



Family Camp 2019

**Information &
Forms**



Family Camp

Dear Camp Family,

We are so excited to have you join us at Family Camp this summer! Enclosed is some information to help familiarize you and your family with the activities and events you look forward to at camp.

Please check-in to camp **between 10:00am and 11:00am on Friday, August 16th**. (Please do not arrive before 10:00, as we will be finishing up with preparations for your arrival. Likewise, please try to arrive by 11:00, as lunch will be served promptly at noon.) **Departure on Wednesday, August 21st is approximately 2:00pm**. In this packet, you'll find a schedule for both arrival and departure day, as well as a sample schedule for the days in between!

Packing A packing list is provided to help guide you in preparing for the week at camp. We can supply bedding at \$25 per person but you are also welcome to bring your own if you prefer. (Twin or cot-sized sheets are best.)

Activities We will be offering a wide variety of activities throughout the week – some specific to children only, and others designed for the whole family. Here is a sample of what to expect:

Swimming	Archery
Sailing	Tennis
Canoeing & Kayaking	Arts & Crafts
Stand-Up Paddleboarding	Ceramics & Woodworking
Fishing	Cooking
Softball	Drama & Talent Show
Soccer	Ropes Course, Climbing Wall & Zip Line
Basketball	Hiking & Nature Exploration
Golf	LARP (Live Action Role Playing)

Camp will provide everything necessary to participate in these activities. However, you are welcome to bring your own equipment if you would like.

Evening Activities Each night we will hold a different evening activity, from approximately 7:30 p.m. to 8:30 p.m. Expect campfires, a talent show and much more!

- Please print one copy of the included Health History Form for each member of your family attending Family Camp. We ask that you send us your completed Health History Forms ahead of time, to our "summer" address in Thetford Center, VT. (Children enrolled in a Camp Akeela session this summer do not need to submit an additional Health History Form.)

We can't wait to see you at camp! Please let us know if you have any questions as you are making plans for your Vermont adventure.

Warmly,

Debbie & Eric



Family Camp

Opening Day Schedule: August 16th

10:00 – 11:00	Arrivals ☺
12:00	Lunch
1:00	Community Welcome Meeting
2:00 – 3:00	First Activity Period
3:00	Snack
3:30 – 4:30	Second Activity Period
6:00	Dinner
7:15	Evening Meeting: Announcements, Recognition & Suggestion Box
7:30 – 8:30	Evening Activity
8:30	Nighttime Snacks in the Dining Hall

Sample Daily Schedule: August 17th – 20th

7:15	Morning Program (varies daily, e.g. yoga, fishing)
8:00	Breakfast
9:00 – 2:00	Optional Trips (more information available upon arrival)
9:15 – 10:15	Activity Period 1
10:15 – 11:15	Activity Period 2 (kids-only activities & parent-only roundtable)
11:15	Free Time
12:00	Lunch
1:00 – 2:00	Rest Hour
2:00 – 3:00	Activity Period 3
3:00	Snack
3:30 – 4:30	Activity Period 4 (kids-only activities & parent-only roundtable)
5:30 – 6:00	Social Time
6:00	Dinner
7:15	Evening Meeting: Announcements, Recognition & Suggestion Box
7:30 – 8:30	Evening Activity
8:30	Nighttime Snacks in the Dining Hall

Closing Day Schedule: August 21st

8:00	Breakfast
9:15 – 10:15	Activity Period 1
10:15 – 11:15	Activity Period 2 (kids-only activities & parent-only roundtable)
11:15	Packing
12:00	Lunch
1:00 – 2:00	Closing Circle and Departures ☺



Family Camp

Suggested Packing List

Please note that this is a suggested list. Some items, while nice to have, are not necessary for your enjoyment of camp!

- Sneakers
- Sweatshirts
- Tee-shirts/Tank Tops
- Shorts
- Bathing suit(s)
- Long pants
- Hat
- Sunglasses
- Socks
- Underwear
- Sandals and/or water shoes
- Rain boots
- Rain jacket/poncho
- Pajamas
- Bed linens (optional, fee to rent)
- Beach and bath towels
- Beach blanket (for the lake and campfires)
- Water bottles
- Sun screen
- Bug spray
- Toiletries
- Camera
- Beach/camp chair (e.g.: Crazy Creek)
- Any special sports equipment or games you'd like to have
- Flashlight



**** PLEASE REMEMBER TO BRING YOUR OWN TOWELS ****

Camp is 100% casual ... Please pack comfortable clothes that you won't mind getting dirty!
(There will be one night out for parents, so you'll want to have one outfit that's appropriate for a casual NH/VT restaurant.)



