

MEALS

The Turrell Memorial Lodge, our dining hall, is modern and roomy. Each table seats one cabin group. Meals are varied and well-balanced. Meals are served family-style so campers may help themselves. We can accommodate special needs diets on a limited basis. Please contact us in advance to determine if your child's special needs can be met by our food service.

PRESCRIPTIONS

All prescription medications brought into camp **must** be accompanied by written orders, signed by a physician, and include the camper's name, dosage, and time. **All medications**, including over-the-counter creams, lotions, aspirin, vitamins, etc., must be turned in and dispensed by the camp nurse.

INSURANCE/ILLNESS

YMCA Camp Abnaki does not carry accident/sickness insurance on summer campers. Parents must include their own personal health insurance information on the health form. This information will only be used to facilitate outside medical treatment if required. In the event of serious illness or accident, parents will be notified at once. **Parents are responsible for charges incurred for outside medical treatment of their child, including prescriptions, should services be required while in attendance at camp.**



**Quality resident
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SPECIAL NEEDS

Campers with special needs should be brought to the attention of the Director by fully describing any unique requirements of your camper on the Camper Confidential Form. Please contact the Director if you have any questions. We will make every effort to serve campers who are challenged physically or emotionally. However, our setting makes it difficult to serve campers with certain physical limitations.

CABIN ASSIGNMENTS

Cabin assignments are made prior to the start of each session. Campers are assigned to cabins within villages according to age. We **try** to honor all normal requests for friends to bunk together if this request is made on the camper's registration form. **Only one mutual cabin mate request can be honored.** We have found that separating siblings often results in a more positive camping experience.

OFF SITE TRIPS

Older campers may participate in an off-site trip. Trips may involve an overnight camping experience. Trips may involve hiking, boating, or bicycling. All trips are accompanied by at least two staff, including lifeguards for any aquatic trips.

PERSONAL PROPERTY AT CAMP

Living at camp for any length of time can be hard on one's clothes and equipment. We strongly recommend that nothing of high monetary or sentimental value be brought to camp, as things can get lost or damaged. We also recommend all items brought to camp be labeled with your son's first and last name.

Campers are allowed to bring personal sports equipment to camp. Any equipment that would typically be used at the archery range will be

stored in the office of the Program Director. Other sports equipment may be stored in the camper's cabin. Items of higher value (musical instruments, etc.) may be stored by camp staff, but Camp Abnaki is not liable for any damage or loss to such equipment.

Camp Abnaki reserves the right to confiscate items from campers for health, safety and philosophical purposes. Confiscated items will be stored by the camp staff, and returned to parents during check-out. Items which may be confiscated include (but are not limited to): cell phones, pocket knives, firearms, fireworks, lighters, food items containing peanuts, portable video games, and mp3 players.

TOBACCO/ALCOHOL/DRUGS

YMCA Camp Abnaki's program is designed to encourage healthy personal habits. Tobacco, alcohol, or any illegal drugs are not permitted on camp property. Any campers found with such items are subject to disciplinary action, which may include, but is not limited to, dismissal from camp.

Campers found to be in possession of illegal substances may be reported to the Grand Isle Sheriff's Department.

BIKES/PERSONAL VEHICLES

Campers are not allowed to bring their bicycles or other personal vehicles, including motorized scooters, motorcycles, personal watercraft, or automobiles to camp.

LAUNDRY

Laundry service is provided for campers staying **longer than two weeks**. Remember, all campers attending a one or two week session need to pack enough clothing for their entire stay.

Greater Burlington YMCA CAMP ABNAKI

INFORMATION FOR PARENTS

Welcome to YMCA Camp Abnaki. We're glad you're part of the Abnaki family! This information has been compiled to acquaint you with the procedures and practices of **Camp Abnaki**. We look upon all we do through the eyes of parents and campers, with fun and safety our greatest concerns.

At **YMCA Camp Abnaki**, we teach skills that help campers develop positive values, which lead to becoming mature, creative and helpful adults. In a supportive community of peers and adults, each camper has the opportunity to gain independence and accept responsibility. As self-confidence and ownership grows through new skills and accomplishments, a sense of community is established.

Please look over this information so that we may work together in this exciting adventure for your child at **Camp Abnaki**.

Jon Kuypers
Camp Director

E-Mail:
Camp Director jkuypers@gbymca.org
Registrar registrar@campabnaki.org

CAMP TOUR

We always welcome the opportunity to give a tour of camp. If you want to take a walk around with your son and/or family please contact the camp office.

