

2023 WELCOME PACKET

A Guide To The Best Weekend. Ever. | August 2023





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INTRODUCTION

Hey there, Camper!



It's finally here—We are so excited for you to join our seventh annual Camp Rahh weekend. Get ready to meet new people, acquire new hobbies, eat incredible food, experience some of the best artists, and enjoy yourself however you see fit. This is your well-deserved break from the daily grind, and we want you to feel comfortable and prepared.

Read on for a comprehensive guide—what to pack, what to leave behind, what you can expect, etc.

Important: In addition to these materials, please fill out the [Campers Info Form](#). Your responses will ensure that you have the best possible time at camp.

If you have any additional questions, please don't hesitate to reach out by email. We can't wait to see you.

Sincerely,
Your 2023 Camp Rahh counselors & staff.

Before camp please make sure that you have the following supplies, so you're ready for the weather and various activities ahead.

We strongly suggest packing your supplies in a soft, duffel-style bag that can be compressed under your bunk and stored in your cabin.

CLOTHING & LARGE ITEMS

- Warm-weather, daytime clothes (shorts, t-shirts, athletic wear, etc.).
- Cold-weather, nighttime clothing (sweatshirt, warm jacket/hat).
- Rain jacket (just in case—hopefully you won't need it).
- A shirt/clothes in your team color (don't have any? We'll have extras).
- Shoes for running/activities, and preferably a pair you don't mind getting wet/dirty.
- Sandals.
- Pajamas.
- Swimsuit.
- Spare clothes you don't mind getting dirty.
- Socks, undergarments, and other basics.
- Sunglasses.
- Headwear (hats, visors, etc).
- 1 beach towel, 1 bath towel.
- Costume for the competition.
- Square dancing/ country inspired outfit.
- Dirty clothes bag.
- Analog/Digital Watch

TOILETRIES

- Sunscreen
- Toothbrush
- Face wash
- Deodorant
- Prescriptions/medications
- Bug Spray
- Chapstick
- Hand sanitizer
- Shampoo
- Soap
- Toothpaste
- Floss

IMPORTANT EXTRAS

- Sleeping bag
- Pillow
- Flashlight or headlamp
- Reusable water bottle
- CPAP Machines are okay
- **Please bring your phone with you to the pick-up location.** *(We'll securely hold it for you for the duration of Camp Rahh. Phones will be returned at drop off)*

WHAT NOT TO PACK

- Electronics (e-readers are ok)
- Wallet or money
- Weapons
- Kids or pets
- Fireworks, lighters, or matches
- Drugs or alcohol
- Outside food (to prevent critters from sneaking into our cabins)
- Intolerant attitudes

CAMP RULES

NO ELECTRONIC DEVICES

As a key tenet of our philosophy, digital technology is forbidden at Camp. With so many activities, a phone would be more of a burden than a utility. Before boarding the bus, we'll secure your phone, which will be returned at the end of the weekend. If we discover any electronic items, we reserve the right to temporarily confiscate them until the end of the weekend. For reference—we have had no issues in previous years.

NO PROFESSIONAL NETWORKING

We'd like to look past what your title is at work, how many figures you make or even how old you are. Let us know how you like your s'mores, what your favorite game is, and how loudly you can cheer on your team. Leave the stress of social status behind for the weekend.

NO DRUGS OR ALCOHOL

We want everyone to be accountable and relish in the amazing memories you're about to make. Believe it or not, you don't need drugs or alcohol to enjoy this weekend. It is also against the rules of the host campground, so if we find drugs or alcohol, we will unfortunately have to ask you to leave. If you smoke cigarettes, that's fine—we'll have a designated spot about 100m from the main hall.

THIS IS A SAFE SPACE

At Camp Rahh, we believe in creating a safe and welcoming environment for all our campers. To ensure everyone feels comfortable expressing themselves, we kindly discourage political and religious conversations during our time together. By doing so, we aim to foster an atmosphere of respect and understanding, where campers can focus on forming lasting friendships, learning new skills, and enjoying the beauty of nature. We believe that by embracing our diverse backgrounds and beliefs, we can create a harmonious community where everyone feels valued and heard. So let's come together, celebrate our differences, and make unforgettable memories at Camp Rahh!

