



Trackers Earth

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Camper/Guardian To Do List

We strongly encourage all guardians and campers to review the details provided in this handbook. This quick checklist is for items that should be completed prior to check in Monday morning. Please note a few of these items need to be completed no later than 2 weeks prior to your camp's start date.

- ☐ Check that the camper's profile is up to date (2 weeks before camp).
- ☐ Check that the camper's Overnight Medical Form is up to date (2 weeks before camp).
- ☐ Add Authorized Pick-ups OR sign Independent Release Waiver (2 weeks before camp).
- ☐ Review packing list and pack! Have your camper do the packing (with supervision).
- ☐ Bring a packed lunch for Monday Check In.
- ☐ Provide any medications at check in with staff.

Check In & Out Details

Check In ~ Monday
10:30 AM - 11:00 AM

Check Out ~ Friday
12:15 PM - 12:30 PM

Check In/Out Location:

[Camp Herms: 1100 James Place El Cerrito, CA 94530](#)

CHECK-OUT Photo ID + Authorized Release

All child pickups require a legal photo ID at Check-Out. If your ID has been left on the Catbus or taken by a pirate, don't worry—we'll help sort it out while keeping your child's safety our top priority. Remember, we can't release kids to anyone not on the authorized pickup list (and that's for the best). To add authorized pickups:

- [Login to your account.](#)
- Go to *Authorized Pick-up Names*.
- Add names.
- Click Save to confirm your edits.

INDEPENDENT RELEASE Self Check-In & Check-Out

We recognize many older youth arrive at camp independently. Legal guardians can sign a waiver that allows free-range youth to check themselves in and out of camp. To sign the waiver:

- [Login to your account.](#)
- Go to *Manage Independent Releases*.
- Fill out the online form.

EARLY PICK UPS & LATE DROP OFFS

We recognize the need for early pickups or late drop-offs on occasion. To ensure our staff can focus on all campers, please limit these requests to necessities. For arrangements for Overnight,, email hello@trackersearth.com. You can also discuss this with your Guide at check in.

Evacuation Procedures

In the rare case of an emergency evacuation due to wildfire or other natural events, we do notify families if campers need to move to a new site. For more information see [Challenging Conditions Procedures: Weather, Air Quality... Oh my!](#) (you can also find this on our website FAQ).

Camp & Activities



At Trackers we believe that youth and teens are capable of more than they are often given the opportunity to explore in today's world. We do our best to help each individual find their learning edges at camp, to build new skills and new friendships while also having a great time... it is summer camp after all!

Whether you're attending a Realms, Rangers, Forest Chef, or multi-guild camp like Trackers Adventure, there are some activities that are common to all our overnight camps, including: *fire making, knife carving, campfire cooking, wild plant harvesting and storytelling.* Outside of these core activities, staff have the opportunity to change and shift curriculum to have the best experience with the

nature they are in and the students they are working with. This shift in curriculum means that students who come back several times throughout the summer can experience different activities within the same camp theme.

General Daily Schedule

Morning and early afternoons are spent learning skills for each specific subject. Later afternoons and evenings are when campers choose a recreational activity such as archery or outdoor cooking, and connect with fellow campers during game time and at the campfire.

Lights Out! Wake up!

Bedtime is 9 PM and lights out is officially 9:30 PM. Wake-up and breakfast is 7:30 AM. If students wake up early, we ask that they remain in their tent quietly reading or journaling to let other campers and staff get a full night's rest.



Campfires

Trackers Earth must abide by any fire bans for the overnight camp area. If there is not a fire ban during the time of your camper's overnight, we will have fires. If there is a fire ban during that time, we will follow all state regulations and use only propane equipment.

Camp with a friend! Friend requests

Friend requests for camp must be submitted online at least **10 days prior to camp** by [logging into your user profile](#). If made later than 10 days prior, requests may not be possible. Campers must be in the SAME grade and camp theme to be paired, and requests must be mutual. Verify that your child is enrolled in the same grade and theme as their friends. To maintain group balance, please limit requests to one camper pairing.

Packing List & Tips



Pack Light!

At Trackers, we pack as lightly as possible. Individual tent space is VERY limited (about 2 square feet). Plan to wear some articles of clothing multiple times during the week. But it's just as important to have enough of the right clothing to stay protected and safe. Be wise and conservative. You often need less than you think!

