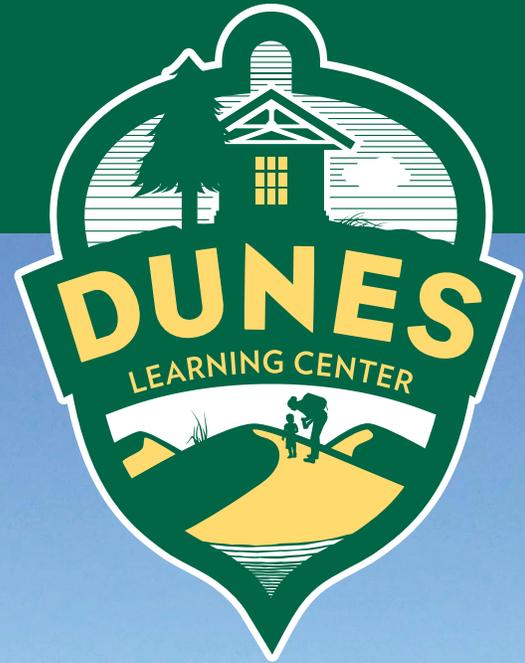


Dunes Adventure Teen Camp

Parent Information Guide

July 8-12, 2019



Partner of
Indiana Dunes National Lakeshore

Dunes Adventure Camp is a 5 day, 4 night residential experience for campers, 14-17 years old. Teens develop important life skills as they take on new challenges and learning adventures from guided day and night hikes to fishing, kayaking, a beach party and more.

Please read this guide thoroughly as it contains important information about camp. If you have any further questions regarding your child's stay, please contact the Dunes Learning Center office at 219-395-9555, or email Erin Crofton at ecrofton@duneslearningcenter.org

Thank you for your interest in summer camp at Dunes Learning Center. We are looking forward to providing your child with a fun, educational, and exciting camp experience in the great outdoors!

FUNDING PROVIDED BY:



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Contact Dunes Learning Center

Camp Information

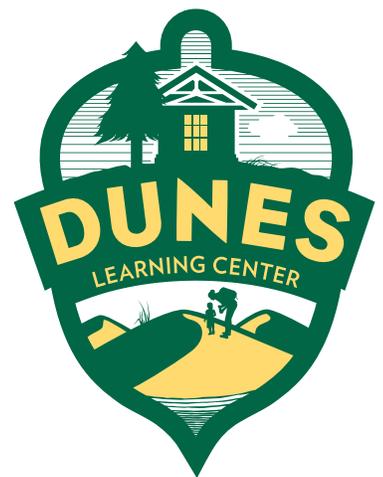
219-395-9555

ecrofton@duneslearningcenter.org

Emergency Numbers

In the event of an emergency while your child is attending camp please call:

- Dunes Learning Center office: 219-395-9555, Monday-Friday 8am–9pm
- Indiana Dunes National Lakeshore Dispatch at 219-395-1077 after 9pm



Parent Checklist

Please review and complete this checklist to ensure a smooth transition to camp for your child.

Prior to Camp

- Register for camp! Slots can fill quickly.
- If you made a reservation with a deposit, your payment must be received in full by June 1st or your deposit may be forfeited and your space filled from our waitlist.
- Tell your camper how much fun they will have at camp.
- Label all of your camper's things that are going to be brought to camp with permanent marker. Be sure to use first and last names for easy identification of lost items.
- Help your camper pack their bags.
- Write a couple of letters that you can drop in the mail bag at camp check-in, or plan to send e-mails (see page 9).

Camp Arrival

- Be sure your camper eats breakfast before coming to camp.
- Check-in begins at 9am Central Standard Time.
- Check-in will include a brief medical consultation with the Camp Nurse. Have medications ready to turn in at this time. Medications must be in their original container.
- Pets are not allowed on campus.

Camp Pick-up

- Camp pick up begins at 2pm Central Standard Time.
- Have your photo ID ready show staff at the check-out table.
- Pets are not allowed on campus.



About Dunes Learning Center

Inspiring lasting curiosity and stewardship with nature.

Dunes Learning Center is proud to carry on a tradition of learning in the dunes that dates back more than 100 years ago by the “Father of Ecology in North America,” Dr. Henry Chandler Cowles. Our programs provide a critical and beneficial connection to nature for learners of all ages—inspiring curiosity, scientific literacy, and environmental stewardship.

Located within the Indiana Dunes National Lakeshore, our residential environmental learning center is surrounded by scenic trails, historic sites, and one of the most biologically diverse National Parks in the nation.

