



**CAMP
WALT WHITMAN** EST.
1948



2026 CIT Family Handbook

Summer 2026 Calendar

Thursday, May 1
All Forms Must Be
Submitted

Wednesday, June 24
First Day of Camp

Saturday, July 18
Last Day



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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.



Transportation Form

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

Health Forms

The required health forms include:

- Camper Health History
- Camper Medical and Immunizations
- Copies of Insurance and/or Prescription Cards

CIT Behavior Contract

Please review the contract on page 10 with your child and make sure you both sign it.

CIT Travel To & From Camp

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

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.

Charter Buses

CITs will travel to camp on chartered buses.. There is no additional transportation charge. Buses leave from:

- New York: Westchester County, NY (place TBD). Arrive by 9 a.m. for a 9:30 a.m. departure.
- Connecticut: McDonald's in Fairfield, CT on I95. Arrive by 10 a.m. for a 10:15 a.m. departure.
- Massachusetts: McDonald's in Lexington, MA on Route 128 Northbound. Arrive by 11:15 a.m. for an 11:30 a.m. departure.

You will receive the departure schedule in June.

CIT Departure Day

You can either pick-up your CIT on Saturday, July 18 (Visiting Day) or sign-up for our van service to Westchester County NY in the transportation form in CampInTouch.



Air Travel

We offer chaperoned flights from Miami FL, Los Angeles CA, the DC Metro area and Houston TX.



For CITs flying on chaperoned flights:

Atlas Travel will be coordinating our chaperoned flights. 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 CITs flying on non-chaperoned flights:

If your child is arriving/departing to/from a location not mentioned, reserve flights scheduled to arrive at Logan Airport in Boston, MA or Manchester Regional Airport in Manchester, NH on **June 24 between 1 – 3 p.m.**

CWW 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 backpack can be taken on the camp airport shuttle vans. 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
rbcampbaggage.com

R&B Camp Baggage will 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:

- Please register and pay online at rbcampbaggage.com
- To qualify for early registration, and to be assured of service, you must enroll prior to May 1.
- Baggage tags and instructions will be sent soon after you sign-up. You will receive your final pickup date and time confirmation around June 1 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
shipcamps.com/campwaltwhitman

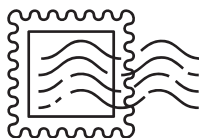
For those families that cannot be serviced by R&B Baggage (primarily families west of the Mississippi), Ship Camps can help you get your camper's bags to/from camp this summer. They have a deep discount with all of the major shipping companies such as FedEx and UPS.

Correspondence To & From Camp

Mail to Camp

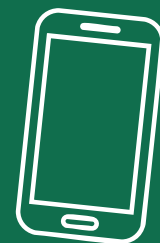
You are welcome to send postal mail to your CIT by mailing envelopes to:

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



Emails and Texts

CITs may have their phones with them at camp and utilize them in our staff lounge using WiFi. You should be able to 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 have no cell service at CWW.



Health Information

We are fortunate to have a capable medical staff including a 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 **8 – 9:30 a.m.** and then again from **6 – 7:30 p.m.** 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 staff will call you. The phone numbers you provide on your child's Health History 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 CamplnTouch. The annual physical examination form generated by your pediatrician's office is also acceptable. Documentation of a physical exam performed after August 10, 2025 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, completed and then uploaded to CamplnTouch. Alternatively, we can also accept the immunization history form provided by your pediatrician's office.

Insurance Card Form

The Insurance Card form is only for pictures of the FRONT AND BACK of your medical and/or prescription card and can be easily uploaded through the Companion app.

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

If your child uses an inhaler or EpiPen, 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, Chloraseptic, 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 Medical 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 lice, members of our staff trained by Lice Mamas LLC, headquartered in New York City, will check all CITs 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 \$250 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, all CITs will be checked prior to departure day. Any camper found to have lice will be treated at the camp's expense.

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

Eyeglasses

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

Orthodonture

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

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 Supplemental Protein Snacks program:



Campers signed up for the program will be offered one of the snacks listed below daily (if desired). For a camper to partake in this option, the cost is **\$300** and the Supplemental Protein Snack form needs to be completed in CampInTouch by **May 1**.

We provide the following supplements through this program:

No Nuts Protein Bars (also Gluten Free)
Chocolate Chip, Blueberry and Vanilla,
Lemon Creme or Chocolate Caramel Mocha

Ensure Protein Shake
Chocolate, Vanilla or Strawberry

Boost Protein Shake
Chocolate, Vanilla or Strawberry

Owyn Protein Shake (also Plant based)
Chocolate or Vanilla

Clothing & Gear 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.

Clothing

- 1 pair hiking boots—please break in beforehand
- 1 water-repellent rain jacket
- 8 – 10 pairs shorts (at least 6 pairs athletic)
- 3 long-sleeved T-shirts
- 2 sweatshirts
- 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

Toilet Articles

(label clearly with full name)

- Comb
- Brush
- Shampoo
- Conditioner
- Toothbrush
- Toothpaste
- Dental floss
- Liquid body soap
- Insect repellent
- Sunscreen
- Deodorant

Sports Equipment

(label clearly with full name)

- Tennis racket
- Baseball/softball glove

Other

- 1 pair slides/crocs for beach or pool only
- 2 pair sneakers
- 2 hats with brim
- 6 standard size thin/quick dry towels
- 4 washcloths
- 1 shower caddy
- 1 comforter or 3 cot-sized blankets
- 1 pillow with 2 pillowcases
- 4 twin or cot size sheets (2 flat & 2 fitted)
- 1 sleeping bag
- 1 flashlight
- 1 liter water bottle
- 1 daypack
- 1 Crazy Creek chair

Note:

- 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.
- CITs are welcome to bring their cell phone to camp. They can use their phones in the evenings in our staff lounge as well as on their nights out and days off.

