

2019



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Parent/Camper Handbook

Your Compass For The Summer



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It will be our pleasure to assist you if have any questions about the contents of this handbook.



INTRODUCTION

Welcome to Camp Wekeela! In preparation for your summer with us, we would like to share our Camper/Parent Handbook with you. This handbook is intended to familiarize campers and their families with some general information and policies that help us meet our goal of a rewarding summer for all members of our community.

Camp Wekeela for Boys and Girls believes in creating an environment that fosters self-esteem, independence, and personal growth and supports the development of specific skills in a variety of different activity areas. We have developed guidelines with realistic limits to ensure that our campers will find a physically and emotionally safe climate at camp. We anticipate a fun-filled summer with your child, and we rely on a partnership of understanding among our families and campers to ensure our success.

Please review this handbook with your child before they depart for Camp.

If you have any questions, please do not hesitate to contact us.

CAMP CONTACTS AT A GLANCE:

Summer

1750 Bear Pond Road
Hartford, ME 04220-5527
Phone: 207.224.7878
Fax: 207.224.7999

Directors/Owners:

Ephram and Lori Caflun
ephram@campwekeela.com
lori@campwekeela.com

Off-Season:

979 Allison Court
Ridgewood, NJ 07450-2201
Phone: 201.612.5125
Fax: 201.612.9927

IMPORTANT INFORMATION & DATES:

- ◇ Full Session: June 22nd - August 10th
- ◇ 1st Session: June 22nd - July 20th
- ◇ Two 2-Week Rookie: June 22nd - July 6th, July 6th - July 20th
- ◇ Sibling Overnight: July 18th (ages 6 to 11 ONLY and first time only)
- ◇ Visiting Day: July 19th BUFFET LUNCH PROVIDED. NO PETS ALLOWED!!
Please Do NOT bring food! No Bunk gifts!! No gratuities for staff please.
- ◇ 2nd Session: July 21st - August 10th
- ◇ Two-Week Rookie: July 21st - August 3th

CAMP WEKEELA
ON LITTLE BEAR POND, MAINE

COMMUNICATION

If you believe there is a problem, or any programming or bunk issue may be affecting your child at camp, please call us and bring any issues to our attention. We are unable to correct a current situation of which we are unaware of. Please help us meet your expectations and requests. We hope to work with parents to ensure that their child has a fantastic camp experience. We hope that both campers and parents find this handbook useful. Adherence to these policies will enhance your child’s experience at camp. If at any time parents or campers have questions regarding these helpful hints, we strongly encourage you to call us or email us.

TELEPHONE POLICY: To help campers better acclimate to being away from home and assist in getting over any homesickness, campers are **not** permitted calls during the first 6 days of camp.

Parents are sent a telephone schedule in mid-June, to sign up for a time slot to call their child. Parents are asked to request a few time slots that fit best into their schedule. If a camper’s parents are living apart, the camper will be able to speak to both parents. You will be notified of your child’s assigned dates and times. If there is a need for us to reschedule because a camper is involved in an important camp activity, we will do our best to accommodate both the camper and the family. We will email you in advance to discuss any changes. **All calls must be made to camp by the parent during their assigned time.** Your child will be waiting for your call. The office gets very busy during phone call times. Please adhere to the schedule and call at your assigned time at 207.224.7878 then press “0.”

It’s **VERY** normal for some campers to sound “teary” or “not themselves” when on the phone with their parents. Keep in mind that your child may get homesick just from hearing your voice. They may even cry. **DO NOT PANIC!** We cannot accommodate phone calls from **anyone other than parents, no exceptions.**

Naturally, if you have concerns about your child during the season you may call us directly. After speaking with you, we can mutually decide upon a strategy to address your situation. Ephram and Lori are always available to address any concerns you may have. Please do not call the directors during phone call times.

BIRTHDAY CALLS: You will be entitled to make one call on his/her birthday between the hours of 8:45 AM and 9:45 AM. Please do not attempt to call the camp at any other time on your child’s birthday because it is disruptive to the camper’s activities.

NUMBER OF PHONE CALLS AND TIMES YOU CAN CALL

SESSION	# OF CALLS	WEEK OF CALL
First (Weeks 1-4)	1	Weeks 2 & 3
Rookie 1 (Weeks 1-2)	1	Week 2
Rookie 2 (Weeks 3-4)	1	Week 4
Full (Weeks 1-7)	2	Weeks 2, 3 & 6
Second (Weeks 5-7)	1	Week 6

THERE ARE NO CALLS DURING WEEK 1 OR WEEK 7. NO EXCEPTIONS!

Due to the extended time difference, all International campers will receive their call times after lunch (1:45-2:15pm).



COMMUNICATION CONTINUED ...

WALDO PHOTOS:

We will again be using Waldo Photos to house our daily pictures. Waldo uses a state of the art facial recognition software to match your camper's face to photos in our album and for a fee can send them directly to your phone. No more hunting and pecking through hundreds of photos every night! For more information and to register with Waldo directly, please visit our website under Forms and Waivers.



