



## Camp Sugar Bowl 2019 FAQs

**Monday registration 8:00 – 8:45 pick up 4:30 and Tuesday-Friday 8:30-4:30.  
All sessions meet at the Judah Kids tent in the upper Judah parking lot.**

- 1) *Can my child be in a hiking group with his/her friends or family members?*  
Of course! On the first day of camp, we create hiking groups based on age groups and camper choice. Please let your guide know on the first morning if your child would like to be in a hiking group with specific children.
- 2) *Is there any flexibility in age group assignments?*  
We will consider exceptions to age groupings on a case-by-case basis. The most important element to consider is the pacing and abilities of the group. Please contact Sharon ( contact info below) to have a conversation if you wish to place your child in a group other than the one they are assigned to by age.
- 3) *What do you mean by “water play”? If my child is not a confident swimmer, will they still be able to participate?*  
Yes! All water play takes place in local lakes and is closely supervised by camp staff. There are always shallow areas where children can wade, splash and play in the water without needing to swim.
- 4) *What will my child need for food during the day?*  
We provide snacks such as granola bars and fruit during the day, and ask that you pack a lunch for your child with, at minimum, a sandwich or “main course” and plenty of water. \*If your child is signed up for the “Sleep-Away Option” then we provide a full lunch for them.
- 5) *What is your average hiking group size?*  
Hiking groups are typically made up of 8 to 12 children and 2 guides. All of our guides are first aid and CPR certified.

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*6) What if my child has a severe allergy or medical condition?*

All of our guides are first aid and CPR certified, and many have higher level medical training such as Wilderness First Responder (WFR) or Emergency Medical Technician (EMT) certification. When registering, please note any medical conditions on the registration form. On the first day of camp, we will ensure your child's guide is familiar with your child's condition and needs. Please contact Greg or Peter if you have any questions or concerns.

*7) Can my child attend only some parts of Camp?*

No. We do not offer single-day or activity options. In order to create a coherent group dynamic between campers and guides, we require a commitment for the full week of camp activities.

*8) What if my child has never rock climbed/rafted/paddleboarded/etc?*

No problem! We operate in a "challenge by choice" environment, where each camper is encouraged to try new activities, but never forced to do things that make them uncomfortable. Our guides are all experienced outdoor leaders and will support your child in expanding their comfort zones, while always maintaining a safe and fun environment.

**If your questions haven't been answered in the above FAQs, please don't hesitate to call us at (530) 426-2110 or email [sharon@sierraexperience.org](mailto:sharon@sierraexperience.org).**

***We look forward to seeing you this summer!***