

Teton Valley Ranch Camp Parent Handbook 2023



Welcome to the Parent Handbook!

We hope this handbook answers many of your questions and helps prepare you and your camper for the summer. We believe it is a useful tool and reference guide for you while your camper is away at camp. As always, please don't hesitate to contact us with any questions!

-The TVRC Leadership Team

Table of Contents

Dates and Contact Information.....	1
TVRC Mission, Vision, and Values.....	2
Meet the Directors	3
Risk Management	4
Child Protection Guidelines and Procedures	5
Essential Eligibility Criteria	6
Packing Instructions	8
Shipping Instructions	12
Travel.....	13
Air Travel.....	14
Arrival Day.....	16
Final Rodeo/Departure Day	17
Program Design	18
Trips Program	21
Food and Nutrition	24
Medical Care	25
Mental Health.....	28
Homesickness.....	31
Communication.....	34
Birthdays.....	37
Trading Post	38
Family Visits.....	40
Registering Your Child for TVRC.....	40
Accommodations	42
Glossary.....	44

Summer Dates



Boys' Season

Arrival Day - June 13

Final Rodeo* - July 11

Departure Day** - July 12

*Boys' Season Final Rodeo is also our 85th Anniversary Celebration and all are welcome to attend!

**Departure Day is for campers who are flying home solo and TVRC will transport to the airport. Most campers leave with their families after Final Rodeo. Please note that TVRC cannot transport campers on the day of Final Rodeo.



Girls' Season

Arrival Day - July 15

Final Rodeo - August 12

Departure Day** - August 13

Contact Information

Jackson Office (before May 15):

Teton Valley Ranch Camp
290 E Broadway Ave.
P.O. Box 4915
Jackson, WY 83001

307-733-2958 (Jackson office)
307-733-0258 (Jackson fax)

zfarris@tvrccamp.org

Ranch Office (after May 15):

Teton Valley Ranch Camp 4341
US Highway 26
Dubois, WY 82513

307-455-2885 (Dubois office)
307-455-3021 (Infirmary)
307-455-2938 (Dubois fax)

zfarris@tvrccamp.org

parentcoordinator@tvrccamp.org

TVRC'S Purpose, Mission, Vision, and Values

Teton Valley Ranch Camp prides itself on being a leader in the camping industry. As a community, we have developed the following mission, vision, and values. We use these as markers along our journey to make sure we are still on the right path forward and to guide us in decision making. They are shared with camp staff and campers as something worth considering when faced with daily choices, attitudes, and challenges both at camp and in every day life.

Our Purpose:

TVRC instills passion and respect for the outdoors while building self-confidence, skills, and lifelong friendships.

Our Mission:

The Mission of Teton Valley Ranch Camp is to provide inspiring western adventure in the Jackson Hole and Yellowstone area.

Our Vision:

TVRC is a trusted partner with our families and creates future generations of leaders ready for the challenges ahead.

TVRC's Core Values:

- **Strength to Lead and Faith to Follow** - Rising to the occasion and trusting in the team. Knowing there is a time to follow and a time to lead.
- **Answering the Call** - Shared achievement in a supportive community; summitting together, willing to lend a helping hand to others when needed.
- **Ready to Ride** - Developing grit, gratitude, and generosity through challenging western adventure.
- **Stewardship** - Instilling care and respect for the land and wilderness, advocating for its protection, finding inspiration.
- **Lifelong Friendships** - Genuine connection to others, memories that last, advocates and supporters we can call on in hard times.
- **TVRC Celebrates and cultivates fun, joy and humor in ALL we do!**

Meet the Directors

The year-round staff at TVRC is a dedicated group of individuals that are devoted to providing a life changing summer. Their areas of expertise and talents may vary, but all members are committed to our community, western adventure, and education. If you want to learn more about any of the members of our year round team, you can visit the "About Us" section of our website.

You can contact us at:

Jackson Office: 307-733-2958

Ranch Office (Summer): 307-455-2885
mailbag@tvrccamp.org



JIM LIGORI **CORA LIGORI**
Executive Director *Camp Director*



ZOE FARRIS
Admissions and Office Manager



MARSHALL CHERRY
Program Director



RACHEL GARRETT
Operations Director



PAIGE NIELSEN
*Communications and
Fundraising Director*



DOUG ROSS
Ranch Manager

Risk Management

At Teton Valley Ranch Camp, the health and well-being of our campers and staff is our highest priority, and we continually seek to enhance our systems of risk management. As an outdoor adventure program that utilizes the Greater Yellowstone Ecosystem as its classroom, we acknowledge an inherent level of risk in everything we do; whether summiting mountains in Grand Teton National Park, or wrangling horses on the TVRC Ranch.

Our approach to risk is one of respect gained through knowledge, skill, and experience. For risks that should be avoided altogether, we strive to implement clear procedures and foster the exercise of sound judgement. Other risks require the balancing of active management and the awareness that grit gives our program relevancy and practicality in the lives of the young people we serve. As an organization, we value preliminary planning, critical thinking, reflection on experiences, and resilience in difficult times.

Please take the time to read the “Essential Eligibility Criteria” on page 10 and the “Acknowledgment and Assumption of Risk & Release and Indemnity Agreement” included in the Campminder forms section. Together, those documents outline the large majority of risks associated with the activities that we engage in on the TVRC Ranch and in the backcountry. Feel free to contact our Executive Director, Jim Ligori, or our Camp Director, Cora Ligori, with any and all questions about our approach to Risk Management.

Child Protection Guidelines and Procedures

- Our leadership team monitors accepted and current child protection practices by attending American Camp Association (ACA) conferences and other professional conferences, talks and meetings. We adopt practices from the State of Wyoming, our insurance providers, and the ACA.
- Teton Valley Ranch Camp is accredited by the ACA and complies with ACA Accreditation Standards related to staff hiring and screening and pre-camp staff training.
- Teton Valley Ranch Camp posts the Department of Family Services and the National Child Abuse Hotline numbers in plain sight within the camp office.
- Staff candidates are interviewed, screened, and undergo a criminal background check before hiring.
- Teton Valley Ranch Camp checks staff under the National Sex Offender Public Website.
- Staff complete annual online training on child abuse awareness.
- Seasonal staff engage in on-site pre-camp training each spring on child abuse prevention guidelines and procedures, including appropriate interaction with campers, incident reporting requirements, child abuse awareness, and related issues.
- Staff sign a commitment statement each year to observe and abide by these guidelines and procedures.
- TVRC leads the industry with one of the lowest camper to staff ratios of 3:1 and oftentimes even lower ratios during trips and activities.

Essential Eligibility Criteria

What are Essential Eligibility Criteria?

Essential Eligibility Criteria (EEC) are the requirements that all participants must meet to successfully participate in Teton Valley Ranch Camp (TVRC) programs. These EEC include the fundamental criteria necessary to engage in TVRC activities—inexorably tied to community, safety, and risk management considerations. EEC are used with increasing frequency in outdoor programs as a way to identify that participants can meet the basic requirements for participation and in the important endeavor to obtain a good “fit” between the participant and the program. Seeking a good fit is particularly important at TVRC because of our remote location and the demanding nature of some of our activities. For example, all campers have the opportunity to explore national parks, forests, and wilderness areas on foot and on horseback. During these trips, campers may be 48 hours or more from medical attention and may encounter rough terrain, river crossings, snow fields, and other hazards. Weather and wildlife can be unpredictable. Through these EEC, we strive to give potential participants, parents, and guardians the information they need to make an accurate, objective assessment when deciding if their interest, abilities, and needs are an appropriate match with the TVRC program.

How are EEC Used?

In order to attend TVRC, all participants must be able to meet each of the EEC listed below. TVRC is a residential camp in which every individual is part of an age-appropriate program group (Yearling, Rough Rider, Top Hand, Wrangler, and Trailblazer) and each program group involves a wide range of riding, hiking, and in-camp activities. The safety and enjoyment of the entire group is in part dependent upon the ability of every individual to participate in all of these activities. The inability of a camper to meet one or more of the EEC could adversely affect not only their own experience and wellbeing, but also that of the entire group.

Although these EEC are not intended to exclude potential participants, TVRC takes them seriously and seeks to apply them objectively. Individuals who cannot meet each of these criteria may be advised to find a camp that can better accommodate their needs and abilities. If a camper is dismissed for an issue relating to TVRC's EEC, the parents/guardians are responsible for all incurred expenses including travel, lodging, car rental, etc. This often runs in the THOUSANDS OF DOLLARS due to our remote location and being a busy summer tourist destination.

What Should I Do if I Have Questions About the EEC?

Contact us. TVRC is committed to making reasonable modifications in appropriate circumstances. In this regard, good communication—and early communication—is critically important. Our goal is to make sure that every camper who arrives at TVRC is fully prepared to join in the fun.

