

AMPLIFY SLEEP AWAY AND DAY CAMP FAMILY HANDBOOK

RULES, TIPS AND SECRETS TO THRIVING AT AMPLIFY

TABLE OF CONTENTS

Letter from the Director...	2
What our Campers are Saying...	3
Quick Information Guide...	4
Progressive Programming...	5
Packing (& Leave Behind!) Lists...	7
Don't Forget Your Forms...	10
Code of Conduct Review...	11
Bag Check Policy Review..	12
Schedule Overview...	13
Camp Culture...	14
Camper Health...	15
When a Parent Can Expect a Phone Call from Us...	15
The Magic of Disconnecting from Devices...	16
Staying connected...	16
Camp Mail...	17
Care packages...	17
Private Lessons...	17
Flying Solo...	18
Off Campus Intersession and Day Trips...	19
Spending Money...	19
Last Day of Camp...	19
FAQs...	20
Pre Camp Checklist...	23

Welcome to Amplify 2025!

- **Location:** Besant Hill School, Ojai, CA.
- **Drop-off & Pick-up:** Sundays 2:00-4:00 PM; Saturdays 11:00 AM-Noon.
- **Day Camp:** Monday-Friday 8:45 AM-5:00 PM.
- **Off-Campus Trips:** First Wednesday and in- between sessions
- **No Cell Phones:** Camp is a tech-free environment
- Read and sign all mandatory paperwork
- Bring 14 days' worth of clothes, toiletries, bedding, and swim gear.
- Parents/guardians must immediately pick up a camper in possession of prohibited items such as drug and nicotine paraphernalia including CBD, weapons, alcohol, and more.
- Upon arrival, turn in all medications in the original bottle clearly labeled with doctor's prescription or OTC directions for use, then placed in a zip lock style bag labeled with the camper's full name. Only send the doses needed for the campers time at camp.
- Parents/guardians will be notified of extreme homesickness, anxiety, illness, injury and behavior issues.
- Hydration, nutrition, and hygiene are top priorities.
- Consent and communication are key values.
- No bullying, discrimination, or prohibited substances allowed.
- Trained staff are available 24/7.
- Letters & care packages encouraged (no food/candy!).
- No phone calls unless pre-arranged.

Last Day of Camp:

- Sleepaway camper pick-up: Second Saturday 11:00 AM-Noon.
- Day campers 5:00 PM M-F (9:00 PM on second Friday).
- Late pick-up fees apply.

Final Checklist:

- Forms completed via CampBrain.

- Bag checked for all required & prohibited items.
- Transportation finalized.
- Camper prepped for an exciting, independent, and fun-filled summer!

Let's make this summer **EPIC!** See you at camp! ❤️

Dear Campers and Families

On behalf of the entire team of instructors, counselors, and everyone else behind the scenes at Amplify Sleep Away and Day Camp, I want to extend a warm welcome to our 2025 season! This is our 14th year of bringing you a summer full of adventure, art, friendships, and growth.

Throughout the years, we have made many changes to improve how we fulfill our mission to empower girls through music education, the creative arts, community, and positive mentorship. We are once again proudly in residence at Besant Hill School, our beautiful summer home in upper Ojai, CA. We are excited for this continuing partnership and are planning for each year at Besant to be better than the last.

The one piece that we will *never* change is our dedication to hiring the best positive mentors in the business. Our instructors, counselors, and wellness staff are the embodiment of leadership, inspiration, and empowerment. Amplify instructors are powerful role models who have worked for years blowing doors open in their field and are ready to share their skills and industry knowledge with campers in their immersive program. Our counselors, many of whom are former Amplify participants, take great care to create a warm, supportive, and compassionate environment for all campers. Our youngest campers as well as day campers have a dedicated counselor to help them navigate their day. So whether your camper is at the pool, picking up drumsticks for the first time, grabbing the mic on stage at the showcase, or creating a photo portfolio that they can use for college

applications, you can be certain that there's a team behind them, cheering them on, supporting them when they need it, and helping them find the power of their voice.

Last but not least, we will be sending photos out and updates during camp via our private Facebook group, the link to join this group can be found in your confirmation email from when you registered.

We hope you enjoy this handbook as a means of getting to know more about what Amplify is all about. We encourage you to go through the handbook with your camper(s) to discuss any rules, protocols, and other important information. We are grateful for you and are absolutely certain this will be the best summer yet.

Sincerely

A handwritten signature in blue ink that reads "Jen Baron". The signature is fluid and cursive, with the first name "Jen" and last name "Baron" clearly distinguishable.

