



*Parent Manual*  
*2019*

*Updated and revised January 2019*

## TABLE OF CONTENTS

- I. ARRIVAL AND DEPARTURE**
  - A. Transportation To and From Camp
  - B. Baggage Information
  - C. Important Dates
  - D. Extra Days at Camp
  
- II. CAMP LOGISTICS**
  - A. Clothing
  - B. Personal Items
  - C. Bedding
  - D. Cabin & Tent Assignments
  
- III. MONEY MATTERS**
  - A. Bills
  - B. Camp Store
  - C. Money
  - D. Gratuities
  
- IV. CONTACT WITH YOUR DAUGHTER**
  - A. Mail and E-mail
  - B. Phone Calls
  - C. Letters Home
  - D. Parcels from Home
  - E. Contacting the Camp Director
  
- V. VISITATION**
  - A. Visiting Camp
  - B. Mid-Season Visiting
  - C. End of Season Visiting
  
- VI. MEDICAL**
  - A. Health History and Examination
  - B. Head Lice
  - C. Tick Policy
  - D. Medical Insurance
  - E. Parent Contact in Medical Situations
  
- VII. PERSONAL**
  - A. Sunday Circle
  - B. Birthdays
  - C. Homesickness
  - D. Letter to my Daughter's Counselor
  - E. Pets
  
- VIII. TRIPPING – Very Important Info – Please Read Carefully**
  - A. Ideology
  - B. Tripping Equipment
  
- IX. WEBSITE**

I. **ARRIVAL AND DEPARTURE**

A. **Transportation to and from Camp**

We need to know how your daughter will be traveling to and from camp. Please complete the travel information requested on the General Form and return it to us **no later than May 15<sup>th</sup>**.

1. **Automobile**. If your daughter is arriving by **automobile**, Songadeewin is located about 4 hours from Boston and 5-6 hours from New York City.

- **From New York or Boston**, take Vermont Route #73 to Route #53 to Lake Dunmore, continue past Keewaydin (foot bridge over the road) to West Shore Road where you will take a left (after the large cement squirrel); Rustic Lane is the first road on the left – **GO PAST** Rustic Lane and turn left onto camp property just after the large brown, metal Quonset hut on left, inside the fence.

- **From the south**, take Vermont Route #7 to Route #53. West Shore Road will be a straight ahead when Route #53 bears left. Rustic Lane is the first road on the left - **GO PAST** Rustic Lane and turn left onto camp property just after the large brown, metal Quonset hut on left, inside the fence. (See enclosed map)

- Enter the campus from West Shore Road near the Quonset hut (there will be signs), park in the cordoned off area and proceed to Beenadeewin for check-in and further instructions regarding luggage, tent and cabin assignments, and health check.

<b>Songadeewin Camper Arrival /Departure Schedule</b>						
Note: All Times are Eastern Daylight Time						
If you must arrive or depart later or earlier than times listed, please let us know ahead of time.						
Session	Arrival Day	Arrival Date	Arrival Time (Between)	Departure Day	Departure Date	Departure Time (Between)
<b>Full 8 weeks</b>	Sunday	June 23*	10:00 AM 12 Noon	Saturday	August 17	8:15 AM 10:00 AM
<b>2 weeks (8)</b>	Sunday	June 23*	10:00 AM 12 Noon	Saturday	July 6	10:00 AM
<b>4 weeks (1)</b>	Sunday	June 23*	10:00 AM 12 Noon	Sunday	July 21	9:00 AM 10:00 AM
<b>2 weeks (9)</b>	Sunday	July 21**	2:00 PM 4:00 PM	Saturday	August 3	10:00 AM
<b>4 weeks (2)</b>	Sunday	July 21**	2:00 PM 4:00 PM	Saturday	August 17	8:15 AM 10:00 AM

\*Please be aware that at camp, we will be on our special “**Keewaydin Time**,” which is one hour earlier. Therefore, when you arrive at camp at 10 a.m. (EDT), it will be 9:00 a.m. **Keewaydin Time**. Just prior to mid-season, we discontinue Keewaydin Time and return to Eastern Daylight Time.