Contact us at the Jackson Office: 307-733-2958 (September–May)
or the Ranch Office: 307-455-2885 (June –August)

TVRC Essential Eligibility Criteria

Each Teton Valley Ranch Camp participant must:

- Be in good mental and physical health and refrain from causing harm to themselves or others.
- Be willing and able to follow TVRC rules and instructions.
- Refrain from the use of alcohol, tobacco, controlled substances.
- Be able to dress themselves and perform basic personal hygiene and self-care, in camp or in a wilderness or camp environment.
- Be free of any medical or psychological condition that requires the consistent availability of medical facilities or trained medical personnel (at times, such assistance may be 48 hours or more away).
- Be free of any existing medical condition that may make them more vulnerable to severe illness. These medical conditions include Asthma, Chronic Lung Disease, Compromised Immune System, Diabetes, Chronic Kidney Disease, Liver Disease, and Hemoglobin Disorders.
- Be able to share living space in a cabin and tent (group living in close quarters will require reduced expectations of privacy and personal space, greater tolerance of others, respect for personal property, and neatness).
- Be willing to live with and be around others who may have different viewpoints and beliefs; be respectful of all stated identities and beliefs. Maintain appropriate, non-exclusive relationships with other group members and staff.
- Refrain from sexual activity, harassment, bullying, and all behavior that disrupts the experience of others and the cohesion of the group.
- Be willing and able to eat a camp diet served in three standard meals, unless special dietary accommodations have been discussed and agreed upon with TVRC in advance.
- Know how to swim and be physically able to mount, dismount, and balance on a horse.
- Be able to communicate effectively with TVRC staff about their physical, medical, behavioral or emotional wellbeing, including, among other things, personal distress, injury, illness, allergies, asthma, anxiety, ADHD, homesickness, depression, and/or phobias.
- Be able to understand, communicate, and act appropriately when encountering hazards and risks that may include, among other things, cliffs, loose rock, dead trees, snow, swift and/or deep water, and wildlife.
- Be physically able and excited to hike for several hours on rough mountain trails at high elevations (up to 12,000 feet above sea level) while carrying a heavy backpack (distance, elevation, pack weights and other physical demands vary between age groups).
- Be able to adjust to the challenges of a multi-day trip in a remote backcountry environment (up to 48 hrs. from definitive care) where the conditions may vary from cold (below freezing) to hot (above 90 degrees) and may include, among other things, rain, snow, lightning and/or hail (trip duration may vary from 1 to 6 days depending upon age group).
- Be able to responsibly handle and wear equipment (including safety equipment) for various activities after receiving appropriate instruction, including, among other things, riding, backpacking, riflery, archery, fishing, lapidary, craft shop, and cooking equipment.
- Be willing and able to work as a member of a team to accomplish group tasks and support a safe social and emotional learning environment.

Please Note:

These EEC do not encompass all criteria for participation in Teton Valley Ranch Camp programs. As detailed in your enrollment agreement and other materials, participation is also conditioned on receipt of full payment and receipt and review of all completed and signed forms, including medical forms. In addition, these EEC are intended to give you a snapshot of some basic eligibility criteria for participation in TVRC programs and do not encompass every criteria or function of the program activities a camper may participate in while at TVRC.

Packing Instructions

In CampMinder, and on the following page, you'll find a detailed equipment list for your camper. This list shows all necessary and optional gear for camp. Most items should fit in the duffel / trunk in order to be shipped to camp or checked on the airplane. We require families to also send bedding other than a sleeping bag for when your camper is in camp. Sleeping bags can get dirty being on the trail, and we are unable to wash sleeping bags in our laundry facility.

Laundry Facility:

Laundry service is offered to campers weekly at the ranch. Counselors will help campers keep their clothing clean and ready for whatever adventure awaits! Because the laundry room is a very busy place, it is essential that you clearly label EVERY item (including bedding) your child brings to camp. Camp is very rough on clothing and personal belongings. Please don't pack clothes or things that you would be upset about being ruined at camp!

Important: Electronics Policy

Campers MAY NOT bring electronic devices to camp. After many discussions with camp parents and careful consideration, we do not allow campers to have any electronic devices (with the exception of digital cameras and flashlights) at Teton Valley Ranch Camp. Please help us support this unique opportunity to disconnect!

This includes but is not limited to:

- Music Players (iPods, MP3s, etc.)
- Handheld Games (Switch, PSP, etc.)
- Cell Phones
- Electronic Readers (Kindles, iPads, Nooks, etc.)
- Radios
- Go Pros
- Smart Watches (Fitbits, Apple Watches, etc.)
- Devices that require recharging to operate

As electronic devices have grown increasingly more complex (with features like video, internet access, etc.), we believe they disrupt the cabin environment and negatively impact the TVRC experience. If a camper brings a device for their travel to and from the ranch, we will store these devices in the office, and they will be returned at the end of the camp session.

TVRC CAMPER EQUIPMENT LIST



This list is the recommended equipment list for camp.
As all campers have individual preferences, tailor the packing list to meet your camper's needs.
Items marked with an asterisk (*) are available to purchase in the Trading Post (camp store).

LUGGAGE

- ☐ Trunk/Footlocker-Trunks will be used as your camper's primary storage in their cabin. You can purchase trunks (the "Happy Camper" trunk is popular) at www.everythingsummertimecamp.com. You can also purchase a 100L TVRC Logo Patagonia Duffel from the online store.
- ☐ Duffel*- Army-style duffels should have a clip closure and be no bigger than 38" x 24". Duffels are used on horse pack trips so the clip closure rather than a zipper is necessary.

BEDDING/LINENS

- ☐ Twin sheet sets (2)- You may send one flannel and one cotton set if your camper gets cold at night.
- ☐ Pillowcases (2) and Pillow (1)- This can be a camping pillow if that is easier to pack.
- ☐ Down/warm comforter- The key to this blanket is warmth. Temperatures drop significantly at night. Campers may choose to use their sleeping bags as an alternative. Note that sleeping bags can get dirty on the trail, so a comforter is preferable.
- ☐ Warm blanket*- Fleece or other, for use as an added layer of warmth.
- ☐ Bath towel (2)
- ☐ Laundry bag (1)

CLOTHING

While attending TVRC, campers are fully exposed to the elements. Campers can expect to experience weather of all four seasons throughout the summer. Our program, coupled with our geographic location, requires us to keep our bodies healthy and safe to ensure we have a fun summer. With this in mind, T-shirts that cover shoulders and torsos help protect against debilitating sunburn, blisters, and risk of other injuries. For this reason, do not pack crop tops, tank tops, or clothes that do not cover your midsection.

- Shorts must be longer than shirts, fully covering cheeks.
- Bathing suits must be sporty, durable, and athletic.
- Jeans worn in the barn and on horseback must not have holes.

TOPS

- ☐ Short sleeve T-shirts* (6-8)
- ☐ Long-sleeve T-shirts (3)
- ☐ Long-sleeve western-style button-down shirts (2-3)
- ☐ Warm shirts (2)- Flannel or wool
- ☐ Synthetic/wicking T-shirt (2)
- ☐ Sweatshirt* (1)
- ☐ Plain white T-shirt (1)- For Rough Riders/Top Hands

BOTTOMS

- ☐ Jeans (3-4)- Boot cut for riding
- ☐ Shorts (2)- For in-camp activities
- ☐ Lightweight hiking/athletic shorts* (2)
- ☐ Lightweight hiking pants (1)
- ☐ Sweatpants/warm pajama pants* (1)
- ☐ Bathing suit (1)- Sporty, durable, and athletic

UNDERWEAR/BASE LAYERS

- ☐ Underwear (10+)
- ☐ Lightweight socks (8)
- ☐ Crew wool socks* (4)- For backpacking, pack trips
- ☐ Warm PJs (1)-Optional, long underwear can be worn in camp as an alternative
- ☐ Long underwear top (2)
- ☐ Long underwear bottoms (2)

JACKETS/OUTERWEAR

- ☐ Fleece or warm synthetic pullover* (1)
- ☐ Warm down/synthetic winter jacket (1)
- ☐ Vest (optional)
- ☐ Rain jacket (1)
- ☐ Rain pants* (1)
- ☐ Denim jacket (1)- Required for Wranglers

FOOTWEAR

- ☐ Hiking boots (waterproof)-At least ankle-high. Boots are difficult to dry, so be sure to purchase waterproof or Gore-Tex boots. Hiking boots should be well broken-in prior to camp. Appropriate hiking boots should always be worn on the trail.
- ☐ Cowboy boots/riding boots-For horseback riding and in the barn, boots should have at least a ¾ inch heel. Boots can be purchased in several places, including Boot Barn, Shepler's, and Country Outfitter. Cowboy boots should also be broken-in prior to camp.
- ☐ Sneakers- Close toed lace up shoes are highly recommended for daily use at camp and on trips when in camp.
- ☐ Sandals with heel strap-Crocs, Chacos, Tevas, or similar sandals with heel straps are appropriate. These sandals can be worn in the showers, as camp shoes on backpacking/pack trips, and while swimming. No flip flops.

