

# Camp Akeela Parent Handbook



Summer 2019

# 2019 FORMS CHECKLIST

---

PLEASE SUBMIT ALL FORMS BY MAY 15<sup>TH</sup>

Campers will not be able to participate in activities until we receive all the required forms.

## Forms Found Through the Parent Log In Link at [www.campakeela.com](http://www.campakeela.com)

- Additional Information** (Important details about forms and more!)
- CampMeds Information** (If camper takes daily meds, supplements, vitamins, etc.)
- Camper Code of Conduct** (Complete online)
- Camper Photo** (Complete online)
- Communication Preferences** (Complete online)
- Emergency Contact Form** (Complete online)
- Health History Form** (Complete online)
- Immunization History Form** (Print, complete & upload to Forms Dashboard; Equivalent form from physician acceptable)
- Letter to My Counselor** (For returning campers only)
- Optional Add-On Programs** (Available online after April 15)
- Parent Authorization Form** (Including insurance card copies and back-up payment info; Upload to Forms Dashboard)
- Physician's Examination Form** (To be completed by a physician, then uploaded to Forms Dashboard)
- POISE Pledge Form** (Charitable community service event)
- Transportation Form** (Complete online)
- Update From Parents** (For parents of returning campers only)

## Forms Mailed To You With This Parent Handbook

- Lands' End Clothing Flyer** (Only the 1 white or grey camp t-shirt is required)
- LabelDaddy Flyer**  
(The best way to label your camper's belongings – and support the POISE camp scholarship fund!)

Dear Akeela Parents,

Welcome to Camp Akeela! We are excited that you have chosen to join our camp family. We are sending you this handbook to help you prepare for camp. It contains information on our policies and procedures, how to order Akeela clothing, where to stay on pick-up / visiting day and more! This handbook is updated each year; parents of new and returning campers are encouraged to read it carefully.

There are many ways that we try to strengthen the Akeela community. We create an environment that encourages kindness, friendship, participation and acceptance - and we send clear and congruent messages to our campers and their families. To accomplish our goals, we need the support of both campers and their parents. The easiest and most important way that you, as parents, can help to foster the Akeela community is by adhering to our rules and policies and ensuring that your camper understands them as well. We thank you in advance for your assistance.

Please do not hesitate to contact us at any time with questions or concerns.

Yours in camping,

The image shows two handwritten signatures side-by-side. The signature on the left is "Debbie" and the signature on the right is "Eric". Both signatures are written in a cursive, fluid style.

Debbie and Eric Sasson, Camp Directors

## CAMP AKEELA - SUMMER 2019 CALENDAR

<b>Wednesday, May 15</b>	Submit all forms through online Forms Dashboard
<b>Saturday, June 15</b>	Open House at Camp
<b>Wednesday, June 26</b>	Session 1 Begins
<b>Friday, July 19</b>	Visiting Day, Session 1 Ends
<b>Monday, July 22</b>	Session 2 Begins
<b>Wednesday, August 14</b>	Visiting Day, Session 2 Ends
<b>Friday, August 16 - Wednesday, August 24</b>	Family Camp

# TABLE OF CONTENTS

---

<b>About Akeela.....</b>	Page 5
<b>About CampGroup.....</b>	Page 5
<b>Camper Travel and Visiting Day.....</b>	Pages 5-6
Travel to Camp	
Camper Pick-up / Visiting Day	
<b>Baggage Shipping Information.....</b>	Page 6
<b>Communication.....</b>	Pages 7-9
Camper Mail	
Package Policy	
Camper Phone Calls	
Parent Communication	
<b>Health Care.....</b>	Pages 9-12
Medications	
Communication about Health Issues	
Medical Charges	
Other Health Concerns	
Food, Health and Wellness	
<b>Clothing, Equipment and Laundry.....</b>	Pages 13-14
Packing List	
Purchasing Camp Clothing	
Prohibited Items	
Laundry	
<b>Electronics Policy.....</b>	Page 14
<b>Homesickness Prevention.....</b>	Page 15
<b>Success at Akeela.....</b>	Page 15
<b>Camper Code of Conduct.....</b>	Page 16
<b>Open House Invitation.....</b>	Page 17
<b>Additional Activities and Trips.....</b>	Pages 18-19
<b>Where to Stay Near Camp.....</b>	Page 20
<b>Restaurant Recommendations.....</b>	Page 21
<b>Driving Directions.....</b>	Page 21

# ABOUT AKEELA

---

At Camp Akeela, our mission is simple: to provide our campers with the most incredible, life-changing summer experience on the planet. In particular, we believe in...

- **FRIENDSHIP.** Camp Akeela facilitates social growth and helps campers develop meaningful, life-long friendships.
- **COMMUNITY.** The Camp Akeela community accepts, values and celebrates each camper and staff member.
- **GROWTH.** Camp Akeela fosters the personal growth of each camper by supplying safe and supported opportunities for choice and challenge.
- **PRIDE.** Akeela campers develop and experience competence and are encouraged to take pride in their accomplishments.
- **FUN.** Above all, Camp Akeela provides campers with lasting memories of summers filled with spirit and FUN!

# ABOUT CAMPGROUP

---

Akeela's parent company, CampGroup, is a family-owned organization based in White Plains, New York.

CampGroup's mission is to strengthen and improve all summer camps. It does so by staying at the forefront of the camp world – maintaining and sharing the highest standards in leadership, safety, program offerings, staff recruitment and training.

For us, being part of CampGroup means that we have a built-in network of colleagues with whom we share best practices. The organization also handles all of the "back-end" components of running a camp: purchasing, payroll, accounting, legal, insurance, etc. This allows us to focus on what we do best – work with campers, parents, staff members and program!

# CAMPER TRAVEL AND VISITING DAY

---

## TRAVEL TO CAMP

Please fill out the online Transportation Form for your camper's travel to and from camp.

### **CHARTERED BUSES:**

When possible, we recommend having your child travel to camp on our chartered coach buses. Counselors and senior staff ride the buses and we carefully assign seating to help campers get to know each other. There is no additional transportation charge for taking the bus to camp.

#### **Camp Bus from New York**

Akeela staff members will meet and greet you at 9:30 AM in the Super Stop & Shop parking lot at 610 White Plains Road (Rte 119) in Tarrytown, NY. The bus will leave at 10:00 AM.

Directions from NJ: Take the Tappan Zee Bridge to Exit 9 (Tarrytown). Turn right on Rte 9 N, then right onto 119 E. Go 1.3 miles and at the traffic light for Benedict Ave, turn right into shopping center. Pull past the Sheraton to the far side of the Stop & Shop parking lot.

