

Aaronic Priesthood Camp
at
Camp Robert L. Cole
2024 Camp Guide
July 16-20, 2024



Electronic copy of this guide and other information available at:
<http://www.camprobertcole.org/>

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CAMP CONTACTS

Throughout the process of preparing for camp, leaders may need to contact Stake leaders for additional information.

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davegardner1@gmail.com

Camp Cook

Pending

Camp Co-Director

Ryan Padilla (Woodland Stake)
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Camp Ranger

Scott Hicken (Fairfield Stake)
(707) 330-3071
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POINTS OF CONTACT FOR PARTICIPATING STAKES

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Monterey Stake

Dave Gardner
(831) 915-6846
davegardner1@gmail.com

Woodland Stake

Ryan Padilla
(209) 535- 6165
ryan.mpd@gmail.com

Camp Mailing Address:

There are no mail services at camp.
Sterling Lake Rd, Truckee, CA 96161

Camp Phone Number: No phone service available. Some cell phone connection is available.

Golden Empire Council Phone Number:

(916) 929-1417

ABOUT THE CAMP

We have an exciting multi-stake Aaronic Priesthood encampment planned this year at Camp Robert L. Cole! Our Aaronic Priesthood camp will allow young men to draw nearer to Christ through outdoor activities. Camp Cole provides an outstanding outdoor venue for Aaronic Priesthood Young Men to grow spiritually, socially, physically, and intellectually. It also will provide quorum presidencies opportunities to lead their quorums.

Our weeklong Aaronic Priesthood camp will feature a wide variety of outdoor activities including aquatic sports, shooting sports, COPE, games, crafts, mountain biking, hiking and more.

Our theme this year is: "I am a disciple of Jesus Christ" 3 Nephi 5:13

Camp is an opportunity for youth to practice patterns of gospel living away from worldly influences and the challenges they may face in their daily lives.

Everything we do at camp should help the youth (see [here](#)):

- Draw closer to our Heavenly Father and the Savior, Jesus Christ
- Develop and strengthen testimonies of the restored gospel
- Promote strong spiritual values, self-worth, and character
- Show reverence and respect for the Lord's creations
- Learn and improve leadership skills
- Have opportunities for meaningful service
- Foster caring and nurturing relationships

LOCATION

Camp Robert L. Cole is located on the south shore of Lake Sterling (Google map location [here](#)). Located high in the Sierra's (7200 feet), the camp is nestled amongst the evergreens and provides an ideal setting for a wide variety of youth outdoor activities.

HOW TO GET THERE

Camp Robert L. Cole is located approximately 82 miles east of Sacramento. Take I-80 to Cisco Grove. After taking the exit 165 off-ramp, turn north (left if coming from Sacramento, right if coming from Reno). This road will end in a "T" at Hampshire Rocks Road. Turn left and travel about 200 yards. Make a right turn onto a dirt road. Follow the signs for approximately 6 miles to Camp Cole on Sterling Lake Road. Using Google Maps with this [location](#) should get you to camp. **The road conditions are better since road improvements in 2022, but four wheel drive, all wheel drive and increased tire clearance is advised.**



WARD AND STAKE ORGANIZATION

Our Aaronic Priesthood Camp is being conducted under the authority of the Stakes and Wards participating. Stake Young Men Presidencies have been assisting in camp planning and organization. The bishopric in each ward participating is responsible for the young men in their wards. Aaronic Priesthood quorum presidencies are responsible for leading their quorums during the camp.

YOUTH PARTICIPANTS

The camp is open to all young men who will turn 12-18 during the calendar year 2024. Mature trustworthy young men who are of priest age (at least a minimum of 15 years old) are encouraged to participate as staff through the Youth Leadership! We welcome non-member friends of our youth attendees, who can participate at the same cost. We ask all attendees (members and non-members of the Church) to adhere to the [For the Strength of Youth Guidelines](#), especially with regards to clean language and abstaining from alcohol, tobacco, coffee, tea, and similar substances.

Each young man will participate as part of a ward or multi-ward unit. The Bishop of the ward is responsible for determining whether a young man may come to camp. If a young man is not a member of the ward he is participating with, the Bishop of the sponsoring ward should determine whether that young man may participate. Any behavioral issues with young men will be turned over to the ward and stake leadership, though the camp leadership team may intervene to ensure camp safety.

WARD ADULT LEADERSHIP AND YOUTH PROTECTION TRAINING

Each ward or multi-ward unit is required to provide at least two adult leaders for the week. Smaller wards are encouraged to collaborate with others to maintain this minimum two-adult presence. Camp Cole is operated entirely by volunteers, without professional staff. Units with over 10-12 boys should ideally bring one or two extra adults for every group of 10-12 boys, to help manage camp operations.

