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## INTRODUCTION

Welcome to Camp Kawanhee! In preparation for your summer with us, we would like to share important information with you. This handbook is intended to familiarize families with some general information and policies that help us meet our goals of a rewarding summer for all members of our community. It is vitally important that you submit all of the required FORMS listed in your online CAMP IN TOUCH account prior to your son's arrival at camp. We need this information from you to assure that your son's experience with us will go as well as possible. Thank you for your attention to this very important effort.

## ADDRESSES

<b>Mailing Address:</b>	June 1st-Sept 1st	Camp Kawanhee 58 Kawanhee Lane Weld, ME 04285
	Sept 1st-June 1st	Camp Kawanhee PO Box 789 Yarmouth, ME 04096

**Website & Photo Gallery:** [www.kawanhee.com](http://www.kawanhee.com)

During the summer weekly photos of campers are posted in a photo gallery that can be accessed from the Camp Kawanhee website address listed above. The Gallery/Video tab directs you to tabs for various camp videos as well as the photo galleries. Photo galleries are labeled by year/week and/or topic. These galleries are password protected. If you do not know the answer to the hint, please ask and we will be happy to provide it to you.

## COMMUNICATION & CONTACT INFORMATION

### General:

**Camp Kawanhee Office:**

**Hours: 8:00am - 8:00pm daily**

**Phone:** (207)585-2210

**Fax:** (207)585-2620

**E-mail:** [campoffice@kawanhee.com](mailto:campoffice@kawanhee.com)

**Nurse's Office/Infirmary:** (207)585-2585

**Executive Directors:** Mark and Elizabeth Standen

**Phone:** (207)585-2346

**E-mail:** [mark@kawanhee.com](mailto:mark@kawanhee.com)

[liz@kawanhee.com](mailto:liz@kawanhee.com)

**Managing Director:** Danny Packer

**Phone:** (207)585-2259

**E-mail:** [danny@kawanhee.com](mailto:danny@kawanhee.com)

**Residential Life Directors:** Debi Sullivan

**Phone:** (207)585-2777

**E-mail:** [debi@kawanhee.com](mailto:debi@kawanhee.com)

- ❖ Parents are welcome and encouraged to contact camp with any questions or concerns. There are no limits or time periods necessary to wait in order to do so. Residential Life Directors Debi Sullivan and Andy Bourassa are most likely to be the best ones to contact for general questions as to your son's well being or if you have particular concerns or questions regarding his adjustment. We welcome feedback at any time and feel that the campers and our program benefit from it. The camp office is staffed to take calls from 8:00am to 8:00pm daily. If you need to reach someone at camp after hours, please call Danny Packer (207)585-2259 or Liz Standen (207)585-2346. If no one answers, leave a message and your call will be returned as soon as possible.
- ❖ Every parent of a new camper will receive a phone call from their counselor during the first two weeks of their stay. If you have not received a call from a counselor, we encourage you to call the camp office and request to be called.

## **Communicating With Your Child**

### **Phone Calls:**

During the first 2 weeks of your son's stay at camp we have a strict 'No Call' policy. We feel that this policy supports your child's success and adjustment at camp, encouraging him to establish trust and connection with his counselors, other adult leaders and friends.

Beyond the initial 2-week period, campers are permitted to call home once a week. Each camper lodge is assigned a specific day to make their phone calls. On their assigned day, it is most likely they will call during free time at 11:00 and 4:00, or in the early evening right after dinner. If a camper's parents are living apart, the camper will be able to speak to both parents during their phone time. The schedule for phone calls is as follows:

<b>Sunday:</b>	Eagle, Falcon and Pine Tree
<b>Monday:</b>	Hawk, Deer
<b>Tuesday:</b>	Beaver, Lynx, Moose
<b>Wednesday:</b>	Wildcat, Trout
<b>Thursday:</b>	Coyote, Bear
<b>Friday:</b>	Crow, Badger, Birch

### **Mail & E-Mail:**

Please write letters or e-mail your child as often as you wish. Campers always enjoy getting mail! E-mails may be sent to campers by using our camper mail account:

[campermail@kawanhee.com](mailto:campermail@kawanhee.com)

It is important that you always put the camper's first and last name in the subject line of the e-mail. We will print e-mails once a day and distribute them with the camper's mail.