LODGING



Your sleeping arrangements will be simple and rustic, just like it was when you were a kid. Please make sure to bring your pillow, sleeping bag, and anything else you need for bedtime.

Ear plugs and eye masks are great if you're a light sleeper.

Our cabins are an open layout with bunkbeds. The bathrooms are just steps away from all cabins.

You pick the cabin you'd like to join when you fill out the survey. There will be a staff counselor in each cabin for assistance/support as needed.

WEATHER

We can't predict the weather, but we can guarantee a good time.



We are hoping for nothing but sunshine and perfect temperatures, but Camp Rahh is located in the Pacific Northwest—it's best to come prepared for any kind of weather. We advise you to come prepared with a raincoat and waterproof shoes. Camp is on the shores of Puget Sound, so weather conditions can be unpredictable. Recent summers have had fire bans and smoke alerts which can impact our ability to be outdoors or host bonfires.

We recommend you bring at least one warm coat for night time and pack some layers so you are prepared, no matter what the weather report says.

Rain or shine Camp will still go on.



FOOD & MEALS

No need to bring any of your own food—we'll supply each delicious meal, as well as snacks provided by our sponsors.

If you have any food allergies, please include ALL details on the allergies portion on the [Camper Info Form](#). Our meals are prepared to feed the entire population of Camp Rahh. While we can accommodate specific dietary needs such as vegan, vegetarian, gluten-free, shellfish-free, and nut-free, we regretfully cannot address individual eating preferences beyond these allergy restrictions.

Your safety and well-being are our top priorities, and by providing us with accurate allergy information, we can ensure a safe and enjoyable dining experience for everyone at Camp Rahh.

If you are vegan, vegetarian, gluten-free, shellfish-free or nut-free you'll be able to enjoy breakfast from our hot breakfast bar in the morning, or Westerly provided cold breakfast options. For some lunches and dinners, you will also be able to enjoy our chef-made side dishes, salads and desserts that are allergen free. However, for your lunch and dinner entrees you will enjoy our Westerly provided meals.

We cannot over express how important it is that you let us know about your allergies prior to Camp Rahh so we can make sure we have everything that is needed. You will not be able to switch back and forth between choosing Westerly or chef-made meals at camp, so it is important that you select your choice when you fill out the [Camper Info Form](#).

CHEF-MADE

Food by Chef Brian O'Connor, Brian Kelly and team.

DINNER 8.24

BBQ SMOKED MEATS
APPLEWOOD SMOKED HOT LINKS, PULLED PORK, CHICKEN & RIBS (GF,NF,SF)

CORN ON THE COB W/BUTTER & HOT SAUCE
(V,GF,NF,SF)

GINGER CABBAGE COLE SLAW (V,GF,NF,SF)

COLLARD KALE - BACON & CREAM (V,GF,NF,SF)

BAKED FOUR CHEESE MAC & CHEESE W/RITZY CRUST
(V,NF,SF)

CAMPFIRE S'MORES (V,NF,SF)

HOT BREAKFAST 8.25

BREAKFAST BURRITO BAR
(BACON, SAUSAGE, SCRAMBLED EGG, VEGAN EGG, POTATO, SALSA, CHEESE, PICO DE GALLO, FLOUR TORTILLAS, CORN TORTILLAS, CORN CHIPS)

LUNCH 8.25

SPINACH & STRAWBERRY SALAD (GF,NF,SF)
TOASTED ALMOND (VG,GF,SF)
SEASAME MISO VINAIGRETTE (VG,GF,NF,SF)

QUINOA SALAD W/KALE (VG,NF,SF)
DRIED CRANBERRIES (VG,GF,NF,SF)
CHAMPAGNE VINAIGRETTE (VG,GF,NF,SF)

