Dear Sierra Nevada Journeys Family,

Greetings from all of us at Sierra Nevada Journeys. We are thrilled that you will be joining us for our Adult & Me Retreat this October! We look forward to sharing an incredible, rewarding, and fun-filled bonding experience with you and your camper. Sierra Nevada Journeys believes in family engagement and giving children and the adults in their life the opportunity to create memories together in a natural, safe and beautiful setting.

In this handbook you will find answers to frequently asked questions and other important information including a sample schedule, packing list, logistics and healthcare information. Whether you are new to Sierra Nevada Journeys or returning for another year, we ask that you read this handbook carefully and completely.

If you have any questions or concerns regarding our programs, please feel free to contact our Summer and Specialty Camp Manager at snjcamps@sierranevadajourneys.org.

Thank you,

Angie Gornik
Summer and Specialty Camp Manager
Sierra Nevada Journeys
Our Mission is to deliver innovative outdoor, science-based education programs for youth to develop critical thinking skills and to inspire natural resource stewardship.

Sample Adult & Me Retreat Schedule

Please review the sample Adult & Me Retreat schedule below to get an understanding of the exciting activities we have planned for the weekend. This schedule is intended to be vague as we continue to plan for the appropriate number of participants, ages of participants, and weather. Sierra Nevada Journeys offers a variety of activities such as; science lessons, hiking, challenge course activities, archery, arts and crafts and large group games.

Friday
5:30 pm - Check-in and Move Into Cabins
6:30 pm - Dinner
7:30 pm - Evening Program

Saturday
8:00 am - Breakfast
9:00 am - Opening Circle
9:30 am - Morning Activity
Noon - Lunch
1:15 pm - Afternoon Activity 1
3:00 pm - Afternoon Activity 2
4:30 pm - Afternoon Activity 3
6:00 pm - Dinner
7:30 pm - Evening Program

Sunday
8:00 am - Breakfast
9:00 am - Closing Activity
10:30 am - Departure
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**Packing List**

For the Adult & Me Retreat, families are encouraged to pack the necessities for a weekend away from home. The weather in Portola during October tends to be warm during the day and cold in the evenings. We suggest checking the weather before packing for camp. The program will run rain or shine! Please use this list below as an outline for what you might want to pack for each person for the Adult & Me Retreat.

**Clothing:**
- 2 shirts
- 2 pairs of pants
- 1 sweatshirt
- 1 light jacket
- 1 rain jacket (depending on weather forecast)
- 1 warm hat
- 1 sun hat
- 1 pair of pajamas
- Socks and underwear
- **Shoes** - closed toed shoes are required for hiking, archery, and challenge course

**Bedding:**
- 1 sleeping bag
- 1 twin sized fitted sheet (optional)
- 1 pillow
- 1 laundry bag

**Other:**
- Toiletries
- 1 Towel
- Prescribed medication (if applicable)
- Backpack
- Reusable water bottle
- Camera (optional)
- Snacks (if camper needs food during the day, campus provides breakfast, lunch and dinner)
- Anything to make you more comfortable during your stay

**Prohibited Items:**
- Electronics including cell phones, e-readers or tablets
- Swiss army knives or Leatherman tools
- Weapons
- Illegal substances, drugs or alcohol
- Personal sports equipment
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Logistics and Overview

**Arrival:** Check-in begins at 5:00 pm to 8:00 pm on Friday, October 4. Once you arrive to Grizzly Creek Ranch, please come into the administration office to receive your weekend schedule, update any dietary restrictions, and receive your cabin assignment. Cars may be parked in either of the two large parking lots. There are handcarts to help move luggage to your cabins.

If you know you are arriving later than 8:00 pm, please contact the Summer and Specialty Camp Manager ahead of time at snjcamps@sierranevadajourneys.org.

**Departure:** Closing circle and departure will take place at 10:30 am on Sunday, October 6. Please have your luggage out of the cabins before attending your activities on Sunday morning.

**Lodging and Cabins:** Grizzly Creek Ranch offers modern facilities that are clean and comfortable. During the Adult & Me Retreat, adults and children will be sharing a cabin with other adults and children with similar genders. For example, a mother and son might be staying in a cabin with an aunt and nephew. All cabins have bunk beds and a half bathroom. Showers are located in the activity center of each village. If your family would like to be bunked in the same cabin as another family attending the event, please email the Summer and Specialty Camp Manager at snjcamps@sierranevadajourneys.org.

**Dining:** All participant attending Adult & Me Retreat will be served meals in our dining hall. The first meal served will be dinner on Friday evening and the last meal served will be breakfast on Sunday morning. If anyone attending has food allergies or dietary restriction, please email the Summer and Specialty Camp Manager. We make every effort to accommodate special dietary restrictions. Sierra Nevada Journeys will be serving three meals each day; if you or your camper requires food throughout the day, please bring snacks with you.