\*\* First month campers will be leaving in the late morning and it is crucial for us to have sufficient transition time to be prepared to greet your daughter and the other second month campers. Please plan your own travel accordingly so that you can comply with this arrival time.

2. **Airplane.** *Please try to make mid-day airline reservations for arrivals and mid-morning reservations for departures whenever possible.*

- If your daughter is arriving by **airplane** (Washington, Boston, Florida, California, overseas, other flights, etc.) please try to arrange the flight for a late morning or early afternoon arrival on Sunday, June 23<sup>rd</sup> at the Burlington, Vermont airport. For midseason arrivals, on Sunday, July 21<sup>st</sup>, please arrange for campers to arrive in the early afternoon. Camp staff will meet flights that you designate. **Our fee is \$100 one way and will be charged to your account.** Departures on Sunday, July 21<sup>st</sup> or Saturday, August 17<sup>th</sup> should be made for mid-morning, if possible. Please let us know the following on the General Form: airline, flight number, and arrival time at Burlington airport and attach itinerary and e-ticket when applicable.

- **Unaccompanied Minor:** If your child is flying as an unaccompanied minor **please fill out the unaccompanied minor forms with your airline or travel agent for both arrival and departure.** Not all airlines will accept round-trip UM forms- in these cases please send the form already filled out with your daughter's return tickets or e-ticket confirmation. We station a staff member to stay at the airport and meet flights all day. Our unaccompanied minor contact's names will be sent to you in early June. Please include **both** names for each date in the unlikely event that one of the contacts is ill. The camp address is 500 Rustic Lane, Salisbury, Vermont 05769.

3. **Chaperoned Bus Travel.** We provide a chaperoned bus on Sunday, June 23 and on Sunday, July 21 from New York City. The return bus runs on Sunday, July 21 and Saturday, August 17. The one-way fee is \$125 and will be charged to your account. If you would like to have your daughter take this bus one or both ways, please indicate on the General Form and return it as soon as possible. **Reservations are first come, first serve.**

- **Bus to Camp.**

**Sunday, June 23 :** Depart from New York City **at 10:00 a.m.** (meet at the corner of 86th Street and East End Avenue at 9:30 a.m.), or depart from the Westchester Marriott, 670 White Plains Rd, Tarrytown, NY 10591 at 11:15 a.m. in Tarrytown (meet at the Marriott parking lot at 10:45 a.m.)

**Sunday, July 21:** Depart from New York City **at 10:00 a.m.** (meet at the corner of 86th Street and East End Avenue at 9:30 a.m.)

**Lunch:** Each camper on this bus should bring a **BROWN BAG LUNCH** with her. Beverages will be purchased en route. Candy should be limited to what can be reasonably consumed on the bus. Left over candy will not be allowed in the cabins. (See elsewhere in this manual.)

- **Bus from Camp.**

**Sunday July 21:** Depart from camp to New York at 10:30 AM. The drop off is at the corner of 86th Street and East End Avenue in New York City at approximately 3:30 p.m.

**Saturday, August 17:** Depart from Camp to New York at 10:30 AM. The first drop off site will be the Westchester Marriott, 670 White Plains Rd, Tarrytown, NY 10591 at approximately 1:15 p.m. (**NOTE: The Tarrytown location is a change from previous years**). The second drop off is at the corner of 86th Street and East End Avenue in New York City at approximately 3:30 p.m.