Directions from Westchester/CT: Take 287 West to Exit 1 (Tarrytown / Saw Mill). Keep right to merge onto 119 West. Go 1/10 mile and at the light for Benedict Ave, turn left into shopping center. Pull past the Sheraton to the far side of the Stop & Shop parking lot.

Directions from NYC: Take 87 North to Exit 8 or the Saw Mill to Exit 21W. Follow signs to 119 / Elmsford. Turn right onto 119 West. Go 8/10 mile and at the traffic light for Benedict Ave, turn left into shopping center. Pull past the Sheraton to the far side of the Stop & Shop parking lot.

### **Camp Bus from Boston**

Please meet our staff members at 12:00 noon at the Northbound McDonald's Rest Area on Route 128 in Lexington, MA. The bus will leave at 12:30 PM.

Directions: Rest Area is accessible from Route 128 Northbound only, near Exit 30.

### **PARENT DROP-OFF:**

Families traveling from other areas of the country, and those that prefer to do so, may bring children to camp by car. Please plan to arrive at camp **between 2:00 and 2:30 PM.**

Our staff will be prepared to help your child make a smooth transition into camp. Please assist us with this process by planning to stay at camp only long enough to unpack your car and say goodbye to your child. Not only will this help us prepare for the bus arrivals, but it will make your separation much easier as well!

Directions to camp are available at the end of this Handbook and on the camp website. Please take our advice and use these directions as navigation systems will not give you good directions to camp!

### **AIR TRAVEL:**

Campers traveling by air have two arrival options. One option is to arrive at Logan Airport in Boston before and as close to 11:30 AM as possible on the first day of camp. Alternatively, parents may fly to Boston with their campers the night before. They can then either bring their children to the camp bus in Lexington at noon or meet up with Akeela staff members at a predetermined time and location in the airport. **Please check with our office before making any flight reservations.**

## **CAMPER PICK-UP / VISITING DAY**

The last day of each camp session is both camper pick-up day and visiting day at Camp Akeela.

Please plan to arrive between 9:30 and 10:00 AM on the last day of your child's session. You will have a chance to tour camp, enjoy your camper's favorite activities and get a taste of our camp spirit. Of course, parents will also meet their children's counselors and friends. We will serve a great buffet lunch and then families depart in the early afternoon. More information about visiting day will be sent out during the summer.

**We will be offering return transportation to Boston Logan Airport (for a fee of \$150) and to Westchester County, NY (for a fee of \$100).** While these return transportation options are available to all campers, we do encourage first-time Akeela families to participate in our visiting day, if possible.

## **BAGGAGE SHIPPING INFORMATION**

---

**★Unpacking our campers is a vital part of how we welcome them to Akeela. Regardless of how your camper is getting to camp, all trunks/duffels must arrive at camp at least 3 days prior to the start of your child's session (June 23 or July 19).**

### **SHIPPING OPTIONS:**

**UPS, FedEx or USPS** - All three shipping carriers deliver reliably to Akeela on a daily basis. For camp luggage, you'll find the best pricing using their "Ground" services. Please make sure to get an estimated date of delivery and aim to have everything arrive at camp at least 3 days before your camp session. (NOTE: If you're told that our camp address isn't recognized, you can override that warning; we promise that packages find us at 1 Thoreau Way! If an alternative address is truly required, use this: Camp Akeela, 1 Camp Thoreau Loop, Thetford Center, VT 05075.)

**R&B Camp Baggage** - Provides excellent door-to-door service from most areas on the East Coast. Families outside of their pickup region can use R&B as well, through their partnership with FedEx. More information about R&B, including how to register, is available with our online camp forms. You can also reach them at [www.rbcampbaggage.com](http://www.rbcampbaggage.com) or 603-536-2197.

**Drop Off at Camp** - Families who live close enough, or who are attending Open House on June 15, are welcome to drive their campers' belongings to Akeela. Because we unpack and set up cabins ahead of time, camper bags must arrive at least 3 days before the camp session. Please let us know if you plan to drop off your child's baggage.

# COMMUNICATION

---

## CAMPER MAIL

Address all mail as follows:

Camper Name  
Cabin Number \*  
Camp Akeela  
One Thoreau Way  
Thetford Center, VT 05075

\* This information will be sent to you

Campers eagerly await incoming mail at camp. A few days without a card or letter can be upsetting, especially for younger campers. We strongly advise parents to send one letter several days before the start of the camp session. Please avoid writing letters that dwell on events at home. Write positively about your child's camp experiences.

**MAIL HOME:** We do not force our campers to write letters home. We will encourage them to do so. However, for many of our campers, the process of writing can be stressful. As a parent, you can call or email us anytime and we are happy to provide you with an update. When your camper does send you a letter, please remember that mail often takes around 5 days to get to you as our local post office is a bit slower than others. Because of this delay, a sad letter home may be quite old and the issues addressed in that letter may no longer be relevant! Please call to confirm this with us and trust that we will give you an honest and UP TO DATE report!

**E-MAIL:** Through our summer website, parents can send email to their child at camp. Emails will be printed once each day and delivered with the campers' regular mail. As you might imagine, we are not equipped at camp to receive an enormous amount of email. Therefore, we request that incoming email be limited to parents only and that parents write no more than once per day. Log in details and instructions will be sent to you before camp starts.

**REGULAR WEBSITE UPDATES:** To keep you as current as possible with all that's going on at camp, we will regularly update our website. Updates will include news from camp, announcements of special events & trips, and pictures. News, photos and videos from camp can be accessed through the Parent Log In link on Akeela's website.

NOTE: We do our best to post news and photos daily. However, camp is in rural Vermont and we do not have access to the best internet service. This makes uploading large numbers of photos virtually impossible. Please bear with us!

## PACKAGE POLICY

In an effort to reduce unnecessary competition among campers and constant pressure on parents to send packages, Camp Akeela has a **NO PACKAGE POLICY**.

Campers may receive flat envelopes only, up to 11x14 inches in size. Larger packages will not be delivered; this includes Priority, FedEx and Express Mail boxes. They will instead be stored in our office for you to give to your child at the end of camp.

Food of any kind (including drink mixes, candy, gum, etc.) may not be sent and will be discarded. Please share this information with relatives and friends.

If you need to send appropriate camp items (clothing, replacement items, etc.) please call our camp office to let us know a package is coming.

