

Fleur de Lis Camp

**Parent Guide
2017**



Fleur de Lis Camp
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Fitzwilliam, NH 03447-3465
Phone: (603) 585-7751

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www.fleurdeliscamp.org

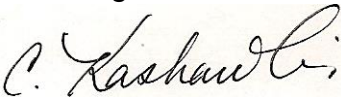
Dear Parents,

Welcome to the 2017 summer camp season! We are so excited to have your family and your daughter(s) joining us for a fun-filled summer experience. Thank you for choosing Fleur de Lis and for trusting us to care for and help shape your camper into the best person she can be!

Our staff is excited to lead her in learning new activities this summer, enhance her current skills and meet new friends as well as rekindle previous friendships. We are committed to a fun, safe adventure this summer and this booklet is designed to help you prepare for the Fleur de Lis experience.

We ask you to please read this guide and familiarize yourself with its contents as there have been a few changes for 2017. As always, do not hesitate to contact me or Hannah Weiner, Assistant Director for Camper Development, (hannah@fleurdeliscamp.org), Sarah Castro, Assistant Director for Advancement, (sarah@fleurdeliscamp.org) or Karin Strickland, Accounting & Office Manager, (karin@fleurdeliscamp.org) if we can be of service as your family prepares for camp. All of us at Fleur de Lis are looking forward to our 2017 season and we cannot wait to see you at camp!

Kind regards,



Carrie Kashawlic, Director
carrie@fleurdeliscamp.org
(603) 585-7751

Fleur de Lis Camp

Checklist of Camp Forms & Seasonal Dates

May 15, 2017...Final Payment of Camp Tuition Due & Horseback Riding Form Due

- _____ Final camp tuition payment due
- _____ Fairfield South & Fleur de Lis Horseback Card with non-refundable full payment (space is limited and will be filled as forms and payment are received)

June 1, 2017...Forms Due - FORMS AVAILABLE ONLINE!

- _____ Health History (completed by guardian)
- _____ Health Examination (completed by family physician)
- _____ **WITHIN ONE (1) YEAR OF THE START OF CAMP**
- _____ Cheshire Medical Center Form (completed by guardian)
- _____ Asthma Inhaler and/or EpiPen Auto Injector Form (Completed by guardian & family physician)
- _____ Camper Information & Permission Form (completed by guardian; various on-line forms based on chosen session)
- _____ Copy of camper's Health Insurance Card (front & back)

June 24, 2017...Camp Opens

- Check-in is between 1:00 pm and 4:00 pm. Please refer to the Parent Guide for details; check-in will NOT start until 1:00 pm promptly.

July 8, 2017...Two-Week Session Ends

- Pick-up is between 2:30 pm and 3:30 pm. Please refer to the Parent Guide for details.

July 9, 2017...Visiting Day & 5 Week Check-In

- Please refer to the Parent Guide for details about Visiting Day.
- 5 Week check-in is between 2:00 pm and 4:00 pm. Please refer to the Parent Guide for details; check-in will NOT start until 2:00 pm promptly.

July 21, 2017...Senior Banquet & Campfire

- Please refer to the Parent Guide for details.

July 22, 2017...First Session (July Session) Ends & Changeover Weekend

- Check-out is between 9:30 am and 11:00 am. Please refer to the Parent Guide for details.
- Please refer to the Parent Guide for details and information about Changeover Weekend options for campers in the five (5) & seven (7) week program.

July 23, 2017...Second Session (August Session) Begins

- Check-in is between 1:00 pm and 4:00 pm. Please refer to the Parent Guide for details; check-in will NOT start until 1:00 pm promptly.

August 5, 2017...Family Day & Two-Week Session Ends

- Please refer to the Parent Guide for details about Family Day.
- Pick-up is between 2:30 pm and 3:30 pm. Please refer to the Parent Guide for details.

August 12, 2017...Senior Banquet & Campfire

- Please refer to the Parent Guide for details

August 13, 2017...Camp Closes

- Check-out is between 9:30 am and 11:00 am. Please refer to the Parent Guide for details.

August 18-20, 2017...Big & Little Weekend

- Please refer to the website www.fleurdeliscamp.org for more details.

ARRIVAL AND DEPARTURE

We suggest that all campers arrive by car as it allows parents/guardians to see camp and help their camper get settled. When arriving by car, please obey the speed limit signs and the staff who are controlling traffic. Please notify camp as early as possible with details of your camper's travel information if she will not be arriving by car.

Airports near Fleur de Lis:

- Manchester Airport (MHT) - Manchester, NH
- Bradley International Airport (BDL) – near Hartford, CT
- Boston International Airport (BOS) - Boston, MA

Local transportation companies for domestic campers arriving at the airport (these companies report their drivers have had training and background checks and work with the airlines for the proper pick up and drop off of “unaccompanied” minors).

- Thomas Transportation – (800) 526-8143
www.thomastransportation.com
- Adventure Limousine – (603) 357-2933
www.advlimo.com

Fleur de Lis staff will assist in collecting campers arriving from international destinations for an additional fee. Please email camp to learn more.

Please note that any dogs brought to camp must be on a leash at all times. Please also note that no weapons, alcohol or drugs should be brought into camp at any time.

For directions to Fleur de Lis, please visit our website.

Please use care when using a GPS. Many devices may send you down dirt roads that are probably not suitable for cars. Please look for a set of directions into Fitzwilliam that leads you down RT 119 or RT 12 for the best travel option.