### **Package Policy:**

Due to the nature of severe allergies amongst some of our population, camp has a strict 'No Peanut' policy regarding contents in care packages to campers. We strive very hard to be a 'Peanut Aware' environment, therefore we ask that all care packages omit any food items that have, or may have been contaminated with peanut products. For the safety of all campers, camper care packages are inspected upon arrival. Items that contain nut products or food that has been produced in a factory with other products that contain nuts will be confiscated and returned to campers at the end of their stay at camp. Please let relatives and friends who may be sending care packages to your son be aware of this policy. Please refer to the following page for a list of safe food items, or those which have not been produced in a factory where there may be peanut products.

**Safe/Recommended Peanut and Tree-Nut Free Candy/Food Items:**

<ul style="list-style-type: none"><li><input type="checkbox"/> Haribo Gummi Candies (anything made by Haribo)</li><li><input type="checkbox"/> Skittles</li><li><input type="checkbox"/> Peeps</li><li><input type="checkbox"/> Swedish Fish</li><li><input type="checkbox"/> Altoids Mints, Original &amp; Cinnamon (not chocolate)</li><li><input type="checkbox"/> Mike and Ikes</li><li><input type="checkbox"/> Wonka's Nerds &amp; Nerd Rope</li><li><input type="checkbox"/> Laffy Taffy</li><li><input type="checkbox"/> Runtts</li><li><input type="checkbox"/> Dubble Bubble Gum</li><li><input type="checkbox"/> Junior Mints</li><li><input type="checkbox"/> Lifesaver Gummies</li><li><input type="checkbox"/> Smarties</li><li><input type="checkbox"/> Sour Patch Kids - all varieties</li><li><input type="checkbox"/> Whoppers</li><li><input type="checkbox"/> Sweet Tarts</li><li><input type="checkbox"/> Dum Dum Lollipops</li><li><input type="checkbox"/> Bottle Caps</li><li><input type="checkbox"/> Pop Rocks</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Hershey (plain) chocolate bars - personal size only (not King size or Minis)</li><li><input type="checkbox"/> Hershey (plain) chocolate Kisses (not King size, not Holiday/Seasonal bags)</li><li><input type="checkbox"/> Tootsie Pops &amp; Tootsie Rolls (anything by Tootsie)</li><li><input type="checkbox"/> Now and Later</li><li><input type="checkbox"/> Zours</li><li><input type="checkbox"/> Hot Tamales</li><li><input type="checkbox"/> Red Vines</li><li><input type="checkbox"/> York Peppermint Patties</li><li><input type="checkbox"/> Jolly Rancher Hard Candy and Gummi Candy (Beware: lollipops are made on shared equipment)</li><li><input type="checkbox"/> Twizzlers</li><li><input type="checkbox"/> Rolos</li><li><input type="checkbox"/> Starburst Fruit Chew, Lollipops &amp; Jelly Beans</li><li><input type="checkbox"/> Charleston Chew</li><li><input type="checkbox"/> Milk Duds</li></ul>
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**Birthdays:**

Camp is a special place to celebrate a birthday. Each camper birthday is announced in the Dining Hall where the camper receives a birthday cake and special cheer. Traditionally, the camper is also thrown in the lake after the meal, but only if he doesn't object. Parents are invited to call their birthday boy on his special day!

**Parental Concerns:**

If you believe there is a problem, or any programming or lodge issue that may be negatively affecting your child at camp, please call us to bring any issues to our attention. We are unable to correct a current situation of which we are unaware. Communicating with us in this way helps us to best meet your and your son's expectations and hopes for the camp experience.

