Hello Parents & Campers!

My name is Tonia Murphy and I have the privilege of being Komandantka at this year’s Seattle Tabir. I’m extremely excited to meet all of you and spend the beginning of August exploring the beautiful Mt. Rainier area! We will be staying at Camp Sheppard, a Boy Scouts of America campgrounds, in Enumclaw, WA. You can visit their website to check out camp details at<https://www.seattlebsa.org/camp-sheppard/46-cap-sheppard-cat/71-camp-sheppard> .

During tabir, we will be doing three short excursions around the area, as well as one large hike up to Camp Muir on Mt. Rainier, where we’ll be staying at the Cougar Rock campgrounds. As counselors, we understand that your child’s safety is the most important aspect of our job, therefore our staff is certified in first aid and CPR. Additionally, we have staff members that are trained in Backcountry hiking and Mountaineering that will be helping out during each one of our trips. It will be snowy in the high altitudes of Mt. Rainier so **please visit the following link** with tips for packing & planning when hiking in cold weather:<https://www.rei.com/learn/expert-advice/cold-weather-hiking.html> .

Please read and have your camper read the following information:

* Bring a full odnostrij including - the proper shirt, skirt/shorts, hystka, belt, whistle, knee-high socks (brown for girls & green for boys), and hiking boots.
* Campers must bring **– if they don’t have it, they will not be able to hike on Mt Rainier** - the following items:
  + Compass
  + Water bottle (**reusable**, not disposable)
  + Sunglasses
  + Sunscreen
  + Hat to block sun
  + Bandana or some sort of neck gear
  + Flashlight or headlamp
  + Hiking boots (can be the same as odnostrij)
* These items are recommended but not necessary:
  + Lightweight dry sack
  + Blister bandaids
  + Hand warmers
  + Ace Bandage
  + Deck of Cards
* For further information on what your camper needs to pack, follow this link:

<http://plastseattle.org/wp-content/uploads/2019/05/SeattleTabirInfo2019.pdf>

* Campers will be split into cabins, two for the boys & one for the girls, so there is **no** need to pack large tents. They **should** bring a small pup tent for when we do our three-day trip on Mt. Rainier.

I’m looking forward to Seattle tabir being a blast! We have an exciting program planned for the campers. If you have any questions, please contact me by e-mail, tkmurphy1@loyola.edu. Feel free to have your camper email me as well so that I may begin getting to know them!

Can’t wait to see everyone soon!

CKOB!

Tonia Murphy