

# INTRODUCTION

## Astrocamp General Information

### Where is Astrocamp?

Astrocamp is located in the small town of Idyllwild in the San Jacinto Mountains. It is 5,600 feet in elevation and covers 92 acres of meadows and forest. For more information on Idyllwild and for lodging information for bus drivers, visit Idyllwild's Web Site at [www.idyllwild.com](http://www.idyllwild.com).

Astrocamp's physical address is:  
**26800 Saunders Meadow Rd.**  
**Idyllwild, CA 92549**

### Distances from nearby cities:

- 23 miles east of Hemet via State Highways 74 and 243
- 25 miles south of Banning via State Highway 243
- 55 miles southwest of Palm Springs via State Highways 74 and 243
- 55 miles east of Riverside
- 110 miles east of Los Angeles
- 110 miles north of San Diego

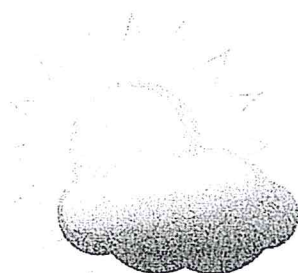
For directions from your location to Astrocamp, please visit <http://maps.google.com> or [www.mapquest.com](http://www.mapquest.com)

### Travel Information

**Arrival time** at Astrocamp is anytime between **11:00 AM and 12:30 PM**. Each group is responsible for its own round-trip transportation to Astrocamp. Cars and buses arriving at Astrocamp may park in the main parking lot of campus for arrivals and departures only. Visitor's parking lots are available for vehicles that will remain at camp during your stay. *Please keep vehicles parked in these lots and do not drive through campus or park near dorms.*

Upon arrival, your **Program Coordinator**, an Astrocamp instructor who is in charge of your trip, will greet you. He/she will instruct you where to unload your luggage and what your schedule for the remainder of the day will be.

**Departure time** is between **12:30 and 1:00 PM**. Please allow time to load your luggage and pick up sack lunches, which will be provided for you. Your Program Coordinator will assist you in departure procedures.



### Weather

The weather at Astrocamp is extremely variable. Because of the elevation, temperatures here are typically cooler than in the rest of Southern California. It is generally clear and sunny during the day, but temperatures drop rapidly at night. It can snow or rain anytime between October and early June. Please check weather conditions at [www.noaa.gov](http://www.noaa.gov) before coming and bring appropriate clothing. **If road conditions are severe, we will contact you.**

## Astrocamp Packing List

*Please review this list when packing for Astrocamp. Many activities at Astrocamp are outdoors, so you should bring clothing that can get dirty or torn. We do not provide bedding or toiletries, so please remember to pack those items.*

### **What To Bring:**

- Shirts
- Pants/shorts
- Shoes (close-toed)
- Sweaters/jackets
- Rain gear
- Sleepwear
- Underwear
- Socks
- Winter clothing  
(when applicable)
- Towels
- Wash Cloths
- Shampoo
- Soap
- Toothbrush/toothpaste
- Bedding/Sleeping Bag
- Pillow
- Water Bottle

### **Optional Items:**

- Camera
- Sunglasses
- Sunscreen
- Lip Balm
- Insect Repellent
- Sunhat
- Pencil/Paper
- \$ for Store Purchases

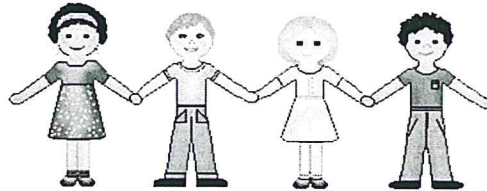
### **What not to bring:**

- Electronic Devices
- Weapons of any kind
- Drugs/Alcohol
- Fireworks

# RULES & EXPECTATIONS

## Camper Agreement

*The Camper Agreement is for the safety of all Astrocamp visitors and staff and should be shared with all students attending Astrocamp.*



