If you have never been to CDF Camp Gluten-Free, let us tell you a little about it...

Camp Nawakwa is located in the San Bernardino Forest's Barton Flats area at an elevation of 6,860 feet. The beautifully wooded site is adjacent to the Mount San Gorgonio wilderness area. Since 1947, it has been owned and operated by Camp Fire Inland Southern California which endorses the Camp Fire traditional belief that the outdoors is an exciting place to be enjoyed and respected. Camping is a radical change from the home and school environments where all may experience feelings of adventure, wonder, and joy. The natural environment is a model of inter-dependency at the highest level. Celiac Disease Foundation (CDF) is proud to partner with Camp Fire to offer CDF Camp Gluten-Free at Camp Nawakwa.

THE PROGRAM

Campers ages 7-17, who have been diagnosed with celiac disease or non-celiac gluten sensitivity, will have the opportunity to participate in preplanned activities which include: swimming, hiking, cooking outdoors, canoeing, arts and crafts, singing, drama, games, nature walks, archery, rock wall climbing, making new friends, and having a lot of fun – all in a strictly gluten-free environment.

Mentors are young adults, ages 18-22, diagnosed with celiac disease or non-celiac gluten sensitivity, who participate in an enriching leadership and camp counselor experience. Mentors attend training the weekend prior to camp and then are assigned to a cabin to live with younger campers for the remainder of the week. In this fun and life-changing experience, Mentors help Campers develop confidence and independence in living gluten-free.

THE SITE

A heated pool, dining hall, several clusters of fully enclosed cabins, bathroom facilities with running water, an infirmary, wilderness trails, an archery range, a climbing wall, a nearby lake and lots of tall trees make up the campsite. Cabins have bunks and mattresses...campers and Mentors bring sleeping bags and pillows. Boys and girls live in separate areas of camp and interact during activities, meals, and campfires. Standards for acceptance and participation in all

camp programs are the same for everyone without regard to race, color, national origin, religion, age, sex or handicap providing program requirements are met.

THE KITCHEN

Camp Nawakwa staff ensures that all foods are prepared in a gluten free kitchen by sanitizing the dining hall prior to the start of camp, under the supervision of Celiac Disease Foundation. All gluten-free food served during CDF Camp Gluten-Free is donated from reputable food suppliers. Please consult the Celiac Disease Foundation if you have further questions.

REGISTRATION/FEE

To register, you must send your completed camp registration materials, one registration packet for each camper or Mentor, with a $200 deposit to Celiac Disease Foundation. You will receive a letter from Celiac Disease Foundation confirming the camper or Mentor's spot at the camp. Only campers on the confirmation list will be allowed to attend the camp. Payment in full is due by May 1, 2013.

TRANSPORTATION

Campers

The bus will depart and return to the Camp Fire office parking lot located at 9037 Arrow Route, Suite140, Rancho Cucamonga, CA 91730. Departure and arrival time will be noted in your confirmation letter. Campers are accompanied by two adult chaperones on the bus ride.

Mentors

Mentors must provide their own transportation directly to Camp Nawakwa. Arrival and departure times will be noted in the confirmation letter.

HEALTH & SAFETY

Each camper and Mentor must submit a completed Health History form, signed by a licensed medical provider with the registration packet. A Camp Nurse will oversee the health care of all campers and staff, and provide care according to a physician's standing orders. Pool and lake activities are always supervised by Red Cross certified Lifeguards.

MEDICATIONS
IMPORTANT: DO NOT PACK MEDICATIONS. MEDICATIONS ARE TURNED IN AT THE BUS STOP AT CHECK IN TIME

All prescription medications must be in the bottle issued by the pharmacy/doctor, along with a printed schedule of when the medications should be taken. If a camper or Mentor arrives without their medication in the proper container, they will not be permitted to attend camp. To minimize disruption to the camp schedule, we request that non-essential substances (e.g. vitamins and herbal supplements) be kept at home. You will hand all essential medications (including over-the-counter medications) to the Camp Nawakwa staff at check-in. These will be stored in the infirmary and given at the required schedule.

PARENT NOTIFICATION

Should a camper or Mentor become ill or injured during camp, parents/guardians or emergency contacts will be notified by camp personnel, be advised of the situation, and appropriate care determined and implemented. At Camp Nawakwa, fun is the focus, group activities and cooperation are emphasized, and friendship and learning are the results. The Camp Director may expel a camper or Mentor for behavior harmful to the Camp Community. Please note that if a camper or Mentor is sent home for behavioral reasons, no refund will be given.

TELEPHONE

DO NOT SEND A CELL PHONE WITH YOUR CHILD. Campers do NOT use the telephone except in very unusual circumstances, and then the Camp Director would contact you first.

If an emergency arises at home and you should need to contact your child at camp, call (909) 600-4072 Please note, this number is for emergencies only. All other calls will be referred to the Camp Fire office. Mentors may bring a cell phone, but it is only to be used in case of an emergency.

LETTERS/EMAIL

We encourage all parents to send their campers mail, as it brightens their day and lets them know that you're thinking of them.

A one-way email account can be set up going to www.campfiretoday.org and registering with Bunk1.com
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As the camp session is short, mail your letter(s) a couple of days before camp starts or place letters in a large envelope, marked with child's name and give to the Camp Nawakwa staff doing check-in at the bus on the day of departure. If you choose to mail your letters, please send to:

Session CDF
Camp Nawakwa
Name of child
4650 Jenks Lake Road East
Angelus Oaks, CA 92305

LUGGAGE/NAME TAGS

Please have child's suitcase, backpack, pillow and sleeping bag tagged with their name.

Additional tags will be available if not already completed. The children will be responsible for locating their belongings.

- Old clothes are best to send to camp
- A warm sleeping bag and a warm jacket or coat are necessities
- Do not send a cell phone with your child
- Do not send food or snacks with your child – there will be plenty of delicious, gluten-free food

PLEASE REMEMBER TO LABEL EVERYTHING!