



The Camp Red Sunrise Program

Our camp is designed to allow children with medical needs the opportunity to experience camping, sports, archery, drama, fishing, ropes courses, arts and crafts, all in a loving environment that can meet the special needs of each child.

Because every child at camp will in some way be affected by bleeding disorders, they can easily feel accepted, and part of the group. This supportive environment at camp becomes a perfect conduit for healthy living and wellness guidance. Camp Red Sunrise stresses personal independence and community spirit.

The Camp Facility

The Hemophilia Foundation of Idaho has rented Sawtooth Methodist Camp located 35 miles north of Fairfield, Idaho to hold its summer session of Camp Red Sunrise. This beautiful, secluded site is high in a mountain valley (6,000 ft elevation), bordered by the Smokey Mountains on the south and the Sawtooth Mountains on the north, features Aspen groves, Lodgepole pine forests and wildflower meadows offering expansive views wherever you turn. The Sawtooth National Forest surrounds Sawtooth Camp on three sides and rests along the south fork of the Boise River.

A camp mountain bike collection offers a unique way to explore the 120-acre camp or the surrounding area. Hiking trailheads are nearby to many waterfalls, hot springs, and other sites of interest. The south fork of the Boise River runs through the camp property providing fishing and water play activities.

A modern log lodge is at the center of the camp for dining and meeting spaces. Meals are served cafeteria style. Eleven rustic cabins house up to 10 people each. The cabins are arranged in two village units of 5 or 6 cabins, each served by a modern central shower/restroom facility. A self-contained, nicely appointed cabin is available and ideal for guest speakers. To learn more about Sawtooth Methodist Camp, visit www.gocamping.org/sites/sawtooth-camp.

Who May Attend

Camp Red Sunrise is open to boys from the bleeding disorder community ages 7 - 18 who have hemophilia, von Willebrand disease or other clotting deficiencies. At some point in the near future, HFI will be offering a camp experience for girls and siblings.

The Leader-In-Training (LIT) Program

There will be a LIT program for campers who are age 15 - 18. The goal of the program is to train LIT's in leadership skills, counseling techniques, outdoor skills, and to prepare them to work in a cabin with younger campers. Combining the fun of summer camp with the responsibility of being a counselor, it's the best of both worlds. LIT's will have their own unique activities and will experience a great feeling of reward. Contact Kari May at the Hemophilia Foundation of Idaho for more information.

Camp Red Sunrise Parent Handbook

Cabin Assignments

Grouped together by age and school grade, campers are assigned to cabins where they are guided through the routine and non-routine of camp life by their camp counselors. On the camp application form, campers may identify similar age friends that they would like to bunk with. As a general rule, siblings are not assigned to the same cabins. We create ample opportunities throughout the day for campers to foster friendships with other campers in other cabins. Each cabin will be assigned at least one adult counselor with a minor Leader In Training for support.

Camper Behavior and Participation

Our camp activities and programs are adventurous, educational, and the most fun when everyone participates. That's why we encourage campers to try new things and rarely allow a camper to sit out or miss an activity.

We strive to create a caring community that fosters friendships, respect, and acceptance of the differences all of us have. Camp Red Sunrise will not accept campers who are unable or unwilling to abide by the camp rules. If behavior problems arise at camp, parents will be contacted.

Camp Red Sunrise offers its summer camping program to all boys of the bleeding disorders community regardless of race, creed religion, color or place of national origin.

Camp Staff

Camp Red Sunrise is staffed by volunteer counselors, activity leaders, and camp cooks. The medical staff includes volunteer physicians and nurses from the Hemophilia Treatment Centers in Boise. Camp Red Sunrise staff is specially trained in the areas of camp counseling, child development, hemophilia and related bleeding disorders, HIV, Hepatitis and safety. Specialty areas of camp such as swimming and archery are staffed by certified instructors.

Based upon camper registration, each staff member will be responsible for 4 to 6 campers with support most times during each day from a Leader In Training camper.

Camp Fees

At this time, we are all incredibly fortunate that Camp Red Sunrise offers the camp experience to all boys with bleeding disorders throughout Idaho free of charge. Depending on future attendance, HFI will charge a camper fee per child attending camp to help defray the costs of transportation, food and activities at camp. If the camper fee imposes a financial hardship on a family, the fee may be waived for your child, and Camp Red Sunrise would be free of charge. Camper fees would then be paid and mailed along with your child's application. Requests for scholarship (fee waiver) may be made by checking the appropriate box on the camper application form.

Out-of-State campers have a different fee structure and are accepted on a space available basis. Campers should arrive in Boise the day prior to camp so we may house them overnight with a family who has a child of similar age attending camp. Round trip transportation expenses to Boise are the responsibility of out-of-state families and the travel itinerary needs to be coordinated with Camp Red Sunrise.

Meals

Nutritious meals are provided three times a day with healthy snacks also available during the day. Special dietary requests are also honored. Please notify Camp Red Sunrise of special dietary needs on your child's camp application.

Camp Red Sunrise Parent Handbook

Infirmary

Camp Red Sunrise maintains a 24-hour, modern Infirmary, staffed by physicians and nurses from the Boise Hemophilia Treatment Center. The Infirmary is stocked with standard first aid and medical supplies (Tylenol, Advil, Throat Lozenges, Band-Aids, etc.), you do not need to send those types of medical supplies with your child to camp. If you are unsure of whether certain medications will be available, call the Hemophilia Treatment Center at (208) 381-2782.

Medications At Camp

Your child should bring an ample supply of all prescription medications that he/she will need to take while at camp. Medications should not be packed in your child's luggage. We will collect and review your child's medications, doses and schedule with you at the check-in table prior to boarding the bus for camp. We will pack your child's medication and bring it to camp.