OPENING DAYS

For our **June 24th** and **July 23rd** Opening Days, we ask that you **arrive between 1:00 pm and 4:00 pm. Please do not arrive before 1:00 pm—we will NOT start check-in until 1:00 pm.** Our staff is eating lunch and finishing final preparations for your arrival. You are welcome to bring a picnic lunch and use the camp lawn for your lunch, however, to be fair to everyone check-in will not begin until 1:00 pm.

Upon arrival, you will be directed to park on the lawn in front of the Old Dining Hall or in the Dining Hall parking lot and then directed to check-in at the Dining Hall where cabin/tent information will be provided. You will also have the opportunity to meet the Camp Director, Carrie Kashawlic, who will be around the Dining Hall near the parking area. (She is the stunning woman in the fabulous big floppy straw hat. ;)

Signs and staff will help guide you through the check-in process from the Dining Hall to the Farmhouse (if needed: financials), to the Health Center, and then to your camper's tent/cabin where counselors will be waiting to welcome you. We encourage you to remain parked on the lawn until your camper finishes at the Health Center, at which time you will be able to drive down to the fields to help her get settled.

Light refreshments will be served during the check-in process. This amenity has been organized for decades by volunteers Steve & Nancy White and Laura Geary in the Sunken Garden (across from the Barn) or in the Barn during inclement weather. Please join us in thanking them for their continued commitment and service to Fleur de Lis and feel free to enjoy the sweet treats and mingle with other Fleur de Lis families.

An informal Parent/Guardian Gathering will be held in the refreshment area at 2:30 pm to meet our administrative staff

and answer any final questions. We please ask that you leave camp by 4:00 pm to allow the girls to begin their camp experience together and have time to play get to know you games, learn safety rules, and get ready for adventure.

For our five (5) week and two (2) week JUNIOR campers arriving on **July 9th**, **check-in is between 2:00 pm and 4:00 pm starting on the Farmhouse porch.** Families are welcome to arrive earlier for Coronation and to picnic during Visiting Day, but we please ask for your understanding that check-in begins at 2:00 pm as our staff have other responsibilities before this time. Thank you, in advance, for your patience.

CLOSING DAYS

On **Saturday, July 22nd** and **Sunday, August 13th** Closing Days, parents should arrive at camp to pick up their camper **between 9:30 am and 11:00 am.**

Check-out begins at the Farmhouse to close your camper's incidental account, find out about next season's camp discounts, and check Lost & Found. If your camper came to camp with any medications, please stop by the Health Center to collect them.

We thank you in advance for arriving within the check-out windows so that our staff have time to be prepared and ready to be of service to you during the check-out process. You will be able to drive to your camper's tent or cabin to collect her belongings. Our staff will have already helped her pack.

Two (2) week campers checking out on **Saturday, July 8th** and **Saturday, August 5th** Closing Days, parents should arrive at camp to pick up their daughter **between 2:30 pm and 3:30 pm**; this is after lunch and morning classes. Check-out is during rest hour; your camper will be able to

say goodbye to her friends before they continue on to afternoon activities.

Two (2) week campers may extend their stay to a full four (4) or three (3) weeks, please contact the Camp Director to discuss this option.

Please note: If a camper is to be picked up by someone other than a parent or legal guardian, Fleur de Lis must be notified in advance and in writing of the plans. Campers must be collected by a legal adult (age 18+) Thank you for your cooperation.

CABIN & TENT PLACEMENT

Campers are assigned cabin and tent placements with other girls in their same age group. At least one counselor and often a counselor-in-training (CT) live in the tent or cabin with the girls (except for honor tent placements for some 2nd Year Senior campers.)

We do not encourage cabin and tent requests. We value a community that is welcoming to all and we work to avoid cliques and exclusive groups that may be found in school. Our staff works hard to make tent and cabin assignments so that new campers do not feel left out and so returning campers can enjoy rekindling friendships as well as make new friends.

If a request is made, we will try to honor it; we will try to place the camper with **one** (1) friend requested. Requests are considered only when both campers/families have made the request ***in writing at least one (1) month before arrival*** at camp. There will be no reassignments on Opening Day.

VISITING DAY (July Session)

Visiting Day is **Sunday, July 9th**. Parents, relatives and friends of campers are invited to camp to visit and enjoy

camp programming. Our Visiting Day program runs from 11:00 am to 4:00 pm.

There is a traditional camp ceremony called Coronation for the camp Queen to re-affirm the values of camp—integrity, loyalty and service. Families wishing to attend should arrive by 11:00 am and gather in the Hemlock Grove. Campers will arrive in a choreographed fashion.

After the ceremony, campers are welcome to meet and mingle with their guests over a picnic lunch and participate in camp activities until 4:00 pm. If families choose not to attend the camp Coronation ceremony, please plan to arrive at 12:00 pm.

Guests should plan to bring a picnic lunch to share with their campers. We encourage families to let their camper know if they will be attending Visiting Day prior to arrival at camp or through mail correspondence at camp.

Yes, we do have international campers at camp and other families who live very far away that cannot attend Visiting Day. If your family is willing to host a guest at your picnic, please let your camper (or let the Camp Director) know either before camp or in mail correspondence so she might be able to invite a new friend. We work very hard to ensure that all our campers have someone to visit with and a picnic meal on Visiting Day; we appreciate the caring and welcoming nature of our Fleur de Lis parents/guardians to help ensure no one feels left out on Visiting Day. Thank you.

After lunch, a free-swim period with lifeguards will be available as well as other “open” activity areas like tennis and the opportunity to visit in the fields.

That evening, the girls have a special and eagerly awaited “Glop Night” party. Campers share their picnic leftovers with

each other; please plan on leaving a limited amount of extra “party” food for the evening and savory items are much appreciated. (All uneaten food must be thrown away to prevent critter visits.)

