



A Guide to Oakcrest Girls Camp

www.oakcrestcamp.org

Oakcrest is nestled in the beautiful Kamas Valley. Established in 1958, Oakcrest serves over 100 stakes in the Salt Lake Valley and is open to all young women who have just completed the 7th grade. The camp runs for 10 weeks during the summer, with 200 to 300 campers attending each week. Activities include: archery, zip line, giant swing, target shooting, crafts, hiking, obstacle course, foam slide, spiritual classes, and more. Meals are served in the large main lodge, and there are 13 cabins with bunk beds where the girls and their counselors sleep. The goal of all Oakcrest activities is to provide spiritual growth, wholesome fun, meaningful experiences, and improved social skills. *Oakcrest is owned and operated by The Church of Jesus Christ of Latter-day Saints, but young women of all faiths are welcome to attend. Oakcrest provides a wonderful setting away from the world where the standards of The Church of Jesus Christ of Latter-day Saints are emphasized.*

Activities:

Campers will be participating in Challenging, Outdoor, Physical Experiences (COPE) while at Oakcrest. These include an obstacle course, giant swing, zip line, target shooting, foam slide, and hike. If a camper is unable to do one or more of these activities, please make a note on the registration form explaining why.

Attendance & Eligibility:

Young women are invited to attend Oakcrest during the summer following their 7th-grade year. This is a one-time opportunity for girls who have just completed the 7th grade. Exceptions will not be made for those who have been accelerated or held back a year in school for any reason, including disability or illness. Age is only considered as an eligibility factor for girls who are homeschooled. In this case, homeschooled young women can use birth dates to determine grade level. For Oakcrest 2023, a homeschooled young woman's birth date must be between September 1, 2009, and August 31, 2010.

If a young woman finds that she is unable to attend Oakcrest during her assigned week after registering with her stake, she may choose to go another week if space is available. A camper who desires to switch weeks should contact her stake leader who will then contact Oakcrest to make arrangements. The deadline for all changes is two weeks before the scheduled camp week begins. A registered camper who finds she cannot attend at any time during the summer can find another eligible young woman to go in her place; however, Oakcrest must receive the new camper's registration no later than two weeks before the week of camp. In this case, payment for the replacement camper should be worked out at the stake level or between the families involved, whichever is applicable. Oakcrest does not take responsibility for making sure that the replacement camper reimburses the young woman who can no longer attend. **Oakcrest will not accept last minute registrations or replacements on busing day. Oakcrest does not issue refunds.**

We encourage campers to come for the entire week of Oakcrest. **Campers should not plan on coming late to camp, leaving early, or coming and going during the week.** Campers who cannot attend the entire week their stake is scheduled are welcome to register for another week. Should an emergency arise which would require the camper to go home early or arrive late, arrangements need to be made with the camp through the stake leader. Campers will not be allowed to check in or out more than once during the week. For safety reasons, an Early Release Form must be filled out and signed by the parent/guardian if the camper is being picked up early. This form can be obtained from her stake leader or under the Forms tab on the website. The form needs to be given to the stake leader by the Monday morning of camp. Campers will only be released to the person listed on the form after they show picture identification. Campers arriving late will need to let their stake leader know the date and time they will be arriving so that she can alert camp leaders. **Camp gates close each night at 9:30 pm.**

Behavior:

Oakcrest has a no tolerance bullying policy. Should a camper feel teased or bullied in any way, she is encouraged to talk to her counselor who will then address the concern with all parties involved. Bullying and disrespect that is not resolved after discussions with Oakcrest staff will be grounds for being sent home. In this case, Oakcrest will contact a parent/guardian of the involved camper(s) who will be asked to come and get their camper(s). Oakcrest also does not allow camp pranks or jokes on other campers or counselors.

Campers will be responsible for their personal cleanliness, as well as the cleanliness of their room and their camp area. All campers will participate in daily housekeeping duties. Campers are expected to respect the natural environment by taking proper care of the camp and surrounding areas and keeping the grounds clean and free from litter. National forest regulations are observed at all times. Graffiti of any kind is not allowed at Oakcrest.

