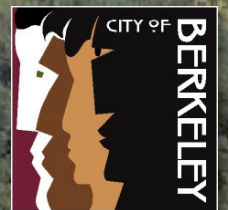




Echo Lake 50 and Better Information Packet



Welcome to Camp!

We are so excited to have you join us this summer season! Berkeley Echo Lake Camp first opened in 1923 and has been serving both Berkeley residents and non-residents ever since. Today we operate mainly as a youth camp, but also offer family and 50 and Better camp programs as well. Echo Lake is unique because of its incredible location and variety of programs. Generations have marveled at the 40-mile vistas, the dark night sky dome and the sunrise above the mountains to the east.

Straddling the Pacific Crest Trail and just minutes from Echo Lake and Desolation Wilderness, campers will be treated to an amazing alpine camping including swimming in our heated pool, arts & crafts, canoeing, archery, sports, badminton, horseshoes, campfires, dances and more. Camp facilities include

a recreation lodge, a dining hall where campers can enjoy excellent company and delicious meals, hot showers and bathrooms located throughout, and of course, a green chair circle with an incredible view of the Lake Tahoe Basin.

Whether you are a first time camper or you have been camping with us for years, we look forward to having you join us this summer! We will do everything we can to make this an unforgettable experience, and we hope this packet will help guide and prepare you for all the fun that lies ahead! Summer will be here before we know it, and we are counting down the days until we begin!

Sincerely,

The City of Berkeley Camps Team



Contact Information & Location/Directions

Contact information

If you have questions or concerns prior to the start of camp please call the camp city office at 510-981-5140

Camp Manager

Jill Reasor

Cell: 510-542-0637

Camp Office (June-September): 530-659-7506

City Office (October-May): 510-981-6642

jreasor@berkeleyca.gov

Recreation Program Supervisor

Justin Pitcher

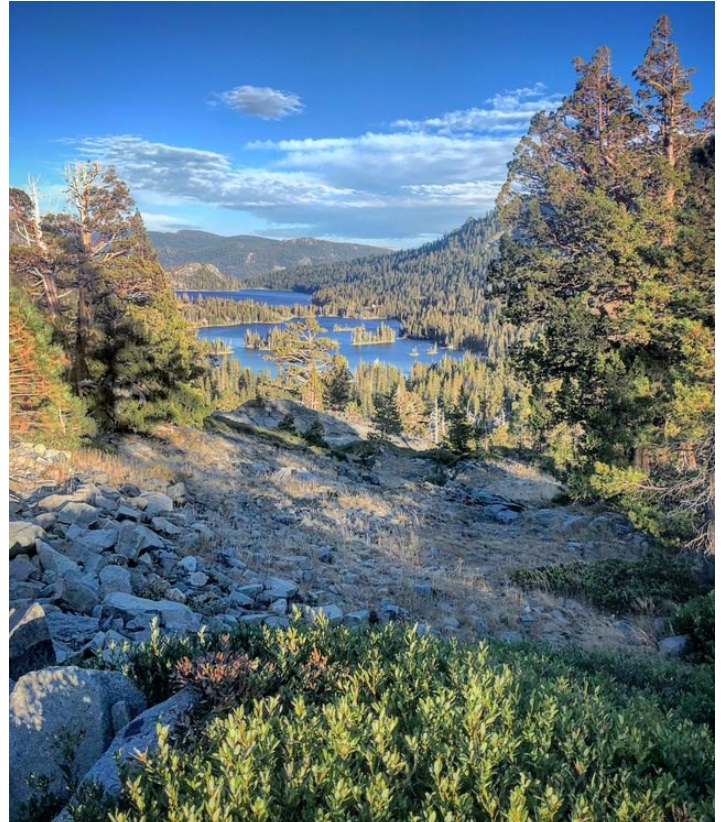
510-981-5144

JPitcher@berkeleyca.gov

City of Berkeley Camps Office

1720 8th Street

Berkeley, CA 94710



Location and Directions

Echo Lake Camp is located just 15 minutes from South Lake Tahoe, CA. It takes approximately 3 hours to drive to Echo Lake Camp from Berkeley, CA.