## BIRTHDAY PACKAGES:

Birthdays are very special at camp. Birthday packages can be sent to camp. Please address Birthday packages to "[Your Child's Name], Attention: Office Manager." Label the package "Birthday Present" and call in advance to alert our Office Manager to the package's arrival. Our Office Manager will decide with your child's cabin counselors the best time to give the presents -- when they wake up, at their cabin birthday party, etc.

Thank you in advance for your cooperation with these policies. They have been made solely in the interest of our campers, the cabin group and the camp community as a whole.

**Please inform all family members of our package policy.**

# **CAMPER PHONE CALLS**

Parents may elect to schedule one (1) phone call with their child during the camp session. (If your child has a birthday at camp, you will be able to schedule an additional phone call on that day.) In families where parents are living separately, each parent will have an opportunity to schedule a phone call.

We know from experience that phone calls can often be difficult for both campers and parents — happy campers can “fall apart” on hearing a parent’s voice and then go off to resume having fun with their friends, leaving parents worried and concerned. Please don’t feel obligated to schedule a call. As in other areas of camp, we believe in doing what’s best for each camper. In some cases, that may include NOT speaking to their parents while at camp.

## **TIMING OF CALLS:**

Campers and parents must wait until the fifth day of the camp session before talking with each other. This will allow campers to better acclimate to camp life.

## **SCHEDULING CALLS:**

Phone calls can be scheduled through our summer website. You will be able to see the dates and times that your child is available and then schedule a mutually convenient time to talk. Your child will call you from our office at the scheduled time. Once the camp session begins, phone call scheduling will be accessible through the Parent Log In link on Akeela’s website.

Last minute scheduling changes due to weather or special events occasionally result in missed camper phone appointments. We appreciate your understanding and will do our very best to reschedule another call as soon as possible.

## **TIME LIMIT:**

All calls are limited to ten minutes. We trust we will have your understanding when an office staff member reminds your child that another camper is waiting to talk with his or her parents.

## **A NOTE ABOUT CAMPER PHONE CALLS:**

As parents, we know that you may feel anxious and concerned about your child’s well-being and happiness at camp. It’s natural to want to help your child and to want to be certain that he/she is happy. With that in mind, some parents unintentionally start to “interview for the negative”. That is, they ask questions in a way that suggests an assumption that things are not going well. We find that it is far more helpful to keep your conversation positive. It’s important to act as a cheerleader for your child’s successes. He/she will follow your lead and proudly share all of his/her accomplishments. If there is something bothering him/her, he/she will tell you as long as you let him/her know that you’re curious about how things are going. You might want to ask open-ended questions. Instead of asking, “Is anyone being mean to you?” try, “How are others treating you?” Instead of, “Do you like any of the activities?” try, “What’s your favorite activity?”

Please remember that children often worry about their parents when they are away, just like you worry about your children! It’s helpful to reassure them that your family is happy and safe. Instead of saying, “We’re so lonely without you here,” try, “We think of you all the time and imagine you having so much fun at camp!”

We commit to keeping you informed about any and all concerns we have about your child’s successes and struggles at camp. We understand that the children who attend Akeela often have trouble expressing themselves; we will let you know and ask for your help if we are at all worried about that with your child. We believe in being partners with you. Please know that it is always our intention to be open and honest with you about our experience with your child. If you have a call scheduled with your camper, please don’t hesitate to check in with us ahead of time to see how he/she is doing and what you might expect to hear on the call.

Lastly, please note that your child’s cabin counselors are not available to speak with you directly. Instead, you’ll be communicating with his/her Head Counselor, or with a camp director, as described on the next page.

# PARENT COMMUNICATIONS

## **FIRST DAY CALLS:**

If this is your child's first summer at Akeela, you will receive a call from a senior staff member within the first 24 hours of camp. We'll let you know how your child is adjusting to camp and help make sure that you are at ease. Be aware that we have many calls to make on four phone lines. We may not reach you until late in the evening.

## **CALLING CAMP:**

We believe strongly in partnership and open lines of communication with parents. We regularly call parents to share information and ask for advice. You can expect to hear from your camper's Head Counselor at least a couple of times during the camp session. You can also call the camp office any time to leave us a message about your child. Please be aware that we are with campers and staff during the day and will typically return phone calls in the evenings. Also, while Debbie and Eric are always available to you, most camper-related calls will be returned by one of our excellent Head Counselors. (As a reminder, Head Counselors are not your child's in-bunk cabin counselors; they are more experienced senior staff members who oversee several bunks at Akeela.)

## **SPECIAL SITUATIONS:**

If an emergency or special situation necessitates immediate contact during the office hours of 9:00 am – 6:00 pm, please call and speak with our Office Staff. During the evening hours of 6:00 pm – 11:00 pm, please call the main camp number and leave a message. The camp answering machine is checked regularly during that time period. After 11:00 pm, the camp directors can be reached for emergency purposes using an emergency extension available to you when you call the main camp number: 866-680-4744. Please do not use that extension unless there is a true emergency.

## **COMMUNICATION AFTER CAMP:**

Part of the reason for our commitment to partnering with parents is that it contributes to the ways in which campers can continue to grow and learn, even after the summer ends. In the past, we have provided every camp family with a written summary of their conversations with their camper's head counselor. For some families, this is helpful and for others, it is not. This year, we will give each family an opportunity to let us know whether or not they'd like to receive that written report. In addition, please know that we are always happy to speak to or provide written communication with any professionals or organizations/schools who might want to learn more about how your child did at Akeela.

Our goal for all of our campers is that they develop lasting friendships at camp. To facilitate those relationships, we will distribute a contact list for each camp session, so that your child can keep in touch with friends. The list contains mailing addresses and parent emails. (If you prefer to have your child use a personal email address, please feel free to pass that information along to his or her friends after camp. Likewise, if you do not want to have your family's information shared with the other children in our community, please let us know before the end of your child's camp session.)

## **COMMUNICATION WITH COUNSELORS:**

Campers often ask us for their counselors' contact information. We ask that our staff members not share their personal email accounts with campers. We also ask that they do not "friend" a camper on Facebook or other social media. We do this in an effort to protect their privacy and because we believe that, as a parent, it is your right to monitor communication between your child and any adults in his/her life. If your child would like to write a letter to his/her counselor, we're confident that our staff would be happy to give you their mailing addresses. You can also send emails to us and we will forward them to a counselor for you. Please let us know if you have any questions or concerns about this policy.

# HEALTH CARE

---

We are fortunate to have a wonderful medical staff working hard to provide the best camper and staff medical care and to be responsive to parent inquiries and concerns.