Buddies for Campers with Special Needs:

Campers with disabilities and/or special needs, who require a little individual help, should attend Oakcrest with a **16 to 18-year-old** buddy. Buddies are not charged a registration fee. Parents/Guardians and stake leaders should work together in selecting a buddy who will facilitate the best experience **for the camper**. The primary responsibility of a buddy is to aid her assigned camper. She may not be able to participate in all camp activities, depending on the needs of her camper and whether or not there is sufficient time. **Buddies and the parents of the camper requiring a buddy must read and sign the Buddy Agreement.** This agreement can be downloaded from the website under the Forms tab. There is also a link to this form on the online registration form. This form must be turned in to the camper's stake leader before Registration Day in March.

Camp Leadership:

A 17-member Women's Committee and a Priesthood Executive Committee, who reports to a member of the Quorum of the Seventy, oversee Oakcrest. Each year the Women's Committee hires a staff of amazing young- adult women to lead and direct the camp. Campers will be under the supervision of a counselor at all times. Two full-time service missionary couples live on the premises to ensure the safety of the campers and the continuity of the camp.

Cell Phones and Electronics:

Oakcrest is a wonderful place where girls can get away from the world and focus on spiritual and personal growth. In order to maintain this spirit, NO CELL PHONES, even as cameras, are allowed at camp. A camper can bring a separate camera for pictures. Any electronic devices at camp will be collected by the counselors, safely stored, and returned at the end of the week. We assume no responsibility for lost or damaged electronics or cameras brought to camp. If you need electronics for medical purposes, please contact us to make special arrangements.

Chaperones:

Female chaperones (18 years and older) will be needed from each stake to ride with the campers on the bus to and from camp. Please notify your stake leader if you are interested in being a chaperone. Chaperones are not allowed to bring children or pets with them.

Communication with Campers:

To ensure the best possible Oakcrest experience, personal phone calls and personal visits are not allowed at camp. Parents/Guardians will be called if their camper is ill, terribly homesick, or if there are any other major problems. If there is an emergency at home, parents should contact the stake leader for help in contacting their daughter at camp. The stake leader will then pass on the information to a member of the Oakcrest Women's Committee. Please note that emails sent through the Oakcrest website are received by a Women's Committee member in the valley and not by the camp itself.

Campers love to receive mail from home, so we encourage family members to write to their campers. Please allow 3-4 days for mail to arrive. Camper letters should be addressed as follows:

Camper Name
c/o Oakcrest Girls Camp
5850 East Bench Creek Road
Kamas, UT 84036.

Dress Code:

Modesty and safety are taken seriously at Oakcrest. Campers should only bring clothes that fit the following guidelines: Shirts should completely cover cleavage, the midriff, and shoulder, and should not be tight. To protect against tick bites, pants must be long and without holes (**no shorts or capris**). Shoes must cover the entire foot (**no sandals, flip-flops, or Crocs**), and socks should be worn at all times. Long socks must be worn on the hike and are encouraged at all other times to prevent tick bites. In addition, campers are expected to follow the dress and behavior guidelines listed in the For the Strength of Youth pamphlet. **Campers who are not dressed according to these standards when they arrive at the busing location on their first day of camp will be asked to change before boarding their bus.**

EpiPen Form:

A link to the *Oakcrest EpiPen Form* can be found on the online registration form, on the website under the *Forms* tab, or obtained from your stake Young Women leader. If your daughter is bringing an EpiPen to camp, please fill out this form and turn it into your stake leader before Stake Registration Day in March. EpiPens are not provided at camp.

