

**Aaronic Priesthood Camp
at
Camp Robert L. Cole
2022 Leader's Program Guide
July 19-23, 2022**



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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Camp Co-Director

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Camp Cook

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Camp Ranger

Scott Hicken (Fairfield Stake)
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POINTS OF CONTACT FOR PARTICIPATING STAKES

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Sacramento North Stake

Brian Tracy
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Woodland Stake

Ryan Padilla
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ryan.mpdl@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. A camp emergency phone number will be provided before camp.

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 rock climbing, swimming, boating, shooting sports, COPE, games, crafts, mountain biking, hiking and camp skills instruction.

Our theme this year is: **“Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”**

- Proverbs 3:5-6

We will build on this by incorporating spiritual instruction into all activities. We also will have nightly campfire music, spiritual firesides, and a testimony meeting on Friday.

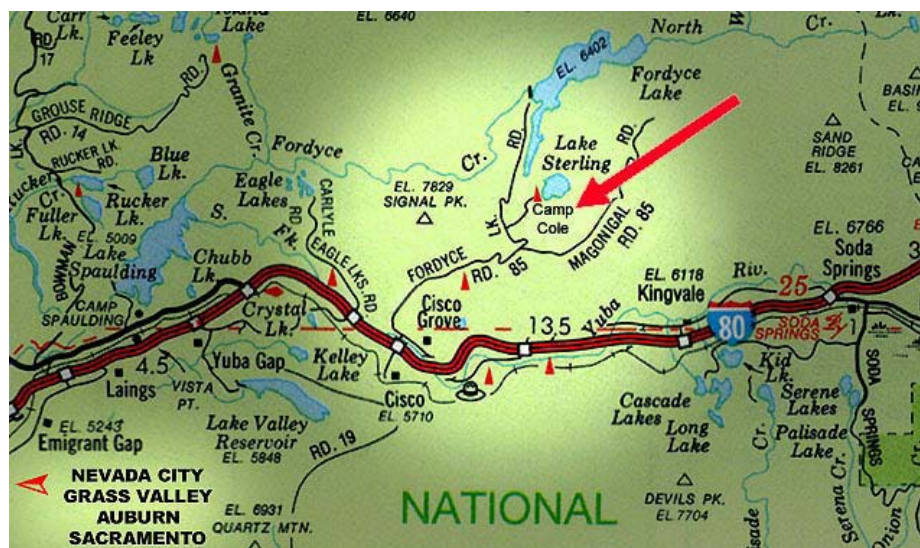
LOCATION

Camp Robert L. Cole is located on the south shore of Lake Sterling. Located high in the Sierra's (over 7000 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.

The road is rough and may not be suitable for cars with low clearance.



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 calendar year 2022. Mature trustworthy young men who are of priest age (at least a minimum of 15 years and old) are highly encouraged to participate as staff through the Junior Leadership Corps! Young men do not need to be members of The Church of Jesus Christ of Latter-day Saints to participate at camp, but all young men must adhere to basic gospel standards during the week.

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) must provide a minimum of two adult leaders during the week. It is encouraged that smaller wards team up with other wards to always ensure a minimum of two deep leadership. Camp Cole is a volunteer run camp with no professional staff organizing the programs and activities of the week. As such, it is recommended that each participating unit with more than 10-12 boys plan on having at least one, if not two additional adults for each group of 10-12 boys to support the additional needs of running the camp. The list of needed support from the additional adults, include assisting with teaching program blocks, food preparation, and the maintenance and upkeep of the camp.

All adults attending Camp Cole, will need to complete "Protecting Children and Youth" training, available at [ChurchofJesusChrist.org](https://www.ChurchofJesusChrist.org), prior to camp.

ADDING ADDITIONAL YOUNG MEN OR ADULTS

Adding one or two young men or adults to the camp roster close to the start of camp is possible. However, late additions may necessitate modifications to camp programs and activities. Please notify the camp director at the earliest possible if you unit headcount is going to change in order to maximize programming potential and to provide adequately sized campsites that will appropriately accommodate the size of your unit. Every attempt will be made to place your ward in an appropriately 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 family 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 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

June 15, 2022 –

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

Submit the form by e-mail to erik.lassen@gmail.com or mail hard copies to:
Erik Lassen
6 Shepherds Pl.
Monterey, CA 93940

The form is available at <http://www.camprobertcole.org/>

We welcome unit payments as early as possible! 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.

Checks should be made payable to:

Monterey Stake (in memo record "Camp Cole Registration Fees for (Ward]")

Send checks to:

Brent Green
532 Ellis St.
King City, CA 93930
(On the lower corner of the envelope write "Camp Cole")

Fees and Late Fees Schedule

	On/before June 15th	After June 15
Young Men	\$210	\$250
Adults (First two per unit are free)	\$70	\$80

*There is no charge for Junior Leader Corps staff or Adults acting in Camp Leadership positions.