For the welfare and happiness of our group, we request that you limit visits to our scheduled Visiting Day & Family Day.

Please note: Campers may not leave camp grounds during Visiting Day or Family Day.

FAMILY DAY (August Session)

Family Day is **Saturday, August 5th**. Parents, relatives and friends of campers are invited to camp to visit and enjoy a picnic lunch. Our Family Day program runs from 1:00 pm to 3:30 pm.

As many families do not have the schedule luxury to come to camp two weekends in a row (check-out is the following weekend) a regular Saturday schedule will occur on Family Day. The time of Family Day is during lunch and rest hour before afternoon activities recommence.

Campers and counselors will not be in uniform for Family Day as they will have just completed their morning activities and will be on their way to the fields. Administrative camp staff will be in uniform and available to assist families as needed.

Guests should plan to bring a picnic lunch to share with their campers. We encourage families to let their camper know if they will be attending Family Day prior to arrival at camp or through mail correspondence at camp. Campers without a visitor will have a special lunch in the fields with other campers and counselors.

After lunch, campers with visitors may choose to do a free-swim with their guests or show their guests around camp and introduce them to their friends in the fields who will be enjoying rest time.

As many campers do not have guests at Family Day, there is not a “Glop Night” party. Please do not leave your camper with any “party” food. (All uneaten food must be thrown away to prevent critter visits.)

For the welfare and happiness of our group, we request that you limit visits to our scheduled Visiting Day & Family Day.

Please note: Campers may not leave camp grounds during Visiting Day or Family Day.

GRATUITIES/TIPS

Parents are asked to please not tip staff members. Words of appreciation in writing or in person are gratefully received. Parents wishing to demonstrate their appreciation may make a tax-deductible contribution to Fleur de Lis Camp in honor of a staff member if they wish.

CHANGEOVER WEEKEND

Our five (5) and seven (7) week campers may have visitors and/or leave camp during Changeover Weekend, **Saturday, July 22nd - Sunday, July 23rd**.

Please note the options below for Changeover Weekend; and please share your choice with your camper and the Camp Director. The trip is a “high adventure” (ropes, waterpark) excursion that will be planned for campers remaining at camp during Changeover Weekend; the trip will leave at 11:00 am when check-out ends.

1. We plan to take our camper **home/away** on **Saturday** between 9:30 am – 11:00 am and return her to camp

between 12:00 pm - 1:00 pm on **Sunday**. (Please note that lunch on Sunday is at 12:00 pm to prepare for arriving campers.)

2. We plan to **visit** with our camper **away from camp on Saturday**. We will pick her up between 9:30 am – 11:00 am and have her back at camp between 7:00 pm – 8:00 pm. We acknowledge that we cannot bring her back to camp prior to 7:00 pm because staff will be away from camp for an off-site excursion.
3. We plan to **visit** our camper **at camp or away from camp on Saturday** between 9:30 am – 11:00 am, so she may participate in the out of camp excursion.
4. We plan to **visit** our camper **at camp or away from camp on Sunday** between 9:00 am – 12:00 pm. She will remain at camp on Saturday to participate in the out of camp excursion.
5. We plan for our camper to **continue to participate in camp activities**, including the out of camp excursion during Changeover Weekend.

Campers may only leave camp with their parents or legal guardian (adult age 18+) unless camp has signed written permission for them to leave with another family for the night. Please make these arrangements at check-in or at least two (2) weeks in advance.

CAMPER DISMISSAL

Fleur de Lis Camp reserves the right to dismiss a camper without tuition reduction or refund at the Director's discretion. We rarely send girls home for disciplinary reasons, and always communicate with parents when we observe unusual or concerning behavior. However, if a camper's manner is repeatedly inappropriate toward other campers or staff, or if

the camper's actions pose a threat to the safety of others or herself, parents will be called to pick up their daughter.

EMERGENCY COMMUNICATION

Due to global events within the last decade, Fleur de Lis has initiated an emergency communication plan for the families of our campers. We, please, ask that you not rush to Fitzwilliam or call camp in a crisis so that our phone lines are open to seek assistance if needed for the security of your camper. We will work to keep you informed as to the status of camp and your camper through our emergency communication plan.

We will post any emergency information to the CampMinder system: it will be visible immediately under the "Hi {firstName}, welcome to your CampInTouch account for Fleur de Lis Camp" message that welcomes you into your account. The CampMinder system also allows us to do a mass e-mail to families as an additional communication method if needed.

Fleur de Lis is a licensed camp by the State of New Hampshire, an accredited camp by the American Camp Association and is in communication annually with the town of Fitzwilliam emergency personnel. In compliance with these organizations and in cooperation with local emergency officials Fleur de Lis has written emergency plans that are practiced with staff during pre-camp training and the local fire department conducts a fire drill at the start of each session.

HEALTH & MEDICAL FORMS

All camp forms are available in the CampMinder system. Some are web forms that can be completed on the computer screen. Others can be printed, completed and either mailed to camp or scanned and uploaded back into the CampMinder system.

Each camper must have a completed camp medical exam including a doctor's signature verifying a **full physical examination within one (1) year**. The exam should be within 12 months of the camper's arrival to camp; it can be uploaded into the on-line CampMinder forms system. ***If a camper has not had a physical examination within one (1) year of her arrival, she may not participate in camp.***

The health history form should be completed by a parent or legal guardian; **please complete the on-line health history by June 1st** so our nurse has time to review it and be ready to discuss any questions with you upon your arrival to camp. Thank you.

