# RANCHO DEL LAGO CAMP REGISTRATION

**Welcome to Rancho del Lago's 2019 summer camp season!!!**  We have four one-week sessions of camp this summer. Riding instruction is tailored to each camper’s skill level while all are together for crafts.

##### COMPLETE ONE REGISTRATIO FOR EACH CHILD BY DOING THE FOLLOWING:

1. Call 925-323-0219 to check *availability* for the week(s) you want. I’ll save your spot temporarily.

##### 2. Download the registration packet from our website: [www.rancho-del-lago.com](http://www.rancho-del-lago.com). If you have trouble with the download, email mgmrider@gmail.com and I can send one by email or snail mail.

##### 3. Complete the registration forms and sign. Mail to the address below.

5. PAYMENT: $200 non-refundable deposit is required hold your space, so please check your calendar carefully before signing up. Payment in full is due by the following dates:

 May 1st for June camps, June 1st for July camps,

*Late payment of camp balance may result in losing your reservation!*

##### 6.Checks should be made payable to **Rancho del Lago.** Mail these forms with payment to

Rancho del Lago

2331 Rancho del Lago Road

Briones, CA. 94553

**Please check your calendar carefully. Refunds (minus deposit) will be made ONLY for verified medical emergencies.**

# For questions:Email mgmrider@gmail.com

# Thank you!!

**Rancho del Lago's Summer Camp Registration Form**

# Child\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Age\_\_\_\_ Gender\_\_\_\_\_\_Height\_\_\_\_\_\_\_\_Weight\_\_\_\_\_\_\_\_

# Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_City\_\_\_\_\_\_\_\_\_\_\_\_\_\_ST\_\_\_\_\_\_ZIP\_\_\_\_\_\_\_\_\_\_\_

# Parents/Legal Guardian’s' Names:1st \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2nd \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Telephone and Email Information**

# 1st Parent Best:(\_\_\_\_)\_\_\_\_\_-\_\_\_\_\_\_\_\_\_2nd (\_\_\_\_)\_\_\_\_\_-\_\_\_\_\_\_\_\_Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#  2nd Parent Best:(\_\_\_\_)\_\_\_\_\_-\_\_\_\_\_\_\_\_\_2nd (\_\_\_\_)\_\_\_\_\_-\_\_\_\_\_\_\_Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Riding Experience (check one) Beginner \_\_\_\_\_\_\_ Intermediate \_\_\_\_\_\_\_**

**How did you hear about Rancho del Lago’s summer camp? Friend\_\_\_\_ internet search\_\_\_\_ Ad\_\_\_\_**

**SELECT DATES AND SESSIONS(CAMP + EXTENDED CARE )BELOW AND CALCULATE COST.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Week** | **Full day****Camp****9–3:00****$690** | **AM** **ONLY****9-12:00****$485**  | **PM****ONLY****12 - 3:00 $485** | **PRE - CAMP** **8 – 9 AM****$100**  | **POST – CAMP 3-5****$150** | **Total****Cost For****Week** |
| June 17 - 21 |  |  |  |  |  |  |
| June 24 - 28 |  |  |  |  |  |  |
| July 15 - 19 |  |  |  |  |  |  |
| July 29 – Aug 2 |  |  |  |  |  |  |
|  ***TOTAL DUE***  |  |
|  ***DEPOSIT PAID NOW*** |  |
|  ***BALANCE DUE*** |  |
| ***Total June tuition due May 1st******Total July tuition due June 1st*** |

# *For questions, contact us:* Email mgmrider@gmail.com

# Thank you!!

# RIDING INSTRUCTION AGREEMENT AND LIABILITY RELEASE FORM

## FOR MINOR CHILDREN

## THIS FORM MUST BE COMPLETED FOR EACH PARTICIPANT

**RANCHO DEL LAGO, hereinafter known as “RDL”**

**2331 Rancho del Lago, Briones, Ca. 94553**

**PLEASE READ CAREFULLY BEFORE SIGNING.**

**SERIOUS INJURY MAY RESULT FROM YOUR PARTICIPATION IN THIS ACTIVITY.**

**RDL DOES NOT GUARANTEE YOUR SAFETY OR THAT OF YOUR CHILD.**

**A. REGISTRATION OF RIDERS AND AGREEMENT PURPOSE.** In consideration of the payment of a fee I(we) , being the parent(s) or legal guardian(s) of the minor named in item (B), hereafter referred to as rider, do hereby voluntarily request and agree to allow rider to participate in riding instruction as a camper at RDL. The rider will either ride his/her own horse, or school horses provided by RDL for instructional purpose, today and on all future dates.

