

Welcome to Opequon Quaker Camp!

The information in this handbook is designed to help make your camping experience wonderful. **Read all camp materials carefully.** Call the Camp office with any questions you may have (phone numbers are listed on page 4).

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 at www.bymcamps.org/payment.htm
-) All **checks should be made payable** to Baltimore Yearly Meeting. Please mark your child's name and 'Opequon' on the front of the check and 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 If the application for a prospective camper is withdrawn prior to May 15th, all tuition payments less the deposit will be refunded.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to leave during the season for an infraction of a camp rule or for unacceptable behavior or if a child is voluntarily withdrawn.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 Opequon we strive to create an emotionally safe, fun, inclusive, respectful, engaging community where diversity is honored and celebrated. Campers, staff, and families at Opequon 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/

Behavioral Expectations

BYM Camps strive to strike a thoughtful balance between the needs of the individual and needs of the community to provide a safe and healthy camp experience for all. Behaviors that imperil individual or group safety or actions that seriously violate community norms may necessitate that camper(s) be sent home. Camp is a place where we all strive to be our best selves. It is our goal to create a community where each individual feels celebrated and lifted up in light. We spend time at the beginning of each session discussing positive behavioral expectations. As with any community, conflicts or disruptive behaviors will arise. Staff are trained to help campers work through these issues productively, and most can be dealt with through discussion and with support. People make mistakes. We believe that the best way to learn from these mistakes is through careful consideration of the consequences and the impact of those around us, and not through arbitrary punishment. We will respond to each situation lovingly and with attention to all circumstances; however, conflicts or behaviors that are egregious or that cannot be resolved in a way that supports the community as a whole may result in a camper being sent home from camp.

Arrival Day

Please plan to arrive at camp **between 2:00 and 4:00 p.m.** on arrival days. Please note below what day your child’s session begins and ends!

Departure Day

Please pick up your camper **from 10am- noon** on departure days. In order to allow the staff to prepare for the next session of camp, please try to arrive **before noon**. Please note which day your child’s session ends!

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

Session Dates:

See the website for current session dates! Bymcamps.org

A Typical Week at Opequon Quaker Camp

Children are grouped into similar-aged cabin groups. Campers do some activities with their cabin group, including art projects, games, and overnights away from camp. Campers are also part of multi-aged ‘affinity groups’ which participate in all-camp games, theater activities, art projects, singing, and special day events. Affinity groups also participate in the care and stewardship of camp by doing daily chores. Early in the session we offer a special day at camp, for example, Buffet Day, when campers sample many different art forms and activities. Much of the rest of the week is taken up with workshops and an overnight out of the cabin, possibly away from camp, or elsewhere on our property.

At least once a session, we have a day which is completely different. We may spend the day in a celebration of some kind at camp, or we may take a hike or other adventure away from camp. These Special Days may have an overarching theme that guides the many activities we do that day, often culminating in a big event like dinner theater or a festival. On Sunday mornings we join Hopewell Centre Friends for worship at their historic meetinghouse five miles from camp.

A Typical Day at Opequon Quaker Camp

We wake up and gather for breakfast. Following breakfast and breakfast cleanup, we gather for the walk to our firecircle for a brief morning meeting for worship.

Morning and afternoon times offer campers the opportunity to choose from a variety of workshops and activities (See “What Do We Actually Do” for more descriptions). We also offer swim times in the pool and creek, sports, and cooperative games. We have lunch, chores and rest period in between the morning and afternoon activity times. We also serve a small snack in the afternoon.

Dinner and clean-up are followed by a special event each evening, as the whole camp gets together for a campfire, open mic night, a presentation by guest artists, storytelling, games, singing, or firecircle. We have a simple snack and sing before bed.

What do We Actually Do?

