

Jean-Michel Cousteau Family Camp 2024

Please refer to “Basic Activity Guidelines” for more information about what to wear and where to meet for each activity.

Wednesday, August 7

- 11:30 PM Arrive at camp; meet at Dining Area for lunch, introductions, and orientation. Move into your cabins after lunch.
- 2:00 to 4:00 PM **Emerald Bay Hike:** A short hike on the road to Emerald Bay. Meet at the Dining Area with closed toe shoes, sunscreen and a water bottle. While at EB take a swim or explore the beach. You’ll be back before Social Time!
- 2:00 to 3:15 PM **Activities**
- **Archery:** Come learn basic archery techniques and practice your skills.
 - **Arts and Crafts:** Fun projects every day! Arrive at 2:30 for the project or drop in anytime during the period for lanyards and bracelets.
 - **Beach:** Open from 2:30 until 4:45 PM. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.
 - **Climbing Wall:** Everyone who fits in a harness and helmet is welcome to try!
 - **Garden:** Come to the garden for an introduction to our garden and composting program. Meet our newest residents in the garden; our chickens!
 - **Kayak:** Never paddled before? Our instructors will teach you how and take you on a trip around the cove. Younger campers can paddle with their parents in a double kayak.
 - **Sailing:** Sail with one of our instructors. Meet at the base of the pier. There will be a 30-minute sail at 2:00, 2:45, 3:30 and 4:15. The number of people is limited each time. If you miss out today you will have a chance to sign up at breakfast on Thursday, Friday, and Saturday for afternoon sailing.
 - **“Learn to Snorkel”:** Get fitted for equipment, learn how to breathe through a snorkel and kick with fins. A must for those new to snorkeling. For both kids and adults.
- 3:30 to 4:45 PM **Activities**
- **Archery:** Come learn basic archery techniques and practice your skills.
 - **Beach:** Open until 4:45 PM. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.
 - **Cooking Club:** Meet in the Cactus Room kitchen to help whip up some treats. This club will meet during the second afternoon block each day.
 - **Climbing Wall:** Everyone who fits in a harness and helmet is welcome to try!
 - **Garden:** Come to the garden for an introduction to our garden and composting program. Come meet our chickens!
 - **Kayak:** Never paddled before? Our instructors will teach you how and take you on a trip around the cove. Younger campers can paddle with their parents in a double kayak.
 - **Kids Fun Zone on the Beach:** All children can meet on the beach for supervised play with a lifeguard.
 - **Sailing:** Sail with one of our instructors. Meet at the base of the pier. There will be a 30-minute sail at 2:00, 2:45, 3:30 and 4:15. The number of people is limited each time. If you miss out today you will have a chance to sign up at breakfast on Thursday, Friday, and Saturday for afternoon sailing.
 - **Snorkeling:** If you’re already comfortable with snorkel gear, join our instructors on a snorkel in the cove.
- 4:45 PM Beach closed for the day
- 5:00 PM **Social Time** in the Dining Area.
- Get to know the other families at camp
 - Appetizers, beer and wine, sodas.
- 5:45 PM **Dinner** – Family Introductions tonight. Please have everyone in the dining area by 5:45.
- 7:15 – 8:15 PM **“Jean-Michel Cousteau’s Explorations of our Water Planet”**
Jean-Michel Cousteau
- 8:30 PM **Campfire** in the Airstream Theater. We’ll join around the campfire, sing a few songs, enjoy skits from the staff and eat some treats!

