

North Country Camps Family Handbook



NCC Mission Statement

Our purpose is to offer our campers and their counselors an extended opportunity to live together simply in safe, healthy, cheerful, and yet challenging outdoor surroundings. We believe in introducing children to a camp community where they have a say in what takes place; where they can live vigorously and purposefully, yet unhurriedly; where they can develop skills at their own pace; where they can find their own style and self-worth without excessive competitive tension; where adventure is real, yet carefully supervised; where learning is the result of participation - campers and counselors planning, working and playing together. And we are eager to sharpen children's awareness of the wilderness environment, to work with them in finding sensible ways to preserve it

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WELCOME

Dear North Country Camps Families,

Welcome to North Country Camps! We're incredibly excited that you're embarking on this journey with us and we're eager to see you on Opening Day! As parents and caregivers, you may have questions about your child's experience at camp. We've developed this handbook to address your questions and concerns. Please review the information regarding our program and policies to help ensure a successful start to camp for your child. All of us at North Country Camps look forward to a wonderful and fun summer with your camper! Should you have any additional questions not answered in this handbook, please reach out to us.

Thanks!

Jen Livingston

Director

jen@northcountrycamps.com

802.363.8952



GENERAL INFORMATION

2024 Camp Sessions and Important Dates

The deadline for the transportation form is May 1st, all other forms are due June 1st, however we would appreciate it if they were completed well before then. In order to plan for a successful and safe summer, we ask families to share important medical information (food and life threatening allergies, mental health, physical challenges, etc...) with the director as soon as possible so that we can plan in advance and gain understanding of your child's unique circumstances.

Transportation Form Deadline: May 1, 2024

Tuition Payment and Deadline to Submit Forms: June 1, 2024*

Pre-camp session for Workgroupers (optional-see below): Thursday, June 20, 2024

Full Season: Sunday, June 23 to Tuesday, August 13, 2024

3-Week Introductory Session: Sunday, June 23 to Saturday, July 13, 2024

Second 3-Week Introductory Session: Sunday, July 14 to Saturday, August 3, 2024

5-Week Session: Sunday, June 23 to Saturday, July 27, 2024

Second 5-Week Session: Sunday, July 7 to Tuesday, August 13, 2024

Visiting Day: Saturday, July 27, 2024 (9:30 A.M. arrival/No Pets Please)

*If you would like to discuss a payment plan or begin making monthly payments for the 2024 season, please email corey@northcountrycamps.com to discuss options with our Business Manager, Corey Birdsall.

Pre-camp Session Details

Workgroupers who wish to come to camp a few days early are welcome to register for this session! The fee is \$300. *Travel arrangements must be made independently.* There may be an option for your camper to travel as an unaccompanied minor to Saratoga Springs, NY on Amtrak's Adirondack Line. Additional information will be provided to Workgroup families in April.

Option to Stay

All campers registered for less than a full season are welcome to stay longer. During the summer, we'll stay in regular contact with families about this option. It's very likely that you'll have a good idea which way your child is leaning based on their letters home but sometimes these decisions can change at the last minute. We feel it is important to allow time for campers to adjust before asking them about extending their stay. This process is very supportive of the child and is a means of gathering insight about their experience in a low-pressure way. If you need a specific timeline to make a decision simply reach out and let us know.

Getting Your Child Ready For Camp

✔ **Set expectations ahead of time.** In the weeks leading up to camp, talk with your child about what to expect to help prepare them for living in a new community. Reviewing behavior expectations together from this handbook will help them understand that they will be joining a safe community that cares about all individuals. Let them know they should not be afraid to talk to members of camp staff about challenges or aspects that make them feel nervous. Pre-camp jitters are completely normal for campers and parents alike.

✔ **Talk about communication and technology.** Letter writing happens weekly. Your camper might need practice writing a letter or help generating an address list of friends and family members. Talk about how often you plan to write them (maybe even pop a few friendly postcards in the mail shortly after drop-off) and let them know that letters are always preferable to a phone call. Hearing a loved one's voice can sometimes lead to homesickness. If your child spends a lot of time on screens it would be helpful to start limiting that in the weeks prior to camp.

✔ **Check the packing list twice and start early!** Looking over the packing list together will get your child excited for camp and remind them of all the fun that lies ahead! Encourage them to practice stuffing a sleeping bag or break in those new hiking boots to avoid blisters! Getting an early start will also ensure you have plenty of time to put on those name labels!

✔ **Talk about sleep.** We tend to have long, active days and “light’s out” may be earlier than at home. Try getting them to bed a bit earlier in the weeks before camp to help them adjust to our bedtime schedule which varies from 9pm to 9:30pm depending on your child’s age group. You might also want to plan some sleepovers so your child gets used to sharing space and learning the sleeping habits of others. Zzzz.....

✔ **Help them practice independence.** Whether it’s making a bed, folding laundry, cleaning up after themselves, or practicing good hygiene, the more tasks they do on their own at home the more confidence they will have at camp. Our counselors are very good at staying on top of hygiene and teaching these skills, too!

✔ **Focus on their experience.** It’s best to avoid talking about your own vacation plans or what they might miss at home when they’re at camp. Send them to camp with some pictures of family and pets to stay connected, but maybe avoid adding a cute puppy or other pet to your family right before they leave. You might never get them on the bus!

Mail & Communication

Winter Contact Information

The North Country Camps central mailing address from September through May is below. If you are unable to upload forms using the Camp InTouch system, you can mail them to our wonderful Business Manager, Corey! She can also answer questions about your enrollment session or financial balance.

Corey Birdsall, Business Manager
2596 State Route 40
Greenwich, NY 12834
Corey@northcountrycamps.com

Summer Contact Information

Please address your child's mail as follows:

(Camper's full name)

Camp Lincoln

395 Frontage Road

Keeseville, NY 12944

or

(Camper's full name)

Camp Whippoorwill

517 Frontage Road

Keeseville, NY 12944

We urge you to communicate with your child regularly by letter, and suggest that you pack pre-addressed and stamped envelopes and postcards to encourage letters home. Campers are required to write home every Sunday, and many write more often. Staff are available to assist any child who may have difficulty writing independently.

We prefer that the telephone be used rarely, if at all. We recognize the challenge of shifting from cell phones and email to written letters, and we know how important it is for children to feel connected to home. But we also know that one of the keys to a successful camp experience is learning to face and solve problems without direct parent involvement, by talking with a counselor, section head, director, or friends.

