

**CREATING LIFELONG  
MEMORIES**

**WELCOME**

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**PARENTS GUIDE**  
**Summer 2026**



## Welcome to YMCA Camp Edwards

We are excited that you have chosen Camp Edwards for your child this summer. The Parent's Guide is to help answer any questions you may have to ensure your child has a great overnight camp experience.

### Arrival Sunday

Arrive between 2:00 – 3:30 pm

Remember to have your health history form completed before check-in and bring any medication with you to check-in.

### Departure Friday

This is a perfect time to find out about your campers experience that week and take a few pictures. Checkout is from 12:00 – 4:00 pm

## Getting to Camp

**New this year** – Families can drop off and pickup their campers at Camp Edwards. The drive up to camp is through the picturesque San Bernardino National Forest. Just 45 minutes from Interstate 10 and Redlands CA.

Camps' physical address is: 42842 Jenks Lake Road East, Angelus Oaks, CA. 92305. Take Highway 38 east (Lugonia Blvd) through Mentone and up the mountain through Angeles Oakes. Turn Right on Jenks Lake Road East, drive about 2 miles and look for the YMCA Camp Edwards sign on the right side of the road.

**Camp Bus** – camp will provide transportation to and from the Highland YMCA located at 7793 Central Ave. Highland, CA 92346 for a \$50 fee. All campers should arrive at 1:00 pm on Sunday and must be picked up at the Highland YMCA on Friday at 5:00 pm. You must wait with your campers to check in, drop off any medication and turn in health history forms.

## Behavior at Camp

At camp, we foster an inclusive environment filled with friendship, respect and character development. Campers that cannot live within the rules of camp or are adversely affecting the experience of other children will be dismissed without a refund. Parents are then responsible to

come to camp and pick up their child.

## Cabin Mate Requests

Please know that cabin mate requests must be mutual (other parents must request your child too) with campers in the same program and within one year of age and grade of one another and the



same gender. Cabin Mate requests must be completed during the registration process. We will do our best to honor these requests provided they are made at least one week prior to the start of camp. Note: Most campers come alone. Making new friends is a big part of the camp experience! We will honor mutual requests, however our ability to accommodate multiple requests is dependent on overall registration. If you have any questions please contact Lia Pila, [lpila@ymcaeastvalley.org](mailto:lpila@ymcaeastvalley.org)

## Who do I contact with questions?

Lia Pila, Executive Director Camp Edwards

909-425-9622 ext. 7308

[lpila@ymcaeastvalley.org](mailto:lpila@ymcaeastvalley.org)

Please leave your name and contact information at the number above, or you can send an email to the one provided above. Email is the best form of communication to get questions answered that you may have.

# HEALTH AND SAFETY

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## Health History

[The Health History Form](#) (Child Profile in Daxko) is required to be completed prior to check-in day. A signed medical release waiver must also be on file for all children before they can check in to camp in Daxko. State Health Codes require that immunizations are up to date. If a child has any severe health conditions, has recently stopped taking a behavioral medication or has recently been under a doctor's care, a physician's authorization is required for camp attendance. If none of these conditions apply, a doctor's physical is **NOT** required.

## Pre-Camp Health Screening

Please send healthy kids to camp. Upon arrival, we require each family complete a detailed health check verifying your child is healthy and symptom free. If your child is sick and therefore unable to attend camp, we are always willing to transfer them to another session based on availability. Camp staff will facilitate a daily symptom check with each camper. If a child exhibits symptoms, they will be isolated and must be picked up ASAP.

## Medications

It is important that medications, including non-prescription medications (cough drops, vitamins, etc.), are not packed in your child's things. All medications are to be submitted to health care staff at check-in (State Law). Prescription drugs must be in the original container with physician's instructions. If there is more than one kind of medication, please place the original containers into a Ziploc bag labeled with camper's name. You will be asked to provide further information in our online health history form regarding the dosage and frequency for dispensing your child's medications, and we will verify the instructions during check-in.

## Insurance

You, as parent or guardian, are responsible for any medical costs incurred while at camp. Be sure to provide accurate information regarding your insurance carrier on the Health History Form.