WEKEELA NOTES:

WekeelaNotes is our optional e-mail service between the parents and your camper. This is the ONLY email option available.

Emails are printed once per day and are distributed to your child's mailbox. We attach an additional sheet of paper to each camper's email. The camper can write back to you on this sheet and we then scan the letter to your registered email inbox.

Please complete the WekeelaNotes form to register. Note, we cannot accommodate emails from anyone other than the camper's parents unless that address is a registered user for an additional fee.

- ◇ Parent sends an email to: wekeelanotes@campwekeela.com
- ◇ In the subject line put the camper's first and last name.
- ◇ Write your camper a note.
- ◇ Send email (do this every time for emails. Do not reply by hitting reply button. The camper won't receive



CELL PHONES/ELECTRONICS POLICY:

Cell phones, smart phones, i-Watches, i-Pods/Pods and tablets are PROHIBITED for all campers. Some campers bring a cell/mobile phone while travelling to camp. Upon arrival, mobile/cell phones will be collected and stored in the camp safe. Campers cannot keep phones in their bunks, in their backpacks, or on their person. Some campers have brought "dummy" cell phones to hand into the camp office and try to keep their real cell phones in the bunk. **We always catch this and this is unacceptable.** Remember, we are parents too. We expect your cooperation with this policy as it will be strictly enforced. We are an electronics free camp! Only music on i-Pods that don't have internet access and books on Kindles are permitted. No exceptions. Campers are not allowed to have DVD players, Apple Watches, or Nintendo Switches at camp. If you have any questions about this policy, please reach out to us in advance.

PACKAGE INFORMATION POLICY:

Due to the rise of life-threatening food allergies among our campers and staff and for the safety of our camp community, **we are no longer allowing packages.** The ONLY exception being things of medical necessities such as retainers, Invisalign®, glasses, contact lenses, etc... Please contact the camp office to request permission to send these types of items. ALL packages will be inspected upon arrival. Any food items will be discarded. This includes birthday treats, such as cupcakes, candy, gum, etc... Campers who have a birthday during their time at camp will continue to receive a birthday cake from us. You are welcome to send letters, cards and Wekeela Notes. Thank you very much for your cooperation and keeping our camp community safe.

It will be our pleasure to assist you if you have any questions. Contact Ephram or

Lori at: **Off-season:** 201.612.5125 **Summer:** 207.224.7878

ephram@campwekeela.com

lori@campwekeela.com

ParentLiaison@campwekeela.com

TRAVEL

When traveling to Camp, children must wear Wekeela T-shirts.

DRIVING TO CAMP:

Parents driving their child to and/or from camp:

Dropping off At Camp (June 22, July 6, July 21): Parents dropping off campers should do so between 2-4pm.

Pick-Up From Camp (July 6, July 20, Aug 3, Aug 10): Parents picking up their child(ren) should plan to arrive at camp at 9:00am.

The speed limit at Camp is **5 MPH!!** Please drive safely.

DIRECTIONS:

From Portland, Maine and points south:

Take Maine Turnpike (I-95) to Exit 75-Auburn. At the end of the exit ramp, make a left hand turn onto Route 4 North and travel about 20 miles through the City of Auburn towards Hartford, Maine. Travel on Route 4 (North Bound) to the intersection of Route 219 (Bear Pond Road). At this intersection, make a left hand turn. You will travel 4.2 miles, past the Wekeela main entrance and drive (5 MPH) to the bottom of the hill to the main office.

FLYING TO CAMP:

AIRPORT TRANSPORTATION: Camp will arrange (for a fee) airport transportation for campers on all official camp start/end dates. We will help coordinate private transportation (for a higher fee) for any campers arriving or departing camp at times other than our pre-scheduled session times. Parents are expected to turn in transportation forms before May 1st so that we can arrange for the transportation.

Children flying from S. Florida and Baltimore will meet their chaperones at the security area for each designated airline. Children should wear Wekeela T-shirts. The escorts will be wearing Camp Wekeela staff shirts. Make sure you check in with your escorts as soon as you arrive in the terminal. Please arrive at the terminal at the time we request.

Remember, carry on bags ONLY – no check-in luggage will be allowed on national flights to or from camp. International campers are allowed to bring luggage on their flights. See information below about Camp Trucking.



CHARTERED COACH SERVICE:

Campers can travel to Wekeela on an air-conditioned coach bus. If you would like, please provide your child with a simple box lunch. Last minute MEDICAL PRESCRIPTIONS & MEDICATIONS should be given to selected staff members who will accompany your child on the bus. Medications that need refrigeration will be stored in a cooler. Both prescriptions and medications will be given to our medical staff upon arrival at camp. For children who have motion sickness, Dramamine should be administered 1 hour before departure if necessary. **NO TRUNKS OR DUFFELS ON THE BUSES!!** Carry on bag only.

