



Summer Camp Parent Handbook



Updated May 2023

Camp Glen Brook Parent Handbook

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Welcome!

Welcome to Summer at Camp Glen Brook. We're glad you'll be joining us, whether for the first time or for the latest of many summers at Glen Brook. This handbook will provide you with important information about how camp operates, how your child will travel, the necessary paperwork we need before your child arrives at camp, items to pack, and much more. Even if you are a returning family, please look over this handbook because some aspects of the summer have changed. Our job is to take care of your camper during their time at camp, to nurture their individuality and strengths, and work with you towards that purpose. We ask you, in turn, to support our programs by reading this handbook, supplying us with the information we need to keep your child healthy and safe, and following our guidelines for summer communications. If you have any questions about this handbook, our programs, tuition, or anything associated with your camper's summer, please do not hesitate to contact us. We look forward to working with you and seeing your camper at camp this coming summer.

Sincerely,
The Glen Brook Staff



Farm to Table

There is no place with better food than Camp Glen Brook! We grow most of our food here on the farm, and campers get to participate in that. We source as much as we can from organic and local farms, and we make everything from scratch.



We've yet to come across a dietary restriction we can't accommodate, but *please* be sure to only share true restrictions. Our chefs put love and care into each meal, and it saddens them to find out that the person they've made special gluten free bread for all session has been eating regular bread, too, and does at home!

Health Matters

What is the Health Room?

Camp Glen Brook has a residential licensed health care provider who oversees the health care of campers and staff. Our Health Center is a welcoming space where smiles and hugs are dispensed more often than pills. Cheshire Medical Center, an 80-physician clinic and hospital is just 12 minutes away in Keene. Some families prefer alternative medicine and we can work with a naturopathic physician nearby if parents prefer.

Health Screening

Upon arrival, all campers will go through a basic health screening.

- Each camper and their family will speak with a staff member in private to answer a few basic health questions
- Each camper will receive a lice check
- The family and/or the camper will discuss any medications the camper will be taking throughout the summer *in their original containers*

Medications

We use CampMeds for camper medications. Each family must register directly with CampMeds. for any medications that are to be given while at Camp. You can read more on page 21, or by following this link: glenbrook.org/meds/ Be certain to follow their deadline of having everything to them 30 days before your camp starts, or you will be charged a \$100 late fee.

We are aware that some parents like their child to stop taking medications during the summer that they take during the school year. While it's certainly an individual's right NOT to take medication, a child's MESH (mental, emotional, social health) medications may help the child when they're working and playing with others even if they are not in an academic setting. If you'd like to have your camper "off meds" we ask that you let us know, and that you send the medication to the Camp Nurse. This way, if a child is having a difficult time, our health team can consult with you and, if agreed, be able to start the medication.

Bugs, Bugs, Bugs

Though they're not always popular, insects are an essential part of the natural world, and we work to keep all our campers safe and healthy while sharing the great outdoors with many different insects. Insect-borne illnesses can be reduced with the correct use of clothing, insect repellent and good habits. Mosquitoes and ticks can transmit diseases to us. Use of insect repellants can also keep pests away. Some people depend on DEET, others on oil of lemon eucalyptus or other natural deterrents--we recommend you pack what you would like your child to use.



Tick-borne Illness Prevention Protocol

Lyme's disease is the most common tick borne disease in the U.S. according to the Center for Disease Control. After a tick attaches, it may take as few as 24 hours until transmission occurs. A "bull's eye" rash occurs in roughly 70% of cases of Lyme's disease 3-30 days after the bite (one week after the bite is most common). Up to 30% of bites do not present with a rash. The incubation period from infection to onset symptoms may vary from several days to months and even years.

Children and staff spend time in activities such as hiking, camping and outdoor adventure where exposure in the woods and the perimeter of wooded areas increases the likelihood of tick borne illness.