Echo Lake Camp

Lot #7 Echo Lakes Rd.

Echo Lake, CA 95721

Directions from Berkeley

- Take Highway 580W / I 80 E from Berkeley towards Sacramento. (2 miles)
- Follow I 80 E to Sacramento. I80 will merge with US – 50E/EI Dorado Freeway. (75 miles)
- Take US-50E, following signs for South Lake Tahoe to Echo Lakes Road / Forest Route 11N05 (89.5 miles).
- Turn left onto Echo Lakes Road / Forest Route 11N05 (1/4 mile).



Check-In & Out Procedures

Parking

When you arrive, please follow signs for Berkeley Echo Lake Camp registration. Once campers have picked their cabin, they are allowed to drive their car closer to their tent to unload. From there, all campers must park their car in the designated parking lots pointed out by Echo Lake staff.

Check In/Check Out

| | |
|-------------------|----------|
| Monday, August 21 | 11:00 am |
| Friday, August 25 | 2:00 PM |

Check-In

All of our 50 and Better campers will check-in starting at 11:00am, where they will be greeted by Echo Lake Camp staff and the Camp Manager. **Early check-ins will not be permitted.** The check-in process will run as follows:

Cabin Selection:

Your party will randomly pull 2 cabin numbers from a pool of cabins. From there...

- 1) You may decide to select a cabin you pulled based on the map and staff recommendations.
- 2) You may decide to put a hold on the two cabin options and take a walk-through camp to look at your 2 choices before making your decision. We ask that you walk-through and make your decision within 10-15 minutes.

*****If you require any special accommodation requests (need of electricity, etc.) please make sure to note in on the camp survey and also send an email to jreasor@berkeleyca.gov.***

Tent-Cabin Move-in Process

Congratulations, you're all checked in! Now that you have completed the necessary checklist for arrival at camp, it's time to move into your cabin and unpack. There will be camp staff on standby to directly assist you in the move-in process and to help carry your luggage to the cabin.

Late Arrivals

Our office will be open until 6:30pm on check-in days. If you will be arriving late, you will go through the same process as other campers and select your lottery tent draw from available tents. If you are unable to arrive until after the office closes at 6:30pm, please call the Camp Office so that we can assist you with check in, completing the Wellness Checks, and finding your cabin. Please call the Echo Lake Camp office at (530) 659-7506 to confirm your anticipated arrival time. If possible, please call a few days before your arrival to ensure our staff are anticipating your late arrival.

Check-Out

Sad but true, eventually our campers have to go home. Our campers must be packed up and moved out of their cabins after lunch before 2:00pm on Friday.

Snacks/Food

No food may be stored in the tents due to bear scavenging, but bear-proof food storage is provided in several locations throughout camp. Small amounts of ice (to cool beverages, ice bags for injuries, etc.) will be available at the Dining Hall upon request .

General Camp Information

Accommodations

During your stay, you will be camping in traditional High Sierra tent-cabins outfitted with bunk beds or cots and mattresses. Campers must provide their own linens or sleeping bags. When you arrive at camp, you will have the opportunity to select a tent-cabin from the tents that are available. Each of our cabins is unique. Some have built-in bunks, while others have portable metal bed frames. Some cabins have private decks, while others are 'double' cabins, accommodating more than ten campers.

Each tent-cabin has a wooden deck floor, half-walls, a canvas tent cover, and will have enough beds and mattresses for each camper. Once you have selected a Tent Cabin, you are welcome to arrange the cabin as you see fit so you and your family will be comfortable. Some campers may even wish to sleep under the stars!