ROASTED CHICKEN W/HERB,GARLIC & CITRUS
(GF,NF,SF)

ROASTED POTATOES W/WHOLE GRAIN MUSTARD SAUCE
(VG,GF,NF,SF)

OTTER POPS
(VG,GF,NF,SF)

DINNER 8.25

CHARCOAL ROASTED PIG 'A LA CAJA ASAADORA'
TACOS(GF,NF,SF)

GUACAMOLE & SALSA BAR
PICKLED CARROTS, LIME, CILANTRO & ONION, GREEN SAUCE,
RED SAUCE, PICKLED ONION
(VG,GF,NF,SF)

BLACK BEANS W/ ROASTED PASILLA CHILLIES, CILANTRO CREMA
& COTJA
(VG,GF,NF,SF)

WATERMELON SALAD W/MINT AND PICKLED FRESNO CHILIES
(VG,GF,NF,SF)

SMOKED CAULIFLOWER W/ALMONDS, MINT & HONEY
(VG,GF,SF)

ARROZ ROJO
(VG,GF,NF,SF)

MANGO CUPS W/TAJIN
(VG,GF,NF,SF)

HOT BREAKFAST 8.26

PANCAKE & WAFFLE BAR
(BUTTERMILK PANCAKES, VANILLA SCENTED WAFFLES, GLUTEN FREE PANCAKES, REAL MAPLE SYRUP, HICKORY SMOKED BACON, BREAKFAST LINKS, SCRAMBLED EGGS, VEGAN EGGS)

LUNCH 8.26

SEAFOOD PAELLA (GF,NF)
(SAFFRON SCENTED RICE, SPANISH CHORIZO, CHORIZO, CHICKEN, SHRIMP, SQUID, MUSSELS, CLAMS, ROCK FISH, SOFRITO)

DINNER 8.26

WEDGE SALAD(VG,GF,NF,SF)
BLUE CHEESE CRUMBLE (V,GF,NF,SF)
HARD BOILED EGGS (V,GF,SF)
BACON (GF,NF,SF)
RED ONIONS (VG,GF,NF,SF)
CREAMY AVOCADO DRESSING (VG,GF,NF,SF)

MASHED POTATOES W/BACON GRAVY (SF)

ROASTED CARROTS W/SPICED HONEY & DILL
(VG,GF,NF,SF)

MAMA'S MEATLOAF
(BEEF, PORK, SAUSAGE)
(NF,SF)

KITCHEN SINK COOKIES
(MARSHMALLOW, PRETZEL, CHOCOLATE CHIPS, SEA SALT,
POTATO CHIPS, LOVE)
(V,GF,SF)

HOT BREAKFAST 8.27

BREAKFAST NACHOS
(SCRAMBLED EGGS,VEGAN EGGS, CRISPY BACON, CHEESE SAUCE, GUACAMOLE, BLACK BEANS, SOUR CREAM, PICO DE GALLO)

LUNCH 8.27

LEFTOVER BAR
EXTRA FOOD COOKED AND NOT SERVED. WE DO NOT WASTE FOOD.

NO FOOD THAT LEAVES THE KITCHEN IS INCLUDED IN THE LEFTOVER BAR. THIS IS NOT UNEATEN FOOD FROM PEOPLES PLATES.

VEGAN (VG)
VEGETARIAN (V)
GLUTEN FREE (GF)
NUT FREE (NF)
SHELLFISH FREE (SF)

PLEASE EAT AROUND ANY
FOOD PREFERENCES.

FOR VEGAN, VEGETARIAN AND
ALLERGY ENTREE OPTIONS.
WESTERLY WILL PROVIDE
SEPARATE ENTREES FOR YOU.

CAMP



Westerly

Westerly is a Seattle-based meal delivery service that is gluten-free and dairy-free. If you opt out of Chef Brian's meals for camp, you will get a Westerly breakfast, lunch or dinner. Westerly accommodates common allergens as well as caters to plant-based and vegan diets. We encourage you to opt-in to as many of Chef Brian's meals as your diet allows you - Westerly meals are only reserved for those with strict allergy requirements.

