

Catoctin Quaker Camp Parent Handbook

A great deal of care has gone into making this booklet. Please do not misplace it or anything enclosed. If you need additional forms see the web.

Concerning Billing

- Balance due must be paid by May 15th.
- Payments accepted: check, money order, cash, or credit card (Visa or Master Card or Discover). Credit card payments are accepted online only.
- All **checks should be made payable** to Baltimore Yearly Meeting. Please mark your child's name and 'Catoctin' on the front of the check. Send by May 15th to BYM, 17100 Quaker Lane Sandy Spring MD 20860
- Withdrawals after May 1 will result in forfeiture of deposit.
- No reimbursements will be made for campers who leave early.
- Campers with prolonged illness or injury who are not able to fully participate in camp activities may need to return home.

Refund Policy

The \$250 deposit is not refundable after May 1st. If the application for a prospective camper is withdrawn prior to May 15th, all tuition payments less the \$250 deposit will be refunded. After May 15th, no refund is available. Due to the fixed costs of running a safe and successful camping program, Baltimore Yearly Meeting Camping Program expects families to be responsible for the tuition of their registered child. Exceptions are made only if the camper is unable to attend BYM Camps for reasons of health. In this case, tuition will be held over to be used the following year, less the \$250 deposit. An alternative option is a refund of half of the tuition (less the \$250 deposit). If you fill the spot your child has vacated, you will be relieved of this financial obligation. It is not possible to make any reduction for entering late or leaving early, except for withdrawal on account of illness incurred at camp. In that case, a partial tuition credit may be applied for the following year. There will be no refund if a camper is asked to leave during the season for an infraction of a camp rule or for unacceptable behavior or if a child is voluntarily withdrawn.

Medical Information

Enclosed you will find the following forms:

- **2 Medical Information Cards** (these do **NOT** need to be notarized)
- **2 Medication Cards** (fill in the front only – **these need to be signed by your Child's Doctor**)
- **1 Release and Agreement Form**
- **1 Immunization Form** (a copy from your Doctor or School is easiest)
- **1 In-depth Health Information Form**

In addition you need to bring two copies (one for in camp, one for the trail) of your child's health insurance card (copy the front and back).

Please **bring all these forms with you to camp**. Do not send these ahead of time. Please send **medications** in the original bottle with the doctor's name, child's name, name of medication, dosage and date marked on the label.

When you arrive at camp, the camp medical staff will interview you to be sure that all is in order and to receive any special instructions. Please ensure that your child arrives at camp **healthy**. Strep throat, viruses, flu bugs and lice spread quickly at camp.

Lice Policy

Parents should check their campers for lice and nits before they come to camp. Campers should not come to camp if they have an active case of head lice or any nits. If a camper comes to camp and is found to have either nits or live head lice, at the director's discretion they may be sent home to be treated and might be permitted to come back to the residential camps when the camper is nit-free. Lice checks should be done at least one month ahead of time to give time for thorough eradication before a camper shows up. Parents may either do the work themselves or hire the services of a professional nit-picker if such is available to them. For more information on head lice: <http://www.cdc.gov/lice/head/index.html>

Creating a Diverse Community

At Catoctin we strive to create an emotionally safe, fun, inclusive, respectful, engaging community where diversity is honored and celebrated. Campers, staff, and families at Catoctin may represent diversity in terms of learning styles, life experiences, and social identities (including: religion, class, race, ethnicity, gender, sexual orientation, and ability). With the guidance of our trained staff this can create a wonderful opportunity for young people to expand their awareness and learn from each other's experiences.

To further our goal of an inclusive environment we also encourage parents to talk to their campers before arriving about feelings that may come up when encountering new kinds of people. Help your camper think through how (s)he can take part in creating an atmosphere where (s)he and all other members of the community feel welcome. The following are some resources to help you get ideas about how to start these conversations.

