

Essential Pre-Camp Info

Getting Your Child Ready for Summer 2019

Pre-Camp Information for Camp Walt Whitman 2019:

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PLEASE READ...
Important Pre-Camp Information Inside



A NOTE FROM CAROLYN & JED

Camp Walt Whitman is proud to be a warm and welcoming community with a focus on personal growth. We are thrilled to be opening the gates of Camp Walt Whitman in just over a month. Our amazing pre-camp staff has been working tirelessly to get camp ready for Summer 2019! We are excited for our opening campfire and spending time together as a camp family.



A great deal of time and effort has gone into this summer's planning with one primary goal in mind – to give each of our campers the best possible summer! In the following pages we've outlined for you the remaining procedures necessary to make camp run smoothly for everyone. If you have any questions at all about the coming summer, please do not hesitate to call us. We look forward to seeing everyone soon and to getting started on another terrific CWW summer.

Carolyn & Jed

Important Dates for 2019

PLEASE ADD TO YOUR CALENDAR

June 26th..... First Day of Camp

June 30th.....Date to schedule
phone calls

July 3rd..... Date phone calls start

July 20th..... Visiting Day

August 14th..... Last Day of Camp

SPRING CHECKLIST



Things to do **NOW**, unless you have already completed them:

- ☐ Complete online forms and upload to CampInTouch or email to our New York office to Stephanie Herr at stephanie@campwalt.com.
- ☐ Review with your child our electronics policy and make sure he/she understands why it exists and why it is important.
- ☐ Label all clothing and other possessions. Remember to use first and last name on all labels. Don't forget to label clothing which will be worn en route to camp.
- ☐ Review camp's package policy with grandparents and other relatives. Notify all family members and friends NOT to send any packages to camp.
- ☐ Purchase two or three paperback books to be read during rest hours, early bunk nights, etc. Favorite quiet time games are also good to bring to camp, and we keep a stock of these as well as chess, checkers, and other board games.
- ☐ Some campers like to bring favorite toys, dolls and stuffed animals. Please limit stuffed animals to no more than three and be sure to label all of them.
- ☐ If you have not heard from R&B Shipping by June 1st regarding shipping of your duffel, please call them at 603-536-2197.
- ☐ **Please remember not to bring cell phones, electronic games, laptops, portable DVD players, an iTouch, pocket knives, water pistols, walkie-talkies or any toys that shoot projectiles.**



2019 TRAVEL TO CAMP INFORMATION

Bus Assignments

By 5pm on Monday, June 24th, the list of bus assignments for campers boarding each bus will be posted. You will find this list on your forms dashboard (you will access it as if you were completing another form). Please understand that the bus list is made keeping children in the same cabin together, even though it is not always possible to keep whole age groups together.



No Dogs are Allowed at the Bus Stop on June 26th!

Pace University (Pleasantville Campus), which has granted us permission to utilize this excellent pickup location, insists that no dogs are allowed in the parking lot.

In addition, we have had instances in the past where small children were frightened by dogs.

Please respect our wishes and have your child say goodbye to your puppy at home. We know from experience how uncomfortable it can be for everyone involved when we have to ask parents to remove a dog from the parking lot.

We greatly appreciate your cooperation in this matter.

NEW BUS LOCATION



Driving to Camp by Car:

If you are driving your camper to camp, please arrive between 1:00 – 2:00pm. Please make sure your camper has eaten lunch prior to their arrival. You can find camp by entering 1000 Cape Moonshine Road, Piermont, NH into your GPS.



Flight Information

FLORIDA: Our chaperoned flight from Ft. Lauderdale to Boston is on Wednesday, June 26th, JetBlue #470. All campers should meet our staff chaperone at the JetBlue desk at 10:30am for the 11:55am flight.

CALIFORNIA: Our chaperoned flight from Los Angeles to Boston is on Tuesday, June 25th, Delta #2531. All campers should meet our staff chaperone at the Delta desk at 6:30am for the 8:05am flight.