In the case of homesickness it's our experience that it's better at the outset to communicate with a child by letter. The sound of a parent's voice can unravel our efforts to help a child cope with homesick feelings. To help in the adjustment phase, **we ask that there be no phone calls to campers during the first two weeks of camp and recommend that calls be limited throughout the summer. We've found that some campers prefer not to receive any calls from home so consider talking to your child about how and when you'll communicate before they leave for camp.** We suggest that anxious parents first telephone the Director to see how things are going before talking with your child. We do not provide email communication for campers. You're always welcome to phone or email the directors. We will contact families if their camper is experiencing significant homesickness or other issues you may need to know about.

We'll send weekly updates to families to share news about fun events at camp and to provide anecdotes about the camp experience. New families will also receive a communication from camp to hear a bit about their child's adjustment to camp. Sending your child to camp is a lot like sending them off to kindergarten and we understand that many parents have jitters being so far away from their children. We assure you that, in addition to our safety preparations for any eventuality, we have updated our response plan to handle events that could happen outside the camp community. Please know that communication with camper parents is very important to us.

Phone Numbers

Telephone landline and cell phone numbers often change annually in June. Families will receive updated contact information from the Directors with specific information about the best times to call.

Families may always reach the directors by cell if you have a critical need.

Jen Livingston (cell)

802.363.8952

Health Centers

Updated numbers emailed in June

Lincoln Lodge

Updated numbers emailed in June

Whippoorwill Lodge

Updated numbers emailed in June

TRANSPORTATION TO CAMP

Directions to Camp

If you are unable to use GPS navigation, the most direct route by car, from the south is the New York State Thruway (Interstate 87) to Exit 24 at Albany, then continue north on the Adirondack Northway (continuation of Route 87) to Exit 33, at the intersection of Routes 9 and 22. From Exit 33, take a left off the exit, cross over the highway, and turn right to continue driving north on Frontage Road for about a mile. The entrances to the camps are on the west side of this road. You can also reach Frontage Road from Route 9 by using the underpass at the North Country Camps sign, three miles south of Keeseville.

Families who choose to deliver their children by car are welcome to drop-off luggage but we ask that parents not unpack for their child. Bed selection is made in an equitable manner when all campers arrive.

Chartered Bus Service

A bus from the New York area, led by the directors, will leave from the Horace Mann School in Riverdale, NY, at 9:00 A.M. on **Sunday, June 23, 2024**. The trip to camp will take about five and a half hours. Those wishing to travel from the Rockland County area may meet us at New York State Thruway Exit 14. Those wishing to travel from the Albany area may meet us near New York State Thruway Exit 24. **Directions and meeting times to Horace Mann, the Exit 14 or Exit 24 locations will be emailed to families who have made reservations through CampInTouch with information about parking and boarding requirements.** Each camper should bring a lunch and beverage for the bus trip. The buses are equipped with lavatories and air conditioning.

Buses will return at the end of the camp season on **Tuesday, August 13, 2024** via the same route. Families will receive an email with meeting locations and times for pick-up.

Families with campers attending later camp sessions must provide their own transportation to camp. You should plan to arrive by 3pm to allow time for orientation and a swim before the evening meal.

Families with campers leaving at the end of three or five weeks should plan to pick up their children, or should make alternative travel arrangements with the directors. This is also true for families whose campers may be leaving earlier than the last day of camp.

Air Travel

Airport pickup is available in Montreal, Canada, Albany, NY, or Burlington, VT and will cost \$150 each way per camper. Fees are listed in the CampInTouch system and will be added to your balance. Airport pickup in Plattsburgh, NY is no cost to you.

Visiting North Country Camps

Visiting day this summer will be on **Saturday, July 27th**. Camp will be open to visitors starting at 9:30 a.m. You may observe your child in morning activities, take them out for lunch, and then join us for a picnic supper followed by some singing. Some campers will choose to check out right away after a quick tour of camp and others might want you to observe them in activities. Most families make the decision to leave

camp by 11am. Please be back to camp by no later than 6:00 p.m. The day will end at 8:15 p.m. **Siblings are welcome but we ask that you leave pets at home.**

If you have children at both camps, we recommend that you make a plan with your children in advance regarding your visit schedule. Some families will start at one camp, watch their child in an activity and then sign their camper out to visit their other child as a family. Other families may make the decision to split up between the two camps and meet after signing their children out of camp. When the weather cooperates we hold an evening cookout followed by a sing at Whippoorwill for both camps. If it rains, we often hold separate cookouts and allow families who would like to dine as a family to choose the camp they prefer.

Those who prefer to visit on a different date may do so, but we won't be able to offer a meal at camp. Please remember that you are limited to a single visit. Children may leave camp only with their own families, unless the director has received written permission to do otherwise. Please know that a visit is neither expected nor necessary unless you and your child feel strongly about it. We offer fun activities and a trip out of camp for children who are not being visited.

For those who wish to plan in advance, here are a few suggestions of places to stay nearby. There are numerous other motels, inns and B&Bs in the Lake Placid area, and near Plattsburgh at Northway Exit 37, including a Comfort Inn, Holiday Inn, Days Inn, and Econo Lodge. We prefer not to make specific recommendations and ask families to research online.



WHAT TO BRING TO CAMP

Baggage

Clothing and equipment may be packed in two small or moderate size duffel bags if you plan to send baggage on the camp bus. We do not permit trunks. Adequate storage space will be provided for each camper's personal belongings. **BE CERTAIN THAT EACH PIECE OF BAGGAGE BEARS THE CAMPER'S NAME.** Any additional articles brought on the bus must be compact enough to fit in the luggage rack over the seat. UPS (United Parcel Service) and Federal Express are other alternatives. Phone your nearest UPS depot or FedEx office for details of pick up and delivery, as well as for size and weight limitations. **Baggage should be shipped no later than June 15th.**

Ship baggage to **CAMP WHIPPOORWILL**
517 Frontage Road
Keeseville NY 12944

Ship baggage to **CAMP LINCOLN**
395 Frontage Road
Keeseville NY 12944

Please limit the items brought to camp to those on our suggested equipment list. Storage space in cabins is limited.

Flashlights and Headlamps

Junior and Senior cabins at both camps do not have electricity. It is essential that **every** camper have a flashlight or headlamp in working order, as well as a supply of extra batteries. Headlamps are also quite useful on trips.

Safety Devices and Footwear

We require and provide Coast Guard approved personal flotation devices (life vests) for all who use rowboats, canoes, kayaks, sailboards, and sailboats. We also require and provide protective helmets for horseback riding, bicycling, and the ropes course. Any camper who wishes to bring their own personal life vest or protective helmet(s) is welcome to do so. Please be sure that such items conform to the highest standards of safety, and bear the camper's name.

