

Pre-Arrival Family Camp Guide



Aspen Grove

BYU BRIGHAM YOUNG UNIVERSITY

Pre-Arrival Family Camp Guide

We know questions come up as families plan their stay at Aspen Grove. This guide includes answers to many questions and gives an idea of what to expect at a full week of camp. Mini weeks have a few differences. Please feel free to give our office a call at (801) 422-6000, or email us if you have further questions.

Aspen Grove contributes to the mission of BYU by providing a wholesome, educational, recreational environment that enriches the lives of individuals and families. Within the family camp experience opportunities in programming are purposeful to teach respect for one another and to recognize the rights and dignities of all individuals. Age group leaders are trained to celebrate the diversity and individual contribution that each child and youth make while participating in scheduled programs and activities.

Before You Arrive

Before you arrive in camp, there are a few things you can do to facilitate an effective check-in for you and everyone else.

1. Report Allergies
 - a. Notify Aspen Grove of any allergies at least two weeks out. Advance notice of food sensitivities is require. Please include what week you're attending camp, the name and reunion of the person with allergies, and the specific allergies here.
 - b. Notify Aspen Grove of any lodging requests at least two weeks out. Please include which week you're attending camp, the name and reunion of the person with the lodging request, and the specific request here.
2. Sign Waivers:
 - a. Each individual 18+ must sign a waiver before they will receive a room key. If you're a camper this year, you can sign your waiver here.
3. Download the OpenKey App:
 - a. Most of the lodging at Aspen Grove, including rooms in the Aspen and Beckham Lodge, now use MOBILE KEYS! You can use your phone to unlock your room if you are staying at the Aspen Lodge or Beckham Lodge.
 - b. We will need a UNIQUE CELL PHONE NUMBER for EACH HOUSEHOLD to issue keys. Please call to confirm your contact information.
 - c. Only households who have signed all their waivers and whose reservations is paid in full will be issued a key. Download the OpenKey App so you can receive your key approximately 30 minutes before check-in begins.

If you complete all of these tasks, you can skip the front office! Packets with additional information, camp schedules, and wristbands are pre-set for your family in your rooms.

When You Arrive

If you have access to your if mobile key, your online check-in is complete. If you have not completed the required tasks above or are having issues with your mobile key, you will check in at our main office. Full-week camp guests check in on Saturday from 3:00pm to 5:00 pm. Mini-week guests can find check in times here.

Dinner on the day of check-in is served from 5:00pm to 6:30 pm. Guests are required to attend the on-site orientation meeting at the beginning of each session that will review safety and emergency procedures and review the Family Camp Guide. If you plan on arriving after 6:30 pm, please eat before you come. Check-out is Friday by 10 am.

What NOT to Bring

Please leave your pets at home or at a kennel. We simply don't have accommodations for them at Aspen Grove. We are ADA compliant, but please notify us of any service animals attending with you. Emotional Support Animals are not covered under ADA public access, so please leave them at home.

Weapons of any kind are not permitted on Aspen Grove property. Scooters, bikes, skateboards, segways and other similar devices are not permitted to be used on the property. Drones cannot be used on property.



What to Bring

Ensuring you have the right equipment and attire will enhance your experience at Aspen Grove. Please adhere to Church standards when selecting swim wear and casual clothing. Our relaxed atmosphere lends itself perfectly to T-shirts and jeans. As evenings in the mountains can be chilly, please bring a sweater or light jacket. A raincoat or poncho may come in handy. Remember to bring clothing and/or footwear for specialized activities (e.g., swimsuits, hiking boots, tennis shoes). We provide towels, pool towels, washcloths, and basic toiletries (shampoo, hand soap, tissues, and makeup remover wipes) in your rooms. Basic toiletries and other available sundry items are available for purchase at our onsite store.

Suggested Packing List

- Sports Clothes
- Sweaters
- Swimsuits
- Undergarments
- Pajamas
- Bags for children's swim gear
- Umbrella or ponchos
- Shoes
- Hiking boots

- Clothes for Sunday Worship
- Laundry soap
- Backpack
- Water bottle for each participant
- Sunscreen
- Toiletries (conditioner, body lotion, deodorant, toothpaste, etc.)
- Medication or vitamins
- Baby wipes, diapers, & formula/bottles as needed
- Feminine hygiene items, as needed
- Phone, tablet, or other device chargers

Optional Items

- Flip flops for restroom and swimming area
- Swim goggles
- Nightlight
- Flashlight and batteries
- Hairdryer
- Basic First Aid Kit
- Journal
- Camera
- Books
- Fishing pole
- Clothes for Family Pictures or Matching Shirts
- Bug Spray





Guest Passes

If you are registered for Family Camp, we are happy to offer you the opportunity to host a few friends or family members who would like to join you for short periods of time on a space-available basis. Any non-registered guests must have a guest pass to be on property at any point during the week.