Label, label, label!

To avoid confusion and lost property, please write your initials or first name on as many items as possible, especially water bottles, knives, and flashlights/headlamps.

Pack Compact!

We recommend using a duffle bag that fits all clothing, toiletries and sleeping gear inside. Nothing should be tied to the outside. It's a great idea to bring a small day backpack to carry a water bottle, knife, sunscreen, hat, flashlight, and clothing layer. Framed backpacks are discouraged because they take up a lot of space.

Pack Intentional!

Each camper should pack every item on the list into their bag. When you pack your own bag, it is much easier to find and keep track of your stuff all week. Campers should even practice packing and unpacking their gear bag, so they will need to know how and where to access all their supplies quickly.

Plan for wet, cool mornings and evenings

Even on warmer days, it can be cold and damp in the mornings and cool in the evenings. The rainy months make this even more pronounced. Please watch the weather and make sure campers come with proper rain and warmth layers, no matter what the weather report says. Wool or synthetic socks and base layers can make a big difference when campers are wet. Cotton does not keep them warm in most circumstances. We may ask that you provide extra layers during their stay if the ones sent are not meeting the student's needs. Thanks for your understanding here!

Here it is . . . what you've all been waiting for . . . the . . .

Overnight Packing List

Residential Summer Camp

When packing for Trackers, follow these guidelines:

- ⇒ Put your or your child's FULL NAME on as many items as possible.
 - ⇒ Pack as lightly as you can, BUT include the right gear needed for each day (see below).
 - ⇒ Keep it light and tight! Everything should fit into a single pack—nothing clipped on the outside.
 - ⇒ Choose wisely! Check out “How-To: Trackers Kit” below for help assembling gear.
 - ⇒ Be ready! As you're packing, check the weather report for the upcoming week to ensure you pack the right gear (shoes, raingear, etc.)
 - ⇒ **Read EVERYTHING!** Many programs such as Realms or Mariners **require specific gear**.
-

Carry System (Backpack)

The smaller bag should fit inside the larger bag.

- ☐ **Duffle Bag or Large Backpack** Pack it all in ONE pack! Capable of fitting all clothes and all gear. Large duffles with a lengthwise zipper are darn near ideal—and they're cost effective as well.
- ☐ **Small Day Pack** For carrying day gear (water bottle, sunscreen, etc.).

Shelter System (Sleeping Gear)

Make a good investment here. How you sleep at night affects mood and learning capacity during the day.

- ☐ **Sleeping Pad** Does not need to be fancy, but no inflatable pool mattresses.
- ☐ **Sleeping Bag** Cold weather mummy bag, if possible. A quality bag rated at 10° to 30° is essential. No cotton or flannel-lined sleeping bags.

Water & Food System

- ☐ **Water Bottle** 1 Liter or more. Non-leaking. Clearly labeled with a name. Fill with water. We refill later. Don't leave it in the car! We have plastic water bottles on site, but this is the #1 item left behind.
- ☐ **Mess Kit** Bowl, fork, spoon, cup with your campers name. Metal or wood are preferred.
- ☐ **Monday Lunch + Morning/Afternoon Snack** Must not require refrigeration. Trash-free is ideal. Container must fit within the backpack. Lunch + Snack is only needed for the first day of camp at check in. Campers may pack snacks for the week, which will be kept in a critter-proof box at night.

Clothing System

Focus your investment on this clothing for overall comfort and safety. For cooler days these items are essential. Many items, especially rain gear and boots, can be purchased cost-effectively secondhand.

- ☐ **Base Layer (aka Thermal Underwear)** For June & early July camps. Merino wool is best.
- ☐ **Merino Wool Socks - 3 Pairs** One pair on feet. Must fit well to prevent blisters.
- ☐ **Waterproof Coat and Pants** Heavy-duty rain gear that covers the entire body. Not a light poncho. See Water RESISTANT vs WaterPROOF description below.

- ☐ **Waterproof Hiking Boots** Waterproof and a good fit to prevent blisters.
- ☐ **Rugged Pants** Wool, good synthetic, or heavy-duty canvas.
- ☐ **Light Shoes or Closed-Toed Sandals** Easy to wear around camp. No flip-flops.
- ☐ **Warm Insulating Coat** Wool or good synthetic.
- ☐ **Warm Stocking Hat** Wool or good synthetic.
- ☐ **Gloves** Thin enough to perform tasks while wearing them.
- ☐ **Shorts**
- ☐ **Swimsuit** Used during camouflage exercises or showering. Shorts can work as swimsuit bottoms.
- ☐ **Change of Dry Clothes** For if your "outdoor" outfit gets wet.