ARRIVAL DAY INFORMATION

Wednesday, June 26th

- Please prepare a bag lunch and beverage for the bus ride to camp. **Please do not include any food that contains nuts. While it may seem obvious, this includes peanut butter.** A lunch for your child is sufficient; there is no need to feed the entire bus.
- Any late messages to the Directors must be sent via email to Jed@campwalt.com or Carolyn@campwalt.com. We simply can't remember last minute instructions whispered into our ears at the bus.
- While duffels must be sent to camp ahead of time, campers may bring a backpack on the bus.
- Sports equipment and musical instruments can go under the bus if the item can't fit in a duffel.
- If you have any questions at the bus, look for our staff members who will be wearing Camp Walt Whitman staff t-shirts.
- Under no circumstances should any parent or relative board the bus to assist a child or say "goodbye." This only makes separation harder for the child as well as other campers already on the bus.
- If your child experiences motion sickness, PLEASE provide him/her with Dramamine or other medication 30 minutes prior to departure. This will make everyone's trip more enjoyable.



BUS PICK-UP POINTS

Wednesday, June 26th

Westchester

Where: Pace University, Pleasantville Campus
861 Bedford Road, Pleasantville, NY 10570

When: 9:30am Departure

If your child is departing from Pleasantville, NY, make sure you check our website on Monday, June 24th to find out which bus he/she has been assigned to. Our buses will be numbered from 1 to 8 and will be lined up in order in the parking lot. Our bus staff of 20 (including Jed) will arrive at Pace University by 8:45am. We will begin boarding these buses at 9:15am.

NEW BUS
LOCATION
this
summer!

Fairfield, CT

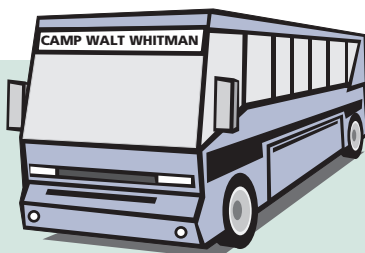
Where: McDonald's
CT Turnpike (I-95) Northbound
ON Turnpike between exits 22 and 23

When: 10:15am Departure

Boston

Where: McDonald's
Lexington, Northbound ON Route 128

When: 10:30am Departure



Please make every effort to be early to your bus pick-up point as our schedule makes it impossible to wait for latecomers.

We will do our very best to arrive at each pick-up point on time; however, we do occasionally encounter delays due to traffic conditions, weather, etc. In the unlikely occurrence that bus delays exceed 30 minutes, we will utilize our One Call Now mass communication system to deliver a pre-recorded update to your cell phone.

VISITING DAY



Visiting Day is Saturday, July 20th

Visiting Day starts at 10am and ends at 4pm. Please understand that it is a firm camp policy that campers may not leave the campgrounds during Visiting Day, the exception being second year senior campers, our oldest, who may leave with their parents at 1:30pm and must return by 10:00pm.

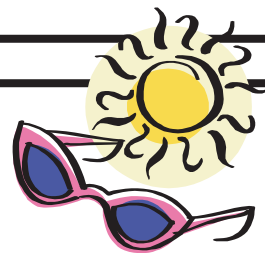
Upon arrival at camp, all cars, regardless of arrival time, will be parked immediately in our parent parking areas. For parents who arrive early, we will serve coffee and pastries in our Counselor's Kitchen starting at 9:15am. All "early birds" will wait at Counselor's Kitchen until visiting begins at 10:00am.

We will send driving directions and a complete schedule for our visiting day shortly after the start of camp. If you have not made your hotel reservations yet, we suggest doing so immediately!

If any visitors will require handicapped parking in our lower parking lot closest to camp, please email Jed ahead of time at Jed@campwalt.com.

