

Tulalip Natural Resources Outdoor Youth Camps

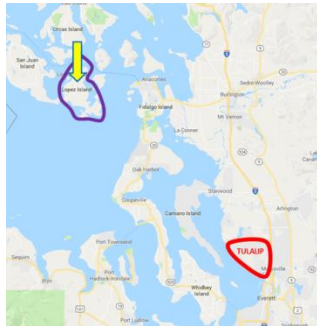


Frequently asked questions



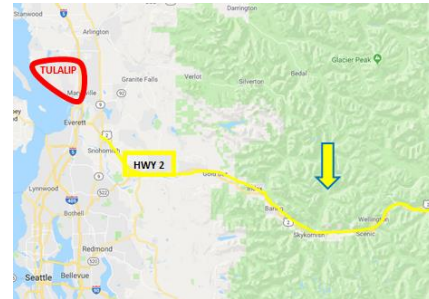
Where is the Tulalip Fish Camp?

Tulalip Fish Camp basecamp is located on Lopez Island in the San Juan Islands. Any excursions will occur on or around Lopez Island and within the Bureau of Land Management San Juan National Monument.



Where is the Tulalip Mountain Camp?

Tulalip Mountain Camp basecamp is located at the Tribes' co-stewardship area in the Mount Baker Snoqualmie National Forest called *swədaʔxali*. The backpacking portion of the camp will be in the Skykomish watershed area.



Where and when does camp begin?

Campers will meet and leave from the Kenny Moses Building, 6700 Totem Beach Rd, Tulalip, WA 98271.

For Fish Camp: Participants should arrive by 7:45 AM on Monday, July 15th. Check-in opens at 7:30 AM. The camp begins at 8:00 AM.

For Mountain Camp: Participants should arrive by 7:45 AM on Monday, August 5th. Check-in opens at 7:30 AM. The camp begins at 8:00 AM.

Who are the camp staff and teachers?

Our camp staff are Natural Resource Department staff who are environmental educators and experienced in working with youth; Tulalip staff will be joined by a YMCA counselor experienced in outdoor and backcountry education with an extensive background in working with youth in the outdoors. All YMCA counselors are also trained in Wilderness Medicine. Every camp staff team consists of at least one Wilderness First Responder with the supporting staff holding certifications in Wilderness First Aid. Student to staff ratio will be kept to 4:1.

Our teachers will be Tulalip elders who will guide the curriculum and share their teachings about the mountains. Natural and Culture Resources Department and Language Department staff will also share their expertise.

Do I have to have previous camping or hiking experience?

No. Students new to this type of adventure can be successful if they are very motivated, open to learning new skills, willing to work closely as a team, and are able to demonstrate leadership skills. Camp may be challenging at times, but the camp staff will ensure that everything is within the abilities of the group. You do not need to have any outdoor experience to participate and you do not need to be an athlete. Being in shape and physically active before you arrive is helpful but is not required. Come prepared to try new things, have fun and challenge yourself. You may make mistakes, but you will learn from them and go on to meet challenges, both individually and as a group.

Please note, however, that when campers fill out applications, there is eligibility criteria spelled out that will ensure that all kids who attend meet these criteria and are able to have a safe experience. This camp is remote and may not be the right fit for all kids. Feel free to ask if you have any questions or concerns.

Where will I sleep?

We provide light weight tents. You will use sleeping pads and warm sleeping bags, and you'll learn how to make a pillow out of your clothes! And don't worry, the camp staff will be sleeping in their tents close by.

What clothing and gear do I need?

All personal and group gear will be provided this year.

If you already own some equipment and would prefer to use it for your expedition, make sure that it is already on the packing list. Camp staff will inspect any personal equipment at the beginning of your camp, and if it does not meet the standards of the course, you can store it with the Camp Director. Space will be available for storing luggage and excess clothing. *Please leave all valuables such as jewelry, iPods, cell phones, video games and other electronic devices; weapons, including camping knives and hatchets; fireworks; tobacco products; illegal drugs; and alcohol at home.*

Once you have handed in an application and accepted in to the camp, a packing list will be provided.

What will I eat?

We love good food! Eating well is really important to all of us that work here, and you can expect lots of lessons on cooking and opportunity to show your skill in the kitchen on any trip you do. The menu is largely vegetarian and 30% organic, with lots of grains, pasta,

cheese, beans, veggies, fruit, and nuts. Meat is heavy and spoils easily, but we do occasionally eat tuna and chicken. You will also be given a supply of healthy snack food to eat whenever you are hungry. We are also looking to incorporate some traditional foods into the menu as well. To prepare, we suggest that you cut down on soft drinks, caffeine and junk food. Start eating well-balanced meals and drink plenty of water.

Can you accommodate my food allergy or special diet?

Yes! If you have any special dietary restrictions (nut allergies, lactose intolerance, wheat allergy, etc.) please [list it on your health form](#) so we can accommodate your specific needs.

What happens with my prescription medications while on expedition?

All prescription medications must be noted on your medical form prior to the expedition. Medication use is overseen by the trained YMCA counselor. Please bring your prescription medications and non-prescription medications in separate, labeled, non-breakable, waterproof containers (Ziploc bags are great!). Students with prescription inhalers and epinephrine injections must bring two sets of medication. The counselor will carry one, and the participant will carry one in case of emergency. Students who would suffer severe consequences if they were to miss a dose of medication due to damage or loss should bring back-up doses of that medication.

Should I bring contacts or glasses with me?

Either glasses or contact lenses are acceptable on expedition. However, sterile lens care is difficult on the trail and their use is not encouraged. Whether you wear contacts or glasses, you should think about bringing an extra pair.

What about iPods, MP3 Players, Cell Phones, E-Readers, iPads, Hand-held Video Games, GPS Devices and CD Players?

All electronic devices should be left at home. Outdoors and electronics just don't get along. We travel only with watches, small flashlight, and headlamps.

Can I bring a camera?

A digital camera will be provided for the group to take turns using.

What about showers and toilets?

The camp staff will demonstrate bathing options when appropriate, and explain more about hygiene upon your arrival. The base camp area will have pit latrines nearby. Students will learn the sophisticated art of pooping and staying clean and hygienic in the backcountry, while also leaving our camp area beautiful and pristine.

Will I be able to keep in touch with family and friends?

Camp staff will have satellite phones for emergencies. They will also have scheduled check-ins by satellite phone with their course directors who monitor all campers from the YMCA home base. We know it may be challenging for some to be away from home for five to six days, but the satellite phone is for staff only, and we think you will be surprised by just how fast the camp goes by! Parents, if there is an emergency, there will be a number to call so you can get word to your child.

How do we get around?

A YMCA mini-bus will transport students to and from the Kenny Moses Building and the camp.

Should I bring spending money?

No. Money is not needed and strongly discouraged.

How much does the camp cost?

Camp is free this year because of grant funding received by the Tribes'.

Will parents be able to participate with their students?

This is not a family camp. This is an opportunity for students to find inner strength and challenge themselves and find out more about themselves. Students may not be able to have the same experience with their parents there.

HOWEVER, parents and other family members will be invited to a closing ceremony at the Kenny Moses Building on the last day of camp to welcome back students.

Wait! I have more questions!

Feel free to contact Kelly Finley at (360)716-4604 or email at kfinley@tulaliptribes-nsn.gov.