GEAR

- | | |
|---|---|
| <input type="checkbox"/> Sleeping bag with compression sack-Can be down or synthetic; must have a good compression sack. NOTE: A good sleeping bag will be one of the most important purchases you make for your camper. For Boys' Season, a 0-degree rated sleeping bag is necessary. For Girls' Season, a 20-degree or lower-rated sleeping bag is necessary. | <input type="checkbox"/> Baseball cap/visor* |
| <input type="checkbox"/> Headlamp* | <input type="checkbox"/> Cowboy hat (optional) |
| <input type="checkbox"/> Water bottles* (2-3)- At least 32 oz./1 L size | <input type="checkbox"/> Warm knit hat* |
| <input type="checkbox"/> Sunglasses with strap | <input type="checkbox"/> Warm gloves* - Wool or fleece. NOT cotton. |
| <input type="checkbox"/> Gaiters*- These are necessary for Boys' Season campers | <input type="checkbox"/> Leather work/roping gloves* |
| <input type="checkbox"/> Backpack- Daypack size | <input type="checkbox"/> Belt |
| | <input type="checkbox"/> Bandana*- Required for Yearlings |
| | <input type="checkbox"/> Lariat rope* |

TOILETRIES

- ☐ Soap*
- ☐ Shampoo/conditioner*
- ☐ Toothbrush/toothpaste*
- ☐ Comb/brush*
- ☐ Sunscreen*
- ☐ Insect repellent*
- ☐ Lip balm* (2+)- We recommend SPF 15.

MISCELLANEOUS

- ☐ Paper/envelopes*- For writing home
- ☐ Pens/pencils*
- ☐ Stamps*-It is helpful to send your camper with addresses of friends/family members.
- ☐ Books
- ☐ Journal
- ☐ Batteries*

OPTIONAL

- | | |
|---|---|
| <input type="checkbox"/> Crazy Creek chair* | <input type="checkbox"/> Camelback/hydration pack |
| <input type="checkbox"/> Costumes | <input type="checkbox"/> Knife- Folding blades only; blade must be less than 3.0" |
| <input type="checkbox"/> Playing cards* | <input type="checkbox"/> Extra flashlight |
| <input type="checkbox"/> Camera- If bringing a digital camera, we recommend sending a heavy-duty case to avoid damaging the camera in the backcountry. Disposable cameras are a great option! | <input type="checkbox"/> Sleeping pad- We provide these for campers. |
| <input type="checkbox"/> Musical instrument-Campers are encouraged to share their musical talents at campfires. | <input type="checkbox"/> Hiking backpack-If your child has a hiking backpack >60L, please feel free to send it. We provide backpacks for all campers. |
| <input type="checkbox"/> Personal riding helmet | <input type="checkbox"/> Sports equipment- lacrosse stick, baseball mitt, etc. |
| <input type="checkbox"/> Fly fishing gear* | |

NOTES

- Laundry-We do camper laundry weekly. Because of the volume of laundry we receive, it is impossible to meet specific requests. Please do not send your camper with delicate, irreplaceable clothing as all items will go through wear and tear.
- Sharing Equipment- If you have campers attending both Boys' and Girls' Seasons and want to leave equipment such as sleeping bags, head lamps, bedding, etc., let the office know.
- Shopping for Outdoor Gear-Many stores carry the gear required for campers. TVRC does not endorse a single company, but we are happy to recommend REI, Sierra Trading Post, and Backcountry.com. If you are traveling to Jackson before camp starts, consider supporting Teton Mountaineering, Skinny Skis, and JD High Country Outfitters.

LEAVE AT HOME

- Electronics-We value the opportunity to "turn off" at camp and have a strict NO ELECTRONICS policy. Please leave cellphones, laptops, iPads, tablets, etc. at home. If a camper brings electronics for travel to/from the ranch, they will be stored in the office for the season. Rule of Thumb: if it has to charge, leave it at home.
- Valuables/one of a kind items
- Food

Please clearly label each and every item you send to camp. This will help ensure that your camper comes home with everything they brought to camp!

QUESTIONS?

If you have any questions about the equipment that we have not answered here, please do not hesitate to contact the office. We are more than happy to provide recommendations for camper equipment - give us a call at (307) 733-2958.



Packing for Wyoming Weather:

Weather in the mountains is unpredictable. While summer days may be warm and sunny, mornings and nights will require a jacket, warm socks, a hat, and gloves! A rain jacket and rain pants are also critical around camp and on backcountry trips. The key to success is **LAYERS**! Please ensure your camper comes with adequate, warm bedding for their time in camp.

Packing for the Backcountry:

TVRC provides sleeping pads, backpacks, and all group gear (tents, stoves, cooking utensils, etc.) for backcountry trips. All items that your camper will need to provide are included in the camper equipment list, which can be found through your CampMinder account and on the previous page.

Lost and Found:

At the Ranch we attempt to have as few lost items as possible. While we try our best to reconnect all lost items with their owner, please do not send anything irreplaceable with your camper to camp! Your Trading Post account will be billed for lost and found items sent home at the end of the summer.

To help us manage the lost and found, be sure to **LABEL EVERY ITEM** that your camper brings to camp (including headlamp, boots, sleeping bag, Crazy Creek® chair, etc.) with their full name. You can purchase labels through your CampMinder account.

Shipping Instructions

To Camp:

Most campers bring a duffel or trunk to the Ranch with them. Many parents also find it helpful to ship a box of bedding and other items. Some campers ship their items to the Ranch while others bring their luggage with them on the airplane. Ship Camps* and Lugless** deliver to the Ranch address. If you decide to ship luggage, please ensure that a TVRC luggage tag (we will send these to you) is on each piece of luggage. In CampMinder, you'll find a baggage form, where you can indicate what luggage you've shipped. Once we receive your luggage at the Ranch, you will receive a confirmation phone call or email. When your camper arrives at camp, their luggage will be waiting for them in the correct cabin. Please allow 10 days for your camper's luggage to arrive at the Ranch.

*Ship Camps is a service that we recommend and encourage you to consider. They specialize in shipping camp gear and have been able to simplify the shipping process for our families. You will also find that they already have our bag arrival and departure dates. If you are interested in this service, you can find out more at:

<https://www.shipcamps.com/tetonvalleyranchcamp>.

**Lugless is another service similar to Ship Camps that will simplify the process both for you and for camp. If you are interested in using Lugless, you can find out more at :

<https://app.lugless.com/book/tvrc/pricing>.

From Camp:

You will receive a phone call or email toward the end of camp confirming the method of sending your camper's luggage home. You will have already specified this information on the baggage form (found in your CampMinder account), but we find it helps to double check with parents before the end of the season so that baggage is organized correctly on Pack Day. Your child can either take luggage with them on the airplane or have their luggage shipped home via Ship Camps or Lugless. Please allow 10-14 days for the delivery of your camper's luggage.

**Please note that it is extremely common for trunks to be damaged or destroyed during shipment. While they can be insured through the shipper, TVRC accepts no responsibility for damaged or destroyed luggage. Because of the large volume of luggage that is shipped from the Ranch at the end of each season, it is impossible to meet specific needs (e.g. placing each trunk in a box). If you are concerned about the condition of your trunk, it is best to check it on the airplane with your camper, or ship it home yourself from the FedEx or UPS stores in Jackson, WY.

Travel To and From TVRC

Teton Valley Ranch Camp 4341

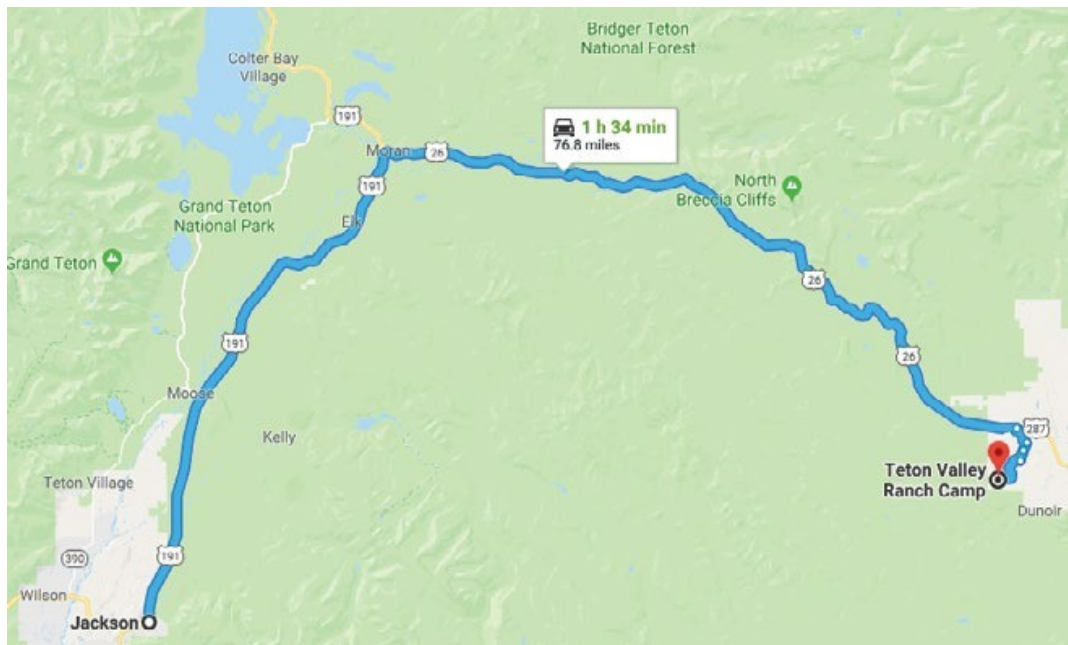
US Highway 26

Dubois, WY 82513

307-455-2885

Driving from Jackson Hole:

