



NORTH COUNTRY CAMPS
INFORMATION FOR CAMP FAMILIES

TABLE OF CONTENTS

CHECK LIST of items to be completed	PAGE 2
DATES OF OPENING AND CLOSING	PAGE 3
PRE-CAMP SESSION for Work Group Campers	PAGE 3
BUS TRIP TO CAMP	PAGE 3
BAGGAGE	PAGE 3
HEALTH CARE INFORMATION	PAGE 4
CLOTHING AND EQUIPMENT	PAGE 5
FLASHLIGHTS	PAGE 5
SAFETY DEVICES	PAGE 5
GRATUITIES	PAGE 6
DRUG AND TOBACCO POLICY	PAGE 6
ELECTRONIC DEVICES POLICY	PAGE 6
CAMP MAILING ADDRESSES	PAGE 7
PACKAGE, FOOD AND CANDY POLICY	PAGE 7
TELEPHONE AND MAIL POLICY	PAGE 8
CAMP TELEPHONE NUMBERS & TIMES TO CALL	PAGE 8
VISITING INFORMATION	PAGE 9
CAMPING EQUIPMENT SUGGESTIONS	PAGE 10
NYS PUBLIC HEALTH LAW & CONTACT INFORMATION	PAGE 11

CHECK LIST

- _____ Physical examination by family physician (**April or May**)
_____ ***Signature required.***
- _____ *Payment & Transportation Form* returned, with payment,
_____ **by May 1st or before**
- _____ *Camper's Cabinmate Request Form* returned
_____ **by May 1st or before**
- _____ *Health History Form, Physician's Examination Form, and copy of health insurance card* completed, signed, dated and returned by **June 15th or before**
(see page 4 for instructions)
_____ ***Signature required***
- _____ *NYS Meningococcal Meningitis Vaccination form* signed, dated and returned by **June 15th or before**
_____ ***Signature required***
- _____ *Activity Permission and Wilderness Swimming Permission Form* signed, dated and returned **by June 15th or before**
_____ ***Signature required***
- _____ Balance of camp fee due **by June 15th or before**
- _____ Send camper medications (except those requiring refrigeration) **to arrive by June 22nd**
(see page 4 for instructions)

DATES OF OPENING AND CLOSING

The camp season will open on Sunday, June 24, and close on Tuesday, August 14. An open-ended shorter session will end Saturday, July 28, or later if family plans permit. A second shorter session begins Sunday, July 8 and ends Tuesday, August 14. *In mid-July we will contact families who have chosen the shorter-session-with-option-to-stay, to determine whether or not their campers are inclined to remain for the last two and a half weeks.*

PRE-CAMP SESSION FOR WORKGROUP

Workgroupers who wish to come to camp a few days early are welcome to arrive on Thursday, June 21. The fee for this session will be \$200. *Travel arrangements must be made independently.* For those traveling from the New York City area we suggest Amtrak to the **railroad flag stop at Port Kent, NY**. A counselor will meet the group in NYC to travel with them on the train to camp. Baggage brought on the train is limited to two moderately sized bags (14 x 22 x 28, weight 50 lbs). You may want to consider shipping duffels to camp. **Please be sure to notify us if your child will be coming for pre-camp.**

TRIP TO CAMP BY CHARTERED BUS

A bus party 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 24. 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 to Horace Mann, the Exit 14 or Exit 24 meeting places will be mailed to you upon receipt of the enclosed Payment form and your check.** Each camper should bring a lunch and beverage for the bus trip. The buses are equipped with lavatories and air conditioning.

Families with campers attending the second shorter session starting Sunday, July 8, must provide their own transportation for travel to camp. You should plan to arrive by 3 PM to allow time for orientation and a swim before the evening meal.

Buses will return at the end of the camp season on Tuesday, August 14, via the same route. **Families whose campers are leaving at the end of five weeks should plan to pick up their children on our parent visiting day, Saturday, July 28, or should make alternative travel arrangements.**

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 can't carry trunks on the buses. 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 Federal Express office for details of pick up and delivery, as well as for size and weight limitations. If more convenient, you may wish to send a trunk by one method and a duffel by another. **Baggage should be shipped no later than June 12th.**

Ship **WHIPPOORWILL** baggage to Camp Whippoorwill
517 Frontage Road
Keeseville NY 12944

Ship **LINCOLN** baggage to Camp Lincoln
395 Frontage Road
Keeseville NY 12944

ACCIDENT AND SICKNESS INSURANCE

Visits to the doctor and prescriptions for the treatment of minor accident and illness, as well 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's.** Please provide us with necessary information on your policy regarding x-rays, tests, or prescriptions.

PARENT 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 he or she is required to stay overnight at the health center. Visits to the health center for minor complaints will not routinely 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 and instructions in the back of this handbook.

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 twenty-four months. The immunization history must be up-to-date and complete. You must send a copy of your insurance card.

Please mail the completed forms to the camp address, to reach us before June 15. Our nurses must be able to review these forms prior to your camper's arrival at camp. 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.***

IMMUNIZATION

Make certain that your child has received all immunization injections prior to coming to camp. Those children who are to receive allergy shots or other injections during the summer must be provided with written instructions, signed by your doctor, designating who is to administer the shots (either the camp nurse or local physician) and specifying treatment in the case of a reaction to the injection.