## PACKING FOR CAMP: CLOTHING & EQUIPMENT LIST

For general daily wear, each boy should be equipped with the following:

- 10 Cotton T-shirts
- 6 Pairs Athletic Shorts
- 1 Pair Blue Jeans or Khaki Pants

### NECESSARY ARTICLES

- |   |  |
|---|--|
| <input type="checkbox"/> 1 Pillow                                 | <input type="checkbox"/> 2 Sweatshirts   |
| <input type="checkbox"/> 3 Pillow Cases                           | <input type="checkbox"/> 3 Long-sleeve T-shirts                                |
| <input type="checkbox"/> 4 Single Sheets                          | <input type="checkbox"/> 1 Warm Jacket   |
| <input type="checkbox"/> 2 Heavy Single Blankets                  | <input type="checkbox"/> 2 Swimming Trunks                                     |
| <input type="checkbox"/> 1 Sleeping Bag                           | <input type="checkbox"/> 2 Pens and Stationery and stamped/addressed envelopes |
| <input type="checkbox"/> 2 Pairs Pajamas                          | <input type="checkbox"/> Waterbottle   |
| <input type="checkbox"/> 2 Pairs Sneakers                         | <input type="checkbox"/> 1 Pair Texas/Water Shoes                              |
| <input type="checkbox"/> 1 Pair Hiking Boots                      | <input type="checkbox"/> 10 Pairs Socks  |
| <input type="checkbox"/> 8 Underwear                              | <input type="checkbox"/> 6 Bath/Beach Towels                                   |
| <input type="checkbox"/> 3 Pairs Woolen or Synthetic Hiking Socks | <input type="checkbox"/> Toilet Articles                                       |
| <input type="checkbox"/> 1 Rain Jacket                            | <input type="checkbox"/> Baseball Glove  |
| <input type="checkbox"/> 1 Nylon Wind/Rain Pant                   | <input type="checkbox"/> Tennis Racquet  |
| <input type="checkbox"/> 2 Sweatpants                             | <input type="checkbox"/> Flashlight  |
| <input type="checkbox"/> Bathrobe                                 | <input type="checkbox"/> Flip Flops or Shower Shoes                            |
| <input type="checkbox"/> Laundry Bag                              | <input type="checkbox"/> Books   |
| <input type="checkbox"/> Day Pack                                 | <input type="checkbox"/> Fishing Pole and Tackle (optional)                    |
| <input type="checkbox"/> Nice Shirt/Slacks for Sunday Services    | <input type="checkbox"/> Camera and Film (optional)                            |
|   | <input type="checkbox"/> Musical Instruments (optional)                        |

**CAMP T-SHIRTS, SWEATSHIRTS, AND OTHER ITEMS OF CLOTHING CAN BE PURCHASED ON OUR WEBSITE:**

[www.kawanhee.com](http://www.kawanhee.com)

**PLEASE** mark ALL clothing and personal items with woven name tapes or permanent ink.

**Returning Campers:** Be sure to bring unfinished Achievement Level Plaques (without frames) and your canoe paddle.

## SHIPPING OF BAGGAGE AND/OR TRUNKS

**Trunks, Foot Lockers, or Rubbermaid Trunks** should not be over 14 inches high as they need to fit under or near bunks. Tape a list of trunk contents on the inside of the lid, along with the boy's name and address. We strongly recommend that boys help pack their own trunk so they have a clear understanding of the contents.

Trunks and duffel bags should be shipped U.P.S. (United Parcel Service) or Fed Ex at least **ONE FULL WEEK** before camp. Please ship to:

*Your Son's Name*  
Camp Kawanhee  
58 Kawanhee Lane  
Weld, ME 04285

If your son is travelling by plane, it is recommended that you ship the trunk separately.

**Canoe Paddles:** It is suggested that canoe paddles be checked as baggage to and from camp if a camper is travelling by plane, or brought as carry-on. Cases for paddles can be purchased from various companies on the internet. Shipping to and from outside the United States can be unreliable. Some boys elect to leave paddles at camp year to year in order to avoid bringing them each year to and fro.

