

Brain Injury Alliance of New Jersey

CAMP TREK

Together in Recreation Exploration and Knowledge

PARTICIPANT HANDBOOK

2026 Camp TREK

August 16th-August 21st



Welcome to the BIANJ's CAMP TREK

CAMP TREK is a 6-day residential respite and recreation program. It provides independence, recreation, and socialization for adults with brain injury, while their caregivers enjoy a week of rest. At Camp TREK, you will find a welcoming environment perfect for fun and relaxation. The campus is relatively small and consists of paved sidewalks for easy navigation. Campers stay in rustic cabins with bunk beds (only the bottom bunks are used) and air conditioning. Bathrooms are located in a separate building a short distance away. Activities are centered around the main dining/activities buildings and the pool area.

A typical day starts with a morning wellness activity and breakfast, followed by a mix of exciting activities like crafts, games, sports, and music. After lunch, there is time to relax before heading to the pool in the afternoon. Evenings are filled with entertainment such as live music, a magician, a DJ, hula dancers, a casino night, and more. The day's events conclude around 8pm, at which time campers will head to their cabins for the night.

Every day at camp is full of opportunities to connect, create, and enjoy!

FORMS and PAPERWORK

Applications can be found on our website www.bianj.org/support. If you have any difficulty completing the online application, please contact our office.

APPLICATIONS ARE DUE NO LATER THAN APRIL 17, 2026.

Your application will be reviewed by our TREK Planning Committee. If you are accepted, you will receive a Notification of Acceptance letter with additional paperwork to complete. Please abide by the deadlines given for submitting all additional paperwork. **Camper openings cannot be held due to late paperwork, as we usually have a waiting list.**

**ALL PAPERWORK/DOCUMENTS ARE DUE NO LATER THAN
JUNE 8, 2026.**

Additional paperwork will include:

1. Emergency Contact Form
2. Transportation Release Form
3. Release Form (4 Signatures are required on this one form)
4. Insurance information and signed Rules & Regulations section
5. Copy of insurance card

6. Photo/Video Release
7. Medical Form to be completed by physician. **Important!** Please describe TREK to your doctor and have them fill out the form **COMPLETELY**. This form is to be submitted no later than **July 10, 2026**. (4 pages)
8. Copy of current medications from physician's office
9. Current picture of the camper (digital or hard copy)
10. Personal Care Assistant form (if applicable)

After all additional paperwork is received, you will receive a final letter of acceptance which will provide additional details to make your week a memorable experience.

PHYSICALS and HEALTH EXAMINATIONS

BIANJ requires all participants to complete a pre-program physical. Please have your medical professional complete and sign the medical form. This does not require an appointment for a new physical if the participant has completed a physical within the past year and there have been no changes in health.

MEDICATIONS

If there is a change in prescribed medication and/or prescription dosage from what is listed in the Medication Form that was originally submitted to us, you must obtain an updated prescription list from your physician. All medications must arrive in the original containers (i.e.: prescription bottle/blister packs). Vitamins and supplements must also be in their original containers. All prescription medication labels must include the following: current dosage, time each medication is to be dispensed, the route, and any special instructions.

MARIJUANA POLICY

Only prescribed marijuana is permitted at the camp. The marijuana will be stored as a medication and the appropriate dosage will be dispensed by camp medical staff according to the instructions provided by your physician. Campers will be supervised at all times while his/her dose is being administered. It is a prescribed medication for personal use and therefore cannot be shared with anyone else.

PERSONAL CARE ASSISTANTS (PCA)

An applicant's PCA must be the same gender as the person for whom they are responsible. Space is limited; therefore, the PCA and individual must be able to share a cabin with other campers. The primary task of a PCA is to ensure the safety and well-being of the person for whom (s)he is caring. A PCA should be prepared to provide personal hygiene and mealtime assistance, and to monitor the

behavior of the client regarding their effect on other people and property. PCA's responsibilities include 24-hour one-on-one care as described above in an outdoor camp environment. The PCA must complete a form giving consent to BIANJ to conduct a background check prior to attending camp.

ACCOMMODATIONS

Sleeping accommodations are in an air-conditioned cabin. All cabins are wheelchair accessible, and each camper will have a lower bunk bed. It is important to note that the bathrooms are in a separate building. Shower shoes are strongly recommended. It is the camper's responsibility to supply a commode/urinal if applicable.

CLOTHING

We will do our best to make sure all clothing goes home with campers. However, items may get lost or damaged. Every effort is made to keep clothing together, although at times this is not always possible, as participants live closely together in a shared cabin. Please mark/label all clothing and other belongings with participant's full name. This will help us to identify an article of clothing when found. Camp is a great place to wear old, comfortable clothes - no special clothes are required. Dress to relax! Please do not bring expensive clothes to camp.

To maintain safety, flip flops and open-toed shoes cannot be worn during camp activities.

ELECTRONIC DEVICES

If you choose to bring any electronic devices to camp (iPods, MP3 players, CD players and CD's, cameras, computers, cell phones, or other such devices) the Brain Injury Alliance of New Jersey and ARC of Gloucester **cannot** take responsibility for these items if they are lost or damaged.

JEWELRY

Expensive jewelry is not needed. The Brain Injury Alliance of New Jersey and ARC of Gloucester **cannot** take responsibility for these items if they are lost or damaged.

LAUNDRY

Dirty laundry will not be cleaned at camp. Campers are expected to pack enough clothing for the entire week. We suggest packing an extra day's clothes and bringing a laundry bag to hold soiled clothing. Please make sure that all personal items and clothing are labeled.

SMOKING POLICY

Cigarettes will not be supplied for staff or participants. Any person who smokes must bring an adequate supply of cigarettes for the week. Cigarettes are not for sale anywhere on campgrounds. Smoking is allowed only in designated smoking areas. Under no circumstances will smoking be allowed within cabins, while moving around campgrounds, or outside of designated smoking areas.

GUEST POLICY

We love when guests visit us at Camp TREK. However, all guest visits must be approved in advance. Call the Camp TREK Director 24 hours in advance of a proposed visit. All guests must sign in with the Camp TREK Director and wear a visible visitor's name badge. All guests will be accompanied by staff for the length of their visit.

PAYMENT and CANCELLATION:

The cost of camp is \$450 for the week. All payments are due 45 days prior to the start of camp. We are unable to refund payments after August 11, 2026. TREK participants attending with a PCA must also submit payment for their PCA. Payment should be sent to the BIANJ office address listed below.

MAILING ADDRESSES AND CONTACT INFORMATION:

BIANJ/Camp TREK mailing address:

The Brain Injury Alliance of New Jersey
825 Georges Road, 2nd Floor
North Brunswick, NJ 08902
Phone #:732-745-0200
Fax #-732-745-0211

Camp Sun N' Fun:

1036 N Tuckahoe Road
Williamstown, NJ 08094

Email Address: kmyers@bianj.org

Please write in the Subject Line: **CAMP TREK**

**Failure to follow any of the rules may result in
dismissal from Camp TREK at the discretion
of the Camp TREK Director.**