During a full week of camp, guests are limited to two days or six shifts of camp meals and activities. Mini weeks have a one-day or three shift, limit.

To purchase guests passes, please check with our on-site store during check-in. After arrival, we recommend checking at least 24 hours in advance. We have limited number of guests passes available each day, and availability cannot be guaranteed in advance. Guest passes are available for purchase in person starting at check-in.

When your guests arrive, they must check in at the camp office, sign a waiver, and receive their wrist-

bands. Guests arriving on Sunday afternoons must check in at the store game window to sign a waiver and receive their wristbands.

2025 Guest Pass Fees	Adults & Teens	Children 3-12
One-Shift Pass Includes one meal and half-day activities	\$60	\$43
Two-Shift Pass Includes two meals and full-day activities	\$110	\$70
Three-Shift Pass Includes three meals and full-day activities	\$130	\$100
Lodging Fee Guest sleeping in host's cabin	\$60	\$60



Infants two and younger eat free. No nursery is provided for infants attending with guest passes.

Family Camp Dining

During your stay at Family Camp, delicious meals are served in the Emerald Dining Hall. Each meal is served buffet-style. Camp menus are designed to please all members of the family with varying main dishes, wonderful sides, salads, fresh fruits and desserts. We have an array of basic food staples for any of your picky eaters.

Most meals at camp are served in two shifts. You will receive your meal shift assignment during check-in. Everyone in your reunion **WILL** be assigned to the same shift.

If anyone in your family has food allergies, please let us know two weeks ahead of your stay or as soon as possible. Email aspengrove@byu.edu with your name and allergies. We will do our best to accommodate your needs with advance notice.

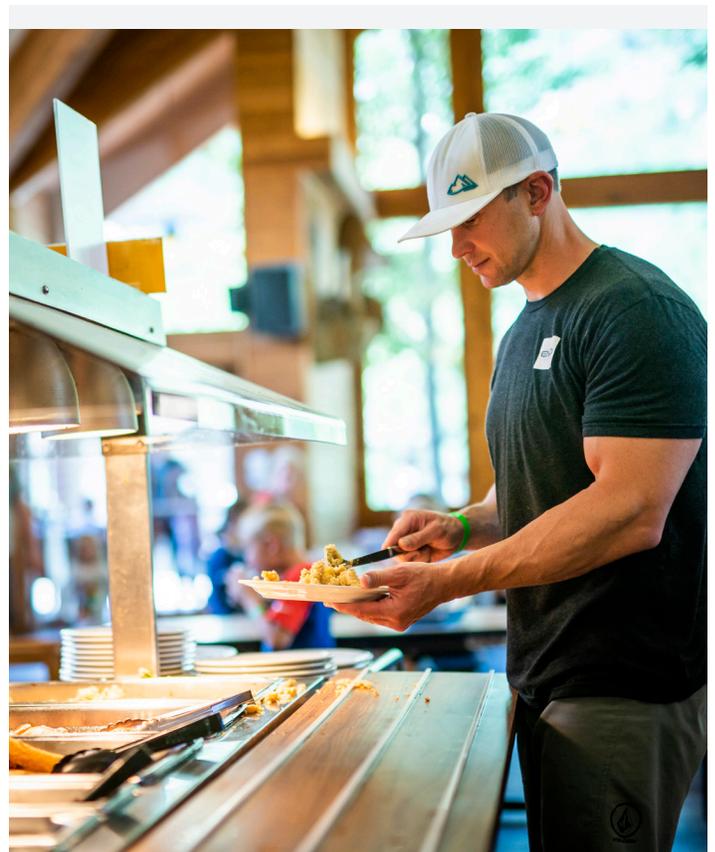
Activities

During the day, children laugh, create, and explore as they spend time swimming, hiking, making crafts, playing games, attending outdoor educational activities, and going on treasure hunts with our exceptional camp counselors.

