












CAMP
WALT WHITMAN
EST. 1948



2021 CIT/LIT
Family Handbook

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SUMMER 2021 CALENDAR



Saturday, May 1	All forms must be submitted
Saturday, June 19 – Wednesday, June 23	CIT/LIT arrival by parent drop-off for staff orientation
Saturday, June 26	First day of camp (CIT/LIT arrival for those coming on camper bus)
TBD	CIT/LIT trip to Hawaii
Saturday, August 14	Last day of camp

CAMPER TRAVEL TO AND FROM CAMP

**** We have yet to decide how transportation will work for Summer 2021. The below information is how we operated before COVID. Please check our website for the most up-to-date information by going to: www.campwalt.com/handbooks/camper-travel ****

Please fill out the online transportation form for your camper's travel to and from camp by **May 1st**.

CIT/LIT ORIENTATION

Do to anticipated testing procedures and cohorts, all CITs must arrive at camp on June 26th. While CITs/ LITs will not be at camp for staff orientation, we will run separate CIT and LIT orientations during the first 3 days of camp.

CHARTERED BUSES ON JUNE 26

If your CIT/LIT cannot join us for orientation week, please have him/her take our chartered coach bus to camp. Buses leave from:

- New York – The Centre at Purchase, Manhattanville Road, Purchase, NY
- Connecticut – McDonald's in Fairfield, CT on I95
- Massachusetts – McDonald's in Lexington, MA on Route 128 Northbound



CAMPER PICK-UP

If you would like to pick up your child on Saturday, August 14, please plan on arriving between 9:45 and 10:30am. Our charter buses will block entry to camp until 9:30am. We do not have adequate supervision available for children after 10:30am.



AIR TRAVEL

We offer chaperoned flights from Southern Florida and Los Angeles, California. We will notify you by early March if we are able to provide chaperoned flights this summer and, if so, which flights our chaperones will be on.



Campers traveling by air to and from places other than Florida and California should reserve flights that are scheduled to arrive at Logan Airport in Boston or Manchester Regional Airport in Manchester, NH on **June 26** between 1:00 and 3:00pm and that depart Logan or Manchester on **August 14** between 2:00 and 4:00pm. Walt Whitman representatives will greet arriving campers at the airport and escort them to the airport for their departing flights. **Please check with our office before any flight reservations are made.**

Because of space limitations, the logistics involved and airport regulations, we require that duffels be shipped directly to and from camp. Only a small travel bag or pack frame can be accommodated on the vans that we use to take campers between the airport and camp. Bags must be shipped to and from camp using R&B Shipping, our shipping provider.

REQUIRED FORMS



Forms will be available in CampInTouch in March. At that time, we will send you an email detailing how to complete the forms.

TRANSPORTATION FORM:

Please fill out the transportation form for your camper's travel to and from camp.

HEALTH FORMS:

The various required health forms include Camper Health History, Camper Medical, Immunization and Parent Authorization/Medical Insurance Card forms.

CIT/LIT BEHAVIOR CONTRACT:

Please review this contract with your child and make sure you both sign it.

BAGGAGE INFORMATION

R&B CAMP BAGGAGE • 603-536-2197 • www.rbcampbaggage.com

R&B Camp Baggage will again ship our campers' duffels to and from camp. Through a partnership with FedEx, R&B serves the entire United States. R&B has consistently provided Walt Whitman families with prompt, efficient and courteous service. Please note the following regarding R&B:



- Please register and pay online at <http://www.rbcampbaggage.com>
- To qualify for early registration, and to be assured of service, you must enroll prior to May 1st.
- Baggage tags and instructions will be sent in late May. You will receive your final pickup date and time confirmation on June 1st via e-mail. Pickup dates by area will be posted on the R&B website.
- Ten days prior to the end of camp, R&B will notify you by e-mail of your baggage return date. Baggage tags for return delivery will be sent to the camp.

CORRESPONDENCE TO AND FROM CAMP

MAIL TO CAMP

You are welcome to send postal mail to your CIT/LIT as you have done in the past by mailing envelopes to:

Your Child's Name (CIT/LIT)
Camp Walt Whitman
1000 Cape Moonshine Road
Piermont, NH 03779



Remember, CIT/LITs are allowed to have their phones with them at camp and utilize them in our staff lounge using WiFi. Therefore, you should be able to easily email and text with your child. CIT/LIT phones are only to be utilized in our staff lounge or when CIT/LITs are out of camp as we still have no cell service at CWW.