New York Office Open During the Summer

Our New York Office will be staffed during the summer most mornings by Stephanie Herr, our Office Manager. All financial matters will be handled through this office. To reach Stephanie during the summer, please call 914-948-9151 or email stephanie@campwalt.com.



++ MEDICAL REMINDERS ++

As a reminder, all medication that is taken on a daily basis must go through CampMeds.

The safety and wellbeing of our campers is of paramount importance to us and the CampMeds program is another way of ensuring correct dosages at the right time. If your child takes daily medications you must sign up for the CampMeds program. A detailed description of this program has previously been sent to you.

If you have not registered with CampMeds, you must do so immediately to ensure timely delivery of your child's medication. If you need a new form, you can find it on the CampMeds website, www.campmeds.com.

All medication taken on an "as needed" basis must be mailed to Carolyn's attention between June 10th and June 24th – to our summer address:

**Camp Walt Whitman
1000 Cape Moonshine Road, Piermont, NH 03779**

As described in the parent handbook on page 11, Camp Walt Whitman stocks the following over-the-counter antibiotics and drugs. Please do not send any of the following with your camper as they will not be accepted at camp.

- **FIRST AID:** Ace wraps or any type of band-aids, Bacitracin and/or any type of antibiotic ointment
- **PAIN MEDICATIONS/MUSCLE RELIEF/ ANTI-NAUSEA:** Ibuprofen and Acetaminophen (pills and liquid), Aleve, Midol, Mineral Ice, Dramamine
- **COUGH/COLD:** Sudafed, Robitussin, Robitussin DM, Delsym, Cough drops, Chlorospetic, non-pseudo nasal decongestant
- **ALLERGY:** Claritin, Zyrtec, Benadryl (pills and liquid)
- **CREAMS/LOTIONS/SPRAYS:** Benadryl, Lotrimin Ultra, Calamine, Caladryl, Hydrocortisone 1%, Gold Bold, Athlete's Foot Cream and Spray, Aloe Gel Sunburn Cream
- **GI HEALTH:** Tums, Mylanta, Chewable Imodium, Lactaid, Fiber Pills, Metamucil
- **EYES/EARS/NOSE:** Visine, Clear Eyes, swimmer's ear drops, wax removal ear drops, saline spray
- **ASTHMA MEDICATIONS:** Albuterol solution and nebulizer

The following medications are the only medications exempt from the CampMeds program and can therefore be brought to the bus, and handed to our camp nurse along with a medical form which will need to be completed in advance. Please contact our Office Manager, Stephanie Herr at Stephanie@campwalt.com to receive a non-CampMeds medication form that you can complete prior to arrival at the bus.

- Liquid medication
- Inhalers
- Epi-pens
- Growth hormones
- Antibiotics prescribed after June 15th

All other medication must go through CampMeds as NO OTHER MEDICATION will be accepted at the bus.

Contagious Illness

If you suspect your camper has been exposed to the flu, measles, chicken pox, mumps, or other contagious diseases during the month of June, you must notify us for permission to have your camper arrive on opening day. A child who is ill must be kept home until well. Innocent symptoms may turn out to be the forerunner of a contagious illness which could affect the rest of the campers and staff.

Head Lice

As you are aware, head lice have reappeared over the past few years in schools and camps across the country. To combat head lice, we contract with Lice Enders to check all campers on the first day of camp. For children who arrive at camp with lice, Lice Enders will begin treatment immediately and camp families will be billed. In order to prevent your child's removal from the group for treatment on the opening day of camp, we encourage you to have your child checked by a school nurse or pediatrician prior to camp. If any sign of head lice is found, please arrange for appropriate and immediate treatment BEFORE your child leaves for camp and let us know that such treatment has taken place.