Hygiene System - Toiletries

- ☐ **Tooth Care** Toothbrush, toothpaste, floss (the most important thing EVER!!!).
- ☐ **Personal Medications (prescription AND non-prescription)** Check in with our staff at drop-off. Please have medications out and ready to check in. See Medication & Supplement policy on our websites [FAQ](#).
- ☐ **Sunscreen** SPF 15 or higher clearly labeled with the child's name. Apply before check-in.
- ☐ **OPTIONAL Insect repellent** Must be applied away from tents and other campers, never inside. Personally, we prefer to rough it without repellent.
- ☐ **Feminine Hygiene Products** if needed.

Tool System

- ☐ **Safety Whistle (MANDATORY)** Must be carried with you at all times.
- ☐ **Pencil + Eraser + Journal** For writing down thoughts.
- ☐ **Light** Headlamp or flashlight with charged batteries.
- ☐ **Woodcarving Knife & Tools (OPTIONAL)** We have knives to use, but if you want you may bring your own. We follow strict woodcarving protocols. If a Tracker brings their own knife, they must keep it in a safe place (backpack) until carving time designated by their Guide. More about knives below.

Program Specific Gear

Many programs such as Mariners & Story Camps **require specific gear**. Please review your camp below. All necessary program equipment is provided. If your Tracker would like to bring their own equipment, your guide needs to APPROVE the item at check in. We're not responsible for any lost or broken personal property.

Camp Trackers

While not required, many Rangers dressed in earth tones that blend in with the forest and let you move silently and invisibly.

Personal Bows

Campers may bring their own bow, if they wish. Compound bows are not allowed. All bow and arrow equipment needs to be approved by staff at check in. Trackers cannot be liable for any lost, stolen or damaged personal property. If your camper is attending a Trackers Adventure Overnight camp, they will do archery for one day of this program. Be aware they will only use archery gear for one day of the trip.



Carving Knives

The knife we recommend is a 3.5" or less, fixed or locking blade, **non-serrated**. Our favorite is the [Rubber Grip Mora Knife](#), which you can order (along with our carving book) at our online store. Please do NOT send campers with a serrated or non-locking/non-fixed blade, (i.e. some Swiss Army knives) as they can be dangerous to use for carving. Keep personal knives stowed in a safe place (backpack) until Guides review basic rules with campers. Campers

must follow instructions and safety protocols given by Guides or they may confiscate your knife for the day.

Personal Gear

Personal Medications (prescription AND non-prescription)

Our guide staff does not administer medication. Make sure the medication is packed safely with your child and is capable and able to self administer as needed. Please inform staff at check in. You can find more information on our website's [FAQ page](#).

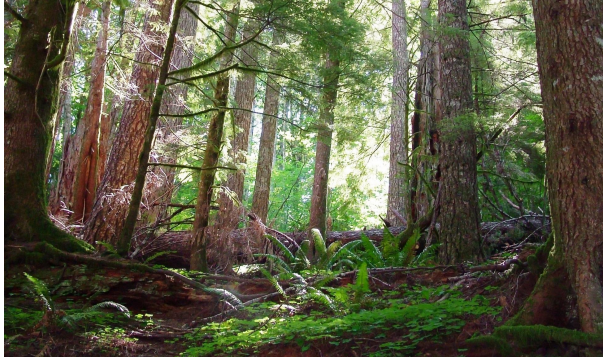
DO NOT Bring

Items that are prohibited at camp include: candy, gum, soft drinks, sports drinks, pets, toys, scented products, hatchets, weapons, non-archery sports gear, money, valuable items, phones, electronics, and drugs/alcohol/tobacco (bringing the latter items may lead to immediate expulsion).

