

# Shiloh Quaker Camp Parent Handbook

Welcome to Shiloh Quaker Camp!

Please read these materials carefully! Check the website or call the Camp Administrator if you have any questions: 717/481-4870

## 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 'Shiloh' on the front of the check. Send by May 15th to BYM, 17100 Quaker Lane Sandy Spring MD 20860
- 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 If the application for a prospective camper is withdrawn prior to May 15th, all tuition payments less the \$250 deposit will be refunded.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to leave during the season for an infraction of a camp rule or for unacceptable behavior or if a child is voluntarily withdrawn.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**
- **1 Release and Agreement Form**
- **1 Immunization Form** (easiest to get a copy from your child's doctor or school)
- **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 Shiloh we strive to create an emotionally safe, fun, inclusive, respectful, engaging community where diversity is honored and celebrated. Campers, staff, and families at Shiloh 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/](http://www.civilrights.org/publications/reports/talking_to_our_children/)

### **A typical week at Shiloh Quaker Camp**

Campers spend part of each week (including the weekend) in camp, and part of the week out of camp on overnight trips. Units of older campers go on four-day trips, spending three days in camp. Younger units usually spend three days away from camp, departing a day after the older campers.

We break from our routine each session for a "Special Day." We pick a theme such as Viking Day, Circus Day or Shiloh Olympics and spend the day in games and activities which revolve around that theme. We usually finish by dressing up in costumes and feasting on a special dinner in a beautifully decorated dining hall.

The overnight camping trips are designed to be age-appropriate supportive challenges, which allow campers to meet new kinds of successes and build self-confidence. These may include backpacking on the Appalachian trail and associated trails, rock climbing, caving, canoeing, service projects, creative trips and other adventures designed by the counselors for their campers.

### **A typical day at Shiloh Quaker Camp**

Shiloh's traditional 'shell, bell and yell,' consisting of a conch horn, bell and lungpower, lets us know when it's time for each of the day's activities. The first shell, bell and yell of the day wakes us up; a later one announces breakfast. After breakfast and breakfast chores we all sit down for a short meeting for worship. Following that, campers have unit activities: general fun and games, or perhaps trip planning, with their unit.

The whole camp (with the exception of those washing the dishes) takes a rest period after lunch until about 2:00. After that comes the shell, bell and yell for afternoon activities and mail call. Afternoon activities take place in two periods. In each period, campers choose the activity which interests them most, be it arts and crafts, drama, sports, nature study, short hikes, playing in the creek, or whatever our creative staff can think up. Afternoon activities continue until supper set-up.

After supper, we have all-camp evening activities. These include skits, all-camp games which allow everyone to participate, and occasionally, a dance. We have campfires and singing several times a week, often with time for worship sharing, discussion and reflection.

### **Work crews**

Everyone in camp participates in the daily work which feeds and houses us. This allows campers to experience living in a Quaker community where each person's work is important. Daily chores are done by mixed age work crews of campers and counselors. Work assignments vary (one day it might be supper dishes, the next day lunch set-up) but

members of a work crew stay together as a team through the session. They choose a name for themselves, present it to the camp during work crew skit night, and bond while doing chores and playing games.

### **A note about bears**

Our area of the Blue Ridge Mountains has a significant population of black bears, which are occasionally seen at camp. Bears don't bother people unless they learn that human food is easier to come by than their natural diet, lose some of their fear of humans, and therefore become a 'problem bear.' At Shiloh we follow a few simple safety rules for the sake of the bears:

1. We do not leave our food trash out overnight.
2. When camping we use rope to hang our food safely in a tree.
3. We do not keep food, candy, or gum (all of which smell attractive to a bear's keen nose) in the cabins.

**Because of this, no food or gum should be packed in a camper's luggage.**

### **Policy on bedtime**

All campers and their parents should be aware of our strict bedtime policy. Because of dangerous rocky terrain, poison ivy, snakes, and bears, we feel very strongly that it is not safe for campers to wander the woods after bedtime. Campers will be sent home if they do not stay in their cabins (except of course for necessary trips to the bathroom—we're not that strict) after bedtime. Units 1 and 2 campers will be allowed to stay up a little later than the younger units so they have evening time to socialize.