To reach the ranch from Jackson, follow Highway 191 north of Jackson. Continue straight past the turnoff toward Yellowstone where 191 turns into 26, towards Dubois. The total distance from Jackson is approximately 70 miles and the drive will take about 1.5 hours. TVRC is on the right (south) side of the highway, look for the Ranch between mile markers 42 and 43. There is a large ranch gate with a “Teton Valley Ranch Camp” sign at the road. Take the dirt road driveway for about 4.5 miles and you will arrive at Main Campus!



Driving from Dubois:

TVRC is located about 20 minutes from the town of Dubois. If you are coming from Dubois, look for the Ranch between mile markers 42 and 43 on the left hand (south) side of the road. There is a large ranch gate with a “Teton Valley Ranch Camp” sign at the road. Follow this road approximately 4.5 miles back to Main Campus. Here, you will be greeted by the TVRC staff!

Cell service is almost nonexistent on Togwotee Pass, so please be sure to put the correct address in your GPS before you leave either Jackson or Dubois.

Air Travel

Flying To Camp:

Many of our families choose to send their campers to Jackson Hole Airport (JAC) without parents. Make sure every piece of luggage your camper brings to the Ranch (including carry-ons) is labeled with the TVRC luggage tag. These will be mailed to you!

To help make travel as smooth as possible, please send us your camper's flight itinerary so that we can be at the Jackson Hole airport to provide the final leg of transportation to camp. If anything changes with your camper's flights on their travel day, please notify the camp office.

We strongly recommend that campers who are flying to camp alone use the Unaccompanied Minor service provided by the airlines. If your camper is traveling as an Unaccompanied Minor, the unaccompanied minor liaison will be Scott Kuhnle. You will receive his contact information a couple of weeks before your camper's flight.

Once your camper arrives in Jackson Hole, they will be welcomed by several staff members from TVRC, including our Unaccompanied Minor liaison. You will receive a phone call from the Ranch as soon as your camper is at the airport to inform you of their safe arrival. The staff will help campers retrieve their baggage before boarding our 15-passenger vans for the trip to the Ranch. The drive from the airport to the Ranch is about 60 miles and will take about 1.5 hours. There will be snacks in the van to tide campers over until they arrive at the Ranch.

Flying Back Home:

If your camper is flying home alone after Final Rodeo, they will be taken to the airport with other campers and TVRC staff on Departure Day. Staff members will ensure that your camper is checked in, through security, and has taken off before they leave the airport. Please ensure that your camper's flight is scheduled to leave Jackson Hole (JAC) by noon on departure day.

Many parents choose to use Unaccompanied Minor service for the flight home. If you choose to use this service you must list yourself or whoever will be picking up your camper from their final destination. If your camper checks baggage on the way home, we will charge your camper's Trading Post account for baggage fees.

Unaccompanied Minors:

The week before departure day you'll receive an email with the contact information of the Unaccompanied Minor liaison for drop off. Until then, you can enter placeholder information that can be changed. Please be sure to pay ahead of time for this fee, which varies based on airline. Call the office with any questions or concerns.

Packing for the Plane:

1. **Snack Money:** Only to purchase snacks during travel. Money is not allowed once your camper arrives at the Ranch, so be sure to instruct them to give any remaining money to the office for safe-keeping until they depart camp.
2. **Carry-on Baggage:** Even though it's summer camp, Wyoming can have some unpredictable weather! Be sure to pack a warm layer (sweatshirt, jacket, etc.) in your camper's carry-on. This is especially important for campers arriving in the late afternoon and evening — it can be chilly. We have even seen snow on Arrival Day, so these layers are essential! Make sure all luggage is marked with a TVRC luggage tag so we can claim it at the airport.
3. **Personal Medications:** If your camper needs medication during the span of their travels, please send it with them. Other than day-of medications, please send all the medications your camper needs to the Ranch at least two weeks before your camper arrives. Please see page 25 regarding our medication policy at the Ranch.
4. **Cell Phone & Electronics:** Please instruct your camper to hand cell phones over to staff as soon as they arrive at camp. All electronics (with the exception of digital cameras) are strictly prohibited at the Ranch and will be held in the office for safe-keeping until your camper departs. Refrain from sending your campers with laptops or other large electronics as we have limited storage for such items. If it needs to be charged or plugged in, it cannot remain in their cabin.

Arriving Late or Leaving Early:

TVRC offers a 30-day program. In order for your child to experience all the exciting opportunities available at the Ranch, it is important that they are at camp for as much of the season as possible. We understand that school and other commitments can make this a challenge. We can allow campers to arrive a few days late or leave a few days early, but are not able to prorate tuition or change programming to accommodate them. If special travel arrangements are needed, barring family emergencies, a flat rate of \$150 each way will be charged to your Trading Post account to cover the cost of fuel, staff, and camp resources. Special travel arrangements need to be scheduled before your camper arrives on Arrival Day to ensure we can accommodate this request. Van and trip schedules, as well as staff availability, may pose issues around travel. Please note that special travel arrangements cannot be accommodated on Final Rodeo Day.

If you have any questions or concerns regarding your camper's travel plans, please contact Zoe at zfarris@tvrccamp.org



Arrival Day

Arrival Day is one of our favorite days as we feel the energy as campers arrive. We ask that campers who are being dropped off at the Ranch arrive between 10 am - 12 pm. This process has been intentionally streamlined to help new and younger campers transition into their cabin groups as quickly as possible. We find that when Parents tend to linger, it has a negative effect on homesick campers. Parents can be a huge distraction around camp, even for campers from other families. Your camper will be immersed into camp life as soon as they leave your side. They will have many activities available with other campers in the Dining Hall, on the Green, and in the cabin. They will move into their cabins and choose bunks alongside their cabinmates with help from their counselors and our support team. Parents should not leave the check-in area to visit camper cabins or program areas. If parents are hoping for a tour of camp and camper cabins, please make arrangements with the office to do so a day or two before our official arrival day.



Final Rodeo

Join us for Final Rodeo! This is a day to celebrate the end of the camp season as a community. We highly encourage you to attend this event as it will give you a glimpse into life on the Ranch, allow you to cheer on your camper as they compete in a Rodeo, and includes fun for the whole family.

- Boys' Season Final Rodeo is July 11th.

This year Boys Final Rodeo is also the day of our 85th Anniversary Celebration. We will commemorate the 85th with alumni roping, music, and a catered social hour. All are welcome to attend (Girls' families too!) We hope to see you there as we mark 85 Years of being Ready to Ride.

- Girls' Season Final Rodeo is August 12th.

This year the schedule will be as follows:

- 10:30 AM Rodeo Starts
- 11:30 AM- 1:30 PM Rolling BBQ Lunch
- 3:00 PM Rodeo Ends and Social Hour Begins

Additionally, if you attend Final Rodeo, your campers should depart with you following the social hour. The next day, Departure Day, is for those campers who are flying home unaccompanied by parents or guardians. These campers flying solo will also depart the Ranch on Final Rodeo and campout with TVRC staff in order to arrive early to the airport for their flights the following morning.

Program Design

While the summer camp experience has always been about more than riding horses, pitching a tent, and making crafts, it has only been in the last decade that the camping industry has moved toward establishing outcomes and measuring the intangible value of camp programs.

TVRC's program has a thoughtful, comprehensive design that leads our campers toward developing into independent, confident, and competent young adults ready to make a contribution to their families, their communities, and their world.

What we teach at TVRC:

- Teamwork
- Positivity and Optimism
- Resilience and Courage
- Creativity
- Respect for Others and Stewardship for the Environment
- Leadership Through the Strength to Lead and the Faith to Follow
- Community Living
- Gratitude and Appreciation for Others, for the Wilderness, and for Ourselves

How do we measure these outcomes?

The TVRC leadership team works with the American Camp Association's youth outcomes battery (YOB) to regularly measure the strength of our outcomes. The YOB helps us ensure that our intended outcomes are strong, and will support the continued evaluations and improvements to our summer camp program.

