



North Woods and Pleasant Valley Camps

Camper & Parent Information and Policy Sheet



Welcome to North Woods and Pleasant Valley Camps! The following information is your guide to a successful summer. Please keep this information for future reference and feel free to call our office with any questions or concerns that you have.

North Woods and Pleasant Valley Camps:
P.O. Box 10
Mirror Lake, NH 03853-0010
PH: 603-569-2725 Fax: 603-569-5869
Website: www.bostoncamps.org

Associate Executive Director: Artie Lang
Pleasant Valley Director: Liz Young
North Woods Director: Jon Haycock
Business Manager: Amy Goodman

What to Bring: We suggest the following be taken into consideration when packing for camp. Quantities depend on personal habits and length of stay.

Please label all of your child's belongings!

Remind your child of his/her responsibility to keep track of his/her belongings while at camp. We are not responsible for lost, stolen or forgotten items. **Please note: all unclaimed lost and found items are donated to charity two weeks after the close of camp.**

Bedding: pillow & case, blankets, sheets, sleeping bag. If your child has episodes of bed wetting, please send extra sets and make a notation on your child's medical form.

Clothing: underwear, pajamas, practical swim suits (2), socks, hiking boots, t-shirts, shoes, sneakers, shorts, long-sleeved shirts, raincoat, sweater, jeans, jacket, sweatshirt, flip flops for shower/waterfornt. Please pack comfortable, practical, and casual clothes and refrain from sending new clothing to camp. **(Pleasant Valley Campers in the Lifeguard Training Program must wear one piece suits.)**

Laundry Service: available **free** on a weekly basis for all campers. Two-week campers will have only one opportunity to do laundry.

Other Necessities: face cloths, flashlight & batteries, book, camera & film, bath towels, pens, stationary,, stamps, hat, beach towels, sunscreen, bug repellent, toiletries, water bottle (**we do not sell BATTERIES in the camp store**).

Optional Equipment: musical instruments, playing cards, Frisbee, baseball glove, backpack, sunglasses, tennis racket, plastic bucket (to carry toiletries), sports gear for competitions (cleats, shin guards, batting/goalie gloves, etc.). Certain equipment may be required to be locked for the safety of all in camp.

Footlockers & trunks: Footlockers and trunks should be approximately 32" x 18" x 13" and should be constructed of materials that will not collapse when someone stands or sits on it. These lockers or trunks do not have to fit underneath the bunks, but it does make it easier if they do.

Things not permitted: CELL PHONES, I-PODS/MP3 PLAYERS, cash, computer games, expensive jewelry, pagers, food/candy, stereos.

Your child will be dismissed from camp if he/she brings any of the following items to camp:

Alcohol/Drugs Animals Cigarettes Firearms/Weapons

Visitor Policy: Visits to camp are not allowed during two-week sessions. During any 4-week/month sessions, visits to camp are limited to holdover period between the two-week sessions.

Arrival and Departure: Sessions **start on Sunday and end on Saturday for 2-week campers and Sunday to Sunday for 1-week campers.** No one is permitted to drop off children unless the YMCA staff and volunteers are ready to receive and supervise campers. Each camper must be signed in and out by a responsible adult.

Arrivals: Sunday between 1 p.m. and 3 p.m.

Departure: Saturday between 9:30 a.m. and 11:30 a.m. for two/four-week campers.

Departure: Sunday between 9:30 a.m. and 11:30 a.m. for one-week campers.

Medical Concerns: We want you to feel comfortable leaving your child in our care. You will be notified by a Director if we have any concerns about your child, including homesickness, behavior issues, adjustment concerns, sickness or injury. A camp nurse will call if it becomes necessary for your child to spend the night in the infirmary, be seen by a doctor, or be taken to the hospital. If you are sending medication for your child, please send only enough for the length of stay your child will be attending camp. **(Health Forms Due June 1.** Our health form MUST BE fully completed as well as a doctor's signature at the end of the form. Your doctor can use our form for the physical portion or attach his own physical form to ours.) **Epi Pen/Inhaler Release Forms** required where applicable-Doctor's signature is required. **Health Insurance Card as well as Prescription card must be copied front and back and attached to health forms. (Do not** forget to pick up your camper's meds at the Roehrig Center at check out.)

Phone Calls: Getting phone calls at camp are NOT permitted unless they are an emergency. They are disruptive to our program and make a camper's transition more difficult to camp.