## **MEDICATIONS**

We want our campers to be as successful as possible at Akeela. If your child takes medication during the school year, we feel that it is imperative that he/she maintains the same routines at camp. If you have any questions or concerns about this camp policy, please contact us as soon as possible.

All medications, prescription or "over the counter," must be kept in the Health Center. Children are not allowed to administer their own medication without prior approval from our medical staff.

## **REQUIRED - CAMPMEDS:**

In our on-going commitment to meet the needs of our campers as well comply with strict state regulations, we will once again be working with CampMeds, a pre-packaging medication program founded by a former camp nurse. CampMeds has been packaging and shipping medications directly to summer camps for over 15 years.

Our policy and procedure for dispensing and administering medicine requires camp families to have ALL of your child's daily medicine dispensed by CampMeds and sent to camp prior to their arrival.

CampMeds will fill:

- Prescription medication in pill form (daily)
- Prescription medication in liquid form (daily)
- Prescription nose sprays, eye/ear drops, inhalers and creams/ointments
- Non prescription items (OTC) such as allergy medication (daily)
- Vitamins and supplements (call CampMeds to confirm they can provide)

The exceptions are: Accutane, growth hormone, insulin, injections, & birth control pills.

We want to be clear that we do expect 100% participation in CampMeds from families with campers who will take daily medication at camp. (If your camper does not take daily medication, you do not need to register with CampMeds.)

If there is a specific brand that you require for your child, you can send it IN ADVANCE to CampMeds so they can pack it for you. You'll need to do that in the early spring -- please do not wait until May or June!!! In addition, please remind the doctor who writes the prescription to do so with as much detail as possible. For example, if a physician writes a prescription as "2 times a day", it will be given at breakfast and dinner. If there are specific times when a medication should be given, it needs to be written as such on the prescription! Please call us or CampMeds if you have any questions.

Any other medication (i.e. items administered on an "as needed" basis or those listed above as CampMeds exceptions) must be mailed to camp in its original packaging one week prior to your camper's arrival. Please call the office to notify us if medications will be arriving by mail. [It is camp policy not to accept any medication \(including vitamins, supplements, etc.\) on Opening Day.](#)

You will find details about how to enroll in CampMeds, along with an FAQ, on your family's online Forms Dashboard (accessible through the Parent Log In on Akeela's website). If you have any questions about CampMeds, you can reach them at 954-577-0025 and [www.campmeds.com](http://www.campmeds.com).

## **OVER-THE-COUNTER MEDICATIONS:**

Our Health Center stocks basic over-the-counter medications.

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:

- Advil (Ibuprofin) – pills and liquid
- Sudafed
- Throat lozenges and throat spray
- TUMS
- Dramamine
- Calamine, Caladryl & Anti-itch cream
- Swimmer's ear drops
- Tylenol (acetaminophen) – pills, liquid and chewable
- Benadryl (antihistamine)
- Cough Syrup
- Imodium (antidiarrheal) and Pepto Bismol
- Mylanta
- Bacitracin & Triple Antibiotic Ointment
- Aloe gel sun-burn cream

## **OTHER "AS-NEEDED" MEDICATIONS:**

If your child takes any "as needed" medications that are NOT described above, please list them on the required Physician's Exam Form.

**THESE MEDICATIONS SHOULD BE MAILED TO CAMP IN THEIR ORIGINAL PACKAGING A WEEK BEFORE YOUR CAMPER'S ARRIVAL.**

As a reminder, all daily meds (even vitamins or OTC medications) must be pre-packaged through CampMeds.

# **COMMUNICATION ABOUT HEALTH ISSUES**

We understand the importance of keeping you informed about health issues affecting your child. Our medical staff follow the guidelines below and respond to you as quickly as time allows.

- 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.
- If your child is taken to the doctor's office, put on antibiotics or kept in the Health Center overnight, a member of our nursing staff will call you that day or evening. The phone numbers you provide on your child's Health/Emergency Form will be used to contact you. Unless your child has a medical emergency, the health center staff will generally not leave a message on an answering machine. Such messages can often be misinterpreted and be unnecessarily alarming.
- If your child has a medical emergency, we will contact you immediately by phone.

## **MEDICAL CHARGES**

The camp tuition covers all medical services provided in camp. All medical bills from providers outside of camp will be processed by the provider through your health insurer. Any applicable payments or copays will be charged to the credit card that you provide to the camp for this purpose.

## **OTHER HEALTH CONCERNS**

### **LYME DISEASE:**

All of us who live in the Northeast have a heightened concern and awareness of Lyme disease. We are most happy to report that Akeela is in a "low risk" area for Lyme. Nevertheless, rest assured that our health care staff are well aware of the symptoms, tests and medications for Lyme and will be most vigilant in their routine checks. We have partnered with Ivy Oaks Analytics who are treating our property for ticks and mosquitos as well as poison ivy. For more information, go to [www.ivyoaksanalytics.com](http://www.ivyoaksanalytics.com).

### **COMMUNICABLE DISEASE:**

If your child has been exposed to any communicable disease within three weeks of camp, please notify the camp immediately. Children may not attend camp until they have recovered. Our health center staff completes a thorough health screening of each child before they are allowed to join our camp community.

### **HEAD LICE:**

Have your child inspected for the presence of head lice three weeks prior to departure and again immediately before camp begins. If your child had head lice or was exposed to it (family member, friend, schoolmate, etc.) within four weeks of her arrival to camp, please notify us. We will check for the presence of lice while your child is at camp. If lice is discovered, you will be charged \$75 for the treatment.

### **ORTHODONTURE:**

If orthodontic problem occurs at camp, we will notify you. With your concurrence (most times home orthodontists want to be consulted as well), we will take your child to a local orthodontist to resolve the problems and keep your child comfortable at camp. We are unable to provide ongoing orthodontic care.

### **EYEGLASSES:**

If your child wears eyeglasses, we ask that you send an **extra pair** to us for safekeeping in our Health Center in case the first pair are lost or broken.

## FOOD HEALTH AND WELLNESS

One of the most important parts of our job at camp is to keep everyone healthy, in every sense of the word. Our counseling staff constantly monitors how campers are feeling emotionally and our nurses do a wonderful job of making sure everyone is physically well.