1. **Stay with your group:** No camper may leave the camp property without the head chaperone's as well as Astrocamp administration's knowledge.
2. **Participate:** All campers must report to and participate in their scheduled activities. If a camper must leave the immediate program area (e.g., to visit the first aid room) they must inform the instructor and be accompanied by an adult chaperone.
3. **Wear shoes:** Shoes are required to be worn at all times while in program areas. Please bring close-toed shoes for outdoor activities.
4. **Play safe:** Do not throw rocks, pine cones, snow balls, or any other objects. Do not climb trees or buildings. No horseplay of any kind is allowed.
5. **Be on time:** Arrive on time and be prepared for all programs and meals.
6. **Seek help with problems:** If you are injured or have a problem, seek chaperone help immediately.
7. **Follow dorm rules:** Please go over the dormitory rules (**page 8**) and follow the guidelines.
8. **Walk, don't run:** No running inside dorms. Games and play are allowed only in the recreational areas throughout camp.
9. **Personal property:** Personal belongings, jewelry, money, and other valuables are your responsibility and should not be left out or unattended. Please give them to chaperones if you would like them to be stored in a locked room. Astrocamp is not responsible for lost or stolen items.
10. **No technology:** Please do not bring cell phones, laptops, MP3 players, gaming systems, or other electronic devices to camp. These will be collected by chaperones and held until departure.

*Note: Astrocamp reserves the right to dismiss individuals or groups who violate the rules and regulations outlined here. No refunds will be rewarded to individuals or groups who are dismissed from Astrocamp early as a result of violating rules or regulations.*

## DINING HALL INFORMATION

*Prior to each meal, an Astrocamp instructor will meet groups in front of the dining hall to go over meal procedures and give announcements. Please review the following dining hall information. If you have any other questions, please call Astrocamp at (951) 659-6062.*



### General Information:

- Sack lunches provided on departure day consist of a turkey and cheese sandwich on a croissant, an apple, chips, oreo cookies, and apple juice. Upon your arrival at Astrocamp, please let your **Program Coordinator** know any dietary restrictions for departure day lunches.

### Dining Hall Rules:

- Do not remove any food or tableware from the dining hall.
- Supervise your students during meal times. If possible, one adult should be sitting at each table.
- Support our Food Waste Program. Ask your instructors for more information.

### Special Needs Accommodations:

- Vegetarian options are available at each meal.
- We do not accommodate **gluten-free** or **kosher** foods. Please pack meals to prepare at camp.
- No nuts are served with meals and peanut oil is not used in cooking. However, some foods are labeled as being processed on equipment that has also processed foods containing nuts. We occasionally serve nuts to our staff and peanut butter is available for them on a separate food line.
- We can provide labels for you to read on the day foods are prepared. Due to possible menu or supplier changes, we cannot send you label information ahead of time.
- Our cooks are available during meal times to answer questions and accommodate special dietary needs. Please talk with them if you have any concerns or special requests.

### Packing Meals for Students with Special Dietary Needs:

- We have limited refrigerator space in the kitchen for pre-packed meals. Due to health regulations, the kitchen staff cannot prepare these meals. School chaperones are responsible for retrieving meals from the kitchen and may use the microwave in the staff line to heat up these meals.

# DINING HALL INFORMATION

## Basic Menu

*The following foods are available at each meal in addition to the hot dishes listed below:*

- **Breakfast:** A variety of cold cereals, milk, yogurt, fresh fruit (cantaloupe, honeydew, bananas, grapefruit, oranges, apples), oatmeal, muffins (blueberry), individually wrapped danishes, water, orange juice, apple juice.
- **Lunch:** Salad bar: lettuce, fresh vegetables (cucumbers, tomatoes, broccoli, carrots, mushrooms), hard boiled eggs, grated cheddar cheese, sliced black olives, cottage cheese, canned peaches or pineapples; choice of Ranch, Thousand Island, or Italian dressings; water, fruit punch, lemonade.
- **Dinner:** Salad bar (same as above); water, milk, chocolate milk, fruit punch, lemonade.
- **All the time:** Bananas and apples available for snacks.