Health Concerns: *Please note that there are no trained medical personnel residing at camp.*

- **Dietary Needs and/or Food Allergies:** The Oakcrest staff can assist those with special dietary needs (such as lactose intolerance, celiac disease, and nut allergy), but your help is needed. It is crucial that parents record any critical food allergies and dietary concerns, on the online registration form, along with reactions, severity, and treatments needed. When deemed necessary, parents/guardians whose campers have dietary needs or food allergies will receive phone calls or emails prior to camp to determine if special arrangements need to be made. Menus can be found on the camp website under the Campers tab. If the camper has severe restrictions, parents/guardians should send food with their daughter to camp where it will be stored in the kitchen. The kitchen staff will prepare this food for her. Parents/Guardians can send this food in a small cooler or bag that is labeled with the camper's name. All food must be labeled as well. Coolers and/or bags of food should be taken to the Open Enrollment table on busing day. Please see the website under the Campers tab for camp procedures and policies regarding food concerns. **If a camper will be bringing an EpiPen to camp, the Oakcrest EpiPen Form must be filled out by a parent and given to the stake leader before Registration Day in March.**
- **Homesickness:** Homesickness is a problem for some campers. Our policy is to help homesick campers stay at camp for as long as possible, so we do not contact parents until Tuesday. We deal with extreme circumstances on an individual basis. Please prepare your camper to be away from home. Assure her that homesick feelings are normal and felt by almost everyone, but some feel them more strongly than others. Homesickness can create both emotional and physical symptoms. Discuss in advance what she can do to address homesick feelings or symptoms, such as focusing on the fun things to do at camp, trying to help another camper who feels homesick too, or praying for Heavenly Father's help even before she comes to camp. Equip your camper with the emotional tools to deal with predictable homesick feelings and physical symptoms. You may consider arranging for her to receive a priesthood blessing as part of her preparation for camp.
- **Medical/Emotional Concerns:** For the safety of the camper, it is important that all **moderate to severe** medical and emotional information be filled out completely and specifically on the online registration form. Parents of campers with moderate to severe emotional health concerns may be contacted by a member of the Oakcrest Women's Committee prior to camp in order to gain a better understanding of these issues.
- **Medical Emergencies:** Should a camper require medical treatment at a clinic or hospital, a parent/guardian will be contacted immediately and asked to promptly come and get the camper. If that is not possible or help is needed sooner, the camper will be transported by ambulance to the appropriate medical facility. A parent/guardian or other adult family member will be required to meet the camper at the clinic/hospital. Once a family member arrives, the camper will be turned over to his/her care. Oakcrest contact information will be given to the parent/guardian or other family member, so that he/she can contact the camp and inform them as to the camper's condition and whether or not the camper will be returning to Oakcrest. If the medical problem is resolved in time for the camper to finish her stay at Oakcrest, she is welcome to return, but the family must provide transportation.

- **Medication/Injections:** For safety reasons, all medication (including over-the-counter items) must come to camp in the original container(s) labeled with dosage instructions. **All prescription medication containers should be placed together in a Ziploc bag, along with a small card listing the camper's name and instructions for each medication (dosage and time of day to be taken). A separate Ziploc bag (with instructions) for over-the-counter medications can be sent as well.** Oakcrest staff can only remind campers to take their medications, but by law cannot actually administer them or force girls to take them. Parents/Guardians should review all medications and instructions with their daughters so they can take their medications on their own. Prescription medication bags will be securely stored in the first aid office for girls to come and take there. The first aid staff will list prescription medications on a schedule spreadsheet and will remind them to take them based on the instructions sent. Over-the-counter medications can be kept with their counselor in their cabin for easier access. Campers requiring injections must be willing and able to give their own injections, as there is not a registered nurse on the premises. Camper's insulin can be kept in a refrigerator in the first aid office. Campers can carry rescue inhalers, EpiPens, and diabetic medication/supplies with them at all times.
- **New Medical Information:** If a camper's medical situation changes **after** her registration has been submitted, her parent/guardian needs to fill out a New Medical Information form and return it to the stake leader before camp. This form is located on the website under the Forms tab.
- **Special Needs or Limitations:** Oakcrest does not have wheelchair-accessible cabins or bathrooms and uneven terrain and distance between activities make the use of crutches at camp very tiresome for campers. Young women with uncontrolled diabetes or other severe physical, emotional, or mental disabilities that prohibit full participation are encouraged to consider stake camp or special needs camp instead of Oakcrest. Local stake/ward leaders do not attend Oakcrest with their campers, and hired Oakcrest counselors are not trained to handle severe disabilities. Campers who come to Oakcrest are expected to function independently and be self-care. Some young women with physical or mental needs that require only a little individual help can come with a 16 to 18-year-old buddy. Special needs and limitations should be noted on the online registration form.