Horseback riders must wear shoes or boots with heels. We can provide riding boots with heels for those who need them. **An important reminder about footwear: To discourage blisters, new shoes and hiking boots should be thoroughly broken in before camp.**

Camp Merchandise

Your child will receive a T-shirt, which is included in the camp fee. This will be fitted, marked with the camper's name, and delivered at camp. Additional shirts and other merchandise may be ordered via our online store, which is linked on our website. We recommend placing your order by May 1st to ensure items arrive on time for camp packing.

Packing List

A printable PDF Packing List is available in your InTouch forms.

NORTH COUNTRY CAMPS - PACKING LIST

Following is a list of clothing and suggested equipment. We wish campers to be properly equipped at the least possible expense. You will probably own most of the items already. **Please leave items of value home and bring only what you need.** Clothing should be durable and be able to withstand cotton shrinkage (all clothing is laundered in commercial machines). **LABEL ALL CLOTHING, MASKS, SHOES AND EQUIPMENT WITH THE CAMPER'S NAME.** We recommend packing belongings in 2 moderate sized duffel bags. More information about where to purchase certain items can be found in the Family Handbook.

CLOTHING (plan for a week's worth of clothing, suggested numbers are listed)

- 10 Tops: t-shirts/long sleeves (1 camp t-shirt is provided, 1-2 microfiber tops for trips are ideal)
- Bottoms: Long pants (3), shorts (6), etc.. (consider one or two synthetic pairs for trips)
- 2 sets sleepwear: PJs, sweatpants/leggings, bathrobe (*optional* for shower)
- 1 set "camp semi-formal" wear (*optional*-occasionally campers dress up for a square dance or play)
- 10 sets underwear
- 8 pairs cotton socks/ 4 pair wool or smartwool socks for hiking /2-3 pairs sock liners for hiking
- Swimwear (3-6 suits, consider one full coverage suit for trips)
- 1 wool or fleece sweater or jacket (not cotton) **required**
- 1 raincoat (ponchos are less desirable) **required**
- Footwear: sneakers (1), closed-toed water shoes/sandals/old sneakers for canoe trips (1), hiking boots that are lightweight and have ankle support (1), flip flops/crocs for shower (1), waterproof rain or muck boots (*optional*), riding boots with heel (*optional*, we can provide boots but some campers may wish to bring their own) **required unless listed as optional.**

Make sure all new shoes and hiking boots are "broken-in" before camp to avoid blisters.

ACCESSORIES

- Sun hat, sunglasses,
- Wool hat for cold mornings **required**
- Headlamp or flashlight & batteries (**required and used daily**)
- Eyeglasses (prescription)/orthodontia supplies (if used)
- ★ **Leave expensive jewelry and watches at home**

TOILETRY

- Sunscreen, bug repellent
- Personal hygiene products (toothbrush with case, toothpaste and floss, soap and case, shampoo/conditioner/bodywash, brush/comb, deodorant/shaving/sanitary supplies (if used))
- Shower caddy/bucket/toiletry bag
- Nail clippers
- Plastic cup

BEDDING/LINEN

- 2 sets of sheets to fit mattress (74"X30")
- 2 warm blankets/light quilt
- 1 pillow and 2 pillowcases
- 4 bath towels/ 2 washcloths
- 2 laundry bags

TRIP PACKING

- Sleeping bag and stuff sack
- Thermarest or closed cell foam pad (*optional*)
- Small daypack
- 2 water bottles: 1 quart or 1 liter capacity each
- Small stuff sack to hold camping toiletries
- Bandanas

OTHER ITEMS (optional unless listed as required)

- Self addressed envelopes/postcards with stamps, writing paper, pens (addresses for family and friends) **required**
- Swim goggles/fins/snorkel
- Camera (cell phones are not permitted for photos)
- Red/Blue festive clothing for July 4th (wacky shirt, tutu, etc...)
- Notebook, books or games (we have lots of choices at camp)
- Musical instrument
- Fishing tackle
- MP3 player/music player (no apple watches, devices with internet or video capability)
- "Crazy Creek" type folding chair (for council fires)
- Riding or Bike helmet (we provide but campers may bring own, if preferred)
- Clip on battery light or mini fan
- Softball/baseball glove
- Lacrosse stick, soccer cleats/shin guard
- Tennis racquet and tennis balls

Questions? Email
directors@northcountrycamps.com

New for 2024 - we ask that the following items not be brought to camp

* utility or pocket knives

* hammocks (camp will provide hammocks in appropriate places but we do not permit them inside cabins)

Irreplaceable Possessions and Non-Permitted items

The camp environment can be rough on delicate and valuable possessions. Many campers choose to bring collectible card games, like "Magic" to play and to trade with their friends. We suggest that if your child is bringing cards to camp, that they not bring any particularly valuable ones, as they are easily lost or damaged. Because each card is so similar, to avoid confusion and conflict, we also suggest marking them to show ownership. We recommend that campers not bring expensive jewelry, sentimental items or anything that cannot be easily replaced.

To promote a safe environment, knives of any kind are not permitted at camp (**including pocket or utility knives for camping**), or any toys that resemble a weapon like airsoft guns, bb guns, throwing stars or ornamental swords. Campers are also not allowed to have any devices with flames, candles or fireworks. **Hammocks are prohibited from all cabins (for fire safety and the structural integrity of our buildings)** and we ask for your help to ensure they are not brought to camp.

Trip Program Overview

We operate an extensive trip program throughout the entire summer. The program is set up as a progression so that campers build stamina and skills. We start Week 1 with cookouts and hiking day trips. In Weeks 2 and 3 we take afternoon/evening canoe trips on Lake Champlain, more varied and challenging hiking day trips, and canoe and hiking overnights. Extended trips (defined as 2 or more nights) begin Week 4. The heart of the extended trip season is Weeks 5-7.

We strongly encourage all campers to try different kinds of trips. We send campers on specific trips based on various criteria including their requested preferences, skills, strengths, maturity and space availability (group sizes are limited in many cases due to room in our vans and/or State regulations). We do require those leaving camp for a water-based trip to pass our basic 4 swim tests. In addition to hiking and canoeing trips, there are other opportunities, mostly though not exclusively for older campers, to go rock climbing, sailing on Lake Champlain, mountain biking and on horseback trail rides.

