

Checklist:

- Schedule Medical Exam Early!**
Date: _____
- Paperwork Returned to Camp?**
- Tuition Balance Paid?**
- Medications / Prescriptions
(English)**
- Extra Eye Glasses / Retainers**
- Bedding / Pillows**
- Photos / Stuffed Animals**
- Batteries / Flashlight**
- RSVP / Hotel Reservation for
Parents' Day Visit?**
- Ship Trunk / Duffel Bags?**
Confirmation #: _____



Adirondack Camp
2010 PARENTS' HANDBOOK



Adirondack Camp Area Hotels/Motels:

TICONDEROGA AREA 15 Minutes

Belfred Court	518-585-7000
Circle Court	518-585-7660
Super 8	518-585-2617
Hearts Bay Cottages	518-585-7654
Best Western Inn & Suites	518-585-2378

PUTNAM STATION 5 Minutes

Lake Champlain Inn	518-547-9942
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CROWN POINT 20 Minutes

Stoney Lonesome B&B	518-597-3754
Sugar Hill Manor B&B	518-597-9545
Crown Point Inn B&B	518-597-3651
Harwood Homestead B&B	518-597-3429

PORT HENRY 30 Minutes

The King's Inn	518-546-7633
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WHITHALL 20 Minutes

Finch & Chubb Inn	518-499-2049
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BOLTON LANDING 45 Minutes

Sagamore Resort Hotel	518-644-9400
	800-358-3585

HAGUE 35 Minutes

Trout House Resort	518-543-6088
	800-368-6088
Ruah B&B	518-543-8816
Northern Lake George Resort	518-543-6577

Other areas close by for Hotels and Motels:

Lake George Village	35 Minutes
Glens Falls, NY	45 Minutes
Burlington, VT	1.5 hr
Local Taxi Service	518-585-2222

IMPORTANT DATES:

Sunday, June 27th

Opening Day
(Families welcome between 1 pm and 5 pm)

Saturday, July 10th

Session 1A ends
(Families welcome between 9 am and 11 am)

Sunday, July 11th

Parents' Visit
(Families welcome between 9 am and 5 pm)

Sunday, July 11th

Session 1B begins

Saturday, July 24th

Session 1 ends
(Families welcome between 9 am and 11 am)

Sunday, July 25th

Session 2 begins
(Families welcome between 9 am and 11 am)

Saturday, August 7th

Session 2A ends
(Families welcome between 9 am and 11 am)

Thursday August 19th

Session 2 ends
(Families welcome between 9 am and 11 am)

IMPORTANT CONTACT INFORMATION:

Mailing Address (USPO):

Adirondack Camp
PO Box 97
Putnam Station, NY 12861

Camp Street Address for UPS/Fed Ex:

Adirondack Camp
302 Warrick Road
Putnam Station, NY 12861

Camp Telephone Office (518) 547-8261
Camp Fax (Summer Only) (518) 547-8706
Camp Fax Office (518) 547-8973

Office Email: info@adirondackcamp.com

Camper Email: campers@adirondackcamp.com

Director: **Matt Basinet**
Phone: (203) 661-7739 (until 6/13)
Email: matt@adirondackcamp.com

Adirondack Camp Infirmary:

Direct: (518) 547-8424 (June 27 -Aug. 19)

1st Session Nurse: Debbie Benes

2nd Session Nurse: Anne Lapeikis

Local Pharmacy: Rite-Aid, Ticonderoga, NY
(518) 585-6787

Miscellaneous:

Trunk / Duffel / Day pack
Water bottle / Canteen
Sun hat/ Bandana/ Sun block/ Sun screen
Flashlight with Batteries (Headlamp preferred)
Sleeping Bag [For off-site and last night use]
Disposable Cameras
Leather Feathers (for returning Campers & Braves)

Suggested Items (as appropriate):

Polarized Sunglasses / Hat to protect from Sun
Non-aerosol Bug Repellent
Camera (Please keep expensive ones home)
Wet Weather Shoes/Boots/Rain Jacket/Umbrella (Mandatory)
Portable Chess/Backgammon/Cards (for rest hour/rainy days)
Self-addressed envelopes /Pens & Pencils / Stamps
Books / Magazines/ Comic Books (for rest hour/rainy days)
Photo of family/friends (can be put inside trunk lid)
Favorite stuffed animal
Dressy Something for Dances (Tops/Skirts/Sundresses ok)
Plastic hangers /Plastic set of Drawers (home @ end of Session)