STAYING IN TOUCH

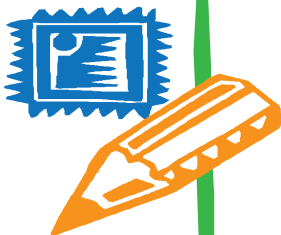
with Campers and Camp

We want to make staying in touch with camp and your child as easy as possible. You will access our "Online Community" utilizing the same "Log-in" link on the top of our homepage that you utilized to complete camper forms. This is where you will find icons to see photos, read our daily newspaper, or send emails to your child.

Mail to Camp

**After June 15th, please
send all mail to:**

**Camp Walt Whitman
1000 Cape Moonshine Rd
Piermont, NH 03779**



Remember, just as parents look forward to getting letters, campers eagerly await their mail and email. A few days without a card or letter, while everyone else is receiving mail, can be very upsetting (especially for younger campers). It is especially important that campers receive mail in the first few days of camp. We recommend sending younger campers a letter before they even depart home. It will be waiting for them on their bed upon arrival.

Mail Home

While campers love receiving letters, they often "forget" or are "too busy" to write home. We will remind our campers that this is a responsibility they have to their parents and will also require younger campers to write home twice a week. We recommend sending a supply of pre-addressed envelopes with younger campers. Mail service from Piermont will usually take 4 to 5 days to you.



Sending Email to Campers

While our campers still LOVE to receive postal mail, we recognize how convenient it can be for parents to send email to their children. Utilizing our new and improved email system, each parent will be able to send a camper up to five emails per week. Beyond that, there is a small charge to send additional emails. You will receive a detailed letter explaining how the system works in the near future.



Photos and Videos

Our photographers post approximately 150 photos every day for parents to view all of the fun that is happening at camp. While there will be some action shots and some close-ups, most of the photos are group shots. You can expect to see a photo of your child 2 to 3 times per week. In addition, we post 1-2 videos each week for parents to enjoy.



Telephone Procedures

Our office is staffed and our telephone lines are open from 8:30am to 8:00pm. After 8:00pm, our lines are answered by an answering machine and will be checked regularly until midnight in the event of an emergency.

Please see the telephone procedures section in the Parent Handbook for information on parents calling campers. Our camp telephone number is 603-764-5521.

If you would like to speak with Carolyn or Jed, please know it is unlikely we will be in the office when you call. However, if you leave a message with our office staff, we will get back to you as soon as we can.



Important Policies and Reminders

Electronics Policy

As you are aware, campers are not permitted to bring cell phones, tablets, e-readers, walkie-talkies, dvd players or hand held electronic games such as Nintendo, PSPs, or Gameboys to camp.

Ipod shuffles and MP3 players without screens or internet capability are permitted at camp in order to listen to music. The use of these items is allowed at select times, inside the cabins only. Campers are not permitted to walk around camp with them. Camp is not responsible for damage or loss of these items.

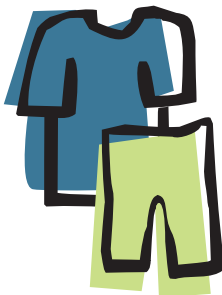


LAST MINUTE PACKING REMINDERS



Excessive Clothing

Excessive amounts of clothing are not necessary at camp and are problematic in that cabin storage space is limited. Our recommended clothing list encompasses all any camper requires.



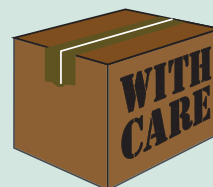
Other Items Not Permitted:

- Additional storage drawers
- "Blow up" chairs
- Scooters
- Food, gum, bottled water
- Straightening or curling irons
- Heelys
- Skateboards

Package Policy

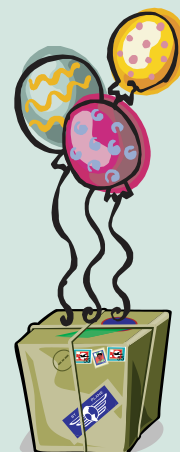
We have a **NO PACKAGE POLICY** at CWW.