At Camp Glen Brook:

1. We do two Tick Checks daily, during rest time and at bedtime.
 - a. Staff and chaperones help younger students check their backs and possibly other parts of the child's body that are exposed when wearing a bathing suit.
 - b. Campers will check their own private areas.
 - c. Each bathroom is equipped with a full-length mirror and a hand mirror and a tick check poster as a reminder.
 - d. Each Counselor has a Tick Check Checklist to help insure that campers are doing two checks daily.
2. If a tick is found it is reported to a Glen Brook staff person, who will remove it. Removal within 24 hours significantly reduces the likelihood of infections. This is why we have campers do two tick checks daily.
3. The tick will be placed in a ziplock bag along with a note that includes the camper's name, time, date and where on their body the tick was found. The bite site will be

swabbed with alcohol and a circle around the bite will be drawn with a marker in case the rash presents.

4. A Glen Brook staff member will communicate with the child's family to determine what steps they would like to take next. We can send the tick to the tick lab of your choice (and at your expense) to have it tested to see if it carries Lyme, or send it home with the child.

Tick checks at Glen Brook are as routine as brushing teeth. We do our best to instill this health and safety habit that will support each individual's health beyond Glen Brook.

Visit [cdc.gov/ticks/](https://www.cdc.gov/ticks/) for further information about symptoms, prevention, and removal of ticks.

If you have questions please don't hesitate to call the Glen Brook office 603-876-3342

Bed bugs

Many people from many places visit Camp Glen Brook. If you know or think you have bed bugs in your home, please let us know before your camper arrives so we can heat treat all their belongings before unpacking.

Lice

No one wants to have a lousy summer - While we recognize that lice are not an illness, it is a highly contagious nuisance and we check every head upon arrival to keep the camp lice-free. Please be sure your child is lice-free when they come to camp.

Sun exposure

Send your camper with the sunblock of your choice and a hat and urge them to use them. It is part of our routine at Glen Brook to regularly apply sunscreen and protect ourselves from sunburn.



Bringing Things, Sending Things, Leaving Things Behind

Packing List

The Packing List is the same for a 10 day stay and a 24-day stay as we have weekly laundry service. Be sure that all of your child(ren)'s clothing and belongings are marked with their name.

Summer 2023 Packing List

(not for Falcon Outdoor Leadership Campers. For the Falcon Packing list, click [here](#))

Over the years, much care has gone into compiling and editing this list. Yes, campers really do need ALL this stuff! Laundry normally goes Thursdays, hence 10 sets of clothing. All clothing except banquet outfit should be able to withstand a commercial washer and dryer. Please label EVERY item with camper's name, even socks and shampoo bottles—if you do not label it, it might be lost! You can order labels at 20% off by visiting Glenbrook.labeldaddy.com

- __10 t- shirts (at least 2 synthetic or wool)
- __10 underwear
- __2 light pajamas
- __1 heavy pajamas
- __4 jeans/long pants
- __2 swimming suits
- __12 pair socks (at least 4 crew length or longer and made of wool)
- __2 pair sneakers
- __1 pair of flip-flops or sandals (*not* platform)
- __Sturdy shoes/boots for hikes (1 pair of sneakers can double for these if sturdy enough for hiking)
- __5 pair shorts
- __2 sweaters/sweatshirts/fleece tops
- __1 additional pair of shoes that can get wet, such as water-socks, old sneakers or sandals for stream walks/canoeing
- __1 jacket or windbreaker
- __Raincoat with hood*
- __1 cool long sleeve shirt (great for mosquitoes)
- __Folk dance & Sunday circle clothes-- blouse & skirt or dress; OR nice shirt and slacks

- ___ Banquet clothes-- party dress OR dress shirt, tie and slacks
- ___ Pillow
- ___ 2 blankets and 2 sets of sheets/pillowcases
- ___ Set of expendable clothes (for messy activities)
- ___ Sleeping bag **
- ___ 3-4 bath/beach towels
- ___ 2 washcloths
- ___ Laundry bag
- ___ Swimming goggles if desired
- ___ Toiletries: soap, shampoo, toothbrush, toothpaste, brush/comb, lip balm, deodorant if camper uses it
- ___ Stationery/stamps/pre-addressed envelopes (send plenty of stamps!)
- ___ Flashlight and at least one extra set of batteries for it
- ___ Sunscreen
- ___ Bug repellent
- ___ 2 Water bottles (1 qt or liter, non-leaking; these are essential for trips and hikes!!)
- ___ Day pack for hikes (a supportive hip belt highly recommended!)
- ___ Baseball or sun hat (required!)
- ___ Reading material (see back)

