

# CAMP WALT WHITMAN EST. 1948



# 2023 Senior Camp Family Handbook



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# SUMMER 2023 CALENDAR



Monday, May 1 ..... All forms must be submitted

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

Saturday, July 22 ..... Visiting Day

Monday, July 31 – Friday August 4 ..... Bus trips to Maine & Canada

Friday, August 11 ..... Last 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 do not keep the biographies from year to year because children and circumstances change. 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.

### BEHAVIOR CONTRACT

We ask that parents sit down with their senior camper and review each piece of the Senior Camp Behavior Contract. While all of the values and rules of CWW still apply in Senior Camp, we believe it is appropriate to review and lay out these rules with older campers.





# 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 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.



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## 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.



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## 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.

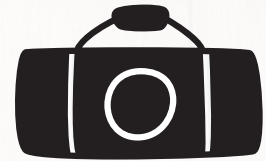


Campers traveling by air to and from places other than Florida and California should reserve flights that are scheduled to arrive at Logan Airport in Boston or Manchester Regional Airport in Manchester, NH on **June 25** between 1:00 and 3:00pm and that depart Logan or Manchester on **August 11** between 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 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](http://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.

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## SHIP CAMPS

**[www.shipcamps.com/campwaltwhitman](http://www.shipcamps.com/campwaltwhitman)**

**855-540-2267, [customersupport@shipcamps.com](mailto: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 the main shipping companies such as FedEx and UPS.

# 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

While campers love receiving letters, they often “forget” or are “too busy” to write home. ***This is especially true of our oldest campers.*** We will remind our campers that this is a responsibility they have to their parents and will do our very best to have them write home during the summer. 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. As you might imagine, the volume of email we receive is enormous. 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](http://www.campwalt.com) and the Campanion app. Updates will include each day’s Walt Street Journal (our daily newspaper) and announcements of special events, trips, and pictures.



# TELEPHONE PROCEDURE



1. **PHONE CALLS:** In order to allow the most flexibility within their schedules, senior campers will be scheduled for (4) weekend time periods prior to the start of camp to conduct their phone calls. These calls will be scheduled in 60-minute blocks. Please expect the call sometime within that 60-minute window, not at a specific time. You will receive further information with exact dates and timing in late Spring.
2. **TIME LIMIT:** As a privilege for our oldest campers, we allocate more time for their calls. Senior Camp phones calls are limited to 15 minutes. While we are able to offer additional time for phone calls, we must be considerate of other campers and parents who are eager to speak with each other.
3. **FREQUENCY OF CALLS:** *Campers and parents can speak up to 4 times over the 7 weeks of camp.* More frequent telephone contact would disrupt campers and their summer experience. Most parents speak with their child no more than two or three times during the summer.
4. **EMERGENCIES OR SPECIAL SITUATIONS:** If an emergency or special situation necessitates an immediate call, please call and speak with the Senior Camp Director, 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.
5. **BIRTHDAY PHONE CALLS:** If your child has a birthday during the summer, please call or email the Senior Camp Director in advance to set up to set up a special birthday phone call.
6. **Campers are not allowed to call from pay phones or staff cell phones when on trips outside of camp unless it is an emergency.**



## 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" Att: 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. CWW will provide these large box fans in the SC bunks.

**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 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 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, 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 safe keeping of these products.



# OPTIONAL PROGRAMS

## INTENSIVE TENNIS

We offer a special intensive tennis option for our campers who are passionate about tennis. The intensive tennis program provides private and small group instruction. Participation in the program is limited. Campers receive an extra two hours of instruction per week (twelve hours in all over the course of the summer). For senior campers these lessons require that campers wake up one hour early (7 am) before breakfast. It is important that both parents and campers are aware of this time expectation before signing up. For campers who participate in multi day hiking or biking trips throughout the summer, we can accommodate missed intensives at other time slots. The total cost for this additional twelve hours of instruction is \$400 per camper. 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.

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## WATERSKI SPECIALTY

All of our campers will participate in our regular waterski program; however senior campers 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.

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## 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.

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). 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.



## INTENSIVE GOLF SPECIALTY

Intensive Golf is for campers 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. In addition, 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. **Please complete this form by May 1.**

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## 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.