Daily Schedule:

Below is the general schedule for an average day at camp. This schedule changes depending on special activities (such as a Rodeo), trips, weather, etc.

8:00am—Wake-Up Bell
8:15am—Warning Bell
8:25am — Flag Ceremony
8:30am—Breakfast
9:15am—Cabin Clean-Up
9:45am—Fence Meeting
10:00am -12:15pm—Morning Activities
12:30pm—Lunch
1:30 - 2:30pm—Rest Hour
2:30pm—Guzzles
3:00pm—Fence Meeting
3:15 - 5:30pm—Afternoon Activities
5:30pm—Free Time
6:25pm — Flag Ceremony
6:30pm—Dinner
7:30 - 8:30pm—Evening Activities
8:30 - 9:30pm—Campfire
10:00pm—Lights Out!



Activities offered at camp include horseback riding, fly-fishing, archery, riflery, arts & crafts, lapidary, hiking, nature discovery, and swimming. While a lot of days at camp follow this schedule, we do have other “Special Days” where the schedule is different. For example, Rodeo Days have a different schedule, as well as other various days throughout the summer.

Adventure Groups:

At TVRC, campers are divided into five Adventure Groups based on age and experience with the program:

Yearlings – first-year campers, typically 11 years old and finishing 5th grade

Rough Riders – first or second-year campers, 12-14 years old

Top Hands – returning Rough Riders, and, in rare cases, older first-year campers, 13-14 years old

Wranglers – returning Top Hands, 14+ years old

Trail Blazers – returning Wranglers 15+ years old

Adventure Groups were created to arrange campers together according to their age and experience. Several cabins generally make up an Adventure Group. For returning campers, each summer builds upon the previous summer’s experience, providing new challenges and adventures each year. Many campers return for up to five summers.

Cabin Requests:

Cabin requests are solicited through your camper application. We work our hardest to match campers with their requested cabin-mates but cannot guarantee this in every instance.

If you have any questions about cabin requests, please email Marshall at: mcherry@tvrccamp.org.



Trips Program

In addition to our daily activity programming on the Ranch, campers will participate in our backcountry trips program. Campers often cite their trips into the wilderness as one of the most memorable and impactful experiences of their summers in Wyoming. All campers will be scheduled to go on at least one backpack trip and one horse pack trip while at camp. Many campers will also sign up for additional "optional" trips.

TVRC has maintained its backcountry permits for generations; many of the trips we take today trace their roots back to our beginnings in 1939. We are permitted to bring campers on day and overnight trips into three surrounding national forests (Bridger-Teton, Caribou-Targhee, and Shoshone), and both Grand Teton and Yellowstone National Parks.

Backpack Trips:

On backpacking trips, each group of staff and campers will carry all necessary clothing, equipment, and food in internal frame hiking backpacks (provided by TVRC). At least one counselor and one TVRC trip leader will lead each backpack trip and will guide the group through all three stages of each trip: preparation in camp, travel and camping in the backcountry, and cleanup at the end of the trip.

The level of challenge (distance, elevation, grade, conditions, duration, etc.) on each backpacking trip varies by adventure group. Younger campers will go on three and four-day excursions, while older campers may be out for as long as six days.

Horse Pack Trips:

TVRC runs three different horse pack strings in three different locations, each camper will be assigned to one of these for their pack trip. To help run these operations, TVRC contracts with three local outfitting companies. Outfitters provide mules, horses, and a variety of other equipment necessary for backcountry living. They have extensive knowledge of our local wilderness areas and have built their professional reputations by managing the risks associated with guiding groups of people in the backcountry.

Every pack trip will have at least one extra TVRC pack trip leader who accompanies the camper (and counselor) group and is responsible for coordinating with the outfitter leading up to, during, and following the trip. Trip leaders, counselors and outfitters partner together to run a successful trip. Pack trips last three or four days.

Outcomes:

While in the backcountry, we strive for our campers to learn and experience many things. First, spending time in the wilderness can be FUN! Second, we will teach basic backcountry camping skills, such as setting up a tent, cooking meals, land navigation, etc. Third, we strive to develop a love and passion for the natural wilderness and outdoors. Finally, we hope to impart lessons about the importance of the environment, minimizing our impact and building values of stewardship for the future.



For more information on basic physical requirements of TVRC programming, please review the Essential Eligibility Criteria on page 6 and 7 of this Parent Handbook. Each trip is appropriate for the age, physical development and experience of the group.

Trips' Risk Management:

We believe that teaching our campers to manage risks inherently helps teach them critical life skills. The activities that we undertake and environments that we travel in hold wisdom for our campers. We feel honored to partner with you in offering these lessons to our campers, whom we recognize first and foremost as your precious children.

Each TVRC backcountry trip, whether a day trip or overnight, will have at least one TVRC Trip Leader-trained staff member guiding the group. Trip Leaders receive extra backcountry training prior to regular staff training, in which we teach and practice various technical camping, communication, and decision-making skills. Trip leaders are required to be at least 18 years old and have a minimum certification of CPR and Wilderness First Aid.

Each backcountry trip will also have at least one or two counselors who are CPR and First Aid certified. Counselors are also encouraged to receive Wilderness First Aid certification.

We devote time in camp and during pre-trip planning to educating our campers on the skills and concepts necessary to travel and camp in the backcountry. We discuss wildlife, weather, and safety, as well as how to set up camp and cook in the wilderness. We also discuss the important safety principle that each camper in the group shares responsibility for their own well-being and the well-being of the group. We review all of these skills in small groups again, prior to trip departure.

Before every trip, trip leaders participate in a trip briefing with a member of the trips leadership team to discuss the route, specific hazards and considerations unique to that trip, and possible contingencies. A follow-up trip debriefing will occur after each trip has returned.

While traveling in the backcountry, each group will have a satellite phone for calls to TVRC or emergency responders if needed. These phones typically function well; however, satellite phones — as with any technology — have the potential to fail in the backcountry. Trip leaders are trained regarding evacuation routes, in the case that they determine to proceed with an evacuation. TVRC frequently checks in with trips in the backcountry. TVRC maintains professional relationships with our federal partners and the local emergency responders in our area.

Food and Nutrition

Meals at Camp:

We have three delicious family-style meals and a snack each day at the Ranch. Our meals are balanced and nutritious to keep our campers healthy during their time with us. Campers are offered 2-3 servings of fruit, 3-4 servings of vegetables, 3 servings of dairy, and sufficient servings of protein and carbohydrates per day. We always have fruit out for campers if they need to snack during the day, and serve mid-afternoon snacks around 2:45 pm. Most of our meals are served in the Dining Hall, with the exception of the Rodeo BBQ, which is served on The Green.

Kitchen Staff:

The kitchen staff at Teton Valley Ranch Camp prides itself on providing delicious meals each and every day. The kitchen is staffed with culinary experts and creative cooks.



Medical Care

In-Camp Care

Infirmary:

At the Ranch, the infirmary is staffed with 2 registered nurses and an infirmary assistant. We also have on-call support from an MD. This medical staff is on call 24 hours a day to help with any situation that may arise at camp or in the backcountry. Your camper will receive medications, as well as care for injuries or illnesses, at the infirmary.

Prescription and OTC Medications:

If your camper will take any prescription medications while at camp please send a 30 day supply of these medications in the original container, with the camper's name, prescribing doctor's name, medication name, and dosing information clearly legible to camp by June 1 for Boys' Season campers and July 1 for Girls' Season campers. With an increase in camper medications, we will need time to review medication prior to your camper's arrival. This is the only way we will be able to guarantee your camper will receive their medication when their first dose is due after arrival. If you are sending any non-prescribed medication, you must include a doctor's order. More explanation is found on the following page.

If medication is unable to be sent to camp ahead of time, please contact the office and let us know.

You can contact the camp nurse at (307) 455-3021 after May 22nd or the main office at (307) 733-6122 before June 1st.

All medications (prescription, OTC and "as needed") must be stored in the Infirmary; medication cannot be kept by campers in cabins or trunks. There is no need to send common medications such as pain relievers, antihistamines, ear drops, wound ointments, antacids, or band-aids as they are stocked in our Infirmary.

Incidental treatment and supplies are handled at camp with no charge, but prescriptions or "in-town" doctor or dentist visits will be billed to the campers insurance on file and parents will be responsible for payment. Any outside medical charges will be billed back to the family via the Trading Post for any medical or prescription charges incurred by Teton Valley Ranch Camp.

Non-Prescription Drugs & Supplements:

In an effort to reduce and streamline the volume of medications distributed on a daily basis at TVRC, our nursing staff will NOT administer any medications that are not prescribed or ordered by a doctor. All meds must come in a labeled prescription bottle or be accompanied by a doctor's signed directions.

