



Dear Campers,

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We are all very excited here at MSA as the time is soon approaching for your adventure on the Island! The staff is prepared and anxious to give you a week filled with fun, learning and adventure!

Please make sure all the paperwork needed for camp is filled out completely and returned with your balance due one month prior to your arrival at camp. If you have already paid in full, please send the paperwork to our office one month before your camp. Our CATALINA mailing address is: **MSA, P.O. Box 5084, Avalon, CA 90704**. Children cannot attend without the forms signed and payment received. **NO FORMS ARE ACCEPTED AT CHECK-IN!**

*****We must receive the balance due and signed forms or your child will not be allowed to board the boat!***

Boat transportation: This year we will be using the Catalina-Marina del Flyer located in Marina del Rey. Directions are enclosed in this packet.

Phones: Campers may not use phones at camp. This helps keep students focused and prevents homesickness. **Please** no phone calls from parents unless there is an emergency. For us to run a quality program we cannot be preoccupied with numerous calls from parents.

Mail: Parents may mail letters to their children. Do **not** mail later than Monday. **Please** no CARE PACKAGES. Mail is slow to the island, so please allow 2-3 days for delivery. Campers can write letters home but must provide their own stamps and stationery.

Discover Scuba Dive: If you wish for your child to take part in the scuba dive adventure there is an additional cost of only \$125. This fee pays for all the gear they will need to participate. To make the arrangements we must receive a completed dive waiver and the \$125 fee no later than three weeks prior to your child's arrival to camp. Children must be 12 years of age or older, in good health and not taking medications of any kind.

Camp shirts and sweatshirts can be purchased at camp. Sweatshirts are \$30.00 and t-shirts are \$12.00. Please send the enclosed order form to our office.

Two Harbors General Store: Campers will have the opportunity to visit Two Harbors General Store to purchase snacks, sodas, candy, etc. Campers should bring money with them if they wish to purchase such items.

Medication: Medication must be in the original bottle with detailed instructions. Our medic staff can only administer doctor's written prescription on the container. All medications must be put into a zip-lock bag with the camper's name clearly written on it. Please do not pack medication in luggage. You will be turning in all medications at the registration table.

Upon return, medications will be placed in your camper's luggage.

Thank you, MSA Staff

Mountain and Sea Educational Adventures

P.O. Box 5084 Avalon, CA 90704 Phone: (310) 427-7845 Fax: (310)-684-5685

info@mountainandsea.org

List of Things to Bring

- Sack Lunch for the first day
- QUARTERS to take showers (each quarter lasts approx. 90 seconds for showers)
- Clothes
- Bathing Suit
- Jacket
- Shoes (2 pair, hiking and shoes that can get wet)
- Hat, sunglasses
- Flashlight with extra batteries
- Toiletries
- Sunscreen
- Towel
- Spiral Notebook (5 x 7 or larger)
- 2 Pens/pencils
- Water bottle
- Day Pack (backpack)
- Sleeping bag
- Pillow
- Plastic bag for wet items
- Wetsuit/mask and snorkel (optional, we provide)
- Fishing pole & tackle (optional)
- Camera and binoculars (optional)
- White shirt for tie die (optional)
- Hawaiian attire for our Hawaiian Luau
- Willingness to have fun and learn!
- TEEN CAMP ONLY: Insulate pad for one night of camp out (optional)

Do not bring to camp!

- Electronic games
- Walkman or CD players
- Suitcases (pack everything in a soft pack)
- Bad attitudes

Please label luggage with camper's name, phone number, and "MSA@Two Harbors" clearly written on the card.

Campers need to be able to carry their own gear at least 100 yards in one trip. **DO NOT OVERPACK!**

Please do not bring unnecessary valuables. M.S.A. is not responsible for lost or stolen items.

MSA SCIENCE CAMP'S CAMPER HEALTH HISTORY

CAMPER'S NAME:

LAST	FIRST	MIDDLE

BIRTH DATE:

	SEX:		AGE:	
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PARENT, GUARDIAN (OR SPOUSE):

	PHONE:	
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HOME ADDRESS:

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NUMBER

NUMBER AND STREET CITY STATE ZIP CODE PHONE

BUSINESS ADDRESS:

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NUMBER

NUMBER AND STREET CITY STATE ZIP CODE PHONE

EMERGENCY CONTACT:

	PHONE:	
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IF NOT AVAILABLE IN AN EMERGENCY, NOTIFY:

	PHONE:	
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HEALTH HISTORY

If anything on this list applies to the camper, please fill it in with date and occurrence, if possible.

Hypertension		Insect Stings		Others:	
Asthma		Frequent Ear Infections			
Bleeding/Clotting Disorder		Hay Fever			
Convulsions		Phobia's			
Diabetes		Heart Defect or Disease			

Have you had any serious injuries? Explain:

CAMPER HEALTH HISTORY

DO YOU HAVE ANY DISABILITIES?

DO YOU HAVE A RECURRING ILLNESS?

DO YOU HAVE ANY FOOD ALLERGIES OR DIETARY REQUIREMENTS?

ARE THERE ANY ACTIVITIES WHICH SHOULD BE LIMITED DUE TO A PHYSICIAN'S ADVICE? SNORKELING, KAYAKING, HIKING?

ARE YOU TAKING ANY MEDICATIONS CURRENTLY? IF YES, SEND DETAILED INSTRUCTIONS!