Indexing:

Each camper will have the opportunity to spend time in the Indexing Room at Oakcrest. Indexing provides people all over the world with vital information as they search for their ancestors' genealogical records. A counselor who is trained to teach indexing will provide instruction and support as the campers navigate the indexing website and perform this wonderful service. **Prior to camp, every camper should obtain a username and password through either familysearch.org or churchofjesuschrist.org. Campers should write down their username and password to bring to camp.**

Lost and Found Items:

Most items left without a name will be kept for three weeks and then taken to Deseret Industries. Valuable items, such as cameras, will be kept for three months. Items labeled with your stake's assigned colored duct tape will be returned to your stake leader. Check with her first to find your items. You may also contact oakcrestcamp@gmail.com within the time period stated above to claim your lost items.

Luggage and Labeling:

Because luggage space is limited on the buses, campers are only allowed four luggage items: one large duffle bag OR medium suitcase, one warm sleeping bag, one school-size backpack, and one pillow. Each stake should distribute duct tape in their assigned color either prior to camp or at the busing location on Monday morning. All luggage, backpacks, sleeping bags, pillows, and cameras must be marked with the camper's first and last name and parent/guardian's cell phone number on the colored tape. New clothes or valuable items should be left at home.

Please note: Campers who are not attending camp with their stake and open enrollment campers will use grey duct tape to label their luggage.

Meals and Snacks:

Oakcrest offers delicious, well-balanced meals three times a day. Several choices are offered through hot entrees, a salad bar, and a cereal bar. Campers are welcome to bring their own snacks, especially those who may be picky eaters. Refrigerators and freezers are not available to campers unless they have specific dietary needs. Personal snacks should be

labeled and will be kept in a sealed, “critter-proof” container. Snacks can also be purchased at the Trading Post. **Campers assigned to the Nut Free cabin are not allowed to bring any snacks containing nuts.**

Nut-Free Cabin:

For those campers who are severely allergic to nuts of any kind, lodging is available in a cabin that is kept nut aware throughout the summer. Campers and their roommates who wish to stay in this cabin should indicate this when they register online. All campers in this cabin (even roommates without allergies) will need to bring only nut-free snacks and will be required to follow allergy-aware guidelines, such as not sharing snacks with each other and always washing hands after eating. At times, girls who are not “nut free” will be assigned to this cabin. They can be reassured that this cabin is just like all the others and is not separated from the rest of the camp. The only difference is that products containing nuts are never allowed in or around the cabin.

Open Enrollment:

Open enrollment begins on April 1 for girls from nonparticipating stakes who wish to attend Oakcrest. Beginning on April 1, a registration link will be posted on the *Open Enrollment* page for campers from nonparticipating areas who finished the 7th grade in 2023. All open enrollment campers and their parents/guardians should follow the *Open Enrollment* instructions found on the website under the *Registration* tab.

Open enrollment registration is accepted on a first-come, first-served basis. Forms and payments are accepted up to two weeks prior to the start of the specific week they wish to attend, if space is available. After all participating stakes have registered in March, additional available openings will be posted on the website. Open enrollment campers will label their luggage with grey duct tape. **Open enrollment campers should mail their Signature Form and payment to the appropriate person listed below. The Signature Form and payment is not included in the payment that participating stakes turn in on Registration Day. Participating stake leaders are not responsible for open enrollment campers.** Oakcrest does not accept personal checks. Please pay with a cashier’s check or money order.

