

CAMP
WALT WHITMAN
EST. 1948



2023
Family Handbook

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SUMMER 2023 CALENDAR



Monday, May 1All forms must be submitted

Sunday, June 25 **NOTE NEW ARRIVAL DAY**First day of camp

Saturday, July 22 Visiting Day/First Session camper departure

Sunday, July 23Second Session Campers Arrive

Sunday, July 23 – Saturday, July 29..... Pioneer Camp – Session 1

Sunday, July 30 – Saturday, August 5 Pioneer Camp – Session 2

Friday, August 11Last day of camp

Monday, August 14 – Friday, August 18 Family Camp

REQUIRED FORMS



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

CAMPER BIOGRAPHY

The Camper Biography is most important to us and is reviewed by Jed and Carolyn as well as your child's counselors and Unit Leader. It enables us to know as much as possible about each camper before he/she arrives at camp and helps us to provide each child with the best possible summer. Please include any information that you think would be important to ensure your child's success and happiness at camp

We ask that you complete this form each year as we want the most updated information on your child.

We have two camper biography forms, one to be completed by the camper(s) and one to be completed by the parent(s). PLEASE SUBMIT BOTH FORMS BY APRIL 1.

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.

CAMPER TRAVEL TO AND FROM CAMP

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

CHARTERED BUSES

Campers travel to and from camp on chartered coach buses. There is no additional transportation charge. 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



You will receive the departure schedule in early June. Experienced counselors and leadership staff ride the buses to make the trip fun, introduce new campers, play games and prepare everyone for a comfortable arrival at camp.

FIRST SESSION CAMPERS:

Parents should plan on taking home their child on Saturday, July 22 between 2:00 and 4:00pm.

SECOND SESSION CAMPERS:

On Sunday, July 23, our bus will depart from Purchase, NY at 9:00am for camp. Transportation will also be provided from the CVS parking lot in Hanover, NH at 9:30am. Alternatively, parents who would like to drop off their camper at camp may do so between 10:30 and 11:00am.

CAMPER PICK-UP

If you would like to pick up your child on Friday, August 11, 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 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 25** between 1:00 and 3:00pm and that depart Logan or Manchester on **August 11** 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 New York 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 Camp Baggage or Ship Camps.**

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. They have 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 soon after you sign-up. You will receive your final pickup date and time confirmation around June 1st through R&B's portal. Pickup dates by area will be posted on the R&B website.

Remember, all duffels must be shipped to and from camp regardless of whether your camper is flying to camp or arriving on our chartered buses. Duffels cannot be taken on our buses.

SHIP CAMPS

www.shipcamps.com/campwaltwhitman

855-540-2267, customersupport@shipcamps.com

For those of our families that cannot be serviced by R&B Baggage (primarily families west of the Mississippi), Ship Camps can help you get your camper's bags to/from camp this summer. They have a deep discount with all of the major shipping companies such as FedEx and UPS.

FIRST SESSION CAMPERS:

Parents will need to take the duffels with them when they pick up their campers on Saturday, July 22 or arrange to have them shipped home by R&B or Ship Camps.

SECOND SESSION CAMPERS:

Parents dropping off their child at camp on Sunday, July 23 (drop-off is between 10:30 and 11:00am) or utilizing our bus service to camp from Purchase, NY will need to send their child's duffels to and from camp via R&B or Ship Camps. This can be done on their websites.

CORRESPONDENCE TO AND FROM CAMP


MAIL TO CAMP

After June 15, please send all mail to:

Camp Walt Whitman
1000 Cape Moonshine Road
Piermont, New Hampshire 03779



Camper mail should be addressed to:

 Camper Name (*Cabin Number) Camp Walt Whitman 1000 Cape Moonshine Road Piermont, NH 03779

**** Cabin number will be sent to families at the start of camp***

Remember, just as parents look forward to getting letters, campers eagerly await their mail. It is especially important that campers receive mail in the first few days of camp.