Jen Baron

Executive Director

Jen@amplifyartsproject.org

805-699-5247

What our campers are saying

Did you know? According to a study by the American Camp Association, 70% of parents reported that their child gained self-confidence and independence through their camp experience. Our evaluations show that campers highly rank the following statements as true (3.2 out of 4 or higher ranking on average):

- I feel like I belong

- I learn about new things
- There is at least one staff member who really cares about me
- I have made meaningful friendships
- I am connected to other campers who really care about me
- I feel safe
- I am respected for who I am
- I feel like I can be myself
- I feel safe to express myself
- I have a chance to learn new things that I don't get to learn anywhere else
- I feel more proud of my own gender
- I have more respect for members of my own community, people in other cultures, races/ethnicities, genders and orientations, and myself
- I learned I can do things I didn't think I could do before
- I have gained technical skills in music, media and the arts
- I have developed skills that can help me in a future career
- I am better able to appreciate opinions that are different from my own
- I am more likely to do what is right, even if my friends make fun of me

Since coming to Amplify:

82% of campers agree they feel better about themselves

89% are better able to express themselves

93% do a better job of making sure people are treated fairly

Our location: Besant Hill School 8585 N OJAI RD, OJAI, CA 93023

QUICK INFORMATION GUIDE

SLEEP AWAY CAMP 2 week sessions: (grades 3-12) <ul style="list-style-type: none"> • June 22 - July 5 • July 6 - 19 	DAY CAMP Monday - Friday 2 week sessions: (grades 3-8) <ul style="list-style-type: none"> • June 23 - July 4 • July 6 - 18
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- July 20 - Aug 2

4 week sessions: (grades 3-12)

- June 22 - July 19
- July 6 - Aug 2

6 week session: (grades 3-12)

- June 22 - Aug 2

Drop Off and Pick Up Times

- Drop off is between 2:00-4:00pm on Sunday. Pick up is between 11:00 am-noon on Saturday.

Amplify Express Shuttles (\$200 round trip)

Arrival Day

- Departs LAX on Sundays at 2:30 pm
- Departs Beverly Hills High School @ Spalding Dr at 4 pm

Departure Day

- Arrives at Beverly Hills High School at 10:30am
- Arrives at LAX no later than noon

- July 21 - Aug 1

Drop off and Pick up Times

- All day camp sessions are Monday - Friday 8:45-5 (Lunch provided)
- Pick up after the Showcase (on the last day of each session) is 9:00pm, Dinner is included.
- On the last Friday, day campers are invited to an optional after showcase sleep over either in a tent on the field or, space allowing, in the dorms. Pick up is Saturday 11:00 am. (Dinner and breakfast provided).

Beach Day

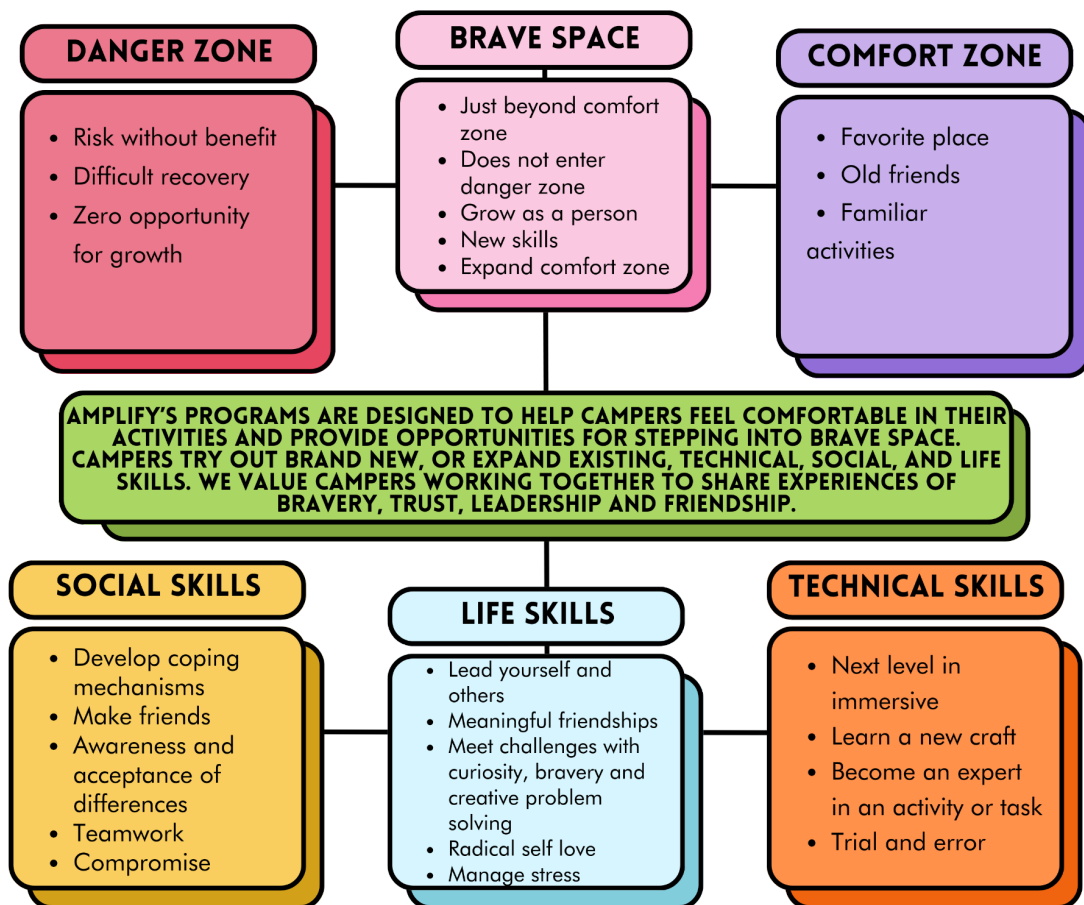
The first Wednesday of each session is a beach day. Campers will pack a provided sack lunch and bring a swimsuit, towel, book, water bottle and sunscreen.