Mail open enrollment payments to one of the following:

For campers attending weeks 1, 3, 7, 9:

Martha Sorensen
11859 South Elm Ridge road
Sandy, UT 84094

For campers attending weeks 2, 4, 6, 8, 10:

Paula Glassett
545 East 12000 South
Draper, UT 84020

Refunds:

Because many of the camp expenses are paid months before camp begins, Oakcrest is unable to provide refunds. If a camper is unable to attend camp after she has registered, the stake leader may be able to help her find a replacement. She may also elect to come on another open week. All changes and replacements must be made no later than two weeks before the beginning of her scheduled week. **Oakcrest will not accept last minute registrations or replacements on busing day.**

Registration Information:

Oakcrest registration forms will be filled out and submitted online. Stake leaders will provide their girls with a registration link. Registration for participating stakes will close on **Wednesday, February 22 and reopen on Monday, March 13** for campers from participating stakes who did not register in time for Stake Registration Day.

- **Campers from Participating Stakes Attending with Another Stake:** If you are attending camp with a stake other than your own, please select the stake you are attending from the drop-down list on the online registration form. You should also select the week that stake is attending Oakcrest on the online form. There is also a line for you to indicate the stake you reside in. Forms and payment will be turned in to your home stake.
- **Registration Fee:** The registration fee for each girl from a participating Oakcrest stake is \$165. For campers from nonparticipating areas, the fee is \$190. This fee covers lodging, meals, transportation, staff salaries, and all

other camp expenses. Payment arrangements are made under the direction of each stake. The stake then submits one check to Oakcrest. For participating stake campers, payments made by individuals to Oakcrest after the stake has paid must be in the form of a cashier's check, money order, or stake/ward check. **The registration fee is nonrefundable.**

- **Signature Form:** All campers (including 16 to 18-year-old buddies) must download, read, and sign the Signature Form, indicating that they have read and understand the Oakcrest policies located under the Policies tab on the website. The Signature Form must be signed by the camper, parent/guardian, and the camper's bishop. The Signature Form can be downloaded from the website under the Forms tab. Please give this form to your ward or stake leader before Registration Day in March.

Please note: If a camper is not a member of The Church of Jesus Christ of Latter-day Saints, the bishop of the ward in which she resides must still sign her Signature Form.

Roommates:

At Oakcrest, campers are assigned to counselor groups where they have the opportunity to get to know other campers from outside their stakes. Many young women decide to come alone to make new friends. Other campers like the security of having a friend in their group. If a camper would like to room with a friend, both friends must have each other's names typed in the Roommate section of the online registration form and written in the top right corner of their Signature Form. **No more than two** girls may sign up together. Should a change be necessary after the forms are submitted, please contact your stake leader. She will need to make sure that the girls involved and their parents approve all changes. She will then contact a member of the Women's Committee to request the change. The deadline for all changes is two weeks before the scheduled camp week begins. Please address any roommate concerns with your stake leader.

Service Project:

Every camper will have the opportunity to participate in the yearly Oakcrest service project. Service is not only important and uplifting, but also fun! Campers are invited to donate items for the service project if they are able.

Showers:

We are fortunate at Oakcrest to be able to offer our campers one shower per week after their hike.

Spending Money:

Suggested spending money is \$20-\$40. It can be used for crafts (\$1-\$5), sweatshirts (\$18), hoodies (\$19), T-shirts (\$10), snacks, and other Trading Post items. For a list of items for sale, see the Trading Post section under the Campers tab on the website. Craft options can also be seen online under the Campers tab. Spending money is optional. One free craft, an Oakcrest T-shirt, and all other essential costs are covered in the registration fee.

Transportation:

All young women are transported to and from camp on chartered tour buses, which will leave from and return to the busing location at the **Murray South Stake Center, 5735 South Fashion Boulevard, in Murray, Utah**. Young women should arrive by 8:00 a.m. on Monday morning and will return about 12:30 p.m. on Friday afternoon. When you arrive, please look for your stake's flag and check in with your stake leader to obtain a bus ticket. If you are going with a stake other than your own or if you are an open enrollment camper, please check in at the *Open Enrollment* table. No food is allowed on the bus. Campers may bring their water bottles, backpacks, and pillows with them on the bus. All other luggage will be placed in the luggage compartment of the bus.

Buses leave promptly at 8:30. No exceptions can be made for latecomers. Campers arriving late will need to find their own transportation to camp. Maps to camp will be available at the busing location or on our website.