## LAUNDRY AND LOST & FOUND

Camper laundry is done once per week on camp premises by our laundry staff. It is very important that all camper clothing, including socks and underwear are labeled with names.

All campers at some time or another misplace or lose something during the summer. Lost and found is collected in the Laundry room where it is cleaned and kept on shelves. Staff routinely go through the lost and found in hopes of returning lost items to campers. Labeling all clothing and personal items is vitally important for aiding in the process of returning items to their proper owners.

## **CAMP STORE and INCIDENTALS**

### **CAMPER ACCOUNTS**

\$175 is deposited with the camp for each boy's weekly allowance and provides for incidentals from the camp store as well as lodge pizza parties and special events. Junior Counselors have \$250 deposited in their accounts due to more extensive privileges. At the end of the season, any remaining cash balance will be mailed to parents, or a charge made if the deposit is exceeded.

### **CAMP STORE**

Monday through Saturday after the evening meal, the camp store is open for campers to purchase an after meal treat or supplies they may be in need of. In addition to candy treats, popcorn and popsicles, the Many Moons camp store stocks camp attire such as t-shirts, hats and sweatshirts, as well as incidentals such as toilet articles, batteries, stamps, fishing equipment and other supplies regularly needed at camp. The camp store is also staffed during opening and closing days of camp. Campers wishing to mail letters home, place stamped, addressed envelopes in the mail slot of the camp store door.

## **TECHNOLOGY, CELL PHONES AND SOCIAL MEDIA**

### **CELL PHONES and COMPUTING DEVICES**

Campers are not permitted to have mobile phones, tablets, or any other electronics during their stay at Camp Kawanhee. If your son wishes to take photos while at camp, it is advised that he bring a camera with him to do so. Campers arriving in camp with any of these items (cell phones needed for travel for example) are asked to turn them in at the office for safe keeping throughout their stay at camp. Counselors are asked to assist in making sure campers do not maintain possession of these items during their camp experience. At the end of the camper's stay at Kawanhee, the devices will be returned and cell phone batteries will be charged for their travel home.

### **SOCIAL NETWORKING POLICY and FACEBOOK**

It is very important that all of us respect the privacy of others in the camp community by not posting pictures or other information regarding campers other than your own. For example, if a parent comes to camp for a visit, it is not okay to post photos with or without names which include another person's child. We ask that you respect this for the safety of all Kawanhee campers. Unfortunately, for all its benefits, social media has become an issue of personal safety which we must work together to respect. Photos are regularly posted of campers through the password protected photo gallery on our website. For more information on how to access this photo gallery, please refer to the INTRODUCTION of this handbook. For general information on Camp Kawanhee and to stay connected throughout the year, please feel free to visit us at our site on Facebook. There you will see photos on occasion, but camper faces are intentionally indistinct. If you have any concerns or observe any postings related to Kawanhee that give you cause for concern, please bring it to our attention as soon as possible. Your cooperation in this regard is much appreciated!



## TRAVEL and TRANSPORTATION

It is very important that all travel information regarding your son's arrival to and departure from camp is communicated with us. Whether arriving by car or (and especially) by plane, this information helps in our planning to make sure all campers are accounted for. **In the FORMS section of your Camp In Touch account, there is a travel form that should be submitted giving us all the information we should need.** We will contact you if there is any confusion.

### CAR ARRIVALS:

If you choose to bring your child by car, plan to arrive after 9:00 am on June 26 for the 2-,4-, and 7- week sessions. If your son is attending the 3-week session, plan to arrive after 9:00 am on July 24. Please note that the camp gate will be closed until 9:00 am on both dates to allow staff to finish breakfast and prepare for arrivals. Campers will not be admitted prior to this time.

Upon arrival to camp you will be directed to the check-in desk/office. A lodge counselor will be ready to help your child move into his lodge. All incoming campers must report to the Camp Health Center after checking in. Additional staff will be available for camp tours for new campers and families. Please take the time you need with your son and in camp to feel comfortable. For new families, this may be the first time you and your son have seen Camp Kawanhee and we want you to be able to meet your son's counselors, administrators and others who you will be entrusting to care for your son during his stay.