Musical Instruments (optional)
Soccer Shoes (if camper plays or wants to)
Baseball Glove (optional)
Lacrosse Stick & balls (optional)
Fishing Equipment (optional)
Swim Fins & Mask (optional)
Frame Back Pack & Camping equipment (optional)
Costumes/Props for Special Days (optional)

We Strongly Suggest that Campers DO NOT Bring:

Electrical appliances (blow dryers, etc.)
Cellular Telephones / Camera Phones / iPhones (travel only)
Electronic games (including Game Boys)
Clothing with Offensive or Inappropriate Messages
String Bikinis / One-Piece Suit is preferred for activities
Expensive Jewelry / Perfume/Cologne
Cash / Food / Gum or Candy
IPODS or other expensive computer gear (we can hold for travel)
CD players (unless accompanied with ear phones and willing to risk losing/breaking it)
Any other expensive items of personal value – pls. leave @ home!

ADIRONDACK CAMP EQUIPMENT LIST:

(List Designed for the 4-Week Camper)

(All items must be labeled with Camper's Name for laundry sorting)

Clothing:

4 Adirondack Camp Navy Blue T-Shirts ***(See Box below)**
3 Pair Navy Blue Shorts (they can be your own & required item)
6-8 T-Shirts (a mix of short and long sleeve)
1 -2 Sweatshirts (Hooded optional)
1 Warm Sweater or Polar Fleece Jacket (it can be cool @ night)
4 Pair Shorts [NO Cut-offs] (for daytime activities)
3 Pair Long Pants (neat blue jeans ok w/belt if baggy)
8-10 Pairs of Socks (campers change footwear often)
8-10 Pair of Underwear
2-3 Appropriate Bathing Suits (No String Bikinis)
2-3 Pair Pajamas [1 Warm]
Raincoat w/Hood or Poncho / Umbrella

Bedding and Linen:

2 Warm Blankets (washable)
1 Pillow & 2 Pillow Cases
2 sets Top Sheets (cot or twin size)
2 sets Fitted Bottom Sheets
2-3 Bath-size Towels
1 Face Towel
1 Beach Towel
1 Laundry Bag

Toilet Articles:

Shower Bucket/ Tote (to carry shower items)
Soap / Soap Dish
Shampoo / Conditioner (small size if 4 weeks)
Toothbrush, Toothpaste
Hair Brush / Comb (pony-tail holders/ scrunchies – for girls)

Footwear:

2 Pairs Sneakers
Water Shoes (or Sandals) & Rain boots
Shower shoes/flip-flops
1 Pair Hiking Boots or all-terrain shoes [well broken in] (optional)

CLOTHING AND CAMP EQUIPMENT:

The equipment list has been included in this Handbook and is carefully designed to provide you with all necessities for your camper. Please use it as a guide (not a mandate) and know that we have some equipment available (tennis rackets, snorkels, rock climbing shoes, kayaks) for your child to use. If they have a particular interest in a sport, they may wish to bring their own equipment. Please call us to discuss this. Two-weekers should pack half as much of each item and know that the laundry goes out every week.

***Do not over-pack** your child's trunk, label everything with your child's name with a "sharpie" marker or hand-sewn label. List all items on a piece of paper taping it to the inside of the trunk lid. Camp may ship home any excess items at your expense and is not responsible for lost, missing or forgotten items at the end of session or season. We do our best to return them and/or (if requested) saved for the next year. Clothing items left behind without name tags will be donated to charity

***New for 2010! If You Order Clothing After May 15th, 2010,**
Amerisport will automatically charge (\$11.00) and will attach camper name labels to all articles (5+ or more) when purchased.

Please do not send items of high value or personal sentiment (stuffed animal exception). ***Campers who wear eyeglasses should bring an extra pair** (along with a copy of the prescription) to be left at the infirmary.

***Required Uniform Items**

to be purchased from
Amerasport.

Placing your order early is imperative

(See enclosed catalog)

Or

Follow the link at:

www.adirondackcamp.com

Our cabins do not have electricity, nor do we have cell phone reception. An important aspect of camping is to always make the best of what is available.

Do not send valuable items such as cell or iPhones (unless necessary for camper travel where it can be stored securely in office with plane or train tickets), jewelry, computers, or cash. Your child will have money in his or her personal account, but is not needed while in camp or on trips. Additional money (other than extra as you deem fit for camper traveling) is not necessary.

