## First Time Parent Meeting Thank you for joining me!

#### What do children gain by attending Camp St Charles?

grow away home much things made friends <sup>skills</sup> takenew friends responsibleindependent <sup>self</sup> great going help independence friends camp loved made s confidence came home try new activities daughter ability increased Tried new foods

#### **Paperwork and Payments**

Annual health form complete by parents Health exam required, annual preferred Pdf version is one form (last page for Dr) Ultracamp version is TWO forms -one for parents, one for Dr Return by mail or upload to ultracamp Tuition is due 30 days prior to camp

#### ALL CAMPERS:

) Complete pages 1 - 3.

These pages must be completed annually by new and returning campers.

- Attach a copy of your current health insurance card.
- HEALTH EXAMS (page 4)
  - Must be completed and signed by licensed medical personnel.
  - Exam date must be present.
  - Parents may submit a different physical record (page 4) as long as the exam date and doctor signature are included.

#### TIME FRAME FOR VALID HEALTH EXAMS:

Camper has NO Medical concerns and NO Daily medication:	Camper takes Daily medication and/or has a medical concern (asthma, etc.):
Exam date must be within	Exam date must be within
24 months	12 months
of Camp attendance	of Camp attendance

**RETURNING CAMPERS:** Physical Forms are kept on file from the previous year. If you would like us to pull, check date, and copy this form to attach to your current pages 1 - 3, **Please let us know in advance. You are still required to submit pages 1 - 3 for the current year.** 

MAILING YOUR COMPLETED HEALTH FORMS:

- Original Documents are required. DO NOT FAX/SCAN THESE FORMS TO US.
- Remember to allow enough time for mail to arrive at Camp.
- Please send in ONE MAILING:
- O Original, Completed forms
- O Copy of health insurance card

MAIL TO: Camp St. Charles Registrar, Sheri Belisle 9692 Meadowview Lane Newburg, MD 20664

#### Preparing your child for Camp St Charles

Completing camp paperwork (check contact information)

Health forms and health exams are due one month prior to camp

Talking about expectations for camp (new camper newsletter)

No phones, smart watches, etc.

Practice taking care of hygiene independently, showering, brushing teeth

Packing for camp with your camper

Prep4Camp program

#### **Consider Purchasing Camper Protection**

Works like travel insurance, in the event that your child's time at camp is interrupted by illness, etc

#### Mail from Camp St Charles

**Camper Newsletter** 

Count Down to Camp Calendar

Postcard with QR codes to forms

(postcards will be mailed soon)



## Shopping for Camp

Follow the CSC packing list for your child's session length (mini or two week)

Crocs or other closed toed shoes that can be worn wet

Sneakers (old pair pls)

LABEL everything for camp (sharpie or Mabel's Labels) with full name, not initials

Trunk, footlocker or other sturdy container that a child can sit or stand on (We recommend Everything Summer Camp brand trunks)

Mesh or fabric laundry bag

#### We recommend Everything Summer Camp Brand trunks



Linked on the Camp St Charles website on the camp forms page

# Trunk/Footlocker must be sturdy enough for campers to sit or stand on

A toolbox style can be a good option





My adult daughter's truck with CSC stickers. Each camper receives a sticker for the season Not recommended, particle board trunks break easily and have weak hinges



#### Shoes for Camp



Most campers wear crocs





Pro tip: take a photo of your child's shoes, in the event that they leave a pair behind, we are better able to find them

Most boys wear black sneakers and black or navy crocs, pls label well



#### Help your Camper to stay organized at Camp

Simplify products when possible (3 in 1 shampoo, conditioner, body wash)

Small size products in a manageable shower caddy

Showers are near cabins but in a different building so campers will go with counselors to shower time. (a cover up or lightweight robe is helpful)

Practice wrapping up in a towel in a modest way

Practice applying sunscreen, provide a sunscreen that your child likes/tolerates

Practice asking for help from a counselor

#### **Shower Caddy Options**

Practice carrying caddy while wrapped in towel, to prep for walking to and from the camp showers



#### **Examples of Cover Ups**



Perfect for young campers



Sides are open so can be challenging for kids

#### Pack with the Bag Method

Pack each day's clean clothes in a one gallon zip lock bag

Put dirty items in the laundry bag (mesh or fabric)

Leave expensive items or items of strong sentimental value at home

Select a small comfort item for bed time





#### **Care Packages**

Bring to check in day, labeled with child's name and cabin

Package day will be on wednesdays each week

2 week session families may leave two packages

A large envelope or small shoe box is an appropriate size.



Some items that you might opt to include: book to read, crossword puzzles, sudoku, deck of cards, journal, coloring book, magazine, <u>sealed</u> snacks, letters, photos, small toys

Please no slime, open food, gum or other items not permitted at camp

## Check In on Opening Day

Staff will direct the flow of traffic

Our gravel road is narrow

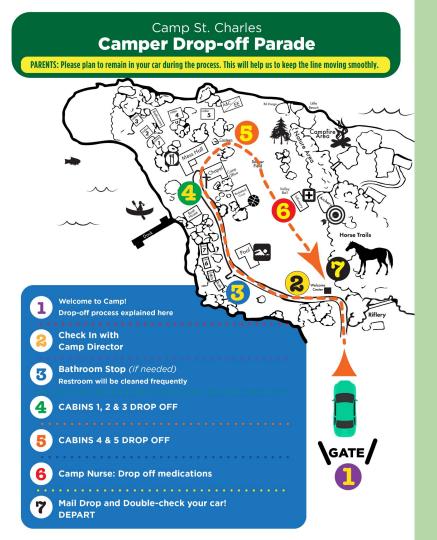
Pack items in trunk and laundry bag

(avoid loose items)

Have any medications in hand

(not packed in child's belongings)

Sunday 1-3pm



#### **Bunknotes and Bunk replies**

Bunknote credits are an optional additional fee

A typical family may opt to purchase 3 credits per camp day, per child

Campers receive bunk notes daily after lunch

Messages from parents are batched daily at 11am to send to CSC

Campers can write back with a bunk reply sheet

Many parents set up their bunknotes after they get home from drop off day

#### Will show sample bunk notes here

#### Viewing Photos during Camp

Photos on shared on the bunk1 app

Our goal is to take a selection of photos daily

Not a photo of every child at every activity

Save favorites to view with your camper

Some campers love photos, others not so much

Can opt to use facial recognition to search more easily

One photo per day is our goal



Reach out if you haven't seen a photo for 2 days so our photographer can be sure to seek out your camper

#### **Contacting Camp St Charles**

Camp Office 301-934-8799

Laura Hall, Camp Director director@campstcharles.org

Sheri Belisle, Registrar, registration@campstcharles.org

Mark Steele, Assistant Director, <u>asstdirector@campstcharles.org</u>

Camp Nurse (RN or physician) different each session, call camp office

Camp leadership may contact you for other numbers, cell phones, google voice

#### Check Out, Friday Evening 6-8pm

Drive through, similar to check in

At my station, have your ID ready, medications will be returned and return slip signed

Campers will be collected from the same place as the drop off

Counselors will help campers to pack up to be ready to head home

Stop by the lost and found area (near volleyball court area)

\*\*at the lost and found stop, take a look at your child's items to check for laundry bag, shoes, ceramic, etc. You can circle back around if needed.

If you cannot pick up on Friday evening, you may schedule an early pick up at 1pm with me