MAIL HOME

We recommend sending younger campers to camp with a supply of pre-addressed stamped envelopes. Mail will usually take 3 to 4 days to reach you from camp.

E-MAIL

Our e-mail system provides parents the opportunity to send electronic mail to their child. While emails are great, campers also love receiving "real mail".

DAILY UPDATES

To keep you as current as possible with all that's going on at camp, we will regularly update our website, www.campwalt.com and the Companion app. Updates will include each day's Walt Street Journal (our daily newspaper) and announcements of special events, trips, and pictures.

TELEPHONE PROCEDURE



Please don't feel that telephone calls are necessary or encouraged. Letters are the best way to communicate. Campers look forward to receiving them each day and reread them often. However, to accommodate campers and parents who need to touch base by phone, we ask you to adhere to the following procedures:

1. **TIMING OF CALLS:** Campers and parents must wait until **Wednesday, July 5** before talking with each other. This will allow campers time to acclimate to camp and to make the necessary separation from home.
2. **SCHEDULING CALLS:** Detailed information about how the online phone reservation system works will be emailed to you when it is ready to go live on **Friday, June 30**. We schedule phone calls in advance to maximize efficiency. Last minute scheduling changes due to weather, intercamp commitments, etc. occasionally result in missed camper phone appointments. We appreciate your understanding and will do our very best to reschedule another call as soon as possible. We schedule calls for the second half of the summer after Visiting Day.
3. **CALL TIMES:** Campers who have finished grades 2 through 5 by this summer can be scheduled between 12:30pm and 1:15pm and 6:45pm and 7:15pm. Campers who have finished grades 6 and 7 by this summer can be scheduled between 1:30pm and 2:15pm and 6:00pm and 6:30pm. Campers will call at some point in the window you schedule your call. These times are convenient for most campers on most days.
4. **TIME LIMIT:** All calls are limited to ten minutes. While there is often lots to say and tell, everyone must be considerate of other campers and parents who are eager to speak with each other. An active, fully scheduled camp day simply does not leave lots of time for talking on the telephone.
5. **FREQUENCY OF CALLS:** Campers and parents can speak up to four times over the 7 weeks of camp, or two times for campers at camp for our 3 or 4 week sessions.
6. **EMERGENCIES OR SPECIAL SITUATIONS:** If an emergency or special situation necessitates an immediate call, please call and speak with our Summer Office Manager, or if after office hours, leave a message. After 9:00pm, our lines are answered by an answering machine and will be checked regularly until midnight by the Senior OD. Please do not call after 9:00pm unless there is a true emergency.
7. **BIRTHDAY PHONE CALLS:** If your child has a birthday during the summer, please call our office in advance to set up a special birthday phone call.

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, Bonnie Reeder (bonnie@campwalt.com), to let her know what the items are and when we should expect them. Any item that arrives other than a standard letter will be opened in our mailroom and only those items that have been pre- approved will be delivered to our campers. Any item 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. Our goal is to eliminate campers receiving non-essential items in the mail to limit competition within the cabin and relieve parents of any pressure.

BIRTHDAY PACKAGES: Birthdays at camp are very special and we do allow birthday packages to be sent. Please address this package to:

"Your Child's Name" Attn: Summer Office Manager – Birthday and also email Bonnie (bonnie@campwalt.com) to alert her to its arrival. Please note that no food can be sent and all packages will be opened to ensure this is followed. For this reason, we ask that you do not wrap any items. As a reminder, "bunk gifts" sent to each bunkmate are not allowed.

ELECTRONICS POLICY



ELECTRONIC GAMES: Campers are prohibited from bringing electronic games to camp.

CELL PHONES: Cell phones are not permitted at camp. We do not have cell service at camp so cell phones do not provide a reliable means of communication for campers and parents. Our policy regarding cell phones extends to trips out of camp. This is primarily a security concern for us as we do not want campers telling people outside of our camp community where they are and where they are going to be. We ask for your help in enforcing our camp cell phone policy.

