

## Parent Information

### Dear Parent,

YMCA Camp Surf welcomes your child to our Outdoor Education program on the Silver Strand Beach in San Diego, California. We offer a comprehensive camping and educational program. *Please help us provide a happy and healthy experience by following these guidelines:*

**Health Form with Waiver:** Please read and sign the “Health History Form” for your child. All adults in attendance will sign a separate “Release Waiver.” *No one can stay on site or participate in camp activities without this signed waiver.*

**Medications:** Do not pack medication in your child’s luggage (State law). Give medication to school staff in original container with clear instructions and write the instructions on the Health History Form.

**Emergency Contact:** In case of Emergency Only, the camp cell number is (619) 316-7637. For all other inquires and messages, the camp office number is (619) 423-5850. YMCA Camp Surf staff are equipped to respond to emergency First Aid incidents, but medical care and dispensing medication is the responsibility of the school.

**Camp Store:** The camp store is open after lunch and dinner to purchase drinks, snacks, and souvenirs. Students are responsible for their money.

**What to Bring:** Refer to the Equipment List. Please do not allow your child to bring cell phones, MP3 players, expensive cameras, food, or anything that could be considered a weapon. *YMCA Camp Surf is not responsible for the damage or loss of items brought to the camp. Please Leave expensive belongings at home.*

Our staff is committed to providing the very best experience possible your child. If you have any questions, please don’t hesitate to call or email us, or visit our website. We thank you for the privilege of helping your child grow!

Sincerely,  
The YMCA Camp Surf Staff



*P.S. - Put names or initials on everything!!!*

### YMCA Camp Surf Store

Drinks, snacks	1.00	Stuffed animals, toys	\$5-13
Postcard (postage incl.)	1.00	Hats, visors	\$10-15
Lip Screen	2.25	Tshirts	\$15
Sunscreen (SPF 30)	2.00	Rash Guards	\$25
Batteries, film, water bottles	\$2-10	Sweatshirts	\$33-45



### Equipment List

#### Campers MUST bring:

- Sleeping bag and pillow
- Towels (beach & shower)
- Soap & Shampoo
- Toothbrush & toothpaste
- Brush or comb
- Deodorant
- Hat with brim or visor
- Sunscreen & lipscreen
- Warm jacket or coat
- 2 Sweatshirts or sweaters
- Warm shirts/turtlenecks
- Long pants (2-3 pair)
- Pajamas/sleepwear
- Short sleeve/Tshirts
- Shorts
- Underclothing
- Socks
- 1 pair of sneakers
- 1 pair of sandals
- Rain gear (or poncho)
- Swim wear (if water time)

#### Optional:

- inexpensive camera
- Reusable water bottle
- Stationary & stamps
- Gloves, mittens, scarves
- Waist pack or back pack
- School appropriate reading material