TO CAMP: June 22nd - Please arrive 30 minutes before departure time. The buses will depart from the following sites:

Boston Area (Drop-Off) Logan Airport: - Wekeela offers a chaperoned bus service to camp from Boston Logan Airport. The charge for this trip is \$180 one-way & \$340 round-trip. The location of the Parent Drop-Off for camp is **Terminal C, JetBlue baggage claim area.**

June 22nd - NY, NJ & CT - Wekeela shuttle express: Wekeela offers a chaperoned bus service from Rye, NY, at a fee of \$255 one-way & \$495 roundtrip.. **Please drop your camper off at 7:30am, departure time is 8am SHARP!** Please be PROMPT. The anticipated arrival time at Wekeela is 2pm.

Departure: Rye Hilton, 699 Westchester Ave, Rye Brook, NY

FROM CAMP: July 6th - The Camp van returning rookie campers will go to Portland Jetport and Boston's Logan Airport. The Camp van will leave camp at 8:00 AM and will arrive by 9:00 at Portland and 11:00AM at Logan.

TO CAMP: July 21st - Campers will be picked up at Portland's Jetport and Boston Logan Airport at designated times.

August 10th - The Rye, NY coach bus will leave camp at 8:00 AM and return to its departure site by approximately 2:00 pm.

Aug 10th - Boston Area - Wekeela offers a chaperoned bus service from camp to Boston Logan Airport. The location of the Parent Pick Up for camp area is **Terminal C, Ground Floor of the Jet Blue baggage claim area curb-side.**

To/from camp — we also offer a van to from the Portland jetport for \$130 one way/ \$250 round trip.

SHIPPING OF BAGGAGE:

ALL U.S. campers who aren't arriving by car, MUST ship their baggage to camp prior to their arrival with Camp Trucking.

This will ensure that when our campers arrive their baggage will be waiting and unpacked in their bunk. In order to provide you with the best service possible, we have an application deadline of MAY 14th for First-Session or Full-Summer Campers and June 16th for Second-Session Campers. Contact Camp Trucking at: 970-949-0690 or www.camptrucking.com Please **DO NOT** ship hard trunks, as we do not have ample space to store them. We ask that you ship your child's belongings in soft duffel bags. No baggage permitted on Rye, NY charter coaches. Only international campers may bring their luggage to airports. If you have any questions, feel free to call Camp Trucking at: 970-949-0690 or the Wekeela winter office at 201.612.5125. **Camp Trucking handles ALL baggage inquiries.**

BUNK LIFE

HOMESICKNESS:

Homesickness is normal. It is often experienced when transitioning to a new environment. New campers enter a situation where they do not know the routine: they do not know other campers' names, counselor names, the layout of the camp, etc. Once campers have a couple of days to adjust to the new setting and learn the basic routine, they get over their homesickness. Homesickness that lasts beyond the first few days is rare. In the unlikely event that homesickness lingers, you will be the key to your child's adjustment to camp life. Some campers may be afraid to share their feelings of homesickness with the staff. In such cases, we rely on parents to inform us when they detect homesickness through mail communications with their children. When writing from home, please do not write about anything that will make your child feel homesick. "The dog is so sad now that you are at camp." or "Paris is amazing; it would have been more fun if you were with us." These may seem like exaggerations, but sadly, we're not making these up.

DO'S AND DON'TS: For first time camp families the #1 concern is adjusting to camp and homesickness. Here are some tips to help you prepare for the summer: **Never** say, "If the summer doesn't work out and you're unhappy we'll take you home on visiting day." This does not ease apprehension and only creates a 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. **DO NOT OVERREACT** to a negative phone call, letter, or e-mail. For example, consider that a letter was written 3 days prior probably reflecting a "bad morning." **PROBE FOR POSITIVES NOT NEGATIVES!** When talking with your child ask him/her to relate positive experiences, stories and events. **CHILDREN USE NEGATIVITY** in stories/situations to initiate a **RESCUE RESPONSE** from you. This is not unusual and assures a child that his/her parents are still there for him/her. This form of bonding can be directed toward the positive and ultimately saves both parent and child a lot of heartache. We will be in contact with you should homesickness or bunk problems become out of the ordinary. Most problems are remedied by early intervention. Whether it is a personal or program related issue, we've dealt with it before. Remember: we are partners with our parents.

PARENT KID-SICKNESS:

For some of you, an internal "WA HOO!" will go off when the bus filled with excited campers and their duffle bags pulls away. But for others, this whole experience of your child not being home may be really hard and cause some emotional distress. In hundreds of conversations with parents over my years as a camp director, I've discovered that camp experiences - especially first ones - are much harder on parents than they are on campers. While the camper is engaged in fun, new activities and busy making friends, the parent is home feeling empty because their child is not with them. Years ago, we learned and started using the term "kid-sick" to describe what some parents feel while their kids are at camp. We've heard from parents who have emotional and physical pain when their child is away. I vividly remember a call from a mom who "just had a bad feeling" about what her child was going through at camp. Turns out, after checking on her child, he was doing just fine. She was suffering, though.