HEALTH INFORMATION



**** Information regarding Camp Walt Whitman's Summer 2021 COVID-19 protocols will be sent to families this Spring. Below is our standard health information that is unrelated to COVID-19. Please check our website for the most up-to-date information by going to: www.campwalt.com/handbooks/covid-19-protocols ****

We are fortunate to have a capable medical staff including a full time resident doctor, six nurses, one athletic trainer, and a health care assistant. They all work hard to provide excellent camper and staff medical care and to be responsive to parent inquiries and concerns.

COMMUNICATION ABOUT HEALTH ISSUES

Serving our very active campers and staff is hard work. We understand the importance of keeping you informed about health issues affecting your child. Our medical staff follows the guidelines below and responds to you as quickly as time allows:

1. We generally will not contact you if your child is seen in the Health Center for routine problems, i.e. minor skin abrasions, headache, cold, etc.
2. If your child is put on antibiotics or kept in the Health Center overnight, a member of our nursing staff will call you. **The phone numbers you provide on your child's Health Form will be used to contact you.**
3. If your child has a medical emergency, we will contact you immediately by phone.

REQUIRED HEALTH FORMS

Please understand that we cannot permit a child to participate in activities unless we have completed health forms, including a current health history and physician's examination on file at camp. This helps us to ensure the best quality health care and is for the well-being of your child.

CAMPER HEALTH HISTORY FORM

Parents must complete and submit the online Health History form by **May, 1**. The information required is essential to meeting the possible medical needs of your child. We are required to have this form updated and signed (electronically) every year.

CAMPER MEDICAL FORM

This PDF form must be printed to be completed, signed by your child's physician, and then uploaded to CampInTouch. The annual physical examination form generated by your pediatrician's office is also acceptable. Documentation of a physical exam performed **after July 1, 2020** is required. **There is no need to send in an outdated form; if your child's check-up is late Spring, you may submit the paperwork after the visit to the doctor.**

IMMUNIZATION FORM

This form must be printed and uploaded to CampInTouch. Alternatively, we can also accept the immunization history form provided by your pediatrician's office.

PARENT AUTHORIZATION & INSURANCE CARD

This form must be printed, signed, and uploaded to CampInTouch in order to authorize emergency treatment to your child. Copies of the front and back of your insurance card(s) should be attached. Please remember to **SIGN THIS FORM.**

MEDICAL CHARGES

The camp tuition covers all standard medical services provided in camp. All medical bills from providers outside of camp will be sent directly to you by the provider to be paid by you or your health insurer.



MEDICATIONS

PRESCRIPTION AND NON-PRESCRIPTION MEDICATIONS

In order to ensure that our medical staff administers all medication sent to camp in the safest, most efficient manner, we work with **CampMeds** to prepackage all camper medications. This helps to ensure that every camper gets the correct medication and dosage at the right time on the correct day.



- All **daily** medications in **pill form**, whether prescription or over-the-counter, must go through CampMeds.
- All medication that is taken **as needed** can be mailed to camp to Carolyn's attention. It should arrive between June 10 – June 20. This allows our healthcare staff enough time to prepare for your child's arrival.

Additional and more detailed information will be sent in a separate mailing in the Spring.

If a camper requires prescription medication from a pharmacy during the summer, the charge will be made to your medical insurance carrier. You will be billed for any deductibles greater than \$20.00.

If your child uses an inhaler or epi-pen, please send two, one for us to keep in the Health Center and one packed to go out on trips.

OVER-THE-COUNTER MEDICATIONS

Our Health Center stocks basic over-the-counter antibiotics and drugs. The following is a partial list of items we stock in the Health Center. Please do not send any of these items with your camper:

- **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 Bond, 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



OTHER HEALTH CONCERNS

LYME DISEASE

All of us who live in the Northeast have a heightened concern and awareness of Lyme disease. Our doctors and nurses are trained and educated on the symptoms, tests and medications for the disease. We will contact you immediately should your child present any symptoms.

HEAD LICE

Head lice have reappeared over the past few years in schools and camps across the U.S. Self contained communities like camps are especially vulnerable and must be vigilant to control this problem. To combat head lice, we contract the services of an experienced company to check all campers on the first night of camp.

If any positive cases of lice are found, they will treat the camper on-site. For campers who arrive with lice, the camper's parent will be billed \$375 for this treatment. We will begin treatment immediately so that campers can stay in their cabins on the first night of camp. During the last week of camp, the lice company will return for a final inspection. Any camper found to have lice will be treated at the camp's expense.