Camping Equipment Suggestions

The following suggestions, offered by our experienced trip leaders, may prove helpful if you plan to buy camping equipment. Our trip house has sleeping bags, hiking boots, day packs, rain gear and warm layers available for loan if you are unable to provide them. **Please remember to put your child's name on everything brought to camp.**

Sleeping Bag - Although important, the sleeping bag need not be expensive. A good sleeping bag for summer use is lightweight, easily compacted, and provides warmth enough for the average sleeper down to about 40 degrees. A down-filled bag is neither necessary nor desirable for camp. Polyester-filled (known as Polarguard, Quallofil, Primaloft, or Holo-fill) bags have the advantage of being usable even when wet. Mummy-shaped bags are lighter, more compact, and warmer than rectangular bags. *A proper sized stuff bag is essential.*

Foam Pad (optional) – For older campers, a foam sleeping pad is useful both for comfort and for insulation from the ground. Inflatable sleeping pads are preferred by some, but do cost more. Closed cell foam pads can be purchased from most camping supply stores.

Day Pack - A day pack is likely to be useful for all campers. Such packs are small and designed to carry one's jacket or sweater, poncho or raincoat, water bottle, lunch, and a limited number of other small items.

Frame Pack and Internal Pack. Camp will supply packs for extended trips. The purchase of a frame pack or internal frame pack is *not* recommended for beginning or younger campers. We will be happy to make recommendations to those whose interest in backpacking warrants such a purchase.

Water Bottles - With water bottles, high quality can be obtained at low cost. Be certain it has a tight-fitting cap so it won't leak. We recommend that hikers carry **two** *1 quart or 1 liter* bottles. Because we need to sanitize these items, bottles are better than hydration systems (Camelbacks). Many hikers simply use a thoroughly rinsed one or two-quart plastic juice bottle (we are pleased to see them recycled for use, and have a supply at camp). If purchasing stainless steel water bottles, make sure they hold at least 1 quart or 1 liter of water.

Poncho – Ponchos are used both as ground cloths under sleeping bags and as rainwear. Good quality is desirable. The best buy is a lightweight *coated nylon* poncho. **Vinyl or plastic ponchos tear easily and should be avoided.**

Raincoat - The best raincoat is water resistant, if not fully waterproof, has a hood, and is long enough to cover the hips and can fit easily in a day pack..

Socks - While many of us still prefer to wear wool socks when hiking, the new combination socks, which contain wool and synthetic fibers, are also recommended. Cotton socks are not recommended for hiking trips. Wool socks will be more comfortable for hiking and have the advantage of keeping you warm, even when wet. We recommend that everyone come to camp with *at least* four pairs of wool hiking socks and 2-3 pairs of liner socks. Many people like those made by Darn Tough and Smartwool. *Note* *If you buy socks in light colors, it's easier to write names on them!*

Footwear - We recommend that you buy **high-top** (above the ankle bone), lightweight hiking boots. These boots are made with a combination of leather and nylon, have a rugged lug rubber sole, and are specifically designed for hiking. **Any new shoes should be well broken in before coming to camp, to avoid blisters.** When buying boots, be sure to fit them with two pairs of socks, the outer pair being heavy wool or wool/synthetic combination socks. Also, check the fit to be sure that your camper's ankles receive adequate support.

Teva-type or Crocs sport sandals can be used for swim/shower footwear, for boating and on trips. **Make sure they have a heel strap and will not come off in the water.**

Wool or fleece sweater/jacket - Unlike cotton, wool or fleece will keep you warm even when wet, an important feature on trips. *A wool or fleece sweater/jacket is **required** for camping trips.* It will be easier to put on and take off if it has a zipper.

Wicking t-shirt - In cold weather, a non-cotton (some type of polyester) shirt is the ideal first layer. By moving sweat away from your skin, it helps prevent chills that you would get if your skin remained wet in the cold air. In warm weather, this shirt moves sweat away so the air dries it quickly. A wicking shirt is particularly important for older campers interested in extended hiking trips. We recommend bringing 2 or more particularly for extended trips.

Long pants - At least one pair of long pants should contain at least 65% polyester. Wind or rain pants are a great option.

Wool or fleece hat - Though most of our weather during the summer is warm and wonderful, we do wake up to some chilly mornings both in camp and out on trips. A wool or fleece hat is an essential piece of clothing.

There are many suppliers of good camping equipment available online and in your local shopping areas. The best stores are those whose salespeople know and understand the needs of the hiker and camper.

Daily Schedule and Activity Periods

The following schedules offer a glimpse into your child's day. There are many opportunities for free play in between activities. Weekends follow a slightly different schedule and often include special all camp events as well as opportunities to connect with their peers at the other camp (picnics, concerts, and Friday night mixed events). The week concludes with a Sunday night council fire with stories and singing.

CAMP LINCOLN Sample Daily Schedule

Time	Monday-Friday Schedule	Notes
7:30 AM	Wake-up Bell	Staff support campers to wake and dress appropriately for the weather.
7:50 AM	Breakfast	Family style dining, everyone washes hands prior to meals.
8:30-9:15 AM	Cabin Clean-up	We ask campers to make their beds daily, and help straighten up their cabin and get ready for their activities (sunscreen application, appropriate equipment, hydration).
9:30-10:30 AM	1st Hour Activity	Campers choose 1st and 2nd hour activities weekly and participate in the same activity all week long.
10:45-11:45 AM	2nd Hour Activity	
12:00-12:30 PM	Free Swim	
1:00 PM	Lunch	Afternoon activities are selected at lunch and change daily.
2:00-3:00 PM	Rest Hour	Campers have quiet time in cabins.
3:00-5:15 PM	Afternoon Activities	
5:30-6:00 PM	Afternoon Swim	
6:30 PM	Dinner	
7:30 PM	Evening Activities	Activities vary (free play, open waterfront, or field).
8:30-9:00 PM	Bedtime Preparation	Bedtime hygiene and rituals (read story, share events of the day).
9:00 PM-9:30 PM	Lights Out	Time for lights out varies by age group.

CAMP WHIPPOORWILL Sample Daily Schedule

Time	Monday-Friday Schedule	Notes
7:30 AM	Wake-up Bell	Staff support campers to wake and dress appropriately for the weather.
8:00 AM	Breakfast	Family style dining, everyone washes hands prior to meals.
8:45-9:15 AM	Cabin Clean-up	We ask campers to make their beds daily, and help straighten up their cabin and get ready for their activities (sunscreen application, appropriate equipment, hydration).
9:15-10:15 AM	1st Hour Activity	Campers choose 1st and 2nd hour activities weekly and participate in the same activity all week long.
10:30-11:30 AM	2nd Hour Activity	
12:00-12:30 PM	Swim	We also offer field games or yoga as options.
1:00 PM	Lunch	Afternoon activities are selected at lunch and change daily.
2:00-3:00 PM	Rest Hour	Campers have quiet time in cabins.
3:00-4:30 PM	Afternoon Activities	
5:00-5:30 PM	Afternoon Swim	
6:30 PM-7:15 PM	Dinner	
7:30 PM	Evening Activities	Activities vary nightly.
8:30-9:00 PM	Bedtime Preparation	Bedtime hygiene and rituals (read story, share events of the day).
9:00 PM-9:30 PM	Lights Out	Time for lights out varies by age group.