ITEMS NOT TO BRING TO CAMP:

The following items are not appropriate for camp will be collected and held at the office until the end of your child's stay:

- Cellular & iPhone telephones (travel exception & we hold)
- Cell phones with Cameras.
- Blow dryers and curling or flat irons.
- Expensive Jewelry / Perfume / Cologne
- Extra cash (travel exception).
- Food, candy or gum.
- Scooters/Skateboards.
- Walkie-talkies or two-way radios.
- "Sharpies" and magic markers.
- Electronic games, including Game Boys (travel exception).

HEALTH AND SAFETY:

The New York State Department of Health licenses Adirondack Camp. Adirondack Camp is inspected on an annual basis and reports concerning the Camp are on file at:

State of New York
Department of Health
77 Mohican St.
Glens Falls, NY 12801

DIRECTIONS TO CAMP:

From the South:

Take Route 87 North (Northway) to Exit 20.

Follow Route 149 North to town of Fort Ann.

At light make a left onto Route 4 towards Whitehall.

Continue straight through town of Whitehall (road turns into Route 22 at light).

Remain on Route 22 for about 20 minutes (about 20 miles) to Glenburnie Road which is just past The Log Chapel on the left.

Turn left onto Glenburnie Road and proceed for about 1 mile.

Turn left at the camp sign onto Warrick Road.

Camp is located at the end of this road.

Please visit www.mapquest.com for additional directions:

Adirondack Camp
302 Warrick Road
Putnam Station, NY 12861

FINANCIAL:

Camper **tuition is due (in full) by April 1st**. Camper's will risk losing their space if full payment is not made by this date (unless special arrangements have been made with Camp). Please be advised that we do not refund tuition after April 1st and no refund of tuition will be made for late arrival, early leaving, withdrawal, or dismissal from camp. Please also refer to enrollment application for contract wording and parent signature accepting terms.

LAUNDRY:

Laundry goes out once a week at no extra cost to you. Please make sure your campers' clothing is labeled or indelibly marked. They will need a laundry bag to store dirty clothes. Please do not send excessively valuable clothes or items with special laundry instructions as we (Camp) and the laundry service cannot be responsible for any lost or damaged clothing. We do our best to keep it all organized and the laundry service washes all items in cold water by "cabin."

BIRTHDAYS:

We love birthdays at Camp! We even provide the cake, singing, and celebration! If you like, you may send a celebratory package with small items for your camper's cabin, but please no food, gum or candy.

TIPPING:

Adirondack does not allow "tipping" to counselors. Please do not offer to tip your child's counselor, but they greatly appreciate, instead, a thank you note from you or you may make a donation to our Scholarship Fund in recognition of a superior staff member!

RELIGIOUS OBSERVANCE:

Places of worship are very limited in the area. If you have a desire for your children to attend services in town – please inquire as to which faiths are represented by May 1st.

- MP3 players/IPODS: While we would prefer Camp to be an electronic & media-free environment, we recognize the perceived importance of music, particularly at bedtime. Campers may, at their own risk, bring music to listen to, in the cabin, at rest and/or bedtime, with earbuds.

Possession of the following items will result in a child's dismissal from Camp without any tuition refund:

- Lighters and/or matches,
- Fireworks, sparklers, or other explosives.
- Weapons of any kind. (Camping knives must be less than 3" long and be submitted to the Cabin counselor upon arrival and stored securely at the Office until authorized use).
- Alcohol, tobacco, or illegal drugs.

PERSONAL ACCOUNTS:

Your Camper's personal account may be used to buy items from the Camp Store including toothpaste, stamps, or batteries. If your child needs additional items we will add the charges to your end of summer accounting. Personal account balances are non-refundable and may also be assessed a nit-picking charge in the event of head lice.

Personal Account Amount: \$25.00

EMAILING YOUR CAMPER: We welcome emails, but please remember campers do not have direct access to computers. Please limit your emails to no more than 2 or 3 per week. Emails should be sent to campers@adirondackcamp.com.

TRUNKS AND LUGGAGE:

Trunks should not exceed 30 x 18 x 14 inches in size.

Campers store their clothes in hard trunks or “foot lockers” and the new soft versions are not acceptable. No suitcases please!