4. **Changes in transportation plans:** **In the event of changes to any transportation plans please notify camp as soon as possible. If campers have not arrived by 6:00 pm, the camp will call families to check on arrival status.**

## B. Baggage Information

1. Trunks and other baggage may be sent to camp via UPS or FedEx Ground - they will deliver right to camp at 500 Rustic Lane, Salisbury, VT 05769. We can also arrange to ship luggage home via UPS at the end of your daughter's stay.
2. For those on the New York chaperoned bus - only hand luggage and **one** small or medium size duffel may accompany girls. **ALL OTHER LUGGAGE SHOULD BE SHIPPED TO CAMP PRIOR TO THE CAMPER'S ARRIVAL.** See previous options. **NO TRUNKS OR OVERSIZED SPORTSBAGS ARE ALLOWED ON THE BUS DUE TO SPACE CONSTRAINTS.**
3. Please note that trunks cannot be kept in the camper's living area. We have special storage areas on campus to store empty trunks and luggage.

## C. Important Dates.

Sunday, June 23	8 week and 1 <sup>st</sup> month campers arrive
Saturday, July 6	2 week campers depart
Saturday, July 20	Mid-Season Visiting for first month parents Closing Campfire, first month (parents invited)
Sunday, July 21	1 <sup>st</sup> month campers depart 2 <sup>nd</sup> month campers arrive
Saturday, August 3	2 week campers depart
Friday, August 17	Closing Campfire, second month (parents invited)
Saturday, August 17	2 <sup>nd</sup> month campers depart

- D. Extra Days at Camp. We do not have the ability to have campers arrive earlier than June 23 or leave later than August 17.

## II. CAMP LOGISTICS

### A. Clothing

1. Clothing Checklist: The clothing checklist is to be sent to camp with your daughter. We believe in "simple living" so expensive clothing is not necessary but the proper amounts will be helpful. Dresses, skirts and fancy clothes will not be necessary. (Girls going on Verendrye may want to bring a simple skirt or dress to wear to the special dinner out of camp at the end of the summer.) Bathing suits should be suitable for active water sports.
2. Laundry: **Laundry is done once per week. Please make sure that all clothing and personal items are marked. Sew-on tapes or permanent marker are the best.** Two large laundry bags are also needed with your daughter's name on them and are available in our camp store. Girls who will be at camp for the second month are encouraged to bring a costume for our Halloween celebration.
3. We discourage the use of platform sandals or shoes at camp and ask that they not be brought.
4. We ask that your daughter not bring to camp any clothing that advertises or promotes alcohol, drugs, or other questionable areas. While this type of clothing may be appropriate elsewhere, we would like their Songadeewin experience to be a "different and special experience."

### B. Personal Items

1. Personal Items. Campers are encouraged to bring personal items but they need to be aware that **space is limited.** Sports equipment, musical instruments, games, fishing equipment, books, etc. can be worked into our camp life. **Be sure that all personal items are marked in some way.** Fireworks or firecrackers are not allowed. We have a fireworks display on the Fourth of

July. (Please see article called “Stuff” elsewhere in this mailing.) **Please note** - Songadeewin is not responsible for any lost, damaged, stolen, personal items, jewelry or clothing. It's best to leave expensive and valuable personal items at home. With the exception of the items listed on the Clothing List and Trunk Checklist, Songadeewin provides the equipment your daughter will need at camp. We discourage you from sending expensive equipment to camp (e.g. expensive cameras, personal kayaks, iPods, etc.). Bringing these items becomes a problem if they are lost or broken. If anything happens to such items, consult your homeowner's insurance to cover the loss.

**2. Equipment:** We discourage campers from bringing expensive equipment to camp (e.g. expensive cameras, personal kayaks, etc.) Bringing these things becomes a problem if they are lost or broken. With the exception of the items listed on the clothing list, Songadeewin provides the equipment your daughter will need at camp. Songadeewin is not responsible for lost, damaged, or stolen personal items or clothing.

**Trading cards or other.** Please make sure your daughter leaves these types of trading cards (or other such trading items) at home. It seems they do not work out well in our setting.

**Rifles and Bows.** Rifles (.22) and re-curve bows may be brought for target practice, but we would prefer that your daughter use our rifles and bows. If brought, they will be kept under a staff's supervision. Compound bows are not used at our camp.

**Aerosol Cans.** These are not to be sent to camp due to safety and environmental concerns.

**Knives.** Personal knives are not allowed at camp. We have a supply of pocket knives, which campers may use with staff supervision.

