

CAMP
WALT WHITMAN
EST. 1948



**2024 CIT
FAMILY HANDBOOK**

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SUMMER 2024 CALENDAR



Monday, May 1	All Forms Must Be Submitted
Sunday, June 23	First Day of Camp
Saturday, July 20	Last Day of Camp

REQUIRED FORMS



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

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

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

CIT BEHAVIOR CONTRACT: Please review this contract with your child and make sure you both sign it.

CAMPER TRAVEL TO & FROM CAMP

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

CIT Arrival

CITs will arrive at camp on our buses with the rest of our campers on opening day . We will run a separate 3-day CIT orientation during the first 3 days of camp.

Chartered Buses



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
-

CIT Pick-Up



You can pick-up your CIT on Saturday, July 20 (Visiting Day).

Air Travel



We offer chaperoned flights from Southern Florida, Los Angeles, CA, the DC Metro area and Austin, TX.

For campers flying on chaperoned flights:

Atlas Travel will be coordinating our chaperoned flights. Please complete our transportation form located in CampInTouch and contact Tara Vaz at 508-488-1196 or Tara.Vaz@atlastravel.com. These flights must be purchased through Atlas Travel.

For campers flying on non-chaperoned flights:

If your child is arriving/departing to/from other than those locations mentioned above, you should reserve flights that are scheduled to arrive at Logan Airport in Boston, MA or Manchester Regional Airport in Manchester, NH on June 23 between 1:00 and 3:00pm and that depart Logan or Manchester on August 9 between 2:00 and 4:00pm. Walt Whitman representatives will greet arriving campers at the airport and then 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 backpack 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



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.**

R&B CAMP BAGGAGE
603-536-2197 | INFO@RBCAMPBAGGAGE.COM
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.

SHIP CAMPS
855-540-2267 | CUSTOMERSUPPORT@SHIPCAMPS.COM
WWW.SHIPCAMPS.COM/CAMPWALTWHITMAN


For those 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.

CORRESPONDENCE TO & FROM CAMP



Mail to Camp

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

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

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

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 our doctor. Since our Health Center building is open 24/7, campers can also be seen at other times if necessary.

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. 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, 2023** 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 AND DATE 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 again working with **CampMeds** to prepackage all camper medications. This helps to ensure that every camper gets the correct medication and dosage at the right time on the correct day.

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

Additional and more detailed **CampMeds** 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 \$10.00.

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 and other tick born illnesses. Our doctors and nurses are trained and educated on the symptoms, tests and medications for these diseases. 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, campers will be treated on-site. For campers who arrive with lice, the camper's parent will be billed \$400 for this treatment. We will begin treatment immediately so that campers can stay in their cabin on the first night of camp. During the last week of camp, our 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.

EYEGASSES

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.

SUPPLEMENTAL PROTEIN SNACKS – OPTIONAL



At CWW, we serve three meals plus three snacks each day. For almost all of our campers, this is more than enough. For campers who have medical reasons to supplement our standard meals and snacks with additional protein options, **we are no longer accepting individualized snacks to be stored in our Health Center**; instead these campers can participate in our new supplemental snack program outlined below:

Campers who are signed up for Supplemental Protein Snacks will be offered one of the below list of snacks to have daily (if desired) . For a camper to partake in the Supplemental Protein Snack options, the cost is \$200 and the Supplemental Protein Snack form needs to be completed in CampInTouch by May 1.

We will provide the below protein supplements through this program::

No Nuts Protein Bars (also Gluten Free)

- Chocolate Chip
- Blueberry and Vanilla
- Lemon Crème
- Chocolate Caramel Mocha

Ensure Protein Shake

- Chocolate
- Vanilla
- Strawberry

Boost Protein Shake

- Chocolate
- Vanilla
- Strawberry

Owyn Protein Shake (also Plant based)

- Chocolate
- Vanilla

CLOTHING & GEAR



CIT PACKING LIST

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

A few things to note about CIT needs:

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

CLOTHING

- | | |
|---|--|
| <input type="checkbox"/> 1 pair hiking boots - please break in before camp | <input type="checkbox"/> 2 pair sneakers |
| <input type="checkbox"/> 1 water-repellent rain jacket | <input type="checkbox"/> 2 hats with brim |
| <input type="checkbox"/> 8-10 pairs shorts (at least 6 pairs athletic) | <input type="checkbox"/> 6 standard size thin/quick dry towels |
| <input type="checkbox"/> 3 long-sleeved t-shirts | <input type="checkbox"/> 4 washcloths |
| <input type="checkbox"/> 2 "climate control" T-shirts (not cotton, i.e. Under Armour, Gore-tex, synthetic, breathable) for hiking | <input type="checkbox"/> 1 shower caddy |
| <input type="checkbox"/> 2-3 pairs long pants | <input type="checkbox"/> 1 comforter or 3 cot-sized blankets |
| <input type="checkbox"/> 2-3 pairs pajamas | <input type="checkbox"/> 1 pillow – 2 cases |
| <input type="checkbox"/> 12 pair underwear | <input type="checkbox"/> 4 twin or cot size sheets (2 flat & 2 fitted) |
| <input type="checkbox"/> 12 pairs athletic socks (1 pair of hiking socks) | <input type="checkbox"/> 1 sleeping bag |
| <input type="checkbox"/> 3-4 bathing suits* | <input type="checkbox"/> 1 flashlight |
| | <input type="checkbox"/> 1 liter water bottle (required) |
| | <input type="checkbox"/> 1 daypack |
| | <input type="checkbox"/> 1 Crazy Creek chair |