B. NAME OF RIDER\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_AGE\_\_\_\_\_\_ Beginner\_\_\_\_\_\_\_ Intermediate rider\_\_\_\_\_\_\_(Check one).

C. AGREEMENT SCOPE AND TERRITORY AND DEFINITIONS – This agreement shall be legally binding upon the rider, the parents or legal guardians thereof if a minor, their heirs, estate, assigns, including all minor children, and personal representatives, and it shall be interpreted according to the laws of the state and county of RDL's physical location. Any disputes shall be litigated in, and venue shall be the county in which RDL is physically located. If any clause, phrase, or word is in conflict with state law, then that single part is null and void. The term “horse” herein shall refer to all equine species. The term “horseback riding’ herein shall refer to riding or otherwise handling horses and ponies, whether from the ground or mounted. The terms “rider” shall herein refer to a person who rides a horse mounted or otherwise handles or comes near a horse from the ground. The terms “I,” “Me,” “MY” shall herein refer to the above registered rider and the parents or legal guardians thereof.

D. ACTIVITY RISK CLASSIFICATION – I understand that: Horseback riding is classified as RUGGED ADVENTURE RECREATIONAL SPORT ACTIVITY and that there are numerous obvious and non-obvious inherent risks always present in such activity despite all safety precautions. According to NEISS (National Electronic Injury Surveillance Systems of United States Consumer Products) horse activities rank 64th among the activities of people relative to injuries that result in a stay at U.S. hospitals. Related injuries can be severe requiring more hospital days and resulting in more lasting residual effects than injuries in other activities.

E. NATURE OF RDL’S SCHOOL HORSES – I understand that RDL chooses its school horses for their calm dispositions and sound basic training as is required for use for student riders, and RDL follows a rigid safety program. Yet, no riding horse is a completely safe horse. A horse is 5 to 15 times larger, 20 to 40 times more powerful, and 3 to 4 times faster than a human. If a rider falls from a horse to the ground it will generally be at a distance of from 3 ½ to 5 ½ feet, and the impact may result in injury to the rider. Horseback riding is the only sport where one much smaller weaker predator animal (human) tries to impose its will on, and become one unit of movement with, another much larger, stronger prey animal with a mind of its own (horse) and each has a limited understanding of the other. If a horse is frightened or provoked it may divert from its training and act according to its natural survival instincts which may include, but are not limited to: stopping short; changing direction or speed at will; shifting its weight; bucking; rearing; kicking; biting; or running.

F. RIDER’S RESPONSIBILITY: Rider or parent/legal guardian thereof, understands that: Upon mounting a horse and taking up the reins, rider is in primary control of the horse. The rider’s safety largely depends upon rider's ability to carry out simple instructions, and to remain balanced aboard the moving animal. Parent or legal guardian of rider agrees that the rider shall be responsible for following instructions of Rancho del Lago's instructors and staff at all times.

G. CONDITIONS OF NATURE AND INSPECTION OF PREMISES – I understand that: RDL is NOT responsible for total or partial acts, occurrences, or elements of nature that can scare a horse, cause it to fall, or react in some other unsafe way, or injure a rider. Some examples are: thunder, lightening, rain, loud noises, trucks and motorcycles, other nearby horses, wind, wild and domestic animals, insects, reptiles, which may walk, run, or fly near, or bite or sting a horse or person; irregular footing on outdoor groomed or wild land which is subject to constant changes in conditions according to weather, temperature, and natural and man-made changes in landscape, and poisonous plants. The rider and/or parent or legal guardian have inspected RDL’s facilities and are satisfied that all premise conditions are reasonably safe for rider’s intended purpose, usage, and presence upon RDL’s premises.

H. SADDLE GIRTHS/NATURAL LOOSENING – I understands that: saddle girths may loosen during a ride. If a rider notices this he/she must alert the riding instructor as quickly as possible so action can be taken to avoid slippage of saddle and a potential fall from the animal.

I. ACCIDENT/MEDICAL INSURANCE – The rider or parent/legal guardian thereof affirms that rider has current medical insurance and agrees that: Should emergency medical treatment be required, rider or rider's accident/medical insurance company shall pay for all such incurred expenses. Rider or parent/legal guardian thereof, affirms that should rider's medical insurance lapse for any reason, rider will inform RDL of such lapse immediately and shall not ride until insurance is again in force. Rider understands that making false assurances of insurance coverage constitutes fraud.

