

**Know Before You Go!** 

## **Getting to Camp**

#### FROM ANTELOPE TO THE RANCH:

- Washington Family Ranch is located at 1 Muddy Road, Antelope OR 97001.
- Head east from Antelope on Hwy 218 for 3.7 miles (toward the town of Fossil). Turn right onto Cold Camp Road, go 3 miles and turn left on Muddy Road. Drive 11.6 miles to Washington Family Ranch. Don't give up-it's a long way down Muddy Road!

#### WHEN DRIVING TO THE RANCH:

- Online mapping tools and personal GPS devices will not give you accurate directions.
- Get gas in Madras or Biggs– it's your last chance!
- Cell phones do not work on the property.
- Need help? There is an emergency phone 4 miles down Muddy Road that will contact camp personnel.
- Muddy Road has steep grades and blind curves.
- Free landline phones are always available at camp.

## **Packing List**

## WE COVER THESE THINGS THE BASICS

- Everyone sleeps in bunk beds with rails; pillows and sheets are provided
- Bath towels
- First aid items and RN on site
- Meals, snacks, and drinks

#### YOU BRING EVERYTHING ELSE CLOTHING & SHOES

Prepare for all weather

- Socks and underwear
- Swimsuits- bring 2
- T-shirts, shorts, and jeans
- Sweatshirt, light jacket, and long sleeve shirt
- Pajamas
- Sunhat
- Old tennis shoes or sandals with backs
- Flip-flops
- Rain boots

# MEDICATIONS & DIETARY SUPPLIES

- Formula
- Prescriptions, supplements, etc.
- Tube feeding supplies
- Personal meds for pain, allergies, or stomach upset
- Note: the nearest hospital is 50 miles away

#### YOU BRING (CONTINUED) OTHER ESSENTIALS

- Beach/swimming towels
- Bug spray
- Toiletries (shampoo, body wash, soap, toothbrush, toothpaste, deodorant)
- Sunscreen and aloe
- Sunglasses
- Goggles and pool floaties
- Poncho
- Reusable water bottle
- Books for down time
- Disposable camera
- Ziploc bags (for wet things and special treasures)
- Backpack or mesh bag for hiking and swimming
- Sound machine if needed, phone chargers, favorite blanket, etc.
- Spending money for extra snacks, swag, etc.

#### **FUN EXTRAS**

- There will be a talent show! Do you juggle? Play kazoo? Can you yo-yo or jump rope? Bring your talent items (instruments, props, and costumes) with you if you like!
- Yoga will be offered during free time. Bring a yoga mat if you can.

# flok Family Camp Presented by BOMARIN<sup>®</sup> with additional support from PTC