HEALTH AND SAFETY

Covid Planning

We feel fortunate that the magnitude and fear of Covid has lessened. We plan to run the summer as “normal” as we possibly can and we are confident in our ability to operate safely this summer and are looking forward to welcoming your child to camp! Covid will be treated as any other communicable illness as described in our pre-arrival health instructions.

Health Care Facilities

We have a health center at each camp and a staff of three nurses. The CVPH Medical Center (part of the UVM Health Network) and Urgent Care are each a 25-minute drive from camp. North Country Camps has a physician in Elizabethtown who can perform simple lab testing (ie: strep throat) and diagnose illnesses that

may require antibiotics or topical creams. Additionally, there are dentists' offices in Plattsburgh. Our nursing staff can be reached by email and by phone. Contact information will be sent to families prior to camp.

Health History

A complete and accurate health history will best enable us to provide care for your child. Please inform us of the past and current physical and emotional health of your child. We strive to support each child in the most nurturing way possible at every developmental stage, allowing all children to continue to grow into who they will be, while helping them to develop friendships and to learn skills that will last a lifetime. Confidential information will only be shared on a need-to-know basis. It is our policy to treat children consistent with the gender with which they identify.

Accident Sickness and Insurance

Visits to the doctor and medical prescriptions, as well as more serious situations that may require follow-up treatment or hospitalization, will be billed to family health insurance policies. **Please be sure that your family health insurance policy covers your child while at camp – this is especially important with HMO policies. Parents are responsible for paying medical bills.** Please provide us with necessary information on your policy regarding x-rays, tests, or prescriptions.

Parent and Guardian Notification

Our policy for notifying parents in the event of illness or accident is as follows: you will be contacted by telephone or email if your child must be seen by a physician, or if your child is required to stay overnight at the health center. Visits to the health center for minor complaints will not be reported to you unless in the nurse's judgment an email or call seems advisable.

Health and Medication Forms

Please refer to the health forms found online, in [your CampInTouch account](#). *It is mandatory that we receive completed health forms before your child arrives at camp. You must print out NCC's Physician Form from CampInTouch as we cannot accept generic forms that your doctor may provide.*

All health forms must be filled out completely. Forms must be completed both by you and your child's doctor, indicating results of a health examination within the last twelve months (please have the doctor fill out **our** form). The immunization history must be up-to-date and complete. You must send a copy of your insurance card.

Please upload, or mail to the winter address, the completed forms so they reach us before June 1st. Our nurses must be able to review these forms prior to your camper's arrival. Up-to-date and accurate information is essential for the protection of your child in case of accident or sickness. You will be notified promptly in an emergency, but **PLEASE BE SURE TO SIGN and DATE the Parent/Guardian Authorizations** so that routine care can be provided, prescribed medications can be administered, and emergency care will not be delayed if we can't locate you immediately. *Unsigned forms will be returned for your signature.* If you have any questions or issues uploading documents, you may always email them to corey@northcountrycamps.com.

Immunization

Make certain that your child has received all immunizations prior to arrival. We require written instructions signed by your doctor for any children who will receive allergy shots or other injections during the summer. Those instructions should designate who is authorized to administer the shots and specify treatment in case of adverse reaction.

Please read the meningococcal disease information before signing the vaccination form. **NYS requires that the vaccination information be completed annually for each camper. Please consult with your child's pediatrician as to whether your child should receive this vaccination. If your child is not able to receive the vaccine because they are under the age of 11-12, simply choose the second option.**

Medications

North Country Camps has updated its medication administration policy. *Please read this information carefully* then contact your physician and pharmacy well before camp starts to ensure your child receives the medications they need this summer.

Updated Medication Policy

First, *all* scheduled or daily pill and chewable medications, herbal remedies and supplements must be packaged by a licensed pharmacist in blister packs (medical bingo card) or sachets (pill pouch bags) prior to your child's arrival at camp. Second, we *must* have a doctor's order to administer all these types of medication. **Campers are not permitted to administer or retain prescription or over-the-counter medications except under the supervision of the camp nurse.**

If your child takes "gummy" medications or supplements, we ask families to transition to a chewable tablet or pill. Gummy products are difficult to package and can easily melt without temperature control. We strongly recommend that you begin non-gummy options for your child prior to the start camp. We offer a wide variety of fruits and vegetables at our meals.

Why is this the safest option for medication administration?

Blister packaging is becoming the national standard for summer camps. Using this packaging ensures that we are compliant with New York State medication administration laws and also improves safety by minimizing the risk of medication errors at camp and on wilderness trips. With pharmacy-labeled blister packs, trip leaders need only carry the exact number of medications that will be administered during the trip, whereas without blister packaging trip leaders are required to carry the full medicine bottles for each of their campers.

How do I get my child's medications packaged? How should medications be timed?

We recommend you speak to your physician's office or your preferred pharmacy to identify a convenient option for packaging. Most major pharmacies offer this service with minimal additional cost.

With respect to the timing of administration, while camp can dispense medications at any time prescribed by your child's physician, to the extent that medications can be grouped together and aligned with mealtimes or bedtime, it will make this transition to blister packaging easier.

These times are:

- Breakfast: 8 am
- Lunch: 1pm
- Dinner: 6:30pm
- Bedtime 8:30-9:30pm

How much medication should I send?

For campers enrolled for three or five weeks, we ask that you send at least 1 extra week of medications. In the event that your child decides to extend their camp stay, the extra medications can bridge the gap until additional medications arrive, if needed. Any camper registered for the full summer should arrive with enough medication for their time at camp.

For your convenience, medications (other than temperature-sensitive medications and liquids) may be mailed ahead of time to the summer camp address starting June 1st or you can bring them in a bag to deliver at drop-off. **Whatever method you choose, please do not delay this process. It may take a month or longer to determine the details.**

Camp Lincoln
395 Frontage Road
Keeseville, NY 12944

Camp Whippoorwill
517 Frontage Road
Keeseville, NY 12944

What does NOT need to be blister packed?

The following medications do not need to be blister-packed: Liquids, eye drops, creams, or inhaled medications, or “as needed” medications that may only be taken once or twice a week (i.e. Lactaid for ice cream on Sundays). Medications that are already prescribed in a pill pack (i.e. birth control or some ADHD medication with daily packaged doses) do not need to be repackaged.