Thursday, August 8

- 6:30 AM **Early morning Stand up Paddleboard.** Meet everyone at the SUP rack at 6:30 AM. Return in time for breakfast. Under 12 years old, please come with an adult.
- 7:30 to 8:15 Breakfast buffet available
- 9:00 AM **Emerald Bay Trips:** Don't miss your chance to snorkel with Jean-Michel, Dick Murphy, and Holly Lohuis. Check the special schedule for your cabin's assigned trip. Come down to the dive deck at 9:00 AM to get your wetsuit and gear. Trips last until lunch time. We will be using a dive boat to travel from camp to our snorkel site.
- 9:00 to 11:00 **Shrew Trail Hike:** Join CIC staff at 9:00 AM for this hike to a part of our cove many people don't see. This hike is for all eager hikers. It's a great chance to explore. Meet at the bell, wear closed toe shoes, sunscreen and bring a full water bottle and your camera!
- 9:15 to 10:30 AM **Activities**
- **Arts & Crafts:** Tie Dye begins this morning. Bring a white T-shirt or buy a T-shirt in the camp store. If you want to make lanyards or friendship bracelets drop in anytime during the period.
 - **Beach:** Open from 9:30 until 12:00 PM. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.
 - **Climbing Wall** - Everyone who fits in a harness and helmet is welcome to try!
 - **Composting:** All our (non-meat or dairy) food waste is composted into beautiful, fertile soil. Learn the secrets of composting while helping us recycle the camp's food scraps.
 - **Kayaking:** Never paddled before? Our instructors will teach you how to safely paddle and take you on a short trip around the cove or beyond. Younger campers can paddle with their parents.
 - **"Learn to Snorkel":** Get fitted for equipment, learn how to breathe through a snorkel and kick with fins. A must for those new to snorkeling. For both kids and adults.
 - **Stand up Paddleboards:** Learn to stand up paddle!
 - **Hatchet Throwing:** Come learn to throw a hatchet. Closed toe shoes please!
- 10:45 to 12:00 **Activities**
- **Archery** – fun for all ages!
 - **Arts & Crafts:** Tie Dye begins this morning. Bring a white T-shirt or buy a T-shirt in the camp store. If you want to make lanyards or friendship bracelets drop in anytime during the period.
 - **Beach:** Open from 9:30 until 12:00 PM. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.
 - **Climbing Wall** - Everyone who fits in a harness and helmet is welcome to try!
 - **Garden Projects:** Our garden is always evolving. Come work on our latest projects and leave your mark on the garden!
 - **Sailing:** Sail with one of our instructors. There will be a 30-minute sail at 10:45 and again at 11:30. **Sign up with Noah and Fanny at 8:15 AM in the dining area.**
 - **Snorkeling:** Join our instructors on a snorkel in the cove.
 - **Stand up Paddleboards:** Learn to stand up paddle!
- 12:00 PM Beach closed for lunch
- 12:15-1:00 Lunch buffet available

Thursday, August 8

- 1:30 PM **Emerald Bay Trips:** Don't miss your chance to snorkel with Jean-Michel, Dick Murphy, and Holly Lohuis. Check the special schedule for your cabin trip. Come down to the dive deck at 1:30 PM to get your wetsuit and gear. We will be using a dive boat to travel from camp to our snorkel site.
- 2:00 PM **Emerald Bay Hike:** Pack some snorkel gear and walk over to Emerald Bay. Then hike down a short trail to the water for some great snorkeling including a cave in the cliff. This trip will last all afternoon. Bring water and a daypack and wear sunscreen, your bathing suit and closed toe shoes. Meet on the dive deck.
- 2:00 to 3:15 PM **Activities**
- **Arts & Crafts:** Tie Dye begins at 2:00 this afternoon. Use your family camp shirt, bring a white T-shirt or buy a T-shirt in the camp store.
 - **Beach:** Open from 2:00 until 4:45. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.
 - **High Ropes Course:** Arrive at 2:00 to get trained to go up on the ropes course. All participants must properly fit in a harness and be able to reach the transition points for the continuous belay. Campers 10 and under need an adult with them.
 - **Kayaking:** Let's explore the coastline around Howlands Landing
 - **Sailing:** There will be a 30-minute sail at 2:00 and again at 2:45. **Sign up with Noah and Fanny at 8:15 AM in the dining area.**
 - **Snorkeling:** Campers' choice! Once the group assembles, you'll be off on a snorkel adventure in the direction of your choice.
 - **Hatchet Throwing:** Come learn to throw a hatchet. Closed toe shoes please.
- 3:30 to 4:45 PM **Activities**
- **Archery** – fun for all ages!
 - **Beach:** Open until 4:45 PM. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.
 - **Cooking Club:** Meet in the Cactus Room kitchen to help whip up some treats. This club will meet during the second afternoon block each day.
 - **High Ropes Course:** Arrive at 3:30 to get trained to go up on the ropes course. All participants must properly fit in a harness and be able to reach the transition points for the continuous belay. Campers 10 and under need an adult with them.
 - **Kids Fun Zone on the Beach:** All children can meet on the beach for supervised play with a lifeguard.
 - **Snorkeling:** Campers' choice! Once the group assembles, you'll be off on a snorkel adventure in the direction of your choice.
 - **Sailing:** There will be a 30-minute sail at 3:30 and again at 4:15. **Sign up with Noah and Fanny at 8:15 AM in the dining area.**
- 4:45 PM Beach closed for the day.
- 5:00 PM Social Time in the Dining Area
- 5:45 PM Dinner
- 7:15 PM **"Cosmic connections: How the world works from the planet to our kelp beds"**
Richard Murphy
- 8:15 PM **Family Choice Night!** Choose from the following activities:
- **Night Dive** (limited to ages 10 and older that are comfortable daytime snorkeling): Meet on the dive deck. There will be a **sign-up during dinner in the dining area**, so we know how many people to expect.
 - **Campfire, sing-along, and treats:** Meet at the Airstream Theater for songs and treats.
 - **Star Gazing:** Join us for a visual and auditory trip into the galaxies. Our special guest Kathleen will share her expertise tonight.
 - **Night Hike:** Take a short walk to the back of camp to see what comes out at night

