

Group leaders this information is yours to communicate. An individual's attendance of an event at CBS implies their knowledge and consent of all information, rules and policies.

## INFORMATION & ORIENTATION

We are delighted you are coming! Campus by the Sea (CBS) is a non-profit camp, located on Catalina Island and operated by InterVarsity Christian Fellowship/USA. The only access to camp is by boat or hiking 5 miles. Below is helpful information.



### WHAT TO BRING:

**Clothing:** T-shirts, jeans, shorts, modest swimsuit, pajamas, underwear, layers for chilly mornings and evenings, hiking shoes, beach shoes (rocky beach), hat or baseball cap (sun protection).

**Bedding:** Bring a sleeping bag and a pillow rolled tightly together. CBS does not provide pillows or sheets/blankets.

**Miscellaneous:** Bath/beach towel, shampoo, soap, personal items, sunscreen, and **flashlight** (essential!!).

**You should not bring:** Radios, TVs, computers, tablets, electrical gadgets, drones, weapons, pets, spear fishing gear or SCUBA diving equipment.

### RECREATION:

**Waterfront:** swimming, ocean kayaks, paddle boards, snorkeling gear, inner tubes. On your group's first full day in camp, full waterfront activities are available afternoons from 1:30-4:30pm, *only at the stated times and when lifeguards are on duty*. **Entering the water from the pier is not permitted.** No SCUBA diving or spear fishing is allowed at CBS.

**Activities:** basketball, volleyball, ping-pong, tether ball, horseshoes, hiking, shuffleboard, disc golf, gaga pit

**Hiking:** There are a few easy trails within our canyon. More strenuous trails outside the camp property require permit instructions and trail maps from the camp office. Do not hike alone and no hiking or climbing on cliffs.

### MEDICAL INFO/MEDICINE DISPENSING/EMERGENCY SERVICE:

*Every camp participant must fill out an individual release form.* **Minor's form must have parent/guardian signature and emergency contact phone number.** Prescription drugs for minor campers must be in originally labeled bottles/packaging (no meds in baggies or zip locks) and given to camp's Health Supervisor for dispensing. Medication refrigeration is available. There is a medical clinic in Avalon and 911 service for emergencies. All individuals must have proof of insurance on their person.

### DINING ROOM:

**Dining Room Attire:** Shirts, pants/shorts/dress **and shoes** are required at all meals. No bathing suits.

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**Dietary Needs:** At CBS, we can easily accommodate vegetarians and vegans as well as those with allergies to gluten, lactose, peanuts and tree nuts. For most other conditions we need notification by phone 2 weeks in advance. Our kitchen is nut free, though some of our products may come from facilities where nuts are processed. *Include dietary information when you are registering for camp with your group.* Campers may store supplemental food in a camper fridge.

**Opportunity To Serve (OTS):** provides an atmosphere of service and team building. Be prepared to *provide 10% of your group* to help set tables before each meal, then wash dishes, reset tables and sweep/clean after each meal.

## GENERAL INFORMATION & CAMP POLICIES:

**Camp Store:** Open each afternoon and for a half hour prior to your departure from camp. Items available: sundries, souvenirs, beverages and snacks. Cash, checks and debit cards accepted.

**Communication: Cell phones do not work in camp.** There are two courtesy phones located: (1.) near Camp Store; (2.) near Lighthouse Seminar Room. *There is no Wi-Fi or internet access nor computer, e-mail, modem service for camper use.* **Please have speakers/administrators plan necessary downloads accordingly.**

**Messages and Mail:** The camp phone number is **(310) 510-0015.** (answered 9am-5pm daily)

The camp address is **Campus by the Sea, #1 Gallaghers Cove, P.O. Box 466, Avalon, CA 90704.**

Mail goes out daily at approximately 3:00pm. A mailbox for outgoing mail is located outside the camp office. Mail to campers should be sent a full two days before event (not recommended for weekend conferences).

**Facilities:** Enclosed cabins, open air cabins, tents. *No electricity in cabins or tents.* Centrally located rest rooms with flush toilets, electricity, and hot showers. Buffet-style dining hall and enclosed meeting rooms. *No camper laundry facilities.*

**Water:** CBS is located on a desert island where water is considered a precious resource. Campers are asked to *conserve water. We encourage guests to bring their own reusable container or water bottle and take short showers.*

**Fire and Smoking:** Due to extreme fire danger and isolation from outside assistance, absolutely **NO SMOKING** is allowed in camp except at the campfire ring at the beach. This includes e-cigarettes or vaping. No playing with matches, lighters or fireworks. *No candles are allowed at camp.* All cabins are supplied with a fire extinguisher. A \$150 fine will be charged to any individual or cabin who wrongfully discharges a fire extinguisher.

**Camper Supervision and Conduct:** Groups bringing minors must provide at least *one adult chaperone per cabin* unit. Chaperones provide supervision of campers at all times (i.e. meetings, meals, recreation and free time).

**No food in cabins:** Wild animals will enter buildings to find snacks. A centralized camper refrigerator is available for specialized diets.

**Alcohol and Drug Use:** Use of alcohol or any non-prescription drug will be cause for automatic dismissal from camp.

**Disciplinary Action and Property Damage:** Any camper sent home for disciplinary reasons *will pay all their own travel and related expenses, forfeit all camp fees and make full payment for any damaged property.* Fines will be charged for any defacement of CBS buildings or equipment due to negligence. Such activities are contrary to the very purpose of the camp and may jeopardize future use of the camp by the individual's group.