Any of the above medications sent or brought to camp *must*:

1. be properly labeled as to contents and in the original container.
2. be labeled with the camper’s name.
3. be accompanied by specific written instructions as to use and dosage (*this includes vitamins and any topical creams*).
4. be in the care of the nurse for administering – *this includes all over-the-counter medicine as well as prescription medicine.*
5. cannot be expired.

All medication must have a written order from a prescribing physician.

Emergency medications such as inhalers and epi-pens need to be inspected by the health center and are ordinarily stored there. If you want your child to self-carry emergency medication, like an epi pen, you must provide a doctor’s note authorizing self-carry and self-administration. In addition, you must provide a second set of those emergency medications that can be kept in the health center.

We do stock over the counter (OTC) medication for “as needed” use if we have an order to provide it. Please do not send any OTC medication for your child.

Can I buy my own blister packs and package them myself? What about changes to my child's medication?

We are not permitted to administer medications that have not been prescribed by a doctor, and/or have not been packaged by a pharmacist. We must be able to verify the camper's name, dosage, time, and method of delivery on pharmacy labels. Therefore, please do not send pill-planner boxes, home-filled blister packs or bags with medications or supplements. Please note, we can only dispense the dosage as written and cannot cut pills or make any changes mid-summer without a separate doctor's order. Therefore, it is important to ensure your child has the correct number of medications to last their entire stay.

What happens if my child starts a new medication right before camp starts or needs medication during their stay at camp?

If your child is starting a new medication that they will need all summer, please contact your pharmacist to see if you can have it individually packaged. We understand that some campers may arrive with a few days' course of antibiotics or might need a prescription over the summer due to illness. We will make an exception to pill packaging in these cases if the medication comes in the original prescribed bottle and has a doctor's order.

Why do I need to do this on my own? I know other camps that use an outside company.

After researching outside companies, we were unable to find a service that universally accepted the various health insurers used by our camp families. In addition to insurance issues, due to registration fees and late fees, we anticipate families may be able to find lower-cost options than requiring all families to utilize the same company for medication packaging. For example, using one company's service for daily administration of Zyrtec (Cetirizine) would cost over \$100 for a 30-day supply. Families are encouraged to contact their insurer or prescription plan provider to inquire about benefits coverage for multi-dose pill packaging.

Please contact us at directors@northcountrycamps.com if you have any questions.

Pre-Arrival Health Instructions

A child who has been exposed to a communicable disease **must not** be sent to camp until the danger to others has passed. This includes children with fevers, gastrointestinal distress, vomiting or any reason a child might typically be sent home from school. Help us get a healthy start by communicating any concerns about sickness before the long trip to camp.

Head Lice and Bed Bugs

Our goal is to have a lice-free summer. We need your help to make that possible. Please take precautionary measures to ensure your camper is free of both lice and nits (eggs) prior to arrival. Everything you do prior to camp gives us the best shot at having a lice-free summer. As many of you know from experience, it only takes one missed nit to cause an outbreak. We are vigilant about checking campers upon arrival, and throughout the summer to catch any missed nits or lice once camp begins. **Please be sure to check your child for head lice in time to treat the condition before departure for camp.**

IMPORTANT: If we find nits or lice, your child will be isolated until a full treatment can be done. We will hire professionals to comb, at a potential cost of \$50 per hour to you. This could total upwards of \$500 depending on the length of time needed to comb. Our policy is to comb daily until all evidence of nits are gone, which can mean a great deal of time for your child to be out of activities.

For both lice and bed bugs, all items brought to camp will be laundered, sprayed, or quarantined in order to prevent spread. All charges (which can be significant) for treatment and laundry of any child arriving with lice or bed bugs will be the responsibility of the camper's family.

Please let us know if your child has been treated for head lice during the months prior to camp, or if your home or family have been exposed to bed bugs. This is an important piece of information that will help us prevent the recurrence or spread of both at camp.

New York State Public Health Law

New York State Public Health Law requires that children's camps notify camp families of the following information:

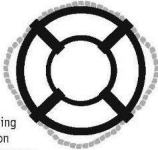
1. Our camps are required to be licensed by the New York State Department of Health.
2. To be licensed we must comply with detailed standards of health, safety, and sanitation. Health Department personnel inspect our camps each summer.
3. Reports of these inspections are filed at the following address, to which inquiries may be made:

New York State Department of Health, District Office
 11-15 St. Bernard St.
 Saranac Lake, NY 12983 Phone: (518) 891-1800

Camp Safety

Are the camp facilities and activities safe?

The camp operator must develop a written plan to include maintenance of facilities, provisions for training staff members and orientation of campers, supervision of campers, campsite hazards, emergency procedures and drills, safety procedures and equipment for program activities.



Are bathing areas marked off for various swimming skills? Are campers tested to determine their level of swimming ability before participating in aquatic activities? Are nonswimmers kept in water less than chest deep? Is the buddy system used? Are campers required to wear life preservers when boating or canoeing?

New York State regulation requires that the answers to all these questions must be "yes."

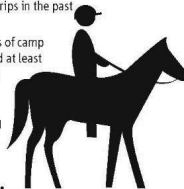
Camp Trips

Are camp trips supervised by counselors who have the maturity and experience to make decisions that could affect the safety of campers?

All trips must be supervised by a trip leader who is at least 18 years old and competent in the activity. Counselors must accompany trips and all staff must review the safety plan prior to the trip.

Counselors should have the skills and expertise in the camp activity (canoeing, rock-climbing, etc.) to handle any emergency that might arise. Ask whether the camp has conducted similar trips in the past without incident.

In New York State, the drivers of camp vehicles must be licensed and at least 18-years-old. Seat belts must be worn when provided and vehicle capacities not exceeded. When transporting children in a truck, only a truck cab can be used.



Sports and Activities

How are activities in craft shops supervised, especially when campers are using dangerous tools, such as power saws and lathes? Are archery and rifle ranges at a safe distance from activity centers? Are spectators protected at baseball fields and similar areas? Do players wear protective equipment?

State regulation requires that archery, riflery and horseback riding be supervised by counselors with special training in those activities.

Fire Safety

Are there periodic fire drills for both campers and staff? Does each floor of every building have fire exits in two different locations? Are flammable materials (gasoline, pool chemicals, etc.) stored away from activity centers and kept under lock and key? Are functioning smoke detectors located in every sleeping room?

All of the above are mandatory in New York State.