These non-prescribed meds tend to fall under a couple of categories. Many parents send common over-the-counter medications like Ibuprofen. We stock many of these common medications, and all of them have been approved by the medical staff who write and review our standing orders. If your child occasionally takes a particular over-the-counter medicine, chances are we have it and have been given doctor's approval to administer it. However, if your camper regularly takes an over-the-counter med, such as a daily allergy pill or a lactose medication, we require a doctor's order and ask that you send the medication in its original packaging.

The other non-prescribed medications that we see often fall into the homeopathic or supplemental category - herbal supplements, multivitamins, etc. We know that many of you give your campers these products daily, but in order for our nurses to do so, we will also need a doctor's order. This avoids a liability risk by giving medications for which our medical team has no knowledge. If your camper is accustomed to taking multivitamins, we would like you to know we proudly offer three hearty meals daily with nutrients campers need to fuel their bodies. Even the pickiest eaters at home tend to eat better while at camp with the variety of our offerings.

We ask that you comply with our request to make sure any medications you send to camp for your child are accompanied with signed doctor's orders and are in a labeled bottle. In these cases, we are happy to administer.

Vaccines:

It is not uncommon for campers and staff members alike to develop a cold or simple illness during their time at TVRC. We have massive temperature swings because of our elevation, we are exposed to the elements, and we are outside and active almost all day. We are not in a tied-off bubble; we have campers and staff members coming and going from the Ranch each day.

With these things in mind, we strongly encourage but do not require all campers to arrive at the Ranch having received a flu shot and the most up-to-date Covid booster shot. We cannot guarantee that your camper will not be exposed to either of these illnesses and/or any other illness while at TVRC.

Teton Valley Ranch Camp requires that all campers adhere to the Wyoming Department of Health's Required Immunization Schedule and arrive at camp having received the following vaccinations: measles, mumps, rubella, chickenpox, tetanus, and pertussis. We also highly recommend vaccination for meningitis, hepatitis b, and Covid-19.

Wyoming Statute 21-4-309(a) grants authority to the State Health Officer and County Health Officer to authorize waivers “upon submission of written evidence of religious objection or medical contraindication to the administration of any vaccine.” The law does not allow parents/guardians to request a waiver simply because of inconvenience (for example, a record is lost or incomplete and it is too much trouble to go to a physician or clinic to correct the problem).



Mental Health on the Ranch

Teton Valley Ranch Camp values the Mental, Emotional, and Social Health (MESH) of each of its campers.

While many parts of camp can be healing, Teton Valley Ranch Camp is not a therapeutic program. If your camper needs professional mental health treatment regularly, we want to ensure we are a safe environment and a good fit for them prior to camp. Please read the Essential Eligibility Criteria and reach out to Rachel if you have any questions.

If your camper sees a Mental Healthcare Provider regularly, we are asking they complete the Mental Health History form in CampMinder. The more information provided, the better equipped we will be to offer your camper support throughout the summer season. We are here to fully reinforce the physical and emotional well-being of every camper at camp. For that to happen, we need to understand how our campers can bring their best to their TVRC experience. We aim to provide an environment that assists individuals to thrive. This potentially looks different for everyone, but we want to emotionally support those that keep us going.

Campers of all backgrounds join us on the Ranch each summer. While the stressors of school and social media are alleviated, we acknowledge that there are still a host of other stressors, triggers, experiences, and circumstances that will affect your camper while they are with us.

Our entire staff is trained in Mental Health First Aid, and our nursing staff is ready and able to step in when needed. However, we do not have any mental health professionals on staff. We do work with a mental health consulting company, P3 Mental Health, as needed.



Food Allergies:

Please alert the office to any allergies and/or dietary restrictions your camper may have. Allergy/dietary restriction notifications are distributed to the kitchen, infirmary, counselors, and trip foods department. TVRC is a nut-aware environment. We will not have nuts in the kitchen or trip foods, but we will not be able to guarantee that foods are prepared in a nut-free environment. While we accommodate most dietary restrictions and food allergies, we cannot guarantee against exposures. If your camper's allergy is life threatening, contact Cora Ligori to discuss if TVRC is the safest camp option.

If your camper has an Epi-pen, please check the expiration date and send your allergist's plan of care for allergic reactions with the Epi-pen. If your camper has history or risk of anaphylaxis, please send them with TWO in date Epi-pens.

Correspondence with Infirmary Staff:

You may hear from the infirmary staff prior to camp to clarify information on your camper's health form. Please call us if anything changes in your camper's health history or prescriptions between the time you submit the forms and the start of camp. In order to provide the best care for your camper, it's important that we have the most up-to-date information. During camp, the infirmary staff will call you if:

- Your camper has received an injury that is more significant than needing a band-aid.
- Your camper is ill and needs prescription medicine or outside evaluation.
- There is a question about your camper's health or medicine.
- Your camper needs a refill of prescription medicine they take during camp.
- Your camper is being transferred to a Medical Clinic, a specialist, or emergency department for care.
- Your camper misses a trip due to illness.
- Your camper spends more than one activity period in the infirmary.
- Your camper is having any issues the medical team feels are significant and/or need to be clarified, or should be followed up on at home.
- You may also receive a call if your camper loses a tooth, has issues with braces, breaks or loses their glasses, etc.

The direct phone number for the infirmary is: 307-455-3021.

Backcountry Care

Backcountry Trips:

All TVRC Trip Leaders are trained in Wilderness First Aid. Trip leaders carry medical kits along with two-way radios, a cell phone, and a satellite phone. Satellite phones are not 100 percent reliable but often provide a good line of communication between the backcountry trip, the leadership team, the ranch infirmary team, and outside emergency responders. Trip Leaders are briefed on emergency evacuation routes prior to each backcountry trip. Trip Leaders are also briefed on the relevant medical histories of all program participants on each trip.

Out of Camp Care

Dubois Medical Clinic:

The Dubois Medical Clinic is located approximately 30 minutes east of the Ranch. During the summer, TVRC-EF uses this clinic if participants or staff members need medical attention that is not available in the infirmary. In addition, individuals needing medical attention while on a hike or trip in Shoshone National Forest may be taken to the Dubois Clinic due to its proximity to those areas. The Dubois Clinic is typically open on weekdays, from 9am-5pm.

St. John's Health, Jackson, WY and GTNP:

St. John's Health has locations in Jackson and within Grand Teton National Park. If your camper requires medical attention while on a hike or trip in Grand Teton National Park, Yellowstone National Park, Caribou-Targhee National Forest, or Bridger-Teton National Forest, they will likely be taken to St. John's due to its proximity to those areas. St. John's is also available if medical needs exceed those available at the Dubois Clinic. You will be notified immediately if your camper is taken to a hospital. In the event of the closure of Togwotee Pass between the Ranch and Jackson, TVRC or emergency personnel may utilize the Riverton or Lander Hospitals instead. Individuals needing medical attention while on a hike or trip in Shoshone National Forest may be taken to the Riverton, Lander, or Jackson hospital, depending on their exact location.

In Case of Emergency/Evacuation Plan:

In case of an emergency at the Ranch requiring immediate evacuation (e.g. wildfire), campers and staff will be taken to the Dubois Elementary School. Please check our website for updates if such an emergency were to occur.

If you have any medical questions, please contact Rachel at rgarrett@tvrccamp.org.

Homesickness

Many parents have concerns about homesickness when sending their camper to TVRC for the first time. The first summer at TVRC is often a camper's first time spending extended time away from home independent from their parents, which commonly causes anxious or hesitant feelings heading into the summer. We believe, however, that almost every camper will not only be able to cope with being away from home but will also thrive and build resilience as they push themselves independently. We ask you, our camper parents, to be our partners when helping your camper overcome homesickness. Below, we outline steps you can take ahead of camp that will set your campers up for success. We have also included several ways you can help while your camper is at camp.

- Encourage independence in your camper at home as much as possible. Have them spend a night or two at a friend's or cousin's house so they can simulate the camp environment by being away from the comforts of home.
- Involve your camper in the process of choosing to attend TVRC. Visit the website with them and look at the pictures. Visit our YouTube channel and watch our promotional videos or slideshows from past years. The more they feel they are making the choice along with you, the more ownership they will feel once they arrive.
- Discuss what camp might be like before they leave. Consider role-playing situations like setting up a tent in the backyard or using a flashlight to find the bathroom at night.
- Talk candidly with your camper about the struggles they may face by being away from home. It is okay to tell them they will miss home, but it is also important for them to understand it is normal and that they can have a wonderful time despite that.
- Do not give them “an out.” Do not say, “try it for a week, and if you don’t like it we will come pick you up.” Your camper may be having a wonderful time, but if they have it in their mind that they are going home after a week, they will hold you to that expectation.
- Pack personal items from home such as photos of friends and family or a stuffed animal they are especially fond of.
- Pack bedding items to make sure they are comfortable in their bunk. Include a comfortable pillow and pillow case they love, sheets, and nice warm blankets or a comforter. Sleeping bags are wonderful and warm on the trail, but we want campers to feel at home in their cabins while at the Ranch.
- Write often! Whether it be a daily email or regular letters, keep the communication coming. Stay away from mentioning everything they are missing at home. Rather, refer to the daily Companion photos you see. Instead of saying, “We went to Grandma’s house yesterday and everyone missed you,” say, “I saw you went on a trail ride yesterday at camp. How fun!” This communication lets your camper know you are aware of what they are doing at camp and that you are excited for everything they are experiencing.

