

## School Programs

## Camping

## FALL CAMPING

**Falcons & Hawks (1/2)**

OVY Campground in San Gregorio  
Thu, Sep 11 - Fri, Sep 12

**Jays & Ravens (3/4)**

OVY Campground in San Gregorio  
Mon, Sep 8 - Wed, Sep 10

**Condors & Ospreys (5/6)**

Camp Augusta - Nevada City, Sierras  
Tue, Aug 26 - Fri, Aug 29

**Herons & Egrets (7/8)**

Camp Augusta - Nevada City, Sierras  
Tue, Aug 26 - Fri, Aug 29

## WHY WE CAMP



Our camping program teaches the following fundamental life skills that are immediately applicable in the classroom, but, even more importantly, help our children succeed in life:

- Getting Comfortable Being Uncomfortable:**  
Camping introduces both physical and emotional challenges. It teaches children that discomfort is a part of growth; they can recognize that feeling and embrace the opportunity to be challenged, rather than avoiding it.
- No One is Done Until Everyone is Done:**  
Students collaborate to set up tents, cook meals, and clean dishes, underscoring the importance of teamwork and shared responsibility.
- Community is Valuable:**  
Extended hours spent hiking, playing, and working together deepen the bonds between students and teachers, creating connections that surpass typical classroom interactions.

## CAMP LOGISTICS

## Transportation

Students will arrive at school at usual dropoff time with their luggage. Helios teachers and chaperones will drive the students to and from the camping location. Students are expected to participate in unloading equipment, cleaning and performing post-trip inventory upon return to campus. Please plan to pick up your student at regular pick-up time on day of return. If return time is projected to be late, parents will be notified day-of.

## Safety

Food allergies/sensitivities, medical needs, and emergency information will be taken from Veracross, which contains all information provided in your student's enrollment forms. If there is an update or change to your student's needs, please contact our Registrar to ensure we have the most up-to-date records.

## Food

All meals beginning with dinner on departure day will be provided. Students will need a packed lunch for the departure day. We will have a designated adult monitoring the meals of students with dietary restrictions per information obtained from Veracross. Students prepare and serve all meals under adult supervision.

## Sleeping Equipment

Helios is committed to bringing an exceptional camping experience for all students. Tents are provided for all students by the school. Students will bring their own sleeping pads, bags, and pillows (see packing list below). If your student does not have any of these items, please contact [camping@heliosschool.org](mailto:camping@heliosschool.org) and Helios can provide them.

## STUDENT PACKING LIST



## Gradeband Packing Lists:

- [Hawks/Falcons](#)
- [Jays/Ravens](#)
- [Condors/Ospreys](#)
- [Herons/Egrets](#)

## Additional Guidance:

- California weather may be warm during the day and chilly at night. Warm layers at night and sun protection during the day are necessary.
- Any and all medications must be in the possession of designated staff with clear directions and permission to administer via [this form](#).
- Students can bring pocket knives if labeled and held by teachers for use at specific times.
- If purchasing new footwear, please allow for a couple of weeks to break them in before hiking.
- Suitcases should be able to fit inside your student's tent. Having your student pack (or helping your student pack) will ensure they know the location of their belongings (for example, their toothbrush!).
- Sleeping bags can be packed inside a trash bag clearly marked with your student's name.
- Please label all of your student's belongings and bags before the trip!

## PRESCRIPTIONS AND OTC MEDICATIONS

- Any and all medications, including Over-The-Counter (OTC) medications must be in the possession of designated staff. Students are not allowed to carry any medications.
- Medications must be in the original container (including OTCs) with the student's name and dosage amount.

## CHAPERONING &amp; VOLUNTEERING



If you are interested in chaperoning, please read the [Chaperone Camping Handbook](#) to make sure you are aware of the many chaperone responsibilities. Be on the lookout for an email requesting volunteers to chaperone the trip as well as help to a pre- or post- trip volunteer (shopping, packing, unpacking, washing dishes, etc).