Family Camp

DRIVING DIRECTIONS

FROM NEW YORK/CONNECTICUT: Take I-91 North through CT and Massachusetts into Vermont. Take EXIT 14 in Thetford, Vermont.

* Turn left on 113 and continue 3.5 miles, through Thetford Center. Turn left on Sawnee Bean Road and follow 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 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.

NEARBY ACCOMMODATIONS

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 S 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

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

Lebanon and West Lebanon, NH (35 minutes to Camp)

Courtyard by Marriott, Morgan Drive, Lebanon ... 603-643-5600
Element by Westin, Foothill Street, Lebanon 603-448-5000
The Baymont Inn, Airport Road, West Lebanon ... 603-298-8888



Family Camp

Frequently Asked Questions

What do you mean by "parent-only roundtables"?

One of the most exciting parts of coming to Akeela is being in a place that is entirely focused on "quirky" kids. Family Camp is a rare opportunity to be surrounded by other families in similar situations. In addition to building a community in which families informally connect, we provide these optional guided discussions as a more structured level of support, helping our adult campers get the most out of their time at Akeela.

Who will be staffing the Family Camp?

The directors of Family Camp are Debbie and Eric Sasson, Camp Akeela's founders and full-time directors. They are assisted at Family Camp by a select group of Camp Akeela staff members who understand and adore Akeela campers, and are passionate about providing them with life-long skills, friendships and memories.

Will my children be supervised by the camp staff?

Supervision is provided during organized camp activities (Periods 1 - 4 and Evening Activities). Otherwise, parents are asked to be responsible for their children. Safety is our first priority and open communication is a key to a safe and successful week at camp. If you're not sure about something, please ASK!

Does my entire family have to select the same camp activities?

Because camp provides staff supervision during organized Activity Periods 1 - 4, parents are not required to choose the same activities as their children.

Is staff available for babysitting?

In-cabin babysitting (e.g. for young children during evening activities or for additional adult nights out) is offered – subject to staff availability – at \$12/hour for 1-2 children or \$20/hour for 3 or more children, paid in cash directly to the staff. Babysitting sign-up sheets will be posted in the dining hall and requests must be made 24 hours in advance.

What if I want to bring my furry friends with me to camp?

Sorry, all pets need to stay at home. We can provide local boarding options upon request.

What will my cabin look like?

All of Akeela's cabins have been fully renovated within the last few years. They are equipped with electricity, toilets, sinks, and showers. Our beds are made on-site and are both supportive and comfortable. Although our cabins are fantastic, please remember that it is camp! Beds are cot-sized and may not be as plush as you are used to at home!

Is there a place for me to check my email or make a phone call if I need to?

Yes, Akeela has a designated area with Internet access and telephones for adult campers. Just a reminder, though: Family Camp is meant to be a vacation... we recommend leaving your laptop at home! (Please also note that there is literally **no cell service** in our beautiful corner of Vermont.)

Will there be any alcoholic drinks at Family Camp?

No alcohol will be served, nor is it permitted on the Akeela campus. However, there is an adult-only evening out, during which camp transportation is provided.



Please return this form to Camp Akeela

One Thoreau Way, Thetford Center, VT 05075 • (866) 680-4744 tel • (866) 462-2828 fax

FAMILY CAMPER HEALTH HISTORY FORM

To be completed for each family member.

To be completed and signed by parent/guardian for children under the age of 18.

To be completed individually for adults 18 and older.

For Office Use

Camper Name (First, Middle, Last) _____ Birth Date _____

Name

Camper Home Address: _____
Street Address City State Zip Code

Parent/guardian with legal custody to be contacted in case of illness or injury:

Name: _____ Relationship to Camper: _____ Preferred Phones: (____) _____ (____) _____
 Email: _____

Home Address: _____
(If different from above) Street Address City State Zip Code

Second parent/guardian or other emergency contact:

Name: _____ Relationship to Camper: _____ Preferred Phones: (____) _____ (____) _____
 Email: _____

Additional contact in event parent(s)/guardian(s) can not be reached:

Name(s): _____ Relationship to Camper: _____ Preferred Phones: (____) _____ (____) _____

Allergies: No known allergies. This camper is allergic to: Food Medicine The environment (insect stings, hay fever, etc.) Other
(Please describe below what the camper is allergic to and the reaction seen.)