Westerly will offer three entree options throughout the weekend. Below is a sample menu of what you can expect at Camp Rahh. Please note these are not finalized meals, but rather offerings we've had in the past:

Entrees:

- Blackened Veggie Patty with Garlic Grits, Roasted Grape Tomatoes, Okra, Peas and Carrots Topped with Creamy Tomato Sauce
- Maple Dijon Tofu with Rosemary White Wine Bloomed Fruit, Butternut Squash and Brussels Sprouts with Mushroom Sage Risotto
- Vegan Lentil Ragù with Brown Rice & Zucchini with Red Peppers and Onions

Breakfast: Grab & Go Style Smoothie Bowl with Fresh Fruit Cup.



PICK-UP LOCATION

Don't sweat the hassle or expense of driving. The Camp experience begins right away! After securely checking in phones and boarding buses, you'll get to meet the other campers, team members and let the fun begin.

GETTING TO THE PICKUP LOCATION

Campers load buses at **El Centro de la Raza** (The Center for People of All Races) in Beacon Hill. In front of Tacos Chuquis.

Address:

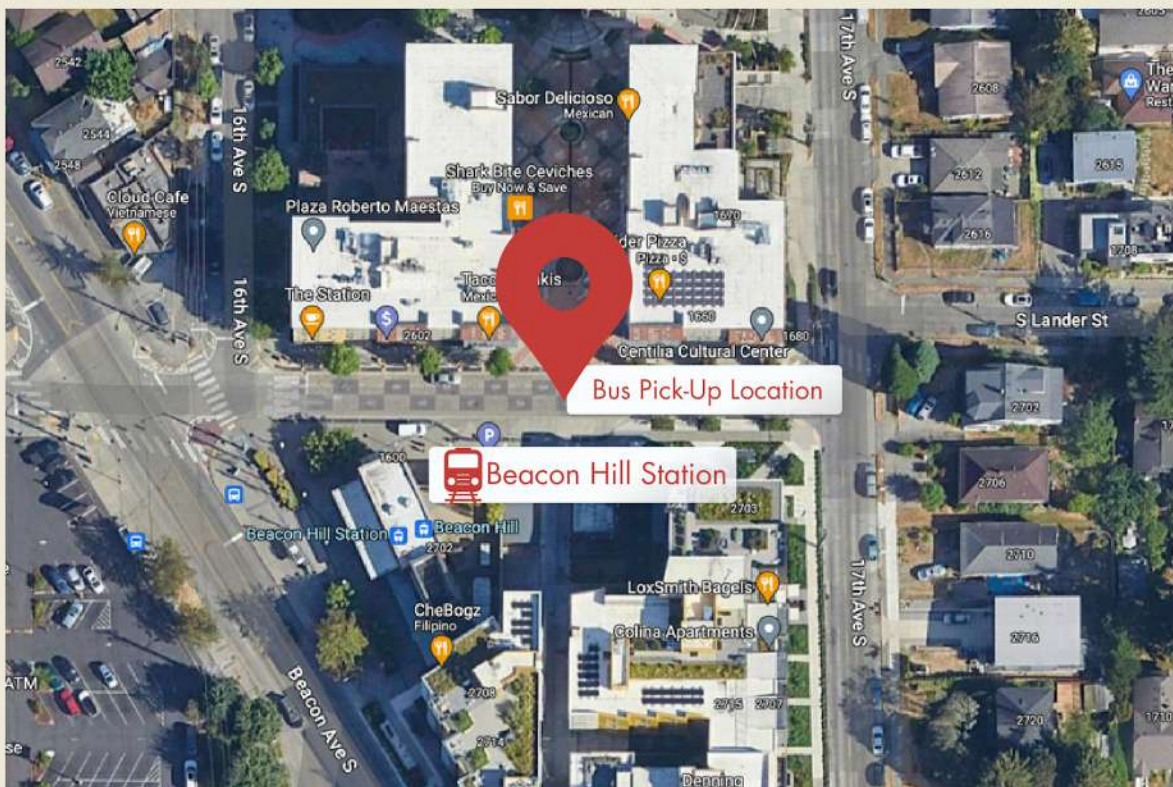
1608 South Lander St , Seattle, WA 98144

Buses will be parked on South Lander St between 17th Ave S and 16th Ave S.