IPODS AND OTHER MUSIC PLAYING DEVICES: We understand that many campers like to listen to music during the summer and want to make sure they can do so. At the same time, we feel it is essential to the camp experience that campers are not utilizing electronic devices at camp to play games, watch videos, chat with other devices, access social media, or spend time online. Therefore, we continue to have a strict policy about what is permitted and what is not permitted for campers to bring to camp. Any device that is equipped with a Wi-Fi connection, data connection, or has video playing capability is NOT allowed at camp. Here's what's permitted:

For families who utilize downloaded music:

- If you have previously purchased an iPod Shuffle or Nano without a video screen (or if you can still find one online), these are still great for camp.
- Alternatively, we suggest you consider buying a non-Apple MP3 player. This is a relatively inexpensive option and there are many devices available online.

For families who utilize Spotify or Amazon Music:

- There are two products we recommend, both of which allow campers access to their Spotify and Amazon music playlist without an internet connection. The first is the Mighty Vibe, a small, screenless, music device that is water resistant and drop resistant. The second product is the Campfire Player, a slightly more expensive device that was designed just for summer camp. This device has a small screen to help campers find their song or playlist, but the device has no apps, games, videos, social media, etc. Both are great options. The only caveat is that due to music licensing, both will only store music for 30 days unless it is reconnected with your Spotify or Prime account. Therefore, we will open up our WiFi for parental use on visiting day so that this can be accommodated.

ELECTRONIC FANS: Large box fans which plug into a wall outlet are not permitted.

ELECTRIC TOOTHBRUSHES: We do not recommend sending these and cannot be responsible if lost.

HEALTH INFORMATION



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.

Our sick call hours are from 8am – 9:30am and then again from 6:00pm – 7:30pm. If a camper is feeling unwell, they should visit the Health Center during these hours so they can be seen by the Dr. Since our Health Center building is open 24/7, campers can also be seen at other times if there is a medical concern and need to be seen sooner.

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 received completed health forms, including a current health history and physician's examination on file at camp.

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 August 11, 2022** 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 are now working with **PackMyRx** 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 **PackMyRx**.
- 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 **PackMyRx** 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 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.

EYEGLASSES

If your child wears eyeglasses, we strongly suggest that you send an extra pair to the Health Center where we will keep them until the end of the summer. The extra pair can be used if your child's glasses are lost or broken. If the extra pair is not needed, we will return them to your child on packing day.

ORTHODONTURE

For campers arriving at camp with removable orthodontic appliances such as retainers or Invisalign, please discuss with your child the importance of properly caring for these products, especially if they must be removed when eating. While staff will do their best to provide campers with reminders, campers are responsible for the safekeeping of these products.

CLOTHING AND GEAR



PACKING LIST

Below is a detailed list of the clothing and equipment needed at camp based on a once a week laundry service (out one day, back the next). We supply a color coded laundry bag to every camper. Please do not send items that are expensive or have sentimental value to camp as we cannot be responsible for their loss. **Please do not overpack! Campers do not need more than what's recommended and storage space is limited.**

CLOTHING

- 2 CWW forest green tees (ordered through The Camp Spot)
- 1 pair hiking boots - please break in before camp
- 1 water-repellant rain jacket
- 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*

OTHER

- 1 pair slides/crocs for beach or pool only
- 2 pair sneakers
- 2 hats with brim
- 20 pre-addressed stamped envelopes (campers under 10)
- 3 standard size towels
- 3 standard size beach towels
- 4 washcloths
- 1 shower caddy
- 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
- 1 daypack
- 1 Crazy Creek chair

*Bathing Suits:

For girls: We only allow one-piece or tankini style bathing suits and they must cover their mid section. Cut-outs or monokinis will not be allowed.

For boys: We do not allow speedo bathing suits.