Friday, August 9

- 6:30 AM **Early morning Stand up Paddleboard trip.** Meet everyone at Lifejackets at 6:30 AM. Return in time for breakfast. Under 12 years old, please come with an adult.
- 7:30–8:15 Breakfast buffet available
- 9:00 AM **Emerald Bay Trips:** Don't miss your chance to snorkel with Jean-Michel, Dick Murphy, and Holly Lohuis. Check the special schedule for your cabin's assigned trip. Come down to the dive deck at 9:00 AM to get your wetsuit and gear. The trips will last until lunchtime. We will be using a dive boat to travel from camp to our snorkel site.
- 9:00 **Goat Whiskers Hike:** Join CIC staff at 9:00 AM for this moderate to challenging hike up the ridge, back down to Cherry Cove and two miles on the road back to Howlands. This moderate hike is for all eager hikers including younger hikers in the group. It's a great chance to explore. Meet at the bell, wear closed toe shoes, sunscreen and bring a full water bottle (or two) and your camera!
- 9:15 to 10:30 AM **Activities**
- **Archery** – fun for all ages!
 - **Arts & Crafts:** Fun projects every day! Arrive at 10:45 for the project. If you want to make lanyards or bracelets drop in anytime during the period
 - **Beach:** Open from 9:30 until 12:00 PM. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.
 - **Composting:** All our (non-meat or dairy) food waste is composted into beautiful, fertile soil. Learn the secrets of composting while helping us recycle the camp's food scraps.
 - **Soccer Golf:** Meet at the Bell with closed toe shoes.
 - **High Ropes Course:** Arrive at 9:15 to get trained to go up on the ropes course. All participants must properly fit in a harness and be able to reach the transition points for the continuous belay. Campers 10 and under need an adult with them.
 - **Stand up Paddleboards:** Learn to stand up paddle!
- 10:45 to 12:00 **Activities**
- **Arts & Crafts:** Fun projects every day! Arrive at 10:45 for the project. If you want to make lanyards or bracelets drop in anytime during the period.
 - **Beach:** Open from 9:30 until 12:00 PM. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.
 - **Garden Projects:** Our garden is always evolving. Come work on our latest projects and leave your mark on the garden!
 - **High Ropes Course:** Arrive at 10:45 to get trained to go up on the ropes course. All participants must properly fit in a harness and be able to reach the transition points for the continuous belay. Campers 10 and under need an adult with them.
 - **Kayaking** – Let's explore the local coves
 - **Snorkeling:** Campers' choice! Once the group assembles, you'll be off on a snorkel adventure in the direction of your choice.
 - **Sailing:** Sail with one of our instructors. There will be a 30-minute sail at 10:45 and 11:30. **Sign up with Noah and Fanny at 8:15 AM in the dining area.**
- 12:00 PM Beach closed for lunch
- 12:15-1:00 Lunch buffet available