We get kids outdoors, to explore and learn, to build confidence, form new connections, and make a difference. Residential and outreach programs connect classroom lessons with the natural and cultural history of this special region during the school year. We extend our engagement by hosting community events and providing summer camps to carry out our mission throughout the year.

Camp Outcomes

- **Develop** a sense of self and place by fostering social-emotional skills and strategies to connect with others and the natural world.
- **Provide** opportunities for safe outdoor learning experiences that promote positive relationships.
- **Promote** an understanding of the need for conservation and protection of natural resources.
- **Serve** the needs of participants from diverse communities and backgrounds.
- **Operate** as an organization that leads by example utilizing a professionally trained team of emerging conservation leaders who advocate for stewardship, sustainability, and environmental equity.
- **Integrate** program activities with the National Park Service to create an awareness of their role in protecting and preserving natural and cultural resources for the enjoyment and education of all generations.



Dunes Learning Center is an ACA-Accredited Camp.

ACA camps reflect current best practices and set the standard for the industry with regular, independent health and safety audits of camp operations. The ACA accreditation process is voluntary and demonstrates excellence, accountability, and an ongoing commitment to the children we serve. Learn more at DunesCamp.org.



Camp Facilities

Lodging

Ten group-style cabins are available for use by participants. Each cabin accommodates eight people (seven campers with one adult Cabin Leader) and is equipped with comfortable bunk beds, private bathroom facilities, and a private shower. Heating and air-conditioning allow for use of the facilities year-round. Male and female campers use separate cabins and are supervised by adults both inside the cabins and during all activities. See page 11 for how to make a cabin mate request.

Cowles Lodge

A large multi-purpose dining and activity hall is at the center of Dunes Learning Center's campus. This facility accommodates large groups for dining or other activities. The building is equipped with a full-service kitchen and all meals are provided to groups by our ServSafe certified food service staff.

Food Service

Dunes Learning Center strives to provide fresh, balanced, kid-friendly, family-style meals for campers. Meal times are important parts of the camper's day and provide opportunities for socializing, fun activities, and learning about food as a natural resource. A full-service kitchen is fully staffed and can meet most special dietary needs. If your camper has a dietary restriction, please complete and submit a Dietary Restriction Form, found on our website at DunesLearningCenter.org/dietary

Health and Safety

Medical Care While at Camp

The health and safety of every camper is our first priority. Campers are monitored by all staff. All staff are trained and certified in First Aid and CPR. National Park Service emergency dispatch and law enforcement personnel are available 24 hours per day to help with emergency situations. Porter Regional Hospital and Chesterton Health & Emergency Center hospitals are both 11 miles or less from Dunes Learning Center campus. Ambulance service runs from Porter Fire Department, located approximately 3 miles from our campus. If your child becomes ill while at camp or requires medical treatment beyond basic First Aid, you will be contacted. Parents will be notified for pickup if their camper has a fever of 99° F or higher.

Medicine at Camp

All prescription and non-prescription medicines must be in their original container with dosage and camper's name clearly indicated. Medicines will not be accepted in substitute containers.

- Medicines are kept in our First Aid room and administered under staff supervision based on parent instruction.
- Place all medicine in a Ziploc style bag with the camper's name clearly marked on the bag.
- Medicines must be turned into the staff upon check-in. You will be asked to list all medications, dosages, and purposes.
- Dunes Learning Center keeps a stock of over the counter medications. Parents will be asked for permission to administer these medications at check-in.

Parent Visitation

It is essential that Dunes Learning Center staff knows who is on campus at all times. Please do not plan on visiting your child during camp. If for emergency reasons you need to pick up your child, please call one of the emergency numbers listed on page 3 to arrange a pick up. You are invited to tour the camp with your child at one of our open house events, at camper drop-off or following graduation on pick-up day.

Camp Food

Campers are served 3 meals per day along with snacks. In order to provide a safe environment for individuals with food allergies, Dunes Learning Center maintains a nut-free facility. Campers with special dietary needs for personal, religious, or medical reasons, must note this information on the Dunes Learning Center Camp Registration Form and complete and submit an additional Dietary Restriction Form found at www.DunesLearningCenter.org/dietary. Please do not send snacks. Food in the cabins attracts animals.



Transportation

- Campers must be delivered to camp at the beginning and picked up at the end.
- Parents/guardians must specify who is allowed to pick their child up from camp, and that person will be required to present identification at the pick-up time. This information will be collected at check-in.

Please use caution when driving in pick up and drop off zones! Campers will be present!

