



Camp PBJ Reno



I wasn't feeling inspired by camp themes this year...which inspired a Choose Your Own Adventure summer. Day 1 will be filled with "Miss Becca's faves" and the kids will brainstorm activities they'd like to see later in the week. Watch out for dinosaurs, unicorns, doctors, and pirates at Camp PBJ.

Our character building jelly all summer will be finding our strengths, working on skills that need improvement, and embracing failure [#beautifuloops](#) ☺. I'm excited to play this summer!

~Miss Becca

BaseCamp Location (Mon, Thurs, Fri)



Before Camp:

You can follow the signs for the BaseCamp front desk (2nd floor of Whitney Peak Hotel) where you will **fill out the BaseCamp waiver**. They will direct you to the Granite yoga room (large grey room on your right as you come up the escalator) where kids can play until everyone arrives.

If you need to drop off late or pick up early please text Miss Becca @ 720-202-8057

Location-

The gym is located on the 2nd floor of the Whitney Peak Hotel. You can enter through the brown BaseCamp door (looks like an emergency exit!) on the North side of the building to take the escalator, or through the hotel lobby to take the elevator. [255 N Virginia St, Reno NV 89501](#)

Parking-

The Whitney Peak garage is on **Plaza** Between Virginia and Center. Bring your ticket inside to validate. There is also ample street parking near the hotel. [50 E Plaza St, Reno NV 89501](#)

Use of BaseCamp Climbing Gym-

If you would like to climb during or after your child's class you can purchase a day pass or membership at the BaseCamp front desk. www.whitneypeakhotel.com

Parking During Events-

When S. Virginia St. closes for markets or events you can still access the free parking garage. The signs will say street closed, business access only. You are accessing the business.

- From the North (80) you can take Lake St and a right on Plaza after the flying bus statue.
- From the South you can take Center St (one way) and a left on center.

Rancho San Rafael Park (Tuesday Only)



We will meet in front of the Ranger Station (behind the May Center) at Rancho San Rafael Park. We will return to the meeting place for lunch and at the end of the day. [1595 N Sierra St, Reno, NV 89503](https://www.google.com/maps/place/1595+N+Sierra+St,+Reno,+NV+89503)

- Water shoes/sandals are recommended for the hiking field trip in addition to sneakers.
- We will have wagons to carry kid's backpacks at the park
- AM session is stroller friendly

What to Bring to Camp

NUT FREE Food-

Campers will need to pack a good sized snack and/or lunch. Camps are NUT FREE (not just peanut). Please pack a water bottle with your camper's name on it. *If there are no nut allergies during your week this rule may be relaxed for the Reno camps only. Incline camp location is a nut free facility.

Clothing-

- Children should wear comfortable clothing and be ready to move. If a skirt/dress/costume is the attire of the day, please try to bring shorts or leggings to be worn underneath. Superheroes and princesses are always welcome in the gym but tripping hazards may be modified.
- You can pack a change of clothes if you would like. Some activities are messy. We recommend play clothes that allow easy movement. Large T Shirts will be provided for

particularly "colorful" art. You can also bring a smock if you prefer your child not wear community clothing.

- We will be outside for a portion of each day. Please pack sunscreen, hats, sun protective clothes as needed.

Climbing + Yoga Gear-

Children can bring their own climbing shoes/harness and yoga mat if they would like. Rental gear is also provided at no additional cost.

Schedule



Each day will follow the same general schedule with modifications for extended activities, etc. If your child has difficulty with transitions, please ask for a picture schedule that you can go over at home.

Monday, Thursday, Friday at BaseCamp Reno-

- Activities include: Indoor rock climbing, yoga class, group games/relays, breathing/meditation, camper designed obstacle course, makerspace, process art projects, low key games/coloring, lunch/snacks (brought from home).
- Everyone participates in 30 minutes of yoga and 30 minutes of climbing. Outside of these times, campers can choose from at least two staffed activities. Some kids prefer to climb all day while others get crafty.

Tuesday at Rancho San Rafael Park-

- Walking meditation on labyrinth, yoga games in field, picnic lunch (food brought from home), playground, sensory play, process art.
- Buggy Becky guest hosts to lead kids in a nature hike, water sampling and aquatic insect observations.

Daily Goals

Day 1

- **Climb:** Safety
- **Yoga:** Sun Salutations
- **Character:** Persistence

Day 2

- **Hike:** Eco-tivities
- **Yoga:** Mindful Attention
- **Character:** Positive Self Affirmations

Day 3

- **Climb:** Route Reading
- **Yoga:** Breathwork
- **Character:** It's Ok to Make Mistakes

Day 4

- **Climb:** Footwork
- **Yoga:** Partner Poses
- **Character:** Supporting Others