As we all know, part of staying healthy is making good choices about what, when and how much we eat! Some of us struggle with this more than others, but we are all better off when we pay attention to the type of energy with which we're fueling our bodies. To that end, here are some ways in which we've worked with our chefs to make our camp food healthier:

- We no longer serve juice at every meal. Instead, there is orange juice at breakfast and lemonade once a week at cook-out. Otherwise, campers are encouraged to drink water.
- We serve a "sweet dessert" or treat once a day. For example, if there is ice cream for snack, dessert is fruit. Or, if we're having cake after dinner, snack may be a bag of pretzels.
- Our chefs make almost everything we eat from scratch, which means there is less sugar and fewer preservatives in our food.
- Our salad bar is filled with fresh vegetables and a variety of protein options.
- A bowl of fruit is available to campers throughout the day.
- We aim to keep our dining hall calm and relatively quiet, allowing for a less chaotic environment that is more conducive to conversation and slower eating.

Encouraging campers to make healthy food choices is not always easy and, at Akeela, we've made the philosophical choice not to make food a battle. This means that if a camper does not want to try the meal that's being served and prefers to eat plain pasta, a hamburger, hotdog or PB&J (choices at every lunch & dinner), we will not argue with her. Likewise, if a camper wants more food at lunch, we'll encourage him to try a salad but will not prevent him from having seconds of the main course.

As you can imagine, cooking for a community of over 200 people does not allow for individualized meal-planning or some of the foods you may make for your family. While we try to buy local produce, we are unable to source organic food. Moreover, cooking for such a large number of people, many of whom have "particular" tastes, means that we need to keep our menu items relatively simple and pleasing to a wide palate! We know that this means there are a lot of carbohydrates on the menu, which makes portion-control important for those campers who are sensitive to weight-gain. If this is the case with your child, we hope that you will have a conversation with them to discuss ways in which they may be successful. It is also helpful for our nurses to know that this is a concern.

Our counselors sit with their bunks for every meal which enables them to keep track of any campers who are not eating enough or who are making less healthy choices. They are then able to communicate with the nurses about their concerns. While we model healthy eating and encourage campers to make better choices, we also cannot strictly dictate what a child eats. We want to partner with you to help your child stay healthy in every way at camp and we hope you understand that for the 3.5 weeks your camper is with us, they may not eat the same way they do at home!

# CLOTHING, EQUIPMENT & LAUNDRY

---

## PACKING LIST

The Packing List below details the clothing and equipment that will be needed at camp. Substitutions can be made for individual preferences and age appropriateness. **Campers do not need more than what's recommended and storage space is limited. Please do not overbuy!**

**All items brought to camp must be clearly marked with the camper's name.**

**Akeela is not responsible for any lost property.**

### **REQUIRED:**

- |   |  |
|---|--|
| <input type="checkbox"/> 1 white or grey Akeela t-shirt (ordered through Lands' End)            | <input type="checkbox"/> 2 washcloths  |
| <input type="checkbox"/> 10 additional t-shirts   | <input type="checkbox"/> 1 pillow with 2 cases   |
| <input type="checkbox"/> 3 long-sleeved t-shirts  | <input type="checkbox"/> 3-4 bathing suits (GIRLS: one-piece or tankinis only!)  |
| <input type="checkbox"/> 4 pair pants (sweatpants, jeans, etc.)                                 | <input type="checkbox"/> 1 pair flip flops/sandals/Crocs   |
| <input type="checkbox"/> 6-8 pair shorts  | <input type="checkbox"/> 2 hats with brim  |
| <input type="checkbox"/> 2 sweatshirts (1 hooded)   | <input type="checkbox"/> 1 fleece jacket or heavyweight jacket   |
| <input type="checkbox"/> 2 pair sneakers  | <input type="checkbox"/> 1 knee-length rain jacket or poncho with hood   |
| <input type="checkbox"/> 12 pair underwear  | <input type="checkbox"/> 1 pair rain boots   |
| <input type="checkbox"/> 12 pair athletic socks   | <input type="checkbox"/> 1 flashlight  |
| <input type="checkbox"/> 2 pair pajamas   | <input type="checkbox"/> 1 water bottle or canteen ( <b>All Campers MUST bring</b> )   |
| <input type="checkbox"/> 1 comforter or 3 cot-sized wool blankets<br>(VT can be cold at night!) | <input type="checkbox"/> 1 bottle insect repellent   |
| <input type="checkbox"/> 4 cot-sized or twin sheets (2 flat & 2 fitted)                         | <input type="checkbox"/> 1 pr. hiking shoes- please break in before camp<br>(or sturdy sneakers)   |
| <input type="checkbox"/> 2-3 bath towels  | <input type="checkbox"/> 1 bottle sunscreen  |
| <input type="checkbox"/> 2 swim/beach towels  | <input type="checkbox"/> 1 small backpack  |
| <input type="checkbox"/> 1 shower caddy with soap dish, cup, toothbrush holder<br>& toiletries  | <input type="checkbox"/> 1 sleeping bag (Required for ALL campers completing<br>9th or 10th grade, and for any younger camper<br>choosing the overnight camping trip.) |
| <input type="checkbox"/> 25 <u>pre-addressed, stamped</u> envelopes with stationery             |  |

### **OPTIONAL:**

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Sunglasses                            | <input type="checkbox"/> Baseball glove     | <input type="checkbox"/> Fishing rod                    |
| <input type="checkbox"/> Camera                                | <input type="checkbox"/> Musical instrument | <input type="checkbox"/> Books                          |
| <input type="checkbox"/> Music player (without screen content) | <input type="checkbox"/> Tennis racquet     | <input type="checkbox"/> Crazy Creek chair (or similar) |

## PURCHASING CAMP CLOTHING

Camp Outfitters by Lands' End is our official camp supplier. To make your camp shopping more convenient, you can visit Akeela's Camp Outfitters page online. They recommend that you order by calling them directly so they can help you with your shopping. Also, feel free to look at the general Lands' End website if there is an item you can't find on the Akeela page. Lands' End will be happy to put the Akeela logo or your child's monogram on any of their (applicable) items for you. Please keep in mind that purchasing items from Lands' End is strictly optional except for the one white or grey Akeela t-shirt which is used for trips out of camp.

Please allow 5-7 days fulfillment of your orders. ORDER EARLY TO INSURE ON-TIME DELIVERY! Please don't hesitate to call the Camp Outfitters at Lands' End directly with any questions about camp clothing: 800-995-8711 or you can visit Akeela's Camp Outfitters page online: <http://business.landsend.com/store/campakeela>.

## PROHIBITED ITEMS

Each camper is provided with a cubby and an under bed container to store his/her belongings. Please do not send extra storage containers or drawer units, as there is no space for these. We appreciate your understanding.