Environment and Weather

Echo Lake Camp is located in the Sierra Nevada mountains above 7,400 feet; such elevation can have an effect on the body. High altitude means thinner air, which could lead to shortness of breath and dehydration. We ask that you be mindful of the physiological effects that altitude may have on you and your family, and ensure that you are consistently drinking water and taking care of your body.



As camp is located in the High Sierra, weather changes occur quickly. During the day, temperatures range from 70 to 80 degrees and drop to the low 40s to 50s at night. The sun is stronger at higher altitude and the wind picks up quickly. Rain and thunderstorms can occur at camp, and mosquitoes are present during dawn and dusk. Make sure to pack sunscreen, bug repellent, and rainwear. You can find a more in-depth packing list at the end of this packet.

Visiting Echo Lake Camp

We are unable to accept drop-in registrations and visitors on site this summer season. Anyone interested in attending Echo Lake Camp sessions must pre-register for the session prior to attending. Please Note: All payments will need to be made through our Online Registration system or through our Recreation Administration Office.

Contacting Campers in an Emergency

Should you need to contact your family at camp under emergency circumstances, please do so through the Echo Lake Camp office at (530) 659-7506, or through the City of Berkeley Recreation Office at (510) 981-5140.

Mail and Packages

Please address all mail and/or packages using the outline below:

| For USPS: | For FedEx/UPS: |
|---------------------------|-----------------------|
| Camper's Name | Camper's Name |
| Camp Session # | Camp Session # |
| Echo Lake Camp | Echo Lake Camp |
| PO Box 228 Echo Lakes Rd. | Lot #7 Echo Lakes Rd. |
| Echo Lake CA, 95721 | Echo Lake, CA 95721 |

General Camp Information Cont.

How Meals Work

As always, we pride ourselves on offering delicious and nutritious meals for our campers! We serve out meals buffet style, and campers may choose what they like from available options. Dining Hall attendants and our cabin counselors will be available to assist campers and assure a comfortable dining experience.

Campers planning out of camp trips may elect for our bag lunch option. Campers electing this option may sign-up in advance in the Dining Hall. Check with the Food Service staff in the Dining Hall for more information. Different dessert options are available at every dinner. Check the menu to see what treats will be served! Meals are not only a time for delicious food, but a time for shared community announcements, acknowledgements, and awards!

Meal Times

Unless otherwise announced at camp, meal times are as follows:

- Breakfast: 8:30 AM
- Lunch: 12:30 PM
- Dinner: 6:30 PM

Special Dietary Needs

Echo Lake Camp Food Service Staff will do their best to accommodate special dietary needs. Vegetarian options are served with every meal, and campers can submit special dietary needs at check in by completing a form at the main office. Campers can check the posted menu to see allergen information, vegetarian, vegan, and gluten free choices, and what is on the menu each day. Some special dietary needs may be more challenging for our kitchen to accommodate. If you have questions or concerns about your special dietary requirements, please contact the Echo Lake Camp Office at (530) 659-

7506.

Can We Eat with Friends at Meals?

Yes, if you have friends or family that you would like to eat with that is okay!

Coffee & Tea

Echo runs on coffee and tea! Our coffee and tea station is self-served, but a staff member will be available each meal to help assist you if needed. Once you have received your beverage of choice, you are welcome to get the individualized creamers, sugars, honey, etc. to add to your beverage at your table. We ask that you help us to keep the area clean.

Smoking

Smoking is not allowed anywhere in camp. If you must smoke, you may leave camp property to do so. Dry conditions atop Echo Summit create high fire danger in and around camp. Please use caution and extinguish cigarette butts fully.

Quiet Hours

Our evening Quiet Hours begin at 10:00 PM, and lights will go out around camp at 10:30 PM. In the morning, please be respectful of quiet hour until 7:30 AM- this includes use of our sports courts and common areas.



General Camp Information Cont.

Recreation Activities

Echo Lake Camp offers a wide variety of activities for all ages including arts & crafts, hiking, swimming, volleyball, basketball, archery, canoeing, theme days, special events, dances, evening activities, and more.

