

Shiloh Quaker Camp Parent Handbook

Welcome to Shiloh Quaker Camp!

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

Concerning billing

- Balance due must be paid by May 15th.
- 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 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 If the application for a prospective camper is withdrawn prior to May 15th, all tuition payments less the deposit will be refunded. 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 deposit. An alternative option is a refund of half of the tuition (less the 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to leave during the season for an infraction of a camp rule or for unacceptable behavior or if a child is voluntarily withdrawn.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 – camper medical information is all collected online. Please review your medical information a week or so before camp to make sure it is up to date. Any new prescriptions?

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 **OR we strongly recommend that you get single dose packaging from your pharmacy** – a pillow pack of each of your child's medications in dose form, for the number of days your camper will be at camp. These are often available at local independently owned pharmacies. If your camper takes more than one pill regularly we would especially appreciate it if you would try to fill the prescription in a “multi dose pack.”

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/

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 4:0 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 Director, Hope Swank.

Pick-up Day

- Please **pick up** your campers between 10 a.m. and Noon. 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.

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

Session Dates:

See the website for current session dates! Bymcamps.org

Telephone and Mail at 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.**

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
4774 Middle River Rd.
Stanardsville, VA 22973
(540) 948-5226

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

Hope Swank, Director
hwswank@gmail.com
239-464-1962

Jane Megginson, Camp Program Manager
1921 Larchmont Ln
Lancaster Pa 17601
717/481-4870
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. Please do not send your child to camp without the essential items.

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.