## Missing Home

Going away to camp can sometimes be a challenging event for children and parents! We understand parents' concerns and will work with you to ensure that your child has a positive experience. Our first practice is very simple – PREVENTION. We find that keeping campers busy is the best anti-homesickness strategy around. Sometimes, however, children still experience varying degrees of anxiety. We will support, encourage and help your child in working through this challenge. Most of the time we are successful. If your child is having a hard time adjusting, we will phone you to seek

your support (you are the expert on your child). If needed, we will discuss further courses of action.

## **Our practice is to call you if a camper is out of program for more than two hours.**

**Allergies:** We are familiar with managing allergies, whether environmental or food borne. Please note all allergies clearly on the Health History Form and discuss with camp health staff upon arrival. For more information contact, Lia Pila [lpila@ymcaeastvalley.org](mailto:lpila@ymcaeastvalley.org)

**Illness:** If your child is sick, please do not send them to camp. Please contact the call center and we will try to reschedule their camp session in cases of documented illness. For illness during camp, unfortunately we must enforce a zero-symptom policy. For all other health matters, we will call you if your child is out of program for more than two hours (sometimes they are just tired and need to rest!). We will also call you to report any accidents more severe than a simple scratch or splinter.

**PLEASE BE SURE TO PROVIDE US WITH – COMPLETE EMERGENCY CONTACT INFORMATION. ESPECIALLY IF YOU ARE TRAVELING OR GOING ON VACATION.**

## MAIL CALL & MORE

### Phone Calls Home

There is not an opportunity for campers to call home during the week. However, if a child is feeling anxious and asks to call home, we will make it happen! We want all campers and parents to feel comfortable with their experience. If a phone call helps, then we will find a time in between activities to work that out. Our staff may also contact you to discuss information about goals, behavior, homesickness or even a special achievement.

### Visiting Day

We do not allow visiting days during the week and only allow parents/family to visit on opening and closing days of each session. Coming to camp is a great step in fostering independence, and mid-week family visits can prove to be disruptive to that goal!

### Mail

Camper's love receiving letters at camp.

**SAMPLE ADDRESS**

Camper's Name, Session # \_\_\_\_\_  
YMCA Camp Edwards Cabin # \_\_\_\_\_  
42842 Jenks Lake Road East,  
Angelus Oaks, CA. 92305

### Camp Store

Yes! Our camp store offers plenty of goodies for campers to purchase. Parents have the opportunity to add money to the camp store for the week, and campers can order something each day. We recommend \$20.

### Lost and Found

We manage lost and found items through the camp session. On check out Friday, be sure to check our display of any unclaimed items. If you discover something is missing upon your return home, call the camp office as soon as possible. After two weeks, we will donate any unclaimed items to a local charity.

### Lodging

Campers stay in lodges that house up to 10 campers and staff. The cabins are adjacent central restrooms and there is a shower house next to the swimming pool.

# EQUIPMENT LIST

Please mark camper's name on each item. The YMCA is not responsible for lost or damaged personal articles. Please leave valuables at home. Pack old stuff! There's lots of dust and soil at camp. All clothes and shoes will need a good wash when camp ends...

## Required Items

- Bedding (Sleeping Bag or Sheet and Blanket)
- Pillow and Case
- 2 Pairs Long Pants
- 3 Pair of Shorts
- 1-2 Jackets or Sweatshirts
- 5 T-shirts
- 1-2 Swim Suits
- 5 pair of underwear
- 6 pair of socks
- Pajamas
- 1-2 pair of sturdy sneakers
- A hat or cap with a brim
- 2 towels
- Toiletries – soap, toothbrush, toothpaste, shampoo
- Comb/Brush
- Lip Balm/Chapstick
- Sunscreen Lotion
- Reusable Water Bottle
- Insect Repellent
- Flashlight

## Optional Items:

- Book, reading material
- Stationary, stamped envelope
- Camera
- Sunglasses
- Day pack

## NOT PERMITTED

- Candy or Food
- Alcohol, Drug, Tobacco, Vapes
- Weapons, Fireworks, Makeup
- Offensive Material