*The following is a list by day of what hot foods are typically prepared for each meal:*

### **Monday**

- **Dinner:** Lasagna, Cheese Manicotti, Cheese Ravioli, Vegetables, Garlic Bread, Ice Cream or Sherbet Cup

### **Tuesday**

- **Breakfast:** Waffles, Sausage, Scrambled Eggs
- **Lunch:** Pizza (pepperoni or cheese), Chicken Nuggets
- **Dinner:** Teriyaki or BBQ Chicken, Vegetarian Pasta, Vegetarian Egg Rolls, Baked Potatoes, Rice, Vegetables, Cornbread, Cookie

### **Wednesday**

- **Breakfast:** Bagel, Crispy Cube Potatoes, Scrambled Eggs
- **Lunch:** Sack Lunch for departing groups (see **page 22**), Hot Dog and Sandwich Bar for 5-day groups
- **Dinner (Mexican):** Seasoned Ground Beef, Mexican Rice, Refried Beans, Tortillas/Taco Shells, Cheese Enchiladas, Beef Tamales, Chicken Taquitos, Churros

### **Thursday**

- **Breakfast:** Pancakes, Sausage, Scrambled Eggs
- **Lunch:** Hamburgers, Vegetarian Burgers, Tater Tots, Macaroni & Cheese, Vegetarian Chili
- **Dinner:** Fried Chicken, Vegetarian Pasta, Rice Pilaf, Baked Potatoes, Corn on the Cob, Biscuits, Cookies

### **Friday**

- **Breakfast:** English Muffins, Diced Potatoes, Scrambled Eggs
- **Lunch:** Sack Lunch (see **page 22**)
- **Dinner:** Spaghetti, Meat Sauce, Meatballs, Vegetarian Tomato Sauce, Cheese Manicotti, Cheese Ravioli, Vegetables, Garlic Bread, Ice Cream Cup

### **Saturday**

- **Breakfast:** Waffles, Sausage, Scrambled Eggs
- **Lunch:** Hamburgers, Vegetarian Burgers, French Fries, Macaroni & Cheese, Soup
- **Dinner:** Turkey, Mashed Potatoes, Gravy, Stuffing, Sweet Potatoes, Corn, Vegetarian Pasta, Dinner Rolls, Rice Krispy Treats

### **Sunday**

- **Breakfast:** Bagels, Hash Browns, Scrambled Eggs
- **Lunch:** Sack Lunches (see **page 22**)

# ASTROCAMP TRIP PLANNING

## Program Class Descriptions

Below you will find descriptions of all the classes offered at Astrocamp. If you have questions about the classes, please contact Astrocamp.

### Daytime Classes

- General Science and States of Matter
  - **Atmosphere & Gases:** Learn about planetary atmospheric conditions and states of matter in our most requested class. Hands-on experimentation allows students to learn about temperature, pressure, density, and other gas properties.
- Astronaut Training
  - **Microgravity:** Train in the water like Astronauts! Learn about buoyancy and experience the challenge of constructing a mock satellite in a near-weightless environment.
  - **Expedition Valles Marineris:** Simulate research on the surface of Mars with our interactive touch-screen computers and state-of-the-art rock wall. Learn about Mars and the largest canyon in the solar system.
- Electromagnetic Spectrum
  - **Electricity & Magnetism:** Explore the properties of electricity and magnetism by experimenting with magnets, static electricity, and electric current in a multitude of hands-on activities.
  - **Lights & Lasers:** Learn about the physical properties of light by experimenting with lasers, ultraviolet lights, spectrum glasses, an infrared camera, a phosphorescent wall, and more!
- Rocketry
  - **Building & Launching Rockets (2 class periods):** Learn about force and the laws of motion to design and build a model rocket. Launch your own rockets powered by water and pressurized air. *Each student needs to bring a 2-liter soda bottle with a standard size opening.*
- Daytime Astronomy
  - **Planetarium:** Enter our planetarium domes and learn about circumpolar rotation of the stars and constellation myths. Learn about the size and scale of the universe, life cycles of stars, and gravitational forces in our vortex room.
  - **Solar Studies:** Use solar telescopes and lenses to view sunspots, prominences, and solar flares. Learn about the properties of the sun, solar radiation, and solar energy. Bake your own cookies in our special solar oven!
- Space Exploration
  - **Cosmic Lander:** Learn about different types of space exploration vehicles and the challenges of space travel. Design and build your own “cosmic lander” and test its ability to land on simulated planetary surfaces.
  - **Remote Sensing:** Learn about how we acquire information about objects without actually making physical contact with them, and how we apply this information to our understanding of the universe. Use GPS units to experiment with remote sensing.
- Space Rocks
  - **Micrometeorites:** Learn about meteors, meteorites, asteroids, and comets. Use magnets and microscopes to collect and identify possible micrometeorites at Astrocamp. Simulate impacts with our crater maker.
  - **Planets:** Learn about the planets that make up our solar system and how scientists conduct research to gain information on them. Learn about other planets and galaxies being discovered.