Adults need to fulfill two requirements to be eligible for camp attendance:

- [Complete the LiveScan background check](#) (adults from California stakes only)
- [Finish the Church Youth Protection Training](#)

Ward/stake leaders are responsible for ensuring these two steps have been completed by adults before Camp. Government certification (LiveScan background check) and Children Youth Protection Training reports can be found on Church website: Login, go to 'Leader and Clerk Resources', select 'Reports', in the dialog that appears under the 'Child and Youth Protection' section, there are two reports: 'Government certifications' and 'Protecting Children and Youth Training' that list those who have completed the training. Bishopricks and Clerks have access to both reports. Please provide a list of individuals that have completed both trainings which includes both the Government Certification Number and the date of expiration of the Children and Youth Protection Training.

LAST MINUTE ADDITION OF YOUNG MEN OR ADULTS

We encourage everyone to register before April 28! Leaders, please follow up with your young men! You can add one or two young men or adults to the camp roster shortly before camp begins. However, these late additions might require adjustments to camp programs and activities. Please inform [Ryan Padilla](#) (Camp Director/Registration Chair) immediately about any changes in your unit's headcount. Efforts will be made to accommodate your ward in a suitably sized campsite.

VISITORS

Ward and Stake leaders are welcome. All visitors must check in at the office immediately upon arrival to sign in and receive a visitor's wristband. Visitors are required to always wear their wristband in camp. Visiting ward and stake leaders may camp with their ward/stake and must check in at the office. Camp Cole cannot provide overnight camping provisions for other families or visitors.

LEAVING EARLY

Young men are not allowed to leave camp with any person unless the parent or guardian who has legal custody has granted written permission. It is the responsibility of the Ward leaders to know the custody status of all young men at camp.

A permission slip is available at <http://www.camprobertlcole.org/>

PREPARING FOR CAMP

REGISTRATION AND FEES

Registration and Fees Deadline

April 28, 2024

Please submit a camp registration form for each ward/multi-unit group participating.

Please register for Camp Cole at <https://forms.gle/bEsEc5kcYtmhwFNG7>

There is a leader guide available at <http://www.camprobertlcole.org/>

Payment should be made with a donation slip to your local ward or branch.

See table below for fees schedule and late fees. Stake Young Men's Presidents, please follow-up and verify that your wards have all registered to come.

Fees and Late Fees Schedule

	On/before Apr 28	After Apr 28
Young Men	\$210	\$250
Adults (First two per unit are free)	\$70	\$80

*There is no charge for Youth Leaders or Adults acting in Camp Leadership positions.

**Unit Fees must be transferred electronically directly to the Fairfield Stake,

Church Unit Number: 507547

Contact Jim Fawson at jfawson@sbcglobal.net with any questions

Cancellations on or before April 28: Full refund

Cancellations after April 28: Refunds will be made after camp. \$70 non-refundable fees will be retained to cover fixed expenses incurred.

Registration fees include T-shirts. Late registrants will be provided T-shirts only if supplies last. When unit leaders split a week, only one T-shirt will be provided. T-shirts will be handed out at registration. Sizes will be determined based upon information on the registration forms, make sure this part of the form is filled out. Units must check to make sure they have the right number of T-shirts during check-in. No T-shirts will be handed out after check-in.

PROGRAM BLOCK PREFERENCES

Your boys will have a choice of participating in several activities during the program blocks. Submit your preferences when you register. The programs are filled with an algorithm. Those late for registration (after April 28) lose priority. See below for more information about the specific activities.

MEDICAL FORMS AND PERMISSION SLIPS

All youth and adults need to bring paper copies of the following two documents to the Camp Office at check-in. These papers will be maintained in a binder in the Camp Office and given back to participants when they leave Camp. Physical paper copies are needed as there is not always a connection to the internet at Camp Cole.

- Paper copy of '[Permission and Medical Release Form](#)'. Although each person agreed to this during online registration, we need paper documentation at camp for inspection or in case an individual needs medical assistance. Unlike years past, this **form does not need to be signed by a physician.**
- Paper copy of **pre-camp lice check and health assessment** (to be filled out within 24 hours before camp).

YOUTH LEADERS

Essential to the success of the camp are the Youth Leaders (formerly called Junior Leader Corps). For 2024, this group will be divided into two **Chiefs, Mentors** (who have been youth leaders at Camp Cole before) and **Apprentices** (first year as youth leaders). These young men lead camp by assisting with preparing meals, setting up camp, supervising, supporting and teaching program activities and maintaining camp cleanliness. Chiefs will conduct the evening firesides and oversee calls to meals. Youth Leaders develop leadership skills, gain valuable career experience, and grow physically, socially, intellectually, and spiritually. They have fun too! Prior to Camp, Youth Leaders will meet with Brother Spencer Hadley and all the other youth leaders on a few Sunday evenings via Zoom to plan Camp and get to know each other. They will also meet with the Activity Leaders with whom they will be working via Zoom to plan activities. Being a Youth Leader is an experience to remember, and all priest-age (turning 15 during the calendar year) young men are encouraged to serve. Register to be a Youth Leader using the electronic registration.