- Avoid trying to call and talk to your camper. We discourage phone calls to campers from home, especially in homesick situations. Hearing a parent's voice can make the situation worse. Write instead!
- If there is something difficult happening at home, try and leave that out of your communications when possible. The family may be heartbroken that the dog has passed away, but that is information that might be better received after camp when your camper has the support of home and family.
- Don't feel guilty about signing up a reluctant child for camp or encouraging them to stay once the going gets hard. For many children, camp is the first step toward independence and plays an important role in their growth and development.
- Communicate with the Camp Directors about your camper's homesick struggles. If you consistently receive letters from your camper that are concerning, please call camp and let us know. Sometimes, your camper will put on a brave face with their cabin mates and counselors, but if you are concerned, we want to know about it.
- Very few homesickness cases are bad enough for the camper to go home. However, if your camper is not eating or sleeping because of anxiety or depression, camp may not be the safest place for them. The American Camp Association research has shown that only 7% of really severe cases lead to needing to go home (TVRC's numbers are slightly better - 2%). If the camp directors are concerned about your camper, we will be in touch with you directly.

Kidsickness:

Just as it is common (and likely) for your camper to experience some homesickness, it is equally common for you as parents to experience some level of "kidsickness". Having some anxiety around your camper going to camp is normal and to be expected. Remember that sending your camper to camp is giving them a gift that they will carry around with them for their lifetime. Here are some ways you can help yourself while your camper is away:

- **WRITE LETTERS!** This is the best way to stay connected with your camper. No matter if this is your child's first summer at camp, or they are a seasoned Trail Blazer, every camper loves to get letters from home.
- Remember that your camper is capable of doing hard things, and so are you. Your ability to handle the discomfort of having your camper away from home will provide a great example for your camper as they are adjusting to their new life at camp.
- Take care of yourself. Go on that trip you've been putting off. Have a spa day. Treat yourself to a nice dinner. While we are taking care of your camper, take some time for yourself!
- Spend some time looking at photos of your camper! Our photographers upload photos regularly to Companion, where you can see all the fun your camper is having during their time with us. Keep in mind that if your camper is on a trip, we will not have photos of them to upload until they return to the Ranch.

Bullying:

At Teton Valley Ranch Camp, bullying is inexcusable and we have set a firm policy against all forms of bullying. Our philosophy is based on our mission statement, which focuses on TVRC's effort to instill self-reliance, a passion and respect for the outdoors, and confidence. We work together as a team in our effort to support campers, allowing them to gain self-confidence, make new friends, and go home with unbelievable memories.

Our camp leadership team addresses all known incidents of bullying seriously and trains staff to promote communication with their campers so both staff and campers will be comfortable alerting us to any problems during their camp experience. Every person has the right to have a positive and enriching experience at camp.

By working together as a team to identify and manage conflicts between community members, we can help all campers and staff have a great summer at Teton Valley Ranch Camp. Please reach out to the leadership team if you think your camper is being bullied. Please also recognize that in today's connected age, not all bullying happens at camp. We also want to know about bullying that occurred outside of TVRC (that involves other members of the TVRC community).



Communication

Letters to your Camper:

Campers do not have access to telephones (with the exception of special circumstances) during their time at the Ranch. Mail is delivered to the Ranch each day. Because of our remote location, it can take up to 10 days for letters to reach us.

Emails to your Camper:

As mail can take more than a week to arrive at the Ranch, parents can write emails to their campers through CampMinder. In order to send your camper an email, you will need to buy CampStamps. Each camp stamp buys one email. This service will be available through your CampMinder account closer to the start of the summer season. Your camper is also able to write a letter back, which is then scanned and emailed to you!

Letters from your Camper:

Your camper will be strongly encouraged to write at least one letter per week to family and friends. Please send your camper with a list of addresses, or better yet, send pre-addressed and stamped envelopes to ensure their letters make it to the right place.

What to do if you get a sad letter from your Camper:

Down days are to be expected, and your camper might turn to you to let out some frustrations with how their camp experience is going. What should you do if you get a sad letter from your camper?

- Zoom out. Remember that this exact moment is not a complete reflection of their camp experience as a whole.
- Remind yourself that your camper can feel sad, and that they can cope with hard things. Your camper is capable of feeling a full range of emotions while they are away.
- Don't dwell on it. Allow yourself to step away and disconnect. Chances are, your camper has already forgotten what it was that made them upset.
- Trust the process. Your camper is in the care of camp professionals. If there is anything that is concerning or out of the ordinary, know that we will contact you right away. Keep in mind: no news is good news!
- If you are truly concerned, or the sad letters continue, please call us and let us know.

Camper/Family Directory

The tears we see on the final night of Camp are not so much about leaving the place but leaving the people. It is the community at camp that makes TVRC so special. To help keep our camper community connected after TVRC, we will be sharing a Camper/Family Directory at the end of camp. This can be used to stay in touch, plan meet-ups during the school year, or make arrangements for bunk requests for the next summer. And who doesn't love a great PenPal?! Please fill out the Camper/Family Directory form in CampMinder to opt-in or opt-out.



TVRC Package Policy:

TVRC has a strict NO PACKAGE POLICY. This policy is necessary for a number of reasons, all of which are related to safety and the overall camp experience. Any packages we receive during the summer that are larger than the standard, letter-size envelope will be returned to sender, and the return postage will be charged to your Trading Post account. Communicate this message to friends and family. Letters from friends and family are cherished by every camper, no matter how old or independent.

If your child has forgotten a necessary item (rain jacket, sleeping bag, etc.) please call the office and speak to Zoe or the Parent Coordinator. You can then send the item to the office addressed to the attention of the Parent Coordinator with your child's name inside, and we'll ensure that your camper receives this item.

Correspondence with Camp:

At TVRC, we make it a priority to keep in touch with parents and we will be in touch several times throughout the season to let you know how your camper is doing. We are available at any time for questions, concerns, or just a check in. Please do not hesitate to give us a call or drop us an email. We LOVE talking to parents about how their camper is doing at camp, that is why we do what we do!

Parent Coordinator:

Each summer, TVRC hires a Parent Coordinator whose role is to keep parents updated throughout each season. The Parent Coordinator works with Zoe and will be available via email or phone to answer questions or concerns throughout the summer. Their email address at camp is parentcoordinator@tvrccamp.org and will be up and running by June 1st.

Summer News & Photos:

Our Parent Coordinator will update our News and Photos tab on CampMinder and the Campanion App most days with photos and a summary of the previous day. At the beginning of the summer, we will contact parents with more information about this service. Due to our remote location, there are times when we will lose our internet connection. We will do our very best to have the news and photos posted by lunchtime each day, but please understand that internet interruptions can sometimes delay this process. Remember, if you have not seen a photo of your camper posted in a few days, they are likely on a trip. Wait a couple of days until they have returned to camp and pictures from their trip are posted.

Campanion:

We utilize the Campanion App which works with CampInTouch to stream photos. Once downloaded, Campanion will prompt you to upload a photo of your child which creates a curated stream of every photo we take of your camper during the summer season. It will also be a place for quick "News" updates from the Ranch! Campanion is also the easiest way to access your child's forms and has all of the same information and forms that are housed in your CampInTouch account.



Correspondence with Counselors:

Your camper's cabin counselor will contact you with a postcard within the first week of the season to introduce themselves and update you on your camper. Counselors will also check in with a letter during the camp season.

Facebook/Instagram/Youtube:

Want to stay in touch with TVRC year-round? Check out our Facebook page at www.facebook.com/TVRCCamp. "Like" our page and frequent updates will appear in your newsfeed! You can also follow us on Instagram (@tvrccamp) and check out our Youtube Channel "TVRCCamp."

Birthdays at Camp

CHA CHA CHA

Whether they are in camp or on the trail, rest assured that your camper will be duly celebrated if they get to spend their birthday with us at TVRC!

In camp, they are greeted with a voluminous round of "Happy Birthday" sung by the entire camp and a delicious, homemade cake to share with their table after dinner.

On the trail, their Trip Leader makes a special trail dessert, complete with candles! The whole trip group comes together to sing and celebrate the lucky camper who gets to spend their special day surrounded by nature and good friends.

If your camper is spending their special day with us, you can contact the Trading Post Manager at tradingpost@tvrccamp.org to order a special birthday package from the Trading Post to be delivered to your camper during rest hour.