Toilet Articles:

(label clearly with full name)

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

Sports Equipment:

(label clearly with full name)

- Shin guards (**suggested**)
- Tennis racket (**label clearly with full name on handle and cover**)
- Soccer cleats (**optional**)
- Boys: protective cup (**optional**)
- Softball/Baseball glove (**suggested**)
- Swim goggles (**optional**)
- Lacrosse Stick (**optional**)
- Lacrosse Pads and Helmet (**optional**)

Optional:

Camera, Books, Fishing rod, Musical instrument, Sunglasses (make sure to label clearly with full name on all optional possessions)

Appropriate Camp Clothing:

When packing for camp, remember that the clothing your campers wear throughout the day should be clothes that are intended to be worn for sports and other **active** programming. Please do not send any dressy or inappropriate clothing to camp which include: crop top shirts (shirt **MUST** cover the midriff), open side tank tops or clothing that can't be sent to our commercial laundry service.

PURCHASING CAMP CLOTHING - THE CAMP SPOT

To make camp clothes purchasing more convenient, The Camp Spot's full Camp Walt Whitman catalog can be accessed by going to www.thecampspot.com. From this page, in addition to accessing the clothing catalog, families can set up an appointment, order a Fit Kit (a convenient way to try on different sizes of clothing before placing your final order), print the packing list, or just start shopping. Please keep in mind that **purchase of the listed clothing from The Camp Spot is strictly optional except for the two CWW forest green T-shirts** which are required and will be worn for intercamp sports and for trips out of camp.

Allow at least 3 weeks for fulfillment of your orders. ORDER EARLY TO ENSURE ON-TIME DELIVERY.

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/CWW
Not only is their quality excellent, 25% of your purchase will be donated to Project Morry.
Many campers have the same brand of rackets and gloves. Please label these appropriately and make sure to label both rackets and racket covers.

CAMPERS MISPLACE CLOTHING AND EQUIPMENT. PLEASE BE SURE THAT EVERYTHING IS LABELED (EITHER SEWN, IRON-ON, INDELIBLE PEN, STAMP, OR STICKER) WITH CAMPER'S FULL NAME.

PROHIBITED ITEMS

Each camper is provided with a cubby to store his/her belongings. Please do not send extra storage containers, including drawer units or under bed containers, as there is no space for these. We appreciate your understanding. Also, please do not send or allow your camper to bring a pocketknife or any weapons to camp.

BEDDING

We offer summer rental of one pillow, two pillowcases, four sheets, three blankets (70% wool, 30% fiber), and four towels. If you would like to rent bedding, the rental fee is \$50.00. Please complete and return the online rental form. Please note that most campers prefer to bring their own bedding as it is often a comfort from home.

LAUNDRY

Laundry will go out one morning and will be returned the next morning in individual color coded laundry bags provided by camp. Please remember, laundry is done by a commercial laundry service, and expensive/fancy clothes are not appropriate or necessary for camp, nor can the laundry service be held responsible for them.

CAMPING EQUIPMENT

HIKING BOOTS: Hiking boots are required for all campers. They provide necessary ankle support and comfort. They can be purchased from any good outdoor equipment store and should be sized while wearing wool/dryfit socks. Recommended are boots with good ankle support, not the low fitting style.

CAMPING GEAR: All campers hike or are on a trip one day per week. All campers will need at least one 1-liter water bottle. They also should have at least two T-shirts made of synthetic material (such as used for sports wear-NOT cotton), a waterproof jacket, and thick over-the-ankle hiking socks. A daypack (ex. school backpack) is also required. Campers who have completed 6th grade have the opportunity to choose to take part in a multi-day camping/hiking expedition. Those participants also require, in addition to the equipment listed on the next page, a good quality rain jacket (NOT a poncho) preferably made of Gore-Tex or equivalent, rain pants, fleece and two pairs of hiking socks. Mess kits are not required for campers who have not yet completed 6th grade, but are required for older campers.

SLEEPING BAGS AND SLEEPING MATS: We highly recommend that all campers bring a sleeping bag to camp as every age group will participate in at least one overnight campout. It is a worthwhile investment to purchase a quality sleeping bag as it can last for a lifetime. While camp will provide campers in need with a sleeping bag, please note that these are communal sleeping bags that logistically cannot be cleaned after every usage.