Note All medications must be turned in with the health and wellness coordinator according to our protocols outlined below.

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BRAVE SPACE

Every activity at Amplify is designed to help campers navigate between their comfort zones and brave space. While a drummer plays a brand new beat in their band, a photographer experiments to find her style, and a writer shares their piece on the mic, each camper is also building powerful social, life and technical skills.



PROGRAMS THAT GROW WITH YOUR CAMPER

We divide campers into four groups by grade to provide opportunities where they can step into *brave space* throughout their activities and classes. Here, campers try out brand new, or expand existing, technical, social, and life skills.

Each program values campers working together to share experiences of bravery, trust, leadership and friendship. Grade-based cohorts allow for age appropriate opportunities and experiences

GRADE	GROUP	PROGRESSIVE PROGRAMMING
3–5	Electric youth	<ul style="list-style-type: none">• Designated residential counselor to help with daily routines, meal times, and help campers have a blast yet still follow rules and expectations• Reside on the same floor as the restroom and shower and have an earlier bedtime• Super fun field day one day a week with “free choice” schedule• Electric Youth enjoy many group activities to promote a positive sense of community, plus emphasis on breaks for play, snacks, and downtime.• Staff keep track of camper schedules• Focus on beginning to develop a sense of personal independence, resilience, and basic skill building.
6–8	Lights	<ul style="list-style-type: none">• Age appropriate elective activities introduce campers to new interests• Staff help campers keep track of their schedules - so they get to their amazing activities on time• Staff are particularly attentive to naturally changing social dynamics• Lights Only Swim Party - Under the Stars• Participate in the camp leadership council where they provide their input on camp activities, build problem-solving skills and help plan camp special events.• Participate in a ‘Rite of Passage’ Ceremony – a special event that encourages team challenges, personal reflection activities and ends with a symbolic ceremony to mark their transition into adolescence in a fun and bonding way.
9–12	Legends	<ul style="list-style-type: none">• Deeper dive into electives content and skills with meaningful and relevant discussions on issues that matter to young high school age campers• Keep track of their own schedule, have an evening free time block and enjoy a later bedtime• MC talent show• plan and lead mid-session dance party

		<ul style="list-style-type: none"> • Overnight camp out at the beach
11-12	Leaders in training (LITs)	<ul style="list-style-type: none"> • Have their own mentor on staff who specializes in leadership development • Enjoy a later bedtime • Learn to lead in a safe environment without fear of failure • Help plan and teach an activity and are role models to younger campers • Amplify's community-based environment promotes a healthy, low-pressure growth experience to become empathetic adults • Off-Campus Trips: Participate in exciting and bonding activities such as adventure parks, kayaking, and more, fostering team spirit and leadership. • Rites of passage journey • Choose a Specific Staff Role to shadow allowing them to learn hands-on skills such as live sound engineering, teaching drums, or other specialized areas, gaining real-world experience in their field of interest. • Some of Amplify's awesome camp counselors were once LITs

PACKING LISTS

MANDATORY FOR ALL CAMPERS

(contact a director if any of the following might be hardship for your camper to bring)

- ☐ 14 Days worth of clothes suitable for 80°+ weather:

For a 2 week session, we suggest a minimum of:

- ☐ 8 Pairs of shorts
- ☐ 10 T-shirts/Tank tops
- ☐ 2-4 Pairs of jeans/pants
- ☐ 2 Sweatshirts (nights can be very chilly)
- ☐ 2 Long-sleeved shirts
- ☐ 1 Light jacket
- ☐ 6 Pjs
- ☐ 4 Cozy pants/shirt sets for lounging such as sweat pants, leggings, etc
- ☐ 14 Pairs of socks