Safety Rules

Camper safety is our highest priority. We use buses to transport campers to trailheads and activities. Dunes Learning Center and the National Safety Council urge parents and guardians to teach children the following bus safety rules:

Getting on the bus

- Avoid roughhousing or behavior that could lead to carelessness.
- Stay away from traffic.
- Wait until the bus has come to a complete stop before approaching.
- Use the handrail while boarding.



Behavior on the bus

- Sit quietly in your seat. Do not make noise that might distract the driver.
- Don't put your head, arms, or hands out the window.
- Keep track of your belongings - keep aisles clear of backpacks and clothes.
- Wait for bus to stop completely before standing up.

Getting off the bus

- Follow directions from Dunes Learning Center staff. Do not stand up until instructed.
- Use the handrail when exiting the bus.
- If you have to cross in front of the bus, first walk 10 feet in front of the bus and make sure the driver can see you.
- Do not cross the road until the driver signals it is safe, then look left, right, and left again before crossing.

Communications

Mail

Campers love to get mail, especially while at camp. You may drop-off letters to be delivered to your child during their stay at the check-in table. Mark on the envelope your camper's name and the day that you would like the mail to be delivered.

Letters from home are a good remedy for homesickness, but please consider the following tips:

- Please do not include food items!
- Encourage your child to try everything at camp.
- Send cheerful happy notes.
- Encourage siblings, friends, and relatives to write.
- Keep letters short.
- Send pre-posted and addressed envelopes with your camper so they can send a letter home.

E-Mail

E-mail is another great way to send your child encouraging notes. You may send e-mails to your camper at camper@duneslearningcenter.org.

- Please include your camper's name and cabin number in the subject line.
- Emails will be printed and delivered to campers each evening.
- Your camper will not be able to send return emails.

Camp Phones

Campers will not be allowed to make or receive calls. Please do not send personal cell phones to camp with your child. All phones brought to camp will be collected and kept in the office until the camp session ends.

Social Media

Follow camp adventures via Dunes Learning Center's Facebook page at www.facebook.com/duneslearningcenter. Follow us on Instagram @duneslearning and Twitter @duneslearning. We do our best to capture and post images from camp, usually within one day. Like us to stay up to date!



Camp Conduct

Behavior

The staff will do everything possible to help your child adjust to camp life. We follow a simple one-word rule: RESPECT. We expect campers to respect themselves by following instructions and safety guidelines; respect others by treating all campers and staff with courtesy; respect the facilities at camp; and respect the environment in their enjoyment of nature. Our RESPECT rule is clearly outlined for all campers at the beginning of camp. They are made aware of the rule and the consequences following disrespectful behavior.

Camp is thoughtfully designed to be a pleasant, educational, healthy, and safe environment for all. Dunes Learning Center reserves the right to send home any child who exhibits unsuitable or consistently disrespectful behavior, endangers the camp community, or engages in destructive acts. Any event of unacceptable behavior will result in the following:

- **1st Strike:** a warning is issued and the program staff talks with the child.
- **2nd Strike:** a second warning is issued and the child speaks with the Lead Staff or Education Director. The camper calls their parent/guardian to report their own misbehavior.
- **3rd Strike:** child is withdrawn from activities. The child's parent or guardian is responsible for picking them up from camp. In this case, there is no refund.

Serious infractions such as fighting, having weapons, or controlled substances will result in immediate dismissal and possible prosecution.

Supervision

Dunes Learning Center programs and activities are led by our enthusiastic and knowledgeable staff. Cabin Leaders are undergraduates currently enrolled in an academic program. They lead evening activities and stay in the cabins with campers overnight. Interpretive Naturalists have a university degree and lead daytime programs. Dunes Learning Center recruits staff from across the United States and around the world. All staff must pass a background check and receive specialized training including First Aid and CPR.



Dunes Learning Center utilizes the “rule of three” to ensure the safety of our campers. This requires a minimum of 3 people to be together at all times. The group of 3 may consist of 2 adults and 1 child, or 1 adult and 2 children.

The Cabin Experience

Our cabins are places where lifelong friendships are formed, laughter is contagious, and campers develop trust and empathy towards one another. Whether your child comes to camp alone or with a friend or family member you can be assured that Dunes Learning Center works hard to set our Cabin Leaders and campers up for success by thoughtfully placing every individual camper into a cabin where they will be respected, included and cared for at camp.

Our cabin assignment process takes into account variables such as age, years of attending camp, cabin mate requests, and more. We strive to create a positive, diverse and comfortable cabin community by balancing the ratio of campers that know each other and those that don't. There is nothing harder than being the "new kid" assigned to a cabin where everyone knows each other already. This is why Dunes Learning Center allows one mutual cabin mate request per camper.