Campers who have not yet completed 6th grade need only a summer rated bag, but older campers participating in an overnight expedition require a good quality sleeping bag that can go down to 30°F or below and pack to a small size. Closed-cell or inflatable (Therm-a-rest) sleeping mats are also a useful option for older campers.

FRAME PACKS: Campers who have finished 6th and 7th grades will require a frame pack at camp in order to participate in our overnight hiking program. Camp will provide a frame pack to any child who needs one. However, while the packs we provide are high quality, over the years many campers have preferred to bring their own personal frame pack because of the increased comfort. Should you want to purchase a frame pack for your child, you can find our recommended packs below. The benefit to purchasing your own frame pack is that it can be individually fit to your child's body and can grow with him/her over time.

EQUIPMENT RECOMMENDATIONS:

DAYPACKS

- Option 1: Utilize your child's school backpack
- Option 2: Osprey Daylite or Daylite Plus Daypack \$52 - \$60 (www.amazon.com)

SLEEPING BAGS

- Marmot NanoWave - \$79 - \$99 (www.backcountry.com)
- Marmot Trestles Kids - \$70 - \$110 (www.amazon.com)

FRAME PACKS

- Teton Sports Ultralight backpack - Sports Hiker 3700 or Sports Outfitter 4600 \$74 - \$130 (www.amazon.com)
- REI Co-op Tarn 65 Pack – Kids \$165 (www.REI.com)
High quality, durable, adjustable pack suitable for campers who will have longer term use of frame pack.

SLEEPING MATS

- Therm-a-rest ProLite Sleeping Pad - \$70 - 98 (www.backcountry.com)
- Therm-a-rest Z Lite Sleeping Pad \$47 (www.amazon.com)

MESS KIT

- GSI Outdoors Cascadian 1-Person Table Set \$15 (www.amazon.com)

CAMPING EQUIPMENT *Continued*

The chart below is designed to help you determine what hiking and camping equipment is required for your child's age group. Please contact us with any questions.

EQUIPMENT ITEM	GRADE COMPLETED JUNE 2023					
	2	3	4	5	6	7
1 1-Liter Water Bottle	•	•	•	•	•	•
1 Climate Control Fabric T-Shirt	•	•	•	•		
2 Climate Control Fabric T-Shirts					•	•
1 Water-Resistant Hooded Jacket (Not Poncho)	•	•	•	•	•	•
2 Pairs Over-the-Ankle Hiking Socks	•	•	•	•	•	•
1 Day Pack (e.g: School Back Pack)	•	•	•	•	•	•
1 Pair Over-the-Ankle Hiking Boots			•	•	•	•
1 Pair Hiking Boots / Shoes	•	•				
1 Pair Rain Pants					•	•
1 Fleece	•	•	•	•	•	•
1 Warm Hat					•	•
Sleeping Bag	•	•	•	•	•	•
Frame Pack					•	•
Mess Kit					•	•
Sleeping Mat					•	•



OPTIONAL PROGRAMS

INTENSIVE TENNIS



For those campers who love tennis, we offer a special intensive tennis option. The intensive tennis program provides private and small group instruction. Participation in the program is limited to truly committed camper tennis enthusiasts. Campers receive an extra two hours of instruction per week (twelve hours in all over the course of the summer). For campers finishing 2nd-5th grade, these lessons will occur at rest hour. For campers finishing 6th-9th grade, these lessons will be before breakfast.

The total cost for this additional twelve hours of instruction is \$400 per camper. The fee for First or Second Session campers is \$200. You may enroll in this program online by selecting it on your forms dashboard

PLEASE NOTE: Since we can only accommodate a limited number of campers, places are reserved on a first enrollment basis up to the maximum number we can accommodate by age.

WATERSKI SPECIALTY



All of our campers will participate in our regular waterski program; however campers finishing grades 4 through 9 may receive extra instruction by participating in our waterski specialty. The waterski specialty includes four additional 3-hour sessions of waterskiing. These sessions will be given by Camp Walt Whitman's own instructors and take place on Newfound Lake at Camp Wicosuta, a 30 minute drive from camp.