# CLOTHING, GEAR & CAMPING EQUIPMENT



## PACKING LIST

Packing your teen for camp is quite a task. Please remember that space is limited and we ask you to limit the number and variety of items your camper is bringing to camp. Senior campers are provided with under bed storage bins in addition to their cubbies to help with organization. The below list takes into account items needed for day to day camp life as well as hiking, biking, day and bus trips outside of CWW. Please do not send items that are expensive or have sentimental value to camp as we cannot be responsible for their loss.

### 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\*
- 2 pairs padded cycling shorts (**required for bike trips**)\*

### OTHER

- 1 pair slides/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 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 OR headlamp
- 1 liter water bottle
- 1 daypack
- 1 Crazy Creek chair
- Pre-addressed stamped envelopes

### Toilet Articles: (label clearly with full name)

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

### Sports Equipment: (label clearly with full name)

- Shin guards
- 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**)
- 1 pair gloves – fingerless, padded riding gloves (**suggested for bike trips**)\*

### Optional: (label clearly with full name)

Camera, Books, Fishing rod, Musical instrument, Sunglasses

### **\*FOR GIRLS: Bikinis are not allowed in camp.**

However, one privilege of our senior campers is that we do allow them to wear bikinis, if they wish, on out-of-camp trips. For some campers, this will mean packing 1 or 2 bikinis in addition to their one-piece suits.

### ***The following items ARE provided for bike trips if necessary.:***

- Helmet – S.N.E.L.L. &/OR A.N.S.I. approved
- Rear rack
- Two water bottles & bottle cages
- Bike lock and cable
- Handlebar bag – for maps, camera, snacks, etc.
- Spare tube(s) and patch kit



## 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 one day per week and have the opportunity to choose to participate in 3-5 day hiking and biking trips which will require this gear. 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 sportswear – NOT cotton), a waterproof jacket, and thick over-the-ankle hiking socks. A daypack (ex. school backpack) is also required.

**SLEEPING BAGS AND SLEEPING MATS:** We highly recommend that all campers bring a sleeping bag to camp. Even if your child does not participate on a traverse or bike trip, sleeping bags will be needed on their bus trip to Maine or Canada. 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.

Senior campers who anticipate participating in any of our overnight trips 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:** Senior campers require a frame pack 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](http://www.amazon.com))

#### **SLEEPING BAGS**

- Marmot NanoWave - \$79-\$99 ([www.backcountry.com](http://www.backcountry.com))
- Marmot Trestles Kids - \$70-\$110 ([www.amazon.com](http://www.amazon.com))

#### **FRAME PACKS**

- Teton Sports Ultralight backpack – Sports Hiker 3700 or Sports Outfitter 4600 \$74 \$130 ([www.amazon.com](http://www.amazon.com))
- REI Co-op Tarn 65 Pack – Kids \$165 ([www.REI.com](http://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](http://www.backcountry.com))
- Therm-a-rest Z Lite Sleeping Pad \$47 ([www.amazon.com](http://www.amazon.com))

#### **MESS KIT**

- GSI Outdoors Cascadian 1-Person Table Set \$15 ([www.amazon.com](http://www.amazon.com))





## 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](http://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](http://www.thecampspot.com)  
Our official camp supplier, also sells name tapes.
- **Label Daddy** - [www.labeldaddy.com/CWW](http://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.



# TRIPS



Experience has proven that the more senior campers participate in CWW's trip program, the more they get out of the senior camp experience. The SC trip program is comprised of three pieces:

1. Overnight backpacking traverses (3-5 days) Requires enrollment prior to camp
2. Overnight bike trips (4-5 days) Requires enrollment prior to camp
3. The 5-day bus trips at the end of the summer to Maine or Canada.

## HIKING (Day Hikes & Multi-Day Traverses)

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While our hiking and camping program has always been a major component of CWW, in Senior Camp, teens have the opportunity to take this program to another level and have more choices and opportunities than anyone else in camp. There are two types of hiking experiences in Senior Camp:

### DAY HIKES

The Senior Camp Hike Day is every Tuesday. However, campers choose their hike in advance (on Saturday the week before) and generally pick between 2-3 different offerings. There are always choices that are less rigorous and choices that are more challenging. This allows the program to meet the campers where they are in regard to their interest in challenging themselves in this capacity. While campers can choose which hike they would like to do and how much they would like to challenge themselves, hiking continues to be a required and integral piece to the CWW program for every camper.