Making a Cabin Mate Request

Cabin mate requests may be made when you complete your online registration for camp. To ensure pairing, the desired cabin mate **must also request** your camper on their registration. If you have a special situation regarding cabin mates please contact the Education Director.

Spending Time With Friends

Your child will spend time with campers outside of their cabin groups throughout the week of camp. During the day they travel in their trail groups made up of campers from all cabins. This gives your camper an opportunity to make new friends and get a break from their cabin. Campers express their independence by choosing from a variety of activities and spend time socializing with their friends during our Dune Specials and structured free time.

Dunes Learning Center has more than 20 years of experience working with children and we look forward to making your child's summer camp experience a positive one.



Sample Program Descriptions

Adventure Time!

The unique ecology of the dunes has inspired scientists, sportsmen and artists for centuries. Now it's your turn. Choose from a menu of activities to get a unique view of Indiana Dunes National Lakeshore from the seat of a kayak, the end of a fishing pole or behind a camera. You'll learn from the experts during this fun-filled day in the dunes.

Beach Party

Miles of shoreline are a defining feature of both the park and the camp experience! Campers head to West Beach for a morning hike followed by a catered lunch in the dunes. After lunch we head to the bath house to get ready for the sun and sand! Weather permitting, campers have an opportunity to swim in Lake Michigan while lifeguard-trained staff makes sure everyone is safe.

Dune Specials

Independence and choice are encouraged as campers choose from a variety of low, mid or high energy activities. Learn a new skill, make a craft, play a game and just have fun!

Glow Party

Everyone enjoys an exciting night under the stars. Glow games, glow painting and glow bubbles make for an adventure to remember!

Night Hike

With dark skies nearly impossible to find in most urban-areas, participants get a unique view of the starry night sky during this popular activity. Hiking at night allows campers to experience familiar trails in a way that engages and challenges their senses - providing an adventure they'll remember for a lifetime.

Survivor!

Practice backcountry skills like fire building and orienteering while learning to forage for wild edibles, find water and shelter, create tools and more.



Packing & Belongings

Be sure to pack enough clothes to last the entire camp. *A recommended packing list for your camper is provided on page 14*

- Remember that camp involves a lot of outdoor activities. Do not send new clothes.
- Send an extra pair of shoes that can get wet and muddy.
- Be sure to include sweatshirts and long pants, as mornings and evenings are often cool.
- Pack a few plastic or reusable bags for wet and/or dirty clothes and shoes.
- Make sure your camper's name is clearly marked on all belongings.
- Help your camper pack their bag.
- DO NOT send iPods, personal electronics, electronic games, expensive cameras, cell phones, pets, glass containers, food, or candy to camp.

Strictly Prohibited

- Tobacco and electronic cigarettes
- Alcoholic beverages
- Illegal drugs
- Weapons, including but not limited to: firearms, ammunition and knives
- Animals
- Sports Equipment such as hockey sticks, climbing gear or baseball bats

REMEMBER MEDICATIONS MUST BE TURNED INTO CAMP STAFF AT CHECK-IN.

Lost and Found

Remember to label all belongings with your camper's first and last name so that they are able to return home with everything they brought to camp. Found items will be held at Dunes Learning Center's office for two weeks after camp. If contacted about lost and found items, it is the parent/guardian's responsibility to retrieve their property. Dunes Learning Center is not responsible for lost items.



Camper Packing List

Summer weather in the dunes can be unpredictable. The following is a list of suggested items. Keep in mind that most of the time spent at camp will be outdoors. Expensive designer clothing should be left at home - bring clothes that can get dirty!

- Three pairs of shoes
 - Closed-toe shoes or sandals for in and around camp.
 - Boots or good, sturdy closed-toe shoes for hiking.
 - River shoes or an old pair of gym shoes that can get wet and muddy.
- Raincoat or poncho
- Hat with sun visor
- Sunglasses
- Several pairs of socks (at least five, it's a good idea to bring extra)
- At least two pairs of long pants
- Several pairs of shorts
- Five shirts
- Sweater or sweatshirt
- Swimsuit
- Pajamas
- Lip balm
- Sunscreen
- Mosquito repellent
- Soap, toothbrush, toothpaste, other toiletries needed
- Two towels (one for bathing and one for the beach)
- Wash cloth
- Bedding (pillow, sleeping bag or sheets and blanket)
- Two reusable water bottles
- Backpack (no drawstring backpacks)



Optional items:

- Books to read before bed
- Journal
- Camera (rugged or disposable)
- Binoculars
- Pre-posted and addressed envelopes for mailing letters home

What NOT to bring!