Alternative →

Alternative →

# ASTROCAMP TRIP PLANNING

## Daytime Classes (cont.)

- Hiking
  - **Day Hike** (1 class period): Explore Astrocamp's forest trails and learn about local flora, fauna, and the history of the San Jacinto Mountains.
  - **Extended Day Hike** (2 class periods): Take a longer and more in-depth hike through Astrocamp's forest trails.
  - **Full Day Hike** (4 class periods): For 5-day groups only; A full day of hiking and exploration around Astrocamp's forest trails. Learn about geology, remote sensing, and the natural history of the Idyllwild area. Lunch on the trail will be included.
- Adventure Classes
  - **Initiatives**: A prerequisite for any ropes course activities; Build teamwork, trust, cooperation, and communication skills by participating in problem-solving activities as a group.
  - **Ropes Courses**: Challenge your fears in these five high ropes elements. These physically and mentally rigorous activities require trust, communication, teamwork, and willingness to face fears.
    - **Catwalk**: Balance across a horizontal log high in the trees.
    - **Vinewalk**: Balance on a tightrope while using hanging "vines" high in the trees.
    - **Powerpole**: Climb up a telephone pole and lunge for a hanging tetherball.
    - **Sky Coaster**: Swing through the air after classmates raise you up via a pulley system.
    - **Zipline**: Climb up a cargo net then zip 700 feet across a meadow.

## Evening Classes

- **Space Night**: Take a short night hike then head up to one of the Telescopes Viewing Areas in our signature evening program. Activities include sensory awareness games, stargazing, and constellation myth stories. Learn how to use binoculars and telescopes to view planets, stars, galaxies, and Messier objects. View images taken with our digital telescope cameras (CCDs).
- **Astro Olympics**: Compete in a series of carnival-type games in this fun and active program.
- **Free Swim**: An open swim time in our heated indoor pool. Lifeguards are provided at no additional cost for the evening program option.
- Alternative → **Interstellar Auction**: Plan and bid for extrasolar planets and the materials needed to colonize them in an exciting auction. Group cooperation and compromise is required for this thought-provoking activity.
- **Messier Madness**: Discover and present information on deep space objects. A group scavenger hunt will take place. *Please bring one flashlight for each student.*
- **Space is Right**: Students participate in Astrocamp's version of the popular game show The Price is Right! Take your best guess at answering questions about the size and scale of the objects in our universe and our place in it. Points are earned based on the accuracy of each student's guess, and the best guesser will have the opportunity to receive a bonus. Space is Right will challenge the way you think about our universe and reveal how tiny we really are.
- **Mission to Mars**: Cooperate with your group to design a mission to the red planet. Agree upon mission goals, equipment to use, and target site to prepare a presentation for "NASA Scientists" (teachers and chaperones) to decide on awards. (**Note: this activity does not include the rock climbing wall.**)
- **School Night**: If you have your own night program in mind we will provide audio/visual resources and facilities. Please let us know which resources you will need so we can reserve them for you.
- **Astro Jeopardy** (5-day groups only): Test your knowledge in this Astrocamp version of the popular game show. This activity is designed to be a cumulative experience for 5-day groups.