Please read the meningococcal disease information in the back pocket of the handbook.

NYS requires that the vaccination information be completed annually for each camper.

FURTHER HEALTH INSTRUCTIONS

A child who has been exposed to a communicable disease **must not** be sent to camp until the danger to others is past.

Please be sure to check your child for **head lice** in time to treat the condition before departure for camp. Please let us know if your child has been treated for head lice during the months prior to camp. This is an important piece of information that will help us prevent the recurrence or spread of head lice at camp. All charges (which can be significant) for treatment and laundry of any child arriving with lice will be applied to the camper's store account.

MEDICATIONS

All medications, except those needing refrigeration, **must be sent to camp to arrive by June 22.**

Those medications needing refrigeration may be given to a Director when your child boards the bus, or given to the camp nurse if arriving by car.

Any medication 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*).
4. be in the care of the nurse for administering – this includes all over-the-counter medicine as well as prescription medicine.

Campers are not permitted to administer or retain prescription or over-the-counter medications except under the supervision of the camp nurse.

CLOTHING AND EQUIPMENT

T-shirts and ball caps bearing the camp emblem may be ordered on the enclosed "Fee and Transportation Form." These will be fitted, marked with the camper's name, and delivered at camp. The shirts, 100% cotton, cost \$10.00 each. The cap costs \$12.00. These items will be charged to the camper's store account. The shirts and caps are entirely optional, though we recommend that new campers purchase at least one shirt for camp photographs and possible sports team use. Please see equipment list for information on other clothing and equipment.

An important reminder about footwear: To discourage blisters, new shoes should be thoroughly broken in before camp.

Please limit the items brought to camp to those on our suggested equipment list. There is no need for lots of extras, and storage space in cabins is limited.

FLASHLIGHTS

Junior and Senior cabins at both camps do not have electricity. It is essential that **every** camper have a flashlight in working order, as well as a supply of extra batteries. Mini-maglites or headlamps are ideal for around camp and on trips.

SAFETY DEVICES

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 along his or her 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.

GRATUITIES

6

Together with fellow members of the American Camp Association we are opposed to the practice of tipping at camp. We ask families not to offer tips to members of the staff, and our staff not to accept any that may be offered.

STATEMENT OF DRUG AND TOBACCO POLICY

Possession or use of any illegal drug, such as marijuana, or alcohol or tobacco 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 found to possess or to use any such substance will be notified immediately by the director who, in consultation with the camper and his or her parents, will decide upon appropriate action.

Counselors are expected to help carry out this policy. It is essential that all campers understand and agree to subscribe to this policy **before** coming to camp.

ELECTRONIC DEVICES (Cell phone, MP3, iPod, etc.)

Although we do not prohibit them, the fewer electronic devices brought to camp the better. We shall restrict their use exclusively to the camper's cabin.

Computers, cell phones, pagers, email devices, walkie-talkies, hand-held computer games, and televisions are not permitted. *iPods capable of containing video content will not be permitted.*

To clarify: iPod shuffles and nanos will be allowed. The iPod classic and touch will not be permitted.

It is important that parents as well as campers understand our policy regarding such items as iPods, cell phones, or other electronic devices. What is there about a summer camp experience that conflicts with the present day absorption with and proliferation of electronic communication and social networking? The answer to that question, we believe, is that by choosing summers at camp you are offering your children a distinct change from their lives at home and school during the rest of the year, a change whose focus is on living vigorously in the outdoors, on the joy of physical exertion in a broad range of activity, 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 interruption or distraction for a few weeks out of the year.

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

Consistent with our goals of creating a healthy community at camp, we want you to be aware that we intend to monitor the use of these devices and to 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 if we deem it necessary.

You may want to consider disposable cameras for camp use.

CAMP MAIL ADDRESS

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

PLEASE read the mail and package policies.

PACKAGES: CANDY, FOOD AND OTHERWISE

Please do not send packages to camp ~ it sets up an unhappy competition for "things" received which are not necessary to life at camp. We are asking for everyone's help in reducing trash, cabin clutter, and competition. **If you send a package, please email the Directors** to notify them of items being sent. All packages received "unannounced" will be returned to sender.

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

1. Camp necessities, such as those listed on the Camper Equipment List, that were inadvertently not packed 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.

Any packages, that do not conform to the above three categories will *not* be delivered to the camper. We do not plan to make exceptions. We hope that it is clear to you why we have reached this decision and that you will support our efforts by respecting it.

We expect that parents and relatives will **not** provide their children with candy and foodstuffs, and will not send edibles to camp. This practice can lead to problems of storage, unpleasantness over sharing, and antagonism between the "haves" and "have-nots." We shall collect any such items and shall be firm about this. Meals are planned to include fresh fruit and sweet desserts daily, and candy is available at the camp store once or twice a week.

