



Family Camp Frequently Asked Questions (FAQ)

1. What is Family Camp?

Family Camp is a chance for families to unplug, spend time together, and enjoy outdoor activities in the Colorado mountains. Camp offers a mix of guided activities, free time, community meals, and evening programs designed for all ages.

2. Who can attend Family Camp?

Family Camp is open to families of all shapes and sizes, including parents, guardians, grandparents, and children. Activities are designed for a wide range of ages. There are ADA options, but limited access to camp areas. Please call if this option is required.

3. What are the accommodations like?

Families stay together in comfortable cabins or lodge-style rooms. Cabins include beds, electricity, and in room restroom/shower facilities. Each cabin sleeps 8. 1 queen bed and 3 bunk beds.

Children than can sleep on their own are offered the bunk house by gender option. Parents will have a private cabin while the kids and our Tribal Leaders (camp staff) will stay in gender specific bunk house.

4. What should we pack?

Recommended items include:

- Comfortable clothing for warm days and cool nights
- Layers (sweatshirt, jacket, rain jacket)
- Closed-toe shoes and hiking shoes
- Reusable water bottles
- Sunscreen and sunglasses

- Toiletries and personal items
- Flashlight or headlamp
- Swimsuit for onsite hot springs pool

Colorado weather can change quickly, so packing layers is important.

5. What meals are provided?

All meals are provided during camp and served in the dining hall. Menus are family-friendly and include options for common dietary needs.

Breakfast and Dinner are served hot and on-site. Lunch will be prepared for you as a bag lunch option to grab and go after breakfast.

Meals are served family style and include beverages and salad bar.

If you have allergies or dietary restrictions, please notify us in your registration. The kitchen at camp is gluten-free and has a separate preparation area and protocols.

6. What activities are available?

Activities may include:

- Hiking and nature exploration
- Hot Springs Pool
- Indoor gym
- Camp Rooms
- Arts and crafts
- Campfires and s'mores
- Team games and sports
- Family challenges and scavenger hunts
- Evening programs: Worship and separate time for parents and kids.

Some activities are scheduled while others are optional.

7. Is there free time?

Yes! Family Camp intentionally includes free time so families can relax, explore the camp, play games, or simply enjoy being together. Most free time is from after breakfast until dinner. There will be a date night for families to leave kids at camp with our staff if desired.

8. What is the altitude like?

Many Colorado camps are located between **7,000–9,000 feet above sea level**. Guests may experience mild altitude effects such as fatigue or headaches.

To help adjust:

- Drink plenty of water
 - Avoid overexertion on the first day
 - Eat regular meals
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9. Will there be cell service or Wi-Fi?

Cell service is often limited in the mountains. Some buildings on-site offer limited Wi-Fi in common areas, but Family Camp encourages unplugging and enjoying nature.

10. What is the check-in and check-out schedule?

Check-in: Afternoon of the first day July 11 between 4-6pm

Check-out: Late morning on the final day July 15 before 10am

11. Are pets allowed?

Pets are typically **not allowed** for safety and allergy reasons, unless they are certified service animals.

12. What if someone in our family has medical needs?

Camp staff are trained to assist with basic medical needs. Please list all relevant health information during registration so staff can best support your family. Salida is 20 minutes away with a major hospital. First Aid is the highest level of care available at camp.

13. Is Family Camp safe for young children?

Yes. Activities are designed with safety in mind and supervised by trained staff. Parents or guardians remain responsible for their children during the program. There will be 2 opportunities for camp staff to watch minor children age 2 (walking) to 18.

14. What if it rains?

Camp continues rain or shine. Many activities can move indoors or be adjusted for weather conditions, so packing a **rain jacket and extra layers** is important.

15. How can we prepare our kids for camp?

Help them get excited by:

- Talking about outdoor adventures
- Packing together
- Setting expectations about limited screens
- Emphasizing time together as a family

This is our 13th year to host camp/ family camp in Colorado and we look forward to hosting you this summer. Please feel free to call with any questions to make you decision and plan for camp. Our camp property this year will be Silver Cliff Ranch in Buena Vista Colorado.

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