OPTIONAL

- ___ Musical instruments/ music
- ___ Sketch pads/ pencils
- ___ Inexpensive film camera (disposable cameras are great; many campers use several during their stay; mark with name!) Please **do not send a digital** camera to Camp!
- ___ Journal/ diary
- ___ Foam mattress topper for comfort
- ___ Hair ties for those with long hair, especially when swimming

We do not allow campers to bring their own pocket knives. They are provided if needed.

*Only downpours keep us inside. Campers must be prepared for rain! Note: light wool or poly fleece is much warmer than wet cotton.

**Sleeping bags are for overnights. A bag that can be unzipped and used as a blanket can serve as a substitute for one blanket.

More Packing Information!!

Campers flying to camp may borrow bedding and a pillow. Call or email ahead!

Personal Items and Contraband

As one of our goals at camp is to live simply and transcend some of the everyday distractions and intrusions of contemporary life, we ask that some items that may be part of campers' lives at home or school not be brought to camp. This means **no electronics**: cell phones, ipods, kindles, watches, etc. No weapons (including pocket knives), fireworks, distracting games, fads or crazes, magazines or books that we feel are not healthy for children (e.g., glamour or gun magazines; magic or pokemon cards; violent, cynical, or sexual comics or magazines; supermarket tabloids; some gaming magazines; provocative posters, magazines, or calendars, etc.). Our wonderful brass bell governs time at Glen Brook; campers may not have watches, clocks, or alarms.

Do not pack food or candy! We do not allow campers to bring food, nor do we allow you to send it.

We no longer accept packages. Camp Glen Brook is proud of its commitment to maintaining a diverse community of Summer Campers, and we have families from all different socio-economic backgrounds. Our policy is in an effort to maintain a dynamic between the campers centered on inherent commonalities rather than possessions. Please don't hesitate to call or e-mail with questions.

Note: We do not have a camp store. We *will* provide campers with any necessity they lose at no charge, such as a toothbrush or sunscreen. We want them to have what they need and to be comfortable! But we will not have "extras" on sale so be sure to pack very carefully.

Medications

These should not be packed, but prescriptions should be sent through CampMeds more than 30 days prior to Camp. Read more at glenbrook.org/meds

Inspection Policy

While we are very conscious of and respect personal privacy, for health and safety reasons, we reserve the right for the director, or persons they designate, to inspect all camper's belongings including all packages sent to camp. Campers must unpack all of their belongings at arrival. If you believe an essential was forgotten, contact our office to get permission to send it to a director who can get it to your child.

Clothing Standards

Our clothing guidelines are designed to be gender-equitable, allow for individuality and celebration of a healthy body image, and allow everybody to be comfortable, active, and engaged. Questionable attire will

be evaluated as needed, and adjustments may be made on an individualized basis in consideration of facts and circumstances.

No clothing should be decorated with messages expressing hateful or vulgar terms, derogatory references to one's or another's identity (i.e., race, religion, gender, gender identity, sexual orientation, age, disability, etc.) nor should clothing be decorated with messages or symbols advocating violence, alcohol, drugs, or criminal behavior.

Clothing should provide adequate coverage. The camper should be able to move comfortably without exposure of undergarments or areas covered by swimsuits.. Sheer or see-through clothing, holes, rips, and/or tears should not expose any of these areas. Swimwear is by its very nature revealing, but we ask that extremes be avoided. We ask the parents and campers to self-select clothing that will be camp friendly. It is easier if other items don't get packed in the first place. It is not pleasant for anybody for us to tell a camper their swimsuit cannot be worn here. If you have questions, please contact us.

ALL articles, including the often-forgotten clothing worn on the ride to camp, must be plainly and securely marked with the camper's name in wash-proof form. *Remember to mark sneakers, underwear, sleeping bags, towels, jackets, flashlights, packs, disposable cameras, water bottles, each and every sock, etc.* No matter how much we stress the importance of labeling, there are still many items that get lost or left every year because they didn't get labeled. So, get out that Sharpie pen or buy [some labels](#)!