Teens make friends from across the country as they participate in activities such as hikes, ropes course, night games, experiential learning, firesides, socials, and a dance.

Adults enjoy archery, air rifle, hiking, wooden pen turning, pottery, ceramics, laser tag, axe throwing, RC cars, escape rooms, the High Adventure Ropes Course and relaxing by the pool while children are cared for by their counselors. Regular guest lectures, sports tournaments, water aerobics, and nature walks are also available.

Camp-wide activities are offered on select afternoons and every evening.



Evening Programs

This schedule is for full weeks of camp. Mini weeks may have different nightly activities.

- Saturday: Old-fashioned opening campfire program
- Sunday: Evening fireside, church, or family movie
- Monday: Talent show, swimming, arts & crafts
- Tuesday: Frontier night, arts & crafts
- Wednesday: Camp-wide family activities, swimming, arts & crafts
- Thursday: Closing campfire program and family dance

Where applicable, an additional fee for damaged recreational equipment and/or facilities may be added to a reunion's account. Free-time programs such as hiking, ropes course, laser tag, and activities at camp-wide events such as archery, air rifle, axe throwing, and bullwhip require adult supervision for participants who are minors.

Children's Activities

Children's programs are available Sunday from 3:00 p.m. - 5:00 p.m. and Monday-Thursday from 9:15 a.m. - 12:00 p.m. and 1:30 p.m. - 4:30 p.m. (excluding camp-wide activities that children attend with their families). Children eat lunch with their parents every day except Wednesday. On Wednesday, lunch will be provided in children's program areas or they will eat as groups in the Dining Hall. Your children will participate in programs such as outdoor education, swimming, arts and crafts, ropes course, field games, nature activities, and hikes. A brief meeting will be held Saturday evening during adult orientation, allowing staff and children to get acquainted and review activities for the upcoming week.

Teen Programs

These programs feature swimming, ropes course, campfires, contests, dances, and many more activities designed to help youth make new friends and have fun. Activities are available for Pumas and Teens.

Guest Speakers

Two guest speakers will be featured Monday through

Thursday in the Timpanogos A room in the Aspen lodge. Presenters are individuals invited to camp to speak on various topics designed to enhance your vacation. They will deliver lectures about entertaining and educational topics such as family relations, religion, and parenting skills. A schedule with presenter bios and topics will be included in the Family Camp Guide each week.

High Adventure Ropes Course

Stretch yourself and build self-esteem while you climb, balance, and swing through our High Adventure Ropes Course. Age Groups will have time on the course, and families can do the course together during free time. Guests can take on the course together, but individuals choose the elements they want to try and when they've had enough. The course is NOT suitable for pregnant women or children who can't reach up to 67" or are too small for the harness.

Arts & Crafts

Our arts and crafts area offers a cool place to relax by the stream while you paint bisque ceramics, work on the pottery wheel, paint with water colors, and turn wood pens. Our staff teaches workshops about various mediums, and the arts & crafts program features projects for every age group and skill level. Most projects and classes range in price from \$1 to \$20, although some projects may be higher in price.

Aspen Follies

Aspen Follies are held on the ball field on Monday afternoon, and will be a highlight of your week at Aspen Grove. Featured events include the earth ball, balloon



catapult, leaky bucket, centipede walk, and many other exciting surprises. Be sure to gather your family for this event - and don't forget to bring your cameras! Family activities such as rocket making, air rifle, archery, slingshots, and a treasure hunt will follow Aspen Follies.

Water Frolics

Water Frolics takes place at the pool on Thursday afternoon. It consists of races and relays for the whole family that even non-swimmers can win.

Tournaments

Enjoy organized competitions for basketball (three-on-three), badminton, tennis, horseshoes, table tennis, shuffleboard, and other team sports. Sign up sheets will be posted outside the dining hall on check-in day.

The Main Office

The main office is located on the first floor of the Aspen lodge. The office is open from 3:00 p.m. to 10:00 p.m. on Saturday, 8:30 a.m. to 6:00 p.m. Monday through Thursday, and 8:00a.m. to 10:00 a.m. on Friday to assist you with any questions or problems.

Camp Store

The Aspen Grove store, located on the third floor of the Aspen Lodge, has a limited stock of general merchandise, personal care items, BYU creamery

ice cream, BYU mint brownies, treats for kids, and Aspen Grove clothing and memorabilia. Staff members will be available in the store to assist you from 6:00 - 10:00 p.m. Monday through Thursday.