Some families choose to arrive in Weld days prior to the start of camp. While we fully understand the anticipation and excitement of arriving in camp, please recognize that our staff will still be involved in important pre-camp trainings and working to ready the camp for your son's arrival. Although we are eager to see and great everyone, drop-in guests during this time can be disruptive to our schedule. Lodge lists are not typically ready until the morning of the campers' arrival as often there can be last minute changes.

### CAR DEPARTURES:

If your son is departing on July 23 (4-week session), please arrange to pick-up your son between 9:00 and 11:00am if at all possible. If you are not able to arrive during these hours, please let us know so that we and your son can be properly prepared.

Departures occurring at the end of camp should plan to happen at the close of the Awards Ceremony on August 13th. This is generally around 5:00 pm. (Please see the 'Awards Ceremony' section for more details.)

### **FLYING to CAMP:**

If your son is flying to camp, Portland International Jetport is the preferred airport for camp arranged pick-ups. Camp Kawanhee will provide van transportation to all campers arriving at the Portland, Maine airport on the SESSION ARRIVAL DATES of June 26 and July 24. It is vitally important that parents communicate all transportation information prior to the start of camp and can be submitted with the required FORMS in your Camp In Touch account. Prior to arrival and departure days, the camp office will call you with information on who will be meeting or dropping off your son, driver's license numbers for identification purposes and cell phone number where he can be reached. The person meeting your son will also have a letter written and signed by Mark and Liz Standen, Executive Directors of Kawanhee, authorizing the pick up. All of this information is required by the airlines, especially in the case of unaccompanied minors.

Camp Kawanhee will also provide transportation to campers traveling in and out of Logan Airport in Boston, Massachusetts. When making flight arrangements, please consider that camp is a four hour drive by van from Boston, Massachusetts. Flight arrivals after 11:00 am and before 8 pm are most accommodating.

There is no charge for a Portland pick-up or drop-off on scheduled arrival and departure dates. The Logan Airport trip is \$175 round-trip and \$100 one way. If your son is arriving or departing on a date that is NOT a scheduled session beginning date or ending date, we will arrange travel at a fee of \$350 to or from Boston and \$200 to or from Portland.

### **FLYING from CAMP:**

Camp Kawanhee will provide transportation to Portland International Jetport and Boston's Logan Airport for departing campers. Regular season departure dates include the following:

- 2-Week Session - July 10
- 4-Week Session - July 23
- 3-Week Session - August 14
- 7-Week Session - August 14

## **DRIVING DIRECTIONS:**

### **Portland, Maine to Kawanhee**

From Portland Jetport, follow the signs for the Maine Turnpike heading north. Continue to follow the signs for the Turnpike (I-495) and proceed north approximately 30 miles to Exit 75 (The Auburn Exit). After exiting the turnpike turn left at the traffic light onto Rt. 4 North. Proceed through the city of Auburn maintaining your course on Rt. 4 for approximately 18 miles until you reach Rt. 108 on your left. Turn left onto Rt.108 towards Rumford, travel for approximately 17 miles to a flashing yellow light and signs for the Rt. 2 junction. Turn right at the flashing yellow light (Blaisdell's Gas Station will be on your right) then travel over the bridge. At the stop sign turn right onto Rt.2 and proceed approximately ¼ mile to the traffic light. (A Bangor Savings Bank is on the corner of this intersection) At the light turn left onto Weld Road (Rt. 142) then proceed approximately 11 miles to Camp Kawanhee. The camp will be on your left, please enter camp by the big camp sign. Please drive slowly in camp and watch for campers, drive past the Baseball field, guest parking is located near the office and wood shop.

### **Boston, Massachusetts and points south to Kawanhee**

From Boston, Mass. find your way to I-95 north and proceed on this highway to Maine. In Maine I-95 becomes the Maine Turnpike (I-495), once you reach Portland, follow the directions above.