Check-in will be between 4:00 - 5:30 PM.

Buses will be **departing promptly at 6:00 PM** on Thursday, August 24th. Anyone arriving past this time will need to call us at 206-788-7504 and find their own transportation to Camp Rahh.

We recommend taking an Uber/Lyft or getting a ride to our pickup location. Or take the light rail! Beacon Hill Station is right across the street and perfect for those coming from the airport.

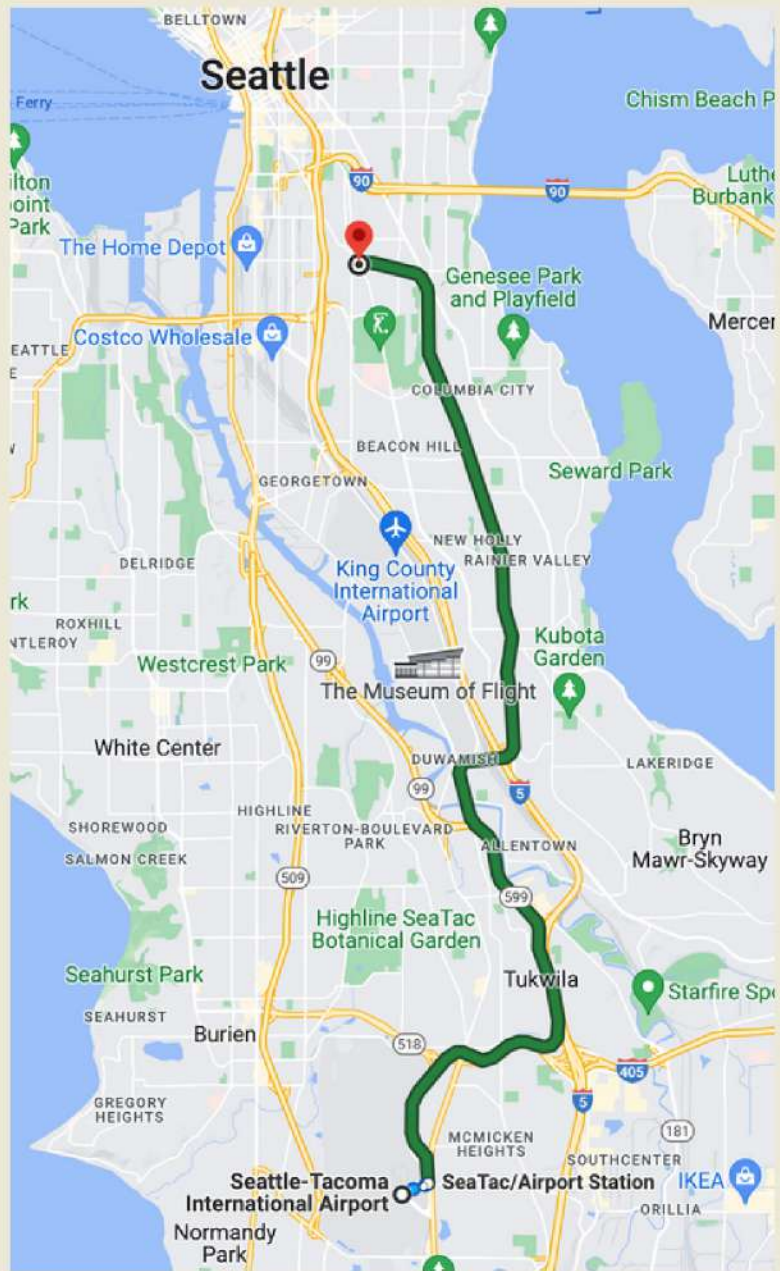


FLYING IN?