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### Multi-Day Traverses

In addition to the weekly day hikes that all campers participate in, the Senior Camp program offers 3 and 5 day optional traverses. **Campers sign up for traverses prior to camp. Please review the traverse options below with your teen and allow them to sign up for the traverse of their choice by completing a form in CampInTouch.** Below you will notice a difficulty rating. Note that A+ is the hardest difficulty with C being the easiest offered.

### FIVE-DAY TRAVERSES AVAILABLE TO BOTH FIRST AND SECOND YEARS:

#### Pemigewasset Watershed:

Destination: Pemigewasset Duration: 5 days Elevation Gain: 15,710' Difficulty: A

A stunning 50+ mile traverse in the heart of the White Mountains. Day one is from Lincoln Woods on the Kancamagus Highway up to Mt Liberty and Mt Flume, and down to Liberty Springs campsite. Day two takes you over Franconia Ridge with its 360° views to Garfield. Day three to South Twin along the Appalachian Trail to Guyot Campsite. Day four is across to Zealand and into the Pemigewasset Wilderness to make a back-country campsite under the towering dome of Carrigain Mountain. Day five is up the Desolation Trail to Carrigain itself, then down to the road at Sawyers' River.



**Mahoosuc Traverse:**

Destination: Mahoosuc Range Duration: 5 days Elevation Gain: 12,430' Difficulty: A

A two-state traverse! The first day takes you from Gorham to the beautiful Dream Lake and along the Mahoosuc Trail to Gentian Pond. The group will then follow the little known wilderness up in the Mahoosuc Range to Carlo Col on day two, and then day three to Gooseye Pond and Full Gose Campsite. Day four takes you through Mahoosuc Notch, perhaps the most difficult stretch of the 2,200 mile long Appalachian Trail, to Speck Pond. Day five the group moves on to Old Speck and finishes the traverse in beautiful Maine!

**Presidentials Traverse:**

Destination: Great Gulf Wilderness Duration: 5 days Elevation Gain: 5,825' Difficulty: B

For those that would like a five-day challenge but with the ease of basecamping. Day one is a nice 4.6- mile trek into a wilderness base-campsite in the Great Gulf, under the towering ramparts of Washington, Jefferson, and Adams. The following three days are all without the frame pack. Day hike to Washington along the unforgettable head-wall, day hike Jefferson up the Six Husbands Trail where snow and ice can still be found in the caves on the way, and finally day hike Madison and Adams past Madison Hut. The last day is simply a reverse of the first.

**THREE-DAY TRAVERSES AVAILABLE TO BOTH FIRST AND SECOND YEARS:****Twins and Bond Traverse:**

Destination: Pemigewasset Duration: 3 days Elevation Gain: 8,540' Difficulty: B+

Perhaps the best three-day traverse in the White Mountains. If you missed this in Upper Camp, consider it. Day one is tough-from Twin Brook up to the summit of North Twin for lunch, you'll have amazing views of Mt Washington. After lunch you'll traverse along the ridge to South Twin, and down an easy three miles to Guyot campsite and its wonderful spring water. Day two takes you over Mt Bond to the Bond Cliffs for lunch, and the view here cannot be described. Then down to the Pemigewasset Wilderness and Franconia Brook campsite. Day three is a lazy morning by the river and a stroll out to Lincoln Woods.

**Franconia Ridge:**

Destination: Lincoln, Lafayette Duration: 3 days Elevation Gain: 4,280' Difficulty: B

A really nice traverse, somewhat challenging and very rewarding. Essentially the first three days of the Franconia to Washington traverse, day one the group treks to the Liberty Springs campsite (2 miles) with an optional sunset trip to Mt Liberty. Day two is an early start then across the legendary Franconia Ridge with 360° views all the way to Garfield campsite. Optional sunset (or sunrise on day three) to Garfield. Day three is an easy 4-5 miles down to Garfield Brook.

**Isolation Traverse:**

Destination: Mt. Isolation Duration: 3 days Elevation Gain: 3,240' Difficulty: C+

This is a traverse designed by a group of campers many years ago. Day one is a nice four-mile climb to a base camp along the beautiful Rocky Branch River. Day two is a short jaunt to Mount Isolation and 360° views of the Dry River Wilderness and the southern Presidentials. Or if you're up for you, the group could go crazy and summit Mt. Washington itself, but that would make an eighteen-mile day. Day three is a simple reverse of day one.