- ☐ Underclothes for 14 days
- ☐ 2 Swimsuits
- ☐ 1 Pair of sneakers
- ☐ 1 Pair of flip-flops/sandals
- ☐ Bedding/linens
 - ☐ Regular Twin fitted and top sheet
 - ☐ Pillow with pillowcase
 - ☐ Cozy blanket or sleeping bag
 - ☐ Light/throw blanket
 - ☐ Bath towel
 - ☐ Beach towel
 - ☐ Hand towel
 - ☐ Washcloth
 - ☐ Laundry bag
- ☐ Toiletries/Personal hygiene items
 - ☐ Toothbrush and toothpaste
 - ☐ Hair grooming items such as a brush, comb, bonnet
 - ☐ Hair products such as shampoo, conditioner, oil
 - ☐ Soap/body wash
 - ☐ Moisturizer
 - ☐ Face care items such as acne cream
 - ☐ Caddy or bag to store and carry hygiene products from dorm to shower/bathroom
 - ☐ Menstrual products
- ☐ Prescriptions and over-the-counter medication(s) (turned in to health supervisor upon arrival:
 - Must be in a clear, resealable zipper storage bag with camper's full name and age clearly written on the front
 - Must be in original packaging with dosing instructions.
 - We can only dispense medications that are listed in the camper's medical file. Please contact a director if you need to edit the medical form.

- If sending pills, please only pack the amount of doses needed while at camp. Count out the amount of pills needed from the afternoon on day 1 to breakfast on day 7, 14, 28, etc. Do not send more doses than needed for camp.
- ☐ Don't forget!
 - ☐ Labeled water bottle
 - ☐ Small backpack, bag, or tote
 - ☐ Sun/outdoor protection: hat, bandana, sunglasses, sunscreen, lip balm, bug repellent

LEGENDS and LITs (9TH - 12TH GRADERS) and CAMPERS STAYING 4 OR MORE WEEKS PACKING ADD-ONS

- ☐ Sleeping bag
- ☐ Sleeping pad or mat
- ☐ Overnight backpack
- ☐ Flashlight or headlamp

ADDITIONAL ITEMS FOR CAMPERS STAYING 4 OR MORE WEEKS

- ☐ Cash or debit card for at least 3 meals and snacks per intersession trip

OPTIONAL PACKING LIST ITEMS

- ☐ Cash (mandatory for multi-session campers)
- ☐ Extra funky clothes for the FINAL SHOWCASE!
- ☐ Swim gear: goggles, water shoes, snorkel and mask
- ☐ Pre-addressed, stamped envelopes
- ☐ Flashlight/headlamp
- ☐ Parasol
- ☐ Non-SIM card/Wi-Fi audio player and headphones, pre-loaded with enough music and content to help your camper adjust, especially

when going to sleep at night (such as [Campfire Player](#), [Mighty Vibe](#) or a drag and drop [MP3 player](#)). Please no old phones.

- ☐ Disposable, digital, and/or Instax camera
- ☐ Basic Ereader preloaded with books
- ☐ Traditional wrist watch (Please no smart watches)
- ☐ Alarm clock
- ☐ AM/FM radio
- ☐ Sleep sound machine and/or twinkle lights to create a calm and restful sleeping environment
- ☐ Journal, pen, and tape for writing, drawing, and saving ephemera
- ☐ Clip-on fan or fan/water bottle combo
- ☐ Book(s) with reading light
- ☐ Amplify provides all equipment, but campers can bring their own ukulele, bass, guitar, flute, violin, etc. if desired. Please clearly label anything you don't want to accidentally donate to us!
- ☐ Check out our blog post on how to prepare for a tech free camp!

LEAVE THESE BEHIND

If the following items are found at camp, we reserve the right to IMMEDIATELY DISMISS all campers involved without a refund.

- Anything for non medical reasons with a digital screen, sim card or ability to connect to Wi-Fi (except basic eReaders). We are an offline camp! The prohibited list includes but is not limited to:
 - cell phones (even without a sim card)
 - computers and tablets
 - smart watches
 - digital games and gaming devices
- Weapons: knives, guns, slingshots, etc.
- Hair Dye
- Scissors/x-acto knives
- Non-prescribed substances: vapes, drugs, cigarettes, alcohol, etc.

- Age-inappropriate activities such as adult party games, piercing and/or tattoo kits, drug/nicotine paraphernalia (even if camper brought by mistake or is not theirs)

CERTIFIED AND TRAINED SERVICE DOGS as defined by California state law are the only animals campers are permitted to bring

Necessary Forms

If forms are not filled out before camp begins, campers cannot attend camp.

Please head over to your online account and fill out all of your forms as soon as possible.

You can access the mandatory forms by visiting www.amplifyrocks.org and hitting the family login button. Once you log in, click on the Forms tab.

Required for all campers:

- Camper Information
- Medical Form
- Waivers and Agreements
- Bag Check

Required on as-needed basis:

- Reserve a seat on the Amplify LAX or Beverly Hills High
- Financial aid request

CODE OF CONDUCT REVIEW

Everyone at Amplify programming is expected to follow the golden rule: Be cool. Be cool to others. Be cool to the stuff. Be cool to our campus. Be cool to yourself. By cool, we mean, practice kindness, have fun, be a force of positive energy, talk to someone if you're having a problem, and treat people and things with sensitivity, awareness, and compassion.