TOILET ARTICLES

(label clearly with full name)

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

OTHER

1 pair flip flops/crocs for beach or pool only

PURCHASING CAMP CLOTHING - THE CAMP SPOT

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

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

NAME TAPES & 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.

OTHER IMPORTANT CIT INFORMATION



INTENSIVE TENNIS

CITs who would like to participate in Intensive Tennis are welcome to sign up.

CIT BEHAVIOR CONTRACT

Please see the CIT behavior contract on page 13. While our CITs have additional freedoms than they had as campers, we still have a strict behavior contract that we expect all CITs to abide by. While these may not be the same rules that are required of CITs when they are at home, these rules are not negotiable. This behavior contract will be found in CampInTouch. Please make sure you review this information with your child, make sure both you and your child sign it, and then upload it to CampInTouch.

CIT VISITING / DEPARTURE DAY SATURDAY JULY 20, 2024



Visiting Day and departure day is the same day for our CITs.

For families with multiple children at camp, we encourage you to spend a “normal” visiting day with your children. Saturday morning can be spent visiting, seeing 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 will depart by 4:00pm.

For families who are only coming to visit their CIT, we will send information in the spring about how and when CIT departure will occur to minimize the disruption to the rest of camp.

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.”

TIME SPENT OUT OF CAMP



With the demands of the CIT workload and associated increased responsibility levels while in camp, just like our staff, our CITs are provided with some time off. During the summer, CITs will enjoy several nights out as a group which might include a movie, miniature golf or similar excursion. Additionally, CITs will have multiple days off during which they might travel as a group to Burlington, Boston, Hanover, etc. During days off and nights out, camp covers all associated costs. However, CITs like to have additional money which they might utilize to purchase mementos on these excursions - this is what your child’s “camper bank” is used for.

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

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.homeontheconnect.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

Jesse's Steak - Seafood and Tavern - (603) 643-4111; <https://www.jesses.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.peytonplacrestaurant.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



CIT BEHAVIOR CONTRACT

As a CIT 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 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, CITs may not bring locked cases, lockboxes and/or locked containers to camp.
- 2. ELECTRONIC DEVICES:** Cell phones are permitted for CITs at camp and may be used in Counselor's Kitchen for internet access, while working out, in the CIT cabin, or when out of camp. Neither the phone itself, nor contents of the cell phone are to be shared with campers. Content containing pornography is forbidden.
- 3. PERSONAL RELATIONSHIPS:** In regard to interpersonal relationships, on or off camp, we expect CITs to refrain from inappropriate public displays of affection and/or sexual behavior. CITs are not allowed to visit the bunk, hotel room, tent or other living quarter of the opposite gender while in or out of camp, without the permission of the CIT Director. Physical and/or romantic relationships between a CIT and a staff member are strictly forbidden.
- 4. RESPECTING OTHERS:** Pushing, kicking, hitting, fighting or any form of physical or emotional abuse directed towards campers, staff, or other CITs are not acceptable and will not be tolerated. In addition, CITs agree to respect the property of other CITs, staff members, and camp. Stealing, property damage, and vandalism are prohibited.
- 5. PARTICIPATION:** CITs are expected to fully participate in all scheduled CIT activities as well as the activities of their assigned cabins.
- 6. DEPARTURE FROM CAMP:** CITs will only leave camp with the CIT Director/Assistant Director or with their express permission.

Acknowledgement of Contract

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

CIT Signature _____ CIT Printed Name _____

Parent/Guardian Signature _____ Date _____

NOTES

CAMP
WALT WHITMAN
EST. 1948

DIRECTORS

Carolyn and Jed Dorfman

WINTER

September 1 - May 31
Camp Walt Whitman
4 New King Street, Suite 130, White Plains, NY 10604
phone: (914) 948-9151 • fax: (914) 652-2433

SUMMER

June 1 - August 31
Camp Walt Whitman
1000 Cape Moonshine Road, Piermont, NH 03779
phone: (603) 764-5521 • fax: (603) 764-9146

WEBSITE & EMAIL

www.campwalt.com | cww@campwalt.com