When your child is away, the normal routines of your day are thrown off, because the person you're used to caring for and focusing on is not there. The quiet in the house and the daily tasks that no longer need to be done can create a strange void. Here's our advice to you: Step confidently into that void, find other areas of focus, view the photos, but not too much, write your camper a letter, remind yourself all the benefits of sleep away camp for your child! Soon, your camper will return home, proudly sharing stories of their friendships and adventures.

LAUNDRY:

Campers' laundry and linens are included with tuition. They are done once a week. Please send your camper with a labeled laundry bag for their "dirty duds."

LOST AND FOUND:

All campers at some time or another misplace or lose something during the summer. A lost and found box is located in the dining hall and is routinely gone through by the staff in hopes of returning lost clothing and other belongings to its proper owner. In addition to labeling clothing, all personal belongings should be clearly marked with the camper's name. This includes tennis rackets, baseball gloves, sleeping bags, sports equipment, etc. There are fantastic labels you can purchase at LabelDaddy.com. Your code is WEKEELA. At the end of the summer, any articles of clothing or personal belongings left at camp that can be identified can be shipped home at the camper's expense.

HEALTH AND WELLNESS



CAMPER HEALTH & HISTORY

FORMS #1 & #2:

A camper's health form **MUST** be on file in our Health & Wellness Center before your child arrives at camp. Parents **MUST** return camper health forms (#1 & #2) ASAP. 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 needed for hospitalization and/or emergency treatment in all the local medical centers.

All campers must provide accurate records of immunizations. **Every camper must have current MMR (Mumps, Measles and Rubella)**

vaccinations. Campers **MAY NOT** attend camp without this evidence.

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 your child carries an inhaler, Epi-pen or other self-administered medication please download the forms from our website. Although it's not mandatory, it is recommended your child have a meningitis vaccination. We **MUST** have a valid credit card on file as well, for emergency use with the expiration date and CCV#.

Please **DO NOT** send campers to camp if they are sick on their first day of camp. In such cases, please contact us to discuss a delayed, healthy arrival date. If sickness occurs at camp, the child will be kept in the Health Center until he or she is healthy enough to re-enter the camp community. The camp nurses will contact a parent or guardian if the illness is serious enough to require a sleep over in the health center. Parents are also contacted in the case of emergencies once the emergency has been evaluated. Please ensure that campers have all of the proper inoculations and boosters (measles, tetanus, etc.) Contact your family physician if you have any questions.

MEDICAL CARE:

At Wekeela, we always employ Maine Licensed Nurses to provide health care services for the summer camp session.

The medical staff responds to emergencies, distributes medications, and provides basic first aid care for our resident campers. Counselors will be given a list of campers' medications and the time they need to take them. At Wekeela, counselors will accompany their campers to the infirmary to receive medication at the designated time, or for any first aid attention. We will contact parents with infirmary issues when:

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

FOR NEW CAMPERS ONLY:

Please go to <http://campwekeela.com/forms-waivers/> The password is: summerhome. While there please complete the following forms:

- ☉ Camper Social Network Policy
- ☉ Camper Code of Conduct
- ☉ Parent/Camper Agreement

All forms are due on or before the 1st of May!!

HEALTH AND WELLNESS

MEDICATIONS:



All camper medications including vitamins will be kept in the Health Center. **Children cannot keep medication in their bunks.** After careful consideration and evaluation, we have decided to improve the method in which our camp nurses have been administering medications to our campers. While our health center is a top facility, staffed by a terrific team of healthcare personnel, we have found a dramatic rise in the number of campers on medication.

We estimate that at least 1/3 of our camp population is on daily medicine or vitamins. With this increase of medication being dispensed at camp, we face the issue of finding the safest, most efficient way to dispense the meds. We looked at other camps, as well as facilities that dispense large amounts of medicine for suggestions. After examining a number of alternatives, we found that pre-packaging medications is the best possible solution.

The company we use to service our families, CampMeds, provides a convenient service that dispenses packages and ships medications directly to overnight camps in the U.S. This pre-packaging program is in compliance with all state regulations regarding medication packaging for summer camps.

Our camp policy and procedure for dispensing and administering medication requires camp families to have all prescription medication in pill form dispensed, pre-packaged and sent to camp prior to their arrival. This includes: **All prescription medicine** taken daily. **THIS THE ONLY TIME YOU'LL NEED CAMP MEDS.** Our camp stocks most over the counter (OTC) items such as Tylenol, Advil, Benadryl, etc. There is no need to send OTC drugs to camp.