Valuables that must be brought to camp, such as passports, plane tickets, travel money, etc. are to be checked with the director for safekeeping until departure. Campers may not have cash or valuables in their bunks. In light of our active outdoors program, expensive or precious clothing, jewelry, or other valuable items should stay safely at home.

We will try our best to help keep track of the estimated 14,200 personal items in camp at any time, but we cannot be responsible for losses or damages.

HAPPY PACKING!!

Sending Your Camper Mail:

Camper Name

Camper Group (i.e. Fox, Otter, Eagle if you remember!)

Camp Glen Brook

35 Glenbrook Road, Marlborough, NH 03455.

Letters to Camp



As old-fashioned as this sounds, we find that letters do *wonders* when it comes to homesickness, and connection.

- At Camp Glen Brook, campers are required to write a letter home once a week, which can help offset homesickness by expressing feelings in a safe way.
- Plan on writing letters to your camper, and ask friends to do so as well
 - Hearing from home in this way lets campers know they are in your thoughts, but doesn't pull them out of the present experience of being at camp
 - If you just can't get yourself to put pen to paper, send us an email for your camper and we'll print it and give it to them.
- Before you leave, take time to choose writing paper, stamps, and pens—have fun with it! It will mean something special to your child to use the materials you picked out together.
- Consider sending a list of addresses. For younger campers, it is helpful to send pre-addressed envelopes.

Counselors collect cabin-group mail every day before Rest Period. The way a child's face lights up when they receive a letter from home—a letter they can enjoy in the quiet peace of Rest Period—always brightens our day. **We can't recommend letter-writing enough!** Especially in today's world of instant "communication," a letter conveys care and consideration no matter what the content.

If you send your first letter a few days before your camper arrives, they will get mail right away. Our mail service can often take a week for things to reach us. Please write regularly (once or twice a week is suggested), even if it is just a few sentences. It is tough for a camper who gets little or no mail. Let other relatives and friends know the camp address. There is something very special about receiving mail at Camp.

Please realize that there will be a bumpy day here or there (as your child adjusts to new schedules and living arrangements), a fight with a best friend, a skinned knee, a touch of homesickness. A sad letter home can be a soothing balm and cathartic for a camper, but unfortunately not for you! Be aware of the time lag. By the time you receive such a letter, and often within an hour of having written it, everything is all better.

That being said, if a letter sounds serious, atypical, or there is repetition of unhappiness, please remember that the news you are only reading now is several days old, but do call us to discuss it if you have any concerns.

No Packages to Camp

Please remember that while we encourage regular letter writing, **we do not accept packages for campers**. Please remind other family members as well. If there is something your camper needs and forgot, and with which we are not able to supply them, we will contact you directly and you can send a package to one of our directors to ensure that your child gets something like the forgotten swimsuit they need.

Here's why we do this: Camp Glen Brook is proud of our commitment to maintaining a diverse community of summer campers and we have families from across the socio-economic spectrum. Our no-package policy is an effort to create cabin-group bonds centered on inherent commonalities rather than on who is receiving what gifts from family members. It also has the hugely added benefit of keeping delivery trucks from driving through the center of camp every day! Packages that we have received will be held for your camper until the end of the session if it is possible to do so, but they are difficult to store and keep track of during a busy summer.

Homesickness

We know from experience that being apart from family can be challenging, both for parents and for campers—and that there are tried and true ways to manage that challenge. Every child will experience some degree of homesickness while being away from home for the first time. When your child is at Camp Glen Brook, there is little that you can do to help if homesickness strikes—it's up to your child to get through it with the support and help of their friends and our amazing staff. The good news is that you can help your child through their homesickness with a little preparation before Glen Brook is even in session.

1. Have confidence in your child's ability to manage the challenge of being away, and have faith in your child's ability to beat homesickness.

Your children know you intimately-- if the thought of your child being away is unbearable to you, it is going to be very hard for your child to make the transition to camp. If you're not confident, please give us a call! As camp professionals, we've seen and successfully worked through more homesickness than anybody, and we're here to help.