The cost for this program is \$200 per camper. Please complete the form online and return it to us by **May 1**. There is a limited enrollment space of 45 campers, and after May 1, we cannot guarantee a place in this program. Campers will be enrolled on a first-come first-served basis.

Campers who register for the waterski specialty may occasionally find that special activities and trips conflict with their waterski specialty. We will do our very best to reschedule missed waterski time, but please understand that this is not always possible, and a refund cannot be made for waterski time missed due to alternate group scheduling, camper selection of another activity, elective intercamp games or weather. **Because of the complexity involved with scheduling, this option is only available to 7 week campers.**

INTENSIVE GOLF



Intensive Golf is for campers finishing grades 4 through 9 who are committed to developing their golf game. Campers will receive additional weekly instruction for a minimum of 6 hours of small group and individual instruction throughout the summer. Intensive golfers will also participate in two trips to a local golf course.

There is a limited enrollment of 16 and places will be filled on a first-come first-served basis. The cost for this program including lessons and greens fees is \$350 for 7 week campers (6 lessons) and \$200 for First or Second Session campers (3 lessons).

Please complete this form by May 1.

HORSEBACK RIDING



Riding is an optional off-camp activity for campers who are passionate about horseback riding. It is held bi-weekly from 4:00 - 7:00pm. Campers will have a late dinner and then rejoin their cabin at their evening activity that is already in progress. Our experience has been that campers, particularly younger and new ones, prefer to participate in their group's scheduled activities rather than leave for horseback riding. We will not insist that a child ride but can only offer the opportunity.

Every rider must bring with them to camp a riding helmet and riding boots or sturdy shoes with hard heels. Hiking boots with treads or sneakers are not permissible. The fee for 7 week campers is \$300 (4 sessions) and the fee for First Session campers is \$150 (2 sessions). Campers who register to ride may occasionally find that special activities and trips conflict with their riding schedule. We will do our very best to reschedule missed riding time, but please understand that this is not always possible, and a refund will not be made for riding time missed due to alternate group scheduling, camper selection of another activity, elective inter-camp games, or weather.

The enrollment and release form must be completed online, and payment sent to us before **May 1** to assure participation in the riding program. Space is limited, and places are reserved on a first enrollment basis.

ACADEMIC TUTORING



We offer tutoring to any camper needing academic support or requiring remediation in English or Mathematics. In addition to remediation in basic skills, we also offer a program for campers who need to work on their study/ research skills or who simply need to do review work in a subject area to strengthen and prepare for the coming academic year. We have several certified teachers on our staff to offer this program, and it will be scheduled to minimize any interference with regular camp programming. Our tutors will be happy to speak with your child's school directly if necessary. If you would like to enroll your child, this form will be available in CampInTouch in March. If you have any questions, please contact Stephanie Herr at our Winter office at (914) 948-9151.

TRIPS



OFF CAMP TRIPS

Baker River:

Campers finishing 2nd and 3rd grade by this summer

Once a summer, our youngest campers get to spend a night and a day with their own cabin group at our Baker River Campsite, 10 miles from camp. It is a wonderful location where the water runs clean and cold over a rib of white granite rock that forms a beautiful clear pool. Campers arrive late afternoon and spend the evening eating a fabulous dinner, listening to stories and eating marshmallows around a campfire. The next day they have breakfast, explore the upper reaches of the river, have lunch and come back to camp mid-afternoon after a stop at Moose Scoops ice cream. A great time for all!

Special Excursions:

Campers finishing 2nd through 5th grade by this summer

Special excursions are exciting overnight trips that take place during the second half of camp and are a true highlight of each camper's summer. All special excursions involve an outdoor experience along with a visit to a unique, local attraction. Outdoor experiences from past trips have included nature walks along beautiful North Country landscapes, exploring cascades to see the wonder of natural rock slides and a chance to play in picturesque waterfalls. Some of the attractions our campers have visited include splashing around at the waterpark, incomparable views from the gondola as they scale a mountain and museum exhibits chock full of science and history. All trips include camping out at scenic sites complete with a campfire and s'mores under the beautiful New Hampshire stars.