Medications that are in pill form are individually packaged and sealed according to date and time of administration. Each individual packet may contain one or more pills prescribed to be given at the same time. This method of dispensing medicine during summer camp will minimize potential medical errors, ensuring that every camper gets the correct medication and dosage, at the right time, on the right day. It will also allow your children to return to their camp activities sooner, because administering meds that are pre-packaged and organized reduces their time spent in line waiting. Our nurses will have more time to devote to your child's other healthcare needs.

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

We expect 100% participation from families with campers that will need medication and/or vitamins at camp. The only exception to this procedure is if *Camp Meds* notifies us that they are unable to accept your insurance. **If your camper does not take medication or vitamins, you do not need to register with Camp Meds.**

If your child will be taking medication in pill form at camp this summer, please read the detailed letter previously sent and call for additional information and to register your camper. If you have any questions, please refer to the *Camp Meds* handout and/or contact *Camp Meds* at 954-577-0025 or info@campmeds.com For more visit www.campmeds.com

Camp Meds helps us achieve our primary goal: the health, well-being and safety of your child. In order to promote 100% compliance, any camper not registered that requires daily distribution of meds will be charged a \$250.00 processing fee.



S'MORE STUFF

BIRTHDAYS:

We love birthdays! If your child has a birthday while at camp, the entire camp sings "Happy Birthday" to them, and they are given a birthday cake to share with their cabin. **DO NOT** send a birthday food package or order in from a local restaurant. When possible we will take photographs of the birthday event and post the images from their celebration on Waldo Photos! policies.

EXTRA SPENDING MONEY:

Upon arrival to camp, their spending money will be turned into the office and be locked up. It will be available to them on trip day and returned at the end of the day. Any unused monies will be given back on their last day of camp. Campers go on field trips, teen campers go on overnight trips. When we take our campers out of camp, we pay for admissions, meals, and drinks. That said, please consider sending your child with spending money for souvenirs or other things they may want to purchase. New Wekeela Store featuring many items for purchase (we also take credit cards).

LICE POLICY: *Wekeela is tough on LICE!*

Lice prevention: Camp Wekeela will cover the cost of all camper head checks. If your child arrives at camp with lice, you will be billed for the nit/lice removal, a one-time fee of \$300. This includes the treatment and the recheck 7-10 days later. If your camper is found to have lice during the summer, Camp Wekeela will cover the cost of lice/nit removal.

1. It is much easier to prevent lice than to get rid of lice.
2. Check your children's heads regularly. If the speck on the hair shaft doesn't move when you push it - be suspicious.
3. Educate your children about lice, in a practical way. Please don't alarm them - just inform them. They should not feel that it is a 'taboo' subject. Anyone can get lice.
4. Teach them to never share hats, scarves, brushes or combs.
5. The company we are using this year is called All About Lice. To learn more about All About Lice please visit: www.allaboutlice.com/ServicesMore.htm

Arrival day:

On June 22nd, July 6th and July 21st the All About Lice team arrives at Camp Wekeela and checks all campers. If any cases of nits/lice are found, treatment will begin immediately. If your child is found with lice upon arrival, you will be charged a one-time treatment fee of \$300. This includes the treatment and the recheck 7-10 days later.

PARTICIPATION PREREQUISITES:

The Camp schedule features an A-B-C-D rotation with a Wekeela (special) day every fifth day. The Wekeela day is a special day of programming, such as Carnival, or a field trip. For more details about Wekeela trips see the TRIPS box below.

To be considered for inclusion in certain activities and special events, campers are expected to achieve different levels of skill or participation. Please review the guidelines below with your child so that they fully understand what is expected in these areas:

Swimming - All kids camp campers (freshman, sophomores and middies) are required to attend one instructional swimming class each programming day throughout the summer. All inters, juniors, and senior campers will not have this requirement assuming they pass a designated swim level to be determined by the waterfront department head.

Tennis and Land Sports - All campers are required to attend one instructional tennis and land sports class every other programming day throughout the summer.

Outdoor Adventure, Creative Arts, Culinary Arts and Performing Arts - All campers are required to attend at least one of each of these activities every fourth programming day throughout the summer.

Outdoor Adventure Trips - Wekeela offers optional day and overnight hikes. Campers can register for them while at camp. All hikes are age appropriate. The Wekeela Orienteering program is popular. It features trailblazing along side the adjacent Hayford Brook in our "New Frontier." The highlight will be making s'mores at a campfire and then sleeping under the stars in our Lenape Village.

TRIPS:

Campers go on field trips during their stay at Wekeela. The trips for **Kids Camp** include optional hiking and camping adventures. Campers may visit places such as Old Orchard Beach, Sea Dogs, Aquaboggin', and Fun Town to name a few. On rainy days we may go to the movies, bowling, or roller skating. Spending money is not necessary. If you do send cash, we suggest \$20 for day trips and \$50 or more for overnights.