Also, please **do not send or allow your camper to bring any of the following items to camp:**

- Any type of toy gun (including foam, water, dart)
- Knives or any other type of weapon (including Swiss Army or Boy Scout types)
- Any type of tobacco product, drugs or alcohol
- Pets or any other animals

## LAUNDRY

Laundry will go out weekly and be returned the following day in individual color coded laundry bags provided by camp. **Please remember, laundry is done by a commercial laundry, and expensive/fancy clothes are not appropriate or necessary for camp.**

## ELECTRONICS POLICY

One of the ways we provide positive experiences for our campers is by limiting electronics in our camp environment, thereby encouraging our campers to socialize through traditional camp activities. We thank you in advance, for your cooperation with and support of these policies.



**Any item that makes phone calls, accesses the internet, or has screen content of any kind (games, videos, etc.) is not permitted at camp. Examples of permitted and not permitted electronics:**

### YES

- ✓ Music / audio book player without games or video content (e.g. Sony NWE393 Walkman MP3 Player or SanDisk Clip Sport Plus MP3 player, both available for approximately \$50 on Amazon)
- ✓ Tablet/E-Reader (Kindle, Nook, etc.) - without video or game content
- ✓ Disposable Camera
- ✓ Digital Camera

### NO

- ✗ Any electronic device that contains games or video content
- ✗ DVD Player
- ✗ Laptop Computer
- ✗ Handheld video gaming systems
- ✗ Video Camera
- ✗ Apple Watch, or any other "smart" watch
- ✗ iPhone or iPad
- ✗ iPods with game and/or video capabilities

### NOTES:

1. We recognize that many digital cameras have the ability to record videos. We will ask campers and staff to refrain from taking videos inside of the cabins.
2. Camp is not responsible for replacing electronic devices brought to camp, which may be damaged or lost.
3. If any of the items not permitted are brought to camp, we will collect them and return them at the end of camp.

# HOMESICKNESS PREVENTION

---

Most campers attending overnight camp feel some anxiety about being away from home. In fact, we believe that managing and overcoming homesickness is an integral part of the camp experience. Camp is the best place for young people to learn coping skills, gain independence and enhance their self-esteem. Adapting to camp life, with the help of a caring and attentive camp staff, is a challenge that helps young people develop those important life skills.

We have many years of experience helping children through homesickness and will specifically train our staff to assist campers in their transition to camp. We also recommend that parents take the following steps before camp to minimize their child's anxiety:

- **TALK ABOUT WHAT TO EXPECT:**

Use the camp brochure, website and mailings to talk about what camp will be like. Go over the daily schedule, the bunk setup, camp activities and who your child can turn to when they need help at camp. In addition, we invite you and your camper to join us at camp on June 15th so that your camper can see his/her cabin, meet some of our staff, have lunch with our chef and meet some of his/her bunk-mates! (Please see our Open House flyer on page 17 for more information.)

- **PRACTICE MAKES PERFECT!**

Campers who have not spent significant time away from home should "practice" by having sleep-overs before camp. Extended family is great, but staying at a friend's house is even better. Talk to your child afterwards to debrief the experience.

- **FOCUS ON THE POSITIVE:**

Parents who talk about how much they are going to miss their children actually create more anxiety and a heightened sense of homesickness. While it may be hard for you to see them go, remember that camp is a wonderful gift that you are giving your child, one that will help him/her grow and develop as a person, and have a GREAT time!

- **AVOID THIS MISTAKE!!**

Whatever you do, please don't tell your child: "If you don't like it, I'll come get you." Promises like this set your child up for failure and make our job much more difficult. Most importantly, they deny your child the opportunity to develop the resilience, pride and sense of independence that come from working through something that is difficult.

- **LET US HELP:**

Campers can always email us ([directors@campakeela.com](mailto:directors@campakeela.com)) with questions or concerns about coming to camp. The more comfortable they feel with us and our staff before arriving, the easier it will be for them to adjust to camp life.

## SUCCESS AT AKEELA

---

Through our thorough application process and our extended conversations with all of our camp families, we do our best to ensure that each camper is a good "fit" for our camp community. However, children respond to new environments in different ways, and we occasionally determine that camp is no longer the best place for a certain camper. Before this decision is made, the camper's parents will be engaged in problem-solving discussions. After all other possibilities are exhausted, a camper may be asked to leave our community. Parents must make arrangements to pick up their child at that time. No refunds will be granted.

This decision is always a last resort. Most importantly, we want all of our campers to leave Akeela feeling great about themselves. In cases of early departures, we will make sure that campers recognize the successes they had during their stay at camp – and we hope that parents will be equally committed to emphasizing the positive.

# CAMPER CODE OF CONDUCT

---

One of the unique and wonderful things about Camp Akeela is the type of campers and families that choose Akeela as their summer home. We pride ourselves on being a warm, open and accepting camp community. We love the fact that our campers are so welcoming to new campers, whether they be 9 or 17 years old. Our goal is maintain this culture as our camp family evolves from year to year.

Of course, whenever people live together in a tight-knit community, some interpersonal issues will arise. We train our staff to recognize and effectively deal with any inappropriate behaviors, in order to maintain an emotionally safe environment where every camper can experience camp life to the fullest. We quickly and directly address any incidents of meanness, excluding or bullying so that our campers and their families know this type of behavior is unacceptable at Akeela.

As you know, most – if not all – of our campers have been on the receiving end of bullying behaviors at school or other youth programs. At Akeela, things are different; campers and staff feel truly accepted and embraced by their peers. We feel strongly that every camper must be protected from behaviors that disrupt their ability to have a successful summer in a safe environment.

Any behavior deemed by the Camp Directors to be inappropriate and/or unmanageable may result in any or all of the following:

- Meeting directly with the Counselor, Head Counselor and/or Camp Directors to discuss behavior
- A telephone call home to the parent/guardian to discuss behavior
- Missing out on programs or events at camp
- Dismissal from the camp program

**We are asking all campers and parents to sign the following Camper Code of Conduct. It is one of the forms you'll find in our online forms dashboard.**

As an Akeela Camper I will:

- Show respect to other Campers, and treat them as well as I would like to be treated.
- Respect the rights and beliefs of others, and treat others with courtesy and consideration.
- Communicate in an appropriate manner, which means I must not use foul language or gestures, harsh words or harsh tone of voice.
- Communicate directly with another camper if a problem arises, rather than talking to others and spreading rumors.
- Conduct myself responsibly. I understand that unwelcome teasing or other unkind behaviors are not allowed.
- Refrain from deliberately causing bodily harm to others. I understand that pushing, kicking, hitting or fighting are not acceptable and will not be tolerated.
- Respect the property of others; which includes not stealing, damaging property, making graffiti or vandalism.
- Be fully responsible for my actions and understand that irresponsible behavior will result in disciplinary action or dismissal from camp.
- Know and follow the rules of camp.
- Let an adult know if someone is teasing or bullying me. (Reporting is confidential.)
- Let an adult know if I witness someone else being bullied. (Reporting is confidential.)