If you would like to talk to your camper on the phone on their birthday, please call the Ranch a few days before and talk with Zoe to set up a time!

Please refrain from sending birthday packages (see our Package Policy on page 35.)





Trading Post

Throughout the summer, campers will have a Trading Post account available to them at the camp store. Every day when the camp store is open, campers have the opportunity to buy camp apparel and backcountry gear. Each camper will be billed for purchases made at the Trading Post at the end of the season. You can see your camper's account balance through our online system, CampInTouch, during the camp season. Other charges to Trading Post accounts may include Guzzles, fishing licenses, return flight travel money, checked baggage charges, town trip money and any medical expenses/prescriptions. Additionally, you will be able to charge any purchases made on Arrival Day or Final Rodeo to your camper's account. We require families to have a valid Credit Card on file with us. We typically send final invoices in September and can bill the Credit Card on file or a mailed check.

Guzzles:

On days your camper is at the Ranch, they are able to purchase a "Guzzle", a snack or cold drink. There will be a one time flat charge of \$30 posted to your Trading Post account to cover their Guzzles for the summer.



Camper Limits at the Trading Post:

In preparation for camp, please discuss with your camper your expectations for how/if they will spend money at the Trading Post. Additionally, if you have a specific limit for spending that you would like to set, you can email that information to zfarris@tvrcamp.org and parentcoordinator@tvrcamp.org. We do not preload balances for Trading Post accounts, so you will receive these charges in an invoice after the camp season has culminated in September.

Town Trips:

We plan to implement town trips back into our program this year after a several year break! Each camper will have the opportunity to spend an afternoon in the local town of Dubois to interact with the community, shop and spend time with each other in a different setting. Trail Blazer campers will alternatively spend a day in Jackson towards the end of the summer to be fitted for their Trail Blazer rings.

Each camper will be given a set amount of cash (\$20) for their town trip charged from their trading post account.



Mid-Season Family Visits to the Ranch

Final Rodeo is a great chance to come and visit camp and your camper at the end of the sessions! If you are staying local to the area and would like to come on a mid-season Rodeo day, please call Zoe to make sure your camper is at the Ranch during that time.

Registering Your Camper for TVRC

Both boys' and girls' seasons at Teton Valley Ranch Camp fill up very quickly. In an effort to provide the camp experience to as many children as possible, we have several different registration options available.

Returning Campers:

After Boys' and Girls' seasons conclude, we give returning campers the opportunity to immediately register for the following summer. On September 15, registration opens to new campers, so it is important that returning campers should apply BEFORE September 15th in order to guarantee a spot.

Payment Schedule:

A non-refundable deposit is due with each application submitted to Teton Valley Ranch Camp. Billing for the remainder of tuition will occur in the spring. All payments are due to TVRC by May 1.

Future Campers:

If you are interested in sending your child to camp sometime after 2023, you can fill out an inquiry form through our website. These forms are kept on file to alert the office team of your interest in camp. When the year of your choosing arrives, we will contact you about registration. Filling out a form does not require a deposit.

To complete an inquiry form, please visit <https://www.tvrcamp.org/contact>.

Waitlist:

We often have a wait list for enrollment at Teton Valley Ranch Camp. The office team will update wait-listed families throughout the winter with the movement of camp spaces. If a spot does become available, you will have the ability to accept or decline the spot. If your child does not receive a spot, or declines a spot that opens, you will receive your deposit back in full. A camper's final acceptance and enrollment in a camp program is contingent upon TVRC's receipt of tuition by the required date, and receipt/review of all completed/signed camp forms (see the application terms).

Financial Aid Applicants:

Financial aid applicants are encouraged to submit a deposit with each application to Teton Valley Ranch Camp. Once a camper is registered at TVRC, please call the office to inquire about the financial aid process. Campers must be enrolled in the camp program to be eligible for financial aid. If a financial aid applicant does not receive sufficient aid or chooses to decline registration at TVRC, the application deposit will be refunded in full.

Financial Aid Application Due – February 15

Financial Aid Decisions Announced – Early March

Accommodations

There are three rental agencies that have cars available at the Jackson Hole Airport: Avis, Hertz, and Enterprise. Other rental agencies in town have in-town pick-up with shuttle service from the airport.

If you would like to make plans to visit, below is a list of a few of the accommodations in Dubois and Jackson.

Dubois Area

Motels

Stagecoach Motor Inn

800-455-5090

www.stagecoachmotel-dubois.com

Trails End

888-455-6660

www.trailsendmotel.com

Twin Pines Lodge and Cabins

307-455-2600

www.twinpineslodge.com

Ranches/Lodges/Bed & Breakfasts

CM Ranch

800-455-0721

www.cm ranch.com

Jakey's Fork Homestead

www.jakeysfork.com

307-690-8652

Brooks Lake Lodge

307-455-2121

www.brookslake.com

Triangle C Ranch

307-455-2225

www.trianglec.com

West of Dubois

Togwotee Mountain Lodge

800-278-4245

www.togwoteelodge.com

The Hatchet Resort

307-543-2413

www.hatchetresort.com

Lava Mountain Lodge

307-543-2477

www.lavamountainlodge.com

Grand Teton National Park

Grand Teton Lodge Company
307-543-2811
www.gtlc.com

Turpin Meadow Ranch
307-543-2000
www.turpinmeadowranch.com

Jackson Area Town of Jackson

Rustic Inn
800-323-9279
www.rusticinnatjh.com

Wyoming Inn
307-734-0035
www.wyominginn.com

The Wort Hotel
800-322-2727
www.worthotel.com

The Lodge at Jackson Hole
307-739-9703
www.lodgeatjh.com

The Lexington
307-733-2648
www.lexingtonhoteljacksonhole.com

Teton Village - Teton Mountain Lodge
307-201-6066
www.tetonlodge.com

Mountain Modern Motel
307-733-4340
www.mountainmodernmotel.com

The Cloudveil
307-699-6100
www.thecloudveil.com

Snow King Resort
307-733-5200
www.snowking.com

Hotel Terra
307-201-6065
www.hotelterrajacksonhole.com

Ranches

Lost Creek Ranch
307-733-3435
www.lostcreek.com

Triangle X Ranch
307-733-2183
www.trianglex.com

R Lazy S Ranch
307-733-2655
www.rlazys.com



Glossary

Absaroka Mountains — The mountain range just to the north of TVRC.

Black Bart — A villain who haunts TVRC and consistently attempts to steal our horses.

Breakfast Ride — An early morning ride on camp property culminating with a one-of-a-kind backcountry breakfast!

CC Pack Trip — A pack trip venturing into the Gros Ventre Wilderness, near Crystal Creek. One of our oldest running trips!

Cowboy Overnight — The overnight for the Yearling adventure group, which usually involves an effort to apprehend Black Bart.

Ceremonies — The culmination of every camper's adventure group experience, occurring at the end of the camp month. Ceremonies are a celebration of the summer, designed to show a sense of teamwork and pride.

Chapel — A non-religious time of reflection and thought hosted by the Top Hands each Rodeo Day.

Disco — Shortened name for the camp activity, nature discovery. A naturalist program that involves science, the outdoors, survival skills, and creative fun!

First Degree — An introductory course where members of the camp community learn the basics of horseback riding (how to approach a horse, saddle, bridle, ride, etc.)

Games on the Green — An activity held on the camp's athletic field with a large number of participants (activities include ultimate frisbee, soccer, etc.)

Guzzles — A snack served in the afternoon at the Trading Post most days.

Gymkhana — Equestrian activity for riders on horseback, most often referring to the practice of rodeo events: pole bending, barrel racing, etc.

Hopper — The individual who supplies food to and clears items from the table at a meal. Campers and staff take turns with this important job.

Horsemanship — The basics of learning how to work with a horse, including horse behavior and psychology.

Infirmary — Where campers receive daily medication and health or injury care.

JD Pack Trip — Short for Jack Davis, a historic TVRC pack trip leader. These pack trips venture into the wilderness areas of Bridger-Teton National Forest.

JH Campfire — Occurring the second night of camp, this pageant presented by the staff depicts the history of the greater Yellowstone region.

Lapidary — The craft of cutting, shaping, and polishing stones; performed in the lapidary shop.

Mountain (Wo)Man Overnight — A trip taken by the Rough Rider adventure group to gain experience in sleeping outdoors, learn how to use stoves, and practice taking care of a camp site.

Peace of the River — Camp song sung nightly following the Teton Serenade.

TB Vespers (Reflections) — The opportunity given to all Trail Blazers to reflect on their experience at TVRC with the camp community.

Teton Serenade — Camp song sung at the end of every campfire to close out the day.

Wild West Night — A square dance that occurs toward the end of Girls' season.

Wrangling — The act of turning horses out at night and bringing them in every morning; performed by Wrangler campers and barn staff.



Teton Valley Ranch Camp
Dubois, Wyoming
www.tvrcamp.org