MEDICINE ADMINISTRATION

All medications must be brought to camp in the original container. This is true for all prescription medications and over-the-counter medications, (including vitamins) that are brought to camp; all items must be left with the camp nurse at the Health Center. Any items that are not in the original container will not be accepted and cannot be dispensed at camp. ***All prescription medications must have the prescription label with the medication including the pharmacy, doctor's name, medication name, dosage and frequency of administration. This is especially important with inhalers and EpiPens or other medications that do not have a pharmaceutical label on the bottle.*** Please be aware that our nurse MUST follow the instructions on the prescription as directed by the doctor.

Campers with a prescription for an inhaler and/or an EpiPen must have an additional form completed and signed by the doctor and the parent/guardian in accordance with NH laws; it can be uploaded into the CampMinder system. Families should make arrangements with a primary care provider to bring two (2) prescriptions to camp in the original containers/boxes with the prescription label. Campers are

able to keep one (1) on their person at all times, and our nurse will keep one (1) at the health center in case of an emergency.

We stock a variety of over-the-counter medications as directed by the camp doctor. We use these sparingly, but if you prefer that your camper NOT receive any of the following medications, please make a note on her health form. Please do not send these medications to camp with your camper as we have an ample supply.

- Acetaminophen (such as Tylenol)
- Ibuprofen (such as Advil)
- Diphenhydramine/antihistamine (such as Benedryl)
- Antidiarrheal (such as Immodium)
- Guaifenesin, Cough medicine (such as Robitussin)
- Pseudoephedrine/decongestant (such as Sudafed)
- Bismuth subsalicylate (such as Pepto-Bismol or Tums)
- Cough drops
- Sore throat spray (such as Chloraseptic)
- Calamine lotion
- Hydrocortisone cream/ointment
- Topical antibiotic ointment/cream (such as Neosporin)

CAMP HEALTH CARE

Fleur de Lis has a registered nurse (RN) on site. We have a camp doctor on call, and arrangements are made annually with the local hospitals as well as the town fire and ambulance service. In addition, our staff has been certified in First Aid and CPR. If it is necessary for your camper to receive medical/dental treatment away from camp, we will notify you by telephone.

In accordance with HIPAA regulations, your camper's medical information will only be shared on a need to know basis. Please be aware that her counselor, kitchen staff and camp administrators may need to know about certain

conditions, allergies etc. This information will be made known to them discreetly and only to the extent necessary.

HEAD LICE

As part of the camper check-in process a head lice screening will be done. Campers are requested to wear their hair down upon arrival to camp to assist with the check; campers with tight braids or up-dos will be asked to undo the coiffure so a proper check can be done.

Your vigilance is essential to trying to keep head lice out of camp. Please check your daughter's head two (2) weeks before her arrival to camp and again one (1) to two (2) days prior to her arrival. If your daughter has had head lice or has been exposed to it within the last three (3) months, please make note of it on her health history form.

As it can take 7-10 days for a case of head lice to be detected, we will do our best at check-in to screen for any active cases. However, even after campers have checked-in, we celebrate our camp community on Visiting Day/Family Day by welcoming parents, siblings, friends and guests with hugs, friendship and love which creates a possibility to introduce a louse into the camp community outside of check-in. The CDC and AAP (links at the bottom of this section) do not recommend that children miss any activities for head lice as they do not cause any health problems—they are just a frustrating nuisance. The only way to eliminate lice is to kill and remove live adult lice and the eggs—nits.

If a camper arrives at camp with lice, we will ask the family to begin the treatment, including washing and drying all her personal belongings—sustained high temperatures (130°F) will kill anything on them. We will also ask the family to begin the initial treatment (1% permethrin lotion (Nix) recommended by the AAP) and nit-picking for your camper—most over the counter treatments only kill live

bugs, NOT the eggs/nits. Camp will assist with the second treatment left with the Nurse (per treatment instructions) seven (7) days later. If you prefer not to assist in this way, Fleur de Lis will provide you with a list of professional head lice removal services that you may contact in the greater Boston area to eliminate the lice.

If a camper is found to have lice during the course of the camp experience, we will contact the parents/guardians to inform them and begin treatment (cost of treatment and laundry charged to the camper's incidental account) and will continue to monitor her head by checking daily while minimizing the interruption to her camp schedule. If we feel we are unable to eliminate the lice within 10 days, we will contact her parents/guardians for nit-picking assistance or contact a professional head lice removal service charged to the camper's incidental account.

If lice is found at camp during a session, we will do a lice check of everyone on site and notify families at check-out to encourage continued monitoring at home.

Should there be an incident where five (5) or more campers are found to have lice at once, it exceeds our camp resources. We may be able to work with our camp doctor to utilize a prescription treatment (pediculicidal and ovicidal—kills live lice and lice eggs) to clear any active cases and contain it. If that is not recommended by the camp doctor or you, as the parent, do not want that treatment option, we will employ a professional head lice removal service so that we can quickly and effectively treat all the head lice cases and limit the spread. This service will be charged to your child's incidental account.

For more information related to head lice, please visit the CDC's website, <http://www.cdc.gov/parasites/lice/head/> or the AAP's website, <http://www.aap.org/en-us/about-the->

HEALTH INSURANCE

We ask that parents/guardians provide medical insurance information necessary to take care of health expenses incurred by their camper during the camp season. If a camper is not covered by health insurance, a parent or guardian's signature is required agreeing to be responsible for any medical expenses the camper may incur.

Medical expenses that are not covered by health insurance and co-pay fees (ie: prescriptions) will be added to the camper's incidental account. Receipts for these expenses will be given to parents/guardians upon request.