We strive to create and sustain an environment in which growth is prioritized. While we do have expectations and rules in place to keep everyone safe, we value honesty and conversations over consequences; however, blatant disregard for Amplify expectations will result in consequences. We are all capable of contributing positively to the camp culture!

Everyone is responsible for aligning their actions with the following expectations. Take a moment before leaving for camp to discuss each item. You can check off items as you go and sign the bottom to indicate you are READY TO ROCK:

- ☐ Treat yourself and all those around you with respect, kindness and appreciation.
- ☐ Respect the pronouns and names that campers and staff use
- ☐ Respect everyone's physical and emotional boundaries. Ask for permission before touching another person or their things. Rather than complimenting someone on how they look, give a shout out for something you saw them do that you thought was awesome.
- ☐ Take care of yourself. Eat, drink and sleep enough to have energy for a full day of camp.
- ☐ Take care of others: If you notice someone else having a hard time, inform staff so they can help (this can be anonymous).
- ☐ Take care of your surroundings.

☐ No cellphones, drugs, alcohol, vapes, nicotine, weapons, tattoo/piercing kits, nor hair dye are allowed.

☐ No bullying. Camp is a safe place for you to be open-minded, thoughtful, inclusive, supportive, and helpful, as well as vocal, opinionated, brave, and bold.

☐ Follow the schedule and be on time.

Campers, raise your hand and declare to your adult the following oath:
I hereby solemnly swear to have fun, learn new things, go on adventures and BE COOL, in accordance with this code of conduct. I understand that not only bringing prohibited items is UNCOOL, I will be dismissed from camp immediately without a refund.

Bag Check Policy

We take the safety of our campers and staff very seriously. We view our parents/guardians as partners in helping keep Amplify a safe summer community. **Parents and guardians are responsible** for checking their camper's bags, pockets, etc for any prohibited items.

If my camper is found in possession of such items, I understand I will be called and asked to immediately (within 8 hours) pick up or provide transportation for my camper. If Amplify must provide or arrange transportation off campus for my camper, I will be charged to cover all associated costs with a minimum fee of \$500.

The following prohibited items will be confiscated and disposed of by staff. Campers found in possession of any of these items risk being dismissed immediately from Amplify with all refunds forfeit:

Nicotine in any form including vape pens and related paraphernalia

Drugs, including CBD products, and related paraphernalia

Alcohol

Weapons

Tattoo/Piercing kits

Although a first time offense of bringing the following items do not immediately result in dismissal, it will impact a decision for dismissal if the camper violates other aspects of the code of conduct. The following items will be confiscated by a staff member and returned to the parent/guardian at pick up:

Cell phone (even without a sim card)

Smart watch/etc

Clothing that depicts or celebrates alcohol, nicotine or drug use, or that is in violation of our code of conduct

Sharps such as scissors, X acto knives and box cutters

SCHEDULE OVERVIEW

The First Day (Sleepaway Camp)

2:00 Welcome to camp!!! An Amplify staffer will take you through the check-in process, help with luggage, and introduce campers to their counselors

4:15 Camper Orientation: learn everyone's names and get to know your way around Amplify

6:00 Dinner

7:00 Evening activities & assembly

8:45 Bedtime Routine

9:30 Lights out for Electric Youth (3rd-5th graders)

10:00 Lights out for Lights (6th–8th graders)

11:00 Lights out for Legends (9th–10th graders) LITs Self Regulate

Typical Day at Camp

7:30 RISE & SHINE

8:00 BREAKFAST

8:45 MORNING ASSEMBLY

9:00/10:30 IMMERSIVE COURSES OR ACTIVITY CHOICE

12:00 LUNCH

12:30 FREE TIME, PRIVATE LESSONS & OPEN SWIM/REST

2:30/3:45 IMMERSIVE COURSES OR ACTIVITY CHOICE

5:30 DINNER

7:00 EVENING ACTIVITY

8:30/9:00 NIGHT GROUPS

9:30 BED/FREE TIME

11:00 LIGHTS OUT ALL

CAMP CULTURE

We've spent a lot of time thinking about how to create the safest, most enjoyable and inclusive environment around. Amplify is a beautiful, supportive place where campers not only pursue their full potential but also find the confidence to be themselves and work collaboratively with others. We encourage campers to focus on what they CAN do (which is a whole heck of a lot) to help them realize that absolutely anything is within reach if they just TRY...and try again.

Our mission is to empower girls through music education, the creative arts, community, and positive mentorship. Amplify is dedicated to changing girl culture to one where we lift each other up instead of tear each other down. There's enough space on this rock for every voice to be valued, my friend. And eliminate sexism while we're at it!

Consent is really important here, as we believe it should be part of everyday life! This applies to anything from taking someone's picture to giving an encouraging elbow bump. Just ask, it takes 2 seconds! We encourage and foster healthy, open communication among staff and campers alike, and consent is a SUPER important part of that!