Campers arriving by bus may only bring (1) duffel bag and (1) carry-on piece with them. The chartered busses cannot carry trunks to camp due to space limitation; however, we do allow them on the return trips for an additional fee of \$50.00 (including any extra duffel bags) because we send a luggage vehicle to travel with the busses. **Kayaks are not allowed** on the busses and must be shipped separately.

We suggest that you ship your trunks, large duffels, kayaks, or water-skis by UPS, FedEx, or other concierge service with signature confirmation receipt of its arrival at camp.

When shipping your trunk: Contact UPS at least (2) weeks in advance of your campers’ session. They will advise you regarding the size and weight of the item and what to cost will be. Should you be “over” in pounds or greater in inches by just a little, UPS is required by law to return the trunk to you. You must clearly label your trunk and/or duffel with our street address & phone number when shipping via carrier:

Adirondack Camp
302 Warrick Road
Putnam Station, NY, 12861 USA
(518) 547-8261

Please make sure the address and your Child’s Name & Session are securely attached and/or written clearly on their trunk and duffel bag. (Do not rely solely on the courier provided label when attached with clear or sticky tape because it can get easily pulled off in transit and delay the trunk/bag’s arrival).

A return address is also very important to have written directly on the item as well in event label is damaged or lost. Camp cannot take responsibility for any items damaged or misplaced.

Be sure to send the key to the trunk with your child. It is suggested that bedding / linens be shipped in soft duffel bags, while

4. Write and mail letters to your child several days before leave for camp so there will be mail waiting for them after you have said goodbye. Write something everyday and avoid mentioning how much you miss them.

Please feel free to contact the office, our Director, Matt Basinet, and/or Merritt Duffy, Assistant Director /Advocate at any time before and during camp with any thoughts and/or information to assist your camper in adjusting as well as possible to camp.

You can telephone (518) 547-8261 us year round or email with your questions or concerns to info@adirondackcamp.com and we will respond to you promptly.

PARENTS’ VISIT:

A special Parents’ Visit is scheduled for July 11th. Families and friends are welcome from 9:30am to 5pm. See your campers in action, meet the staff and take a dip (an on-premises swim test for parents and guests is required) in gorgeous Lake George!

A list of area hotels is included in this handbook. **Local rooms can be limited due to summer events, so it is highly recommended that you make your reservations now!** An invitation and detailed schedule will be sent during the summer.

Campers are not allowed out of Camp on visiting day and please observe our no pets, non-smoking and no alcohol camp policy.

You are invited to bring your own picnic, or join us at the Mess Hall for Carlo’s enticing sandwiches and assorted salads. You may bring all manner of munchies and homemade goodies for eating on Sunday, but **please do not bring extra food, gum or candy** to leave with your campers.

If you are unable to attend Parent’s Day please let us know because we make the day special for those campers whose parents cannot attend. Not everyone can make it and that is OK.

You may help in the process by providing stamped, pre-addressed envelopes. Items sent to Camp via USPS can be sent to our PO Box 97 or FedEx and UPS to our street address for delivery Monday – Friday: 302 Warrick Road, Putnam Station, NY 12861 You may also fax or email your camper at (518) 547-8706 or campers@adironackcamp.com. Emails received after 11 am will be delivered the following day. Please include your camper’s cabin name if you know it – it makes sorting the mail a lot easier!

TELEPHONE:

Telephone calls to campers are not allowed with the exception of international arrivals, emergencies, and birthdays.

Campers miss home less when they are not reminded of it from your well-meaning telephone calls. Please help them to be successful with us by not calling. They need your daily letters and emails. However, if you must speak with your child over the course of their stay with us you may schedule a brief call that will last 5-7 minutes at Rest Hour because other children have been scheduled for calls too. If you are not getting through on your time slot – please keep trying as your child will be waiting there at the office to hear from you. Please call the office at least one day before to schedule a time during rest hour from 1-2pm. You may always call and speak with our director, Matt Basinet, or reach out to our Camper Advocate as often as you need to for information on how your child is doing.

MISSING HOME (a/k/a “ Home Sickness”)

Most campers at some time or another miss home – it is unavoidable and natural. Camp, for most children, is an easy transition, but here are some things you can do to help your child make the transition easier:

1. Talk to your child about the fun they will have exploring new activities and making new friends. Children respond to the signals that you send them. If you are enthusiastic and confident about their camp experience, they will be excited too!
2. Involve your child in packing and preparation.
3. Include a special memento and photo of you and pets.

clothes and shoes be shipped in trunks. Valuables should be carried in an over night bag or carry-on duffel. When you arrange for your child’s trunk to be sent, you can also arrange for UPS to pick it up at summer’s end.