# OPEN HOUSE

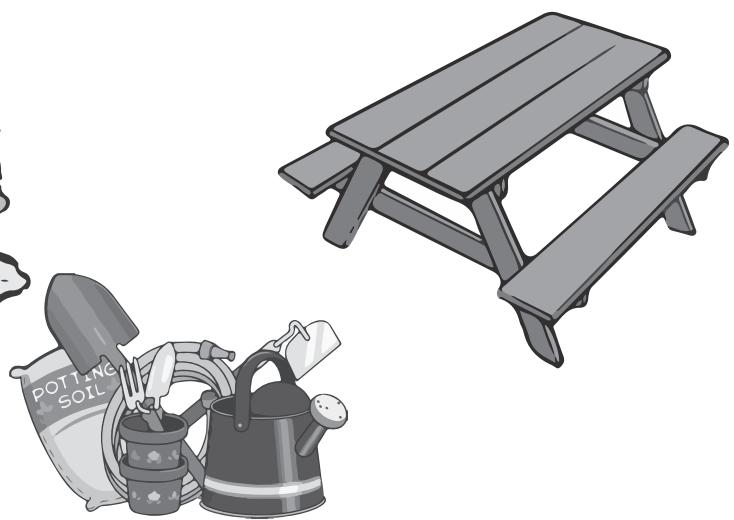
*Please Join Us!*

**Saturday, June 15, 2019**

**10:00 am - 2:00 pm**

**We hope you will join us for the 12th annual  
Open House at Camp Akeela:**

- Take a tour of camp: See your bunk and get the "lay of the land"
- Meet bunkmates and other Akeela campers & families
- Enjoy a picnic lunch overlooking Miller Pond
- Participate in "work projects" to help get camp ready for opening day!



See pages 20 and 21 for hotel recommendations and driving directions to camp.  
*An email invitation with RSVP instructions is forthcoming!*

# ADDITIONAL ACTIVITIES AND TRIPS

---

## **HORSEBACK RIDING:**

We're thrilled to announce that we will once again be partnering with a highly respected therapeutic riding program this summer to offer our optional horseback riding program! High Horses Therapeutic Riding Program is located in Wilder, VT (less than 30 minutes from camp) and has been in operation for over 20 years. The center uses PATH International registered instructors to deliver their amazing program to their riders.



**Learn more about High Horses here: [www.highhorses.org](http://www.highhorses.org)**

Over the course of one camp session, campers who enroll in the program will participate in six classes (1.5 hours each) at the High Horses riding center. The classes will be led by High Horses' instructors, and several Akeela staff members will join each group at the facility. Not only will campers experience the joy of horseback riding over the course of the program, but will also improve balance and coordination, confidence, and expressive communication.

The fee for the program is \$575. Space is limited and enrollment forms will made available online on April 15.



## **OPTIONAL OUTDOOR ADVENTURE TRIPS:**

For campers who enjoy the great outdoors, we offer three optional trips:

- **BIKING** – Campers spend a fantastic day biking along the Northern Rail Trail in scenic Grafton County, New Hampshire. This is a nearly flat trail that runs along the old bed of the Boston & Maine Railroad's Northern Line.
- **CANOEING** – Enjoy a canoe adventure down a nearby portion of the Connecticut River. Participants will be taking in the serene vistas of Vermont and New Hampshire's Upper Valley from the middle of New England's largest river.
- **HIKING AND CAMPING** – This 2-day adventure will include overnight camping in tents and some terrific hiking too. This is a 'base camp' hiking trip (as opposed to a through hike), which means that campers will not be carrying packs with all of their food, clothing and camping supplies.

The fee for each of these trips is \$50. Space is limited and enrollment forms will made available online on April 15.



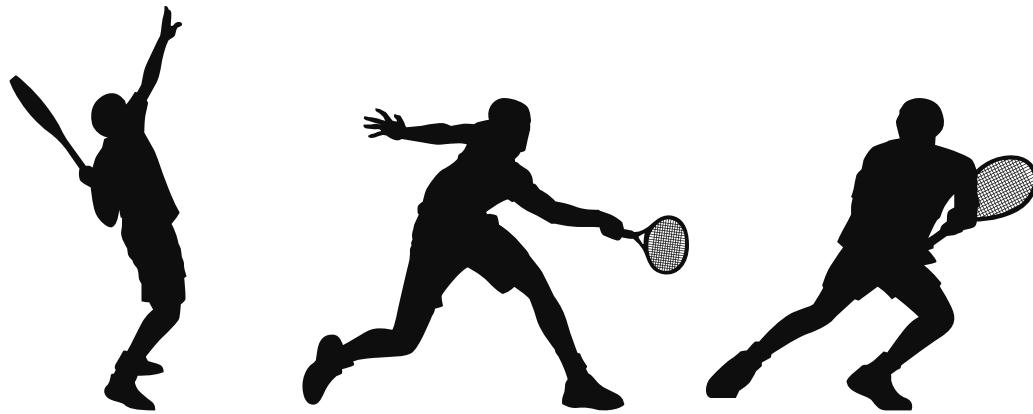
## **SEMI-PRIVATE TENNIS LESSONS:**

Akeela's tennis pro, Richard Blake is a PTR (Professional Tennis Registry) certified coach who has taught tennis extensively in the New York area and in his home town of Kingston, Jamaica. He is a true pro whose knowledge and passion for the sport has truly transformed Akeela's tennis program!

In addition to the classes that Richard teaches to all cabin groups and to campers who select tennis as a week-long "specialty" elective activity, he also offers extra semi-private lessons.

Participants will enjoy 5 half-hour lessons over the course of their camp session. These are in addition to their regular camp activities; tennis lessons are scheduled at free times throughout the camp day. Each camper will be paired with 1 other player, based on age, ability and objectives. All experience levels are welcome!

The fee is \$125 for the five lessons. Space is limited and enrollment forms will made available online on April 15.