Teen Camp trips are mandatory! Teen Campers have the privilege to go on at least one overnight trip during our summer season. Teen Camp overnight trips are **July 1st-3rd**. Inters will be going to Boston, MA. Juniors go to Bar Harbor, and Seniors will be visiting Montreal and Vermont. Teen Camp also goes on a fun overnight white water rafting trip during the second session. The whitewater rafting trip is also mandatory. Teen Camp trips are included with tuition.

For more details on field trips and teen camp trips please contact Ephram or Lori at 201.612.5125.



S'MORE STUFF CONTINUED . . .

VISITOR'S DAY - Friday, JULY 19, 2019:

We have an exciting and fun-filled day planned for you. We ask for your cooperation in making this a pleasant occasion. Visiting Day is from 9:00AM to 4:00PM. On Friday, we will run a schedule that is highlighted by a theatrical production, a water ski show and parent/camper athletic events. The Visitor's Day schedule is available in early July. We invite you to join us for a buffet lunch. No tobacco or e-cigarette smoking permitted. You **CANNOT** take your child out of camp.

PARKING: Staff persons will greet you and direct you where to park. FOR SAFETY REASONS, NO CARS ARE PERMITTED ON MAIN CAMPUS!

BUNK GIFTS: Experience has shown that it is unnecessary for parents to bring gifts for their children's bunk mates. This is an unwholesome practice. Some parents feel obligated to provide gifts if any one parent does so. THERE IS NO NEED FOR SUCH GIFTS.

STAFF GRATUITIES AND GIFTS: We want, again, to call attention to our camp policy, established by the American Camping Association which forbids gratuities and/or gifts to counselors. Every member of our staff has been engaged with the full understanding that there are no gratuities or gifts and each staff member has joined us on that basis.

LEAVING CAMP: At 4:00 pm we will ask all families to say their goodbyes and leave camp. Families are not allowed to leave camp with their children.

FIRST SESSION AND ROOKIE SESSION 2 CAMPERS: These campers will stay at camp on Friday night for their final campfire and goodbyes. The session ends on Saturday, July 20th. Parents can pick up after breakfast at 9:00 am. Campers that are flying home or taking the camp bus to the airport will also leave after breakfast.



INAPPROPRIATE AND PROHIBITED BEHAVIORS:

Camp Wekeela has a strict **Zero Tolerance** policy when it comes to drugs, alcohol, and bullying. Any kind of illegal drugs, alcohol or harmful items are forbidden at camp and the camper (or staffer) will be sent home immediately if he or she is found to possess, use, or be involved with any of these items. Harmful items include knives, weapons, fireworks, firearms, and other such items. While it is unlikely that any of our young people would bring these items to camp, this policy reminder is a warning to the wise! We also have a strict **no smoking (of anything) policy** for all campers and staff.

Parents: If campers jeopardize the welfare of the camp by violating these policies, he or she will be **sent home immediately with no refund**. Parents need to be aware of this policy. Please help us by supervising packing. If you know that your child smokes or drinks (even occasionally), discuss the camp anti-smoking policy and make sure no cigarettes, illegal drugs or alcohol are slipped into their luggage.

- Any child who breaks the law including, but not limited to stealing, shoplifting, illegal drug use, etc., will be immediately sent home. We are very protective of our camp community and that includes the respect of all personal property. This applies to overnight trips as well.
- Any camper possessing or sharing and/or distributing pornography (or nude photos) to any member of the camp community may be immediately sent home.
- Bullying: any campers engaging in any verbal or physical harassment or abuse of any kind, directed toward any member of the camp community may be sent home. Camp administration will assess all situations.

GRAFFITI:

Graffiti is NOT permitted at camp. If a camper puts graffiti in a cabin or on any camp property, the camper will be charged for the expense of removing the graffiti or replacing the damaged item, this includes markers such as Sharpies.

PACKING

Bedding Suggestions:

- ☺ U.S. campers must bring their own linens. Please send sheets, pillow, blankets, and pillowcase in your child's baggage.
- ☺ Campers should bring a sleeping bag to camp. The sleeping bag will be used for many things, including overnights, extra warmth on cooler August nights, the last night of camp and sleeping out under the stars. We recommend a hollofil or similar sleeping bag in a stuff sack that can be tied and carried home with the camper.
- ☺ We provide bedding for international campers.
- ☺ See our packing list on the last pages of this document.

Clothing Catalog

The Wekeela Camp Spot catalog can be found at: www.thecampspot.com Please try to place your Camp Spot order early. This will prevent unnecessary problems and delays. We suggest having The Camp Spot label all of the items you order. Recommendations are listed on the packing list included with The Camp Spot catalog.

Optional items offered in the catalog are items that campers have requested and have the camp logo. Campers wear their t-shirts when out of camp and on special occasions. All campers must arrive wearing a Wekeela t-shirt. Many campers choose to wear their camp t-shirts on a daily basis as well.