STUDENT APPLICATION – MEDICAL FORM School: \_\_\_\_\_

Student Name: Last: \_\_\_\_\_, First: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Parent/Guardian: \_\_\_\_\_ Phone: \_\_\_\_\_  
Work Place: \_\_\_\_\_ Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Work Phone: \_\_\_\_\_ Student Date of Birth: \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Relationship to Student: \_\_\_\_\_

**Health Insurance Co:** \_\_\_\_\_  
Policy No: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Family Physician: \_\_\_\_\_ Phone: \_\_\_\_\_  
Date of Last Tetanus: \_\_\_\_\_

**IMPORTANT: A signature at the bottom of this form by a parent or legal guardian is required for participation at Astrocamp.**

**MEDICAL CONSENT:** The student's medical conditions stated on this application are complete and correct. I hereby give permission to ASTROCAMP personnel to administer first aid and to arrange for medical care and treatment in case of a medical emergency. I also give my permission to the physician selected by ASTROCAMP personnel to examine, diagnose, and treat or secure proper treatment for the student as the physician shall determine is proper and necessary under the circumstances. A photocopy of this authorization shall be as valid and may be accepted as the original.

**PARENTAL AUTHORIZATION:** I have been informed of the nature of the ASTROCAMP program in which the student is enrolled. I understand there are risks associated with the students' participation in the program activities generally described in this pamphlet and transportation to and from the camp which pose a threat of injury, illness, or death. The undersigned is familiar with outdoor sports and activities and the student's abilities and I am not aware of any physical, emotional, or mental problem or limitation that would prevent, impair, or increase the risks involved in the student's participation in ASTROCAMP activities.

With this knowledge, I grant permission for the student to participate in all camp activities and on behalf of the undersigned and the student, I accept and assume the risk and full responsibility for injury, illness, death, or loss of personal property or other damage, and medical or other expense resulting from the student's presence at ASTROCAMP.

**SIGNATURE:** \_\_\_\_\_  
Parent/Legal Guardian

Print Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Rules for acceptance and participation in Guided Discoveries, Inc. programs are the same for everyone without regard to race, color, national origin, sex, or handicap.*

**PARENT/GUARDIAN: PLEASE COMPLETE THIS SECTION**  
**CHECK OFF: All applicable health issues:**

- Allergies
- Asthma
- Car/Sea Sick
- Diabetes
- Hay Fever
- Heart Trouble
- Sinus Issues
- Sleep Walking
- Allergy - Bee Sting
- Backaches/Weak Back
- Bowel/Bladder Problems
- Epilepsy/Convulsive Disorder
- Headache
- Poison Oak
- Respiratory Problems
- Vomiting

**FOOD ALLERGIES:** Describe: \_\_\_\_\_

**OTHER DIETARY NEEDS:**

Vegetarian  Lactost Intolerant  Other (describe) \_\_\_\_\_

**CHECK OFF:** Non-prescription medication we may have permission to give your child under the supervision of your child's classroom teacher or chaperone.

- YES  NO  Kaopectate (for Diarrhea)
- YES  NO  Sudafed - Pseudonal
- YES  NO  Pepto Bismol (upset stomach)
- YES  NO  Milk of Magnesia
- YES  NO  Ibuprofen (minor aches pains; fever)
- YES  NO  Throat Lozenge sugar-free (sore throat)
- YES  NO  Cough Drops (sore throat)
- YES  NO  Benadryl
- YES  NO  Caladryl (for skin rash)
- YES  NO  Aceteminophen (headaches/elevated temperatures)

Is the student required to take regular medication?

YES \_\_\_\_\_ NO \_\_\_\_\_

Note: All medications are administered by the chaperones from the student's school. Please provide instructions (dose) for administration of medication.

**What important medical needs should ASTROCAMP be aware of? Please explain in detail (use back of form if necessary).**