We recognize that campers love to receive mail, and we wish to encourage you to keep those cards and letters coming. **However, we have created a camp package policy and ask that you observe it strictly.**

CAMP TELEPHONE and MAIL POLICY

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 do write more often.

We prefer that the telephone be used only 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. However, we shall permit campers to make and receive calls upon request.

Permission to make a call must first be obtained from the Director or the camper's Section Head. In the case of homesickness we believe it is 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 youngster 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.** 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 are always welcome to phone or email the directors.

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 our parents is an integral part of this plan.

CAMP TELEPHONE NUMBERS AND TIMES TO CALL

To reach campers, please call only during the following hours, **except** on Tuesdays (Whippoorwill), Wednesdays (Lincoln), Saturday evening and Sunday breakfast (both camps), when we usually have cookouts or picnics and are not near the phone:

Whippoorwill Lodge (8:00 AM, 1:00 PM, 6:30 PM) **518 834-4621**

Lincoln Lodge (8:00 AM, 1:00 PM, 6:30 PM) **518 834-7916**

To reach our central office DURING THE DAY: **518-834-5152**

Whippoorwill Director (Kate Green) **518 834-5152**

Lincoln Director (Doug Furman) **518 834-5151**

Whippoorwill Nurse **518 834-9325**

Lincoln Nurse **518 834-7125**

Billing questions (Susan Dion) **518 834-9315 or sgdion@aol.com**

Director Email Addresses:

Kate: **kate@northcountrycamps.com**

Doug: **doug@northcountrycamps.com**

Nancy: **nancy@northcountrycamps.com**

VISITING THE NORTH COUNTRY CAMPS

Visiting day this summer will be Saturday, July 28. Camp will be open to visitors starting at 9:30 a.m. You may observe your child in the morning activities, take him or her out of camp for lunch, be back no later than 6:00 p.m., and then join us for a picnic supper followed by some singing. The day will end at 8:15 p.m.

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 written permission to do otherwise has been received by the Director. Oldtimers should be reminded that a visit is neither expected nor necessary unless you and your child feel strongly about it.

For those who may wish to make reservations 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, Day's Inn, and Econo Lodge. To determine the quality and cost of accommodations it would be best to check with a travel organization. We prefer not to make specific recommendations.

There are Bed and Breakfast establishments in the area that can be discovered by consulting a bed and breakfast guide for northern New York State. You can also check the website: www.adirondackinns.com

In *Essex*, fifteen miles south of camp on Route 22 next to Lake Champlain is The Essex Inn, serving gourmet meals (518-963-4400) - www.essexinnessex.com

In *Westport*, about twenty miles south of camp on Route 22, are several bed & breakfast homes and inns, including:

The Inn in Westport (518-335-1966) – www.innwestport.com

All Tucked Inn (888-255-8825) – www.alltuckedinn.com.

In *Keene Valley*, about thirty miles from camp on Route 73, is the Trail's End Inn (800-281-9860) – www.trailsendinn.com. Also the Keene Valley Lodge (518-576-2003) – www.keenevalleylodge.com.

For those interested in camping, there are public and private campgrounds in the area, including Ausable Point and beach on Lake Champlain (518-561-7080), Willsboro Bay Marina, where there is a restaurant and boats can be rented (518-963-7276).

DIRECTIONS TO CAMP:

By car the most direct route to camp 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, cross over the Northway on the overpass, turn right and 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.

CAMPING EQUIPMENT SUGGESTIONS

10

The following suggestions, offered by our experienced trip leaders, may prove helpful if you plan to buy some items of camping equipment. **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 light in weight, small in volume when packed, 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, Qualofill, Primaloft, or Holofill) 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, or to save money, visit an Army-Navy store and buy a military sleeping pad, which weigh next to nothing, work well, and usually cost under ten dollars.

Day Pack - A piece of equipment likely to be useful for all campers is the day pack. 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. Camp will supply frame packs for 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 - In the purchase of a water bottle, 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 for camper use). Current research suggests avoiding #7 plastic bottles unless they are BPA free. 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 one that will fit in a day pack, has a hood, and is long enough to cover the hips.

Socks - While many of us at camp still prefer to wear wool socks when hiking, the new combination socks, which contain wool and synthetic fibers, are also recommended. We suggest wearing two pairs of socks (one light and one heavy) while hiking for greater comfort and to ward off blisters. Cotton socks are not recommended for hiking trips.

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 both swim/shower footwear and for boating and trips. Make sure they have a heel strap and will not come off in the water.

(continued on page 11)

Wool or fleece sweater - Unlike cotton, wool or fleece will keep you warm even when wet, an important feature when hiking or canoeing in the rain. *A wool or fleece sweater 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 layering piece. 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.

Long pants - At least one pair of long pants should contain at least 65% polyester. Such material dries faster than cotton, denim or corduroy.

There are many suppliers of good camping equipment. Two suppliers: Campmor - found on-line at www.campmor.com and Recreational Equipment, Inc. at www.rei.com carry the items listed above at reasonable prices. The best stores are those whose salespeople know and understand the needs of the hiker and camper. Sierra Trading Post, at www.seirratradingpost.com may be worth checking for their selection of good camping equipment at discounted prices.

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