hesitate to contact either Molly or Colleen. We are happy to answer any questions!

Packing List for Wyoming

We will wash clothing at camp. Please put your child's name on all clothes before coming to camp. A permanent marker is a simple way to label everything. This helps prevent lost items.

- 4 Pairs of Shorts
- 6 T-shirts
- 3 Pairs of Pants
- 3 Long-sleeved Shirts
- 2 Warm Sweaters or Sweatshirts
- 1 Warm Jacket
- 1 Rain Jacket (if you have one)
- 1 Pair Long Underwear, top & bottom (if you have)
- 6 Pairs of Socks
- 6 Pairs of Underwear
- 1 Baseball Cap (for sun)
- 1 Warm Hat (cold nights)
- 1 Pair Mittens or Gloves
- 2 Pairs of Shoes (sport shoes)
- 1 Bathing Suit
- 2 Bandannas
- Toothbrush
- Toothpaste
- Hair Brush or Comb
- Flashlight- we will NOT provide
- You may also pack: lotion, books, camera, sunglasses, sandals, writing paper, stamps, and pictures of family & friends.
- Bring all prescription & non-prescription medicines you will need at camp.
- Bring \$10-25 spending money for souvenirs (optional).
- You may bring music or CDs that we can listen to in the van. They must contain acceptable language.

Do Not Bring

Parents, please check your child's suitcase and bags for any of the following items: Candy or Food, Cigarettes or Tobacco, Alcohol, Illegal Drugs, Pornography, Toys or Games, Collectible Cards, Tape/CD Players, Video Games, Other Electronics, Jewelry, Knives, Any Type of Weapon, Matches, Scissors, Box Cutters, Nail Files, Or Other Sharp Objects. Students who arrive at camp with any of these items may be expelled.

Wyoming Summer Dates- 2010

Summer Camp: Broken Arrow Ranch: Jackson, Wyoming

June 28 - July 16

Session 1: Girls (Rangers & Mountaineers)

July 19 – August 6

Session 2: Boys (Rangers & Mountaineers)

August 9 - August 27

Session 3: Coed (Elite & Leadership)

Job Training Program: Broken Arrow Ranch: Jackson, Wyoming

June 21 – August 27

Coed (JETS)

Summer 2010 Flight Information

Air transportation is with United Airlines. All flights depart from and arrive at **Reagan National Airport**. Two camp counselors will chaperone every flight. Your DC youth sponsor will provide transportation or help with arrangements to and from National. Parents may choose to drive, however if you are late, your child will not be able to attend camp. Departures for each session are on a Monday. Returning flights arrive on Friday afternoons. We will try to reach all families on Tuesday morning to let you know about the children's arrival in Wyoming. However, if you have not received our call, please call us if you have any concerns. Specific flight schedules are at the end of the Parent Handbook.

Below are flight guidelines:

NEW AIRLINE RULE: PACK ONLY ONE PIECE OF CHECKED LUGGAGE!

The airline will only accept one piece of checked luggage per passenger. This bag must weigh less than 50 pounds. City Kids will pay for one bag weighing less than 50 lbs. Any more than one bag or more than 50 pounds will cost \$25 to bring. This expense will be the students' responsibility.

Students should have a carry-on bag. Book bags or small daypacks work well. In their carry-on they should have a jacket or sweatshirt. It's often cold on the plane and cool when they arrive in Jackson.

Arriving students should be met at the baggage claim area. Children will not be allowed to wait at the curb. To check on any flight changes call United Airlines 800-241-6522.

THERE IS NO FOOD AVAILABLE ON THE PLANE. PLEASE PACK LUNCH FOOD FOR YOUR CHILD IN THEIR CARRY-ON BAG. NO LIQUIDS IN CARRY-ON BAGS!!!!

The next page has the flight information for each session. Please check which session your child is attending this summer and read the below flight schedules.

Session one: Rangers and Mountaineers- Girls

A City Kids chaperone will meet you at the United Airlines check-in counter.

Students must arrive at the airport 2 hours before departure time: 12:45pm

To Jackson, Wyoming- June 28, 2010

| Flight: | Departs : | Arrives: |
|---------------------|-------------------------|-----------------|
| United Airlines 621 | 2:45pm- Reagon National | 3:57pm- Chicago |
| United Airlines 557 | 5:15pm- Chicago | 7:13pm- Jackson |

To Washington, DC- July 16, 2010

| Flight: | Departs: | Arrives: |
|---------------------|-----------------|-------------------------|
| United Airlines 560 | 8:10am- Jackson | 11:40am- Chicago |
| United Airlines 614 | 1:00pm-Chicago | 3:44pm- Reagon National |

Session Two: Rangers and Mountaineers- Boys

A City Kids chaperone will meet you at the United Airlines check-in counter.

Students must arrive at the airport 2 hours before departure time: 12:45pm

To Jackson, Wyoming- July 19, 2010

| Flight: | Departs : | Arrives: |
|---------------------|-------------------------|-----------------|
| United Airlines 621 | 2:45pm- Reagon National | 3:57pm- Chicago |
| United Airlines 557 | 5:15pm- Chicago | 7:13pm- Jackson |

To Washington, DC- August 6, 2010

| Flight: | Departs: | Arrives: |
|---------------------|-----------------|-------------------------|
| United Airlines 728 | 7:10am- Jackson | 8:30am- Denver |
| United Airlines 484 | 10:55am- Denver | 4:24pm- Reagon National |

Session Three: Elite and Leadership- Coed

A City Kids chaperone will meet you at the United Airlines check-in counter

Students must arrive at the airport 2 hours before departure time: 12:45pm

To Jackson, Wyoming- August 9, 2010

| Flight: | Departs : | Arrives: |
|---------------------|-------------------------|-----------------|
| United Airlines 621 | 2:45pm- Reagon National | 3:57pm- Chicago |
| United Airlines 557 | 5:15pm- Chicago | 7:13pm- Jackson |

To Washington, D.C. – August 27, 2010

| Flight: | Departs: | Arrives: |
|---------------------|-----------------|-------------------------|
| United Airlines 560 | 8:10am- Jackson | 11:40am- Chicago |
| United Airlines 616 | 2:00pm- Chicago | 4:49pm- Reagon National |

Thank You!

We appreciate your cooperation with all the forms, packing, and travel arrangements. We are really looking forward to getting to know your child this summer!