CAMP OFFICE

Our winter office is located at the Greater Burlington YMCA (266 College St., Burlington, VT 05401; Telephone: (802) 862-8993 ext. 129). Fax, (802) 862-9984. After **May 15**, we move our operations to the camp property in North Hero, 1252 Abnaki Rd., North Hero, VT 05474; Telephone: (802) 372-8275. Fax (802) 372-5931.

MAIL

Campers are urged to write home at least once a week. Parents should include self-addressed stamped letters or cards. Campers enjoy hearing from you too! Make your letters friendly, newsy, and joyful. Avoid telling them how much you miss them; this tends to be more harmful than helpful. Address your mail as follows:

*Camper's Name, Village at camp
YMCA Camp Abnaki
1252 Abnaki Road
North Hero, VT 05474
Cabin Name*

We highly recommend that you provide your son's address to relatives and friends. Campers look forward to their mail. Campers also love "Care Packages". Some items we suggest are:

- Cookies (6-10 boys, 2 counselors/cabin)
- Paperback books/comic books
- A deck of cards
- Anything else you think he'd really enjoy!

- Please do not send anything that is made or processed with peanuts including: **cookies, candy, gum, chips, etc.**

CLOTHING

We encourage you to send old clothes to camp as your son will be taking part in rugged sports and climbing/hiking through the woods. A "What to Bring to Camp" list is enclosed. **Please mark all items with either a permanent laundry marker or nametags.** We will make every effort to return lost and found items while your son is at camp, however, some items always turn up after the campers return home. Articles left behind with no identification are given to a local charity after camp has ended.

CAMP STORE

Campers' spending money is deposited into an account in the camp store. The camp store limits purchases of snacks and juice; other items such as T-shirts, souvenirs, stamps, stationary, postcards and toiletries are also available. **The fee for the camp store will be included in your total bill for camp. Campers will have \$20 per week of camp to spend (\$15 for Mini Camp).** Parents may add additional money to their son's account. Any unused balance is nonrefundable. The camp store is also open during check-in and check-out times. Every camper will also receive a complimentary t-shirt from the store during checkout.

ARRIVAL AT CAMP

Check-In on Opening Day (**Sunday**) is from 2-4 p.m. **Please do not arrive prior to 2 p.m.**, as our staff are not prepared to accept campers beforehand. Camper Pick-Up is from 9-11 a.m. on Closing Day (**Saturday**). You must check out with your son's counselor, Village Director,

and the camp Director before departure. Campers will not be released to anyone other than the parent/guardian or those listed on the Pick Up Authorization form.

For those families requesting pick-up/drop-off at either the Burlington bus station or Burlington Int'l Airport, arrangements should be made in writing prior to camp. The fee is \$25.00 each way.

BEFORE CAMP BEGINS

In order to adequately process camper information, all forms must be completed and received in the Camp Office by May 15. The health form must be signed by both a **physician and parent** for the camper to attend.

The balance of the camp fee must also be received prior to May 15, 2010. There is a \$25 fee for returned checks.

VISITORS/TELEPHONE CALLS

We strive for campers to develop independence. An integral part of the growth process is the extended period away from home. We highly discourage phone calls and visits to camp unless there is a family emergency.

CELL PHONES

Campers are not permitted to have cell phones while at camp. We believe a sense of independence and a chance to 'unplug' are two of the primary benefits of camp. Phone contact with friends or parents can often make a homesick camper's condition worse.

Campers who are discovered to have a cell phone at camp will have the phone confiscated and placed in the camp safe. It will be returned to the parents during check-out.

PARENT CONTACT

In the event of serious illness, accident, prolonged homesickness (two or more days) or other situations warranting discussion with the parents, the Village Director, Camp Director, or Nurse will notify parents.

If this is your son's first time at camp, you will receive a phone call from his Village Director early in your son's stay to update you on how he is doing.

REFUNDS

When necessary to secure a refund of camp fees (except for the registration fee), please notify the Camp Office in writing. Conditions for refunds include prolonged illness or accident. In such event, refunds will be made on a pro rated basis for the remaining portion of the session.

Homesickness is not a condition for refunds.

Check out our Website at
www.campabnaki.org

To contact us:

Summer Phone: 802-372-8275

Fax: 802-372-5931

Winter Phone: 802-862-9622

Fax: 802-862-9984

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We build strong kids, strong families, strong communities.