We are committed to doing all we can to keep lice out of our community. We encourage you to have your child checked for head lice by a school nurse or pediatrician prior to camp. If any sign of head lice is found, arrange for appropriate and immediate treatment well BEFORE your child leaves for camp and let us know that such treatment has taken place.

CLOTHING AND GEAR



CIT/LIT PACKING LIST

The CIT/LIT packing list is basically our standard camp packing list. CIT/LITs will still want to have their hiking boots, tennis rackets and baseball/softball gloves as they will participate when their assigned cabin has these activities on their schedule.

A few things to note about CIT/LIT needs:

1. CIT/LITs do not need to purchase our green t-shirts from The Camp Spot.
2. While CIT/LITs will not require a framepack, they should bring a backpack (a standard school backpack is fine).
3. In camp, our CIT/LITs are required to wear 1 piece bathing suits.
4. Additionally, CIT/LITs are welcome to bring their cell phone to camp which they can utilize in the evenings in our staff lounge for internet service as well as on their nights out and days off.

CLOTHING

- 10-12 washable face masks (these will be cleaned weekly with camper clothing) **(required)**
- 50 disposable face masks **(required)**
- 1 pair hiking boots - please break in before camp **(required)**
- 1 water-repellant rain jacket **(required)**
- 8-10 pairs shorts (at least 6 pairs athletic)
- 3 long-sleeved t-shirts
- 2 sweat shirts
- 1 fleece
- 10 T-shirts
- 2 "climate control" T-shirts (not cotton, i.e. Under Armour, Gore-tex, synthetic, breathable) for hiking
- 2-3 pairs long pants
- 2-3 pairs pajamas
- 12 pair underwear
- 12 pairs athletic socks (1 pair of hiking socks)
- 3-4 bathing suits*
- 10 washable face masks (these will be cleaned weekly with camper clothing)

OTHER

- 1 pair flip flops/crocs for beach or pool only
- 2 pair sneakers
- 2 hats with brim
- 3 standard size towels
- 3 standard size beach towels
- 4 washcloths
- 1 shower caddy
- 1 wide-toothed comb (Girls)
- 1 comforter or 3 cot-sized blankets
- 1 pillow – 2 cases
- 4 twin or cot size sheets (2 flat & 2 fitted)
- 1 sleeping bag
- 1 flashlight
- 1 liter water bottle **(required)**
- 1 daypack
- 1 Crazy Creek chair **(suggested)**

Toilet Articles:

(label clearly with full name)

Comb, brush, toothbrush, toothpaste, dental floss, deodorant, shampoo, conditioner, liquid body soap, insect repellent, sunscreen

PURCHASING CAMP CLOTHING - THE CAMP SPOT

The purchasing of Camp Walt Whitman clothing through The Camp Spot is completely optional for CIT/LITs. There is no longer a requirement to purchase two green CWW t-shirts. The Camp Spot's full Camp Walt Whitman catalog can be accessed by going to www.thecampspot.com into your browser. Should you place an order, please allow 3 weeks for delivery.

**Even though your child is a CIT/LIT, PLEASE MAKE SURE YOU LABEL EVERYTHING.
Our CIT/LITs are as guilty as our campers of leaving their personal items all around camp.**

NAME TAPES AND LABELS

Name Tapes and Labels:

All clothing and possessions, including sports and camping equipment and footwear, must be labeled with the **camper's first and last name**. Labeling clothes and personal items with initials or first names is not sufficient as many campers share initials and have the same first name. We recommend the following options:

- **The Camp Spot** - www.thecampspot.com
Our official camp supplier, also sells name tapes.

- **Label Daddy** - www.labeldaddy.com

Not only is their quality excellent, but if you use the promotional code **projectmorry** which is set-up for Walt Whitman families, 25% of your purchase will be donated to Project Morry.

TIME SPENT OUT OF CAMP



**** We do not yet know what our trip program will look like for this summer. We will communicate our trip plans this Spring. You can find our most up-to-date information by going to: www.campwalt.com/handbooks/trips ****

HAWAII TRIP

As you are aware, this summer our CIT/LITs will enjoy a 10 day community service trip to Hawaii. This trip will provide a combination of CIT/LIT training, adventure and 25 hours of community service. We have again partnered with West Coast Connection, the premier teen travel program in the US, to lead our CIT/LIT trip along with 3 members from our CWW staff. Not only will the trip involve community service, our CIT/LITs will get to enjoy surfing lessons, hula lessons, a Hawaiian Luau, a Catamaran cruise, tours of Pearl Harbor and the USS Arizona, a trip on Atlantis Submarine and more.