Location and Facilities

Are barriers erected against such natural hazards as cliffs and swamps? Are foot trails located away from such dangerous areas and from heavily traveled roads and highways? Do the camp facilities (bunks, bathrooms, mess hall, recreation facilities) meet your aesthetic tastes and those of your child? Is the camp located in an area that will not aggravate your child's allergies? Will your child be required to perform chores, such as cleaning or cooking?

For information on the camp's location and facilities, visit the camp or interview the camp operator by telephone, prior to making a decision to enroll your child at the camp.

Nutrition

Are good health practices observed in the camp kitchens, dining areas and food services? Does the camp serve food your child likes?

At camps in New York State, food must be prepared from inspected sources. Food preparation and handling activities are reviewed to assure safe and sanitary practices. Kitchen employees must be healthy and follow hygienic practices. Potentially hazardous food must be maintained below 45°F or above 140°F.



Rights and Responsibilities

The regulatory program of the New York State Department of Health places specific responsibilities on camp operators, and on local health departments that enforce department regulations. Following is a summary of rights and responsibilities:

Rights of Parents and Guardians

- To be informed by the camp director, or his or her designee, of any incident involving your child, including serious injury, illness or abuse.
- To review inspection and investigation reports for a camp, which are maintained by the local health department issuing the camp a permit to operate (present and past reports are available).
- To review the required written camp plans. These are on file at both the camp and the health department issuing the permit to operate.

Responsibilities of the Camp Operator

- To inform you and the local health department if your child is involved in any serious injury, illness or abuse incident.
- To screen the background and qualifications of all staff.
- To train staff about their duties.
- To provide supervision for all campers 24 hours a day at overnight camps, and during hours of operation for day camps.
- To maintain all camp physical facilities in a safe and sanitary condition.
- To provide safe and wholesome meals.
- To have and follow required written plans for camp safety, health and fire safety.
- To notify the parent or guardian, with the enrollment application or enrollment contract, that:
 - the camp must have a permit to operate from the New York State Department of Health or the designated permit-issuing official;

Swimming

Are waterfront personnel qualified?

Are campers always supervised while in the water?

All waterfront activities at camps in New York State must be supervised by an experienced certified lifeguard or water safety instructor. On site, one qualified lifeguard is required for every 25 bathers. All aquatic staff are required to be trained in cardiopulmonary resuscitation (CPR).

Camps that use off-site pools or beaches operated by others must make special arrangements to provide a safe activity. Even off site, the camp remains responsible for supervising campers.

Some children's camps use sites for swimming that are not inspected by local health departments. Parental permission is required in these instances, and the camp must follow established guidelines to protect campers.

While campers are involved in aquatic activities on site, there must be one counselor for every 10 campers eight years or older; there must be one counselor for every eight children aged six and seven; and one counselor for every six children younger than six years old. When swimming off-site, there must be one counselor for every eight campers six years or older and one counselor for every six campers younger than six years.



- the camp is required to be inspected twice yearly; and
- the inspection reports and required plans are filed (address of state, county or city health department) and available for their review.

Responsibilities of Local Health Departments

- To review and approve the required written camp plans for compliance.
- To inspect camps to assure that: (1) all physical facilities are properly operated and maintained; and (2) adequate supervision exists to provide a healthy and safe environment in accordance with the New York State Sanitary Code.
- To issue a permit to operate when the required plans and inspection results are satisfactory.
- To investigate reports of serious incidents of injury, illness and all allegations of abuse or maltreatment.
- When requested, to provide parents or guardians of prospective campers an opportunity to review inspection reports and required plans.

The time and effort spent in selecting the camp your youngster will attend is important. Keep in touch, especially if it is your child's first camp experience. If possible, visit the camp before and during the camping season.

Information

For further information about New York State health laws relating to summer camps, call the State Health Department's Bureau of Community Environmental Health and Food Protection in Troy at 1-(800) 458-1158, ext. 27600.



State of New York
Department of Health

Children's Camps in New York State



In New York State, summer camps must have a state, city or county health department permit to operate legally. These permits are issued only if the camp is in compliance with the state's health regulations. The permit to operate must be displayed in a conspicuous place on the premises.

The camp must be inspected twice yearly by a health department representative. At least one inspection must be made during the time the camp is in operation. Each camp is checked to make sure that the physical facilities are safe and that supervision is adequate. When choosing a summer camp for your child, consider the following:

Staff Credentials/Supervision

What are the qualifications of the camp director?

The New York State Health Code requires that the director of an overnight camp be at least 25-years-old or hold a bachelor's degree; a day camp director must be at least 21-years-old.

All directors must have experience in camping administration or supervision. Camp directors' backgrounds are screened by the Office of Children and Family Services Central Register Database for reported incidents of child abuse and maltreatment. Their backgrounds are also screened by the Health Department for criminal convictions. Only individuals who are considered to pose no risk to campers are accepted by the Health Department as camp directors.

What are the qualifications of the camp counselors and how are campers supervised?

Counselors must have experience in camping and supervision of children or have completed an acceptable training course. Stringent counselor-to-camper ratios and staff qualifications are mandated for supervision of swimming, archery, riflery and camp trip activities.

At overnight camps, 80 percent of the camps' counselors must be at least 18-years-old; up to 20 percent may be 17-years-old. There must be at least one counselor for every 10 children aged eight years or older, and one

counselor for every eight children younger than eight years old.

At day camps, counselors must be 16 years of age or older. There must be a minimum of one counselor for every 12 children.

Camps that must provide at least 10 counselors may choose to use counselors-in-training (CITs) to meet 10 percent of the required number of counselors. These CITs must be at least 16 years of age at an overnight camp and 15 years of age at a day camp. They must work with senior staff, have had previous experience as a camper and complete a training program. Ask the camp operator if any of their counselors are CITs and how they are used to supervise campers.

Ask about the camp's staff and supervision procedures, including discipline policies. Do they meet your expectations?

Health

Ask about medical coverage and when you will be notified if your child becomes ill or injured. Is a doctor or nurse in residence or on call for campers at all times?

Physicians or nursing services must be available. All summer camps in New York State are required to have a health director and a written medical plan approved by the Health Department. The written plan must include, among other things, provisions for medical, nursing and first aid services. Injuries and illnesses must be reported to the Health Department and are thoroughly reviewed.

Does the camp require medical records for campers?

Camps must keep current medical history reports on file for all campers. Be sure to detail your child's history of immunization, illness, disability or allergy. Specify special diets and activity restrictions. Provide instruction for any medication your child must take.



POLICIES AND PROCEDURES THAT APPLY TO ALL CAMPERS

Rights and Dignity of All Campers and Staff

We respect the rights and dignity of all campers and staff, regardless of age, race, color, gender, gender identity, sexual orientation, religion, ability, family structure, social-economic background, ethnicity and national origin.