If you're commuting to our Camp Rahh bus pick-up location from the airport we recommend you take the **Link Rail**. It's fast, safe and will take you directly to Beacon Hill Station which is across the Street from our pick-up location.

To get to the SeaTac/Airport Link light rail station from baggage claim, just head up to the fourth floor and cross the skybridge to the parking garage level. From there, follow the signs.

Sea-Tac to Beacon Hill Station Line 1



DRIVING TO CAMP

GETTING TO CAMP'S LOCATION

While we allow campers to drive to our campsite, we strongly discourage it. The bus trip to and from Camp is a crucial step in our experience, and we don't want you to miss out. If you are planning on driving yourself and opting out of the bus trip, please let us know beforehand in the Camper Info survey or via email.

If you're looking to drive yourself to Camp Rahh, you must let us know ahead of time on the [Camper Info Form](#).

ARRIVING AT CAMP RAHH

When you arrive at Camp Rahh's location you'll see a gate with a sign that reads "Camp Kirby." Go through the gate and slowly down the hill. You will have to hunk to let us know you're coming down. Once you make it to the bottom of the hill, one of our Staff members will show you where you can park over the weekend.

There is no going In and out of Camp Rahh once you arrive.

PLEASE ARRIVE NO EARLIER THAN 7:00PM

WE ENCOURAGE ALL CAMPERS TO TAKE OUR BUSES TO CAMP INSTEAD OF DRIVING. THE CAMP RAHH EXPERIENCE BEGINS ON THE BUS AND WE DON'T WANT YOU TO MISS OUT ON ANY OF THE FUN.



PHOTOGRAPHY

We understand the desire to capture exciting moments as they happen. However, Camp is designed to remove the distraction of online sharing, instead encouraging you to enjoy the moment as it happens—not later, on a screen.

While we do not allow digital cameras, we permit the use of disposable and analog film cameras. There are certain activities where they won't be allowed, since they could be a distraction, but since they lack a digital component, they're okay by us.

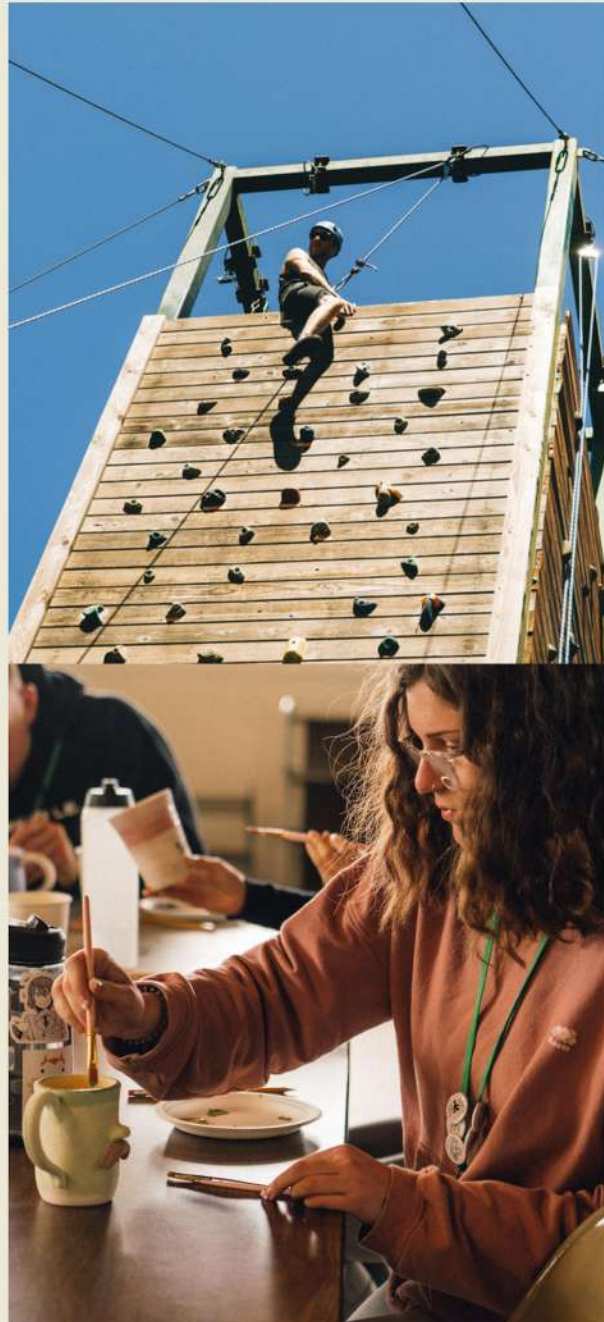
PS- You won't be missing out because we'll have a pro take all the photos for you and you'll have access to those Images post camp.