J. PROTECTIVE HEADGEAR WARNING – Rider agrees that rider has been fully warned and advised by RDL to purchase and wear protective headgear (equestrian riding helmet which meets or exceeds the quality standards of the SEI Certified ASTM standard) and rider understands that the wearing of such headgear while mounting, riding, dismounted and otherwise being around horses, may prevent or reduce severity of some head injuries, and may even prevent death from happening as the result of a fall or other occurrence.

K. LIABILITY RELEASE - I agree that: in consideration of RDL allowing my child's participation in this activity, under the terms set forth herein, I the parent or legal guardian of the above named child do agree to hold harmless and release RDL, its owners, agents, employees, officers, members, premises owners, Leonard S. Miller, Marie Grisham Miller, Jessica Miller, affiliated organizations, and insurers from legal liability due to RDL’s ordinary negligence; and I do further agree that except in the event of RDL’s gross and willful negligence, I shall bring no claims, demands, actions and causes of action, and/or litigation, against RDL and its associates as stated above in this clause, for any economic and non-economic losses due to bodily injury, death, emotional suffering or property damage, sustained by myself and/or my minor child or legal ward in relation to the premises and operations of RDL. RDL is authorized to photograph/videotape my child during camp and to use said pictures for advertising at no cost to RDL

**Parents or legal guardians must sign below after reading this entire document.**

I warrant that I have the requisite authority, including the authority to act on behalf of all other parents and/or legal guardians, to enter into this Agreement on behalf of the minor child named above and that said minor does not have any physical or mental conditions that would prevent this minor from engaging in horseback riding and its attendant activities. I agree that I will require the above mentioned minor to wear appropriate attire riding and participating in camp which includes shoes that fully cover the feet, and while riding a horse, an ASTM certified safety helmet, boots with an appropriate riding heel and long pants. I further warrant that I have, and will maintain, current health and accident insurance policies covering said minor. I understand that should any circumstance cause the cancellation of any camp week, RDL’s refund of full tuition shall fully satisfy RDL’s responsibility to clients.

I acknowledge that I have read the foregoing paragraphs of this entire Agreement and know and understand the contents thereof and agree to be bound by them for both myself, all other parents &/or legal guardians and the minor child listed herein.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

SIGNATURE OF PARENT /LEGAL GUARDIAN DATE SIGNATURE OF PARENT or LEGAL GUARDIAN OF RIDER DATE

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PRINT NAME OF PARENT/LEGAL GUARDIAN PRINT NAME OF PARENT OR LEGAL GUARDIAN

##### **HEALTH AND EMERGENCY INFORMATION FORM**:

Rancho del Lago’s camp is a non-discriminatory program. While we welcome diversity among our campers, our camp staff is not trained to work effectively with all types of special needs. The criteria we use to evaluate whether our camp is suitable for a child are: 1. Can the child safely participate in a substantial portion of the camp activities? 2. Will the time and attention required to attend to one child create an unsafe or unsatisfactory situation for other campers? Please discuss any questions or concerns with camp staff prior to camp.

CAMPER’S NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**EMERGENCY CONTACTS:** In the event of an emergency, we will first attempt to contact the parents. Please provide names of people we can call if we cannot reach you immediately.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| NAME | Daytime Phone With area code | Cell Phone with Area Code | **RELATIONSHIP TO CHILD**  | **CAN THIS PERSON PICK UP YOUR CHILD FROM CAMP?** |
|  |  |  |  | **Yes** | **No** |
|  |  |  |  | **Yes** | **No** |
|  |  |  |  | **Yes** | **No** |

**HEALTH INSURANCE INFORMATION:** Campers **must** have medical insurance before attending camp.

INSURANCE CO: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ GROUP NUMBER\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_TELEPHONE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SUBSCRIBER’S NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_POLICY NUMBER\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CHILD’S MEDICAL RECORD NUMBER\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CHILD’S PHYSICIAN’S NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_TELEPHONE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**HEALTH CONDITIONS**: If your child has any medical, including allergic, emotional, or attentional conditions which may affect his/her experience at camp, or which our knowledge of could help assure a more positive camp experience, please describe the condition and how it may affect the child’s participation at camp. If your child ever had a severe reaction to insect bites, stings, poison oak or other allergens, please describe. **NOTE: IF YOUR CHILD HAS A SEVERE ALLERGY, CALL ME FIRST TO SEE IF WE CAN KEEP YOUR CHILD SAFE! We will do out best but we are aware of the seriousness of these allergies.**

