

**F.A.Q.**  
**A Hard Day's Knight**  
~Updated Spring 2007~

***1) What are the age requirements to participate in A Hard Day's Knight program?***

Our camps are available for different age brackets depending on the type of camp and the session. These are our age brackets: 10-14, 15-19, 20-25, 25 and up. For more information on camps available this season, please check our website at [www.aharddaysknight.com](http://www.aharddaysknight.com).

The Knighthood Training Triad has a different age requirement. Training for the Knighthood is, and was, a Rite of Passage into adulthood. As such, the age range for the Knighthood training triad is set at 16-21 years old. We have been known, however, to accept exceptionally mature 15-year-olds and exceptionally playful 22-year-olds. As a general rule, entry into the Knighthood Training Triad requires previous completion of EITHER one session of Modern Renaissance Camp OR one session of any Specialty Camp. Contact the Director via email or telephone with inquiries.

***2) What kind of costuming is required? How would I get a hold of it?***

Each participant will receive a detailed equipment list. In general, a participant outfit includes a basic set of loose martial arts styled "breeches," a long and generous-cut "tunic" with a belt for the waist, and soft leather boots or moccasins (no high-heeled boots). A sun hat is recommended for summer sessions and a warm cloak and long underwear is recommended for sessions in all seasons. Required and optional costuming will be available for purchase directly from our website as of autumn 2007. Until then, custom costuming assistance and advice including recommended vendors can be obtained by contacting us via email at [thenextquest@hotmail.com](mailto:thenextquest@hotmail.com).

***3) When do the camps start and end? How long do they run?***

Modern Renaissance Camp and the Knighthood Training Triad take place during the summer months. Current information regarding specific dates for this year's camp season is available on our website.

Modern Renaissance Camp: 1 week long, 2-4 sessions offered each summer.

Knighthood Training Triad:

- Pagehood Camp: 2 weeks long, 1 session offered each summer.
- Squirehood Camp: 3 weeks long, 1 session offered each summer.
- Knighthood Camp: 5 weeks long, 1 session offered each summer.

All Specialty Camps (Bard's Camp, Warrior's Camp, Ranger's Camp, Wizard's Camp, Healer's Camp) are 1 week long, with 1 session maximum of each type of Specialty Camp offered per year. Check our website to see if the Specialty Camp in which you are interested is being offered this year. Some Specialty Camps and Adult Programs take place in the summer months and others take place in autumn, winter, and spring. Current information regarding specific dates for this year's camp sessions is available on our website.

#### **4) How much do the camps cost?**

Different camps have variable cost structures due to the nature of the activities available at that particular camp. Tuition costs include, but are not limited to: transportation to and from the site and potentially Renaissance Faire, gate passes, all lodging, fees, food, instructors, crafts and take-home projects. Here at *A Hard Day's Knight* we aim to offer our camps at fair market value, striving to cover our operating costs without cutting corners or compromising on quality. We understand that even though we offer our camps at competitive rates, the cost of tuition may still be prohibitive and stand between an enthusiastic student and a life changing experience. In order to prevent such a catastrophe, we have designed a wide variety of discounts which are detailed as follows.

**-Modern Renaissance Camp**, one week program: \$780

**-Specialty Camps**, (Bard's Camp, Warrior's Camp, Ranger's Camp, Wizard's Camp, Healer's Camp) one week programs: \$680

#### **-Knighthood Training Triad:**

Pagehood Camp, two week program \$1480

Squirehood Camp, three week program \$1880

Knighthood Camp, five week program \$2480

These rates are current as of December 2006, please check our website for possible pricing updates.

Rates for all other programs (International Tours, Corporate Retreats, Adult Weekend Retreats, Educational Performances, Birthday Parties etc.) can be obtained by emailing [thenextquest@hotmail.com](mailto:thenextquest@hotmail.com) or by calling 510.813.9185.

#### **5) What kinds of discounts are available?\***

##### **- Companions Special:**

Sign up with a sibling or a friend, and each of you receive \$100 off of tuition costs.

##### **- Cascadian Special:**

In support of our returning students, we also offer \$100 off of tuition on any one future camp for every camp attended.

##### **- Referral Special:**

For every person you refer to camp, (not including anyone who shares a *Companion Special* discount with you) and who mentions you on their application as their referral, you receive 10% off your tuition. This becomes cumulative, i.e. refer 10 people and go to camp for FREE!

##### **- Early Bird Special:**

Sign up four months in advance of a camp and get 10% off total tuition fees.