2. Talk with your child about the possibility of homesickness. The prep starts now!

You might imagine that this will fan the fires of worry, but if you don't talk about it your child won't know what to do if they do experience it. Most importantly, they won't know whether you believe they are capable of getting over it. You can say, "You will probably feel a bit homesick when you go to camp. Most kids do, but they get over it in time if they try to deal with it head-on and put some effort into coping—your counselor can help you get through it.

Feeling homesick just means that you have a home worth missing, a place where people love you. It is the most natural thing in the world to feel homesickness."

Then, if it is true, you might say, "And I felt homesick the first time I went away from home for one/two/three weeks. It is part of going to camp". This kind of normalizing conversation reassures a child that what he or she is likely to feel has been felt before and is survivable.

3. Arrange for your child to practice being away. If your child hasn't been away from home before, a practice weekend with a friend, aunt, or grandparents can be very helpful-- and celebrate the achievement of doing it successfully.

These tips have been adapted with permission from the wonderful book "Homesick and Happy" by Michael Thompson, PhD. For further reading about camps and homesickness, we highly recommend this book.

We'll also be hosting a Zoom meeting on homesickness, and will share the details by email as summer gets closer.

Here are some additional suggestions:

Comfort Items:

Items like these can be comforting during quiet times like rest period and bedtime when activities take a pause and feelings and thoughts rise up.

- Pack comfort items such as pictures, favorite stuffed toys, or an item you have imbued with your love and given for the journey.

Participation:

Feelings of homesickness sometimes make us want to be by ourselves. The best remedy for this is jumping into the activities going on around.

- Homesick campers are encouraged to participate fully in everything at camp.
 - This can help by distracting campers from feelings of loneliness or discomfort
 - More importantly, campers develop bonds with the people they are with—companionship is an important step towards feeling at home.

What About...

Talking About It?

Talking about homesickness can help, but it's important to not dwell on it for too long, to the point of missing out on fun and engaging activities.

- Mentioning feelings, getting a hug, and returning to an activity reminds the camper that this feeling will pass and things will get better.
 - We urge homesick people to acknowledge the feelings but see them as temporary. But it's up to us to get to that place.
- Sometimes campers who are very homesick are invited to write a message down for their families and we email that message for them. This can get them a quick response from their families.



Calling Home?

Some people believe with all their hearts that calling home will make them feel better. After more than 75 years of having children stay here, we're quite familiar with homesickness, and that is not our experience.

- Trying to cure homesickness with a phone conversation pulls the camper away from the present, from forming bonds and companionship where they are, and may unintentionally encourage their homesick experience.
 - Hearing a loved one's voice *rarely* satisfies the desire to be together again; instead it results in greater longing.
- Parents are welcome to call the camp office and ask us about their child. We pride ourselves on knowing each camper at Glen Brook, and will be honest about how their camper is doing—even if they are struggling at that time.

When We Call Home

Below is our policy for notification in the event your child becomes sick or injured during their stay at camp, or in the event that behavioral issues arise of which you need to be notified:

- Bumps and scrapes, upset tummies and headaches are not unusual in camp. If you multiply your own child's incidence of little things times 70 and throw in a little homesickness here and there, you can imagine that the nurse keeps quite busy most days. It just isn't practical to conference with you every time we put on a Band-Aid or an icepack.
- If a camper has just a quick bout of something routine or a bug we know is going around, or if it is a scrape, bump, bruise, or twist that just needs some cleaning, ice, a Band-Aid, and/or a little TLC and rest, we will not normally phone you.
- We will phone you if your child sees a physician for any reason. Sometimes, especially if the problem is complex, the physician may wish to talk directly with you. Usually, in a non-emergency we will phone you before we go to the doctor.
- We will also phone you if a minor condition lingers for several days, if there is an acute episode of a chronic condition (e.g. severe allergy, asthma attack, diabetic crisis), involves a high fever over 101 degrees, or is an injury or sickness beyond the ordinary day-to-day health room visit.
- Normally, unless there is an emergency, the nurse will be making these phone calls in the evening, or early the next day if it is late at night. And, as always, the nurse, counselor, and directors are very willing to speak with you at any time.
- If a child has extreme behavioral issues that are not responding to the counselors' and directors' attempts to help the camper thrive, we contact the parents to discuss other strategies and determine if the child will be able to continue at Camp for the rest of the session.