TUITION

A \$350 non-refundable tuition deposit is required with each camper's registration. A bill for the balance of a camper's tuition is emailed prior to her arrival at camp. **The tuition balance is due by May 15th.** A payment plan can be made with the Camp Director on an individual basis. Last minute cancellations represent a financial loss for the camp. ***Camp tuition is not refundable after May 1st.*** If a camper leaves before the end of the time for which she is registered, there is not a refund for the unexpired time, unless her withdrawal has been recommended by a doctor in writing.

INCIDENTAL/STORE EXPENSES

A reasonable amount of money should be placed in each camper's incidental account to cover minor camp activity expenses; the recommended amount is reflected/added to the January invoice based on length of stay. Incidental expenses, not covered by tuition, include laundry, special materials for arts & crafts, bullets, camp store, stained glass projects, American Red Cross Lifeguarding Course, and special trips.

As a safeguard against loss and unnecessary expenditures, campers must deposit any cash brought with them or received later, at the camp office. ***Fleur de Lis Camp cannot assume responsibility for any money or valuables kept by a camper in her tent or cabin.***

Each camper has an incidental account managed by the camp Office Manager and does not need cash to make purchases in camp. A reasonable amount of spending money is issued, as needed, to campers when they are on out of camp trips. If a camper overspends her account, parents/guardians will be asked to bring the balance to zero at check-out. If you have a concern, please speak to the Office Manager at check-in.

All camper accounts will be reconciled at the end of the July session and August session; families will be offered a choice to have any remaining balance refunded, donated to camp, or applied to the next season's tuition.

CLOTHING AND EQUIPMENT

A list of suggested clothing and equipment is at the end of this booklet. Remember to pack hot and cold weather clothing. All items should be identified with the camper's name on the tags, with iron-on name tapes, or by laundry marker. Valuable equipment or items that require special storage for safety should not be brought to camp.

Personal sports equipment (such as tennis rackets) listed on our packing list may be brought to camp. Campers may not bring the following to camp: guns or any other weapons, alcohol or illegal drugs, animals, or vehicles.

CELL PHONES AND ELECTRONICS

We do not recommend campers bring electronics or expensive/valuable items to camp. However, many campers do choose to bring an MP3 player or an electronic reader

(Nook). These items **CANNOT connect to the internet or have capability to text or be used as a phone.** Any items with these capabilities will be stored in the camp office until check-out. Fleur de Lis is not responsible for damage or loss to items brought to camp.

Please note that no cell phones are allowed at camp. **Cell phones will specifically NOT be allowed to be used for music.** Campers who wish to listen to music should please bring an “old school” MP3 player that does not connect to the internet.

In recent years we have noticed that campers who have said they use the cell phone device only for music were also utilizing Facebook, Instagram, texting and taking advantage of other internet features while on trip or away from camp. We had tried to limit this by removing SIM cards in 2015, but quickly learned that not all cell phone carriers, makes/models of phone hardware allow for this. We are asking our staff to be positively engaged in facilitating an exciting and fun experience for your camper and we are choosing to not make them be “on the lookout for unauthorized cell phone use.” We thank you in advance for your family’s cooperation in this matter to continue to support the camp community, culture, and relationships that we all enjoy.

Campers who do bring a cell phone at camp will be asked to leave it locked up in Farmhouse. If your camper will not be collected at camp, (ie will travel on a plane) we will make sure the cell phone is charged prior to her departure from camp so she has the tool available during her travels.

Again, we thank you for your cooperation and understanding as we work to navigate and respond to technology in the camp environment.

BEDDING

Each camper is provided with a single cot bed and mattress. Your camper must bring her own pillows, sheets, mattress pads and blankets in sufficient quantity for cold nights.

Campers who are traveling from overseas will be provided with camp bedding as well as loaned a plastic trunk and set of bedside drawers for a \$20 linen packet fee.

If it is more convenient, bedding and trunks may be shipped to camp via UPS, US Postal Service, or FedEx. They should be shipped two (2) weeks prior to your camper's arrival to camp.

Camper's Name
c/o Fleur de Lis Camp
120 Howeville Road
Fitzwilliam, NH 03447

UNIFORMS

Uniforms are worn on Visiting Day, and other special occasions such as the closing campfire. Uniforms and other items can be ordered through Maine Camp Outfitters, camp's official uniform vendor, <http://shopping.maine-camp.com/departments.asp?dept=822>. Campers in the introductory 2-Week Starter I session WITHOUT the option to extend are the only campers who do not wear the uniform; these campers leave on Saturday and uniform is worn for the first time on the next day, Visiting Day.

Online ordering is available through a link to Maine Camp Outfitter on our website, www.fleurdeliscamp.org. Under the "Campers" tab, click on "Packing List" for the "Maine Camp Outfitters" link. Adult and alumnae items are also available.

Campers need one pair of uniform shorts, one uniform shirt and a pair of white sneakers and white socks. All

other clothing is optional. A red camp sweatshirt and sweatpants are recommended as camper favorites.

Orders should be completed well ahead of the start of camp, to ensure on-time arrival and overall fit. Orders can be delivered directly to camp.

LAUNDRY

Fleur de Lis Camp uses a local laundry service for camper's personal laundry. Camper laundry is picked up once a week and returned to camp within 24 hours. Camper incidental accounts will be charge a fixed rate for each time that they use the laundry service. All articles must be clearly marked with the camper's name.

Campers need a durable laundry bag to send their washing out. Camp will provide paper laundry tags for identification.

MOSQUITOES

The mosquito population at camp varies every year. We recommend that campers bring lightweight, long sleeve tops and pants as a way of protecting their skin if we have a couple of really buggy days.

Non-aerosol insect repellent is a must. Additionally, some campers like to have mosquito netting for their bed. A popular version of a sleep screen is available from Maine Camp Outfitters.