Every person at camp is accepted and celebrated, and treated with dignity and respect. We are committed to helping children have a happy, safe and meaningful experience where they can be curious about the world, increase self-awareness and develop friendships away from electronics and other modern distractions in a respectful and inclusive environment. We teach campers and staff to speak respectfully to each other and when speaking about others, to be kind, fair and accepting of differences, to prioritize safety (physical and emotional), to take responsibility for one's actions, and to care for our facilities, equipment and natural surroundings.

Camper Behavior

Part of what children learn at camp is how to live with others in close quarters and in a small community. This involves a willingness to solve problems together and respect the experience of other campers. For this reason, we expect behavior that is respectful and does not negatively impact the experiences of others. The staff is trained to help campers find productive ways to deal with challenges and express frustration. The directors will communicate with families when behavior is particularly difficult so that together we can help a child navigate life at camp.

In rare instances, it may be necessary for a child to leave camp. This might occur when a camper is unable or unwilling to control their behavior, or when the camp experience of other children is being significantly

impacted by such behavior, and a cooperative effort between parents and camp to address the situation has not helped.

The more information that families can share with us about a child's emotional life and patterns of response, the easier it will be for our staff to help children navigate life at camp and have a wonderful summer.

Bullying and Harassment

The physical and emotional safety of our campers and staff members is our top priority. Everyone has the right to expect the best possible experience at camp. Therefore, we do not tolerate bullying and harassment. Bullying occurs when one or more people exclude, tease, taunt, or use physical intimidation to put down another with the intent to hurt them. Harassment can include, but is not limited to, inappropriate put-downs of individual persons or classes of people, off-color jokes, ridicule, unwelcome sexual flirtations, unwanted touching, and serious physical harm. Bullying and harassment create an atmosphere that is not conducive to our learning and living environment. No form of bullying or harassment is acceptable at North Country Camps. If you become aware of any bullying or harassment please contact the directors immediately.

Gender Identity and Inclusivity

We welcome and support campers and staff of all gender identities. We recognize that gender identity exists on a spectrum and that exploration of one's identity and interests is a normal aspect of development. During childhood and adolescence, deeply held aspects of identity like one's gender or sexual orientation may be questioned. It is our goal to provide a safe and supportive environment. We ask that everyone in the North Country Camps respect the gender identity of each other.

Cabinmate Requests

Campers may make mutual requests for cabin mates. We work hard to ensure that as many requests as possible are granted. However, final cabin assignments are at the discretion of the directors. While we understand the excitement and comfort of having your friends in the same cabin, part of the camp experience is making new friends and learning different perspectives. Changing cabin groups from year to year fosters a community of inclusivity and helps new campers feel greater belonging. When requesting bunkmates we ask returning campers to include at least 2 names of campers who were not in their bunk the previous summer.

Drug and Tobacco Policy

Possession or use of any federally illegal drug or alcohol, tobacco or "vaping" devices of any type, will not be permitted, nor may campers use prescription drugs or over-the-counter medications without the supervision of the nurse. The parents of a child possessing or using any such substance will be notified immediately by the director who, in consultation with the camper and their parents, will decide upon appropriate action. It is essential that all campers understand and agree to subscribe to this policy **before** coming to camp.

Technology Policy (Cell phone, MP3, iPod, Kindle, e-Reader, etc.)

We value the opportunity for campers to develop meaningful connections and friendships without the aid of technology. We believe that by choosing summers at camp you're offering your child a distinct change from their life at home and school; a change focused on living in the outdoors, on the joy of physical exertion in a broad range of activities, on the opportunity to try new adventures and risk mistakes and, above all, to connect with other children and young adults face-to-face without the distractions of modern life.

It is important that parents as well as campers understand our policy regarding technology. **Computers, cell phones, pagers, email devices, walkie-talkies, hand-held computer games, drones and all brands of e-readers are not permitted. *iPods capable of containing video content will not be permitted.***

We'll restrict the use of music devices exclusively to the camper's cabin and ask that headphones be handy. **To clarify:** iPod shuffles and nanos without video content will be allowed. The iPod classic and touch will not be permitted.

Camp will **not** be responsible for repairing or replacing broken or missing music devices or digital cameras. *It is essential that any such item bear permanent identification as a protection against loss or confusion about ownership.*

Consistent with our goal of creating a healthy community at camp, we will monitor the use of these devices and counsel campers in the case of any activity deemed inappropriate or likely to injure the feelings of others. We maintain the right to review digital content of music devices and cameras and to restrict usage. You may want to consider disposable cameras for camp use.

Package Policy (Candy, Food and Otherwise)

North Country Camps does not allow packages unless they fall in the following category below. If you provide your child's camp address to friends and relatives please share our package policy. If your child has forgotten something, please check-in with us before ordering an item. We may have it in our camp store or can easily find a solution that will be faster than shipping a package.

Please do not send packages to camp unless you have first consulted with the directors. We're asking for everyone's help in reducing trash, cabin clutter, and competition for "things" received. **All approved packages will be opened by the children in the presence of camp staff and inspected.**

We shall **restrict packages** to the following:

1. Camp necessities, such as those listed on the Camper Equipment List, that were forgotten or need to be replaced. Examples: eye glasses, tennis racket, poncho.
2. Birthday presents for those campers whose birthdays occur during the camp season (in moderation). **Please, no cakes or foods.**
3. Printed Materials (in moderation *please!*), such as magazines, newspaper clippings, puzzle books, reading books, cards. Whatever you send must fit in an envelope no larger than 10 x 13.

Please DO NOT send any food items because your camper will not be permitted to keep them. All food will be disposed of as we do not have space to store packages. Unsupervised food in the cabins creates health risks for our campers with severe food allergies. It also attracts insects and wildlife. We provide healthy snacks, fruit and desserts daily and campers receive candy at our store.

Any packages that don't conform to the above requirements will *not* be delivered to the camper. We don't plan to make exceptions. We hope the reasoning supporting our package policy is clear and that you'll support our efforts.

We recognize that campers love to receive mail, and we encourage you to keep those cards and letters coming.

Gratuities

Together with fellow members of the American Camp Association we're opposed to the practice of tipping at camp. We ask families not to offer tips to staff members, and we instruct our staff not to accept tips. If you'd like to demonstrate your thanks, consider making a donation to the North Country Camps Foundation or to the Gucker Campership Fund.



North Country Camps
www.northcountrycamps.com

North Country Camps is accredited by
the American Camping Association (ACA)