For those campers planning on participating in team sports, do not forget to order the appropriate clothing. Water bottles are mandatory at camp. Please make sure your child has an adequate supply of clothing (enough for eight days). Campers need a large laundry bag (with their name on it) and a mesh laundry sock bag. Please **mark all clothing** and other items such as sneakers, tennis racquets, baseball gloves, etc. with your child's name. We do our best to help ensure that your child's misplaced belongings are returned. Label Daddy is a great company that sells labels useful for clothes and other items. www.labeldaddy.com

Since we do a great deal of laundry in a very short time, please understand that items must be colorfast and wash and wear! **Please let us know if you prefer a 2019 Camp Spot catalog be sent to you in the US mail.**

Conservative informal summer wear is recommended. Pack some clothing for cool weather and wet weather. Maine is generally warm by day and cool by night. Average temperature is 80°F or 26°C but there are cool evenings in June and August that go down below 63°F or 17°C. Socks, long pants, and long sleeve shirts are also advisable as there are mosquitoes during June and early July.

Please do NOT pack clothing that has inappropriate language or that is deemed inappropriate for camp (i.e. Hooters shirts, clothing with half-naked models, running shorts for males, high heels, mini-skirts, revealing dresses, risqué clothing.)



Summer:

1750 Bear Pond Road
Hartford, ME 04220-5527
Phone: 207.224.7878
Fax: 207.224.7999

Directors/Owners:

Lori and Ephram A. Caflun
ephram@campwekeela.com
lori@campwekeela.com

Off-Season:

979 Allison Court
Ridgewood, NJ 07450-2201
Phone: 201.612.5125
Fax: 201.612.9927

Campers MUST wear a Wekeela T-shirt on the first day of camp.

Please adjust your child's packing list based on length of stay at camp. Keep in mind your child's personal needs and habits. We strongly suggest resisting the urge to over pack. All bags must be soft-sided.

PLEASE MAKE SURE TO LABEL ALL ITEMS!!

Camp Wekeela Packing List For 7 Weeks:

Clothing

- Socks - 20 pairs
- Underwear - 14 pairs
- Bathing Suits - 4
- Sneakers - 2 pairs
- Other Shoes: flip flops, hiking boots, dance, etc.
- Dress Shirts - 1-2
- Jeans - 1-2 pairs
- Cargo pants/nicer pants - 1 pair
- T-shirts - 10 (4 must be Wekeela T-shirts)
- Shorts - 10 (4 must be Wekeela shorts)
- Heavy Sweatshirts - 2 (1 must be Wekeela Sweatshirt)
- Rain Jacket - 1
- Fleece Jacket - 1
- Baseball Hat - 1
- Pajamas - 6
- Long Sleeved Shirts - 3
- Sweatpants - 2 pairs

*** Any other specialty shoes already owned (dance shoes, riding boots, hiking boots etc.)

Pack clothes similar to wear when hanging out with his or her friends.

Bunk Life

- | | |
|---|--|
| <input type="checkbox"/> sunscreen | <input type="checkbox"/> mattress pad/egg crate |
| <input type="checkbox"/> soap | <input type="checkbox"/> pictures of family |
| <input type="checkbox"/> deodorant | <input type="checkbox"/> favorite pillow |
| <input type="checkbox"/> shampoo/conditioner | <input type="checkbox"/> comfy blanket (2) |
| <input type="checkbox"/> hair products | <input type="checkbox"/> 2 soft sets of twin sheets |
| <input type="checkbox"/> brush | <input type="checkbox"/> bunk stuff organizer |
| <input type="checkbox"/> toothbrush (no electronic) | <input type="checkbox"/> stationery |
| <input type="checkbox"/> toothpaste | <input type="checkbox"/> stamps |
| <input type="checkbox"/> sleeping bag | <input type="checkbox"/> water bottle with holder (2) |
| <input type="checkbox"/> disposable camera | <input type="checkbox"/> backpack |
| <input type="checkbox"/> laundry bag | <input type="checkbox"/> Books |
| <input type="checkbox"/> crazy creek chair | <input type="checkbox"/> Pens |
| <input type="checkbox"/> fan & extra batteries | <input type="checkbox"/> Towels: 4 (2 Beach, 2 Bathroom) |
| <input type="checkbox"/> flashlight | |

Camp Wekeela Packing List For 4 Weeks:

Clothing

- Socks - 12 pairs
- Underwear - 12 pairs
- Bathing Suits - 3
- Sneakers - 2 pairs
- Other Shoes: flip flops, hiking boots, dance, etc.
- Dress Shirts - 1-2
- Jeans - 1-2 pairs
- Cargo pants/nicer pants - 1 pair
- T-shirts - 8 (4 must be Wekeela T-shirts)
- Shorts - 8 (3 must be Wekeela shorts)
- Heavy Sweatshirts - 2 (1 must be Wekeela Sweatshirt)
- Rain Jacket - 1
- Fleece Jacket - 1
- Baseball Hat - 1
- Pajamas - 5
- Long Sleeved Shirts - 2
- Sweatpants - 2 pairs

*** Any other specialty shoes already owned (dance shoes, riding boots, hiking boots etc.)

Pack clothes similar to what your camper would wear when hanging out with his or her friends.