COMMUNICATING WITH YOUR DAUGHTER: HOMESICKNESS

It is normal for campers to miss their home and family while they are at camp, even for girls who have been to camp previously. We have had considerable experience helping campers cope with homesickness. Our counselors are trained and ready to help, listen and engage your camper in the excitement of camp life and making new friends. Please

remember that overcoming homesickness is an important part of growing up and is a big part of what we do best at camp.

There are specific, proven things you can do prior to and during her camp experience to help your camper adjust.

She should have practice being away from home. Have her sleep over with a relative or friend a few times prior to camp. When you talk about camp, explain that there will probably be times that she misses home, her family and pets, her friends, etc. Talk about what she can do at those times. Some girls like having photos of family with them. Send your camper with stationary complete with pre-addressed, pre-stamped envelopes and encourage her to write you about camp. She can write to you when she misses you and also tell you the fun things about camp and the friends she is making.

Encourage her to get involved when she feels sad. Active involvement in camp life helps children cope with feelings of homesickness. The activity encourages friendship building, and provides her with accomplishments and experiences to write home about.

Let her know who to talk with about her feelings. Encourage her to tell her counselor or another staff member how she is feeling. Most importantly as you prepare for camp, let your camper know that you are confident that Fleur de Lis will be a fun place for her and that she will have a good time.

Voicing confidence to your camper makes her stronger. ***Do not tell your camper that you will come pick her up if she does not like camp.*** Our experience, as well as current research, shows that making a deal with your camper to come pick her up, actually makes adjustment to camp **more difficult**. By doing this you are unintentionally

communicating to her that you do not trust her resilience and ability to work through a tough situation with the support of the camp staff. Instead, find out what she is excited about in coming to camp, help her set some goals about what she wants to be proud of at the end of her stay at camp. These are items that you can ask her about in letters and share with her counselor at check-in so we can work with your family to help her be proud of her personal growth.

It is not uncommon to receive a letter (sometimes several) during the first few days of camp telling you of homesickness as she adjusts to a new place, new friends, a new schedule and all kinds of new activities. Please call the camp office with any concerns you have; we will discreetly check in on your camper and talk with her counselor to learn more about how she is doing right now. The letters are sometimes written during a hard moment and your camper may have moved right on. Sometimes the letters indicate that your camper needs more focused help adjusting to camp. We will work together to figure out the best way to support her.

There are things you can write to your camper that often help. Tell her how proud you are that she is taking on this challenge. Remind her of the things she was looking forward to about camp and ask specific questions about those things such as, "I remember you wanted to try archery at camp, did you have a chance to do that yet? What did you do during evening program this week?" Urge her to get involved and stick with it. Again, express your confidence that although she might have moments of feeling sad, she will have a lot of fun at camp and how proud you and she will be of her accomplishments after camp.

It is very important for your camper to know she is missed at home, however be careful not to "lay it on too thick" in a letter from home. Sometimes campers feel "guilty" for having so much fun at camp; be sure to balance your notes

with phrases like, “We miss you, but cannot wait to hear the new songs you’ve learned and what your favorite EP (evening program) was.”

Please also recognize that it is normal for parents to feel camper-sick, too! You love your camper and it can be hard to imagine that she is experiencing new things that you do not get to observe. This is very normal, and we encourage you to think about your own support system to assist you when you are missing your camper. Consider a project that can be more easily accomplished while your camper is away, or catching up with friends, planning some personal pampering or other activities that you enjoy to make this time special for you, too, and give you something to tell your camper about when you are together again.

A book has recently been published about homesickness and is recommended reading in preparing your camper for camp. Homesick and Happy: How Time Away from Parents Can Help A Child Grow, by Michael Thompson, PhD, 2012.

MAIL & ONE-WAY EMAIL

Campers love to receive mail! Frequent short notes or postcards (rather than very long, but only occasional letters) are preferred by campers. Encourage family and friends to send mail to your camper.

Camper’s Name
c/o Fleur de Lis Camp
120 Howeville Road
Fitzwilliam, NH 03447

We try very hard to make sure that you get mail from your camper a minimum of once a week; we know you are just as eager to receive mail from her as she is from you. The self-addressed and pre-stamped envelopes help in her

communication to you. Mail gets to camp fairly quickly, but it can be quite slow getting from camp to you.

Please put your camper's name on the outside of the envelope when addressing it. ***Suggestion: mail a note to your camper before she leaves so that it will be waiting for her at camp when she arrives; or leave a few letters during check-in at the Farmhouse (label with sticky notes with delivery dates).***

Fleur de Lis also offers a one-way email system through CampMinder. There is a nominal fee to participate. You, or any family members or friends you invite to participate, will be able to send your camper an email. CampMinder collects all the emails in a 24-hour period and sends camp one (1) message daily which enables us to print each letter individually that can be distributed during mail call.

To participate in this service, simply go to the Fleur de Lis website, www.fleurdeliscamp.org and sign up using your CampMinder account; you will be able to invite family and friends via your personal CampMinder account. The system uses your email as the log in and if you registered online the account is the same.

CampMinder also offers an on-line Photo Gallery. Fleur de Lis will post photos only twice a week, on Wednesday and Sunday so that we may spend the majority of our time facilitating a fun camp experience for your daughter.

PACKAGES

Getting a package from home is very exciting. Packages can be mailed through the Post Office or sent via UPS or FedEx. Some fun things to include in packages are books, magazines, games, nail polish, Mad Libs, stationary, photos, and stuffed animals. ***Do not send food OR GUM in packages. Campers may not bring food to their tent or***

cabin as it invites unwelcome critters and insects. This is strongly enforced.