Youth Leaders participants should plan on arriving on Monday, July 15 by noon for instruction, team building, and camp set up.

Waterfront Youth Leaders

Youth Leaders aiming to serve at the waterfront must be at least 16 years old by the date of Camp Cole and hold valid [American Red Cross](#) Lifeguarding and Emergency Oxygen-BL certifications. It's advised to enroll in these courses soon, as they are often held during Spring Break. Camp Cole offers reimbursement for these training costs upon submission of a receipt and certificate to Brother Scott Hicken, Camp Ranger ((707)330-3071, scotthicken@comcast.net). This certification not only prepares you for duty at Camp Cole but also opens opportunities for well-paid lifeguard positions at community pools.

PRECAMP LICE AND HEALTH CHECK

As required by County Health laws, and to keep our camp healthy and prevent the spread of lice and disease, each participant (adult and youth) needs to be screened for lice and illness prior to coming to camp. Those participants showing signs of lice or communicable disease (answering “yes” for fever, vomiting or diarrhea alone OR to any two (or more) of the other symptoms) **should not attend camp** and consult a healthcare professional for treatment recommendations and follow up. Complete this check within 24-hours prior to arriving at camp. This check can be performed by parents or, with parents’ permission, ward leaders or a health professional.

How to perform a lice check:

Preparation:

- Consider using natural light or a flashlight for better visibility, as lice can be hard to see under artificial lighting.
- Use magnification, like reading glasses or a magnifying glass.

Inspection:

- Part the hair in various areas.
- Focus on the scalp, particularly behind the ears and the nape of the neck, for signs of scratching or rash.
- Look for movement in the hair and for nits (lice eggs) close to the scalp.

Identifying Nits:

- Nits are tiny, teardrop-shaped, and stick to the hair shaft. Nits differ from dandruff by adhering strongly to hair.
- Feel for nits; they resemble grains of sand.

Further Examination (if needed):

- Wet the hair and apply conditioner.
- Use a metal lice comb to comb through the hair from roots to ends.
- Check the comb for lice after each pass, potentially shaking it over a bowl to see them better.

How to Perform a health check:

Ask each participant if they are experiencing any of the following:

- Fever (100° F or greater)?
- Sore throat?
- Vomiting?
- Diarrhea?
- Cough?
- Muscle aches or lethargy?
- Stomach cramps?
- Nausea?

Participant’s name:

Participant’s signature:

Date:

Parent/Guardian (if needed):

Parent/Guardian signature:

Date:

ARRIVAL AND DEPARTURE

TRANSPORTATION

The units provide their own transportation to and from camp. Young men are to be transported only in regular passenger vehicles equipped with a seatbelt for each passenger. Trucks, pickup beds, and trailers are for equipment only and should not be used to transport young men.

PARKING

Parking is available off the road near Camp Cole, with guidance from the Youth Leaders. Park on natural granite only and avoid plant areas. Brief loading/unloading at campsites is allowed, but parking within Camp Cole is prohibited to keep evacuation routes clear. Vehicles must be parked outside the camp, and for safety, drivers must keep vehicle keys with them at all times.

CHECK-IN

Plan on arriving at camp between 9:00 am and 11:00 on Tuesday morning. Wards traveling farther will arrive later. Vehicles should be parked in the parking lot, and all adults and young men should proceed to the main office to complete the check in process. Check-in will be expedited if materials are prepared prior to arrival and in alphabetical order. The following check-in stations will be present:

- 1) **Medical Forms** - Everyone staying in camp (youth and adult) is required to have a paper copy of a completed and signed **medical form** that will be maintained at the medical lodge. Please bring an extra copy you can keep with your unit. We also will check for completion of the **pre-camp lice/health check**. Forms are available at <http://www.camprobertlcole.org/>.
- 2) **Wrist-band and T-shirts** - All participants (youth and adult) will require a wrist-band to identify them as authorized participants in camp. They will also receive camp t-shirts upon arrival to camp.
- 3) **Finances** – We will collect any additional fees due.
- 4) **Schedule changes** - It is encouraged that all schedule changes take place prior to camp. In rare instances and if necessary, changes in schedule can be made at the time of check-in.

Upon arrival, and after checking in, a staff guide will show your unit around camp and to your campsite. To move equipment to your site, **one vehicle per unit will be allowed to drive down the service road and stop near the campsite for unloading**. The vehicle must return to the parking area immediately after unloading. All vehicles should be parked facing out (toward the road).