## TRAVERSES AVAILABLE TO SECOND YEARS ONLY:

### Franconia Ridge to Mount Washington:

Destination: Mt. Washington Duration: 5 days Elevation Gain: 17,280' Difficulty: A

An amazing traverse along the spine of the White Mountains. Day one is a short trek to the Liberty Springs campsite (2 miles) with an optional trip to Mt Liberty where participants can stare into the distance at their destination, Mt Washington, 40+ miles away. Day two is an early start across the legendary Franconia Ridge with 360° views all the way to Garfield campsite. Day three is a tough trek to the top of South Twin up a tough vertical mile to amazing views and then a relatively flat three miles to Guyot campsite and its legendary spring water. Day four takes you over to Zealand campsite and the A-Z trail, down to Crawford Notch, then up two more foot-hurting miles to Mitzpah and Neauman campsite. The last day is across the Southern Presidentials and Lakes of the Clouds, to Mt Washington for a much deserved lunch. Participants descend via Tuckerman's trail and Pinkham Notch.

### AT Challenge:

Destination: Somewhere out there Duration: 5 days Elevation Gain: 26,680' Difficulty: A+++

This is only for the super fit. Head out of camp at dawn day one, and see how far you can get along the Appalachian Trail to Mt Washington in five days. At over 90 miles this is serious and only a group of three to six can be considered.

### Insanity:

Destination: All the Presidentials Duration: 1 day and one night Elevation Gain: 10,000' Difficulty: Insane

This capstone hike which takes place during the last week of camp can be a child's only traverse of the summer or can be added as a second traverse as it is only one night. Camp out in Crawford Notch, up at 3.00am, hiking at 4.00am, along the Crawford Path and Gulfside Trail bagging every Presidential Mountain in one day. 24 miles, and the equivalent height gain of Everest from basecamp. They said it could not be done, that this is impossible, especially for kids. But we do it, every year. Training is required throughout the summer, as is completing every "hard option" day hike.

## TRAVERSES AVAILABLE TO FIRST YEARS ONLY:

### Mountain Madness:

Destination: Carter Mountains Duration: 1 day and one night Elevation Gain: 7,000' Difficulty: Madness

This hike which takes place during the last week of camp can be a child's only traverse of the summer or can be added as a second traverse as it is only one night. About 22 miles in total, you will begin your adventure camping out at Dolly Copp campground near Pinkham Notch. You'll wake up before sunrise and drive to Gorham which will be your starting point to hike up Moriah and the Carters (South Carter, Middle Carter, Carter Dome). You'll descend into Carter Notch, up again to the Wildcat Ridge, and down to Pinkham Notch and Ellis Falls before returning to camp for some much needed rest.



## BIKE TRIPS

**Bike Trips require payment in advance and parents must sign their camper up BEFORE camp starts. Please note that if you sign your camper up for a bike trip and they do not end up participating, we will reimburse you in full. You can find this form on your forms dashboard in your CampInTouch account.**

For our senior campers, we offer the opportunity to participate in 5 or 6-day biking trips. Due to concerns for camper safety, only those campers who are strong bikers can participate.

### **Bike Maine: From Camp to the Sea:** *Optional: Campers finishing 8th grade*

This trip from camp to the Maine Seacoast, provides an opportunity for the first year seniors to experience this exciting sport through rolling hills and backcountry roads. The cost of this trip is \$500.

**Mileage:** 25 to 35 miles a day. Flat, moderate rolling hills, and a few tough climbs.

**Day 1:** Monday morning and afternoon meet with trip leaders for a bike workshop, trip prep and local practice rides.

**Day 2:** Meredith: We'll get an early start for a great ride into Plymouth where the group can stop for a snack at the wonderful bakery. Continue Southeast along the Pemigawasset River down to Ashland for a picnic lunch and ride the final distance to Meredith and the campground.

**Day 3:** Wolfeboro: It is a fantastic ride, although it's a little hilly, to the shores of Lake Winnepesaukee at Weir's Beach. You can play in the water, explore the pier, and then catch the ferry "Mt. Washington" across the lake to Wolfeboro. Cycle the last six miles to the Wolfeboro Campground.