Holdover Fee: Overnight stay between any 2 week session including the overnight stay halfway through the month sessions. This fee includes activity, meals and overnight.

Meals at Camp: Three well-balanced meals and an afternoon snack are served every day at camp. Our food service staff strive to provide a menu that is attractive to children. An extensive salad bar is available at lunch and dinner, as well as peanut butter and jelly for those who do not wish to eat the main entrée. All meals are served family-style and good manners are expected from campers and staff alike. Everyone is expected to help with set-up and clean-up when it is their turn.

Cabin Assignments: We do not accept cabin mate requests. Camp is a very special place where independence, self-worth, and life-long friendships are made. Each summer parents make cabin assignment requests so that their child might be placed with a friend, cousin, neighbor, etc... These requests hamper our staff's ability to develop these attributes in the children. Cabin assignments are based primarily upon age, but our staff strives to eliminate cliques which can form when a disproportionate number of campers in one cabin know each other prior to arriving at camp.

Camp Store: **Prior to coming to camp,** a store account must be opened with a minimum of \$30. We sell souvenirs, such as hats, t-shirts, shorts, sweatshirts, stationery, water bottles, and toiletries. Items purchased at the camp store are deducted from the camper's store account. **WE DO NOT SELL FOOD, CANDY, DRINKS, BATTERIES, OR FILM IN THE CAMP STORE.**

PREPARING FOR YOUR EXPERIENCE

First Time at Camp: Sending your child away to camp for the first time is a major milestone for most families, one that is often marked by excitement, anticipation, and perhaps even some anxiety. Though camp is certainly about making friends and having fun, it is also about being on your own and being a part of a community. The most important thing you as a parent can do to help prepare your child for both these aspects of camp, is to talk about it before he/she arrives. In fact, it may be better to have several occasional, shorter talks rather than one long conversation as children often absorb more when there is less to think about at one time. Also, children may do better with this sort of conversation if it is part of a more general conversation, and if it is part of a pattern of talking, either at the dinner table or while riding in the car doing errands.

The following are some sample topics for discussion that will help prepare you and your child emotionally for their experience at camp.

Friends: Camp is about making new friends. If you are shy about meeting new kids, then learn to get to know others by being a good listener. Remember also that not everyone in your cabin or group has to be your friend, and you don't have to be everyone else's friend. As long as you treat others with respect, and they do the same with you, then having one or two friends at camp is fine. If you have more, that's great.

Activities: There are many exciting things to do at camp, many of which you may never have tried before. If your child tends to be a bit homesick, or worried about being homesick, remind them about the excitement of going to camp. Remember when you first decided to go to camp, what made you so excited? You may not like all the activities, or you may be better at some more than others, and that's ok. I, however, hope you are willing to try. The more you put into camp, the more you will get out of it.

Cooperating: You, like every other camper there, will be part of a cabin or group. As your parent, I hope you will cooperate with others and help out. That's part of what makes camp so special is kids helping each other out. Most kids will help you if you are friendly and help them.

Give yourself time: One thing about camp is that almost everything is new, the kids, the activities, the routines, the bed you sleep in, and the bathroom. It takes a few days to get adjusted, so be patient with yourself. Most of the time you will be having so much fun you won't mind all the changes, but if you do, remember that you will get so used to things that by the time you come home, you will miss all those things.

Getting Help: Everyone has good days and bad days. If you are having a problem, your counselor is there to help you. You don't have to wait to tell us if you are upset about something. After all, if your counselor doesn't know what might be troubling you, he/she can't help you. Be honest and ask for what you need. If your counselor doesn't seem to be concerned or doesn't help you, then you can go to the Unit Director, Summer Program Director, etc.

Being Positive: It's a great thing to remind your first-time camper about his or her strong points. I would focus not just on what they do well, but their positive qualities as well, such as what makes them a good friend or the type of person other kids would want to know. Helping children identify their strengths can help them when they are having a setback, one of those inevitable growing pains all children have from time to time.

Talking with your child about these kinds of issues is a great way to show support as your child gets ready to take this important step on the road to being more resilient and self-reliant. For you as a parent, it can give you more peace of mind as you allow your child to participate safely in a broader world.