Swim checks will occur immediately after the tour. All youth and adults who will be on or in the water will be required to participate in the swim checks. Adult leaders from the unit should be there to help organize Swim Checks, even if they do not plan to swim, and know of any health issues of their youth to inform waterfront staff. It is recommended that young men wear their swimsuits under their pants while traveling to camp, so that they can quickly be ready for swim checks without the need to set up campsites and tents.

At least one adult must **attend the 2:00 PM leader meeting** in the office.

CHECK-OUT PROCEDURES

Check out will begin after the completion of camp games on Saturday (11:00 a.m.). Units can drop into the dining hall for lunch any time during the noon hour. We would like every unit to leave by 2:00 p.m. Saturday.

Units should do the following:

- Please leave vehicles out of camp until Saturday morning.
- Remove all personal gear from your campsite.
- Store picnic tables, rakes, shovels and other camp gear in a shed at the campsite.
- Clean campsites thoroughly. Remove all trash. Put fires dead out.
- Have a Youth Leaders inspect your campsite and approve it.
- Collect medical forms and other documents from the office.
- **Complete a camp closing service project (please).**
Signups will be available in the office.
- Have interested older young men sign up for Junior Leader Corps next year.
- Have adults fill out an Adult Resource Survey for next year.
- Check out with the office staff.

WHAT TO BRING

EQUIPMENT SUPPLIED BY THE CAMP FOR YOUR CAMPSITE

Shovel, rake, and a fire bucket
Picnic table
Campfire pit and fire tools
Hand and face washing facilities

Water
Bulletin board - Post the name of each young man staying in the site
All missing or damaged equipment will be charged to the unit

EQUIPMENT YOUR WARD SHOULD BRING

- Tents
- Personal Gear for young men and adults (see below)
- Lantern (battery, propane/butane)
- Insect repellent (non-aerosol)
- First aid kit
- Hammer, screwdriver, pliers
- Clean rags
- Pushpins for your bulletin board
- Cheap wall clock to use in each Camp site
- Skits, songs and stunts for campfire program
- Tablecloth or cover
- Cots if you prefer
- Rope & binder twine
- Air mattresses or foam pads
- Axe
- Broom

***ONLY PROPANE AND BUTANE LANTERNS AND STOVES ARE PERMITTED AT CAMP.**

****Flames are not allowed in any tent, at any time, and should never be any closer than ten feet to any tent.**

PAPERWORK YOUR WARD MUST BRING

- Two physical papers are required for check-in (physical paper copies are needed as there is not always a connection to the internet)
 - Paper copy of '[Permission and Medical Release Form](#)' for each **YOUTH AND ADULT**. Although each person agreed to this during online registration, we need paper documentation at camp for inspection or in case an individual needs medical assistance
 - Paper pre-camp unit lice check and current health assessment (to be filled within 24 hours before camp).
- Additional Fees if not already paid in full
- Early release form for any young man leaving before Saturday.
- Campfire permit. Only individuals with a campfire permit can light and tend a fire. No campfires if you don't have a permit! Permits can be obtained online at:

<https://www.readyforwildfire.org/permits/campfire-permit/>.

All Camp Cole Forms are available at <http://www.camprobertlcole.org/>

PERSONAL GEAR FOR YOUNG MEN AND ADULTS

- High Sierra weather is unpredictable in the summer months and may change quickly. Bring clothing appropriate for heat, cold, and rain.
- Camp will provide an official camp shirt. Young men are encouraged to wear this shirt during the week.
- Be sure all personal items are marked with full name and ward. Neither the adults, the camp, nor the camp staff are responsible for lost or misplaced items.
- Items on the unauthorized list will be immediately confiscated. Individuals possessing them may be immediately dismissed from camp.

CLOTHING

- Hat
- T-shirts
- Shorts
- Jeans
- Swimsuit and towel
- Pajamas or sweats
- Sweater, jacket, or sweatshirt
- Shoes. Hiking shoes are recommended.
- Old sneakers/water socks for swimming
- Underwear (1 pair per day)
- Socks (1 pair per day)
- Handkerchiefs/tissues

TOILET KIT

- Toothbrush and toothpaste
- Comb
- Sunscreen
- Soap (biodegradable)
- Lip balm
- **Insect repellent** (non-aerosol)
- Towel, washcloth
- Deodorant
- Shaving gear (adults)

OPTIONAL ITEMS

- Wet suit (especially for smaller young men)
- Camera and film
- Musical instrument
- Sewing kit
- Pen, pencil, paper
- Money for trading post
- First aid kit
- Watch
- Cot
- Sunglasses
- Whistle on cord
- Compass
- Fishing pole and gear
- Pocket knife (w/adult permission)
- Mountain Bike – Confirm with your unit leader to make sure they have transportation options available for bringing bikes to camp.
- Mountain Bike Safety Gear – Helmet, gloves