I have discussed with Marie Miller any health conditions which may impact my child’s participation at camp.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_

Parent/legal guardian date

**SNACKS:** RDL sometimes provides popcorn in the morning and otterpops at the end of camp at 3:00. We also have Gatorade available throughout the day. I hereby give permission for my child to be served these snacks at camp and verify that my child is not allergic to them.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_

 Parent/Legal Guardian’s signature date

|  |
| --- |
| **FIRST AID AND CPR AUTHORIZATION**In an emergency or after a potentially serious injury, RDL will call 911, and may institute emergency life-saving procedures if deemed necessary. I the undersigned parent/legal guardian hereby grant RDL permission to initiate basic first-aid and/or emergency life-saving procedures on my child in the event of a potentially serious injury and release RDL and its agents from any claim of liability resulting from either the initiation, non-initiation or performance of life-saving procedures.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_  Parent/Legal Guardian’s signature date **PHYSICIAN/EMERGENCY PERSONNEL TREATMENT AUTHORIZATION**If prompt medical care is required for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (name of child) in conjunction with any Rancho del Lago activity or related transportation, and if normal permission is not available in a timely manner, I the undersigned parent or legal guardian authorize appropriate medical care as deemed necessary by local emergency response personnel, emergency paramedic personnel, a physician, or the medical facility providing treatment (Note: John Muir Hospital in Walnut Creek is the local trauma center).\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ Parent’s signature date |

DIRECTIONS TO RANCHO DEL LAGO

# 2331 RANCHO DEL LAGO RD., Briones, CA. 94553

925**-323-0219**

**FROM SAN FRANCISCO, OAKLAND, BERKELEY, ORINDA, PIEDMONT**

**Take Highway 24 through the Caldecott Tunnel. Take the Orinda Exit.** At end of exit, turn left **onto Camino Pablo. Go 2.2 miles and** Turn Right at the stoplight on **Bear Creek Rd** ( left turn would put you on Wildcat Canyon Rd**. Go 6.9 miles** out Bear Creek Rd **–** you’ll pass **the Briones Reservoir on your left and the Bear Creek Staging Area into Briones Park on your right.** You’ll come over a hill and down into a valley where you’ll see houses and barn**s – that is Briones.** Turn right (on the second street) **onto Garcia Ranch R**d.Go 3/8 mile and turn lef**t onto Rancho del Lago Rd.** (it’s the only street you can turn on on Garcia Ranch Rd). You’ll pass a pond on your right and Rancho del Lago is the first barn on the right. Just park in front of the barn, and walk down the driveway to the house.

## FROM WALNUT CREEK, LAFAYETTE, DIABLO, ALAMO

**Take Highway 24 west towards Oakland.** Take the **Central Lafayette exit.** At the stop sign at the end of the exit, **turn left onto** Deer Hill Rd**.** and continue past the BART station on your left**. Deer Hill Rd** will dead end a**t Happy Valley Road.** Turn right on **Happy Valley Rd**. and stay on this road for several miles (you’ll continue through a stop sign). It will go through suburbs, and then up and over a hill and will dead end on **Bear Creek Road. Turn right on Bear Creek road, and go 2.9 miles.** You’ll come over a hill and down into a valley where you’ll see houses and barn**s – that is Briones.** Turn right on the second street onto **Garcia Ranch Rd.** Go 3/8 mile and **turn left onto** Rancho del Lago Rd**.** You’ll pass a pond on your right and **Rancho del Lago is the first barn on the right. Just park in front of the barn, and walk down the driveway to the house.**

**FROM MARTINEZ/PLEASANT HILL/ OR POINTS FURTHER EAST**

Take **Highway 4 West towards Richmond.** Take the **Alhambra Avenue Exit.** At bottom of exit**, turn left on Alhambra Ave.** and go under the freeway**. Turn right on Alhambra Valley Road** (there’s a stop light there**). Alhambra Valley Rd** dead ends at a stop sign at **Reliez Valley Rd. Turn right** (you’ll still be on **Alhambra Valley Rd** after the turn) and keep going several miles**. Turn left on Bear Creek Road.** Go a little over a mile and turn left **on Garcia Ranch Road.** Go 3/8 mile and turn left onto **Rancho del Lago Rd. Rancho del Lago is the first barn on the right.** Just park in front of the barn, and walk down the driveway to the house