- Click on "Teaching Diversity" at: <http://life.familyeducation.com/>
- "Talking to Our Children about Racism and Diversity"
http://www.civilrights.org/publications/reports/talking_to_our_children/

**Please drop your campers off after 2:00 p.m. on arrival days
and
Pick them up before noon on departure days.**

Session Dates:

Saturday, July 2 – Saturday, July 16

Sunday, July 17 – Saturday, July 30

Sunday, July 31 – Sunday, August 14

You may wish to have contact with your child this summer. There are a number of ways to do this:
you can write letters to:

Your Child's Name
Catoctin Quaker Camp
12611 Tower Road
Thurmont, MD 21788

or you can call the "social phone" number is (301) 271-2184. This is the number you should use for calling your campers. If you need to **contact the director or the staff in case of emergency**, you can call (301) 271-2156. We have found that parent calls, especially early in the session, can increase a child's homesickness; we encourage you to write letters or contact Linda if you are concerned. Campers are allowed to speak on this phone only in cases of extreme emergency. We make every effort to keep this phone open for emergencies. Good times to call are around lunch time (noon to 1:30 p.m.) or just before, just after, or during supper (4:30 p.m. – 6:30 p.m.) Campers and counselors are **not** in camp between Monday and Wednesday during the first session, and from Tuesday morning to Thursday late afternoon during the second and third sessions.

Packages

Some campers do receive packages at camp, but parents should know that, contrary to popular belief, campers are very well fed. Campers also have the opportunity to visit "junk food" stores when they are out of camp. Large quantities of food attract rodents, foil the best dietitian plans, and often become the source of strife among campers. Many attractive, non-food items are great for packages. With this in mind, we discourage people from sending food to camp. If you must send food to campers, be advised that "care packages" are referred to as "share packages" at Catoctin. You might bear this in mind as you prepare them. The campers will not be allowed to keep any food of any kind in the cabins. Share packages will be stored and accessible at the counselors' discretion. Please do not feel obligated to send packages. Most campers do not receive them.

Visiting Campers

The best time to visit campers is Saturday morning in the middle of the session. Please arrive by 10:30 am so that we can sing and have meeting for worship together. We then share a potluck lunch. Please bring a dish to share. Parents will

then be invited to leave after lunch. If Saturday doesn't work, parents can come on Sunday, but should understand that there are specially planned activities on Sunday and their visit might impact their child's experience. Friends of campers are welcome, but need to be supervised by a responsible adult. We discourage any visitors during the weekdays.

For four week campers, parents might like to visit their child on Saturday afternoon in the middle of our session during changeover. This is the only time when we would let a parent take the child away from camp for a quick meal or treat. Please be sure to communicate your plans with the changeover counselors.

- Please try to plan your summer so your camper can arrive at camp on time and does not need to leave during their time at camp. This is important to the camping program and to your child's experience.

Laundry

Our staff does the 4 week campers' laundry in Thurmont approximately every two weeks (**NOT for two week campers**). It is not necessary for parents to do laundry during visits. Please pack enough underwear and socks for two weeks. If you become aware of any difficulties over the course of the summer, please let us know.

Special Reminders!

- Please note arrival and departure dates. Please pay attention to whether you have a Saturday or Sunday drop off and pick up. EVERY session is different.
- Please drop your campers off after 2:00 p.m. and pick them up before noon.
- Please check your children for lice before bringing them to camp.
- We have not had great parent adherence to our requests about junk food and camp. We feel that the overall camp experience is greatly enhanced when campers are not eating lots of sugar and empty calories. We have an afternoon snack in an effort to address the mid-afternoon munchies. PLEASE do not send a large amount of food to camp and know that your wholesome treats will be "share packages."
- Parent's visiting day is Saturday, 10:30-1:00. Please bring a dish to share.

A final note:

Nothing is more helpful to me, as director, than the feedback I receive from parents and campers. If you have concerns or feedback, I hope you will feel free to approach me personally and find a place to talk about any concerns or questions that you might have. I am also happy to make myself available during the months that camp is not in session.

