

Catoctin Quaker Camp Parent Handbook

Concerning Billing

- Balance due must be paid by May 15th
- Payments accepted: check, money order, cash, or credit card (Visa or Master Card). 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 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 If the application for a prospective camper is withdrawn prior to May 15th, all tuition payments less the deposit will be refunded. Please see the website for the complete refund policy.

Medical Information – camper medical information is collected online. Please fill out your camper medical forms on the registration site <https://bymcamps.campbrainregistration.com/>

In addition to the medical information we collect online, you need to take copies of the Medication Administration Authorization form to your doctor to be signed by your doctor and by you, the parent, for each medication you bring to camp. So each medication your child brings to camp, be it a prescription or a non-prescription medication, a form must be filled out by the child's doctor. For non-prescription medications that may be given at camp, you will record on the online medical forms which you give permission for the medical staff to give as needed. If you are not sending the medication to camp with the camper, you do not need a separate individual form filled out by your doctor for it.

Medication Administration Authorization Forms are available on the camp website, along with immunization forms here:

<http://bymcamps.org/forms/>

In addition, **Maryland requires a signed copy of the camper's immunization records.** I strongly urge you to keep several copies of your child's signed immunization record to be used at camp year after year. If your child gets a booster, request a signed copy of the total record at that time, and then make copies of it so you will have it for camp every year.

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 between 2:00 -4pm on arrival days and

Pick them up between 10- noon on departure days, you can arrive a few minutes early to sing and attend Meeting for Worship first if you would like

Please do not bring pets when dropping off, picking up, or visiting camp!

Session Dates:

See the website for current session dates! Bymcamps.org

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 Dyresha or Kathrin 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."
- We do NOT require that parents visit campers. In fact, visiting camp can often trigger homesickness in yours and other campers. It can upset campers whose parents are unable to visit. So please consider this before deciding to visit. If you do visit, 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)

Dyresha Harris, Co-Director, Catoctin Quaker Camp

DyreshaCQC@gmail.com,
215-777-7318 (before camp)

Jesse Miller, Co-Director, Catoctin Quaker Camp
jessemillerv@gmail.com
304-218-8941 (before camp)

Jane Megginson, Camp Program Manager
jane@bymcamps.org
717/481-4870

Equipment information, maps and much more
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.
- 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

Required Equipment:

- 1) **Frame backpack with shoulder straps and one piece hip belt** - 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) **Synthetic sleeping bag with stuff sack**- 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 particularly when lined with garbage bags.
- 3) **Hiking shoes or boots** – already broken in, avoid new or newish hiking boots. We strongly recommend sturdy sneaker-type shoes in good condition, or well-broken in hiking boots. 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) **Foam pad for bunk** – 2-4" thick, 36in X 76in
- 5) **Closed toe water shoes or old sneakers** – sandals do not work well for this

See link "Where to Get Equipment for Camp" included in email and online for more detailed ideas of where to get equipment and what to get.

Essential Items:

- Flashlight and extra batteries
- Ensolite pad for backpacking
- Mess kit (plastic bowl, spoon and cup)
- Rain poncho
- Two (1 quart) water bottles
- Swim suit and towel
- Toiletries (teeth cleaning, body cleaning, hair cleaning)
- T-shirts
- Long sleeved shirts
- Shorts (some synthetic)
- Long Pants (fleece or wool for warmth when wet)
- Synthetic or wool jacket
- Underwear
- Socks (at least two wool for hiking)
- Bug repellent

- Sunscreen
- Warm hat

Suggested Equipment:

- Pillow and sheets for bunk
- Bandanas
- White t-shirt for tie dye/crafts
- Writing materials/stamps
- Pajamas
- Laundry bag
- Reading material
- Journal or sketchbook
- Pocket knife is ok, but please let the staff know that your camper has one. Pocket knife use needs to be supervised so we may ask to hold it for the camper.
- Musical instruments
- Kleenex
- Sports equipment
- Daypack or book bag
- Permethrin based bug repellent, for deer ticks – to spray on hiking clothes and sleeping bag not on the person, before camper comes to camp!

DO NOT BRING

- Any item you cannot bear to lose
- Cell phones, ipods or electronic games
- Aerosol spray cans
- Fireworks, matches, lighters, candles, spark igniters, any type of fire starter
- Delicate clothing
- Jewelry
- Weapons
- Food or candy
- Drugs or alcohol (bringing these or the improper use of prescription drugs will result in campers being sent home)

A word about simplicity

The Friends' testimony on simplicity is an ideal that we value at Camp. BYM Camps are 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 a 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.