DANGER!!!!. PLEASE Do NOT turn directly onto Rancho del Lago Road from Alhambra Valley Road, ***even though your map or navigational system says to! That road is quite rough and you may get stuck or damage your vehicle!***

FROM PINOLE , HERCULES

NOTE: ALHAMBRA VALLEY ROAD IS CLOSED AT CASTRO RANCH ROAD

**Take** Highway 4 east towards Martinez. Exit at Alhambra Ave. Turn Right onto Alhambra Avenue. At the second light, turn right onto Alhambra Valley Road. At the first stop sign (a three way stop), turn right to continue on Alhambra Valley Road**. Continue several miles. Turn Left onto** Bear Creek Road**. Drive about 1 ½ miles and turn left onto** Garcia Ranch Road**). Turn left onto** Rancho del Lago Rd**. You’ll pass a pond on the right and Rancho del Lago is the first barn on the right. Just park in front of the barn, and walk down the driveway to the house. NOTE: DO NOT TURN DIRECTLY ONTO RANCHO DEL LAGO ROAD FROM ALHAMBRA VALLEY ROAD EVEN IF YOUR GPS SAYS TO. THIS IS A VERY BAD DIRT ROAD!**

FROM EL SOBRANTE

Take San Pablo Dam Road towards Orinda. Pass San Pablo Reservoir on your left. **Turn left onto** Bear Creek Road **at the first stoplight. Drive about 6.9 miles. After passing the “Briones” sign, turn right at the second road, which is** Garcia Ranch Road**. Turn left on** Rancho del Lago Rd**. You’ll pass a pond on the right and Rancho del Lago is the first barn on the right. Just park in front of the barn, and walk down the driveway to the house.**

# WHAT YOUR CAMPER SHOULD BRING TO CAMP

* LEATHER BOOTS THAT COVER THE ANKLE WITH A WELL-DEFINED HEEL ARE BEST.
* WE HAVE MANY BOOTS AVAILABLE HERE BUT WE CAN’t FIT ALL CAMPERS. (If your child has similar boots, bring them and we'll check them out).
* CAMPERS NEED A SEI/ASTM APPROVED RIDING HELMET. WE HAVE HELMETS AVAILABLE AND WILL TRY TO FIT YOUR CHILD. IF YOUR CHILD HAS AN EXTRA SMALL OR LARGE HEAD WE MAY NOT HAVE A HELMET THAT FITS PROPERLY.
* RIDING BREECHES OR STRETCH TYPE PANTS ARE BEST FOR RIDING. IF YOU DON'T HAVE THESE, FLEXIBLE JEANS OR PANTS WILL WORK (NOT SAGGED!!!).
* SOMETIMES IT IS QUITE COOL, SO BRING A SWEATER OR SWEATSHIRT JUST IN CASE!
* SUNSCREEN!! To reapply at noon.
* INSECT REPELLANT. We've had almost ZERO insect bites over the years, but if you are concerned, apply appropriate repellent.
* WATER!! AT LEAST ONE LARGE BOTTLE, CHILLED BUT NOT FROZEN PLEASE! WE PROVIDE GATORADE. PLENTY OF FLUIDS ARE IMPORTANT!
* FOOD!!! HORSEBACK RIDING USES LOTS OF ENERGY!!! SEND LUNCH, SNACKS AND DRINKS.
* PLEASE SEND HEALTHY FOOD INCLUDING PROTEIN AND NOT TOO MUCH SUGAR/CANDY! SOME CHILDREDN BECOME OVER EXCITD AFTER EATING SUGAR AND FOR SAFETY IT IS BETTER TO BE CALMER AND FOCUSED!

PLEASE DO NOT BRING:

* Your child’s best clothes! We get pretty dirty by the end of the day!
* Expensive things you would be very upset to lose. cell phones will not get service here so your camper doesn’t need a cell phone. However I have cell phone access on the ranch except by the pond or pastures, so you can call or text me during the day if you need to.
* Electronic games.

***SEE YOU SOON!!!***

***RANCHO DEL LAGO***

***2331 RANCHO DEL LAGO RD., BRIONES, CA 94553***