Contact Information

Catoctin Quaker Camp
12611 Tower Road
Thurmont, MD 21788
(301) 271-2156 (Emergency Line)
(301) 271-2184 (Social Line)

Linda Garrettson, Director CQC
484-269-0156

Jane Megginson, Camp Administrative Secretary
413 S West End Ave
Lancaster PA 17603
jane@bymcamps.org

Extra forms, maps and much more information is available online: <http://www.bymcamps.org>

Directions to Catoctin Quaker Camp

- 1) From Baltimore and points east – Take Interstate 70 west past Frederick. Skip to step #3. Or see alternate route on map at right.
- 2) From Washington and points South – Take Interstate 270 to Frederick. Follow signs for Interstate 70 west towards Hagerstown. Go to step #3. Or see alternate route on map at right.
- 3) Take Interstate 70 west and get off at exit 49 (alt 40, Braddock Heights, Middletown). Turn left (west) on alt 40. After 1.2 miles, turn right onto Ridge Road. There is a gas station on the near right corner. Go to the end of Ridge Road (2.2 miles) and turn right at the stop sign on to Route 40. Turn left into Gambril State Park RD (.7 miles beyond the turn off Ridge Road). Skip to step #5.
- 4) From Hagerstown and Points West – Take Interstate 70 east. Get off at exit 42 (Myersville, Gambril State Park). Turn left (north) on to Route 17. After .8 miles, turn right as indicated by the Greenbriar and Gambril State Parks sign. Also note the brick church on the left. Go only a short distance further to Route 40. Turn right on to Route 40. Turn left into Gambril State Park Rd (.7 miles beyond the turn off Ridge Road). Go to step #5
- 5) Proceed to the top of the mountain. You will find that the road comes to a “T” at the High Knob Scenic Area. Turn right at the “T”. Follow the paved road for 7.4 miles. At this point there is a “Y” in the road. Take the left fork of the “Y” onto Tower Road. Proceed slowly (15 mph) past Middlepoint Road (on the left). Go one mile and turn left to continue on Tower Road. The camp is on your immediate right.
- 6) From Pennsylvania and Points North (See map at right) – Take Route 15 south to Thurmont, Maryland. Turn off at Route 77, the first exit past Route 550. Turn left (west) on Route 77 and drive for 2.8 miles (drive very carefully). Turn left onto Catoctin Hollow Road, marked by a sign for Cunningham Falls State Park: William Houk Area (the road is not well marked by name but the state park sign is hard to miss). Drive for 2.8 miles to the top of the hill. Do not turn onto Wigville Road. Do turn right onto Mink Farm Road. Drive for 2 miles, passing the Mink Farm Campground entrance. Turn right onto Tower Road. The camp is on your immediate right.

Equipment List

1) **Backpack:** It is essential the pack have padded shoulder straps, and a functional, one piece, padded hip belt. It must be possible for the hip belt to be tightened around your child's waist. This allows the legs to carry the bulk of the pack's weight, preventing back injuries. The pack must fit your child well. When the pack is full, no part of the metal frame should touch the camper's body. If you have doubts or questions about how to gauge the size of a backpack for child's body, contact a reliable outfitter. Beware of giving younger campers the backpack that his or her older sibling has used in the past. Too often, these packs prove to be large and unmanageable for the younger camper. We have found that old fashioned external frame backpacks are better for littler kids. Internal packs cost more and are much less adjustable. Used backpacks can often be made usable by ensuring a proper fit, fitting them with a padded hipbelt and padded shoulder straps, and replacing broken and worn out parts.

2) **Sleeping bag:** Flannel sleeping bags are simply too heavy for our backpacking program. We recommend a synthetic fabric bag filled with a synthetic fiber. Down filled sleeping bags become heavy and provide no warmth when wet. Stuff sacks are necessary. They make it possible to pack more quickly on the trail, make packed sleeping bags more compact, and offer protection against wet sleeping bags.