VERY IMPORTANT

- Prescription medications

CAMPING GEAR

- Tents
- Sleeping bag or blankets
- Ground cloth
- Foam pad or air mattress
- Pillow (optional)
- Pack/duffel bag/suitcase
- Day pack/fanny pack
- Canteen or water bottle
- **Mess Kit**
(Important! – no dishes provided by camp!)
 - Plate ☐ Bowl
 - Knife, fork and spoon
 - drinking cup
- Flashlight, extra bulb/batteries
- Clothesline--1/4"(10-20 feet) and pins
- Scriptures (especially Book of Mormon)
- Notepad/pencil

PAPERWORK (Signed, dated)

- Health form including immunization or youth **and adults**
- Early release form-if leaving before the end of camp

UNAUTHORIZED EQUIPMENT

(Possession may result in discharge from camp)

Hunting bows, crossbows, arrows
Firearms, ammunition, airsoft guns
Fireworks
Illicit drugs
Alcoholic beverages
Tobacco products
Knives with blades longer than 3"
Fixed blade, sheath knives
Open toed shoes
Expensive jewelry
Portable radios, boom box
Computer games
Animals-brought to or from camp
Pornography

MENU AND DIETARY CONCERNS

Great food is our standard at Camp Cole! Below is our tentative menu.

Tuesday-

Breakfast (Eat at Home)
Lunch- Hoagie sandwiches
Watermelon
Chips
Dinner-Lasagna
Green Salad
French Bread
Snack- Cookies

Wednesday-

B'fast- Eggs
Hash Browns
Sausage links
Applesauce
Lunch- Polish Sausage
Watermelon
Ranch Beans
Dinner-Tri-Tip
Green salad
Corn
Mandarins
Snack- Pudding/Graham Crackers

Thursday-

B'fast- Pancakes
Sausage Patties
Bananas
Lunch- Chicken patties
Tater Tots
Grapes
Potato Salad
Dinner- Pork Loin
Green Beans
Mandarins
Green Salad
Snack- Ice Cream Cups

Friday-

B'fast- Biscuits and Gravy
Fruit, Bacon
Lunch- Nachos
Mandarin Oranges
Dinner- Sloppy Joes
Cole Slaw
Fruit
Snack- Peach Cobbler

Saturday-

B'fast -Bagels, Cream Cheese
Morning surprise
Lunch- Smorgasbord

Please contact the Brother Gardner directly with any special dietary needs (contact info above). Youth may be required to bring their own food if their diet is restrictive.

Space will be provided for storage and refrigeration to accommodate special dietary needs. Parents may review the menu above and may make substitutions if dietary concerns (ie. gluten free or meat restrictions, etc.) exist.

CAMP HEALTH AND SAFETY RULES

- Drink plenty of water at Camp! More fluid is needed due to the higher elevation and dry air. Every year some campers experience dehydration. Adult Leaders please encourage young men to drink plenty of fluids at each meal and in-between meals.
- Wear shoes always (except in showers or at the lake). **NO open toe shoes allowed.**
- No running (except in organized games)
- Fireworks are not permitted in camp
- Weapons are not permitted in camp and will be cause for immediate dismissal. Knives may be brought and used as a tool but will be considered a weapon if brandished or used recklessly. Knives with blade lengths greater than 3 inches are not permitted.
- Stay on trails
- Stay out of un-staffed program areas
- Do not throw rocks, sticks, pinecones, or other materials
- Get plenty of sleep
- Leaders should check each night to see that young men are in bed and accounted for.
- If young men or adults develop strep throat, lice, or any infectious disease, please return home.

Encouraging Young men to follow these rules will prevent most camper related accidents. Vandalism to tents and kybos will be billed to the unit. Restitution of such damage will be handled directly through the Camp Director.

CRITTERS

Camp Cole is full of animals that will eat food left in tents. Occasionally bears will visit and get into dumpsters and tents. Stay away! Units are encouraged to bring a bear resistant container for storage of any materials that may attract animals. Campers should not feed or encourage wild animals. Never handle dead animals. Buy only the food from the trading post that will be consumed that day. Do not leave food in campsites at night. Empty your campsite trash in the dumpster each evening. Do not bring or take home animals, insects, reptiles, birds, etc.

FIRE

FIRE IS THE BIGGEST RISK TO OUR PARTICIPANTS AT CAMP COLE! PLEASE TAKE CAMPFIRES VERY SERIOUSLY.

For a safe campfire experience that minimizes wildfire risk and prevents injuries:

- Campfire permits are required for campfires. Only individuals with a permit can light or tend a campfire. Individuals can obtain a permit online at CalFire [here](#).
- Each fire pit should have nearby fire control tools including a water-filled bucket, a shovel and a rake (most of these are in the shed near your campsite). Please have them all ready before you start a fire and NEVER remove them from your campsite until we leave camp.
- Use established fire pits
- Clear flammable materials from around the fire area
- Keep fires small
- Never leave the fire unattended
- Don't light sticks on fire and pull them out of the campfire
- Fully extinguish the fire with water before leaving, using a shovel to ensure all embers are out and covered with water

- Smoking is not allowed. Any infractions will result in the immediate discharge, and the camper will be sent home.