TELEPHONE

Campers are not permitted to make or receive telephone calls while at camp. This policy has proven to help our campers avoid homesickness and succeed at becoming strong, independent girls who involve themselves with energy and enthusiasm in daily life. This is what Fleur de Lis is all about. One of the reasons camp is such a uniquely special experience is that it is separate from other aspects of our lives.

EMAIL/FAXES

The vast amount of our time is spent with campers. And although we have internet, we would rather be attending to your camper personally than living online. Please use the one-way email service or USPS to communicate with your camper.

Our fax machine is on our phone line. It is for business use only. Please do not fax letters to your camper. A staff member must be in the office for the fax machine to work. Please do not send faxes before 9:00 am or after 9:00 pm

COMMUNICATING WITH CAMP STAFF

We appreciate that it is difficult to be away from your camper and not be able to quickly and easily know how her day is going. If you have questions or concerns, please call camp at (603) 585-7751. The Director, Carrie Kashawlic, and/or Administrative Farmhouse Staff, are available to talk with you. We will also discreetly connect with your camper and/or her Counselor or the Unit Head Counselor and get back to you if you have concerns about her adjustment to camp.

Leaving your camper in another's care takes a large amount of trust. Please know that we will contact you immediately if we have any concern about your camper's well-being.

The best times to call camp are:

- 9:00 am - 1:00 pm
- 2:30 pm - 6:00 pm
- 7:30 pm - 9:00 pm

Meals are an important time for our entire staff to connect with campers and we please ask that you do not call during these times.

In case of emergency, call any time, day or night.

As noted previously, we are not always checking email. If you need to convey important or timely information to us, please call.

If you are simply conveying a change in contact information (when going away, for example) or asking a question that does not need an immediate response, please email us at karin@fleurdeliscamp.org.

Our fax is connected to our phone line, (603) 585-7751. Please use the fax for business purposes only; a staff member must be in the office for the fax machine to work. Please do not send faxes before 9:00 am or after 9:00 pm.

PROGRAM AND ACTIVITIES

Campers choose their own program from the activities that are offered, with the exception of an American Red Cross instructional swim class, which is required for all campers. A swim test is administered on the first day of camp and participation in water sports is determined by swimming ability.

Campers will have the opportunity to learn more about camp activities before their final schedule is completed. Campers will be asked to choose approximately six (6) camp activities and rank them in preference order. Ideally their first choice activity will appear on their schedule a minimum of four (4) times a week, while their last choice may only occur once (1) a week. Our goal is to help campers become proficient in a chosen activity over the years while providing a breath of activities to try and experience.

Camp runs a “basic” schedule five (5) days a week leaving Sunday and Wednesday as special activity days for all-camp games, trips and other program options.

WATERSKIING & TUBING

Campers who meet a swimming requirement are allowed to participate in the waterskiing and/or tubing program. Written parent/guardian authorization for participation must be provided.

HORSEBACK RIDING

Horseback riding is available for campers who wish to participate in the program. **There is an additional charge of \$60 per lesson for this activity.** Saddle seat riding lessons take place at Fairfield South, a stable located in Richmond, NH.

Campers have the choice of a lesson once (1) or twice (2) a week. Each lesson is 1.25 hours and includes approximately 45 minutes of instruction on a horse and 30 minutes of ground lesson (grooming etc.).

All riders must wear long pants, ½” heeled shoes, and an approved safety helmet. No camper is allowed to participate in horseback riding until we have received payment and forms with parent/guardian signature. **Paperwork and payment for this program is due by May 15th.**

BIRTHDAYS

The whole camp participates in celebrating your camper's birthday should it take place during the camp season.

There is a giant birthday party once a session with birthday cake and ice cream, small gifts, and special songs for each of those girls celebrating.

Each girl who has a birthday while she is at camp will have her birthday honored in the dining hall with a special birthday ice cream. Parents/guardians may talk to their camper on her birthday. **Contact camp at least one (1) week in advance to schedule the call; we try to make calls immediately following lunch (~2pm) or supper (~7pm).**

BANQUET AND CAMPFIRE

Friday, **July 21st** and Saturday, **August 12th** are the nights for our traditional Senior Banquet.

Campers will participate in a special banquet dinner followed by a play performed by the Senior Field, after which the closing campfire awards ceremony will take place.

Parents/guardians are welcome to join us for these events; most parents who choose to participate have a Senior daughter involved in the play. Many choose not to attend, wanting their camper to enjoy these last moments of camp memories before saying "Goodbye, see you next year" in the morning.

If you choose to join us, we invite you to come for sweets on the Camp Director's porch followed by the play and campfire. The sweets reception begins at 7:00 pm. The play begins between 7:30/8:00 pm with the campfire ceremony immediately following the play, and often ends between 10:00 pm and 11:00 pm.

Senior Banquet is a favorite camp tradition as it is the closing ceremony to the camp experience; it is a reverent and quietly formal camp ceremony. Please expect that your camper will be engaged with her friends and participating in the closing activities. She will be able to say “hi,” but will be expected to be with her cabin and her field as we celebrate the camp experience and coordinate a lasting memory of her experience at Fleur de Lis.

Check-out day is designed for campers to be able to introduce their new friends to their family, for parents to talk to counselors about their daughter’s experience, and for families to enjoy camp without the constraints of camp programming.

PREPARING FOR CAMP RESOURCES

Books. Many of these books can be purchased through the American Camp Association (ACA) bookstore www.acabookstore.org.