Video games, cellphones, other electronic games, iPods, pocket knives, food.

Money Matters

Payment

Payment is due at the time of camp registration found online at DunesLearningCenter.org

- You may make a deposit to hold your camper's spot until April 15, 2019. Deposits are non-refundable and the remaining balance is due by June 1, 2019. If your payment is not received by June 1st your camper may lose their spot to a camper on our waiting list.
- You may pay in full for your camper at the time of registration.

Refunds and Cancellations

Payments over and above the camp deposit will be refunded if:

- The camper is withdrawn by writing Dunes Learning Center no less than 30 days prior to the camp start date.
- Camp is cancelled by Dunes Learning Center.

No refunds will be given if:

- A camper leaves camp early due to missing home or parent request.
- A camper is sent home for behavioral reasons.
- A camper does not show up for camp.

No Shows

Please make every effort to arrive on time. Dunes Learning Center will verify absences by phoning the family of absent campers.

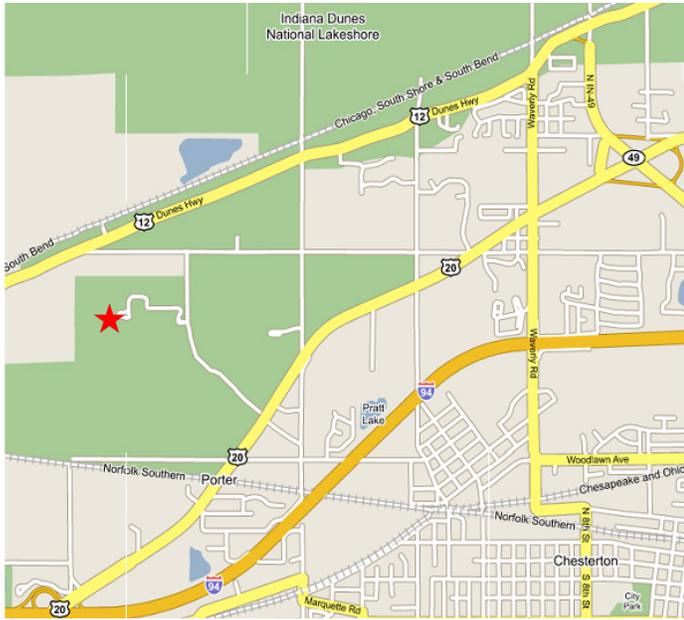
For more information please phone Dunes Learning Center at 219-395-9555.

Support Summer Camp Experiences for Everyone

Dunes Learning Center is a 501(c)3, non-profit organization that relies on the generosity of people like you to fund programs and keep tuition costs low. Please consider donating an additional \$20, \$50, \$100 or the full camp tuition so that we can keep summer camp experiences affordable and accessible. Your tax-deductible donation will help us provide kids with outdoor experiences that last a lifetime.



Directions to Dunes Learning Center



From the West: Take Interstate 94 East to Exit 22B, Porter at U.S. Highway 20 East. Alternatively, take the Indiana Tollway (Chicago Skyway), I-90 East, to Interstate 94 East to Exit 22B, Porter at U.S. Highway 20 East.

Once off the interstate, continue east on U.S. Highway 20 for 1.6 miles to Mineral Springs Road (Mineral Springs Road is just past the metal bridge at the second blinking light, opposite the sign for the Spring House Inn). Look for Indiana Dunes National Lakeshore signs directing you to Dunes Learning Center.

Turn north or left on Mineral Springs Road and continue for 0.4 mile to Oak Hill Road.

Turn left or west on Oak Hill Road and continue 0.4 mile to Howe Road.

Turn left or south on Howe Road. After another 0.2 mile, the Learning Center entrance will be on your right. Enter through the stone gateway and follow the drive, keeping right at the fork to the camper drop off area before proceeding to the parking area just past Dunes Learning Center's Cowles Lodge. ★

From the East: Take Interstate 94 West to Exit 22 B, Porter at U.S. Highway 20 East. Alternatively, take the Indiana Tollway, Interstate 80/90 West, to Interstate 94 East to Exit 22B, Porter at U.S. Highway 20 East. Once off the interstate follow the above directions. Mineral Springs Road will be 1.4 miles east on U.S. Highway 20.

From the South: Take Interstate 65 North to Interstate 94 East and follow the above directions from the west.



Dunes Learning Center

700 Howe Road

Porter, IN 46304

Phone: 219-395-9555

Fax: 219-395-8160

curious@duneslearningcenter.org

DunesLearningCenter.org | DunesCamp.org



Partner of Indiana Dunes
National Lakeshore