



# FIRST TIME FAMILY GUIDEBOOK

FOR

## RUN FOR FUN OVERNIGHT CAMP - PINECREST



# CAMP MISSION

At Run for Fun, we provide campers an environment to explore nature, foster lasting friendships, and encourage personal growth. Our overnight camp experience blends sports, crafts and challenging activities with outdoor exploration, teamwork, and fun! Our entire staff is dedicated to creating a supportive, inclusive, and enjoyable environment where every camper can belong, challenge themselves, discover their strengths, and enjoy the beautiful outdoors alongside friends.



## PROGRAM GOALS

- Build independence and learn about yourself
- Enjoy time away from technology!
- Accept everyone from all walks of life and make new friends in the process
- Challenge yourself by trying new activities and learning new skills
- Appreciation for the natural environment
- Embrace living as part of the Run for Fun community

# TYPICAL DAY AT CAMP & CAMP ACTIVITIES

<b>8:00am - 9:00am</b>	Breakfast
<b>9:00am - 12:00pm</b>	One hour activities blocks which include crafts, sports and games broken down by age group
<b>12:00pm - 1:00pm</b>	Lunch
<b>1:00pm - 2:00pm</b>	Siesta
<b>2:00pm - 4:00pm</b>	Activity Blocks
<b>4:00pm - 5:00pm</b>	Free Play
<b>5:00pm - 6:00pm</b>	Dinner
<b>6:00pm - 7:00pm</b>	Cabin Activity Time/Camp Store Hours
<b>7:00pm - 8:15pm</b>	All Camp Evening Program
<b>8:15pm - 8:30pm</b>	Evening Embers
<b>8:30pm</b>	Cabin time into lights out

## ———— SPIRIT DAY ————

Camp is split into team "Run" and team "Fun" for the day. The morning starts with a "challenge by choice" all camp water carnival with a chance to participate in limbo, kayak races, water matt battles, tie dye and much more. In the afternoon campers participate in a giant game of capture the flag and a team song. The winning team is crowned the champion and wins NOTHING other than pride and a day of fun memories. From there, we close the session out with a spirited closing night of campfire songs, skits, and s'mores.

## ———— PICK YOUR PATH PROGRAM ————

The "Pick Your Path" program was created to elevate your campers experience and ignite their passions while at Pinecrest. The program highlights include additional half day horseback excursion, painting by the lake, olympic sports competition and more. The program takes place 3 times over a two week session. More info on PYP can be found [here](#).

# FAQs

## WHAT ARE THE CABINS LIKE?

Cabins host between 7-11 Campers and every cabin has two counselors. Cabins are a place to gather during siesta and in the evenings for card games, reading a book and a comfortable place to rest your head at night. Bathrooms and showers are located centrally to all the cabins.

## CAN YOU ACCOMMODATE SPECIAL DIETARY NEEDS?

Yes, we can accommodate special dietary needs. Be certain to note the needs on your campers application.



## TWO WEEK CAMPERS?

Two week campers are for those who feel like one week is just not enough. If you LOVE camp this is the scene for you. Most two week campers will tell you that their favorite day is turnover day. This is a 24 hour window where they are the only campers on site. They have full run of camp, while of course being supervised by staff. We head down to the lake for a special swim, take everyone out for soft serve ice cream at the marina, get our laundry done, take an extra long siesta and end the night with a pizza party and movie in the dining hall! Additionally, two week campers get first choice in the pick your path program.

# FAQs

## CAN YOU ACCOMMODATE FRIEND REQUESTS?

Yes, we do our best to accommodate friend groupings. Requests need to be within one grade level of one another in order to be grouped together.

## CAMP STORE?

Camp store is a place where your campers can buy fun snacks or camp merch. Camp store is not mandatory but the majority of campers do have a budget and enjoy visiting the store!

## PACKING?

Be sure to check the weather for Pinecrest before heading out. We always suggest having clothes for when it can get cooler at night and also having plenty of socks and bathing suits! Here is our [full packing list](#).

## TRANSPORTATION?

We offer transportation to and from Palo Alto using a professional charter bus company. Transportation fills up fast so be sure to not wait to book this option. Every year families ask for transport right before camp and it is often full.

For any additional questions you may have, please feel free to reach out to us at [info@runforfuncamps.com](mailto:info@runforfuncamps.com)



# COMMUNICATION

We are sure to communicate with you and are always reachable while at camp. At the same time, we put our focus into your kiddos and making their experience meaningful. We communicate 3 times during the week - once when the bus arrives, once in the middle of the week, once as we are wrapping up the session.

\*We do not typically allow phone calls home during the session. More info on this and why below\*

## HOME SICKNESS

We understand that sending your child to camp—especially for the first time—can bring up a mix of emotions. Being homesick is a part of the reality for many campers away at camp for the first time. It's completely natural for both parents and campers to feel a little uneasy about being in a new environment. Part of life at camp is learning to handle those new and sometimes uncomfortable feelings, and staff is here to help with this process.

At Run for Fun, we work closely with campers and families to navigate these feelings, creating a warm, inclusive environment that encourages growth and resilience. We know that the journey from uncertainty to accomplishment is transformative, and we are committed to helping your child unlock this life-changing experience.

[Here](#) is a PDF to help parents with first time campers and how to prepare.

### HOMESICK PROCESS AT CAMP:

Our camp counselors are the first to try to help with homesickness. Focusing on enjoyable and fun experiences at camp is the goal in order to create positivity and confidence being away from home. Writing a letter home can often solve homesickness for a camper as well. If a counselor is unable to breakthrough with this initial messaging, a leadership staff member is there for support.

Throughout the homesickness process, we try to stay away from calling home at night and will wait until the morning to have your camper reach out. Most campers will overcome the initial homesickness but if not, our leadership team will be in contact to make a plan for the week.

## HEALTH & SAFETY

The well-being of our campers is our top priority. At Run for Fun, we have a dedicated medical staff on-site 24/7, ready to handle everything from daily medications to unexpected medical needs. Our nurse's cabin is centrally located for quick access from all camp cabins, ensuring that help is always nearby.

In the event that further medical assistance is needed, the nearest hospital and doctor's clinic are located about 30 minutes away in Sonora. With these measures in place, you can rest assured that your child's health and safety are in caring, capable hands.

# CAMP COMMUNITY



## FULL-TIME STAFF

Run for Fun Camps was founded in 2010 with a vision for providing engaging outdoor play for youth in nature. Our leadership team is invested in making your campers experience memorable. For more information about each individual director please visit the [about us](#) page. Camp is directed by Alex, Maddie and Dave who combined have approximately 50 years of camp leadership experience.

## REACH OUT

We invite all first-time families to schedule a time for a chat with us! This is a great opportunity for us to learn about your camper and connect before the camp experience begins. We look forward to hearing from you!

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