The camp staff has established proper safeguards under the direction of the local fire service agencies. In case of fire, campers will be notified by a central campfire siren and by the camp staff. Upon hearing the alarm, all Young Men must report immediately to the flags staging area by the camp offices. The quorum president will then report to the Program Director when his troop is accounted for and all are present. Further instructions will be given at that time. (There will be a weekly fire drill in accordance with State Law)

ALTITUDE SICKNESS

Camp Cole sits at 7,200 ft elevation. In the past there have been some instances of mild altitude sickness, which can cause symptoms like headaches, nausea, fatigue, shortness of breath, and dizziness. To better prepare for the elevated conditions at Camp, please **engage in daily exercise for at least two weeks prior to arrival.** A 30-minute walk that includes some hills at a minimum. Once you arrive at camp, make **hydration** a priority. Consume plenty of fluids, including water and electrolyte-replenishing beverages like Gatorade. Potable water is available at each camp site from the spigot - use it! **Take it easy during your first day at the higher elevation to give your body time to adjust.** Most campers generally feel back to normal after spending one or two nights at this altitude. Understand that if symptoms of altitude sickness worsen, the only effective treatment is to descend to a lower elevation. In such cases, affected participants may need to leave the camp for their own safety.

HEALTH LODGE

The Health Lodge is a facility for minor injuries or other health issues. Professional certified adults maintain and staff the Health Lodge. Special arrangements have been made with the emergency room in Truckee to handle major injuries.

CLEANLINESS

We encourage everyone at camp—youth and adults alike—to help keep our environment clean by picking up any trash you see, wherever you are. A collective effort to maintain cleanliness not only preserves the natural beauty of our camp but also sets a positive example for others. Let's take pride in our camp and show reverence and respect for the Lord's creations!

Garbage cans: If a trash can is full, take out the bag, tie it, and immediately replace it with a new one from the can's bottom. Take the full and tied trash can to the dumpster near the camp offices. If there aren't any bags in the can, flip the can over (so others don't throw trash in it) while you grab 5 bags from the office. Leave 4 in the bottom of the can and use 1 as the new liner. Always use a liner; never toss trash into an unlined can!

TELEPHONE SERVICE

There is no public phone service available while at Camp Cole. An emergency number will be provided just before camp begins. Cell service for AT&T, Verizon, and Sprint are spotty. T-Mobile has no service. For emergencies, a young man or young man leader may go to the Camp Director's Office where a phone is available for emergency purposes. Young men who need to use the phone must be accompanied by their young men's leader. If it is important enough for them to make a call it must be important enough for the leader to be there! Young men should not bring cell phones to camp.

PROPANE CAMPING EQUIPMENT

Battery operated devices are preferred to avoid any risk of a fire. Only adult leaders may have propane operated lanterns and stoves. Young men are permitted to operate this equipment under close adult supervision. No open flame or flammable material is allowed in tents. ALL PROPANE CANISTERS must be kept under lock and key when not in use.

CAMP FACILITIES

KITCHEN AND DINING HALL

Camp Cole has a kitchen and an outdoor central dining area. All meals will be served cafeteria style. **Every individual should bring a mess kit (plate, bowl, cup and eating utensils).** Mess kits will be available for purchase in the trading post for young men who forget. Young men should be clean, wearing an appropriate shirt (tucked in) and pants (not swimming trunks) to all meals

SHOWER FACILITIES

Showers are available just northeast of the kitchen/trading post. One side is for adults and the other for young men. Please observe this separation! There is one disabled person accessible shower and toilet located at the medical lodge. Please be thoughtful and courteous of others.

KYBOS

Separate adult and youth kybos will be designated throughout the camp. Adult leaders will need to monitor the kybos to help keep them from being vandalized. Young men will be held responsible for any damage or misuse.

TRADING POST

Camp Cole provides a trading post for young men to purchase soda, snacks, and camp supplies. The amount of money to be brought to camp depends on the items each young man or adult plans to purchase. The trading post generally will be open after meals and during open program times.

THE WEATHER

Weather in the High Sierras is unpredictable throughout the summer months. It usually can be quite warm, but it can also be cold and rainy. In general, you can expect cool mornings (down to 40 degrees), evenings, and hot afternoons (up to 90 degrees), so come to camp prepared! Plan ahead and no weather will be a surprise.