Homesickness: Homesickness is a normal occurrence whether a child is away from home for the first or fifteenth time. Most children, early in their camping session, show some symptoms related to "homesickness". Our counselors receive detailed training in dealing with homesick children. However, for both your child's and our counselor's success, we depend upon your cooperation. Please do not encourage your child to call home while at camp, as there are no phones available for campers to use. It is not surprising to receive a letter early in a session in which your child sounds distressed. Feel free to contact us immediately. We will follow-up with your child and his/her counselor. Please do not arrive at camp unannounced or arrange a deal in which if your child is unhappy they can come home. It may worsen the homesickness for your child and spread these concerns to others. It is helpful to either send a letter before your child arrives at Camp or leave it at the office on drop-off day so that your child has mail right away. It is great if this letter helps to inspire confidence in your child. For example, we are so proud of you for going to Camp. We know that you will have a great time at all of your activities. I know you may miss home, but two weeks is not very long and we can't wait to hear stories of all the fun you had and new friends you made. We want you to have fun, make friends and we'll see you in two weeks.

Homesick parents make homesick campers; we need your support to provide your child with the best possible experience.

Sending Mail to Campers: Getting mail at camp is a memorable event and we strongly encourage parents and family members to write to campers. Sending faxes and emails to the office are strongly discouraged because we cannot guarantee a timely delivery to your child. **Please note packages sent** to campers are opened in front of staff. All food will be confiscated and given to a local charity. We recommend using the Ecamp service available on our website. Ecamp emails are delivered to campers daily. You can create your account at nwcpsc.ecamp.net.

US Postal Service:

North Woods Camp (Boys) PO Box 230 Mirror Lake, NH 03853 Camper's Name/Cabin	Pleasant Valley Camp (Girls) PO Box 465 Mirror Lake, NH 03853 Camper's Name/Cabin
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**Shipping Fed Ex
or UPS:**

North Woods/Pleasant Valley Camps
Route 109 North & Northwood's Rd.
Mirror Lake, NH 03853

Getting to Camp: (Do Not Use Map Quest)

From the South: Travel Route 93 to Concord, NH, to Exit 15E at 393/4/202. Travel approximately 8 miles from the exit to the first circle (Epsom). Travel 3/4 way around the circle onto Rte. 28N towards Alton. Travel approximately 21 miles to the next circle (Alton Circle), pass by McDonald's and head straight to Wolfeboro staying on 28N. Travel approximately 9 miles to Wolfeboro. See "**From Wolfeboro**"

Or: Travel Route 95 North to the Spaulding Turnpike at Portsmouth, which becomes Route 16 West. Take Exit 15 (Farmington/Alton) and travel on Route 11 towards Alton. Travel to Route 28 North into Wolfeboro and follow directions below.

From the West: Travel Route 89 to 93 North. Exit to Route 4 East and follow Route 28 North to Wolfeboro.

From Wolfeboro: In Wolfeboro, 28N veers off to the right. DO NOT FOLLOW 28N, but at the Junction of Rte. 109, continue straight on the main road through the center of Wolfeboro. You should now be traveling on 109N, not 109A. From Wolfeboro, travel approximately 5 and a half miles to camp. Four miles outside of Wolfeboro, you should pass the Libby Museum on your right, and shortly thereafter Mirror Lake Church on your right. Within a quarter mile you will see our sign and Northwood's Road is on the left. Turn onto Northwood's Road, stop at first building on left. **Please respect our 10 mph speed limit.**

Transportation: For families that cannot make the trip to New Hampshire, we offer a **Boston-New Hampshire Bus Service**. The bus service runs from the YMCA at 316 Huntington Avenue in Boston to camp on the first day of the session, and from camp to Boston on the last day of **two week sessions only**. No one is permitted to drop a child off unless a YMCA staff member or volunteer is there to receive and supervise the camper. Please be at the bus stop 30 minutes prior to drop off or pick up. **WE DO NOT PROVIDE TRANSPORTATION TO AND FROM THE AIRPORT.**

Bus Schedule: Sunday — Bus leaves Boston at 12 p.m. and arrives at camp at 3 p.m.
Saturday — Bus leaves camp at 8:30 a.m. and arrives in Boston at 11:30 a.m.

Please see website for places to stay in the area.

www.bostoncamps.org



The YMCA of Greater Boston is dedicated to improving the health of mind, body and spirit of individuals and families in our communities. We welcome men and women, boys and girls of all incomes, faiths and cultures.