A variety of board games and puzzles are available for checkout from the store. Although the board game check-out window is available on Sunday, the store is closed.

Lost and Found

If you've misplaced something, check the lost and found box in the camp store. On check-out day, all lost and found items will be placed outside the front office for you to pick up. If you find an item someone else misplaced, please bring the found item to the store.

Birthdays and Anniversaries

If your birthday or anniversary falls during your stay at camp, please visit the Aspen Grove office so we can help you celebrate. You can also, upon request in the dining hall sign-up sheet, have our dining hall staff sing you a hearty rendition of the "Aspen Grove Birthday Song."

Weather

Most summer weather at Aspen Grove is dry and pleasant. The days are usually warm, while the evenings are typically cool, and often require a sweater or light jacket.



Due to the high elevation, you may sunburn easily. Please remember to bring sunscreen because sunburns often occur more quickly than you may realize. If you forget, sunscreen is sold in the Aspen Grove store. We have virtually no mosquitoes at Aspen Grove.

We have occasional thunderstorms and rainy days. Some summers are even visited by mid season snowstorms, though this is not common. Umbrellas and ponchos come in handy at times. Please check the specific forecast for your stay before arrival.

Phones and Internet

The office phone number is (801) 422-6000. Cell phone reception is generally available outside. Verizon Wireless customers tend to have the best reception.

Wireless Internet is available throughout most of camp. Wi-Fi login information is provided at check-in.

Laundry Facilities

Washers and dryers are available in the lofts of the Family Lodges, on the third and fourth floors of the Aspen Lodge, and in the Beckham West Lodge on first floor. You may purchase laundry soap in the camp store. Laundry machines are available to use at no costs.

Bedding

You will find bedding, towels, washcloths, and basic toiletries (Shampoo, hand soap, tissues, and make-up remover wipes) in your room. If your family has requested a crib, please note that we provide a fitted sheet, but no additional bedding for cribs.

Staff Tipping Policy

Tipping of individual staff members is not expected. Many staff members are working behind the scenes to make your family's stay enjoyable and successful. If you wish to show appreciation, it is preferred that you leave a general staff gratuity in the Aspen Grove office.

Lockers

Lockers are located on the north end of the pool house and inside the dressing rooms. One locker per family is available for checkout at the office **Health and Wellness**

In order to help prevent the spread of sickness at Aspen Grove, we encourage individuals to refrain from attending age group activities or camp wide programs for at least 24 hours after the last sign of any of the following possibly contagious symptoms:

- vomiting
- diarrhea
- fever
- nausea*
- frequent cough
- excessive runny nose
- constant sore throat
- contagious pink eye

*Nausea is sometimes an indicator of contagious sickness, but may also be attributed to other causes such as car sickness, separation anxiety for younger children, or mountain/altitude sickness (change in elevation). Mountain/altitude sickness may occur during travel to higher elevations. Treatment for mountain sickness can be as simple as descending to a lower altitude (as little as 1500 feet) for a couple of hours, and by drinking plenty of fluids.

Drinking plenty of fluids while traveling to higher altitudes helps prevent mountain sickness. It is recommended that nausea is watched closely for a few hours to determine if it might be the result of other sickness.

Please share the following ways to prevent infectious illness with each family member:

- Wash your hands frequently throughout the day for 20 seconds with soap and hot water. Don't forget to wash front to back of your hands and between the fingers, especially before meals.
- Avoid touching the mouth, nose and eye areas, and the faces of other campers.
- Avoid using shared towels, utensils, and toddler toys.
- Avoid changing diapers on carpeted areas, bedding, and in area associated with food preparation or consumption or personal grooming such as counters and tables.



- Cover coughs and sneezes with the inside of your elbow.
- Maintain proper nutrition and hydration, and be sure to get plenty of rest.
- Please notify a staff member if messes from sickness occur. They will ensure the mess is thoroughly cleaned and sanitized. Further, they will help remove and bag soiled towels and bedding. You are encouraged to limit the number of people exposed to a sick family member.

First Aid

Our first aid station is located on the first floor of the Aspen Lodge or in the camp store. It is equipped to handle scratches, bruises, cuts, and other minor injuries. In the event of more serious injuries, we encourage guests to seek medical care at the nearest medical facility, Timpanogos Regional Medical Center in Orem, 750 West 800 North. Other facilities are available throughout Provo and Orem.