Electronic Device Policy

NO CELL PHONES: Unplug from Technology, Reconnect with Nature

At Trackers, we prioritize connecting kids with nature and community, away from the distractions of phones and social media. Understanding that these digital platforms are engineered to captivate and hold their attention, our aim is to shift their awareness to the plants, animals, and the world around them. Our goal is to foster attention, resilience, and grit by engaging with the natural world rather than seeking instant online gratification. Therefore, we require students to leave phones and gaming devices at home. Our staff also limit phone use to operational needs. To enhance this experience, we suggest limiting your child's phone and internet use before their program starts. Any devices brought will be safely stored and returned afterward. We appreciate your cooperation for a more enriching experience.



Overnight Camp Accommodations

Join us for real old-school camping! Be ready for a rugged outdoor experience. Each camper sleeps in tents supplied by Trackers. Tents are all one-person tents. Each tent is all-weather and keeps out rain and inclement elements for a comfortable and cozy camping shelter.

Books & Night Lights

Campers are encouraged to bring a good book and light for nighttime reading. This is a great option for those who may have trouble falling asleep or want to dive into a good story during down time. We recommend slipping it into a large ziplock bag to keep it clean and dry. Leave library books at home.

Restrooms & Showers

Camp Herms has single person restroom/shower facilities onsite. Most other locations have portable restrooms. Solar powered showers are available for use, although most campers choose to go without for the week. We recommend packing a swimsuit for showering.

Feminine Hygiene Support

Our staff will have hygiene supplies if campers need them, but we recommend you pack these items as well. It doesn't hurt to have more than needed. Female staff are also on site to help support campers who may need to talk to someone. We also recommend discussing this beforehand with your camper so they know what to do.

Camp Meals

We serve meals completely outdoors. Depending on the season and camp logistics, food may be cooked on a campfire or propane camp stoves. Meals are simple, using menus common to backpacking or overland expedition kitchens (for example, burritos). We make sure campers are well fed for their action-packed activities each day, but please understand that this is not the camp for choosy eaters. Menus can change from week to week to help vary it for staff who are there all summer. A sample menu includes:

Example Overnight Menu

Breakfast Bagels, Cream Cheese, Fruit, Cereal, Dairy Milk, Oat Milk

Snack Granola Bars, Fruit, Veggie Sticks

Lunch Sandwiches, Cheese, Cold Cuts, Wheat Bread, Gluten Free Bread, Hummus, Chips, Salad Greens

Dinner Monday BBQ (hot dogs & veggie dogs), Tuesday Spaghetti, Wednesday Burritos, Thursday Pizza

1 Campfire Night S'mores (because s'mores!)



Don't Forget Your Mess Kit

Each person needs a mess kit that includes a plate and bowl (or plate that doubles as a bowl), fork and spoon or spork, and a cup for hot beverages. Stores like Fred Meyers, New Seasons or Next Adventure sell mess kit essentials.

Bring A Favorite Snack

If your camper has a favorite snack(s) they would like to bring, please do. Snacks will be locked up at night in critter-proof containers. Campers will have time in the morning and evening to enjoy them.



! Dietary Restrictions & Allergies

Due to the rugged nature of this camp, it may be difficult to provide accommodations for specialized diets. If your child has a severe, systemic food allergy, contact us and we may be able to work with your Medical Doctor (MD) to see if adjustments can be made to meal plans. Information regarding campers dietary needs or allergies is included in the Health History of the Overnight Medical Form (link below). Please fill this out a week prior to their camp's start date.

Overnight Medical Form

Be sure your child's profile and Overnight Medical Form are up to date. To log into your profile, go to TrackersPDX.com and select the person icon in the upper right corner. Updates need to be completed no later than 1 week before the camp's start date. If this form is not completed on time, you may need to drive your camper out to the site on the first day of camp.

Once in your profile, select 'Student & Forms'.

Students & Forms

Then select 'Edit Student Information' or 'Overnight Medical Form' to update.

Edit Student Information

Overnight Medical Form

Prescription & Nonprescription medication

Please bring all medications in their original packaging (with name and dosage) and packed in a bag with your camper's name on the outside. Please include all medication information on the Overnight Medical Form (instructions above). Medication for Overnight Camps must be turned in to their guide at check in on Monday. All medications are kept in a locked box during day activities.

Campers must self-administer medication while at camp. Our guides can help offer a reminder by setting an alarm for when to take their medication and witness it being administered.

Medical Devices

Please let the Family Success team know if your camper needs to have a medical device charged so we can make the necessary arrangements. Rechargeable battery-powered devices are highly recommended as generator outlets are extremely limited.