**Unit Fees can be transferred electronically directly to the Monterey Stake,

Church Unit Number: 502847

Contact Brent Green at presidentgreen11@gmail.com with any questions

Cancellations on or before June 15: Full refund

Cancellations after June 15: Refunds will be made after camp. \$70 non-refundable fees will be retained to cover fixed expenses incurred.

Registration fees include T-shirts and patches. Late registrants will be provided T-shirts and patches 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 program blocks. Submit your preferences with your registration forms. The programs is filled in on a first registered, first served basis. See page 20 for information.

MEDICAL FORMS AND PERMISSION SLIPS

Every **YOUTH AND ADULT** must submit a medical form at time of check-in. The form must include information on allergies, medications, and immunizations. Unlike years past, this **form does not need to be signed by a physician**. BSA medical forms are an acceptable substitute.

JUNIOR LEADER CORPS SIGN UPS

Essential to the success of the camp is the Junior Leader Corps. These young men assist adult staff, wards, and quorums by assisting with program areas, preparing meals, setting up camp, supervising, supporting, and teaching program activities and maintaining camp cleanliness. Junior Leader Corps members develop leadership skills, gain valuable career experience, and grow physically, socially, intellectually, and spiritually. They have fun too! Being a Junior Leader Corps member is an experience to remember, and all priest age young men and encouraged to serve in the Junior Leader Corps.

All Priest age young men, and any responsible and trustworthy 15 year old young men who have the endorsement of their bishops, are eligible to apply. For first choice of assignments, submit the application no later than June 21, 2022.

Application forms are available at <http://www.camprobertcole.org/>

Junior Leader Corps participants should plan on arriving on Monday, July 18 by 11:00 a.m. for instruction, team building, and camp set up.

PRECAMP LICE/HEALTH CHECK

As required by County Health laws, and to keep our camp healthy and prevent the spread of lice and disease, each participant needs to be screened prior to coming to camp. Those participants showing signs of lice or communicable disease should not come to camp.

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.

Record the results of the assessment on the unit roster, available at <http://www.camprobertcole.org/>

How to perform a lice check

You'll need really good light and a pair of strong drugstore reading glasses or a magnifying glass (recommended).

1. Part the hair in various places and check the scalp behind the ears and at the nape of the neck. You may notice sores or a rash where your child has been scratching.
2. Look for movement in the hair. You're not likely to see the lice themselves, as they are small, fast, and avoid light.
3. Look for lice eggs, known as nits. These tiny white or yellowish teardrop-shaped sacs are attached to the hair near the scalp (within a quarter inch if they haven't yet hatched). Nits may be easier to feel than to see: They'll feel like grains of sand. Nits are often hard to distinguish from dandruff or flakes of hair products. The difference is that nits stick to the hair like glue while dandruff and other flakes are easily removed from the hair shaft.

Note: If the only nits you find are more than a quarter inch from the scalp, they may have already hatched, and your child may no longer be infested. (Nits can only hatch in the warmth right next to the scalp. After they hatch, the empty egg remains attached to the hair and grows farther and farther from the scalp.) Only viable nits – those very close to the scalp – or live lice are proof of a current infestation.

If you can't tell whether your child has lice or not, you'll also need a metal lice comb and some hair conditioner for a wet hair examination.

1. Wet your child's hair.
2. Pour on lots of conditioner
3. Comb the hair out in sections, from the roots to the ends, with a lice comb.
4. If there are lice in your child's hair, you should see them on the comb.
(Shaking the comb out into a plastic bowl after every swipe can help you see them better.)

How to Perform a pre-Camp health check

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

1. Fever (100° F or greater)?
2. Sore throat?
3. Vomiting?
4. Diarrhea?
5. Cough?
6. Muscle aches or lethargy?
7. Stomach cramps?
8. Nausea?

If an individual in the unit answered "yes" for fever or vomiting or diarrhea alone OR to any two (or more) of the other symptoms, **do not** allow that individual to travel to camp without clearance from his healthcare provider. If you suspect any other communicable disease, contact the parents.

COVID and 2022 Camp Cole

As the COVID situation has improved over the last year, the State of California and CDC have issued guidelines for conducting overnight camps. The best thing we can do to provide a great, safe camp is to have campers, youth, and adult, get vaccinated before camp. COVID vaccines are currently available to everyone 12 years and older in California.