Of course, if there are any essential items that your child requires, you can email our Summer Office Manager, Matt Jackowitz (matt@campwalt.com), to let him know what is in the package and when we should expect it. Any parcel that arrives **with approval** that is larger than a flat standard envelope will be opened in our mailroom, and only those items that have been pre-approved will be delivered to our campers. Any package that arrives **without** prior approval from our office manager will be held in our mailroom until Visiting Day or until the last day of camp. This policy is made with the best interest of our campers in mind, and we ask that you inform all family members, especially grandparents, of our no-package policy.



BIRTHDAY PACKAGES:

Birthdays, of course, will remain very special and lots of fun at camp! Birthday packages can be sent, and should be addressed to your child, Attention: Office Manager, and marked "Birthday Present". As in the past, we ask that you do not send food in a birthday package.



Helpful Hints on Limiting Homesickness

Over the years, we have helped many parents and campers succeed at their first away from home experience. Here are some simple tips to help your child's experience be a successful one:

- Discuss what camp will be like well before your child leaves. Role-play different scenarios that will occur at camp. For example, what will it be like trying an activity for the first time? What will you say to people you are introduced to in your cabin the first day? What if you have to use the bathroom in the middle of the night? What will you do if you are not feeling well one day? What will you do for your mosquito bites? There are so many situations that come up at camp. Try to discuss situations that your child may be nervous about to help prepare him/her as best as possible.
- Do NOT tell your child you will pick him or her up from camp if he or she does not like it or is homesick. This may set your child up to fail, as the first time something does not go exactly as planned he or she will want to go home. Furthermore, children typically lose any and all motivation to try to succeed at camp if they think a parent is coming. These children tend to spend the entire day wondering when mom or dad is coming instead of trying to have fun at camp. Part of camp is learning how to work through different situations that may not always be easy. What may seem like a difficult situation one day is usually replaced with a fun-filled, busy and exciting day at camp. Please know that some of the homesick campers at the beginning of camp are the same campers who do not want to leave at the end of the session and end up returning for many years.
- Pack your child's favorite stuffed animal or blanket for their bed.
- Send your child with photos of your family and pets so that your child will have a reminder of home.
- Send a letter to your child before camp begins so it is waiting for him or her upon arrival at camp.
- Acknowledge feelings your child may be having about camp such as feeling anxious, apprehensive, nervous and excited. These are all common! Let them know that most campers are feeling the same way before camp.
- Give your child a cheery send-off. Goodbyes are the hardest (for parents particularly) the first year. It really will get easier in succeeding years for both you and your child.
- Try not to worry! Know the directors and counselors are taking great care of your child! Feel free to call us any time if you have any concerns or worries.

WRAP UP

We hope this information helps prepare you and your camper for the coming summer. If there is anything else that you would like us to be aware of, or any requests or special needs that don't fit on any of the other forms, just give us a call or send an email.

A final thought on parenting - it's not easy! Raising intelligent, decent kids is tough; in today's culture, girls and boys have a unique set of challenges. Looking for insights? We recommend:

Emotional Intelligence by Daniel Goleman

Homesick and Happy by Michael Thompson

How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success by Julie Lythcott-Haims

Raisin' Cain: Protecting the Emotional Lives of Boys by Michael Thompson

Best Friends/Worst Enemies: Understanding the Social Lives of Children by Michael Thompson

How Children Succeed by Paul Tough

Not Much Just Chillin': The Hidden Lives of Middle Schoolers by Linda Perlstein

The Blessing of a Skinned Knee by Wendy Mogel

Perfect Madness, Motherhood in the Age of Anxiety by Judith Warner

Odd Girl Out, The Hidden Culture of Aggression in Girls by Rachel Simmons

Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and Other Realities of Adolescence by Rosalind Wiseman

Cliques by Charlene Giannetti and Margaret Sagarese

Bullyproof Your Child for Life – Protect Your Child from Teasing by Joel Haber