**3. Technology:** It has long been a tradition at Keewaydin and Songadeewin to maintain a place for campers that is simple, rustic and close to nature. We strive to create an atmosphere that allows campers and staff to “unplug” from the modern world where we are constantly bombarded by electronic and media messages. Given this new technology and our strong conviction to maintain the simple rustic life at camp, we have created guidelines for camper technology use during the summer.

**Allowed:** Campers at either camp may have: a small personal music players like the ipad shuffle. They must have earphones and may only be used in tents or cabins during down times of the day. Campers at Songadeewin may use iPods or MP3 players that need to be recharged, but they may only contain music and **all video storage and games must be removed for the summer.** Cameras are permitted, with the exception of those with video capabilities.

**Not Allowed:** Cell phones, iPhones, computers, Blackberries and other such devices, personal wireless internet devices, electronic games, video games, iPod Touch, TVs or other video viewing devices, video cameras or any other technology in the same categories as those mentioned above. Electronic books such as the Nook, Kindle or other reading devices are also not allowed. We have a library with regular books for use by campers. Confiscated devices will be stored in the camp safe until the end of the summer. Be advised that there are no secure places to recharge such items and we are not responsible for their loss or damage.

**Your daughter's cell phone:** At the start of your daughter's stay you and she will complete and sign our “Where in the world is my camper's cell phone” card. This lets us know just where the cell phone will be during her stay at camp. Options include it being stored by us to help facilitate her travel to and/or from camp. This card will come to you under separate cover closer to the time of her arrival at camp.

C. **Bedding.** Your daughter will need 3 blankets, 2 sets of sheets, a pillow and 2 pillowcases. These can be rented from us for the summer (\$20 for 8 weeks, \$10 for 4 weeks or 2 weeks). Your daughter may want to bring her own pillow even if you rent bedding. If you wish to rent bedding, please fill out the Rental of Bedding section on the General Form and we will charge your account. **(Towels are not included in the rental bedding).**

D. **Cabin and Tent Assignments.**

The Director, just prior to the opening of camp, makes cabin and tent assignments. One of the good things about summer camp is the opportunity to make new friends from other parts of the country or world. This is one of the reasons we like to have discretion in assigning cabin mates. **Therefore, we discourage requests for friends from home living together.** When making cabin assignments, we try to take into account fitting girls to particular staff, taking into consideration age and grade in school, as well as length of stay at camp. Trying to comply with requests for living with friends makes our living arrangements too difficult to work out, as well as negating the value of making new friends. I hope you will understand why we generally find it not possible to grant such requests. Please reassure your daughter that her friends will be close by.

We have a lottery system in place for choosing beds in the cabins. This takes pressure off families to “get-there-early-so-I-can-get-the-bed-I-want” and we won’t have the unfair situation. The only exceptions to these guidelines will be the girls whose parents work at either Dunmore or Songadeewin. These parents are working on opening day and are unable to do more than literally drop off their girls. As in the past they will help their daughters get settled the afternoon before the first day of camp. Please share this information with your daughter before arrival.

### III. MONEY MATTERS

A. **Bills.** Your final bill for your daughter's camp fee will be sent to you prior to March 1. In order for your daughter's place at camp to be secure, your bill must be paid in full by **March 1. No refunds will be given after March 1.** We encourage you to purchase trip cancellation insurance. This will allow you to recoup tuition fees in the event that your daughter is unable to come to camp for reasons approved by the insurance company. Two companies we are aware of that offer this kind of product are Travel Insured International ([www.travelinsured.com](http://www.travelinsured.com)) and [A+ Program Protection](#). **Songadeewin, as per our application, does not give refunds.**

B. **Camp Store.** Our store makes available, on a charge to the parent’s account, necessary personal items such as toothpaste, stationery, flashlights, batteries, etc. Campers may not use money for these purchases. For such standard items the charges generally amount to not more than \$75. If campers purchase such things as baseball caps, T-shirts, sweatshirts, polo shirts, kneepads, waterproof trip bags, or laundry bags, the amount will be larger. We attempt to keep all purchases to a minimum. Please advise your daughter of any limits you expect.