LAKE STERLING

Lake Sterling is a beautiful man made reservoir perfectly suited for a youth camp. Ice covers the lake sometimes as late as July 1. Water temperature in July typically varies from the low 50's to the low 70's. Campers who want to boat or swim should be prepared to pass the swim check. We have swimming docks and boating facilities at the Waterfront. The lake has trout and other fish and is suitable for fishing (fishing is not allowed in the Waterfront area - hooks and bare feet do not play well together!). Swimming is only allowed at the Waterfront with lifeguard supervision. Any fishing or other lakeside activities away from the waterfront need to be supervised by an adult.

Anyone wishing to swim or participate in any of the waterfront activities (boating, stand up

paddle board, etc.) **must complete a swim check at the lifeguard station.** The swim test is 4 non-stop lengths of the swim area (approximately 200 yards). In years past, swimming at high altitude, with cold water temperatures and with no pool bottom, or pool wall to push off of has surprised many of Camp Cole's participants. We encourage all young men and leaders who want to participate in the waterfront activities to prepare in advance of coming to camp ready to pass the swim test. In 2021 approximately 25% of the young men who wanted to participate in the waterfront activities were un-able to pass the required swim test. We would like all who are excited by the waterfront activities to be able to pass the test.

At lower altitudes, in a standard pool, at standard water temperatures anyone who can swim 500 yards non-stop without stopping to hang on a pool wall, lane lines, or walk along the bottom should be able to pass the swim test at camp with its higher elevation and cooler water temperatures. We encourage all units to have activities that prepare the young men to pass the swim test!

CLIFFS AND ROCKS

Camp Cole is surrounded by beautiful natural granite boulders and rock faces. These are perfect for learning climbing skills, but also present a hazard. Advise youth to stay well away from the edge of cliffs.

FACILITIES AND YOUR CAMPSITE

Camp Cole is located in a beautiful High Sierra setting. Each campsite contains a picnic table(s), a fire pit, and hand washing facilities. **Per church policy, adults and youth may not share the same sleeping area.**

Youth and leaders should bring their own tents, sleeping bags and foam pads or air mattresses. The camp staff will coordinate campsite assignments in advance. Assignments are determined by how many youth and leaders are attending. Trails and pathway areas have natural barriers for footpaths and should not be changed for any reason.

Please do not redesign the paths near or around your campsite or cabin. A great deal of care and time has gone into the design of these pathways.

CAMP COLE ACTIVITY PROGRAM

Below is a tentative camp schedule and program description. Updates to this schedule will be given at the Ward adult leader meeting on Tuesday afternoon.

CAMP SCHEDULE

Camp Cole 2024 Schedule (Subject to Change)														
	Monday, July 15	Tuesday, July 16		Wednesday, July 17		Thursday, July 18		Friday, July 19		Saturday, July 20				
6:30 AM		Staff Meeting Staff Breakfast		Polar Bear		Polar Bear		Polar Bear						
7:30 AM				Scripture Study		Scripture Study		Scripture Study		Scripture Study				
8:00 AM				Ward/Stake Study		Ward/Stake Study		Ward/Stake Study		Breakfast				
8:30 AM		Wards Arrive! Sparks 9am, Woodland 9:30am, North Sac 10am, Fairfield 10:30am, Monterey 11am Health Checks/Set up Camp/Swim Checks		Breakfast 8:30am		Breakfast 8:30am		Breakfast 8:30am		Stake Cleanup Assignments Monterey/North Sac Waterfront, Fairfield Tent/Picnic Tables, Woodland Ranges, Sparks Archery/JLC Ward Campsite Cleanup (Need Inspection to Check Out by JLC) Lunch				
9:30 AM				Program Block #1 9:30 to 12:00		Program Block #3 9:30 to 12:00		Program Block #5 9:30 to 12:00						
10:00 AM														
11:00 AM														
12:00 PM														
1:00 PM	Junior Leader Corps (Check in, Lunch, & Orientation)	Lunch 12pm		Lunch 12pm	QP's Mtg 12:30pm	Lunch 12pm		Lunch 12pm	Camp Cleanup Mtg 12:30					
2:00 PM		Camp Set up, Swim Checks	Program Block #2 1:00 to 3:30		Program Block #4 1:00 to 3:30		Program Block #6 1:00 to 3:30							
3:00 PM									Ward Adult Mtg. 2pm					
4:00 PM		Stake Led Activities												
5:00 PM		(swim checks until 5 PM)							Open Activities 3:30 to 5:30 (boats in at 5:00)		Open Activities 3:30 to 5:30 (boats in at 5:00)		Open Activities 3:30 to 5:30 (boats in at 5:00)	
6:00 PM	Junior Leader Corps & Adult Staff (Camp Set Up)	Dinner 6pm/Announcements							Dinner 6pm/Announcements		Dinner 6pm/Announcements		Dinner 6pm/Announcements	
7:00 PM		Adult Program Staff Mtg. 7:00 - 7:30pm		Ward/Quorum Time				Bishopric Program						
8:00 PM		Campfire Devotional		Stake Campfires (Stakes in Charge)		Skits & Campfire Devotional		Campfire Testimony Meetings						
9:00 PM														
9:30 PM										Snack-Kitchen		Snack-Kitchen		Snack-Kitchen
11:00 PM	Lights Out	Lights Out		Lights Out		Astronomy Observation Night		Snack	Lights Out					