It's also super important to remember that campers and staff come from all over, not just our lovely SoCal 'hoods. Everyone here has had different stories and experiences, so let's be respectful of others' lived narratives. Show compassion, have patience, be kind. We want Amplify to be a safe place for ALL, not just some.

It'll be a lot of campers' first time at camp—and maybe even their first time sleeping away from home! To help every camper feel as comfortable and welcome as possible, we pair everyone with a buddy during orientation. Buddies check in with each other at meals, assemblies, and at other times throughout the day, offering a familiar face and some extra support.

CAMPER HEALTH

The best way for campers to maintain healthy habits at camp is to set intentions and expectations ahead of time. Campers are expected to:

- eat enough food to provide energy for an active day;
- stay hydrated with at least 2 liters of liquid through food and drink;
- keep up personal hygiene with regular showers, clean clothes every day, handwashing, and feeling prepared for their period (perhaps even their first!);
- keep dorm rooms clean; and
- communicate with a counselor if they are having any problems they need help addressing.

EXTRA HELP

Guardians are asked to be open with an Amplify director if their campers need a little extra help, for example with regard to disordered eating, bedwetting, neurodiversity, particularly intense periods, and similar side

effects of being human. Knowing about things like these ahead of time will prepare us to take care of everyone as well as possible. The more we know about your camper's needs, the better chance for success for all.

WHEN A PARENT CAN EXPECT A PHONE CALL FROM US

Pre camp

- One of our health supervisors will contact parents/guardians if they need to check in on health information as needed.
- If any required forms/documents are missing

During camp

- Camper has health issues such as illness, allergic reaction, not eating, extreme anxiety that is beyond general homesickness, injury that is beyond the scope of a band aid or ice pack, or at the recommendation of our health supervisors.
- Camper has behavior issues such as intentionally violating or disregarding a major rule in our code of conduct, such as bringing prohibited items, or multiple general rules such as disrespecting other campers or not listening to staff.
- Camper requests persistently they want to be picked up (beyond a general feeling that passes)

Below are some health issues that may come up for campers, plus tips to help your camper adjust to Amplify!

ADJUSTING TO LIFE WITHOUT A DEVICE - THE MAGIC OF DISCONNECTING

Amplify requires all campers to leave their communication devices at home or with us until the end of their session(s). If you and your camper are accustomed to being in touch all the time, you both may experience very

real withdrawal symptoms. For campers, feelings of attachment to phone use start to subside after 3 days as they start to immerse themselves in the community, new friendships, and all the fun of Amplify. For parents, guardians, close relatives, and friends at home, it may feel uncomfortable to trust that your camper is okay and that staff will be in touch if the need arises.

We ask loved ones to support campers to fully immerse themselves in a world of art, friendship, and community—without constant notifications buzzing a smart watch, the temptation to use a phone to fill a moment of idle time, or texting in a time of uncertainty or loneliness. Disconnecting allows campers to be present with the amazing community of friends and counselors, develop confidence in their ability to solve problems on their own, get a taste of independence in a safe and supportive environment, and learn how to navigate new experiences without immediately relying on digital communication. The connections campers build with each other, their counselors and each other become deeper and more meaningful without digital distractions. They learn to solve problems, communicate face-to-face, and embrace challenges with a resilience that's hard to develop in a tech-driven environment.

We understand that being away from home without daily check-ins can feel like a big step, both for parents and campers. Rest assured, our camp staff is always available to communicate with parents when needed, and we will contact you if there's anything important to share. Letting your child unplug for a couple of weeks (or more) at camp is a powerful way to help them grow, thrive, and create lifelong memories.

GET CAMPER BUY-IN

Talk to your camper in advance about how they feel about not being able to have their phone with them at Amplify. Help them make a pros and cons list, and talk about if they think a digital detox can be good for people. Ask them how they feel about being without their phone,

and troubleshoot anticipated problems with some of these suggestions...

REPLACE WITH NON-SCREEN OPTIONS

Check out our blog post on going tech free at camp and a list of useful items that can help replace devices for a couple weeks such as

- Non-WiFi music and/or podcast player and headphones loaded with enough music and content to help your camper adjust, especially when going to sleep at night
- Digital camera
- Traditional wrist watch/alarm clock/radio
- Books, magazines, basic eReader pre-loaded with books
- Age appropriate games such as playing cards, board games, etc
- Sleep sound machine and/or twinkle lights to create a calm and restful sleeping environment
- Journal, pen, and tape for writing, drawing, and saving ephemera
- Letter writing materials such as pre stamped and addressed envelopes, paper and pens
- Crafts like knitting, crocheting, felting, beadwork, and paint by number (sharp items must be used in the presence of staff)

For more ways to help your camper adjust to the fun and friendships in real time at Amplify, check out <https://amplifyrocks.org/blog/> for a post about unplugging at camp.