**Day 4:** Sanford: This will prove to be your most challenging day as you pedal along the rolling hills that take the group across the border into Maine!!! You'll love riding on scenic route 109 to your destination east of Sanford.

**Day 5:** Wells Beach: From the moment you hop on your bike you can smell the salt air as you approach your final destination: WELLS BEACH. You and your friends will plunge in the ocean and play in the surf before you board the CWW van and head back to camp in time for dinner.

### **Bike Vermont: From Camp to Burlington:** *Optional: Campers finishing 9th grade*

Travel through the scenic back roads of Vermont passing through Montpelier, Stowe and on to Burlington. For the second year senior camper who wants a new and different challenge. The cost of this trip is \$500.

**Mileage:** 25 to 40 miles per day.

**Terrain:** Moderate to hilly, with a challenging climb over Smuggler's Notch outside of Stowe.

**Day 1:** Sunday morning and afternoon you'll meet with trip leaders for a bike workshop, trip prep and local practice rides.

**Day 2:** Groton: Depart Camp Walt Whitman and begin your journey West across the Connecticut River. Get ready to climb out of the lush river valley and cycle past Vermont's famous dairy farms toward our campground in Groton State Forest.

**Day 3:** Montpelier: After breakfasting on the delicacies of one of Vermont's classic country stores, you'll take an easy cruise along Rt. 302 to Montpelier. Believe it or not, this cute little town, with a population smaller than some apartment buildings in New York City, is the capitol of Vermont.



- Day 4:** Stowe: Ahhh, you'll love the flat valley terrain during the first half of the day up to Waterbury Center. After a group feeding frenzy and tour at Ben & Jerry's Ice Cream Factory, we'll be ready for the climb to our campground at the base of Mt. Mansfield. Take a thrilling ride down the alpine slide or take a quick jaunt over to the Von Trapp Family Lodge - founded by the same singing family that starred in the movie Sound of Music.
- Day 5:** Underhill: The sense of accomplishment is overwhelming as you conquer the big climb up Smuggler's Notch and savor the long descent to the quiet town of Underhill. The campground is perfect for Ultimate Frisbee and other group games and has a pond for fast relief from the sun.
- Day 6:** Burlington: Complete your triumphant entry into Burlington where you will celebrate with a noontime feast, leaving time to explore this vibrant city. Return to Walt Whitman and share the memories of your journey.

## BUS TRIPS

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### **Maine Seacoast Bus Tour:** *Campers finishing 8th grade*

First year senior campers and staff will depart camp by deluxe coach bus on Monday morning, July 31, for five days of fun enjoying the Maine Seacoast. The first stop is Freeport, ME. Campers will explore the town before making their way to Brunswick where they will set up camp at Thomas Point Beach and have S'mores as the sun sets over Thomas Bay.

Day two we arrive at Mount Desert Island in Bar Harbor, ME. After an afternoon round of mini-golf at Pirate's Cove, we'll spend the afternoon exploring this historic fishing village, sampling the local food and watching a breathtaking sunset over the harbor.

Wednesday morning we head to Acadia National Park where we will spend a beautiful afternoon playing in the Atlantic Ocean at Sandy Beach. For campers who want to gain a unique perspective of the area, we'll offer a hike up Beehive Mountain which offers stunning panoramic views. In the afternoon we'll go out on a lobster boat to catch lobsters. Today's catch becomes tonight's dinner as campers enjoy the freshest lobster imaginable. This is followed by an evening at the Great Maine Lumberjack Show which provides a great night of entertainment.

Thursday morning we'll head to Portland, Maine which is highlighted by an unforgettable guided excursion into Casco Bay on lobster fishing boats! Campers have the opportunity to haul up traps or sit back and relax as we cruise near picturesque lighthouse, historic civil war forts and the "seal rocks". After the lobster boat excursion campers explore downtown Portland and get their fill of fresh, local sea-fare (and plenty of other options as well).

On the final day of the trip, campers will enjoy the beach and the carnival rides at Old Orchard Beach where a panoramic view of the coast can be seen from the top of the Ferris wheel. Then it's back to camp to share the experience with everyone at our Monday meeting.