## **FINAL DAY and AWARDS CEREMONY**

### **NOON MEAL**

The Noon Meal on this day is reserved as a special time for the immediate camp community to share together for the final time of the season. Guests are welcome and encouraged to enjoy a lunch buffet provided in the Rec Hall during this time. We ask that you please respect the “No Guest” policy for the dining hall during the noon meal on August 13th.

### **AWARDS CEREMONY**

The close of the camp season is celebrated by our end of the season Awards Ceremony. This ceremony takes place on August 13th from 1:00 to approximately 4:30 in the afternoon. It is a wonderful time to celebrate the accomplishments campers have made during the camp season. Camper plaques are presented, activity awards are given, and special meritorious awards are recognized. Awards range from ribbons, to trophies, to special homemade displays. The closing part of the program recognizes high-point winners in addition to the final score for the season-long Grey/Maroon competition. All meritorious award winners have their pictures taken for the camp catalogue.

We invite all parents and family members to stay and enjoy this celebration. While we recognize that some families are eager to start their travel plans, it is very disappointing when a deserving camper does not have the opportunity to be recognized publicly and receive their award. A buffet style dinner is offered at the close of the Awards Ceremony and families may take their campers immediately at the conclusion of the event if they wish.

### **CAMPER PICK-UP**

All campers will spend the morning of August 13th packing their belongings so they are ready to depart at the close of the Awards Ceremony. Campers traveling by car are expected to depart camp with their families at the end of the day on August 13th. Only campers leaving by camp transportation and plane on August 14th will stay in camp for the evening.

## VISITING CAMP

### GENERAL VISITATION GUIDELINES

Parents are encouraged to visit their son(s) during the seven-week season and are welcome to eat a meal in the dining hall during their visit as a guest of Kawanhee. Other visitors, including friends of staff and former campers or counselors may also join the camp at mealtime when prior arrangements have been made with the Camp Director. Meal privileges include all meals except the final camp banquet. While in camp, all guests must abide by camp rules. Parents and other visitors are not to interfere with campers' activities, and equipment (such as boats) are not to be used without the permission of the appropriate department head. Former campers, former counselors, and the family members of current counselors should limit the duration of their visits so as not to present distractions or adversely affect the operation of the camp program, detracting from the experience of our current campers.

### LOCAL LODGING

#### **Kawanhee Inn & Restaurant**

- Located in Weld, Me in the next cove over from Camp Kawanhee
- Offers Inn Rooms and Cabin Rentals
- (207)585-2000
- [www.maineinn.net](http://www.maineinn.net)

#### **Comfort Inn & Suites**

- Located in Wilton, ME approximately 20 miles from camp
- (207)645-5155

#### **Wilson Lake Inn**

- Located in Wilton, ME approximately 16 miles from camp
- [www.wilsonlakeinn.com](http://www.wilsonlakeinn.com)

### AREA DINING

<b>Kawanhee Inn &amp; Restaurant</b>	Weld, ME	(207)585-2000
<b>Skoolhouse Variety</b>	Weld, ME	(207)585-2595
<b>Calzolaio Pasta Company</b>	Wilton, ME	(207)645-9500
<b>Homestead Bakery</b>	Farmington, ME	(207)778-6162
<b>Thai Smile Restaurant</b>	Farmington, ME	(207)778-0790
<b>Brian's Bistro</b>	Rumford, ME	(207)364-3300

## **HEALTH and WELLNESS**

The health and safety of Kawanhee's campers is our paramount concern. We have a full time Maine-licensed RN on staff and available at all times, as well as an arrangement with a local pediatric practice when a doctor's services are necessary. Kawanhee has an infirmary where the camp nurse resides and where there are beds available for boys who are ill or needing some rest. Every staff member at Kawanhee is trained in first aid and CPR and in specific activities, (wilderness living, trips and waterfront, for example), further training is required. Kawanhee offers these trainings each summer during the week prior to the start of camp. Our American Camp Association accreditation requires that we meet certain safety standards and Kawanhee staff exceeds or meets these standards in their training.