Friday, August 9

- 1:30 PM **Emerald Bay Trips:** Don't miss your chance to snorkel with Jean-Michel, Dick Murphy, and Holly Lohuis. Check the special schedule for your cabin trip. Come down to the dive deck at 1:30 PM to get your wetsuit and gear. We will be using a dive boat to travel from camp to our snorkel site.
- 2:00 PM **Little Geiger Kayak/Snorkel:** Paddle to a nearby cove and snorkel. Keep your eyes peeled for bat rays and harbor seals! Meet at the Dive Deck at 2:00 with your sunscreen, water bottle and towel. Under 12 with an adult.
- 2:00 to 3:15 PM **Activities**
- **Arts & Crafts:** Try a new activity today. We have everything you need. If you want to make lanyards or bracelets drop in anytime during the period.
 - **Beach:** Open from 2:00 until 4:45 PM. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.
 - **Climbing Wall:** Everyone who fits in a harness and helmet is welcome to try!
 - **Kayaking:** Paddle to Emerald Bay! 10 and under share a kayak with a parent.
 - **Field Archery:** Meet at Barracuda with closed toe shoes to learn about Field Archery (Archery tag)
 - **Legos:** Hang out in the shade at the recreation area near the dining area
 - **Sailing:** Sail with one of our instructors. There will be a 30-minute sail at 2:00 and again at 2:45. **Sign up with Noah and Fanny at 8:15 AM in the dining area.**
 - **Snorkeling:** Once the group assembles, go on a snorkel adventure in the direction of your choice
- 3:30 to 4:45 PM **Activities**
- **Archery**
 - **Beach:** Open until 4:45 PM. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.
 - **Cooking Club:** Meet in the Cactus Room kitchen to make some appetizers and desserts.
 - **Climbing Wall:** Everyone who fits in a harness and helmet is welcome to try!
 - **Hatchet Throwing:** Come learn to throw a hatchet! Closed toe shoes please.
 - **Kayaking:** Let's explore the coastline around Howlands Landing.
 - **Kids Fun Zone on the Beach:** All children can meet on the beach for supervised play with a lifeguard.
 - **Sailing:** Sail with one of our instructors. There will be a 30-minute sail at 3:30 and again at 4:15. **Sign up with Noah and Fanny at 8:15 AM in the dining area.**
 - **Snorkeling:** Campers' choice!
- 4:45 PM Beach closed for the day
- 5:00 PM Social Time in the Dining Area
- 6:00 PM Dinner
- 7:15 PM **"The Channel Islands- The Big Picture"**
Jean-Michel Cousteau and Holly Lohuis
- 8:15 PM **Family Choice Night!** Choose from the following activities:
- **Night Dive** (limited to participants ages 10 and older who are comfortable snorkeling during the daytime): Meet on the dive deck. **Sign up at dinner in the dining area** so we know how many to expect.
 - **Night Hike:** See the island at night and enjoy a great look at the stars. Wear closed toe shoes and bring your flashlight.
 - **Star Gazing:** Join us for a visual and auditory trip into the galaxies
 - **Kids Movie:** Meet at the Airstream Theater for an animated movie.

Saturday, August 10

- 6:30 AM **Early morning kayak trip.** Meet everyone at Lifejackets at 6:30 AM. Return in time for breakfast. Under 12 years old, please come with an adult.
- 7:30–8:15 Breakfast buffet available
- 8:00 to 12:00 **Howlands Peak Hike:** A strenuous 5-mile hike to the 1700'+ peak behind camp. Wear sturdy walking shoes, wear plenty of sunscreen and bring at least 2 quarts of water per person. Be at breakfast at 7:30 to eat before leaving. During summer camp we don't take campers younger than 12 years old on this hike.
- 9:15 to 10:30 AM **Activities**
- **Archery**
 - **Arts & Crafts:** Try a new project today. If you want to make lanyards or bracelets drop in anytime during the period.
 - **Beach:** Open from 9:30 until 12:00 PM. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.
 - **Kayaking:** Camper's choice! Once the group assembles, you'll be off on a kayak adventure in the direction of your choice.
 - **Compost:** Do your part! Come turn the compost for a few minutes this morning.
 - **High Ropes Course:** Be here at 9:15 to get properly trained to go up on the high course. All participants must properly fit in a harness and be able to reach the transition points for the continuous belay. Campers 10 and under need an adult with them.
 - **Snorkeling:** Campers' choice! Once the group assembles, you'll be off on a snorkel adventure in the direction of your choice.
 - **Soccer Golf:** Meet at the Bell with closed toe shoes.
 - **Stand up Paddleboards:** Learn to stand up paddle!
- 10:45 to 12:00 **Activities**
- **Beach:** Open from 9:30 until 12:00 PM. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.
 - **Garden Projects:** Come see what's new in the garden!
 - **High Ropes Course:** Be here at 10:45 to get properly trained to go up on the high course. All participants must properly fit in a harness and be able to reach the transition points for the continuous belay. Campers 10 and under need an adult with them.
 - **Kayaking:** Camper's choice! Once the group assembles, you'll be off on a kayak adventure in the direction of your choice.
 - **Microscopes:** Meet in Barracuda (by the Gaga pit) with Dick Murphy and Ocean Futures staff to explore the microscopic world of the kelp forest.
 - **Sailing:** Sail with one of our instructors. There will be a 30-minute sail at 10:45 and again at 11:30. **Sign up with Noah and Fanny at 8:15 AM in the dining area.**
 - **Snorkeling:** Campers' choice! Once the group assembles, you'll be off on a snorkel adventure in the direction of your choice.
 - **Stand up Paddleboards:** Learn to stand up paddle!
- 12:00 PM Beach closed for lunch
- 12:15-1:00 Lunch buffet available