- Please share this information with your camper

### **Registration Day**

- Please plan to **arrive** at camp between 2:00 p.m. and 4:30 p.m. on registration day. The camp driveway will be opened at 2:00 so please don't plan to arrive early.

When you arrive at camp you will find the registration tables set up in the dining hall. There you will find your child's unit assignment and turn in your health forms and signed release form, all enclosed in this booklet. You will have a chance to meet your child's counselors and ask any questions you have of camp directors Riley Lark and Hope Swank.

### **Pick-up Day**

- Please **pick up** your campers between 9:30 a.m. and 11:00 a.m. on pick-up day. At 10:00 a.m. you are invited to attend an end of session meeting for worship at the fire circle with your campers. You will also need time to go through the check-out procedure and to look through the lost and found. Families coming from far away may be able to carpool with friends.

### **Session Dates:**

Saturday, July 2 – Saturday, July 16

Sunday, July 17 – Saturday, July 30

Sunday, July 31 – Sunday, August 14

1 week session: Sunday, July 31 - Sunday, August 7

1 week session: Sunday, August 7 - Sunday, August 14

### **Telephone, mail and visits to camp**

The telephone number at camp is (540) 948-5226. We have only two phone lines for the one hundred people in camp, so we discourage phone calling except in emergency situations. In place of phone calls, we heartily encourage letter-writing.

Campers love getting letters with news, photos, the Sunday comics, etc. Do not feel obliged to send packages; contrary to what your child may tell you, most campers do not receive packages from home. If you do send a package, consider including books, games, comics, and other fun non-food items. Sugar-loaded ‘care packages’ cause problems by foiling the dietician’s plans and becoming a source of strife among campers. **Please do not send food.**

Sometimes parents visit their child at camp on Saturdays or Sundays. Our schedule changes from session to session so please call ahead if you plan to visit.

- If you do plan to visit, please do not plan on taking your child out of camp; it disrupts the camp program.

### **Directions to Shiloh Quaker Camp**

From DC – From the Beltway go west on I-66 to exit 43. Go south on 29 for about 55 miles, past Warrenton and Culpeper. Two miles after Madison, turn right on 230 at the light. Go six miles to Hood, turn right on 613, and go three miles to the end. Turn right on 667 (Middle River Road), go 1.4 miles to the camp driveway which crosses a wooden bridge on the right (look for the camp sign).

From Frederick – Go south on 15 to jct 29 south above Warrenton. Follow directions from DC.

From Harrisonburg – Cross the blue ridge on 33 east. Take 33 Business towards Stanardsville (look carefully for the 33 business exit). Go through Stanardsville and turn left on 230, go three miles, turn left on 667 (Middle River Road). Go approximately 5 miles. The camp driveway crosses a wooden bridge on the right (look for the camp sign).

From Richmond – Take I-64 west 71 miles to Charlottesville. Turn north on 29 and go 18 miles to Ruckersville. Turn left on 33 west. Turn onto Business 33 towards Stanardsville. Turn right on 230, go three miles, then turn left on 667 (Middle River Road). The camp driveway crosses a wooden bridge on the right in about five miles (look for the camp sign).

From Winchester – Go south on 522 to Sperryville. Turn right on 231 south and go 18 miles to Madison. Turn right on 29 south and follow directions from DC. You could take 17 S to 29 S or I-81 if you prefer a longer highway route).

### **Important Addresses and Phone Numbers**

Shiloh Quaker Camp  
(540) 948-5226

#### **MAILING**

Your Child’s Name  
Shiloh Quaker Camp  
PO Box 89  
Hood, VA 22723

**DRIVING or UPS**  
4774 Middle River Rd.  
Stanardsville, VA 22973

Riley Lark, Co-Director  
[rileylark@gmail.com](mailto:rileylark@gmail.com)  
301-237-2788

Hope Swank, Co-Director  
[hswank@gmail.com](mailto:hswank@gmail.com)  
239-464-1962

Jane Megginson, Camp Program Secretary  
413 S. West End Ave  
Lancaster Pa 17603  
717/481-4870  
[jane@bymcamps.org](mailto:jane@bymcamps.org)

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

## Equipment

- Proper equipment can make the difference between a miserable camp experience and a comfortable, happy one. It is essential that you follow the equipment guidelines below.
- It can be quite cold and wet in the mountains! All campers must have a waterproof, sturdy raincoat or poncho and a jacket, sweater or heavy shirt of wool or poly-fleece, which will be warm even if it gets wet.
- Backpacks and sleeping bags don't have to be expensive. Many outdoors outfitters sell used backpacks and sleeping bags, or one can be borrowed from a neighbor. We have a few backpacks we can lend out to children, but this must be arranged beforehand (call Dana Foster). Please do not send your child to camp without the essential items.