We will send detailed information about the itinerary and any additional packing items for this trip in the coming months.

OTHER TIME SPENT OUT OF CAMP

With the demands of the CIT/LIT workload and associated increased responsibility levels while in camp, just like our staff, our CIT/LITs are provided with time off throughout the summer. Each week the CIT/LITs will enjoy a night out as a group which might include a movie, miniature golf or similar excursion. Additionally, CIT/LITs have a day off each week during which they might travel as a group to Burlington, Boston, Hanover, Six Flags, etc. During days off and nights out, camp covers all associated costs. However, CIT/LITs like to have additional money which they might utilize to purchase mementos on these excursions - this is what your child's "camper bank" is used for.

On all of these trips out of camp our CIT/LITs are accompanied by our CIT/LIT Director and/or Assistant CIT/LIT Director.

OTHER IMPORTANT CIT/LIT INFORMATION



INTENSIVE TENNIS

CIT/LITs who would like to participate in Intensive Tennis with Dave Porter are welcome to sign up.

LIFEGUARD TRAINING

Subject to COVID restrictions imposed by the Red Cross, for those CITs/LITs who are interested, we will offer the opportunity to receive lifeguard certification. This training will take place during the first week of camp before CIT/LITs depart for Hawaii and is performed by an outside contractor who comes to camp for this time period. This is a "real" lifeguard training class and therefore not everyone will automatically pass the class.

CIT/LIT BEHAVIOR CONTRACT

Please see the CIT/LIT behavior contract on the inside back cover of this booklet. While our CIT/LITs have additional freedoms than they had as campers, we still have a strict behavior contract that we expect all CIT/LITs to abide by. While these may not be the same rules that are required of CIT/LITs when they are at home, these rules are not negotiable. This behavior contract will be found in CampInTouch. Please make sure you review this information with your child, make sure both you and your child sign it, and then upload it to CampInTouch.

HOTEL RECOMMENDATIONS



We suggest making your reservations as soon as possible but **please make sure the room is fully refundable.**

Fairlee, VT (30 minutes to camp)

Silver Maple Lodge and Cottages - 800-666-1946/802-333-4326; www.silvermaplelodge.com

Hanover, NH (40 minutes to camp)

Element Hanover-Lebanon - 603-448-5000; www.elementhanoverlebanon.com

Six South St Hotel - 603-643-0600; www.sixsouth.com

Hanover Inn - 603-643-4300; www.hanoverinn.com

Holderness, NH (approx. 60 minutes to camp)

Manor on Golden Pond - 800-545-2141/603-968-3348; www.manorongoldenpond.com

Lebanon, NH (45 minutes to camp)

Courtyard by Marriott - 888-236-2427/603-643-5600; www.marriott.com/hotels

Days Inn - 603-448-5070; www.daysinn.com/lebanonnh

Residence Inn by Marriott - 603-643-4511; www.marriott.com/hotels

Lyme, NH (25 minutes to camp)

Breakfast on the Connecticut - 888-353-4440 /603-353-4444; www.breakfastontheconnect.com

The Lyme Inn - 603-795-4824; www.thelymeinn.com

Norwich, VT (40 minutes to camp)

Norwich Inn - 802-649-1143; www.norwichinn.com

Plymouth, NH (35 minutes to camp)

Federal House Inn - 866-536-4644/603-536-4644; www.federalhouseinnnh.com

The Common Man Inn & Spa - 866-THE-CMAN/603-536-2200; www.thecmaninnplymouth.com

West Lebanon, NH (45 minutes to camp)

Fireside Inn & Suites - 877-258-5900/603-298-5900; www.firesideinnwestlebanon.com

Sunset Motor Inn - 603-298-8721; www.sunsetinnnh.com

White River Junction, VT (40 minutes to camp)