Saturday, August 10

- 2:00 to 4:15 PM **Little Geiger Kayak/Snorkel:** Paddle to a nearby cove and snorkel. Keep your eyes peeled for bat rays and harbor seals! Meet on the Dive Deck at 2:00 with your sunscreen, water bottle and towel. Under 12 with an adult.
- 2:00 to 3:15 PM **Activities**
- **Archery**
 - **Arts & Crafts:** If you want to make lanyards or bracelets drop in anytime during the period.
 - **Beach:** Open from 2:00 until 4:45 PM. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.
 - **Climbing Wall**
 - **Kayaking:** Camper's choice! Once the group assembles, you'll be off on a kayak adventure in the direction of your choice.
 - **Legos:** Hang out in the shade at the recreation area near the dining area
 - **Microscopes:** Meet in Barracuda (by the Gaga pit) with Ocean Futures staff to explore the microscopic world of the kelp forest.
 - **Sailing:** Sail with one of our instructors. There will be a 30-minute sail at 2:00 and 2:45. **Sign up with Noah and Fanny at 8:15 AM in the dining area.**
 - **Snorkeling:** Campers' choice! Once the group assembles, you'll be off on a snorkel adventure in the direction of your choice.
 - **Hatchet Throwing:** Come learn to throw a hatchet. Closed toe shoes please.
- 3:30 to 4:45 PM **Activities**
- **Archery**
 - **Beach:** Open until 4:45 PM. Towels and beach chairs are located on the beach. No lifeguard on duty. Adults must supervise anyone under 18.
 - **Cooking Club:** Meet in the Cactus Room kitchen to make some appetizers and desserts
 - **Foot Golf:** Meet at the Bell with closed toe shoes.
 - **Kids Fun Zone on the Beach:** All children can meet on the beach for supervised play with a lifeguard.
 - **Kayaking:** Camper's choice! Once the group assembles, you'll be off on a kayak adventure in the direction of your choice.
 - **Sailing:** Sail with one of our instructors. There will be a 30-minute sail at 3:30 and again at 4:15. **Sign up with Noah and Fanny at 8:15 AM in the dining area.**
 - **Snorkeling:** Campers' choice! Once the group assembles, you'll be off on a snorkel adventure in the direction of your choice.
- 4:45 PM Beach closed for the day
- 5:00 PM Social Time in the Dining Area
- 6:00 PM Dinner
- 7:45 PM ***Family Camp Talent Show***
Show off your family or cabin skit, song, poem, stunt, or real talent!
Meet at the Airstream Theater

Sunday, August 11

- 7:30–8:15 Breakfast buffet available. **Please set aside some time this morning to pack your belongings. All luggage needs to be outside of the cabins by the start of lunch.**
- 8:30 AM **Parsons Landing Hike:** 7-mile round trip hike to a scenic and remote beach. Wear sturdy walking shoes, a hat, and plenty of sunscreen. Bring 2 quarts of water and your camera. We'll be back for lunch.
- 9:15 to 10:30 AM **Activities**
- Archery
 - Beach: Open from 9:15 until 12:00 PM. No lifeguard on duty. Adults must supervise anyone under 18.
 - Composting and Garden
 - High Ropes Course
 - Kayaking
 - Snorkeling
 - Stand up Paddleboards
- 10:45 to 12:00 **Activities**
- Archery
 - Beach: Open from 9:15 until 12:00 PM. No lifeguard on duty. Adults must supervise anyone under 18.
 - Quail Trail Walk
 - High Ropes Course
 - Kayaking
 - Snorkeling
 - Kids Fun Zone on the Beach: All children can meet on the beach for supervised play with a lifeguard.
 - Hatchet Throwing
- 12:00 PM Beach closed for lunch
- 12:00 PM Lunch buffet available