### All campers must have:

1. **Frame backpack (external or internal frame):** The pack must also have padded shoulder straps and a padded hip belt. A properly fitting pack can make hiking a pleasure; an ill-fitting pack makes it torturous. Padded shoulder straps and hip belt are essential. The pack should fit your child: the hip belt should draw tightly around the waist such that the child's legs carry the weight of the backpack. Check borrowed or hand-me-down packs for needed adjustments and repairs. Outdoor outfitters stores will adjust a pack to fit your child, even if you didn't buy it there.
2. **Sleeping bag with stuff sack:** Flannel sleeping bags are too heavy and bulky for backpacking. We recommend a synthetic fabric bag filled with synthetic fiber. Down filled sleeping bags become waterlogged and useless if they get wet. An ensolite (closed cell foam) sleeping pad is recommended as well, to cushion campers from the stony ground and keep them warm and dry.
3. **Sleeping pad for camping trips:** An ensolite (closed cell) foam pad or Thermarest. This should roll tightly and not absorb water. Egg carton type pads absorb water and won't work
4. **Footwear:** one pair hiking shoes, one pair 'creek shoes'. Avoid new or newish hiking boots. We recommend sturdy sneaker type shoes in good condition for hiking, or broken-in lightweight hiking boots. Campers also need a pair of closed toe shoes (old sneakers are best) for canoeing and creek swimming. These shoes will get wet and muddy and probably stay that way through the session. **They may NOT be teva sandals, crocs, etc.** Go for the old lace up sneaker.
5. **Sleeping pad or foam mattress for in-camp bunk:** We do not provide mattresses for campers to use on the plywood bunks. An ensolite pad is good for backpacking but some campers prefer a thicker mattress for sleeping in camp. We recommend a bunk sized 2-4 inch thick foam pad.

### Further essential equipment:

- Shorts (some synthetic)
- Long pants (fleece or wool for warmth when wet)
- Underwear
- Sweater or jacket made of wool or synthetic material
- Warm hat made of wool or synthetic material
- Good poncho or rain coat
- Canteen or water bottle (at least 1 quart capacity)
- Unbreakable bowl, cup, and spoon for camping
- Short and long sleeved shirts (some synthetic)
- Swimsuit and towel
- Flashlight and batteries
- Toilet articles
- Laundry is done every week; campers should have a week's worth of underwear and other essentials.
- Permethrin based bug repellent, for deer ticks

**Optional equipment:**

- Hat
- Pillow
- Pajamas
- Writing materials
- Laundry bag
- Reading material
- Musical instruments
- Journal or sketch pad
- Stamps
- Sports equipment
- Sunscreen
- Pocket knife (see below)

A small sheathed or pocket knife is allowed but is likely to be lost or possibly give a doctor stitching opportunities. Knives may have to be held by the counselor and used under counselor supervision.

**Please do not bring the following:**

- Any item you cannot bear to lose (especially jewelry and watches)
- Delicate clothing
- Food or candy
- Aerosol spray cans
- Electronics (i.e. musical instruments, games, or Ipods, Mp3 players, Cell Phones)
- Fireworks, matches, candles, lighters
- Any weapon
- Flip-flops or slides except for showering
- Alcohol or drugs: the possession or use of alcohol or drugs, or the misuse of prescription drugs, will result in camper(s) being sent home

**How to Pack**

Label all items. You wouldn't believe the size of the lost and found pile at the end of camp! If the item has a name on it, it has a better chance of being claimed by the right person.

Many campers keep a foot locker or trunk in which to pack and keep belongings. This is not required, and a box will also easily slide under the bunk beds.