Factor

Please bring an ample supply with you to the check-in table for your child's stay at camp. Campers on prophylaxis should have the doses needed for camp plus two additional doses. Campers on demand treatment should bring four to five treatments to camp. Please do not pack the factor in your child's suitcase. The factor should be given to the infirmary staff at check-in. Infusion supplies will be provided by camp.

What is a typical day like at Camp Red Sunrise?

Camper's wake up to a delicious breakfast served in the dining hall. From breakfast, campers gather with their cabin group to begin the day's activities. They might begin with arts and crafts, followed by archery and exploring. Then, we gather again in the dining hall for lunch and song session, unless of course your cabin group is off on a picnic lunch while hiking around some of the nearby trails. After lunch is rest hour, then in the afternoon, it might be an hour of hemophilia education followed by mountain biking or basketball. Late afternoon is Camper's Choice, an opportunity for campers to individually choose and participate in the activities they like the best. Evenings begin with dinner, followed by fun camp-wide evening programs, like a carnival or a camp out. There's a little snack before bedtime then a good night's sleep and plenty of rest for the next day.

What if my child is injured or becomes ill at camp?

Our 24-hour medical staff will evaluate a camper's illness or injury and can hospitalize a child, if necessary, at St. Luke's Regional Medical Center in Ketchum Idaho. Parents will be notified of a camper's injury or illness at the first opportunity. A child with a mild injury or illness can recuperate and sleep in the comfort and privacy of the Infirmary.

What if my child has a bleed while at camp?

Campers experiencing bleeding episodes will be evaluated and treated by Hemophilia Treatment Center medical staff. Following camp, parents will receive a treatment record of any bleeds treated at camp.

Camp Red Sunrise Parent Handbook

CLOTHING AND PACKING LIST GUIDELINE

<p>Clothing: 2 - 3 pairs of shorts 7 pairs of underwear 2 - 3 pairs long pants or sweats 7 pairs of socks 3 - T-shirts 1 sweat shirt 2 long sleeve shirts 1 swim suit 1 pair of pajamas 1 warm jacket 1 sun hat (i.e. baseball hat) 2 pairs of tennis shoes (include an old pair that can get wet at canoeing) 1 towel for swimming pool</p> <p>Camping necessities: Flashlight Sleeping bag and pillow</p>	<p>Personal Hygiene Items: Toothbrush and Toothpaste Soap and Shampoo Deodorant Hair brush/comb Sunscreen and Chapstick with Sunscreen Towel and wash cloth for bath facilities</p> <p>Optional: Hiking boots Rain coat or rain poncho Camera and film Books Stationary or post cards, stamps, pen Bathrobe/thongs for shower</p>
---	---

**PLEASE LABEL CLOTHING AND PERSONAL POSSESSIONS - ITEMS LOOK ALIKE,
WE WANT CAMPERS TO RETURN HOME WITH THEIR BELONGINGS.**

WHAT NOT TO BRING

Knives – no pocket knife or hunting knife will be needed or allowed at camp

Weapons – no weapons of any kind are allowed at camp

Lighters/Matches – all needed lighters and matches will be provided by camp if necessary

Money – there is no opportunity for your child to spend money during camp

Valuables – expensive clothing, jewelry, watches or electronics are better left at home

Food/Snacks – there is plenty to eat at camp, food in the cabins is an invitation to unwanted critters

Miscellaneous toys/games/electronics – Squirt Guns, Game Boys/Nintendo DSs, Radios/CD Players, TV'S, Toys

Transportation To And From Camp

Boise - Chartered, air-conditioned vans will transport campers to and from camp.

Twin Falls - Chartered, air-conditioned vans will transport campers to and from camp.

Northern Idaho - Please plan on driving your children to camp. Please contact the Foundation for a map and driving directions.

Departure

Boise – Departure from Boise is scheduled for 11:00 a.m. on Sunday, June 26 from the Hemophilia Foundation office, 1220 Vista Avenue (1 block South of Kootenai).

Twin Falls – Departure from Twin Falls is scheduled for 11:00 a.m. on Sunday, June 26. A confirmation letter describing the exact meeting location will be mailed to you prior to your child's departure.

Northern Idaho - Please plan to have your child at camp at 11:00 am on Tuesday, August 5.

Return

All vans will depart camp at 3:00 p.m. on Wednesday, June 29 and will arrive back to Boise around 6:00 p.m and in Twin Falls at approximately 5:00 PM. Please be waiting for your child at the same location where you dropped them off.

Camp Red Sunrise Parent Handbook

Mail

Campers will be encouraged to write home during camp. It is suggested that you write to your camper using the following address:

Your Child's Name - Camp Red Sunrise
c/o Camp Sawtooth Methodist Camp
PO Box 68
Fairfield, ID 83327

Email address sawtooth@gocamping.com

Since we are only at camp for four days, we suggest you mail letters to your child the day before they leave for camp to allow ample time for delivery to Fairfield. **When writing your child, please do not tell them that you miss them or about how sad you are that they are gone. They will want to come home to make you feel better. Instead, write about how you are hoping that they are having fun.**

Phone

The phone number for the camp director is (208) 859-9979. This number should only be used to reach us in an emergency. Campers will not be accepting or making phone calls while at camp.

Luggage

We would prefer that campers pack in soft luggage (duffel bags, backpacks). They are easier for us to transport and store.

QUESTIONS?

For questions about the camping program, transportation, what to bring etc., call the Hemophilia Foundation office (208) 344-4476, or toll free at (866) 453-4476.

For medical questions, call your physician or your Hemophilia Treatment Center in Boise (208) 381-2876