C. **Money.** We are a moneyless campus and therefore girls should not bring money to camp. If she needs it for traveling to or from camp, this will be collected and kept in the safe. For campers who are coming or returning by plane we recommend a minimum of \$20.00 for emergency needs. **NO MONEY** should be sent directly to a camper during the season.

D. **Gratuities.** We ask that you not give gratuities to our staff, directors, or other staff. We do encourage you to express your appreciation by making a contribution (in the name of the staff person you wish to honor) to the Scholarship Fund, which helps provide financial aid to campers in need.

#### IV. CONTACT WITH YOUR DAUGHTER

##### A. Mail & E-Mail

You are more than welcome to contact your daughter via:

1. **Snail Mail:** Campers LOVE to get mail - send a postcard or letter to:  
(Camper Name and Cabin)  
500 Rustic Lane  
Salisbury, VT 05769
2. **E-Mail:** send to [songaoffice@keewaydin.org](mailto:songaoffice@keewaydin.org) with her name/cabin in the subject line. E-mails will be printed out and treated like regular mail. This address is for **PARENTS only**. Please limit your e-mails in length and frequency. We cannot print photos or other graphics, only text. See E-Mailing Your Camper sheet for further guidelines.

##### B. Parcels from Home.

1. A limited number of packages with camping equipment, clothing, arts and crafts supplies, small games, books, and toiletries are acceptable. One or two packages a month is just about right.
2. You are requested **NOT TO SEND YOUR DAUGHTER PACKAGES OF FOOD AND/OR CANDY OR OTHER EDIBLES.** Please tell your daughter's grandparents, other relatives and family friends who might send such things not to do so, also. Food in our cabins draws unwanted guests -- skunks, raccoons, chipmunks, mice and ants. Your support in helping us with this problem is greatly appreciated. Sufficient cakes, pastry, and sweets will be served to our campers in the dining hall. After lunch, the store is open for candy. Girls are limited to one item four days a week.

##### C. Phone Calls: Camp Office Phone - (802) 352-9860

**In general, phone calls are NOT encouraged.** Chatty phone calls to campers, especially during the first two weeks of a girl's stay, can be disturbing. If you have concerns during this time you may call Ellen Flight, the Camp Director. If you do call your daughter, please be aware that campers are not always immediately and easily accessible to receive a phone call. We will only find campers at mealtimes when they are in the dining hall. These guidelines are for all calls coming for your daughter whether from you or another relative. Girls with parents who live apart may have two calls a week.

- Phone calls are limited to **one per week** per camper, AFTER the first 2 weeks at camp.
- Calls are limited to 5 minutes.
- Calls can be taken by your daughter **ONLY** at mealtimes (see chart - times are approximate), and, of course, if she is in camp and not out on a trip.

Meal	Times 7/7 - 7/17	Times 7/18 - 8/11	Times 8/12 - 8/16
Breakfast Mon - Sat	9:00 - 9:45 AM EDT	8:00 - 8:45 AM EDT	8:30 AM - 9:15 AM EDT
Breakfast Sunday	9:30 - 10:15 AM EDT	8:30 - 9:15 AM EDT	8:30 AM - 9:15 AM EDT
Lunch all days	1:30 - 2:15 PM EDT	12:30 - 1:15 PM EDT	12:30 - 1:15 PM EDT
Dinner	7:00 - 7:45 PM EDT	6:00 - 6:45 PM EDT	6:00 - 6:45 PM EDT
Dinner Thursday & Sunday	Please DO NOT CALL - Cookout Nights <b><u>EDT = Eastern Daylight Time</u></b>		



- D. **Letters Home.** Each girl is encouraged to write home twice a week when she's not out on a trip. Please do not be disappointed with your daughter's letters. We do our best to urge every girl to write a good letter home every week, but we cannot assure you that these letters will be very lengthy! **Please inform us if you are not pleased with the kind of letters your daughter writes.** This is the only way we can check on campers' letters.
- E. **Call the Camp Director:** **DO** call us for any information you may wish, and, of course, phone if there is an emergency at home. Letting us know about an emergency can help us help your daughter if that is necessary. We can also arrange for a more private phone call if you must give upsetting news and we can have staff available to console your daughter.