The total cost for this trip is \$875 and will appear on your spring tuition statement. This includes all meals, lodging, admission fees and transportation by deluxe coach bus.



**Montreal/Quebec City Bus Tour:** *Campers finishing 9th grade by this summer*

On Monday morning, July 31, our second year Senior Campers will depart on an exciting five-day trip to Canada. The first two days will be spent in historic Quebec City where campers will explore the sights and sounds of the oldest city in Canada. Campers will explore this historic walled city and discover all that makes it so special, including an evening ghost tour of the city; learning about the history of the city's founding days and the ghosts that the locals claim still roam the streets today. Campers and staff will camp at a beautiful campsite just outside the city limits while visiting Quebec City.

On Wednesday morning, campers will pack-up camp and head to Montreal, stopping for some wet and wild fun at Valcartier Water Park. Afterwards, campers will check into our hotel in Montreal before spending an evening dining in Old Montreal and exploring the cobblestone streets of this beautiful city.

Thursday, our second year Senior Campers and staff will spend the morning in downtown Montreal, where they can visit the quaint shops and outdoor cafes, spend time at the Montreal Museum of Fine Arts, or relax in the park before heading to LaRonde Amusement park for an evening of roller coaster riding and a spectacular fireworks show!

On Friday, campers and staff will travel back to camp with lots of wonderful experiences and memories to share with our entire camp at our Monday Morning Camp Meeting.

The total cost of this trip is \$975 and will appear on your spring tuition statement. This includes all meals, lodging (2 nights at a campsite, and 2 nights at a hotel), tour guides, admissions fees, and transportation by deluxe coach bus.

From all of the past trips to Canada, we know that this trip will be a wonderful experience for our campers culminating a terrific last summer at CWW before many of them become Walt Whitman CITs in 2024.

**IMPORTANT: PASSPORTS REQUIRED:** All 2nd year Sr. Campers will be required to bring their passports to camp with them this summer. We will store their passports in our camp safe and provide them to our Sr. Camp Director for the trip. Each camper will have their passport returned to them on the last day of camp. Campers without passports will not be able to make this trip to Canada.



# VISITING DAY

## Saturday, July 22, 2023

SC

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 camper, and bring with them large amount of candy, junk food, drinks and even “exotica” like pizza, Chinese food or 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 senior camp cabins within 24 hours of your departure.** 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. **2nd year senior camp families who take their camper out of camp on visiting day – please note that these guidelines also apply to purchasing items at CVS or grocery stores outside of camp. Please limit what you allow your camper to purchase and return with to camp.** We appreciate your understanding.

**SECOND YEAR SENIOR CAMPERS:** Second year senior campers, those who have finished the ninth grade, may leave camp **with their parents on Saturday afternoon of Visiting Day at 1:00pm and must return to camp by 10:00 pm.** Before leaving, they must sign-out with the Senior Camp Director and then sign-in at the office upon their return. Younger siblings may not accompany their second year senior camper sister or brother out of camp. This is a special privilege for second years only. For families who prefer not to make a second drive back to camp, we provide transportation for campers from Hanover back to camp. Our vans will depart Hanover at 9:15pm from the CVS parking lot.





## ANNUAL CWW SIBLING SLEEPOVER

SC

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.

## 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 lodging, meals, excursions, snacks, etc. However, given that senior campers have a number of trips outside of camp to go shopping or purchase souvenirs, 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 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. **Please avoid giving credit cards or cash directly to your child.** We find often this is lost either on trips or at camp which causes excess stress. The amount allocated for each camper in their "camper bank" is sufficient as all trips costs are covered by camp as noted above.

**The charge for senior campers is \$300 and is broken down as follows:**

- **Canada or Maine Seacoast Trips: \$200**  
*Although all expenses are paid on the five day Maine Seacoast and Quebec City/Montreal trips, campers like to have "extra" spending money for mementos; \$200 is more than enough.*
- **Hanover: \$40**  
*The Hanover trip to visit Dartmouth College is a trip all senior campers enjoy at the end of the summer.*
- **Biking: \$60**  
Campers participating in five day bike trips like to have some "extra" spending money as well.