Bunk Life

- | | |
|---|--|
| <input type="checkbox"/> sunscreen | <input type="checkbox"/> mattress pad/egg crate |
| <input type="checkbox"/> soap | <input type="checkbox"/> pictures of family |
| <input type="checkbox"/> deodorant | <input type="checkbox"/> favorite pillow |
| <input type="checkbox"/> shampoo/conditioner | <input type="checkbox"/> comfy blanket (2) |
| <input type="checkbox"/> hair products | <input type="checkbox"/> 2 soft sets of twin sheets |
| <input type="checkbox"/> brush | <input type="checkbox"/> bunk stuff organizer |
| <input type="checkbox"/> toothbrush (no electronic) | <input type="checkbox"/> stationery |
| <input type="checkbox"/> toothpaste | <input type="checkbox"/> stamps |
| <input type="checkbox"/> sleeping bag | <input type="checkbox"/> water bottle with holder (2) |
| <input type="checkbox"/> disposable camera | <input type="checkbox"/> backpack |
| <input type="checkbox"/> laundry bag | <input type="checkbox"/> Books |
| <input type="checkbox"/> crazy creek chair | <input type="checkbox"/> Pens |
| <input type="checkbox"/> fan & extra batteries | <input type="checkbox"/> Towels: 4 (2 Beach, 2 Bathroom) |
| <input type="checkbox"/> flashlight | |





Camp Wekeela Packing List For 3 Weeks/Second Session:

- | | | |
|--|---|--|
| <ul style="list-style-type: none"> • 10 pairs of socks • 10 pairs of underwear • 2-3 bathing suits • 2 pairs of sneakers • other shoes (flip flops, etc.) • 1-2 dress shirts • 2 pairs of jeans • 1 pair of cargo/ nicer pants • 7 Tshirts (3 must be Wekeela shirts) • 4 pairs of shorts (2 must be Wekeela shorts) • 2 sweatshirts (1 must be Wekeela sweatshirt) • 1 rain jacket • 1 fleece jacket • 1 baseball hat • 4 pairs of Pajamas • 2 long sleeve shirts • 2 pairs sweatpants | <p><u>Bunk Life</u></p> <ul style="list-style-type: none"> • sunscreen • soap • deodorant • shampoo/conditioner • hair products • brush • toothbrush (no electronic) • toothpaste • sleeping bag • disposable camera • laundry bag • crazy creek chair • fan & extra batteries | <ul style="list-style-type: none"> • flashlight • mattress pad/egg crate • pictures of family • favorite pillow • comfy blanket (2) • 2 soft sets of twin sheets • bunk stuff organizer • Stationery • Stamps • water bottle with holder (2) • Backpack • books • pens <p>Towels: 4 (2 Beach, 2 Bathroom)</p> |
|--|---|--|

*** Any other specialty shoes already owned (dance shoes, riding boots, hiking boots etc.)

Pack clothes similar to what your camper would wear when hanging out with his or her friends.

LABEL EVERYTHING. USE PERMENANT MARKERS OR LABELS.

Camp Wekeela Packing List For 2 Weeks/Rookie Session:

Clothing

- | | | |
|--|---|--|
| <ul style="list-style-type: none"> • 8 pairs of socks • 8 pairs of underwear • 2 bathing suits • 2 pairs of sneakers • other shoes (flip flops, etc.) • 1-2 dress shirts • 2 pairs of jeans • 1 pair of cargo/ nicer pants • 4 Tshirts (2 must be Wekeela shirts) • 4 pairs of shorts (2 must be Wekeela shorts) • 2 sweatshirts (1 must be Wekeela sweatshirt) • 1 rain jacket • 1 fleece jacket • 1 baseball hat • 3 pairs of Pajamas • 2 long sleeve shirts | <p><u>Bunk Life</u></p> <ul style="list-style-type: none"> • sunscreen • soap • deodorant • shampoo/conditioner • hair products • brush • toothbrush (no electronic) • toothpaste • sleeping bag • disposable camera • laundry bag • crazy creek chair • fan & extra batteries | <ul style="list-style-type: none"> • flashlight • mattress pad/egg crate • pictures of family • favorite pillow • comfy blanket (2) • 2 soft sets of twin sheets • bunk stuff organizer • Stationery • Stamps • water bottle with holder (2) • Backpack • books • pens • Towels: 4 (2 Beach, 2 Bathroom) |
|--|---|--|

**Please utilize Camp Trucking to ship your child's luggage.
 Contact Camp Trucking at: 970.949.0690
 Find out more at: www.camptrucking.com**