### **CAMPER HEALTH AND HISTORY FORMS**

A camper's health and history form MUST be on file in our Health Center (Infirmary) before your child can participate in the camp program. The health form should be properly completed by a physician and must be signed by a parent/guardian. This health history and included waiver statement is necessary for hospitalization and/or emergency treatment in all local medical centers. Additionally, all campers must provide accurate records of immunizations. We must have your private insurance information along with a copy of your insurance card. Parents should also inform the camp before your child arrives of any recent injury, illness, and emotional or potential behavior problems.

If sickness occurs at camp, your son will be kept in the Health Center/Infirmary until he is healthy enough to re-enter the camp community. The camp nurses will contact a parent or guardian if a camper is ill and requires a sleep-over in the health center. Parents are also contacted if the nurse feels it is necessary for a camper to see a doctor or in the case of emergencies once the emergency has been evaluated.

### **MEDICATIONS**

All camper medications, including vitamins, will be kept in the Health Center. Campers may not keep medication in their lodges.

Please remember that all meds at camp are dispensed at mealtimes. Only if medically necessary and a specific time is written on the prescription, will the med be dispensed at a different time of day. You are responsible for checking that your child's prescriptions are written for exactly how and when the medication is to be given.

## **MEDICAL CARE**

At Kawanhee we employ Maine Registered Nurses to provide health care services for the summer camp season. The medical staff responds to emergencies, distributes medications, and provides basic first aid care for our resident participants.

We will contact parents with infirmity issues when:

- A camper has significant bumps, bruises, or cuts with the potential for scarring (especially in the facial area).
- A camper suffers a fracture or suspected fracture.
- A camper is involved in a vehicle or work related accident.
- A camper has been exposed to a communicable disease, bug, or parasite.
- A camper has an animal bite wound.
- A camper is sent off-site for professional medical treatment.
- A camper suffers from any illness causing symptoms of muscle paralysis or weakness, loss of vision or hearing, and/or unconsciousness.
- A camper has an epidemic illness involving 3 or more persons; including suspected food poisoning.
- A camper needs to be admitted to the health center for an overnight watch for reason including; fever over 101 degrees, communicable illness, head injury, and prolonged nausea or vomiting.

If you need to contact the Camp Nurse, she can be emailed at [nurse@kawanhee.com](mailto:nurse@kawanhee.com) or by phone (207)585-2585.

## **FOOD & NUTRITION**

The Camp Kawanhee kitchen provides filling, varied and nutritious meals over the course of the camp season. A salad bar compliments both lunch and dinner and hot soups are often offered as well. Breakfast offerings include a wide range of cereals, oatmeals, bagels and a hot main entrée. The addition of smoothies at breakfast has been a big hit and everyone looks forward to the Maine lobster bake at the end of the 4th week. Sean Minear and his experienced kitchen staff look forward to another exciting camp season this summer.

We can make reasonable accommodations for allergy sensitive diets. Please inform us so we can meet your child's needs. Alternatives are available for those campers that have special dietary needs (vegetarian, gluten-free, etc.).

## HOMESICKNESS

Homesickness is often experienced when transitioning to a new environment and for many campers, part of the camp experience. Once campers adjust to the new setting, make friends, connect with their counselors and other adults in camp, and learn the basic routine, most will shed their homesickness. The timing of this process is individual and we work hard to respect each boy's process and offer what comfort we can along the way in order to help him successfully move through this period.

The Camp Mom, Debi, whose primary focus is on the younger boys, and Andy, whose primary focus is with older boys, recognizes and provides boys in need with additional support and nurturing during the first weeks of camp.

Andy or Debi will contact you if your son is struggling and if they feel your input might be helpful in assisting with his successful adjustment to the camp environment. No news is good news! If you are worried or anxious and want to know how your son is doing, please don't hesitate to email Debi [debi@kawanhee.com](mailto:debi@kawanhee.com) or Andy [andy@kawanhee.com](mailto:andy@kawanhee.com). They both can be reached by phone at (207)585-2777.