Most activities at 50+ Camp are camper led. Before camp, please contact Peter Mui and Jerrie Reining at petermui@gmail.com and jreining@gmail.com if you would like to lead an activity during your stay.

Activities will be announced at meals and additional information may be posted in the Dining Hall.

For games, reading books, or sports equipment please check in with a staff member who will be able to help you get you what you need. Please remember to return items to their original space once you are finished using it.

Do you want to keep your boots in your suitcase, completely relax, enjoy a good book or just be by yourself? We invite you to do exactly as you please during your stay at camp. We are certain you are going to have a wonderful time.

Swimming

The Echo Lake Camp swimming pool features a 25' x 50' swim area and will be available for morning and afternoon swim times under lifeguard supervision. The pool is open at set times and we ask that you do not enter the pool area when lifeguards are not present. Please follow all posted pool rules while utilizing the swimming pool.

Many of our campers enjoy also swimming in Echo Lake which is about a 15 minute walk from Camp!

Canoeing

Echo Lake Camp has canoes available for use during designated time periods. *Please note, canoes may not be available due to weather and other programmatic factors.*

Hiking and Out of Camp Adventures

Echo Lake Camp is an excellent place to venture out and take a hike. Ideally situated along the Pacific Crest Trail, there are miles of trails to be enjoyed around camp. Check in at the Camps Office for additional resources and hiking guides, also linked here, <https://docs.google.com/document/d/18LozoQ4-KHAK1eryQ6Cm7-xEbiGVJqSbMwH9VUXg6A/edit?usp=sharing>.

While we encourage campers to take advantage of camp's natural environment and want you to enjoy the hiking trails, we also want to remind you to please use caution whenever hiking. Please always make sure to tell someone exactly where you are going and how long you think you'll be gone. Always wear appropriate footwear for hiking (i.e. no flip-flops or sandals), and take the appropriate safety measures whenever possible.

If you are planning to leave camp for hiking or out of camp excursions, please notify the kitchen staff on the bag lunch sign-up sheet. Lunch fixings will be set out before breakfast (~8:00 AM) in the Dining Hall area each morning. Pack a lunch and mark it with your name. Think green! Although paper bags, Ziploc baggies, and paper napkins will be made available, we recommend bringing along a plastic sandwich container, a cloth napkin and lunch bag to help reduce waste if you plan to leave camp regularly. If you want to leave camp early (before 8:00) in the morning, check with the Kitchen staff about preparing a lunch for you. If you choose, you can bag up some dinner left-overs for lunch the next day. There is also sun butter & jelly for sandwiches, cereal, milk, fruit, coffee and tea available at all hours. This is a nut free environment.

Health and Safety

Camp Medical Staff On-Site

Echo Lake Camp employs medical Staff to assist with general first aid, and most of our staff are CPR/First Aid certified. Camp medical staff are available 24/7 if you need to speak with a medical professional. The Nurse's Station is conveniently located in the center of camp. In the unfortunate event that an emergency occurs, please know that the nearest medical facility, Barton Memorial Hospital, is a fifteen minute drive from camp.

Barton Memorial Hospital
2170 South Ave
South Lake Tahoe CA, 96150
(530) 543-3420

Illness and Accidents

Our medical staff will always be available via phone or radio. Our medical staff will hold office hours twice a day (after breakfast and before dinner) and are available 24 hours a day in case of emergency. In addition to our on-site medical staff, most of our staff hold CPR and First Aid certifications.

If medical treatment beyond first-aid is required, staff will make every effort to contact the family starting with the indicated parent or guardian, then the emergency contact.

Our camp's health hut has limited capacity to keep campers in extended isolation. In our experience, campers with medical conditions feel more comfortable recuperating at home.

Camp's policy is that Campers are responsible for transporting sick campers home. Camp fees will be refunded on a prorated basis when campers must return home early for medical care.