The First Presidency has stated:

"As appropriate opportunities become available, the Church urges its members, employees and missionaries to be good global citizens and help quell the pandemic by safeguarding themselves and others through immunization. Individuals are responsible to make their own decisions about vaccination. In making that determination, we recommend that, where possible, they counsel with a competent medical professional about their personal circumstances and needs."
(First Presidency News Release January 19, 2021)

Accordingly, as our Camp Cole Committee, we strongly encourage all those who will participate in camp, youth and adult, to get vaccinated.

We encourage those who are not vaccinated to take extra precautions in the 10-day period prior to camp arrival to avoid exposure to covid, and if any covid symptoms, or exposure to someone who has tested positive for covid within the 10 days prior to camp, that those individuals take a Covid 19 antigen test to determine that they are negative for the virus before coming to camp.

Those exhibiting symptoms during camp will be sent home.

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.

DAM CONSTRUCTION AND PLATOONING OF VEHICLES IN 2022

During 2022, similar to the 2021 season, PGE will continue to be doing dam construction using Lake Sterling Road. We may need to platoon vehicles to camp to avoid construction. Details will be provided prior to camp.

PARKING

Except for loading and unloading at the time of check-in and check-out, vehicle parking is restricted to the camp parking lot.

Please Park only on the natural granite and not on plants. Under NO circumstances are vehicles allowed to park in or around the campsites for any length of time.

CHECK-IN

Plan on arriving at camp between 9:00 am and 11:00 on Tuesday morning. Check-in times are staggered and will be assigned by stakes. **Plan to arrive during your check-in time.** Wards traveling farther will be assigned later check-in times. 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 facilitated if materials are prepared prior to arrival and in alphabetical order. The following check-in stations will be present:

- 1) **Unit Rosters**-A unit roster, which includes all youth and adults who will attend camp, will be collected at check-in. Please include dates of attendance for all adults who will be trading out during the week. Additional copies should be posted in the unit's campsite and one maintained by the unit adult leader. A roster form is available at <http://www.camprobertlcole.org/>
- 2) **Unit Photo** – We will take a photo of your unit. We will provide an electronic copy for use in telling your camp story.
- 3) **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.
- 4) **Medical Screening**-everyone staying in camp (youth and adult) is required to have a completed and signed medical form that will be turned in and maintained at the medical lodge. Forms are available at <http://www.camprobertlcole.org/>. At the time of check-in, each young man and adult will need to be physically present for a medical screening for infectious diseases which will be conducted by the camp medic and assistants. We also will check for completion of the pre-camp unit lice check. Medical forms will be returned at completion of camp.
- 5) **Finances** – We will collect any additional fees due.
- 6) **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 lot 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. 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.

After returning to your campsite, quorum leaders will **review safety procedures** with the unit.

At least one adult must **attend 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 shed at campsite.
- Clean campsite thoroughly. Remove all trash. Put fires dead out.
- Have a Junior Leader Corps member 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

- Unit Roster listing all adults and young men attending camp.
- Medical form for each **YOUTH AND ADULT.**
- Pre-camp unit lice check and current health assessment.
COMPLETE WITHIN 24-HOURS BEFORE ARRIVING AT CAMP.
There is a space on the unit roster to show that this has been completed.
- Additional Fees if not already paid in full
- Early release form for any young man leaving before Saturday.
- Campfire permit.
Available 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- Smorgasboard

Please contact the Camp Cook directly with any special dietary needs (contact info on page 3 of this guide).

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! Every year some campers experience dehydration. Adult Leaders should 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 AN EVER-PRESENT DANGER IN THE SIERRAS.

1. Smoking is not allowed at Camp Cole (youth or adults). Any infractions will result in the immediate discharge, and the camper will be sent home.
2. Each campsite has fire control tools including a fire bucket, a shovel, a rake, and a hose. NEVER take these from your campsite.
3. Campfire permits are required for campfires. Each unit can obtain one online at: <https://www.readyforwildfire.org/permits/campfire-permit/>

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. 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)

HEALTH LODGE

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

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

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,

evenings, and hot afternoons, so come to camp prepared! Plan ahead and no weather will be a surprise.

LAKE STERLING

Lake Sterling is a beautiful manmade 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 for to pass the swim check. We have swimming docks and boating facilities. The lake has trout and other fish and is suitable for fishing. Only enter the lake at the lifeguard station!