## V. VISITATION

- A. **Visiting Camp.** We request that you do not visit camp during the first two weeks of your daughter's session. Parents are welcome after the first two weeks, but the best time to visit is at mid-season (July 20 and 21) because all first month trips are back in camp. See the enclosed midseason schedule or check the parent section of our website for a copy.
1. Please note that having visitors at camp at other times can be disruptive to our program. If you need to visit another time, be sure to let us know your schedule so we can let you know if your daughter is away on a trip. Call camp at (802) 352-9860. If arrangements are made in advance, we can generally, but not always, take care of guests for meals. Parents should not plan on visiting more than once during camp.
  2. There are no overnight accommodations for parents at camp. However, there are good inns and motels on and near Lake Dunmore where you can stay. See the Hotels and Motels list we sent; it is also posted on our website.
  3. We encourage you to see as much of camp "in action" when you visit. If you would like to give your daughter a "treat" by taking her out of camp for a meal when you visit, you can arrange this with the Director, but **only for one meal please.**
  4. Written permission must be given to the Camp Director from a girl's parents in order for us to allow her to leave camp with anyone else.
  5. Our camp policy is that campers stay on campus and do not spend the night off campus unless on a camp trip. It can become disruptive if some parents take their daughters away for the night. Thanks for your cooperation with this policy.
- A. **Mid-Season Visiting.** Mid-Season parent visiting on campus will begin on Saturday, July 20 at 9:00 am. If you plan on arriving on Friday in the late afternoon, it's okay for you to take your daughter out for dinner that evening. (That way you can come to the Saturday BBQ with no conflicts). Please refer to the Mid-Season schedule for further details. **NOTE THE PARKING ARRANGEMENTS FOR MID-SEASON will be on the field near the new Barn's entrance to campus. Please do not use Rustic Lane unless by prior arrangement.**
- B. **End of Season Visiting:** Campers may not be taken out of camp for any meals at the end of camp. Parents who come on Friday, August 16 should plan on arriving on campus **after 7:00 pm** for our special campfire that evening.

## VI. MEDICAL

- A. **Health History and Examination.** Medical forms and information are sent to families in January via email (unless you do not have email). Every camper must register with **CampDoc, an online medical data management systems designed specifically for summer camps.** Medical forms must be completed on the **CampDoc** website **no later than April 15.** We need to update our medical department database well before campers arrive on

campus.

If your daughter has been exposed to a contagious disease just prior to her arrival at camp (chicken pox, measles, mumps, etc), she should not be sent to camp until the period of incubation has passed.

- B. Medications:** Campers who take medications on a regular, or daily, basis either prescription or over the counter, will need to order these medications through **CampMeds**. This includes daily vitamins, fluoride and other such pills. The exceptions are epi-pens and inhalers. Specific details about ordering will be sent to parents in an email. If your daughter is taking a regular medication, she should continue to take it while at camp. Do not take your child off of her medication without first consulting with your physician and with the Camp Director. From years of experience, we have learned that taking a child off regular medication while at camp is not recommended.
- C. Head Lice.** We have had some trouble with girls arriving at camp with head lice. Please be sure to check your daughter starting at least a month before her arrival at camp. Should it be necessary, please begin treatments and **make sure your daughter is lice and nit free before she comes to camp.** The website [www.headlice.org](http://www.headlice.org) has a great deal of good information as well as materials you can order to help with this issue. Be sure to let us know if you have recently treated your daughter so that we can keep track of any nits. Please help us on this one by **reading the detailed lice policy enclosed in this packet.**

Dados los problemas que hemos tenido en los últimos años con acampantes que llegan al campamento con piojos, se lo agradeceríamos mucho que su médico le examinara a su hijo/a para asegurar que no los tenga. Si es necesario, usen los tratamientos para que su hijo/a llegue al campamento sin piojos. Se puede encontrar información en el website [www.headlice.org](http://www.headlice.org). ¡Gracias por su ayuda!