Sunscreen

Echo Lake Camp is located over 7,400 feet in elevation. This means that the sun's rays are more intense, and campers who are prone to sunburn. Please talk to your family about the importance of sunscreen and wearing protective layers while at camp.

What If I get COVID like symptoms at Camp?

If someone gets sick at Camp, we ask that they take themselves to the Nurse's Station to visit with our Camp Medical Staff.

- 1) Camp medical staff will complete a health and wellness screening for camper(s) experiencing symptoms
- 2) Camp medical staff will recommend a course of action which may include getting a COVID19 Test and/or isolation.
- 3) COVID-19 Onsite Testing at Echo Lake Camp: If a camper needs to obtain a COVID test because they are exhibiting symptoms, the onsite camp nurse will conduct a rapid test on site provided by the City of Berkeley.
- 4) Isolation While at Camp: Campers who get sick at Camp will be required to remain in isolation until the test result is returned. Camp will have designated cabin(s) set aside as Isolation Cabins in the event a camper is required to isolate if symptoms of COVID-19 occur.

Communicable Diseases, Fractures, Breaks, and Stitches

Campers with communicable diseases will not be allowed to attend camp until they are free of the disease, or until they are no longer contagious as determined by a doctor. Campers with fractures, breaks, or stitches must have permission from their physicians to attend camp. A Doctor's note must accompany or be submitted to the Camp office before arrival.

Camp Hygiene Standards

We encourage our campers to be clean! Before every meal, campers must wash their hands, and hygiene is reinforced throughout the camp experience. Your pre-camp support of this concept is appreciated. Bathrooms are inspected and sanitized three times a day by a member of our maintenance staff.

Packing List

Below is a list of recommended items your Camper may want to bring to help make their stay at camp more comfortable. Items bolded are strongly recommended. Echo Lake Camp is located above 7,400 feet in elevation. Our days are mild but our nights and early mornings can be quite cold and windy. **Please make sure you pack appropriate clothing for our colder weather, as well as some sturdy shoes for our uneven terrain.** For weather information, call the Echo Lake Camp office: (530) 659-7539.

Please clearly label all of your clothing and items brought to camp. This will greatly help us ensure your items will

Echo Lake Camp Packing Checklist

Clothing/apparel

- Jeans/Pants
- T-Shirts
- Lots of socks!
- Underwear
- **Warm sleepwear**
- Leggings / Thermal Underwear
- Sweatshirts
- **Warm Jacket**
- Rain Jacket / Pants
- Shorts
- Belt
- Hat
- Bathing suit
- Sunglasses
- Tank tops
- **Please label all items!**

Shoes

- **Closed-toe shoes (required)**
- Sneakers / Athletic Shoes
- Flip flops or Sandals (For the tent and showers)
- Water Shoes

For the tent

- **Warm Sleeping Bag**
- **Extra Blanket(s)**
- **Pillow(s)**
- Flashlight / Headlamp
- Extra Batteries
- Twin Sheet
- Book(s)
- Playing Cards
- Games
- Magazines
- **Please label all items!**

Other items

- **Water Bottle (required)**
- **Light Day Pack (backpack)**
- Beach Towel
- Camera
- Guitar / Musical Instrument
- Self-Addressed stamped envelopes
- Pens or pencils
- Sketch Pad

Toiletries

- Labeled toiletry case
- Medicines
- Menstrual products
- Towels
- Shampoo/Conditioner
- Toothpaste/brush
- Chap Stick/Lip Balm
- **Sunscreen**
- Wash cloth
- **Bug Spray**
- Eyeglasses / Contacts
- Contact Solution
- Face cleanser/wash
- Liquid soap
- Comb
- Moisturizer
- Lotion
- Razor

*Please contact the Camps Office if you have special dietary needs, or require refrigeration of food items for medical purposes.

DO NOT BRING

- Drugs, or Tobacco Products
- Animals
- Fireworks

- Matches or Lighters
- Pocket Knives or weapons of any type