ACTIVITIES

Curious about what a day at Camp is going to look like? Glance over our activities list and highlight some of the activities that you might be interested in trying out. What you decide to do is completely up to you, but we suggest leaving your comfort zone and trying something new!

- Workout Classes
- Hip Hop Class
- Self-Defense Class
- Wellness Class
- Improv Class
- Morning Ritual Workshops
- Yoga
- Live music performances
- Swimming
- Archery
- Rock wall climbing
- Live Concerts
- Painting & art lessons
- Basketball
- Volleyball
- Campfires & s'mores
- Arts & crafts
- Stargazing
- Meditation
- Table games
- Field games
- Dance parties
- Square Dancing
- Lounging in hammocks
- Storytelling workshop
- Costume party
- Scavenger hunt
- Surprise events!



MEET YOUR TEAM

STAFF



Brian Oh
Founder



Haley Rutledge
Staff



Andrea Pons
Staff



Aljohn Gaviola
Staff



Rachael Furlong
Staff



Kristina Capulong
Staff



Brian O'Connor
Camp Chef



Delaney Brown
Camp Photographer



Kimberly Basabe
Camp Nurse

COUNSELORS



Jake Tacher
Head Counselor



John Kelly
Counselor Team Blue



mandee Rae
Counselor Team Blue



Kia Farrison
Counselor Team Green



Mia Myklebust
Counselor Team Green



Adam Gatdula
Counselor Team Yellow



Chelsea Murphy
Counselor Team Yellow



Vanessa Pons
Counselor + Instructor
team Red



Ben Garrison
Counselor Team Red

MEET OUR SPONSORS

Westerly



lululemon



L'AVANT
COLLECTIVE



177 MILK STREET



BLICK art materials



power crunch
PROTEIN ENERGY BAR

SKINNYDIPPED.

CURIOUS
ELIXIRS

HONE™

SIMPLY GUM



BEFORE CAMP CHECKLIST



We want you to have the best time at Camp Rahh, therefore please make sure you do the following before Camp Rahh:

- Read through the entire Welcome Packet
- Complete Camper Info Form
- Give your Emergency Contact our Information
- Pack Your Bag

In case of an Emergency: Our staff will have their phones with them just for emergencies - please give the information below to your family/friends in case you need to be reached.

They should **only** be contacting us on your behalf if it is an emergency, not as a way to "say hi" over the weekend:

- Founder Brian Oh: Cell (206) 788-7504 and email Hello@camprahh.com
- Staff member Haley R: Cell (425) 214-3335
- Staff member Andrea P: Cell (206) 450-9564

GET EXCITED!



Alright Camper, we hope we've answered any and all of your questions regarding your stay at Camp. If for any reason we've missed anything, please do not hesitate to reach out. Our direct email is help@camprahh.com.

Please make sure to turn in all of the required forms before showing up to pickup on Thursday, August 24th.

See you on the bus!

—Camp Rahh Team