White Water Rafting:

Campers finishing 6th grade by this summer

On Wednesday, July 26, campers will travel by deluxe coach bus to Massachusetts and begin their adventure at Jiminy Peak's Mountain Adventure Park. Here they will get to enjoy the park's Mountain Coaster, Alpine Super Slide, Zip Line, Giant Swing, Climbing Wall, and Bungy Trampoline. Campers will then spend the night at a local campsite before departing for an amazing day of rafting on the Deerfield River enjoying class II and class III rapids. Campers will return to camp late on Thursday evening after a visit to the Basketball Hall of Fame.

To make this trip the best and safest possible, we are using Zoar Adventure, who is known for their professionalism and safety. Zoar provides specially equipped white water rafts, wet suits, all necessary equipment and an experienced guide (along with one of our CWW staff members in every raft).

The total cost of this trip is \$595. This fee will appear on your Spring tuition statement. This includes meals, hotel, guides, equipment, and transportation on coach buses. In the spring, we will send you additional information from Zoar Adventure. If, for any reason, you do not want your child to go on this trip, he or she will be able to remain at camp and participate in regular camp activities.

Lake Placid Adventure Days:

Campers finishing 7th grade by this summer

- Day 1:** Children will depart CWW on deluxe coach bus and arrive early-afternoon at our campsite in the heart of Lake Placid. Campers will enjoy the afternoon and evening exploring this beautiful and historic village with their counselors, including the opportunity to tour the Olympic Museum.
- Day 2:** Campers will head to Whiteface Mountain where they will have options to participate in mountain top yoga, enjoy a highly rated disc golf course, participate in a Fun Zone park, and enjoy an Airbag jump. After lunch, campers will head to the Olympic Junior Complex where they will have the opportunity to pilot a training luge down a paved course, receive a hockey shot clinic (don't forget Lake Placid was home to The Miracle on Ice in 1980), and participate in a paintball biathlon. This will all be followed by a guided tour of the jumping complex, including a glass elevator trip to the top of the 120 meter ski jumping tower.
- Day 3:** Campers will head to Lake Placid's famous Olympic Bobsled track. Here, all campers get to experience the excitement of this Olympic sport as they enjoy a real bobsled ride accompanied by a professional driver and a professional brakeman on every sled. Afterwards, campers will return to camp with what we are sure will be wonderful stories!

The cost for this program is \$645. This fee will appear on your spring tuition statement. This includes admission fees, instructional fees, equipment rental, transportation, and meals and snacks each day.

CAMPER BANK



Generally speaking, our campers have little or no use for money at camp. When campers are on trips, camp pays all expenses including snacks, etc.

Campers finishing 2nd through 4th grades have absolutely no use for money during their time at camp.

Campers finishing 5th through 7th grades do like to have some "extra" money to take with them on their special trips. We believe a reasonable perspective should be kept on camper spending away from camp. Therefore, we have built a "camper bank" payment into your invoice. All families in each age group will be invoiced the same amount of "camper bank," and we will distribute this money to campers while they are on their trips. When not on trips, this money will be held in our safe. Any unused money will be returned to the child on the final day of camp.

CHARGES WILL APPEAR AS FOLLOWS:

➤ **CAMPERS FINISHING 5th GRADE: \$30**

Fifth graders have the opportunity to visit the Ben & Jerry's Ice Cream Factory. Campers like to buy mementos; \$30 is more than enough as CWW pays for those fabulous ice cream sundaes.

➤ **CAMPERS FINISHING 6th GRADE: Full/Second Session - \$65 First Session - \$20**

White Water Rafting is an exciting adventure and campers often like to buy a t-shirt or sweatshirt as a memento.

