

# Campus by the Sea

## Information and Orientation

Campus by the Sea (CBS) is a non-profit camp operated by InterVarsity Christian Fellowship/USA. CBS is located on Catalina Island, three miles west of the town of Avalon. Its secluded beach is nestled between two mountain ridges. The only access to camp is by boat or hiking, as there is no road into camp. CBS provides a setting for retreats that is free from many of the mainland distractions. It is a place to appreciate nature and a simple lifestyle. An understanding of the following information and guidelines will make your stay at CBS a more enjoyable one.

### WHAT TO BRING

**Clothing:** Informal clothes such as T-shirts, jeans, and shorts; modest swim suit and beach towels; warm jacket or sweats for chilly mornings and evenings; practical shoes for hiking; and beach shoes. (CBS has a rocky beach).

**Bedding:** CBS does not provide linens so please bring a sleeping bag and a pillow (try to contain inside your luggage). CBS can no longer provide loaner pillows.

**Miscellaneous:** Towel, personal items, toiletry kit and flashlight (essential!!). There are no camper laundry facilities at CBS.

### WHAT NOT TO BRING

Radios, TVs, cellular phones, pagers, computers, electrical gadgets, video drones, weapons, pets, spear fishing gear or SCUBA diving equipment.

### GENERAL INFORMATION & CAMP POLICIES

**Messages and Mail While at Camp:** The camp phone number is (310) 510-0015. The camp address is Campus by the Sea, #1 Gallaghers Cove, P.O. Box 466, Avalon, CA 90704.

#### **Facilities:**

- Enclosed cabins, open air cabins or tents
- No electricity in cabins or tents
- Centrally located rest rooms with flush toilets, electricity, and hot showers
- Enclosed dining hall and meeting rooms
- Camp store with soda, candy, books, clothes, etc.

**Water:** CBS is located on a desert island where water is considered a precious resource. All campers are asked to conserve water when showering.

**Medical Info/Medicine Dispensing/Emergency Service:** Every camp participant must fill out an individual release and medical treatment consent form. Any prescription drugs for **minor** campers must be in originally labeled bottles or original packaging (do not send meds in baggies or ziplocks) and given to camp's Health Supervisor for dispensing. All refrigerated medications must be given to Health Supervisor to keep in secure refrigerator, not in "camper fridge." Avalon has a clinic for camper medical needs. 911 service is also available for emergencies. Campers must carry a copy of their medical insurance card.

**Recreation:** Waterfront – swimming, ocean kayaks, paddle boards, snorkeling gear, inner tubes. On your group's arrival day, only swimming will be available in afternoon, otherwise full waterfront activities are available afternoons from 1:30-4:30pm) Activities – basketball, volleyball, ping-pong, tether ball, horseshoes, hiking, and shuffle board. (available anytime)

**Swimming:** Swimming is allowed only at the stated times when lifeguards are on duty. Diving from the pier is not permitted. No SCUBA diving or spear fishing is allowed at CBS.

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**Hiking:** There are a few local trails for hiking within our canyon, as well as some more strenuous trails outside the property of camp. Hiking outside of camp requires checking out at the camp office and hiking with a partner. Hiking or climbing on cliffs and hiking to Avalon, is not allowed.

**Opportunity to Serve:** Please be prepared to help put out food on the tables before each meal, wash dishes, and reset tables after each meal. O.T.S. encourages an atmosphere of service and team building. 10% of total group numbers needed at each meal for O.T.S.. At least 5 volunteers +1 adult for small groups.

**Dining Room Attire:** Shirts and shoes are required at all meals. No bathing suits allowed.

**Dietary Needs:** At CBS, we strive to serve guests with dietary needs to the best of our ability. We are able to accommodate vegetarians and vegans as well as those with allergies to gluten, lactose, peanuts, and tree nuts. Our kitchen is nut free; however, some of our products come from manufacturers where nuts may be processed. If you have any of the above dietary needs or any other complex dietary needs simply contact us by email. You may contact our kitchen staff at [cbsoffice@intervarsity.org](mailto:cbsoffice@intervarsity.org) prior to your visit to camp. A camper fridge and microwave are available for those who have particular needs.

**Personal Drink Container:** To reduce wasteful, disposable cups, we encourage guests to bring their own reusable water container or insulated mug which can be rinsed in our dish room.

**Camp Store:** Open in the afternoons and for a half an hour prior to your departure from camp. Carries sundries, souvenirs, beverages and snacks. We accept cash, checks and debit card.

**Communication:** Cell phones do not work in camp. There is a pay phone located on the backside of the Main Deck and near the Lighthouse Seminar Room that requires coins or phone cards. There are no computer, e-mail, modem services or internet access available for camper use. Please have speakers/administrators plan accordingly.

**Mail:** Mail goes out daily at approximately 1:30 p.m. A mailbox for outgoing mail is located outside the camp office. Incoming mail will be distributed by your program director.

**Smoking and Fire:** Due to the 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. All cabins are supplied with a fire extinguisher, and a \$150 fine will be charged to any individual or cabin who wrongfully discharges one.

**Camper Conduct & Supervision :** Groups bringing minors must provide at least one adult counselor/chaperone per cabin unit. No food in cabins--wild animals will enter buildings to find snacks. Fines will be charged for any defacement of CBS buildings or equipment. We also request that chaperones disperse themselves among minor age campers at meal tables and provide supervision of campers at all times.

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

**Disciplinary Action and Property Damage:** Any camper sent home for disciplinary reasons will pay all travel and related expenses, forfeit all camp fees and must make full payment for any damaged property. Such activities are contrary to the very purpose of the camp and may jeopardize future use of the camp by the individual's group.

Every group leader has been provided this information and it is their responsibility to communicate it to their constituents. An individual's attendance of an event at CBS implies their consent with the afore mentioned rules and policies.