

Hello 2021 Campers! On behalf of the Board of Directors, Welcome to DMFTC 2021!

We have waited a very long time to experience camp again! I hope you are ready to have fun!

Below are some reminders and pointers for rookie campers and veterans alike.

Sunday, Day 1: Registration and Camp Orientation

- 3-5 pm
 - Check in/ Registration: Dining Hall. (First building on right as you drive in)
 - Bring the signed medical form to camp if you didn't already send it in with your balance check (speeds registration) <http://www.fitnesscamp.org/schedule2.html>
 - Activity Fair (Hike/ Bike/ Run/ Other Info/Sign-ups): Lawn outside Dining Hall.
 - Room key pickup at the Prude Ranch front desk (next to Dining Hall)
 - NOTE: The Ranch staff will be transitioning from Kids' Camp that day, so our rooms will not be available prior to 3:00 pm. Please do not put anything in a room until you have your key and the room is ready for you.
- 5-6 pm
 - Rookie Orientation in the Gym (next to Dining Hall).
- 6:30-7:30
 - Dinner (Line forms outside back side of Dining Hall (camp "north"))
- 7:30-8:30
 - All-Camper Orientation 7:30-8:30 (Gym).

Good To Know Before You Go

Rookies: Welcome! Please jump in and don't be shy! We will do our part to help get the most out of Camp by offering Rookie Buddies, a Sunday ice-breaker, Rookie Orientation, and perks along the way! We love our rookies!

Vax and Mask: All Campers will be vaccinated but some of the Prude Ranch Staff may not. Masks are optional for all.

Activity Book and Schedule: Look on DMFTC website for Schedule and Activity Book around mid-July. The Schedule is a day-by-day calendar of official DMFTC events. Do a little planning and dreaming and make the most of your week! The Activity Book describes the events and provides useful facts for getting the most out of camp. Printed Activity Schedules/ Booklet will also be provided at Camp.

Balmorhea! – Yup! It will be open in time for us to swim and picnic on Wednesday! Hooray!

Camp Book: "The Boys in the Boat" by Daniel James Brown... A thrilling, heart-thumping tale of a remarkable band of depression-era rower from Washington state who upstaged Adolf Hitler at the 1936 Olympics"... "Chariots of Fire with Oars".

Tee Shirts: Technical Ts will come with your registration this year! We will also have cotton Ts from previous years for sale. We were guessing on sizes this year since we didn't think we would do T-shirts, but hopefully it will work out!

Camper Contact: Need a ride to camp? The private DMFTC Facebook group (<https://www.facebook.com/groups/dmftc/>) is the best way to reach out to others. Not on Facebook? Contact a board member and we'll post for you.

Cell Phones/Internet: Cell connectivity at Prude Ranch is limited. Wifi is available in the dining hall and some cabins. Cell service is also available on the "big rock" if you stand on one foot...

Cycling: No helmet, no ride. Have a DMFTC bike jersey? Please wear it, especially on the ride to Balmorhea. Before you arrive at camp, review road safety tips: <http://drivekindridekind.org/bicycle-safety/>

Sports Food/Drink: While DMFTC provides some supplemental food for activities, you'll need to pack your own bike/run/hike nutrition. The days are hot and dry; bring an ice chest to keep beverages cold. (Ice for water bottles is available in the Dining Hall, but you'll need to purchase ice for ice chests in Ft. Davis.) Fancy an adult beverage? If you were to bring wine to dinner, you wouldn't be alone.

Massage: We will have only one part-time masseur this year, so bring your own Icy-Hot and Epsom Salts! Massage sign up will be at Sunday's Activity Fair - the therapist's' schedule will fill quickly. One-Hour massages cost \$65 – if you can get one - and bring your own set of twin-sized sheets (top and bottom) to your session. For an extra \$5, the massage therapist can supply sheets. Do not use any Prude Ranch sheets.

Packing: A sorta-comprehensive packing list is posted on the DMFTC website (www.fitnesscamp.org) and Facebook group page. When not exercising, camp dress is casual and outdoorsy. Campers often rinse and line-dry items (bring clothesline line and clips—it's dry out there). Pack some party duds for the dance on the last night!

Rooms: Ranch accommodations are charmingly rustic. No TVs (except in Dining Hall foyer) or phones. Maintenance needs and facility issues should be reported to the Prude Ranch office.

Social Media: Share your fun! Connect with DMFTC on Facebook, Twitter, and Instagram via #DMFTC.

Volunteering: Look for a "volunteer" table at the Activity Fair on Sunday. A Hike/Bike/Run staff person will have a list of opportunities there, like staffing a water stop, helping decorate the gym for the dance, or Happy Hour set-up and clean-up.

West Texas Weather: Evenings and mornings can be quite cool (high 50s/lo 60s). Expect the occasional afternoon thunderstorm, too, so pack accordingly. Elevation at nearby Davis Mountains State Park is between 5,000 and 6,000 ft., so sunburn and dehydration are of concern. Check out this article on adjusting for exercise in these hot, dry conditions:
<http://www.highaltitudelife.com/dehydration.htm>

Questions or concerns not answered here? Contact information for Board President, Activity Director and Registrar are on the website.

See ya'll soon!

Best,
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