STAYING CONNECTED

With exceptions, we do not recommend phone calls home while campers are at Amplify as it tends to promote homesickness. Our staff work hard to ensure all campers are socializing, feel at home, and are having a blast. If you anticipate that keeping in touch with you will help your camper be more

successful at camp, please arrange ahead of time. If at any point you need to contact your camper, please call or text a director.

Amplify provides a private space to accommodate virtual therapy as needed. To request this, please indicate this in your camper's medical forms. A health and wellness coordinator will call you to make arrangements.

CAMP MAIL

Send along pre-addressed postcards, envelopes, blank paper, and pens addressed not only to you, but to your camper's friends and loved ones. Make sure those same people have the correct mailing address for your camper, and make the return address where the camper usually lives:

**Besant Hill School
Amplify
Camper First and Last Name
8585 Ojai Santa Paula Rd
Ojai, CA 93023**

FLYING SOLO

Camp starts on the Amplify Express! To join us in time, be sure **flights arriving to LAX land between 10AM and 2PM**. You will be connected with our driver's name and phone number before travel.

Please **send your camper with a cell phone to communicate with us when they land**. Your camper can **turn in her cell phone to the driver for the duration of camp** and get it back upon departure.

The shuttle driver will meet your camper outside their baggage claim and depart LAX no later than 3pm. Amplify will use a rental vehicle for the purpose of airport shuttles. All passengers must wear seat belts and

remain seated while the vehicle is moving. Shuttles contain safety gear such as a first aid kit and are inspected regularly for proper function. No smoking, vaping etc permitted in the vehicle.

Please call us as soon as you are aware that your camper's flight is delayed. An Amplify staff member will meet her at LAX, but an added fee may be incurred if the delay requires us to hire a transportation service.

On your camper's departure day, flights out of LAX should depart between 1PM and 5PM.

OFF CAMPUS TRIPS

Overnight Camping Trips - All 9th-12th grade campers go on one overnight camping trip with our trips team and a lead staff member. These trips have been an awesome bonding experience for our oldest campers. Our staff will help campers pack and remember to bring everything they need for the campout.

Intersession Trips - Campers enrolled in multiple sessions will join us for unforgettable weekends where our trips team takes campers on fun day trips and return to campus for a slumber party.

Some trips require a long drive or a trip on the ferry. Please provide motion sickness medicine or Sea Bands for your camper if this is a concern.

All trips have a special packing list. Whether or not your camper thinks they will go swimming, a swimsuit is required, especially for intersession and camping trips.

If any item is a hardship for your family, please let us know so we can make sure your camper is all situated!

Some trips have special waivers that must be signed beforehand. Failure to sign a waiver for intersession trip activities will result in an inability for your camper to go on the trip and require you to pick them up at the regular pick up time and drop them back off at camp the next day.

Day Trips

All Amplify sessions include at least one incredible off-campus day trip. Depending on when and how long they are staying, campers may find themselves spending the day at Santa Claus Lane, a beautiful beach in Carpinteria, CA, gliding along a lazy river, playing putt putt, puzzling out an escape room, and other mini adventures.

SPENDING MONEY

You can choose to load up spending money for the camp store, or send your camper with a debit card. Campers also will have the opportunity to buy snacks, treats and souvenirs at off-campus trips. During camp, all meals are provided *EXCEPT* on intersession trips, where campers will pay for 1 breakfast, 2 lunches, and 1 dinner. Therefore, all multi-session campers must bring a debit card for these special meals. At a minimum, we recommend \$15-20 per meal.

LAST DAY OF CAMP

Sleepaway camper pick up **11:00 am - noon 8585 N Ojai Rd, Ojai Ca 93023**

Day camper pick up is 5pm Monday - Friday with the exception of the second Friday which is 9pm.

Please join us for our Amplify picnic on the last day of camp. Bring your favorite dish to share and a blanket to sit on, meet our staff, have your camper introduce you to their new friends and show you around campus.

FREQUENTLY ASKED QUESTIONS

Why are campers grouped by grade?

The chart toward the beginning of this zine explains our 4 different levels of progressive programming. Campers are placed in groups where they are most likely to feel comfortable with pedagogy style, peers, and activities. Bands, electives, immersive lessons, and dorm rooms are sorted by group, with maturity and instrument skill level taken into consideration.

How do you assign campers to dorm rooms?

We arrange campers into dorms ahead of time, taking into consideration roommate requests, shared interests, and many other questions found on the camper registration form you filled out. Each camper will have 1 to 3 roommates.

Are campers supervised at all times?

Yes! Staff are always in eyesight (or earshot) during waking hours. Overnight, staff reside in dorm rooms with clearly marked doors right alongside campers and are available 24/7.

Do campers choose daily activities?

Yes! Every day (and sometimes 3x a day!) campers get to spend several hours choosing what activities they want to do. Options include swimming, songwriting, karaoke, skateboarding, and more. Campers also have free time every day where they can play games, write letters home, kick around a soccer ball, practice their instrument/photography, or jam out in an open practice space.