Medical Care

All of our staff have been First Aid/CPR and AED Certified. Our coordinators and some staff are also trained to administer Epinephrine in case of severe systemic allergic reactions. Two or more resident staff with a Wilderness First Responder or higher level of training act as Health Officers and are responsible for collecting, safeguarding and reminding campers to take their medications, as well as addressing and assessing medical concerns throughout the week.

In case of an emergency, arrangements for treatment have been made with Northwest Urgent Care in Sandy or Mt. Hood Medical in Gresham. Should any serious accident or illness occur at camp, parents or guardians are notified immediately. In case of minor illness or injury, parents are informed if their child remains in the Medical Area for more than two hours or if they have a condition that needs monitoring.

We reserve the right to send a child home if the Health Officers and Site Supervisor conclude it is in the best interest of the child or the other campers, or if the student needs more than two hours in the medical tent. If you plan to be away for any length of time during camp, please arrange ahead of time for a relative or friend to be able to pick up your child should he or she become ill. Please include their contact info on the Health Form.

Homesickness & Code of Conduct

Sometimes homesickness happens. If it does, our staff work hard to first make the camper feel included and supported in their group as much as possible. If these efforts do not help change the camper's outlook or if the camper needs it—we will reach out to guardians for support and to offer an update. The conversation between staff and the guardian is to help provide insight on how to support their camper. We have found that if a camper calls home the positive effects are usually short-lived once they hang up. Our goal is to keep the camper's experience as positive as possible. The staff and guardian will work together to determine, on a case by case basis, if the camper should remain at camp or if they need to be picked up early.



Do guardians get daily reports?

The short answer is no. No news is great news! Your child is learning to be self-directed and independent. Of course if there are any needs, we will contact parents.

Care Packages & Mail

We ask that you please do not send any mail or care packages to campers while at overnight camp. We have found that usually the mail doesn't arrive on time and we would like our staff to have their full focus on campers and camp activities. Ultimate fun!

High Expectations

By coming to a Trackers program, youth commit to serving their Team, Community, Future Generations, and Nature. We welcome those who have a passion for discovery, wilderness, and tracking. Should a young Tracker consistently show disinterest in our core Purpose, we'll talk with them and their parents to determine if our program aligns with their interests.

Trackers Good Fit

Trackers is a great fit for kids and families who are inspired by our values and what we teach. Trackers is not a great fit for families and kids whose needs do not align with our core Purpose. Every participant needs to be ready and excited to build resilience and grit. They need to be ready and excited to work with a Team.

This Program IS a Good Fit for Kids Who...

- Can remain with a group and follow essential safety directives at all times.
- Accepts when challenges arise or things don't go their way.
- Can handle fast-paced, action-packed transitions.
- Are self-motivated and self-directed.
- Will care for others, choosing to prioritize community and nature over their personal interests.
- Can thoughtfully handle physical and weather challenges.
- Is willing to strengthen their resilience and grit—becoming antifragile.
- Is willing to forage and farm wild plants, insects, fish, or other animals.
- Wants to be an outdoor skills badass with superpowers and abilities beyond mere mortals.

This Program IS NOT Good Fit for Kids Who...

- Cannot remain with the group and follow essential safety directives at all times.
- Become difficult and demanding when challenges arise or things don't go their way.
- Cannot handle fast-paced, action-packed transitions.
- Are overly reliant on external motivation and direction.
- Often puts their own interests before their team's interests.
- Cannot thoughtfully handle physical and weather challenges.
- Unwilling to strengthen their resilience and grit.
- Get overly upset with foraging and farming wild plants, insects, fish, or other animals.
- Is not passionately interested in training in wilderness skills.

If It's Not A Good Fit

After reading these guidelines and BEFORE THE FIRST DAY OF THE PROGRAM, if you feel this is not a good fit for your child or family, please contact Family Success to cancel. Canceling is only an option before the program starts. By starting the program, you are agreeing to the Good Fit Policy above.

Very Important

Children must stay with their group and follow safety directions at all times. If a child fails to do so, guardians agree to promptly retrieve them wherever they are, no matter the distance. Should extra staff be required to supervise a child who is not staying with the group, a charge of \$50 per hour for two additional staff (as required by our safety procedures) may apply.