# OTHER IMPORTANT INFORMATION



## HOW THE SENIOR CAMP SCHEDULE WORKS

The Senior Camp schedule is entirely elective, meaning that campers have choice over their entire day! Each Saturday, campers receive a form on which they view all of the activities available each activity period for each day of the upcoming week. Campers will rank and choose 4 activities in advance of each “regular” camp day. Generally, there are 3-4 activity offerings each period. Campers rank their preferences and get their first or second choice for each activity period. There are three 50-minute activities in the morning and two 50-minute activities in the afternoon. The daily elective is offered at 11:10 and is chosen each day to allow flexibility. Activities start at 10:10 and end at 5pm.

Our expectation is that unless they are injured or sick, senior campers are expected to cooperate, participate and fully engage in all activities.

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## HOW THE CABIN ASSIGNMENTS WORK

Each “cabin” has 10-14 campers. While there are designated cabins in SC, all of the girls live in one large building called “The Taj” and all of the boys live in one large building called “The Quad”. In Senior Camp, we mix first and second year senior campers together in cabins to provide everyone the opportunity to meet and make new friends as well as to build one big cohesive Senior Camp group. We ask all campers to complete the “Senior Camp Bunk Request” form which is found on the forms dashboard. On this form, each camper can request up to three other campers they would like to be in a cabin with. We will do our very best to make everyone happy however, we can only ensure that each camper will get at least one person whom they request. Please submit all requests by May 15 so that we can plan accordingly. Second Year Seniors know that this system works great. First Year Seniors, from years of experience, we can assure you that you’ll be glad we did this. Remember, all of the cabins are attached and even if you are not in the same cabin as a friend to sleep, you will see each other all the time, eat together and can choose to do your activities together.

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## SENIOR CAMP BEHAVIOR CONTRACT

On the inside back cover of this booklet, you will find a copy of our Senior Camp Behavior Contract. This form is required to be reviewed and signed prior to camp by both the camper and one parent or guardian. You can find this form to be completed in CampInTouch.



# HOTEL RECOMMENDATIONS



We suggest making your reservations as soon as possible. In addition, please know that many families utilize Airbnb to find alternative options.

**Hanover, NH** (40 minutes to camp)

Six South St Hotel - 603-643-0600; [www.sixsouth.com](http://www.sixsouth.com)

Hanover Inn - 603-643-4300; [www.hanoverinn.com](http://www.hanoverinn.com)

**Holderness, NH** (approx. 60 minutes to camp)

Manor on Golden Pond - 800-545-2141/603-968-3348; [www.manorongoldenpond.com](http://www.manorongoldenpond.com)

**Lebanon, NH** (45 minutes to camp)

Courtyard by Marriott - 888-236-2427/603-643-5600; [www.marriott.com/hotels](http://www.marriott.com/hotels)

Days Inn - 603-448-5070; [www.daysinn.com/lebanonnh](http://www.daysinn.com/lebanonnh)

Residence Inn by Marriott - 603-643-4511; [www.marriott.com/hotels](http://www.marriott.com/hotels)

**Lyme, NH** (25 minutes to camp)

Home on the Connecticut 603-353-4444; [www.homeontheconnecticut.com](http://www.homeontheconnecticut.com)

The Lyme Inn - 603-795-4824; [www.thelymeinn.com](http://www.thelymeinn.com)

**Norwich, VT** (40 minutes to camp)

Norwich Inn - 802-649-1143; [www.norwichinn.com](http://www.norwichinn.com)

**Plymouth, NH** (35 minutes to camp)

Federal House Inn - 866-536-4644/603-536-4644; [www.federalhouseinnnh.com](http://www.federalhouseinnnh.com)

The Common Man Inn & Spa - 866-THE-CMAN/603-536-2200; [www.thecmaninnplymouth.com](http://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/](http://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](http://www.firesideinnwestlebanon.com)

Sunset Motor Inn - 603-298-8721; [www.sunsetinnnh.com](http://www.sunsetinnnh.com)

**White River Junction, VT** (40 minutes to camp)

Comfort Inn - 802-295-3051; [www.choicehotels.com](http://www.choicehotels.com)

White River Inn and Suites - 802-295-3015; [www.whiteriverinnandsuites.com](http://www.whiteriverinnandsuites.com)

Holiday Inn Express - 802-299-2700; [www.hiexpress.com](http://www.hiexpress.com)

Hampton Inn - 802-296-2800; [www.hilton.com](http://www.hilton.com)