Parent Phone Calls

Feel free to call us and we will give you a candid picture of how your child is doing. **We strongly discourage phone calls with your camper except in emergencies and on birthdays.** More often than not, phone calls cause homesickness, they do not soothe it.

Camper Code of Conduct

Each Other

- I will respect the rights and beliefs of others, and treat others as they want to be treated.
- I will work toward a fully inclusive community for people from many diverse backgrounds.
- I will place the needs of the group above any personal interests within the community.
- I will communicate directly with another camper if a problem arises, rather than talking to others and spreading rumors.
- I will speak honestly
- I will use respectful language, avoiding profanity and offensive expressions or gestures, harsh words or harsh tone of voice.
- I will be fully responsible for my actions and understand that behavior that is irresponsible or damaging to others or the camp culture will result in disciplinary action or dismissal from camp
- I will let an adult know of any bullying I experience or witness (Reporting is confidential)

The Facilities and the Land

- I will respect and care for the Facilities at Glen Brook. This includes all living spaces, my personal living space, and all the buildings and grounds.
- I will respect the property of others which includes not stealing, damaging property, making graffiti or vandalism. If I damage property, I will take honest responsibility for it and welcome the support of the community in making things right again.
- I will put forth my utmost effort to work with intention and focus to see each assigned task through, and to communicate if help or clarification is needed.
- I will learn and follow the rules of camp.

The goal of the disciplinary response in any situation is to emphasize prevention and effective intervention, to prevent disruption of the Camp experience, and to promote the development of a positive Camp culture. Ultimately, any disciplinary response aims to provide a “teachable moment”, with the goal of reinforcing positive social behavior for campers who violate the Code of Conduct.

Disciplinary action may include one or more of the following responses, based upon a review of the criteria outlined above: Verbal correction, Cooling-off time, Conferences with appropriate administrative personnel and Parent/guardian, Confiscation of items that disrupt the Camp experience, Behavioral contracts, Withdrawal of privileges, Being sent home.

Grounds for Immediate Dismissal

At Camp Glen Brook alcohol, cannabis in all forms, tobacco, illegal drugs, and violence have no place. We want our policy to be very clear: Campers who use or have in their possession any alcohol, tobacco, or illegal drugs will be asked to leave camp immediately with no tuition refund. Participation in physical violence, bullying, or leaving Camp Glen Brook property unaccompanied by a staff member is also grounds for immediate removal with no tuition refund.

Please review these rules with your camper before they arrive. If there are any questions about these rules please contact our office to speak to a director.

Arrival and Departure Information

Arrival to Camp

We will have more detailed information on the parent resources page:

<https://www.glenbrook.org/summer-camp/parent-resources/> on our website as that gets finalized.

Bus

During Summer Camp we often offer coach bus transportation to and/or from Camp. Hundreds of children have traveled to Camp Glen Brook via bus. On every trip, a Camp Glen Brook staff member serves as a bus supervisor on the coach.

Check [here](#) to see our most current busing schedules and pricing. COVID protocols will determine if busing is offered. In the event busing is canceled, we will inform you and you will receive a full refund.

Departure from Camp- Visiting Day (Schedule at the end of this handbook)

One of our favorite days of the year is pickup day at the end of our 24-day sessions where we visit, sing and swim together, and share delicious food together. You can find the schedule for these visiting days at the end of this Parent Handbook.

If you are not planning on coming for Visiting Day, we will have a bus available to return to New York, with drop offs at the Rudolph Steiner School in Manhattan and the Waldorf School of Garden City on Long Island.

A note on Pets:

Visiting pets are not permitted on the grounds at Camp Glen Brook. We apologize for the inconvenience this may cause, and invite you to investigate the pet boarding options in Keene and Marlborough—right down the hill from camp! Please know that this is for the safety of the children at camp, as well as our animals on the farm. If you arrive on campus with your personal pet, you may be asked to bring the animal to a local animal boarding house at your expense.