Diet, Nutrition: This camper eats a regular diet. This camper eats a regular vegetarian diet.
 This camper has special food needs. *(Please describe below.)*

Restrictions: I have reviewed the program and activities of the camp and feel the camper can participate without restrictions.
 I have reviewed the program and activities of the camp and feel the camper can participate with the following restrictions or adaptations. *(Please describe below.)*

Medical Insurance Information:

This camper is covered by family medical/hospital insurance Yes No

Include a copy of your insurance card if appropriate; copy both sides of the card so information is readable.

Insurance Company _____ Policy Number _____
 Subscriber _____ Insurance Company Phone Number (____) _____

Parent/Guardian Authorization for Health Care:

This health history is correct and accurately reflects the health status of the camper to whom it pertains. The person described has permission to participate in all camp activities except as noted by me and/or an examining physician. I give permission to the physician selected by the camp to order x-rays, routine tests, and treatment related to the health of my child for both routine health care and in emergency situations. If I cannot be reached in an emergency, I give my permission to the physician to hospitalize, secure proper treatment for, and order injection, anesthesia, or surgery for this child. I understand the information on this form will be shared on a "need to know" basis with camp staff. I give permission to photocopy this form. In addition, the camp has permission to obtain a copy of my child's health record from providers who treat my child and these providers may talk with the program's staff about my child's health status.

Signature of Custodial Parent/Guardian _____ Date: _____ Relationship to Camper: _____

If for religious or other reasons you cannot sign this, contact the camp for a legal waiver which must be signed for attendance.

Cabin or Group

Year

OVER

FAMILY CAMPER HEALTH HISTORY FORM - PAGE 2

Camper Name (First, Middle, Last) _____

Birth Date _____

General Health History: Check "Yes" or "No" for each statement. Explain "Yes" answers below.

Has/does the camper:

- | | |
|---|---|
| 1. Ever been hospitalized? <input type="checkbox"/> Yes <input type="checkbox"/> No | 11. Had fainting or dizziness? <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 2. Ever had surgery? <input type="checkbox"/> Yes <input type="checkbox"/> No | 12. Passed out/had chest pain during exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 3. Have recurrent/chronic illnesses? <input type="checkbox"/> Yes <input type="checkbox"/> No | 13. Had mononucleosis ("mono") during the past 12 months?... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 4. Had a recent infectious disease? <input type="checkbox"/> Yes <input type="checkbox"/> No | 14. If female, have problems with periods/menstruation?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 5. Had a recent injury? <input type="checkbox"/> Yes <input type="checkbox"/> No | 15. Have problems with falling asleep/sleepwalking? <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 6. Had asthma/wheezing/shortness of breath?..... <input type="checkbox"/> Yes <input type="checkbox"/> No | 16. Ever had back/joint problems?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 7. Have diabetes? <input type="checkbox"/> Yes <input type="checkbox"/> No | 17. Have a history of bedwetting?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 8. Had seizures? <input type="checkbox"/> Yes <input type="checkbox"/> No | 18. Have problems with diarrhea/constipation?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 9. Had headaches? <input type="checkbox"/> Yes <input type="checkbox"/> No | 19. Have any skin problems?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 10. Wear glasses, contacts, or protective eyewear? <input type="checkbox"/> Yes <input type="checkbox"/> No | 20. Traveled outside the country in the past 9 months?..... <input type="checkbox"/> Yes <input type="checkbox"/> No |

Please explain "Yes" answers in the space below, noting the number of the questions. For travel outside the country, please name countries visited and dates of travel.

The following non-prescription medications may be stocked in the camp Health Center and are used on an as needed basis to manage illness and injury. **Cross out those the camper should not be given.**

- | | |
|---|---|
| Acetaminophen (Tylenol) | Ibuprofen (Advil, Motrin) |
| Phenylephrine decongestant (Sudafed PE) | Pseudoephedrine decongestant (Sudafed) |
| Antihistamine/allergy medicine | Guaifenesin cough syrup (Robitussin) |
| Diphenhydramine antihistamine/allergy medicine (Benadryl) | Dextromethorphan cough syrup (Robitussin DM) |
| Sore throat spray | Generic cough drops |
| Lice shampoo or cream (Nix or Elimite) | Antibiotic cream |
| Calamine lotion | Aloe |
| Laxatives for constipation (Ex-Lax) | Bismuth subsalicylate for diarrhea (Kaopectate, Pepto-Bismol) |

Copyright 2008 by American Camping Association, Inc.

Rev. 1/2007 LEE/EAW

Please list all current medications, both prescribed and over-the-counter:

What I am most looking forward to at Family Camp:

- T-Shirt Size: Youth S Youth M Youth L Adult S
 Adult M Adult L Adult XL Adult XXL