Workshops and Activities

Workshops may last several days or a week; others, an afternoon. Some examples of activities are, sign language, bread making, batik, candle making, field games, ‘frazzleeram’, creek time, swimming in the pool, volleyball, stationery/postcard making, small-group singing, cooking/food projects, papier mache, improvisation, theatre games, nature walks or scavenger hunts. We have open studio time, which is supervised time to create, explore materials, finish a project, etc. We offer lots of art projects and skill-based activities as well as arts and crafts activities.

Workshops and activities support our goal of exposing campers to many different art forms in a fun and physical way; deepening their spirituality; and nurturing their understanding of themselves and the connections between creation, nature, self-expression and spiritual life

Art Walk

We concluded each three-day workshop with a camp-wide “Art Walk.” The entire camp walked from one site of a workshop to another, and experienced what each group had produced. We heard poetry and creative writing, saw musical and theatrical puppet shows, saw dance performances, and admired building projects. The Art Walk is a wonderful addition to camp. We look forward to seeing how it evolves.

Sports

Sports may include kickball, volleyball, soccer, water games, and camp favorites like jugs, capture the flag, and frazzleeram. We take full advantage of the pool, river, and large playing field.

Overnights

Campers have the opportunity to go on age- and ability-appropriate overnights that exercise their body, mind and spirit. These overnights build community, challenge campers to take risks and push themselves within their abilities, and allow campers to explore art and nature in new ways. **We are committed to being as accessible as we can be for all campers.**

‘CI’ stands either for **Cabin Intensive** or **Choice Intensive**. During Cabin Intensives, counselors and campers from a particular cabin group go on an overnight adventure together (see below for examples). Sometimes we leave the camp property and sometimes we go on an adventure in our own woods or by the river. Choice Intensives are a little different. Campers take a break from their cabin mates, form multi-age groups, and choose from different overnights planned by the counselors. For choice overnights we provide a wide variety of options, usually five different trips, several of which are not physically challenging. We have fun and experience opportunities for growth as we discover why these intensive experiences are so enriching.

Staying in Touch with your Camper

Telephone

We have one telephone at camp. We discourage campers from calling home for chats but they may if they need to. We find that too many calls home can often encourage homesickness rather than alleviate it. The camp phone number is (540) 678-4900. From mid June through August, this is the number to call to reach the camp directors.

Mail

We encourage you to send letters and postcards. Campers love to get mail. Please do not send food in care packages.

Directions

From I-81: Take exit 321 (Clear Brook). Go east on Hopewell Road to a 'T' with Route 11. There will be a church in front of you and the Olde Stone Restaurant to your right. Turn left, then *take your immediate right* onto Brucetown Road. Opequon is three miles from this turn.

As you proceed on Brucetown Road you will pass Clear Brook Park, cross a set of railroad tracks, go through the little town of Brucetown and pass through a residential area. You will go down a hill passing several single family homes/trailers on your right. At the bottom of this hill make a right turn into the camp driveway. If you get to a 'Y', the right fork of which crosses a one-lane concrete bridge, you've gone too far.

Important Addresses and Phone Numbers

(during camp it is best to call the camp number to reach the Director, before camp it is best to email the Director, you can always call or email the Camp Program Manager)

Mailing Address

Your Child
Opequon Quaker Camp
2710 Brucetown Road
Clear Brook, VA 22624
(540) 678-4900

Camp Director

Sean Hickey
hickey.sean.m@gmail.com

Camp Program Manager

Jane Megginson
717/481-4870
jane@bymcamps.org
<http://www.bymcamps.org>

Equipment and Packing List

NOTE: Campers go on age and ability-appropriate overnights each week. All campers must have a camping/hiking backpack, sleeping bag, and camping pad. Your child will need them. 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. Our **scholarships** can extend beyond tuition. We can provide equipment such as mattresses, sleeping bags, backpacks, etc. if needed. Please call Elaine Brigham to reserve these.

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)
-) Any tobacco products, including cigarettes, vaporizers, chew, dip, cigars, etc.

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.