## **GRADE TRIPS AND SPENDING MONEY**

Our oldest age groups at Akeela go on a special trip towards the end of their camp session:

- 7th Graders (going into 8th) – Day trip to Montshire Science Museum
- 8th Graders (going into 9th) – Day trip to Lost River Gorge
- 9th Graders (going into 10th) – Day trip to Burlington and the Ben & Jerry's factory
- 10th Graders (going into 11th) – Two-day trip to Burlington, Ben & Jerry's and overnight camping

Camp tuition covers all expenses associated with these trips: transportation, food, admissions, etc. However, your child may have an opportunity to do some additional shopping (e.g. snacks, gift shop memorabilia). For this reason, we ask parents to send a small amount of spending money:

- 7th Graders (going into 8th) - \$20 - \$30
- 8th Graders (going into 9th) - \$20 - \$30
- 9th Graders (going into 10th) - \$40 - \$50
- 10th Graders (going into 11th) - \$40 - \$50 ... **and please pack a sleeping bag!**

The safest way to send this spending money to camp is to mail a check ahead of time. If you prefer to bring money with you on Opening Day, please make sure that it's in an envelope clearly marked with your camper's name and the amount enclosed. You can hand these envelopes directly to one of our bus counselors (or bring it to our camp office if you're dropping off). Once at camp, we will safely store all spending money in our office safe and distribute it to campers for their trip. Needless to say, all unused money will be returned to you at the end of the summer!

# WHERE TO STAY NEAR CAMP

---

(\*) Top Hotels/Inns

## **ORFORD, NH / FAIRLEE, VT** (20 minutes to Camp)

* Lake Morey Resort, Clubhouse Road in Fairlee.....	802-333-4311
White Goose Inn, Route 10 in Orford .....	603-353-4812
Silver Maple Lodge & Cottages, Route 5 in South Fairlee.....	802-333-4326

## **LYME, NH** (20 minutes to Camp)

* Breakfast on the Connecticut, River Road.....	603-353-4444
* Dowd's Country Inn B&B, Main Street.....	800-482-4712
*The Lyme Inn, Market Street.....	603-795-4824

## **NORWICH, VT** (25 minutes to Camp)

* Norwich Inn, South Main Street.....	802-649-1143
Norwich B&B at Shear Luck Farm, Bradley Hill Road .....	802-649-3800

## **HANOVER, NH** (25 minutes to Camp)

* Hanover Inn, South Main Street.....	603-643-4300
* Six South Street Hotel, South Street.....	603-643-0600
Trumbull House B&B, Etna Road.....	603-643-2370

## **WHITE RIVER JUNCTION, VT** (30 minutes to Camp)

Comfort Inn, Ralph Lehman Drive.....	802-295-3051
Fairfield Inn & Suites, Ballardvale Drive.....	802-291-9911
Holiday Inn Express, Ballardvale Drive.....	802-299-2700
Hampton Inn, Ballardvale Drive.....	802-296-2800
Super 8 Motel, North Hartland Road.....	802-295-7577

## **WEST LEBANON, NH** (35 minutes to Camp)

The Baymont Inn, Airport Road.....	603-298-8888
Fireside Inn & Suites, Airport Road.....	877-258-5900

## **LEBANON, NH** (35 minutes to Camp)

*Courtyard by Marriott, Morgan Drive.....	603-643-5600
*Element by Westin, Foothill Street.....	603-448-5000
Days Inn, Route 120.....	603-448-5070
Residence Inn, Centerlla Parkway.....	603-643-4511

# RESTAURANT RECOMMENDATIONS

---

## **LEBANON/WEST LEBANON, NH**

Three Tomatoes Trattoria  
One Court Street.....603-448-1711  
*Nicely prepared Italian food.*  
*Moderate prices. Comfortable for children.*

Weathervane.....603-298-7805  
*Seafood. Kids welcome.*  
*Moderately priced, specials daily.*

Lui Lui.....603-298-7070  
*Good affordable Italian food*  
*in a nice family-friendly atmosphere.*

Lou's, Main Street.....603-643-3321  
*The best breakfast around.*  
*Meet students, professors, locals.*

Market Table, Main Street.....603-676-7996  
*Seasonal fare. Farm to table*  
*Reservations recommended.*

Sushiya.....603-643-4000  
*Very good Japanese and Korean food*  
*in a casual setting.*

Norwich Inn.....802-649-1143  
*Upscale pub food in a quaint New England inn.*

## **HANOVER, NH / NORWICH, VT**

Pine, Hanover Inn.....603-643-4300  
*Not casual. Good food,*  
*Four-star. Expensive for New England.*

Orient Chinese & Japanese Restaurant.....603-643-8888  
*Tasty Chinese & Japanese food, reasonably priced.*

Molly's, Main Street.....603-643-2570  
*Perfect for kids. Hamburgers to tacos.*  
*Moderate prices.*

C&A Pizza.....603-643-2966  
*Good pizza. Regular pizza prices.*

## **ORFORD, NH**

Peyton Place.....603-353-9100  
*Gourmet fare. Multi-course meal. Reservations required; ask for menu in advance. Pricey for NH.*  
*Allow at least 2 hours for dinner, probably longer.*

## **QUECHEE, VT**

Simon Pearce, Main Street.....802-295-1470  
*Good food. Great setting.*  
*Reservations recommended.*

# DIRECTIONS TO CAMP AKEELA

---

## **FROM NEW YORK/CONNECTICUT:**

Merritt Parkway or I-95 North to I-91 North. Or 684 North to 84 East (towards Danbury) to I-91 North.

Take I-91 through CT and Massachusetts into Vermont.

EXIT 14 in Vermont: Thetford, Vermont.

\* Turn left on 113 and continue 3.5 miles, through Thetford Hill and Thetford Center. Turn left on Sawnee Bean Road. Follow Sawnee Bean 4.3 miles to the end of the road (including a bear right at the 2.7 mile mark) At the end of Sawnee Bean, turn right on Miller Pond Road. Drive 2/10 of a mile to the camp entrance (Thoreau Way) on your left.

## **FROM BOSTON:**

I-93 North to 89 North to 91 North.

Take I-91 North to Exit 14 in Thetford, VT.

Follow directions \* above.

# **NOTES FOR CAMP:**





## **DIRECTORS**

Debbie & Eric Sasson

## **WINTER**

Camp Akeela

314 Bryn Mawr Avenue, Bala Cynwyd, PA 19004

## **SUMMER**

Camp Akeela

One Thoreau Way, Thetford Center, VT 05075

## **PHONE & FAX**

phone: (866) 680-4744 • fax: (866) 462-2828

## **WEBSITE & EMAIL**

[www.campakeela.com](http://www.campakeela.com) • [info@campakeela.com](mailto:info@campakeela.com)