How many campers attend each Amplify session?

About 80-95 campers attend each Amplify session.

Is there any way I can see my camper's final showcase?

We archive each showcase on our youtube channel:

https://www.youtube.com/channel/UC_RdeIAMQJAlenNaP2YVp9A

Plan a super fun welcome home activity of watching the recording of the showcase!

How can I prepare my camper for Amplify?

There are MANY things you can do now to help make the transition as smooth as possible. First, you can get them used to cohabitation by letting them sleep at a friend's house or visit relatives for a few days. It's helpful to simulate a situation in which they're sharing a room. Second, encourage independence by having them partake in grocery shopping, make their own bed every day, even practice packing their camp bags. Feel free to get in touch with us if you'd like more suggestions.

What if my camper gets homesick?

Dealing with homesickness is a normal part of going away to camp. Our counselors ensure that campers are well taken care of and help to put them at ease. Our first course of action is to hear them out and connect them with a friend, camp buddy, or mentor. When the camper feels ready, we then redirect them to the scheduled activity. Some guardians may experience anxiety, especially if it's their camper's first time at a sleep away. While it may be tempting to call campers, this can actually promote homesickness and may make it more difficult for them to transition back into camp life. Try to remember that an immersive summer camp experience is good for your child, and our staff is hired based on compassion, communication, and love of working with youth. **If homesickness is a worry for you and your camper, the American Camp Association (ACA) suggests the following tips to help guardians prepare for camp:**

- Encourage your child's independence throughout the year. Practicing separations, such as sleepovers at a friend's house, can simulate the camp environment.
- Involve your child in the process of choosing a camp. The more that the child owns the decision, the more comfortable the child will feel being at camp.

- Discuss what camp will be like before your child leaves. Consider role-playing anticipated situations, such as using a flashlight to find the bathroom or going without their phone.
- Reach an agreement ahead of time on calling each other. Amplify has a no-phone-calls policy. Unless it's an emergency, we ask that everyone to honor it.
- If a "rescue call" comes from the child, offer calm reassurance and put the time frame into perspective. Avoid the temptation to take the child home early.
- Acknowledge, in a positive way, that you will miss your child. For example, you can say "I am going to miss you, but I know that you will have a good time at camp."
- Talk candidly with the camp director to obtain their perspective on your child's adjustment.
- Don't feel guilty about encouraging your child to stay at camp. For many children, camp is a first step toward independence and plays an important role in their growth and development.
- Trust your instincts. While most incidents of homesickness will pass in a day or 2, research shows that approximately 7% of cases are severe. If your child is not eating or sleeping because of anxiety or depression, it is time to go home. However, don't make your child feel like a failure if their stay at camp is cut short. Focus on the positive and encourage your child to try camp again next year.
- Don't bribe. Linking a successful stay at camp to a material object sends the wrong message. The reward should be your child's new found confidence and independence.

- Send a note or care package ahead of time to arrive the first day of camp, or bring care packages to drop off to be distributed on predetermined days.
- Pack a personal item from home, such as a stuffed animal.

PRE-CAMP CHECKLIST

- ☐ Get excited! You're going to the best camp on Earth!!!
- ☐ All forms are completely filled out via <https://amplify.campbrainregistration.com/> including waivers, the transportation form and medical form
- ☐ Have a family discussion about the Code of Conduct. These are the rules that we expect all campers to understand and hold themselves and others to.
- ☐ Bag check! Ensure no mandatory items were missed.
- ☐ Check for prohibited items once before leaving for camp and again at drop off. Search ALL suitcases, bags, pockets, etc for the following items and/or their chargers: unapproved digital devices, illegal or age-inappropriate substances, etc (see bag check policy for full list of prohibited devices).
- ☐ Linens! Please bring bedding including twin sheets, cozy blanket and/or sleeping bag, and pillow with pillowcase
- ☐ Showcase attire if you like dressing up, glamming out, spiking your hair, or putting on any kind of stage outfit
- ☐ Letter writing materials: Don't forget pre-addressed stamped envelopes and/or post cards, as well as a cool pen and some stationary
- ☐ Finalize transportation: Make sure your trip is well planned and you are ready to get your camper to LAX, Beverly Hills High School (shuttle location on Spalding Dr), or to Amplify's campus at Besant Hill in Ojai
- ☐ Label all belongings

- ☐ Encourage independence: Remember that even good, exciting change causes stress. Remind your camper (and yourself) that this feeling of stress will pass. Once your camper has dropped their bags and joined the group, there are a million opportunities for making friends, trying new things, and having a blast. We got you!
- ☐ Hello parents. We know separation anxiety is real for both campers and their parents. We understand if you are tempted to “sneak in” a phone. However, that is against our rules. Instead, contact one of our highly experienced camp directors prior to camp so we can design a mutually agreed-upon communication plan together.

This summer is gonna be EPIC!!!!!! We can't wait to see you!

♥,
Team Amplify