- D. Tick Policy -** As is the case in Mid-Atlantic states and New England, Vermont has ticks that carry Lyme Disease. The presence of ticks is relatively recent in Vermont and we have come up with some common sense policies that we help protect our campers and staff. You can find our Tick Policy on our website under "Forms and Checklists."
- E. Medical Insurance.** Songadeewin of Keewaydin does not provide medical insurance. **Campers must be covered by their parents' or guardians' medical insurance in order to attend Songadeewin of Keewaydin.** Parents are responsible for reimbursing Keewaydin for bills related to hospital or doctor visits. Since Keewaydin pays the service providers the co-pay or uninsured balance, these amounts will be charged to the camper's account.
- F. Parent Contact in Medical Situations:** Communicating with parents is an important part of our medical procedures. Parents will be contacted in the following situations:
1. Camper goes to the emergency room (when she goes and after she returns)
  2. Camper goes to see doctor or orthodontist (when she goes and after she returns)
  3. Camper spends more than a night in the Health Center
  4. Camper has a situation which requires repeated visits to the Health Center (e.g. bad case of poison ivy, persistent cough)

## VII. PERSONAL

- A. **Sunday Circle.** On most Sundays, we have a Sunday Circle for the whole camp. It is a time for

campers and staff to learn and teach important values, get closer to nature, and develop a oneness with the camp community. We believe that our Sunday Circle does not conflict with any religious traditions. Songadeewin of Keewaydin is not a camp founded on any particular religion. We respect each individual's choices and beliefs. We do not provide transportation to religious services held outside of camp.

- B. **Birthdays**. Girls having birthdays during the summer will have cakes baked for them by the chef. They will be honored in the dining room by a round of "Happy Birthday" from the whole camp. We encourage you to send a birthday package, cards and letters, but **please send no edibles**. If you let us know we can hold a package until the actual natal day.
- C. **Homesickness**: If your daughter writes of being homesick the first week or so of camp, please give us a fair chance before being unduly concerned. Our friendly attention helps to eliminate homesickness but cannot do so entirely right away. It is often a credit to a new camper to be homesick. "Fighting it through" with our help is a valuable experience. (See document entitled "What to do with a Homesick Daughter") Another resource on how to prepare your daughter in a way that can minimize homesickness is "*The Secret Ingredients of Summer Camp Success*" by Chris Thurber which can be purchased through the ACA bookstore online at [www.acabookstore.org](http://www.acabookstore.org) or by calling them at 888-229-5745.
- D. **Letter to My Daughter's Counselor**. This questionnaire (yellow sheet) gives our staff important information that will be helpful in giving your daughter the kind of summer that we both want for her. Though we will not acknowledge personally the helpful comments you have made, the information will be shared with your daughter's staff. **PLEASE RETURN WITH OTHER FORMS BY MAY 15.**
- E. **Pets**. We know that your child may be very attached to her pet; however, due to the problems created by personal pets at camp, we have a policy that campers **cannot** bring their pets to camp.

## VIII. TRIPPING.

### **A. Ideology**

Your daughter will be going on one or more overnight trips this summer. In addition, she may choose to go on day hikes, and if she's qualified, day trips to do white water canoeing and/or kayaking. Each of these kinds of trips entail some sort of physical challenge and our tripping program gets progressively more difficult as girls develop their skills. In addition, there are trips that are more or less challenging so that each girl can trip at a level that is appropriate for her and she is challenged at the same time. Some of the challenges on trips are of a mental nature - how to get along with one's bowman, rising to the challenges of bad weather (for the third day in a row), or how to cope when dinner doesn't come out exactly like the package said it would.