- Homesick and Happy: How Time Away from Parents Can Help A Child Grow, by Michael Thompson, PhD
- The Summer Camp Handbook by Dr. Christopher Thurber and Dr. Jon Malinowski (available to read online for free at www.campspirit.com)
- The Blessing of a Skinned Knee by Wendy Mogel
- Camp by Michael Eisner
- Off to Camp by Myra Pravda & Jeanne Weiland

Websites

- www.campparents.org *A resource for parents and campers as they prepare for camp sponsored by the American Camp Association*
- www.campspirit.com *A website for campers and parents to prepare for camp*

- www.acanewengland.org *A multitude of camp resources sponsored by the New England American Camp Association*

RESOURCES AROUND FITZWILLIAM

Lodging

- Fitzwilliam Inn, Fitzwilliam (603) 585-9000
- Ashburn House, Fitzwilliam (603) 585-7198
- The Grand View, Jaffrey (13 miles) (603) 325-8883
- Benjamin Prescott, Jaffrey (13 miles) (603) 532-6637
- Woodbound Inn, Rindge (11 miles) (603) 532-8341
- Fairfield Inn & Suites, Keene (17 miles) (603) 357-7070
- Courtyard Marriott Keene (17 miles) (603) 354-7900
- Best Western, Keene (17 miles) (603) 357-3038
- Holiday Inn Express, Keene (17 miles) (603) 352-7616

Restaurants

- Fitzwilliam Inn, Fitzwilliam (on the common) (603) 585-9000
- Dunkin Donuts & Mr. Mike's, Fitzwilliam (corner of 119 & 12) (603) 585-7736
- Flip Side Grille, Fitzwilliam (corner of 119 & 12) (603) 585-7702
- Crossroads Pizza & Subs, Fitzwilliam (corner of 119 & 12) (603) 585-7077
- Woodbound Inn Restaurant, Rindge (11 miles) (603) 532-8341
- Hometown Diner, Rindge (11 miles) (603) 899-3200
- Sunflowers Café, Jaffrey (13 miles) (603) 593-3303
- Kimball Farm, Jaffrey (13 miles) (603) 532-5765

Shops & Antiques in Fitzwilliam

Visit www.fitzwilliam.org for hours and more information

- Macreary Landy Antiques (on the common) (603) 585-9581
- Bequart Old Books (near the common) (603) 585-3448

- Bloomin' Antiques (on the common) (603) 585-6688
- Dennis & Dad Antiques (near the common)
(603) 585-9479
- Clocks on the Common (on the common) (603) 585-3321

SUGGESTED CLOTHING AND EQUIPMENT

Please remember girls have limited storage space

UNIFORM (Advance order through Maine Camp Outfitters
<http://shopping.maine-camp.com/departments.asp?dept=822>)

- 1 pair dark green shorts, required
- 1-2 white collared camp shirts, required
- white sneakers, required
- white socks, required
- Fleur de Lis red sweatpants and sweatshirt, optional

CLOTHING (a variety of warm and cool weather clothing)

- 4-5 pair shorts
- 3-4 pair long pants or jeans
- 6-7 T-shirts (at least two (2) with long sleeves)
- Underwear and Socks - enough for two (2) weeks
- White T-shirt or pillowcase to tie dye
- 2-3 pajamas (light and heavy for hot/cool weather)
- 3-4 warm tops (sweaters, fleece, sweatshirts)
- 1-2 pair of sturdy sneakers or shoes (must have shoes appropriate for sports and hiking)
- 1-2 pair sandals or flip flops
- 2-3 bathing suits
- 1 waterproof raincoat and boots
- One (1) dress or skirt (nicer outfit) for Mid Birthday Party
- **Horseback Riders only:** long pants, hard-heeled shoes or boots with ½" heel, required. Approved riding helmet and gloves, optional.

EQUIPMENT (C&N Footlockers www.campfootlocker.com
discount code: trail277FD; & Maine Camp Outfitters)

- Sturdy trunk
- Plastic drawers for personal belongings/night stand (average 2ft x 1ft x 1ft w/ 3 drawers)
- **Bedding: 3-4 blankets, 2 sets twin/cot sheets, 1 pillow, 2 pillowcases**
 - (Sleeping bags for Mid & Senior campers: only used on camping trips, and not permitted as bedding)
- 3-4 towels and washcloths
- 2-3 beach towels
- Toilet articles in a small case or bucket
 - Toothbrush, toothpaste, plastic cup, soap in a container, brush, shampoo, tissues
- Feminine hygiene products
- Waterproof Sunscreen
- Bug Repellent
- Flashlight and/or Battery Operated Lantern with extra batteries
- Reusable Water bottle ***MUST HAVE as camp days can be very hot and hydration is important for a happy camp experience! THANK YOU in advance for your attention to this important detail.***
- Laundry bag
- Backpack or small duffel bag
- Stationary, stamps, pens, and pencils (self-adhesive stamps and envelopes)

MISCELLANEOUS (optional)

- Camera
- Books, magazines
- Tennis racket, softball glove (or other personal sports equipment, check with Camp Director first)
- Mad libs, nail polish and items to share/enjoy with tent/cabin mates
- Musical Instruments and music
- Costumes
- Swim goggles

- Mosquito Netting
- Favorite stuffed animal

DAILY SCHEDULE

7:00 am	Reveille
7:35 am	Password
8:00 am	Breakfast
8:45 am	Squads/Tent Clean-Up
9:30 am	First Activity
10:30 am	Second Activity
11:30 am	Third Activity
12:30 pm	Free Time
1:00 pm	Lunch
2:15 pm	Rest Hour
3:30 pm	Fourth Activity
4:30 pm	Free Swim/ Recreation Time
6:00 pm	Supper
7:30 pm	Evening Program
8:45 pm	Tent/Cabin Time
9:00 pm	TAPS