PROGRAM BLOCKS

Young men should use the buddy system as they participate in a variety of fun, challenging, educational, and inspiring programs during the week. There are six program blocks during camp: Wednesday, Thursday, and Friday a.m. and p.m. The a.m. block is 9:30-12 and the p.m. block 1:00-3:30 pm.

During these blocks, young men will participate with their buddy in the assigned activity. Quorum leaders can help young men find buddies to direct them to activities.

Below is a preliminary list of activities. Each will include basic instruction in the skill, including safety training, and opportunities to practice skills in the outdoors. Youth leaders will be leading the activities under direction of the adult leaders. Each block will have a spiritual element that will allow young men to draw closer to our Heavenly Father and the Savior, Jesus Christ, develop and strengthen testimonies of the restored gospel, promote strong spiritual values, self-worth, and character, and show reverence and respect for the Lord's creations.

Shooting sports

The block will include basic safety and skills instruction and practice time. Companionships may request a second block, subject to availability, to hone skills.

- Archery
- Shotgun
- Rifle

Aquatics

- Swimming
- Lifeguarding/lifesaving
- Canoeing
- Rowing
- Standup Paddle Boarding (SUP)
- Kayaking
- Small boat sailing (Best for older young men)

Climbing (no climbing in 2024)

Hiking

Outdoor/Nature Skills

- Astronomy
- Outdoor cooking
- Wilderness survival

Cope: A COPE course, which stands for Challenging Outdoor Personal Experience, is a program that includes group initiative games, trust events, and other activities, designed to develop individual skills and agility.

Mountain Biking: Young men will learn mountain bike anatomy, basic repairs and maintenance, etiquette, safety precautions, and other skills. This experience aims to enhance physical fitness, promote environmental stewardship by appreciating natural surroundings, and foster a sense of adventure and teamwork among participants.

Service Projects

- Camp Cole is always in need of repair and upgrades. This activity is supporting our camp Ranger on a camp project.

Games and crafts

- Game corner to include board games, magic cards, card games, horseshoes, corn hole etc. We will also have crafts available.
- Gaga Ball: Gaga ball is a fast-paced, high-energy sport played in an octagonal pit, dubbed "The Gaga Pit," where players hit a small ball at each other with their hands, aiming to eliminate opponents by striking the ball below their knees.
[▶ Gaga Ball Rules](#)
- 9 square: 9 Square is a dynamic group game combining elements of volleyball and four square, played in a grid of nine squares where players aim to keep the ball in play and move to the king's square. [▶ 9 Square Castlesquares - How To Play](#)

Fishing: Fishing in lake Sterling will require a fishing license.

TUESDAY AFTERNOON

Tuesday afternoon from 3:00 p.m. to 5:30 p.m. will be dedicated to continued swim checks or activities led by stakes. Many young men and adults will be completing their swim check, especially those arriving later from more distant stakes. For stakes who arrive early and finish swim checks quickly, this is your opportunity to set the tone for what you would like for the young men of your stake to get from Camp Cole. Below are some ideas:

- Build a pioneering project and discuss the importance of laying the foundation for "I can do all things through Christ"
- Create a journal cover out of leather or other material. Have the young men begin writing a journal
- Create a "covenant path" hike. Have stops that discuss each covenant, what its meaning is, and how young men can prepare for it.

AFTERNOON CAMP GAMES/OPEN ACTIVITIES

Each afternoon from 3:30 to 5:30 is open program time. During that time most program areas will be open for drop-in activities, such as shooting, swimming, and boating (boats will be called in at 5 pm). You can ride your own bike, but camp bicycles are not available in the afternoons (only during mountain bike activity). We will have a craft area open for young men to create a project. We also will be offering some inter-quorum games and challenge activities, such as Gaga ball and 9 Square.

EVENING CAMPFIRE PROGRAM

Our evening campfire program is a staple of Camp Cole. We will have songs and skits. We also will have inspirational speakers that are a highlight of the camp experience.

FRIDAY EVENING TESTIMONY MEETING

Friday evening is the highlight of Camp Cole and a main reason we have camp. Friday evening's campfire will be a testimony meeting organized by stakes.

FORMS

All participants, both youth and adult must register at <https://forms.gle/bEsEc5kcYtmhwFNG7>

Electronic copies of the following forms are available at <http://www.camprobertlcole.org/> or they can be e-mailed or mailed on request.