**Behavior Expectations:** At Sierra Nevada Journeys, it is our goal to provide an environment where all campers can thrive. Adults are responsible for the supervision and behavior of their campers.

**Technology:** Adult & Me Retreat is designed as a weekend for adults and children to bond in a natural setting. We strongly encourage everyone to unplug for your weekend at Sierra Nevada Journeys. We understand that life continues while at camp so we do have limited Wi-Fi available in the lodge.

**Drugs/alcohol:** Drugs or alcohol are not permitted at the Adult & Me Retreat. Tobacco can only be smoked in designated areas.
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Healthcare Information

**Mandatory Health History Information:** When registering for the Adult & Me Retreat, you signed a waiver and provided information about food allergies. Sierra Nevada Journeys’ staff will review this information with the parent or guardian during Check-In. If you have updated dietary restrictions or medical information that could restrict programming, please inform the Summer and Specialty Camp Manager ahead of time at snjcamps@sierranevadajourneys.org.

**Emergency Contact Information:** Please make sure you have filled out the emergency contact information on the online registration form. If someone other than a parent or guardian is accompanying your child to camp or in event that a camper’s accompanying adult is not reachable on campus, we will use this information to contact a parent or legal guardian.

**Permission to Treat:** By signing the “Authorization to Treat” form, the parent or guardian is giving Sierra Nevada Journeys’ staff permission to provide campers with first aid care, assist with rescue medications, and provide emergency medical assistance, which in event of emergency may include referral to the local hospital or clinic.

**Medication:** We will not have a nurse on staff during the Adult & Me Retreat. Accompanying adults will responsible for administering medications to their campers. Sierra Nevada Journeys’ staff will still be available for first aid or emergencies.

No medications should be kept unsecured in a cabin or yurt. Rescue medications such as Epipens and inhalers are the **ONLY** exceptions, and should be kept with the camper at all times. All medications that are brought to camp must be secured. This includes prescription medications, over the counter medications and nutritional supplements. **Medications may be kept in a locked vehicle or the Sierra Nevada Journeys shared lock box.** A lockable refrigerator is available in the Health Center for any medications that need to be refrigerated, or are heat sensitive. We recommend that all medications come to camp in a ziploc bag and be clearly labeled with the camper’s name. Please bring all medications in their original containers.

**Health Insurance:** Parents must provide their own coverage for any illness, accident, or dental occurrence that requires medical intervention.

**Camp Health Facilities and Staffing:** We have an on-site infirmary that may be used to house ill campers if they need to leave the cabin. The nearest hospital is 5 miles away in downtown Portola.

**Arriving in Good Health:** If your child has a fever on arrival day or has been exposed to contagious illness, please keep them at home until they have been symptom free for 24hrs or
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cleared by a physician. In this case please contact Sierra Nevada Journeys as soon as possible and let us know your planned arrival time.

**Directions to Grizzly Creek Ranch**

Grizzly Creek Ranch – Administrative Office: 530-832-1085  
Administration Cell Phone: 775-560-6218  
On-Call Phone: 775-225-1660

**Physical Address:**  
Grizzly Creek Ranch  
5900 Grizzly Road  
Portola, CA 96122

**Directions from Reno (1 hour) and Carson City (2 hours):**  
Take Highway 395 north towards Susanville  
Exit at Hallelujah Junction for Highway 70 toward Quincy  
Turn right (north) onto Grizzly Road (21 miles from intersection of Highway 395 and Highway 70)  
Entrance to Grizzly Creek Ranch is the first road on the left, directly after the mailboxes

**Directions from Sacramento (roughly 2 hours):**  
Take Interstate 80 east toward Truckee/Reno  
Just past Truckee, take the Highway 89 north exit toward Sierraville (follow signage through traffic circles)  
Follow Highway 89 to Sattley  
Turn right on to Westside Road/County Road A23 toward Portola  
Stay on Westside Road/A23 until it ends at Highway 70  
Turn left onto Highway 70 toward Portola  
Turn right (north) onto Grizzly Road  
Entrance to Grizzly Creek Ranch is the first road on the left, directly after the mailboxes

**Directions from Chico (roughly 2 hours):**  
Take Highway 99 south  
Turn left onto Highway 149  
Turn left onto Highway 70  
Turn left (north) onto Grizzly Road (about 4 miles past town)  
Entrance to Grizzly Creek Ranch is the first road on the left, directly after the mailboxes

**Directions from Susanville (roughly 1 ½ hours):**  
Take Highway 395 south  
Exit at Hallelujah Junction for Highway 70 toward Quincy  
Turn right (north) onto Grizzly Road (21 miles from intersection of Highway 395 and Highway 70)  
Entrance to Grizzly Creek Ranch is the first road on the left, directly after the mailboxes