Purchasing Camp Clothing

The Camp Spot

The purchase of Camp Walt Whitman clothing through The Camp Spot is optional for CITs. View the full CWW catalog at thecampspot.com. Order early and please allow at least three weeks for delivery.

Name Tapes and Labels

All clothing and possessions, including sports and camping equipment and footwear, **must be**

labeled with your CIT's

first and last name. Initials or first name only are not sufficient. We recommend the following labeling options:

- The Camp Spot: thecampspot.com. Our official camp supplier also sells name tapes.
- Label Daddy: labeldaddy.com/CWW. 25% of your purchase will be donated to Project Morry.



NOTE: Labels sometimes fall off. If you are sending something of great importance to your child, please use a Sharpie (permanent ink) to label their full name.

Other Important CIT Information

Intensive Tennis

CITs who would like to participate in Intensive Tennis are welcome to sign up. The cost is **\$200** and includes five additional tennis lessons.

CIT Behavior Contract

Please see the CIT behavior contract on page 10. 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 review this information with your child, make sure both you and your child sign it, and then upload it to CampInTouch.**

Time Spent Out of Camp

With the demands of the CIT workload and increased responsibility levels while in camp, our CITs—just like our staff—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 outing. 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 outings—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.

CIT Departure/Visiting Day Saturday, July 18

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 p.m.

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.

For families of CITs who choose not to visit, we will provide transportation to Westchester NY that departs at 8:30 a.m. on Visiting Day.

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

Parking

Our gates open for parking on Visiting Day at 9 a.m. All cars will be parked on the upper baseball field between 9 – 10 a.m. with only handicapped parking accessible in the main part of camp. Coffee and snacks are served between 9 – 10 a.m., 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 area no matter when they arrive—and permitted into camp at the same time—there is no need to rush to camp “to get an early place in line.”

Hotel Recommendations



We suggest making your reservations as soon as possible. You can find hotel recommendations below. Many families also stay at local AirBnBs.

Hanover, NH

(40 minutes to camp)

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

Hanover Inn
603-643-4300
hanoverinn.com

Holderness, NH

(approx. 60 minutes to camp)

The Manor
603-968-3348
vanhornestate.com

Lebanon, NH

(45 minutes to camp)

Courtyard by Marriott
Hanover Lebanon
603-643-5600
marriott.com

Residence Inn by Marriott
Hanover Lebanon
603-643-4511
marriott.com

Lyme, NH

(25 minutes to camp)

Home on the Connecticut
802-359-2122
homeontheconnecticut.com

The Lyme Inn
603-795-4824
thelymeinnc.com

Norwich, VT

(40 minutes to camp)

Norwich Inn
802-649-1143
norwichinn.com

Pike, NH

(14 minutes to camp)

The Innstead Mountain Getaway
603-728-9674
theinnsteadgetaway.com

Plymouth, NH

(35 minutes to camp)

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

Fairfield by Marriott Inn & Suites
Plymouth White Mountains
603-536-0100
marriott.com

West Lebanon, NH

(45 minutes to camp)

Fireside Inn & Suites
603-298-5900
firesideinnwestlebanon.com

White River Junction, VT

(40 minutes to camp)

Comfort Inn
802-295-3051
choicehotels.com



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

Holiday Inn Express
802-299-2700
hiexpress.com

Hampton Inn
802-296-2800
hilton.com

Super 8 Motel
802-295-7577
wyndhamhotels.com

Restaurant Recommendations

Bradford, VT

Colatina Exit
802-222-9008
colatinaexit.com

Hanover, NH

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

Molly's
603-643-2570
mollysrestaurant.com

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

Lebanon/ West Lebanon, NH

Salt Hill Pub
603-448-4532
salthillpub.com

Three Tomatoes Trattoria
603-448-1711
threetomatoestrattoria.com

Weathervane
603-298-7805
weathervaneseafoods.com

Jesse's Steak Seafood
and Tavern
603-643-4111
jesses.com

Lyme, NH

Stella's Italian Kitchen and Café
603-795-4302
stellaslyme.com

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

Orford, NH

Peyton Place
603-353-9100
peytonplacrestaurant.com

Plymouth, NH

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

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

My Departure/Visiting Day Plan

Friday, July 17	Saturday, July 18	Sunday, July 19
Stay:	Stay:	Stay:
Eat:	Eat:	Eat:

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 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 to all in the CWW 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.

CIT Signature _____

CIT Printed Name _____

Parent/Guardian Signature _____

Date _____





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 | 800-657-8282
campwalt.com | cww@campwalt.com

Summer

June 1 — August 31

Camp Walt Whitman

1000 Cape Moonshine Road,

Piermont, NH 03779

Phone: 603-764-5521 | 800-657-8282
campwalt.com | cww@campwalt.com