3) **Footwear:** Avoid new or newish hiking boots. We strongly recommend sturdy sneaker-type shoes in good condition, or well-broken in hiking boots. Campers will also need an old pair of sneakers or water shoes for canoeing and pond swimming. "Texas" and other sandal type shoes are not adequate water shoes. Make sure your child has a lot of socks. Some should be thicker than the normal tube sock, and at least one pair should be wool. Shoes must be worn at all times at camp.

4) **Sleeping pad for in-camp use:** An Ensolite pad is great for backpacking but insufficient for comfortable sleeping in camp. We recommend a bunk sized, 2"-4" thick foam pad. See website for more information.

Essential Items (all of the above plus...)

- Jeans and/or slacks, shorts and shirts (some shirts must be warm)
- Water bottle or canteen (at least one quart)
- Sweater and jacket
- Bandannas or handkerchiefs
- A good flashlight (with extra batteries)
- Rain poncho (good one--not rain coat)
- Plastic bowl, plastic cup, and spoon (or mess kit)
- One pair of web straps (30-36 inches long)
- Old shoes for wearing in the river (CROCS DO NOT work as river shoes, please bring old sneakers for this)
- Glasses strap (if you wear glasses)
- Writing materials w/stamps
- Swim suit(s) and towels
- Wool socks (one pair)
- Essential toilet items
- Underwear
- Pocket money
- Ensolite pad
- Sun screen

Optional Items

- Pillow
- Kleenex
- Bug repellent (permethrin based repels deer ticks)
- Hat or cap
- Musical instrument
- Warm pajamas
- Biodegradable soap
- Trash bags or zip-locks to help keep things dry

- Laundry bag
- Reading material
- Journal
- Sleeping bag sheet (use a double bed sheet, fold in half, sew two edges)
- A small knife may be brought but it may be lost, and it may give the doctor an opportunity to use his or her stitching skills. A small sheathed knife (less than a four inch blade) is safer than a pocket knife. Any knife will have to be held by the counselor and used only under counselor supervision.

Please DO NOT bring:

- x Ipods, Mp3 players
- x CELL PHONES
- x Electronic musical instruments or games
- x Aerosol dispensers or spray cans
- x Fireworks, matches, lighters, candles
- x Delicate clothing
- x Any weapon
- x Good luggage
- x Jewelry
- x drugs or alcohol: The possession or use of alcohol or drugs, or the misuse of prescription drugs, will result in camper(s) being sent home.

A word about simplicity

The Friends' testimony on simplicity is an ideal that we value at Catoctin. Catoctin is a place where young people can experience the benefits of being unencumbered by lots of material things. Campers can discover the joys of participating in the simple pleasures. We discover what the environment and people all around us have to offer when the noisy distractions that demand our attention at home are set aside. It will be helpful for you to be mindful of this as you equip and prepare your campers for camp.

There are practical reasons to practice simplicity at camp as well. Camp is a place where material things do not fare well. It is not too far fetched to assume that the clothing and non-camping items which campers bring to camp will be ruined or lost during the summer. Many experienced camp parents take their campers to the Salvation Army Store or thrift store to buy their camper's wardrobe. This frees campers from having to worry about their clothing and belongings while having fun in the wilderness.

It is also important for us to remember that our campers come from a broad range of economic backgrounds. Parents can help encourage this diversity by being sure that the things their children bring to camp are practical and functional rather than expensive and stylish. Campers do have occasional opportunities to spend money while on trips. They may also want to buy camp tee-shirts or sweatshirts (in the past they have cost \$10.00 and \$20.00). Tee-shirts are also available when campers are dropped off and picked up. Campers do not need large sums of money at camp. Money for campers to spend at their discretion could be \$5.00 to \$30.00, depending on camper's age, how long they will be at camp, and the preference of parents. Please remember that this money will probably be spent on "junk food." Parents and relatives can also keep the Friends' testimony of simplicity in mind when sending packages.