



welcome!

RICHARDSON BAY Audubon CENTER & SANCTUARY

Audubon Summer

# ADVENTURES

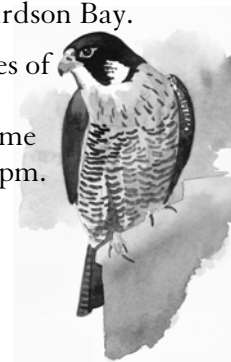
## Dear Audubon Family:

Thank you for registering your child in Audubon Summer Adventures **Expedition Camp**. We're excited your child will be a part of our camp program this year! Please take your time and carefully read through **all** the following information. If you have questions or concerns regarding any of the enclosed information, please contact us at [camps@audubon.org](mailto:camps@audubon.org).

**R**ichardson Bay Audubon Center & Sanctuary's mission is to conserve and restore natural ecosystems by inspiring and educating our community, with a focus on youth, and by emphasizing conservation initiatives related to our Sanctuary on Richardson Bay.

Our sanctuary is located on Richardson Bay and is comprised of 11 acres of uplands and 900 acres of bay. We are part of a nation-wide network of National Audubon Society nature centers. The public is welcome to come explore our site for free Monday through Saturday between 9am and 5pm.

Audubon's programs have your children exploring, observing, asking questions, and simply enjoying the wonderful wildlife found in our Sanctuary and their own back yards.



## Keep in Mind:

- Pick up is at **3pm**. If your child is going to Extended Camp, bring an extra snack and pick up is by **5pm**. Late fees apply.
- **The camp day begins at 9am**. You may bring your child directly to their group.
- Kids get messy here! Pack an **extra bag of clothes & shoes** that will stay the week. Be sure to **label everything!** Layers are encouraged.
- **No flip flops**. ALL shoes or sandals **MUST** have a **back strap**.
- **Backpacks, reusable water bottles, and hats** are great for every day at camp.
- Apply **sunscreen** everyday before camp
- **Code of Conduct** – campers, Staff, Youth Naturalists, and families are expected to behave respectfully with each other and our Sanctuary and its inhabitants at all times.
- Remember **Audubon is a Sanctuary**. No collecting (includes rocks, shells, feathers) or picking on site.
- We are a **Peanut-Free** camp to help keep all our campers as safe as possible.
- **Leave electronics and toys at home**. Relevant books are welcomed.



## Audubon Summer Adventures Code of Conduct

- We expect campers AND our Staff to behave respectfully while here at Audubon Summer Adventure camp.
- To maintain a physically and emotionally safe environment for all, we will not tolerate hitting, fighting, foul language, or running away from camper groups.
- We believe in treating children with dignity and respect.
- Summer Teacher Naturalists will guide children by positively setting clear, consistent, fair expectations for behavior. They will reinforce positive behaviors and attempt to redirect inappropriate behavior to more acceptable activities.
- Children that are excessively disruptive to the group or that place the group in an unsafe situation will be brought to the Camp Director's office and will return to their group once they are able to behave in a safe and respectable manner.

Hike through local habitats

Discover diverse life from tidepools to woodlands

Have fun exploring nature in a group setting

## Make lunch Waste-Free!

One crucial way to help conserve and restore natural ecosystems is by reducing the trash we make and the packaging we buy. Audubon programs help kids make connections between their actions and their environment. You can help us by providing waste-free lunches everyday so we can significantly reduce the waste we put into our landfills. For example, please use containers to store food, instead of plastic bags; include water bottles instead of juice boxes; and add in a cloth napkin instead of a paper one. Label all items with your child's name so they go home each day with your child. Thank you!

### Here are some yummy, easy ideas:

Bulk snacks, like crackers, pretzels, or trail mix  
 Reusable water bottles! ☺  
 Fruit, like sliced apples, grapes, oranges, etc.  
 Precut blocks of cheese  
 Bulk yogurt put in reusable containers  
 Main courses in reusable containers  
 Reusable utensils  
 Reusable cloth napkins

### Please avoid

Juice boxes  
 Capris sun  
 Individually wrapped snacks  
 Single servings of yogurt/cheese  
 Lunchables  
 Baggies  
 Throw-away utensils  
 Paper napkins

For more ideas or information check out:  
<http://www.whatscooking.info/catalog.php>  
[www.kidsconserve.com](http://www.kidsconserve.com)  
[www.fabkins.com](http://www.fabkins.com)



## Safety and health

Our main goal is to keep campers safe and happy. However, since this is an outdoor program, there is a chance of coming into contact with certain dangers, including - but not limited to - bees, wasps, mosquitoes, ticks, and poison oak. Please check your child for ticks each day. If your child has a severe allergy to any of the above, inform their Teacher Naturalist.

Teacher Naturalists will reapply sunscreen as appropriate during the day. If you have specific sunscreen you would like applied please bring sunscreen with your child's name on it.

In order to help keep all of our campers and Staff healthy this summer, please keep all campers that have or have had a fever within the last 24 hours at home. Campers must be fever free without medication for a full 24 hours before attending camp.

## To think about

Is my child ready for a more advanced camp that involves some long hikes and teamwork?

How do we act when we visit a wildlife sanctuary?

Is my child excited to learn more about the natural world around them?

**Directions:** 101 N or S take 131/E. Blithedale/Tiburon Blvd Exit. Head East (toward Tiburon). In 0.8 miles turn right on Greenwood Cove Dr. This becomes Greenwood Beach Rd after the Cove Apartments. Look for Yellow Victorian Lyford House on Right and Richardson Bay Audubon Center Sign. Buses may turn around in the Church parking lot (just past the Center, the first driveway on the left).