

CAMP CUYAMACA



February 2nd – 6th



FORMS

****All forms are due back by December 19th!**

- Pink Health Form (mandatory)
- White Medication Authorization Form (optional)
- White Medical Statement for Meals (optional)

MEDICATIONS

Students that bring medication to camp check in with the RN and Health Tech on Monday afternoon to review their medications.

Over The Counter medication (Tylenol, Benadryl, etc) can only be provided if you give permission on the Pink Form.

****The Camp Nurse is very discreet!**

Only the Health Center staff and your student know what type of medication they are on.

DIETARY NEEDS

Vegetarian and lactose intolerant students simply need to note this on the pink health form.

Any other special meal accommodations require a physician-signed Special Meal Accommodations Form. We are a tree nut and peanut-free facility.

COST

The cost of Camp is \$380.

The due date for camp money is December 19, 2025.

The funds can be paid in full or via scheduled payments throughout the year. Please contact Kristin Dinofia at kristin.dinofia@sanpasqualunion.net in the office to set up a payment plan.

*Our goal is that every child who wants to go to camp will go to camp. Please talk to your 6th grade homeroom teacher or Ms. Dinofia if you have financial questions.



CABINS

There is a main center room and four “dens” that have nine bunk beds in each for a total of up to 18 students in each den. All of the cabins have heat, door locks, and alarms (for sleepwalkers). Each cabin has a disability-accessible toilet stall and shower. There are also bathrooms and drinking fountains in the Lodge, Assembly Halls, Health Center and Dining Hall.

There is always an adult in the cabin. Kids are not allowed into the cabin without an adult. The cabin leader room has an intercom, a radio, and administrative support.

SHOWERS

There are curtains and individual stalls. The students take showers Tuesday through Thursday. The showers are two minutes long. Yes, I said **two** minutes! Have your child practice at home on both taking short showers and changing their clothes discreetly (e.g., similar to changing at the beach or behind our towel).

LUGGAGE

- One duffel bag or rolling suitcase is fine. ([Packing List](#))
- One sleeping bag and pillow (or sheets/blanket)
 - *A garbage bag is great to keep sleeping supplies together
 - pack an extra one for the way home!
- No food or snacks in their luggage - tiny critters will find them!
- They can carry a daypack or small backpack on the bus.
- Be sure to label items with your name and school.

DAYTIME ACTIVITIES

- Two Nature Studies (hiking and hands-on science activities)
- All Day Adventure (six hours nature study, eating lunch out in the field and being further from camp)
- Craft Class (rock or wood)
- WRAP recreation class: rock climbing or archery (choice), geocaching, low elements challenge.



NIGHT ACTIVITIES

- Campfire
- Night Hike or Astronomy (depending on the time of year)
- Native American program
- Talent Show

Within the Cabins: Storytelling and team building activities. Also, if there is snow.....snow play!



MEALTIMES

Students will eat in the dining hall, seated with their den cohort.

Each village, one boys cabins and one girls cabin, will have their own mealtime.

Lunch will be eaten outdoors, weather permitting.

NO ELECTRONICS

No electronics!

There is little to no cell service at camp, as the camp is in the State Park. Additionally, if students bring up expensive phones, they can get lost. Camp Cuyamaca is not responsible for expensive equipment sent to camp.

LETTERS

You are welcome to send mail and have the kids mail them back (please provide your student with envelopes and stamps (or postcards); self-addressed is best!). There are no stamps available at camp! Parents should mail their letter the Thursday before camp.

Cuyamaca Outdoor School (aka Camp Cuyamaca and 6th Grade Camp)
12561 Hwy. 79
Descanso, CA 91916
Office: 760-765-3000 (days)

HOMESICK

My child has never been away from home before. What can I do to help them prepare?

- If possible, practice overnights at a friend's house.
- Tell your children that homesickness is normal, that it means he or she has a home that he or she loves.
- Empathize with your child's fears, but do not get infected by them.
- Express confidence in your child's resilience and admiration for his or her courage in going to camp.

Most students who are homesick are also equally proud when they make it through the entire week.

- Please tell your children that you want them to have fun. Children need to go off to camp with your blessing, not your anxiety.
- Avoid promises to call or come pick them up if they aren't having fun. Homesick students tend to focus on those and help from counselors and friends are less effective.

QUESTIONS?