You may wish to bring your insurance information since these accidents would be covered under your insurance policy.

In Case of Fire

In the event of a fire, the following procedures should be followed:

- Please alert all occupants in the facility, vacate the premises, and notify a staff member.
- A staff member will sound the alarm. The emergency signal is a continuous pull stroke of the bell and/or 3 blasts of the air horn.
- When the alarm sounds, all campers and guests should meet in the Emerald Dining Hall.
- In the event of a fire, program counselors are trained to take their groups to this area while your children are under their protection.

Emergency Bell Signal

A continuous pull stroke of the bell and/or 3 bursts of the air horn is an emergency signal.

Please do not panic if this emergency signal should sound. This is a signal for all staff members and guests to go to the Emerald Dining Hall as soon as possible.

Camp Standards

Clothing should be modest in fit and style. Please don't

wear sleeveless, strapless, backless, or overly revealing clothing. Shirts and tops should be long enough to cover the stomach and lower back. Shoes must be worn in all public areas. Guests should avoid extremes in clothing, appearance, and hairstyles.

All camp guests will be asked to abide by the standards of The Church of Jesus Christ of Latter-day Saints. This includes high standards of moral character, honesty, respect for personal and property rights, obeying the law, living the law of chastity, high standards of taste and decency, and dietary laws of abstaining from alcoholic beverages, tobacco, tea, coffee, and drug abuse.



Responsibilities and Insurance

The nature of a high mountain camp environment presents some inherent risks including bad weather, hazardous terrain, and some potentially high-risk activities. We suggest you carefully supervise your children at all times and use caution and common sense as you hike, fish, and use Aspen Grove facilities.

By participation in Aspen Grove programs and activities, you assume all risk of any loss or injury. If you have health conditions that may affect your ability to participate in programs and activities, we suggest you seek your doctor's advice before attending camp. You are also urged to procure appropriate medical, personal injury, and property damage insurance coverage prior to your arrival in camp.

The ropes course is one of our most popular activities. Because of its height, those participating must wear the provided safety helmets, follow posted rules, and have their harness securely attached to the cables. Our trained ropes course staff must be present at any ropes course activity.

In preparing for your family vacation, we recommend obtaining names, addresses, and emergency contact (cell phone numbers) of each family within the reunion. In addition, we recommend obtaining a list of known allergies or health conditions/concerns requiring treatment, restriction, or other accommodations while on-site.

Drones and/or Unmanned Aerial Vehicles (UVA's) are prohibited on BYU property or property controlled by BYU.

Firearms and weapons are not permitted, concealed or not concealed, with or without a concealed weapon permit, while upon properties owned or controlled by BYU, including Aspen Grove.

The university assumes no responsibility for the care or protection of, or damage to, any motor vehicle or its contents at any time it is operated on, parked on, or removed from university property including Aspen Grove. While riding in private vehicles, all guests should be in a seat with a seat belt. No guests are allowed to ride in the back of pickup trucks.

Aspen Grove provides program equipment such as rackets, balls, board games, child life jackets, and archery equipment. Guests are welcome to bring their own sports equipment and games, however, personal archery equipment would need advanced approval by

our program manager and will be stored and locked with other archery equipment. All personal life jackets need to be UD Coast Guard approved during your stay.

Aspen Grove provides screening policies such as background checks and reviewing the National Sex Offender Public website of all employees and recommend that groups have similar screening policies in place for child care to provided by aspen Grove employees.

Aspen Grove advises guests that all medication (both prescription and over-the-counter) be stored under lock except when in the controlled possession of the person responsible for administering them.

Aspen Grove advises groups to obtain signed permission to seek emergency treatment from children (minors) they are supervising without a parent/guardian on site.

Each group is responsible to supervise the behavior of members in their party during non-age-group times and for the behaviors and conduct during any programs. Any individual's behavior that is determined by Aspen Grove to be inappropriate or harmful to others may be asked to not participate in programs or leave Aspen Grove property.

Groups are responsible for the care of their members that are minors for all times outside of the scheduled age group time including supervision of children during free-time, meals, in lodging, and participating in Aspen Grove programs such as arts and crafts, swimming pool, the fish pond, camp-wide events, sports tournaments, etc.