Some things that parents can do to prepare for the summer and aide in the process:

1. When writing from home, please try not to write about anything that will make your child miss home or encourage homesickness.
2. Never say, "If the summer doesn't work out and you're unhappy, we'll take you home when we come to visit." This does not ease apprehension and only creates self-fulfilling prophecy. Camp is a big step into the unknown and a big change for you and your child. It is normal to have mixed emotions of excitement and anxiety.
3. Do NOT overreact to a negative phone call, letter, or e-mail. Consider that a letter was written probably 3 days prior to reflecting a "bad morning". Probe for positives, not negatives. When talking with your child, ask him to relate positive experiences, stories and events.
4. Children use negativity in stories/situations to initiate a rescue response from you. This is not unusual and assures a child that his parents are still there for him. This form of bonding can be directed toward the positive and ultimately save both parent and child a lot of heartache.

We will be in contact with you should homesickness or lodge problems become out of the ordinary. Most problems are remedied by early intervention. Whether it is a personal or program related issue, chances are we've dealt with it before. Remember: parents and camp are a team.



## **DRUGS, ALCOHOL, TOBACCO PRODUCTS and PROHIBITED SUBSTANCES**

Camp Kawanhee has a strict Zero Tolerance policy when it comes to camper use of drugs, alcohol, tobacco products or other illegal substances. If campers are found to use or possess any of these products, the camper's parents will be contacted immediately, products confiscated and appropriate consequences applied. Kawanhee reserves the right to search a camper's belongings if it is suspected that a camper may be using or in possession of prohibited substances.

We encourage parents to partner with us in preventing campers from arriving at camp with any of these prohibited substances. If you know that your son or his peers have been experimenting with any of these substances at home, please make sure that he knows of Kawanhee's policy and also be vigilant in making sure he does not try to bring any of these things in his luggage.

Your cooperation is extremely important in helping to make sure that we have none of these influences in the camper community.

If your camper is sent home due to a violation of this policy, there will be no refund of tuition.

## THE TRIPS PROGRAM

During the course of the summer each camper will have an opportunity to take part in an out-of-camp wilderness trip. Typical day trips include hikes to local mountains and swim trips to local swimming holes. Several times during the summer river trips may be offered for canoeing and kayaking.

For boys who are particularly enthusiastic about Tripping, Kawanhee offers several additional trips. These trips require prior parental approval and include additional fees. If your son decides at camp that he would like to participate in one of these trips, you will be contacted for permission.

### Mt. Katahdin Trip

Mount Katahdin is Maine's tallest and most spectacular peak. It's rocky summit rises to 5,267' and is the northern terminus of the Appalachian Trail. This is typically a 4-day trip that offers additional opportunities to explore Baxter State Park.

### Monhegan Island Trip

Of all the outdoor trips offered at Kawanhee, the Monhegan Island trip is perhaps the most unique as well as the most popular - particularly amongst younger campers. Monhegan Island is located 12-miles off the coast of Maine. Campers take the ferry out for a 2-night stay where they explore the rocky coastal landscape. This trip is offered during the third week of camp operation.

### Whitewater Rafting

The Kennebec River trip is offered for campers that are 12 years of age and older. This one-day trip is provided through a guide company.

### Allagash River Trip

The Allagash River in the Maine North Woods is the most remote and unspoiled patch of land east of the Mississippi River. Junior Counselors have an opportunity to paddle approximately 50 miles of the Allagash on this 5-day trip.

## MISCELLANEOUS

### TUTORING

Tutoring is available at the request of parents of campers. We are able to handle all grade and high school subjects, including SAT preparation. The rate is \$25.00 per hour. Please email us if you would like to have your son tutored and we will find an appropriate tutor for him based on their expertise in the subject matter.

### REFERRALS

Much of Kawanhee's success depends on referrals from current and past camp families. Any family that refers a non-scholarship camper that registers for our 4-week or 7-week session will

receive a tuition credit of \$400.00. The camper “bringing a friend” will also receive a free lobster (or steak) dinner at the Kawanhee Inn during the camp season.