ANYTHING ELSE OF A MEDICAL NATURE THAT WE SHOULD BE AWARE OF? EXPLAIN:

NAME OF FAMILY PHYSICIAN:	PHONE NUMBER:	()	DATE OF LAST PHYSICAL
DO YOU CARRY INSURANCE?		INSURANCE CARRIER:	
<p>IMPORTANT: The following must be completed or attendance will be denied. To the best of my knowledge the health information given here is accurate and the camper described has permission to engage in all camp activities with the exception of the written notices above.</p> <p>EMERGENCY AUTHORIZATION: I do hereby give permission to the medical personnel selected by the Camp Director to order X-ray, routine tests and treatment for the camper or campers named above. This form may be photocopied for use of camp.</p>			
Signature of Parent/Guardian: _____		Witness: _____	
Signature of Minor: _____		Date: _____	
<p>I also understand and agree to abide with the restrictions placed on my camp activities!**</p>			

Mountain and Sea Educational Adventures Waiver of Liability

1. THE UNDERSIGNED HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE Mountain and Sea Educational Adventures, its director, employees, and agents (hereinafter referred to as "releasees") from all liability to the undersigned and all his or her personal representatives, assigns, heirs and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned or such children whether caused by the negligence of the releasees or otherwise while the undersigned or such children are in anyway involved in or participating in any programs organized by or affiliated with Mountain and Sea Educational Adventures.

2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage or cost they may incur due to the undersigned or such children in anyway participating in, observing or engaging in any programs organized by or affiliated with Mountain and Sea Educational Adventures whether caused by the negligence of the releasees or otherwise.

3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR THE RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE to the undersigned or such children due to the negligence of releasee or otherwise while in anyway participating in, observing or engaging in any program organized by or affiliated with Mountain and Sea Educational Adventures.

4. THE UNDERSIGNED further expressly agrees that the foregoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. THE UNDERSIGNED agrees to allow Mountain and Sea Educational Adventures to film/photograph your child solely for the purpose of marketing our program.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representation, statement or inducement apart from the foregoing written agreement have been made.

I have read this release: => SIGNATURE: _____
Parent or Guardian

DATE: _____

NAME OF CHILD IN THE PROGRAM: _____

DATES OF SESSIONS: _____

This must be read completely and signed in order for your child to participate.



MSA Summer Camp DISCIPLINE POLICY

We are looking forward to a fantastic time at camp. In order to run a smooth camp and to ensure a safe environment for all, the following behaviors can result in your child's dismissal.

1. Fighting
2. Stealing
3. Possession of illegal substances
4. Possession of weapons
5. Refusal to obey camp rules
6. Behavior that would put other campers at risk

I _____ understand that any misconduct resulting from the above will result in my child's immediate dismissal at the cost of the parent.

Note this cost includes the parent coming to Two Harbors to pick up the child. Please sign this form and send in two weeks prior to your child's arrival to camp or give it to the MSA staff before boarding the boat.

Parent or authorized signature _____ Date _____

Campers signature _____ Date _____

M.S.A. Shirt Order Form

If you would like to purchase a sweatshirt or t-shirt for your child, please mail this form to our office. (Do not add shirt money to your camp balance payment. Make a separate payment.)

Please MAIL all checks payable to:
Mountain and Sea Adventures
P.O. Box 5084 Avalon CA 90704

Shirts \$12.00

Sweatshirts \$30.00

*Sizes available: Child Medium and Large,
Adult Small, Medium, Large, & Extra Large*

<u>Item</u>	<u>Size</u>	<u>Price</u>	<u>Total \$ due</u>
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WETSUITS AND FINS SIZES

Please fill out this form and return it to:
M.S.A. P.O. Box 5084 Avalon, CA 90704

Campers Name: _____

Height: _____

Weight: _____

Shoe Size: _____ Please circle: men's women's children

Please return this form as soon as possible.

DIRECTIONS TO MARINA DEL REY

Catalina-Marina del Rey Flyer

13737 Fiji Way, C2

Marina del Rey, CA 90292

(310) 305-7250

Boat Departure time will be at 9:30 a.m. on Sunday mornings. (PLEASE ARRIVE AT 8:30 A.M. FOR CHECK-IN!!) You will not be able to check in before 8:30 a.m., and no later than 8:50 a.m. The boat will return on Fridays at approximately 5:15 p.m. DO NOT BE LATE PICKING UP YOUR CHILD!! Boat arrival times vary due to the amount of time it may take to load and off-load passengers and luggage.

If you are more than ½ hour late picking up your child you will be charged \$1.00 per minute.

Take the 405 fwy. To the 90 fwy. West

Turn left on Mindanao

Turn left on Admiralty Way

Turn right on Fiji Way

Enter the Fisherman.s Village Parking Lot.

The ticket booth is located on the left side of the blue and white lighthouse when viewed from the parking lot.

Parking is \$8.00 per day.

There is free parking available within walking distance.

Medication Instructions

If your child has medication that must be administered, please fill in the needed information.

Do not pack your child's medication. You will need to turn it in to our staff when you check-in.

Please place this form along with the medication in a zip loc bag. Please label the outside of the zip loc bag with your child's name on it.

When your child arrives back in the Marina, please be sure to check their bags before leaving the Marina del Rey to ensure they have not left their medication behind!!

Child Name: _____ Age: _____

Parent Name: _____

Name of medication: _____

How and when to administer: _____

Anything else we should know regarding your child's medications:
