



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA CAMP PEPIN

PARENT INFORMATION: SUMMER 2022



YMCA CAMP PEPIN

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WELCOME TO THE YMCA CAMP PEPIN FAMILY!

As a part of the Red Wing Family YMCA of Minnesota, Camp Pepin is proud to have been serving youth and adults on the shores of Lake Pepin near Stockholm, Wisconsin since 1935. For years, our staff have been committed to providing fun and safe experiences to campers of all ages in a beautiful outdoor setting.

Attending summer camp is a very exciting time for campers and parents, and it is natural for both to be a bit anxious about the camper leaving the comforts of home, adopting new routines, and meeting many new friends. With regards to this, we would like to familiarize you and your camper with our procedures to minimize that “first-day anxiety.” The planning guide was designed for you and your camper to use as a reference tool. Please read through it to acquaint yourself with information that you will want to know about summer camp. If you have any further questions, we welcome you to direct them to either our downtown office at the Red Wing Family YMCA or our camp office in Stockholm.

We feel honored that you have chosen YMCA Camp Pepin for your summer experience and look forward to sharing with you the values and traditions that have been, and continue to be, the foundation of our camp family.

To make camp more affordable, YMCA Camp Pepin offers payment plans and camperships. Payment plans allow families to break down the camp tuition into smaller installments. Camperships are derived from a fund that is exclusively used to assist families in meeting the camp tuition (which pays for our summer camp operational costs). Donations to this fund supplement the balance between what families can contribute to the camp fee and the actual cost of tuition. Therefore, the health of our campership program and the number of campers and families that we can financially assist depends solely on the amount of donations that we receive for this fund. If you would like to participate in either the payment plan or the campership program, or if you would like to donate to the campership fund, please contact the Camp Pepin office for more information.

PREPARING FOR CAMP

CAMP FORMS

The Camper Health Form and Authorized Adult Pick-up Form can be accessed, completed, and returned all within your [CampInTouch account](#). Please have these forms completed and submitted, along with any outstanding payments, as soon as possible.

The Health Form must be completed by a parent or guardian each year that a camper attends camp, and the information on the form should be as recent as the last 12 months (1 year). If there are special medical problems, be sure to indicate them on the form. Under the rare circumstances that medical attention is necessary, you will be billed directly from the medical facility. The emergency statement on the form must be signed so that immediate treatment can be given if you cannot be contacted. Accident insurance will not be available to campers through the YMCA. The responsibility for the cost of medical care is assumed entirely by the camper and their parent/guardian.

ARRIVAL AND DEPARTURE TIMES

ARRIVAL DAY:

On their day of arrival, campers should check-in at Camp Pepin between 2:00-3:00 PM. They will be greeted by camp staff, who will show them to their cabins and introduce them to their counselors. Please plan on arriving no earlier than 2:00 PM, as our staff will not be available prior to this time.

DEPARTURE DAY:

Family members who are picking up campers on their day of departure are invited and encouraged to attend our closing ceremony at 3:00 PM. Campers will be checked-out and dismissed by their counselors following the ceremony. Campers should not be left past 4:00 PM. Under no circumstances will campers be released to anyone not listed on the Authorized Adult Pick-up Form without prior written notification. Please make sure to bring your ID for pick-up, as the name on the ID will be checked to match the Authorized Adult Pick-Up form.

In case of an emergency at Camp Pepin due to weather conditions or other circumstances, parents and guardians will be notified by the Red Wing Family YMCA of an alternate drop-off/pick-up time and/or location for their campers.

ARRIVAL	DEPARTURE
SUNDAY 2:00-3:00 PM	FRIDAY 3:00 PM - Closing Ceremony 3:30 PM - 4:00 PM - Camper Checkout

PACKING LIST

The following items are suggested for a comfortable and safe experience at camp. Please pack items in durable suitcases, backpacks, or duffel bags, rather than in plastic bags, which tend to rip easily (causing belongings to become lost). You will also want to include a laundry bag (as indicated on the list below) for dirty clothes, since there are no laundry services at Camp Pepin. Finally, remember to label all the camper's belongings.

GEAR:

- Sleeping bag/bed sheet
- Pillow
- Flashlight/headlamp
- Hat
- Rain Jacket
- Water bottle
- Bug Spray
- Towel
- Water shoes (to protect against sharp Zebra Mussels)
- Close-toed tennis shoes
- Sandals

CLOTHING:

- Socks and underwear (6-7 pairs)
- Swimsuit (1-2)
- Sweatshirt/light jacket (1)
- Shorts (3-4)
- Pants (2)
- Shirts - short and long sleeve (6-7)
- Sleepwear (1-2 sets)
- Dirty laundry bag
- (optional) 1-2 silly items to wear at Zany Campfire
- (optional) - A few items to tie-dye, in case the cabin group chooses tie-dyeing as an activity. White t-shirts with a white Camp Pepin graphic are also available for purchase in the camp store.

TOILETRIES:

- Bag/basket/container for storing and carrying toiletries
- Shampoo/conditioner
- Body wash
- Toothbrush
- Toothpaste
- Deodorant
- Sunscreen
- Anti-itch ointment
- Any prescriptions needed for the week (packed separately, in ORIGINAL packaging, and prepared to turn over to the health supervisor upon arrival).

WHAT NOT TO BRING:

Camp is a setting to retreat from the amenities of technology and to build interpersonal skills. Therefore, please refrain from bringing any of the items below.

- Food, candy, and soda
- Expensive things, or cash
- Cell phones
- Electronic games or devices
- iPods/headphones
- Portable TV's or DVD players
- Knives or firearms
- Fireworks
- Matches or lighters
- Tobacco products, alcohol, or drugs
- Personal sports equipment
- Hair dryers or curling irons
- Pets

WHEN YOUR CAMPER ARRIVES

OUR STAFF

Upon arrival, your family will be immediately greeted and escorted to your camper's cabin by our young adults and camping professionals who are skilled in making campers feel welcome and at home. To qualify for a position at Camp Pepin, our staff members must go through a rigorous application and screening process (including multiple references and background checks) before they may even be considered for employment. Once hired, they participate in extensive, mandatory training sessions on safety and working with youth.

CABIN ASSIGNMENTS

Your child may request 1 person to be with them in their cabin. Requests must be the same gender, close in age (within one year), and attending the same camp on the same dates. We will make every effort to accommodate every request, but **NO REQUEST IS GUARANTEED**. Multiple cabinmate requests are not accepted as this does not encourage campers to meet new friends and can also make campers feel left out of pre-existing friend groups in the same cabin. There are plenty of opportunities for campers to see friends throughout the day. Individual beds cannot be reserved and are assigned on a first-come basis on check-in day.

MEDICATIONS

All medications which your child requires while at camp, including over the counter (vitamins, creams, lotions, etc.) must be handed in to the Camp Health Supervisor upon arrival. The medication container should be clearly marked with the name of the child, the name of the medication, the dosage, and frequency needed. We distribute medication during mealtimes and at night. **We cannot dispense any medication that is not in its original container**, and we can only give the dosage in the manner prescribed. If medications are needed to be dispensed at times or in dosages other than by what is prescribed on the bottle, you must bring a letter signed by your doctor stating the new dosage and/or times to be given.

SWIM CHALLENGE

All campers have the option of taking a swimming challenge during the opening day to demonstrate their level of ability. This helps to establish the safest areas in which the camper may swim or boat. Campers who are non-swimmers will be encouraged to take swimming instruction as a skill class and should be encouraged to continue to learn at a local YMCA. Campers may retake the swim challenge as their schedule allows.

CAMP LIFE

DAILY SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7:00		Early Birds Wake Up Call	Early Birds Wake Up Call	Early Birds Wake Up Call	Early Birds Wake Up Call	Early Birds Wake Up Call
7:15		Early Birds Report	Early Birds Report	Early Birds Report	Early Birds Report	Early Birds Report
7:30		Camper Wake Up	Camper Wake Up	Camper Wake Up	Camper Wake Up	Camper Wake Up
8:00		Flagpole	Flagpole	Flagpole	Flagpole	Flagpole
8:15		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:50		Dismissal From Breakfast	Dismissal From Breakfast	Dismissal From Breakfast	Dismissal From Breakfast	Dismissal From Breakfast
9:00		Skill Class #1	Skill Class #1	Skill Class #1	Skill Class #1	Skill Class #1
9:55		Dismissal from Class #1	Dismissal from Class #1	Dismissal from Class #1	Dismissal from Class #1	Dismissal from Class #1
10:00		Skill Class #2	Skill Class #2	Skill Class #2	Skill Class #2	Skill Class #2
10:55		Dismissal from Class #2	Dismissal from Class #2	Dismissal from Class #2	Dismissal from Class #2	Dismissal from Class #2
11:00		Skill Class #3	Skill Class #3	Skill Class #3	Skill Class #3	Skill Class #3
11:55		Dismissal from Class #3	Dismissal from Class #3	Dismissal from Class #3	Dismissal from Class #3	Dismissal from Class #3
12:00		Peace Pole	Peace Pole	Peace Pole	Peace Pole	Peace Pole
12:15		Lunch/Songs	Lunch/Songs	Lunch/Songs	Lunch/Songs	Lunch/Songs
1:00		Siesta	Siesta	Siesta	Siesta	Evaluations
1:50		Prep for Afternoon	Prep for Afternoon	Prep for Afternoon	Prep for Afternoon	Pack and Clean Cabin
2:00	Check In	EXPLORE Time	EXPLORE Time	EXPLORE Time	EXPLORE Time	All Camp Meeting
3:00	Ice breakers	Prep for Cabin Activity	Prep for Cabin Activity	Prep for Cabin Activity	Prep for Cabin Activity	Closing Ceremony
3:15	Swim tests	Cabin Activity #1	Cabin Activity #1	Cabin Activity #1	Cabin Activity #1	Check Out
4:15	Intros/Skill Classes	Cabin Activity #2	Cabin Activity #2	Cabin Activity #2	Cabin Activity #2	Staff Meeting
5:15	Prep for dinner/flagpole	Prep for dinner/flagpole	Prep for dinner/flagpole	Prep for dinner/flagpole	Prep for dinner/flagpole	
5:20	Flag Pole	Flag Pole	Flag Pole	Flag Pole	Flag Pole	
5:30	Rules	Dinner/Songs	Dinner/Songs	Dinner/Songs	Dinner/Songs	
6:15	Dinner	Cabin Activity #3	Cabin Activity #3	Cabin Activity #3	Cabin Activity #3	
7:15	All Camp Activity #1	All Camp Activity #1	All Camp Activity #1	All Camp Activity #1	All Camp Activity #1	
8:15	All Camp Activity #2	All Camp Activity #2	All Camp Activity #2	All Camp Activity #2	All Camp Activity #2	
9:30	Prepare for Bed	Prepare for Bed	Prepare for Bed	Prepare for Bed	Prepare for Bed	
10:00	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	

SKILL CLASSES

Campers will register to participate in morning Skill Class sessions while at camp. These are areas of emphasis in which your camper may choose to develop skills or strengthen her/his talents. There are more activities at camp than your child will possibly be able to do during one camp session. Please do not be disappointed if your camper does not participate in everything they desire, but encourage them to look forward to another year when they may participate in new activities.

MEALS

A component of Camp Pepin’s total wellness program is its meals. Our Food Service Director creates well-balanced and good-tasting meals based on sound nutritional guidelines. A salad bar is provided at lunch and dinner, and a cereal and fruit bar is provided at breakfast. To prevent dehydration, campers are encouraged to drink lots of water throughout the day. Our camp Dining Hall can serve limited alternate foods if your camper requires uncomplicated special dietary needs. Please make sure camp leaders are aware of any dietary needs at least two weeks prior to your camper’s arrival.

For the best interest of the camper’s health and the cabin group program, please do not send candy, cookies, snacks, drinks or any type of food with or to your camper or cabin group. Well-meaning parents who send food to camp unintentionally make it most difficult for parents wanting to cooperate. Food in the cabins will attract mice, ants, and other critters, and cause “sharing problems” within the cabin. We would appreciate your understanding and cooperation. The camp menu provides a well-balanced diet, and snacks are available at the Camp Store. Food packages sent to camp are held until the last day of the session and then given to campers as they check out.

CAMP STORE

Camp store money may be deposited in your child’s account through the [CampInTouch link](#). Campers can purchase healthy snacks and drinks, along with other souvenirs such as T-shirts and sweatshirts, hats, stuffed animals, and miscellaneous Camp Pepin merchandise to commemorate their time at camp.

A typical deposit amount for the camp store is \$25- \$50. Your child will be informed of his or her account balance at each visit to the camp store. The camp store will be open on Friday at pick up if you want to pick up a sweatshirt for yourself! All remaining camp store balances will be donated to the Camp Pepin Scholarship Fund.

CAMPER EXPECTATIONS

SHARED RESPONSIBILITIES

Personal responsibility and group cooperation are important elements of the camp experience. Mature, caring counselors work with campers on the importance of caring for one's personal area and belongings, assisting in daily cabin clean up, and pitching in on general camp tasks known as "shared responsibilities." We strive to imprint these characteristics on each youngster so they will carry over this industriousness to the home and school.

EXPECTED BEHAVIOR

Our staff are well-trained in positive behavior modification; therefore, please have a prior conversation with your camper to encourage the following of instructions from Camp Pepin staff. Proper and appropriate interpersonal skills that are non-offensive and do not infringe upon the rights and the enjoyment of others are expected of everyone at camp, and any behavior that deviates from this will not be tolerated. Such behavioral issues are documented, and reoccurring or serious problems are brought to the attention of the parents or guardians, who (depending upon the situation) may be asked to pick up their camper prematurely. Any physical damage to camp property because of inappropriate camper behavior will be the financial responsibility of the camper's family.

ACCEPTANCE OF DIFFERENCES

RED WING FAMILY YMCA'S EQUITY STATEMENT:

"The uniqueness of every individual is valued and celebrated at the Red Wing Family YMCA. We are committed to advancing equity for all so that everyone, regardless of age, gender, income, faith, national origin, race, gender-identity, sexual orientation, or diverse abilities, have the opportunity to reach their full potential with dignity and live life to its fullest."

It is guaranteed that your camper will meet, interact, and befriend people who are different than themselves, which is one of the most amazing aspects of camp. We want everyone to feel and believe that Camp Pepin is a safe, positive, and encouraging place – a place they can call home. Any behaviors that are not conducive to this type of environment will not be tolerated and will be addressed promptly. We suggest that parents/guardians have a conversation with your camper about the tolerance and acceptance of everyone, with the final goal of building a strong sense of community.

HEALTH AND SAFETY WHILE AT CAMP

SPECIAL EMOTIONAL/PHYSICAL NEEDS

Campers with special emotional or physical needs should be called to the attention of the Camp Director, Erik Burton. We will make every attempt to serve campers who have physical or special emotional needs. We have a policy not to accept campers beyond our training or capabilities. Our outdoor setting can sometimes make it difficult to host campers with severe physical limitations.

BED WETTING

Our staff is trained to deal with bedwetting discreetly, working with your child one-on-one. Please notify your camper's counselor at check-in if your camper may wet the bed. Campers should be instructed to ask their counselors for help, and every effort will be made to prevent accidents. Please send a plastic sheet and extra bedding if you think they will be needed.

COMMUNICABLE DISEASES AND HEAD LICE*

To prevent an epidemic, a camper that has a communicable disease or head lice may not attend camp until the condition has been fully treated (verified by a physician) and can no longer be transmitted to others. If a camper is diagnosed as having a communicable disease or head lice while at camp, the camper will be discreetly removed from camp activities and parents will be asked to pick up their camper as soon as possible. Any camper that leaves camp for such reasons may only return by undergoing a readmission check by our medical staff.

ILLNESS*

It is the policy of Camp Pepin not to keep sick campers more than 12 hours in our camp Health Center. Therefore, we ask that parents of campers who are ill for more than 12 hours to care for their child at home and see their family doctor. Transportation is not provided for campers returning home due to illness. A child who is sick before camp begins should be kept home for his/her own sake and for that of the others. Many communicable diseases begin with cold-like symptoms.

EMERGENCIES*

In the case of an emergency at home, emergency calls to campers should be done through the Camp Pepin office at (651) 800-9316. In general, routine scrapes, cuts, and minor illness will be treated by our medical staff. In the case of serious illness or accident involving your child, the medical staff will contact you directly. In the event you cannot be reached, your authorization signed on your Health Form allows us to secure prompt treatment.

INSURANCE

Camp Pepin does not carry accident or sickness insurance on summer youth campers. In the event of serious illness or accident, the parents/guardians will be notified at once. Parents/guardians are responsible for prescriptions and charges incurred for outside medical treatment of their child, should services be required while in attendance at camp. Services rendered by the camp medical staff are at no additional charge.

*It is our policy to refund pro-rated camp fees to any child who becomes sick and returns home for care (see "Refunds").

2022 COVID POLICIES

The leadership team at the Red Wing YMCA and Camp Pepin have been diligently looking into many of the various guidelines and suggested procedures from the CDC, state and county health departments, American Camp Association, and school districts in order to develop a plan that safely and responsibly provides a memorable quality experience for our campers and their families.

YMCA Camp Pepin will not be requiring campers to be vaccinated for COVID-19 to attend our programs this summer. Campers will also not be required to wear masks while participating in Camp Pepin summer sessions. At the time of this writing, the CDC identifies the COVID risk levels of Pepin, Pierce, and Goodhue counties as LOW, and recommends that "People may choose to mask at any time. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask."

Because our goal is to protect our campers and staff this summer, we want to take steps to prevent COVID from arriving with campers. To do this, we are asking that all campers take a valid COVID test within 48 hours of their camp arrival date and provide the results to the camp office. If a test yields a positive result, contact us and we will reschedule the camper for a later session, if possible, or provide a full refund.

In addition to requiring negative test results prior to arrival, Camp Pepin will continue to implement a number of strategies to reduce or prevent the spread of many illnesses, including COVID-19. These include:

- Increased handwashing, with handwashing stations readily accessible
- Encouraging social distancing when applicable
- Additional safety measures applied to meal preparation and food service
- Instructing staff on routine health checks for campers to monitor for potential symptoms
- Administering tests when campers display symptoms (with parental permission)

If a camper that is present at Camp Pepin displays common symptoms of COVID-19 -such as fever/chills, cough, headache, congestion, sore throat, nausea or vomiting, and more -the camper will be removed from the general camp population and given a home test (administered by our camp nurse) provided that camp has permission from the parents. If a camper whose parents have not given camp staff permission to administer a home test shows symptoms, a parent will be asked to come and pick up their camper. The camper may return to camp once the family can provide proof of a negative test result.

If a test done at camp provides a negative result, the camper may return to camp activities. Staff will be instructed to monitor the camper for worsening symptoms, or for other signs of illness. If a test done at camp provides a positive result, a parent must come pick up their camper immediately. The camper will not be able to attend the rest of their session, as the suggested quarantine time is 5 days. Families will receive a refund for any time missed by a camper (prorated per day).

BEING AWAY FROM HOME

HOMESICKNESS:

Temporary homesickness is a normal reaction, particularly among new campers. Our staff makes a concerted effort to help campers overcome homesickness by helping them learn to accept the natural feeling of missing family and friends. We welcome the opportunity to help youngsters grow in this area and train our staff to handle homesickness in constructive and caring ways. With proper handling by staff, campers, and parents, it can be overcome, and the camper can make a big stride in growing up.

Campers look forward to hearing from their parents while at camp. It is suggested that letters or emails be upbeat in such a way that they will not make the camper homesick. Encouraging your camper and letting them know that you are very proud of them for going to camp and trying new activities will contribute greatly to staying off homesickness.

LETTERS AND EMAILS:

If you would like to send a letter to your camper during the week, the address at camp is:

Your Child's Name
Session Attending
YMCA Camp Pepin
W10915 East Lake Dr.
Stockholm, WI 54769

Unfortunately, if you mail your camper's letter after Tuesday of the week they are there, it is possible they will not receive it in time. Therefore, try to mail one the Saturday before they leave for camp, and then one early in the week. Be sure to put your camper's name on the envelope. Also include a complete return address. Please do not send packages of food or candy - it will not be delivered to the camper until checkout day (see bottom of page 7 for an explanation).

Daily emails may be sent to your camper throughout the week. E-mails are printed in the Camp Office and delivered to your camper with the daily mail. Please note that your camper will be unable to respond to your emails, as this is a one-way account. Emails are of no cost. The e-mail address where you may write to your camper is: camp@redwingymca.org Please include your camper's full name as the subject of the e-mail (for example: "For John Smith"). Your camper will look forward to hearing from you!

PHONE CALLS:

At Camp Pepin, we strive for campers to develop independence. An integral part of the growing process is the extended experiences away from home. In keeping with this, we do not permit phone calls to campers unless there is a family emergency. Also, please do not ask your child to call home. There are no public phones available for campers to call home. Parents will be contacted in case of an emergency or illness. If you have an emergency, please call camp at (651) 800-9316, and ask to speak to the Camp Director, Camp Administrator, or a staff member.

AFTER YOUR CAMPER LEAVES

LOST AND FOUND:

Items that are lost during each camp session and not clearly labeled with a camper's name are set on a table in the Lower Dining Hall during check-out. Please check the table before leaving camp. Items remaining at camp after your camper's session will be kept for two weeks after the last day of summer camp; all unclaimed items will be donated to a welfare agency. It is the owner's responsibility to pay for shipping or to make pick-up arrangements for reclaiming lost items. Camp Pepin is not responsible for lost, stolen, or damaged personal items, clothing, or equipment.

PARENT AND CAMPER EVALUATION:

We appreciate your immediate comments and feedback about our staff and program. If you see or hear of a problem with any part of our program or staff, please contact the Camp Pepin office so immediate corrections can be made. Our Camp Director is available to answer your questions or concerns. Please do not hesitate to call or stop by the Camp Office.

REFUNDS, CANCELLATIONS, AND SESSION CHANGES:

The registration deposit fee is not refundable under any circumstances. Fees for programs will be refunded only when campers are unable to complete that program due to an illness or medical issue requiring the documented attention of a physician. Homesickness and disruptive behavior are not conditions for refunding. Refunds after a camper has already arrived at camp will be made on a prorated basis for the unexpired portion of the session or campers will be offered to come back to another camp session for the days they have missed. Portions of a camp session that have been supported by a grant/scholarship or discounted are ineligible for refunding.

FINAL SUGGESTIONS FROM EXPERIENCED PARENTS

While we hope that the information in this handbook is helpful to you, nothing beats advice from those who have already gone through it. Here are some tips from experienced parents and guardians on getting ready for camp:

- Send pre-addressed envelopes (addressed to family, friends, and neighbors) with young campers. Don't forget to secure the appropriate postage.
- Send old clothes the campers will recognize as being theirs, rather than a lot of new clothes they won't remember owning. Don't send expensive clothing or other valuable items.
- Label everything and pack light!
- Submit all your forms and payments well in advance. If you have questions about the forms, payments, or anything else, ask these well in advance, too. It will save time at check-in.
- There are more activities at camp than your child will possibly be able to do during one camp session. If your camper did not do all the activities she/he wanted, encourage her/him to look forward to next year.
- Remember that you are probably more anxious about camp than your camper, who will discover that the week goes by very quickly because there is so much to do.
- Your camper will probably come home tired and may need additional rest after a week of high-energy activity.