

# flok FAMILY CAMP

flok is excited to host two in-person family camps this year for our growing community! Our camps are open to all Classical HCU, MSUD, Organic Acidemia, PKU, Tyrosinemia, and Urea Cycle Disorder community members.

Campers are welcome to join us with family, friends, or on their own (18+) for three days of traditional camp activities, crafts, delicious low-protein food, educational sessions, and the opportunity to connect with others in a fun and supportive environment.



## West Coast

## East Coast

May 30, 4pm to June 2, 12pm	<b>2024 Dates</b>	Sept 19, 4pm to Sept 22, 12pm
Washington Family Ranch in Antelope, Oregon in the high desert	<b>Location</b>	Camp Belknap in Tuftonboro, New Hampshire on the shore of Lake Winnepesaukee
3.5-hour drive from Portland, OR 5-hour drive from Seattle, WA	<b>Travel</b>	2-hour drive from Boston, MA 1.5-hour drive from Manchester, NH
Swimming pools with waterslides, crafts, Science Night, talent show, camp Olympics, low-protein cooking, and social connection	<b>Activities &amp; Offerings</b>	Swimming, sailing, archery, ropes course, climbing wall, Science Night, camp Olympics, low-protein cooking, crafts, and social connection
Modern cabins for 6-10 people; private dormitory-style bathrooms	<b>Lodging</b>	Traditional cabins for 10 people; separate bathroom facility
3 meals/day plus snacks, accommodating all ranges of protein intake & allergies	<b>Meals</b>	3 meals/day plus snacks, accommodating all ranges of protein intake & allergies
Wheelchair and stroller accessible buildings and paths	<b>Accessibility</b>	Natural pathways. Some areas have limited access; golf cart may be available to assist with mobility needs
Onsite Oregon-certified medical professional. St. Charles Madras Hospital is 50 miles away; Life Flight contract in place	<b>Medical Accommodations</b>	Onsite New Hampshire-certified medical professional. Huggins Hospital is 7 miles away.
\$350/camper	<b>Cost</b> Ages 2 & under are free	\$250/camper



Registration opens in March. Visit [flok.org/camp](https://flok.org/camp) for details.

Volunteer roles and paid work crew positions are available. Contact [camp@flok.org](mailto:camp@flok.org) with any questions, accommodation requests, or volunteer/work crew interest.