Super 8 Motel - 802-295-7577; [www.wyndhamhotels.com/super-8/white-river-junction-vermont/super-8-white-river-junction/overview](http://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](http://www.colatinaexit.com)

## **Hanover, NH**

Pine Restaurant, Hanover Inn - 603-646-8000; [www.pineathanoverinn.com](http://www.pineathanoverinn.com)

Molly's - 603-643-2570; [www.mollysrestaurant.com](http://www.mollysrestaurant.com)

Lou's Restaurant & Bakery - 603-643-3321; [www.lousrestaurant.com](http://www.lousrestaurant.com)

Salt Hill Pub - 603-676-7855; [www.salthillpub.com](http://www.salthillpub.com)

## **Lebanon/West Lebanon, NH**

Three Tomatoes Trattoria - 603-448-1711; [www.threetomatoestrattoria.com](http://www.threetomatoestrattoria.com)

Weathervane - 603-298-7805; [www.weathervaneseafoods.com](http://www.weathervaneseafoods.com)

## **Lyme, NH**

Stella's Italian Kitchen and Market - 603-795-4302; [www.stellaslyme.com](http://www.stellaslyme.com)

Ariana's Restaurant - 603-353-4405; [www.arianasrestaurant.com](http://www.arianasrestaurant.com)

## **Orford, NH**

Peyton Place - 603-353-9100; [www.peytonplacerestaurant.com](http://www.peytonplacerestaurant.com)

## **Plymouth, NH**

Lucky Dog Tavern and Grill - 603-536-2260; [www.luckydogtavernandgrill.com](http://www.luckydogtavernandgrill.com)

Foster's Boiler Room at The Common Man Inn - 603-536-2764; [www.thecman.com](http://www.thecman.com)







## SENIOR CAMP BEHAVIOR CONTRACT

As a Senior Camper 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, senior campers may not bring locked cases, lockboxes and/or locked containers to camp.
  
2. **ELECTRONIC DEVICES:** Cell phones and any electronic device with Internet capability are prohibited. Acceptable iPod models for Senior Campers include shuffle, Nano, and classic. Senior Campers are allowed the privilege of having these iPods at camp (only those without internet capability), as long as they contain only music, and all movies, games, photos, videos, and TV shows have been removed from the device prior to arriving at camp. All iPods will be checked by staff on the first day of camp and devices containing prohibited items will be confiscated for the remainder of the summer and will be returned on camper departure day.  
  
In the instance of a camper being in possession of a device that is not permitted, the camper will be removed from all camp activities for 4 nights. The camper in violation will go to the health center directly from dinner, where he/she will spend the evening. The camper will re-join the group at breakfast, missing out on all cabin time and evening activities for 4 consecutive nights.
  
3. **PERSONAL RELATIONSHIPS:** In regard to interpersonal relationships, on or off camp, we expect campers to refrain from inappropriate public displays of affection and/or sexual behavior. Additionally, campers 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 Senior Camp leadership staff.
  
4. **RESPECTING OTHERS:** The structure of the Senior Camp cabins are such that many people are living together under the same roof. Campers will refrain from causing bodily harm to others. Pushing, kicking, hitting, fighting or any form of physical or emotional abuse are not acceptable and will not be tolerated. In addition, campers agree to respect the property of other campers, staff members, and camp. Therefore, stealing from others, property damage, and vandalism are prohibited.
  
5. **PARTICIPATION:** Campers are expected to fully participate in all scheduled senior camp activities. Campers will cooperate and engage in all scheduled activities and treat specialists with respect.
  
6. **PROHIBITED ITEMS:** In addition to the above mentioned items (see item 1 & 2) the following items are prohibited to bring to camp or purchase while on a trip outside of camp. Fireworks, stink bombs, smoke bombs, knives, guns, weapons of any kind, tasers or laser pointers.

### Acknowledgement of Contract

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

Senior Camper Signature \_\_\_\_\_ Senior Camper Printed Name \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_



# CAMP WALT WHITMAN EST. 1948

## DIRECTORS

Carolyn and Jed Dorfman

## WINTER

September 1 - May 31

Camp Walt Whitman

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## SUMMER

June 1 - August 31

Camp Walt Whitman

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## WEBSITE & EMAIL

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