Anyone wishing to swim or participate in any of the waterfront activities 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 previous years 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 mutual activates 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 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 (SUBJECT TO CHANGE)

	Monday, July 18	Tuesday, July 19	Wednesday, July 20	Thursday July 21	Friday, July 22	Saturday, July 23	
6:00 AM		Staff Meeting Staff Breakfast	Polar Bear	Polar Bear	Polar Bear		
7:00 AM			Scripture Study	Scripture Study	Scripture Study	Scripture Study	
7:50 AM			Flags	Flags	Flags	Flags	
8:00 AM			Breakfast	Breakfast	Breakfast	Breakfast	
9:00 AM	Junior Leader Corps Arrive, Check in, Lunch, & Orientation	Wards arrive at Camp (Staggered Checkin Schedule) Health Checks Set up Camp	Ward/Stake Devotional	Ward/Stake Devotional	Ward/Stake Devotional	Camp Games and Competitions	
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			Lunch	Lunch	Lunch	Lunch	Campsite Clean up, Lunch, Closing Service Project, Campsite Inspection, & Check Out
11:00 AM	Camp Set up, Swim Checks	Ward Adult Mtg.	Program Block #2 1:00 to 3:30	Program Block #4 1:00 to 3:30	Program Block #6 1:00 to 3:30		
12:00 PM	Junior Leader Corps, Adult staff camp set up	Stake Led Activities	Open Activities 3:30 to 5:30	Open Activities 3:30 to 5:30	Open Activities 3:30 to 5:30		
1:00 PM		Flags / Dinner	Flags / Dinner	Flags / Dinner	Flags / Dinner		
2:00 PM		Adult Prog Staff Mtg.	Ward/Quorum Time				Bishopric Program
3:00 PM		Campfire	Stake Campfires	Campfire	Campfire Testimony Meetings		
4:00 PM		Snack-Kitchen	Snack-Kitchen	Snack-Kitchen	Snack-Kitchen		
5:00 PM		Lights Out	Lights Out	Astronomy Observation Night	Lights Out		
6:00 PM		Misc Meetings		Junior Leadership Corps			
7:00 PM		Tues: 2:00 -3:00p Ward Adult Meeting @ Office		Tues @ 7:00-7:30am			
8:00 PM		Tues: 7:00 p.m. Adult Program Staff meetings		Weds @ 7:00-7:30am			
9:00 PM		Tues - Friday: Quorum Presidents Meetings @ the Office		Thurs @ 7:00-7:30am			
9:30 PM			Fri. @ 7:00-7:30am				
11:00 PM			Staff Meeting @ the Office				

PROGRAM BLOCKS

Young men grouped into Companionships of 2 will be available to 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 companions in the assigned activity. Your unit leaders can decide how it wishes to divide up the companionships for one participating in the program blocks.

Below is a preliminary list of program blocks we plan on offering. Each block will include basic instruction in the skill, including safety training, and opportunities to practice the skills in the outdoors. Each block also will have an Aaronic Priesthood element relating to our theme "Trust in the Lord"

Shooting sports

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

- Archery
- Shotgun
- Rifle

Aquatics

- Swimming
- Lifeguarding/lifesaving
- Canoeing
- Kayaking
- Small boat sailing (Best for older young men)
 - Advance Sailing

Climbing

- Basic climbing - suitable for first time climbers
 - Advanced Climbing (Basic climbing block is a prerequisite)

Hiking

- Hiking
- Advanced Hiking

Outdoor/Nature Skills

- Astronomy
- Outdoor cooking
- Wilderness survival

Cope

- Cope activities teach team building with fun challenge activities.

Mountain Biking

- Basic Mountain Biking
- Advanced Mountain Biking

Service Projects

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

Frisbee Golf

Games

- Game corner to include board games, magic cards, card games, horseshoes, corn hole etc.

Wood Carving

Crafts

- **Leather working, basket weaving,**

Orienteering / Geocaching

Fishing

Special Ward/Stake run activities.

Wards can create their own program block activities, such as hiking to a nearby lake, enjoy an afternoon fishing, or having their own leaders instruct a skill. If you would like to use any program area, please let the camp planning committee know in advance, so we will block out that time for you to spend with your boys.

TUESDAY AFTERNOON STAKE LED ACTIVITY

Tuesday from 3:00 p.m. to 5:30 p.m. will be led by stakes. 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 "Trust in the Lord"
- 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, a 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. 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. Details of daily activities available will be given to the quorum leaders at the noontime meeting.

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 BISHOPRIC PROGRAM/TESTIMONY MEETING

Friday evening is the highlight of Camp Cole and a main reason we have camp. From 7-8 Bishops or a Counselor will meet with the young men in their wards for a bishopric designed program. Friday evening's campfire will be a testimony meeting.

SATURDAY CAMP GAMES

Saturday morning from 9-11 we will camp games. This will be a fun inter-quorum competition where young men will be able to use the skills they learned during the week.

FORMS

Electronic copies of the following forms are available at <http://www.camprobertlcole.org/>

or they can be e-mailed or mailed on request.

- Camp Registration Form with Program Block Request
- Permission and Medical Form
- Early Release Permission Form
- Junior Leader Corps Application
- Unit Roster
- Lice/Health Check Instructions