##### **- Knighthood Special:**

A student enrolled in any camp within the Knighthood Training Triad (Pagehood, Squirehood, or Knighthood) can receive up to \$150 in discounts for community service and ecological work on a \$10/hourly basis.

\* These are "Camp" discounts and are only available for the Modern Renaissance Camp, Specialty Camps, and the Knighthood Training Programs. They cannot be applied to the fees charged for International Tours, Corporate Retreats, Adult Weekend Retreats, Educational Performances, Birthday Parties etc.

**6) *What is the food like?***

Participants will enjoy the campfire-cooked taste and organic ingredients that go into our "Fighter's Cuisine." Meals are created to be sometimes historically experimental, but are always created to be environmentally conscious, filling, taste great, and contain the appropriate quantities of natural proteins and energy generating enzymes to keep you fit and lively all day long. Please mention any special dietary needs and we shall be happy to accommodate you.

**7) *What are the sleeping arrangements going to be like?***

Each participant will receive a detailed equipment list. All participants (with the exception of those attending Ranger's Camp) will be sleeping in one of four available Medieval Pavilion tents. Sleeping arrangements are gender specific or gender neutral depending on the age range of a given camp session.

**8) *What bathing/bathroom facilities are available?***

Bathing facilities range between a standard "pack shower" setup and coin-operated campground showers in more developed camping areas. Private areas are always available for changing and bathing.

Bathrooms are either wooden "perma-potties," campground bathrooms or an eco-friendly humanure setup in our more remote locations.

Please contact us if you would like details about the bathing/bathroom facilities for a specific camp session.

**9) *What is the laundry situation?***

Laundry is optional, but should they desire to do so students are responsible for washing their own laundry. Small laundry groups will be formed every few days and laundry will be done in huge steaming basins of soapy water (biodegradable of course). A change of clothes to wear during the process is, of course, required!

**10) *Will fresh water be available in good supply?***

It sounds strange, but we are often asked this question. Water must be packed into the site, but will be done so by the staff every other day in large five-gallon jugs. Potable water will always be available for drinking and cooking.

### ***11) What kinds of weapons are used?***

At *A Hard Day's Knight* we teach a variety of Classical, Medieval, and Renaissance weapons from Europe, Asia, and the Middle East. We teach very few live weapons, training primarily with simulated/padded weapons. Our padded weapons begin with a bamboo core embedded in a padded foam sheath and are finished with duct tape. Shields are made of plywood with padded perimeters. We handcraft each of these weapons individually paying great attention to construction and detail. Some camps offer classes on weapon and shield construction. The weapons taught vary depending on the type of camp (e.g. Bard's Camp involves very little weapons training and Warrior's Camp is combat intensive. All Modern Renaissance Camps are taught at a beginning level, and the Knighthood Training Triad grants proficiency in a vast number of weapons by building on skills taught throughout the program). A complete list of different weapons taught and the programs that offer them can be viewed on the Class List chart available on our website and on the DVD.

### ***12) What are the chances of getting injured?***

At *A Hard Day's Knight*, we do not approach combat training as a chance to get out some aggression with a padded weapon. Rather, combat training is assertiveness training; designed as a combination of team play and martial arts. Students learn forms of martial exercise and traditional weapon techniques, and by improving their individual skills acquire discipline and confidence. By using a combat framework students develop a heroic persona, learn teamwork, and gain an understanding of their own fears and how to overcome them.

That being said, we can almost guarantee that you will get a few cuts, scrapes and/or minor bruises at our combat intensive camps... these things are common-place on a battlefield, even a simulated one.

### ***13) What level of medical care will be available?***

We keep a well-stocked inventory of medical supplies, including such modern precautions as inflatable air-splints, liquid bandages, blood clotting agents and sting extracting pumps. Many of the staff have been trained in First Responder, CPR, and/or basic first aid procedures, and there is always at least one medic on duty at all times.

### ***14) Where is the camp located?***

*A Hard Day's Knight* is based out of Berkeley, CA. Our camps are held at various locations depending on the type of camp and time of year. Locations in Northern California have historically included: a ranch in the Salinas Mountains; Big Basin state park in the Santa Cruz mountains; Ten Mile Beach state preserve north of Fort Bragg on the Mendocino coast; a ranch site in the gold country of Calaveras County in the stunning Sierra Nevada foothills; and finally, Bear Harbor, a campground in the Sinkyone Wilderness preserve on California's breathtaking stretch of wilderness known as the Lost Coast. Day-trips may also be scheduled at various stops near any of these locations.