A limited amount of rental trunks and linens are available at Camp for international campers – please inquire with the office if you think you may need one with or without linens.

TRANSPORTATION:

Let us know your travel plans **regardless of who is providing the transportation.**

Please complete and return the enclosed transportation form even if we have discussed travel arrangements via phone or email.

If you are coming by car - please arrive in Camp no earlier than 1 pm and no later than 5pm. An early arrival is not fair to your child, as she/he will be unable to register or enter their cabin.

Please respect our camp policy of no pets and no smoking on the premises.

Our registration procedure is designed and scheduled to help each camper make a smooth transition from home to Camp.

All Campers should (1) check in with the infirmary first (to turn in medications and forms) and then (2) settle in to the cabin where they will unpack, meet her/his cabin staff, and fellow bunkmates. Parents are encouraged to make this transition as quickly and smoothly as possible.

We recommend the chartered Camp busses as a preferred method of transportation. Taking the bus helps new campers get to know staff and other campers before their arrival. The bus departs from NYC at 9am and Tarrytown at 10am. Busses arrive at Camp around 3pm.

Space on the bus is limited, so be sure to make your reservation early (518) 547-8261 even if you child is coming 2nd Session.

MEDICAL:

All Campers must receive an annual medical examination prior to attending Adirondack Camp. **This examination must have been performed within the 12 months prior to June 27, 2010.**

New York State also requires that we not admit any Camper into the program without a copy of your insurance and prescription cards and completed medical forms signed by a parent and physician.

These forms must be completed, signed, and returned to Camp **by May 1st**. Please schedule your child's examination **now** so that this deadline is not a problem.

If there are any specific concerns about your child's health, especially allergies and diet restrictions, be sure to clearly indicate this on the Medical Form and Confidential Questionnaire.

In some cases, our nurse may discuss specific arrangements with you prior to your child attending camp. In the case of contagious disease exposure (including head lice), your child **must** be kept at home until after the incubation period. This precaution is essential to the health of our entire camp community.

Prescription Medications must be in original containers (English) and include complete instructions for use from your physician to the attention of the Camp Nurse. All medications will be kept and distributed by the Infirmary. If prescriptions are not in English they will not be distributed! New York law forbids campers to have **ANY** medication (except inhalers) in their possession while at camp and our infirmary is well-stocked, so please do not send non-prescription medication.

If an illness or injury occurs, the Nurse will take every step to treat the ailment and may administer physician-approved over the counter medications. If the illness or injury is not resolved within an appropriate time, parents will be notified and the child will be taken to the Whitehall Health Center or Moses Ludington Hospital.

A Registered Nurse is on duty at all times during the summer. Non-emergency physician care is provided by the Whitehall Health Center. Moses Ludington Hospital handles medical emergencies. In the event that emergency treatment is deemed necessary, parents

will be notified immediately. Parents are financially responsible for any medical costs, other than routine infirmary supplies, incurred by the child while at Camp. Costs are billed first to the parent and then may be submitted to the family insurance plan.

Please advise us if your health insurance carrier needs to be called before a non-emergency medical visit.

**Camp Infirmary
(518) 547-8424.**

DIETARY CONCERNS:

Though Adirondack Camp is not a peanut-free environment, our kitchen **can** accommodate vegetarians and limited special diets. It is essential that you inform us **by May 1st** if your camper has any special dietary concerns.

Please understand that our cook does his planning and ordering in advance and Campers may not change their diet plan during the summer. Please call the office with questions or concerns about menus and allergies and possible accommodations in this area.

LETTERS AND CARE PACKAGES:

Camp does not permit care packages containing food, gum, or candy. Please advise friends and family of this policy (exceptions require Director approval). This is due to our open-air cabins and close proximity to nature.

Campers are required to open any packages in the presence of a staff member and all food sent to them will be discarded. We do not save it for bunk parties or mealtimes, so please do not send your child food because it causes them great sadness and frustration when we discard it. Please respect our policy on food and send letters, books, fun pencils, small stuffed animals, photos, etc. instead.

Campers are encouraged to write home at least once a week.