Choices & Consequences

At Trackers, we foster personal accountability and collaborative problem-solving. Mentors and young Trackers typically resolve challenges within their teams, focusing on choices and consequences rather than reacting to "bad behavior." Our camps, which teach outdoor skills and offer unique experiences, are not day-care facilities. Participation is contingent on respecting mentors' directions and making choices that benefit personal and team well-being. Non-compliance with our Behavior As Choice Policy results in a specific response process. If a young Tracker chooses to not act in accordance with our [Behavior As Choice Policy - AKA Because Knives](#), we generally follow this path:

Behavior As Choice Policy - Because Knives

At Trackers, we keep our expectations high for youth because we do real and challenging activities. We use wood carving knives and other real tools to learn wilderness survival! Teens work beside blacksmith forges that are 2300° F. Kindergartners light campfires (in winter). And everyone respects the wilds and forests we thrive in. These things make us different from other camps. We do not water down the deeper skills we share or the wild places we explore. We trust youth to act responsibly. We believe youth are capable of great things and we dedicate ourselves to that true potential. Nearly every kid can step up to that expectation. To maintain this high level of expectation, there are some behaviors we cannot accommodate.

It's About Choice

We recognize everyone makes choices that are personal to their own needs and experience. We don't define behavior as good or bad. But some behavior choices simply conflict with the needs of the Team. Remember, your child is part of a team: *Every Trackers Team has more than one camper.*

We Take Direct Steps

With most behavior conflicts, we use redirection, reminders, or conversation. We can apply natural consequences, like taking a short break after ignoring boundaries. If the behavior choices that conflict with the Team continue, we begin our Fair Share of Attention Process.

Fair Share of Attention Process

Guides cannot spend excessive time addressing one participant at the expense of other youth in the program. The Fair Share process begins when a participant makes choices that demand more than their Fair Share of attention. Please note, we immediately move to the next step if they miss commitments, choose defiance, or misunderstand the outcome of their choices.

Step #1: Commit to Team Participant, Guardians (Parents) and Guides agree together to work towards the well-being of the Team and Village. The participant immediately engages in community service stewardship. This could include picking up trash, doing dishes, or any activity that contributes positively to the well-being of the community.

Step #2: Guardian Outreach After a conversation with the Site Director and/or General Managers, we will call home and let the guardian know the approaches that staff has tried and ask for advice or suggestions that work at home.

Step #3: Go Our Separate Ways If steps #1 and #2 are unsuccessful, the participant is expelled from the program, forfeiting any registration fees. Depending on the behavior, they may not return to future Trackers Earth programs.

IMPORTANT Very few youths choose actions that bring them to step #3 (Go Separate Ways). It's important to note, dangerous or obstinate behavior can skip directly to any step in the Fair Share Process. While rare, we may require Guardians to Respond Swiftly (see below).

Trackers Staff will choose, to the best of their ability, consequences that reflect the challenging behavior. Consequences WILL NOT be a punishment, nor referred to as such. It WILL BE presented as a strategy to return the entire group to the equilibrium necessary to continue to function as a healthy community or team.

There are some behaviors that may result in immediate dismissal from the camp program. These include, but are not limited to: *physical violence, possessing alcohol, tobacco, or drugs, possessing weapons with intent to harm, damage or theft of property, sexual misconduct and bullying (including hate speech).*

Respond Swiftly

Guardians are required to IMMEDIATELY pick up their child at any site and youth will not return if the following applies:

- ▲ **Dangerous Behavior:** Anything that impairs the ability of staff, students, and families to keep each other healthy and safe. This includes an unwillingness to stay with the team.
- ▲ **Openly Defiant:** The dangerous behavior is intentional and/or the participant is openly defiant.
- ▲ **Lacking certainty on future compliance:** If we're not 100% certain that in the future the participant will make choices that keep everyone safe.

Stand With Us

We need the active support of our parents and Guardians to stand up for these essential goals. At Trackers, we trust kids. Most rise to our high level of expectation and thrive there. Kids come to Trackers to embark on adventures they may not find elsewhere. They value the opportunity to do things that are challenging, real, and meaningful. With your support, we can continue to provide this opportunity for our kids.

Office Hours

Monday to Friday 10 AM to 4 PM

Email hello@trackersearth.com

Phone (510) 575-9444

Trackers Earth [FAQ](#)