Comfort Inn - 802-295-3051; www.comfortinn.com

White River Inn and Suites - 802-295-3015; www.whiteriverinnandsuites.com

Holiday Inn Express - 802-299-2700; www.hiexpress.com

Hampton Inn - 802-296-2800; www.hamptoninn.com

Super 8 Motel - 802-295-7577; www.super8.com/whiteriverjunction

Hotel Coolidge - 802-295-3118/800-622-1124; www.hotelcoolidge.com

RESTAURANT RECOMMENDATIONS

Bradford, VT

Colatina Exit - 802-222-9008; www.colatinaexit.com

Hanover, NH

Pine Restaurant, Hanover Inn - 603-646-8000; www.pineathanoverinn.com

Molly's - 603-643-2570; www.mollysrestaurant.com

Lou's Restaurant & Bakery - 603-643-3321; www.lousrestaurant.com

Salt Hill Pub - 603-676-7855; www.salthillpub.com

Lebanon/West Lebanon, NH

Three Tomatoes Trattoria - 603-448-1711; www.threetomatoestrattoria.com

Weathervane - 603-298-7805; www.weathervaneseafoods.com

Lyme, NH

Stella's Italian Kitchen and Market - 603-795-4302; www.stellaslyme.com

Ariana's Restaurant - 603-353-4405; www.arianasrestaurant.com

Orford, NH

Peyton Place - 603-353-9100; www.peytonplacereastaurant.com

Plymouth, NH

Lucky Dog Tavern and Grill - 603-536-2260; www.luckydogtavernandgrill.com

Italian Farm House - 603-536-4536; www.thecman.com

Foster's Boiler Room at The Common Man Inn - 603-536-2764; www.thecman.com





CIT/LIT BEHAVIOR CONTRACT

As a CIT/LIT at Camp Walt Whitman I will take responsibility for my actions and adhere to these policies of camp. This contract applies to my behavior both in camp and out of camp:

- 1. POSSESSION OF ALCOHOL, TOBACCO AND DRUG SUBSTANCES OR PARAPHERNALIA:** While in camp or out of camp, possession, distribution or use of alcohol, tobacco (cigarettes, e-cigarettes, Juules, vaporizers of any kind, chewing tobacco, etc.), drugs and/or drug paraphernalia, is prohibited. We have a 'ZERO TOLERANCE POLICY' on this issue. Visual observation need not be necessary for immediate dismissal if there is enough evidence to corroborate that these risk-taking behaviors have occurred. Additionally, CIT/LITs may not bring locked cases, lockboxes and/or locked containers to camp.
- 2. ELECTRONIC DEVICES:** Cell phones **are** permitted for CIT/LITs at camp and may be used in Counselor's Kitchen for internet access, while working out, in the CIT/LIT cabin, or when out of camp. Neither the phone itself, nor contents of the cell phone are to be shared with campers. Content containing pornography is forbidden.
- 3. PERSONAL RELATIONSHIPS:** In regard to interpersonal relationships, on or off camp, we expect CIT/LITs to refrain from inappropriate public displays of affection and/or sexual behavior. CIT/LITs are not allowed to visit the bunk, hotel room, tent or other living quarter of the opposite gender while in camp or out of camp, without the permission of the CIT/LIT Director. Physical and/or romantic relationships between a CIT/LIT and a staff member are strictly forbidden.
- 4. RESPECTING OTHERS:** Pushing, kicking, hitting, fighting or any form of physical or emotional abuse directed towards campers, staff, or other CIT/LITs are not acceptable and will not be tolerated. In addition, CIT/LITs agree to respect the property of other CIT/LITs, staff members, and camp. Stealing, property damage, and vandalism are prohibited.
- 5. PARTICIPATION:** CIT/LITs are expected to fully participate in all scheduled CIT/LIT activities as well as the activities of their assigned cabins.
- 6. DEPARTURE FROM CAMP:** CIT/LITs will only leave camp with the CIT/LIT Director/Assistant Director or with their express permission.

Acknowledgement of Contract

We recognize that these guidelines are for the protection and benefit of all CIT/LITs and our camp community. Our signatures below indicate that we have read and accept the guidelines. We do understand that any breach of these guidelines will result in consequences up to and including immediate dismissal from Camp Walt Whitman.

CIT/LIT Signature _____ CIT/LIT Printed Name _____

Parent/Guardian Signature _____ Date _____

CAMP
WALT WHITMAN
EST. 1948

DIRECTORS

Carolyn and Jed Dorfman

WINTER

September 1 - May 31

Camp Walt Whitman

4 New King Street, Suite 130, White Plains, NY 10604

phone: (914) 948-9151 • fax: (914) 652-2433

SUMMER

June 1 - August 31

Camp Walt Whitman

1000 Cape Moonshine Road, Piermont, NH 03779

phone: (603) 764-5521 • fax: (603) 764-9146

WEBSITE & EMAIL

www.campwalt.com • cww@campwalt.com