# YOUR WEEK AT CAMP

## Bus Check-In Procedure

- Arrive at the Highland YMCA. There may be a line so be prepared to wait a short time before your camper is checked in.
- Place labeled luggage in the luggage pile.
- Check-in your camper at the check-in table. They'll receive a name tag to wear.
- Visit the health center station – all campers/parents/guardians must check-in with the nurse. Head lice checks will be performed on all campers before they join their cabin mates.
- If your camper has any medication, they must give it to the camp nurse at registration. It must be a pharmacy bottle with camper's name, medication dosage, and directions on the label. OTC medications must be in the original bottles and must also be given to the camp nurse.
- No medication is allowed in cabins. This is for every camper's safety.
- If you are not the adult who will be picking up the camper after their camp session, please let staff know so that we may have that information of the adult who will be picking them up. Campers are not released to anyone unless we have the person's name from you. Phone calls to give us names are not acceptable.



## Camper Pickup Procedure

- Arrive at the Highland YMCA or at Camp to pick up your camper
- Visit the checkout table, show picture ID and sign your camper out. You will receive a ticket to present to staff to show that the camper is ready to go.
- Be sure to check with the nurse for any leftover medication.
- Go with your camper to pick up their luggage – be sure it is theirs and that you get it all!
- Enjoy listening to your camper's experiences and stories!

## What activities are offered at camp?

We offer a wide variety of activities here at Camp Edwards. Trained staff monitor all our activities. We offer...

- **Climbing Tower and High Ropes Course:** This is a 35 foot, three-sided climbing tower with a rock-climbing surface, vertical playpen, catwalk, crisscross, leap-of-faith and zip line.
- **Lakefront canoeing:** Campers will enjoy canoeing around beautiful Jenks Lake.
- **Team Challenge Adventure Course:** Campers will be led through a series of problem-solving activities and individuals learn to work together as a group to achieve success.
- **Archery:** Campers will learn how to safely use a bow and arrow.
- **Arts and Crafts:** Campers will have the chance to make wonderful keepsakes to remind them of their time at Camp Edwards.
- **Pool:** Campers will enjoy swimming and playing in the pool.
- **Mountain Bikes:** Campers 11 and older have the opportunity to discover the trails of the San Geronio Wilderness on a mountain bike.
- **Twilight Games:** Campers will have the opportunity to play against each other (and sometimes staff!) in a variety of friendly competitions.
- **Ragging and Leathers:** Campers will have the opportunity to become a part of the long-practiced Y Tradition.
- **Campfire:** At the end of the night, campers will enjoy the heat of the campfire while they sing songs, watch skits, and connect with fellow campers and the counselors.



## What will my child be eating at camp?

While your child is here, we will be feeding them three meals a day, along with snacks and dessert. We have a combination of traditional camp food and our own meals that we serve to our campers. All meals are served family style with their cabins. We can accommodate dietary restrictions with prior notice.

## What is your payment and refund policy?

**Payment:** The camp deposit and camp fees can be made online when registering for camp or in cash, by check, or with credit card at the front desk at any of our YMCA of the East Valley branches (Highland, San Bernardino, Redlands). When submitting an application, a non-refundable deposit of \$50.00 must be made, even for those qualifying for Financial Assistance.

Please be sure that all registration forms are completed and that there is no balance due before your campers goes to camp. Any camper that has a balance may not be allowed on the bus.

**Refund:** A written explanation must be given to the camp director in order for a refund to be considered. If you cancel after June 1, 2026 you will not be eligible for a refund. There are no refunds for campers sent home from camp due to behavior. Refunds are considered on a case by case basis for injury or illness.

## Great Questions to ask your Camper

Research shows that intentional questions can produce significant learning and performance benefits while your child is up at camp.

Things to ask before Camp...

- What's one new thing do you want to try while you are away at camp?
- What's one thing you are most nervous about? How will you handle that situation once you're at camp?

Things to ask after Camp...

- What's something new you tried at camp?
- What's the most surprising thing you learned while you were away at camp?
- What's the one thing that makes you want to go back to camp? Tell me about your new camp buddy? Favorite camp counselor?

## Double check with your camper that they did not pack-

- Video Games
- iPods/iPads
- Digital Readers
- Laptops/Tablets
- Cell Phones
- Candy
- Alcohol
- Drugs/Tobacco
- Weapons
- Aerosol Sprays
- Makeup
- Pets
- Offensive Materials