➤ **CAMPERS FINISHING 7th GRADE: Full/Second Session - \$65 First Session - \$20**

Lake Placid Adventure Days offer limited opportunities to spend money and \$65 for mementos is more than enough.

VISITING DAY

Saturday, July 22, 2023

Visiting Day starts at 10:00am on Saturday and ends at 4:00pm. Please understand that with the exception of second year senior campers, it is firm camp policy that campers may not leave the campgrounds during Visiting Day.

We try to make Visiting Day a relaxed family time together. We do not believe in "putting on a show" for parents but rather want our camp families to simply experience camp and enjoy being together.

Saturday morning is spent visiting, touring camp, meeting counselors and friends. After a buffet lunch on the front lawn, the afternoon offers the opportunity to participate in activities throughout camp together. Parents depart at 4:00pm.

NO DOGS ALLOWED IN CAMP ON VISITING DAY – we appreciate your understanding.

PARKING: Our gates will open for parking on Visiting Day at 9:00am. All cars will be parked on the upper baseball field between 9:00am and 10:00am with only handicapped parking accessible in the main part of camp. Coffee and snacks will be served between 9:00am and 10:00am, at which time all parents will be permitted to walk the 2/10 mile into the center of camp. Since everyone will be parked in the same general area no matter when they arrive, and everyone will be permitted into camp at the same time, there is no need to rush to camp "to get an early place in line."

FOOD: Because we know campers like to have parents bring favorite treats to camp and we do not want to police visitors, we do not have a policy which limits what parents bring in. Unfortunately, many parents go to excess, often at the request of their child, and bring with them large amounts of candy, junk food, drinks and even "exotica" like pizza, Chinese food and bagels and lox. The unfortunate result of this excess is that many campers wind up with stomachaches, and we have an overworked nursing staff seeing campers at all hours of the night. We urge you to limit what you bring into camp. We also want you to know that **all food is removed from cabins after you depart** despite camper pleas to the contrary. We do this out of concern for the health of our campers and the general good of our camp community. As a reminder, camp is a nut free community and we ask that you keep this in mind when bringing food into camp.

ANNUAL CWW SIBLING SLEEPOVER: Saturday night of Visiting Day, brothers and sisters entering 2nd, 3rd, or 4th grades in September 2023 are invited to sleepover at camp. They will enjoy our traditional Saturday night barbeque, have a specially planned evening with lots of games and fun, and then sleep in their brother's or sister's cabin or with a specially chosen "Big Brother or Big Sister" (we have to keep boys with boys and girls with girls). Siblings of senior campers will be assigned to an age appropriate younger camper for the sleepover. At 8:30am on Sunday morning, parents return to camp and meet their children at our Pavilion. From the Pavilion you will take your younger child home with you, and, after saying goodbye to your camper, he/she will rejoin his/her cabin for their 9:10am activity.

Because of space limitations and concerns for safety and supervision, we are sorry that we cannot invite former campers or siblings older than 4th grade to sleepover. If your child would like to stay over with us, please complete the sibling sleepover form online by May 1st.



HOTEL RECOMMENDATIONS



We suggest making your reservations as soon as possible. You can find hotel recommendations below.

Please note that many families also stay at local Airbnbs.

Hanover, NH *(40 minutes to camp)*

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

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

Lyme, NH *(25 minutes to camp)*

Home on the Connecticut - 888-353-4440 /603-353-4444; www.homeonthect.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

Fairfield Inn & Suites by Marriott Plymouth - (603) 536-0100;

www.marriott.com/hotels/travel/lcipl-fairfield-inn-and-suites-plymouth-white-mountains/

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.choicehotels.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.hilton.com

Super 8 Motel - 802-295-7577; www.wyndhamhotels.com/super-8/white-river-junction-vermont/super-8-white-river-junction/overview

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.peytonplacerestaurant.com

Plymouth, NH

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

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



CAMP
WALT WHITMAN
EST. 1948

DIRECTORS

Carolyn and Jed Dorfman

WINTER

September 1 - May 31

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