The different kinds of trips require various skill levels and at least a minimal level of physical fitness. During the early part of each month, short hikes and lake paddling help girls develop the skills they'll need for trips. When the tripping staff make up trip lists, they take the skill level and experience of girls into consideration. Girls who have not passed their swim and canoe tests will be assigned to hiking trips.

Girls staying two months can further develop their skills for more challenging trips in their second month. It is up to each girl to maintain a level of physical fitness so that she can actively and effectively participate in the tripping program. This also means taking care of her body so that she doesn't have blisters or cuts that would hamper her ability to participate fully and comfortably during the trip.

Girls who have behavior that is difficult for our staff to manage or who may have a negative impact on the group will have limited or no opportunities for tripping. It is important for our staff to keep all campers safe while out on trips.

**B. Tripping Equipment.** Many of our trips are canoeing trips, and we also have overnight and day hiking trips. Songadeewin provides the tents, backpacks, etc., but your daughter may bring her personal equipment if she wants. (*Items that can be purchased at our camp store are noted.*)

**The following items are essential for trips:** (See list: Trip Clothes: THE BIG FIVE)

- a wool sweater, fleece or a thermax or polypropylene long sleeve shirt
- windbreaker jacket
- raincoat with hood (preferably coated nylon - plastic tears too easily)
- knit hat – wool or synthetic, sold at camp store
- hat with brim for sun protection
- high top sneakers (younger girls) or hiking boots (girls backpacking)
- sleeping bag (not too bulky) with stuff sack
- Wet loaders for canoeing (**Tevas, Aqua Socks, Keens or Crocs may not be used as wet-loaders**)
- knee pads (basketball or wrestling) for kneeling in canoes - (available in our camp store and may be charged to your daughter's account)
- wool socks, 2 pairs at the least, also sold at the camp store
- flashlight (available at the store, including batteries)
- Sport band if your daughter wears glasses
- Trip/River waterproof bag (size 25" x 43" is available in our camp store and may be charged to your daughter's account.)
- Water bottle (available in our camp store and may be charged to your daughter's account.)
- Sunscreen (minimum of 15 spf)
- Insect repellent
- Synthetic long underwear – top and bottom

We now work with [Summer Camp Supply](#) to provide parents with an alternative way to shop for trip gear. On our website you'll find a link to an online site with camp approved options to fulfill the necessary items for safe and happy tripping.

## X. WEBSITES

A. **Personal Websites.** In order to protect the privacy of our campers and the reputation of Keewaydin and Songadeewin, we ask that campers and staff adhere to the following policies regarding use of statements and photographs on personal websites (e.g. Facebook, MySpace, etc.)

1. Do not use the Keewaydin or Songadeewin logo on your website
2. Do not post photographs of campers
3. Do not post any photographs or statements that might jeopardize the reputation or good name of Keewaydin or Songadeewin

We welcome excellent photos of camp (campers, staff, activities, trips) for our website. If you have photos that you would like posted on our website please consult the camp director.

B. **Keewaydin's Website.** Other useful information including photos from the current summer can be found in the current parent section of the Keewaydin website in the Songadeewin section. <http://songadeewin.keewaydin.org> **You will be sent a new password at the beginning of the season.**

# INDEX

Arrival and Departure Time .....	1
Baggage .....	3
Bedding.....	5
Bills.....	5
Birthdays.....	8
Cabin and Tent Assignments .....	5
Camp Store and Money .....	5
Clothing .....	3
E-mails .....	6
End of Season Visiting .....	7
Extra Days at Camp .....	3
Gratuities.....	5
Head Lice.....	8
Health History and Examination .....	7
Important Dates.....	3
Letters Home.....	7
Mail.....	6
Medical Insurance.....	8
Mid-Season Visiting .....	7
Parcels from Home.....	6
Personal Items.....	3-4
Pets.....	9
Phone Calls .....	6
Religious Services.....	8
Transportation.....	1
Tripping .....	9-10
Visiting Camp.....	7
Website .....	10

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