**15) How do I/my offspring get There and Back Again?**

Parents and/or adult students (over age 18) are always welcome to provide their own transportation to the campsite at their convenience. However, the preferred transportation method to and from camp is via our “Excalibus” and/or carpools facilitated by counselors. For Bay Area residents, the location for our departure is the Memorial Torch and adjacent lawn at the corner of Key Route Boulevard and Solano Avenue in Albany, CA, (just north of Berkeley). Meeting time is at 9:30 a.m. on the first day of camp, and carpools to the campsite leave at 10:00 a.m. If you are having difficulties finding the meeting site or arriving on time, please contact us by telephone as soon as possible so that accommodations can be made.

**16) What if I/my offspring are coming in from out of the area/out of state?**

If you are flying into the Bay Area in order to attend one of our camps, firstly: Thank you! That kind of dedication warms our hearts.

Secondly, please fly into Oakland Airport (OAK). From there we can arrange transport for you, either by BART, through a pick-up, or by Air Shuttle. Please contact us to arrange specifics for your arrival. Please try to arrive in the evening of the day previous to the first day of camp. For your return flight, please book one for the morning following the last day of camp. If you need overnight lodging, we can arrange something for you, unless you are over 18 and prefer to stay in a hotel.

**17) What is the gender ratio?**

Besides being the only Medieval/Renaissance overnight camp in America, *A Hard Day’s Knight* is the only knighthood training program for young people which provides an equal-gender environment, and we try to keep the ratio fairly even. On average, the staff is composed of a 4-5 male/female ratio. In the past, the same ratio has traditionally been reflected in our students.

**18) What is the Councilor to Student ratio?**

*A Hard Day’s Knight* boasts one of the best (if not the best) staff to student ratios available in summer camps today. The number of staff varies depending on the type of camp and on the age range of a given session. At our least staffed sessions we offer a ratio of one councilor per every three students and at our most staffed sessions we offer a ratio of two councilors per every one student. Our large staff of specialist instructors allows us to offer a wide range of classes and activities. More importantly, because we believe that our programs offer important rites of passage for young people, we strive to create an environment wherein our students can flourish through individual attention and quality mentorship.

**19) What is the refund policy?**

We know that life is full of surprises. Should you/your offspring be unable to attend camp for any reason after some or all of the total tuition has been paid, you may be eligible to receive some or all

of your tuition back. Tuition refund dates/amounts are as follows:

\* If withdrawing 90 or more days prior to camp start date or before: Full refund available, minus deposit.

\* If withdrawing between 60 and 89 days prior to camp start date or before: Half refund available, minus deposit.

\* If withdrawing between 30 and 59 days prior to camp date or before: One Quarter refund available, minus deposit.

\* If withdrawing less than 30 days prior to camp date: NO refund available. Deposit is always non-refundable.

*\*\* In the case of any withdrawal prior to the camp start date it is possible to credit both the deposit and the paid tuition towards a future camp session. \*\**

**20) *For the love of Gawd, how can I sign up for this Ubercool camp quickly so some other schmoe doesn't nab my spot and leave me stuck at home all summer long, bored off my biscuit like some giant Loserfish?***

### **Signing up for Camp: Start to Finish**

1). Check out the website at [www.aharddaysknight.com](http://www.aharddaysknight.com)! Peruse camp descriptions, class offerings and session dates and decide which camp is right for you.

2). Make contact and request a sign-up packet. Or if you are already in possession of one of our DVDs you can print all the necessary forms directly from the DVD.

3). Fill out the necessary forms in the packet/on the DVD and send them in to our address with your deposit. Only the deposit is required to reserve your place at camp but should you desire, you may include all or a portion of your tuition payment with your deposit. Now a place in the camp is reserved for you.

4). If you don't already own one, purchase a basic medieval training outfit (detailed in F.A.Q. question #2) either from our online adventure outfitting store (coming in Autumn, 2007) or from another site. (We suggest [www.Renstore.com](http://www.Renstore.com) or [www.ebay.com](http://www.ebay.com)).

5). Assemble the gear you need for your adventure from the packing list, ready for departure.

6). Mail in any remaining tuition balance.

7). Arrive at the pick-up place in Albany at 9:30 a.m. on the date of your departure to camp. If you are coming in from out of town, make arrangements as necessary.

**That's it!  
Welcome to HDK!**

*We look forward to meeting you! Until then, Sunlight on your Road!*