

A Few Points To Be Emphasized:

- **Do not bring any electronic items**, except a camera, or any other items prohibited at school such as alcohol, tobacco, other drugs, matches or lighters, or weapons of any kind (to include pocket knives). The idea is to get away from electronic diversions and focus on the great outdoors.
- Do not bring any food or snacks. You will have plenty to eat with three full meals a day.
- *Cell phones do not work at the camp, so don't bring them*
- Do not bring any expensive items which may be lost or damaged.
- See the list on page two for what you should bring.
- **NOTE: there will be a bag limit for the retreat. Bring at MAXIMUM...**
 - **1 Overnight Bag, 1 Small Day Bag/Back Pack, 1 Sleeping Bag**
 - **Extra bags will be left behind!**
- Parents and guardians: in case of an emergency where you must contact your child at the camp, contact The Vanguard School office at 719-471-1999, ext. 200. The Vanguard School will contact our staff at the camp. All communication must be routed through The Vanguard School office to insure they are aware of any personal or other changes at the camp.
- All members of the Ponderosa camp staff are first aid and CPR certified except for the Security Team. Members of the Security Team have received Security Emergency training. We have coordinated with Ponderosa for any first aid needs. We will also have vehicles on site at the camp in case emergency transportation is necessary.
- As stated above, if you need to contact your child or a member of the high school staff while at Ponderosa, you should do so through The Vanguard School. However, if it is necessary to call the camp directly (such as during the evening or night), the phone number is 719-481-2482 or 719-331-2882 (for emergencies only).
- Directions to Ponderosa (in the event of an emergency cleared through the Vanguard School): Take I-25N to Exit 163; at top of Monument Hill, go east on County Line Road 2 miles and make a left onto Furrow Road. Camp is 1/2 mile on the left.
- Permission and medical forms are available online.
- \$160 fee payment may be done on line at: <https://thevanguardschool.revtrak.net/field-trips/#/f/high-school-camp>

What to Bring to the Retreat:

Keep in mind the bag limit...

- 1 Overnight Bag, 1 Small Day Bag/Back Pack, 1 Sleeping Bag
- Extra bags will be left behind!
- Sleeping bag
- Pillow and cover
- Pajamas
- Underwear (3-5 pairs)
- Socks (4-6 pairs)
- 1-2 pairs of long pants
- 2-3 pairs of shorts
- 2-3 short sleeve shirts
- 2-3 long sleeve shirts
- Light jacket or sweater/sweatshirt
- Raincoat or poncho
- Hat with visor
- 1 pair of closed toe shoes (tennis shoes)
- 1 pair of sandals
- **Water bottle (essential!)**
- Sunscreen
- Towel and washcloth
- Soap in soapbox
- Comb/brush
- Toothbrush and toothpaste
- Feminine products (as necessary)
- Mosquito repellent (non-aerosol)
- Flashlight/headlamp
- Running clothes/shoes (for cross-country team members)
- Some spending money for camp souvenirs, snacks, and game room (not required)
- A great attitude

Form Checklist: all the following must be turned in to complete registration.

- Vanguard Permission Slip
- Student Medication Permit For Overnight Field Trips
(1 form required for each medication the student will have on the retreat)
- Ponderosa Recreational Activity Release and Waiver Form
- \$160 Payment (<https://thevanguardschool.revtrak.net/field-trips/#/f/high-school-camp>)