Important Dates and Times for Summer 2023

Arrival and Departure Dates and Times Summer 2023

- **Opening Days 2023** (June 25th & July 20th) **Coach Transportation to Camp from Long Island & New York City**
 - **8:30 a.m. Departs Waldorf School of Garden City** (Arrive by 7:50 for check-in, testing, and loading) 225 Cambridge Avenue, Garden City, NY 11530, five blocks east of Nassau Blvd.
 - **9:30 a.m. Departs Rudolf Steiner School** (Arrive by 9:15) 15 East 79th Street New York, NY 10075, between Fifth Avenue and Madison Avenue
- **Arriving By Car** - Arrival times will be according to groups. If you have more than one campers in more than one group, come to the *earlier* check in period.
 - 10:30-10:50 Fox (10-day Campers)
 - 10:50-11:10 Otter (Just finished 3rd or 4th grade, 3-weeks)
 - 11:10-11:30 Raccoon (Just finished 5th grade)
 - 11:30-11:50 Eagle (6th Grade)
 - 11:50-12:10 Deer (7th Grade)
 - 12:10-12:30 Lynx (8th Grade)
 - 12:30-12:50 Bear & Falcon (9th & 10th Grade)
- **Foxes Drop off Times** on July 9 and August 3 1:30-2:00 p.m.
- **Closing Days 2023**(July 18th & August 12th): **Transportation from Camp to New York City and Long Island**
 - **1:30 p.m. Approximate Arrival Time to Rudolf Steiner School** 15 East 79th Street, New York, NY 10075, between Fifth Avenue and Madison Avenue.
 - **3:00 p.m. Approximate Arrival Time Waldorf School of Garden City** 225 Cambridge Avenue, Garden City, NY 11530, five blocks east of Nassau Blvd.
- **Fox Departure Days** on July 4th and July 29th will be at 2:30 p.m.

Pick Up Day Schedule Summer 2023- July 18 and August 12, 2023

9:30	Visiting Begins! (Please do not arrive earlier.)
9:30-10:00	Refreshments, touring camp facilities and visiting activity areas
10:00	Singing with all campers in the Barn

- 11:00** **Family Swim** at the lakefront, weather permitting. Camp lifeguards will be on duty. Everyone in a boat must wear a life jacket – adults included. Swimming ends promptly at 1 p.m. and the waterfront closes.
- 12:30** **Lunch Buffet:** Sample our delicious food
- 1:30pm** **First session campers:** please load gear in cars by 1:30 so that counselors can rearrange rooms for the second session group.
- 2:00 pm** **Camp Closes**
Remember to check out with the Nurse if necessary



Camp Meds

We require all campers with medications to register through and send their medications to CampMeds. They pre-package the medications in a way that makes distribution organized, safe, and reliable!

To register with CampMeds:

1. Go to www.CampMeds.com to register your camper (if you already have an existing account you will need to log-into it and hit 'add camper' to begin the registration for this year). Registration will open on ***February 1st, 2023***
2. Prescriptions: Prescriptions need to be sent to our pharmacy partner, Aurora LTC Pharmacy. ***Electronic prescriptions*** are preferred as these are the easiest for physicians to send in and our pharmacy to receive
 - a. **Controlled Substances only:** If your child is staying longer than 30 days, law requires a new Rx for each 30-day supply. Two separate 30-day Rx's are required for Controlled Substances. **Important:** please have your physician send in the controlled substance prescription 60-days prior to your camper's start date

Registration Fee: There is a one-time registration fee for the entire summer which will be charged to your credit card immediately upon registration. **Fees are per camper, not Rx, and do not include the cost of medicine.

- Fee for campers attending up to 30 days of camp is \$65
- Fee for campers attending over 30 days of camp is \$75

Deadline: All information (including prescriptions from the doctor's office) for your camper needs to be received 30-days before your camper's start date. Anything not completed by the deadline will be charged a **\$100 late fee**. The cut-off date for receiving information is 15-days before your camper's start date.

You can read this document with the added FAQ at glenbrook.org/meds