



## *Handbook 2019*

**Office Contact us during Camp (July 1,2,3, 2019)**

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**\* CAMP FORMS DUE JUNE 15, 2019! \***

Camper Medical Statement

Camper Acknowledgment of Risk

## Camper's Letter to my Counselor

### Welcome!

We're excited to welcome you as part of the Camp Gimlet family in 2019! I hope you'll read the information in this handbook carefully – I think you'll find that it will answer many of your questions about camp, including those about forms, daily routines, and expectations. If you've read the handbook and still have questions, or if your family has special circumstances or concerns, please be in touch with us by phone or e-mail. When the lines of communication are open, we can work to ensure that every camper has a positive experience! I can't wait for us to all be together this summer!

Francie St.Onge & the Staff

## CAMPER BEHAVIOR AGREEMENT

Camp Gimlet is a safe, caring community where individual differences are valued, where people are supported in reaching their goals and accomplishing challenges, and where everyone can have fun. Because creating such a community requires the commitment of all participants, we ask everyone to agree to the behavior expectations listed below.

**Campers and parents/guardians should review and discuss these guidelines together.**

### I WILL SHOW RESPECT FOR OTHERS

- I will respect other peoples' ideas and values, even if they are different from my own.
- All of my actions and language will have a positive impact on others in the Camp Gimlet community.

- I understand that any behavior that could harm or be disrespectful (physically or emotionally) to a camper or staff member is unacceptable in the Camp Gimlet community.

### **I WILL SHOW RESPECT FOR MYSELF**

- I will take care of myself by getting plenty of sleep, by eating well, and by my personal health (by changing into clean clothes regularly, brushing my teeth, washing my hands often, using sunscreen & insect repellent when needed, telling an adult if I am hurt or unwell, etc.)
- I will make the most of learning opportunities at Camp Gimlet by participating fully in camp activities, and I will try new things and have a positive attitude.
- I will stay with a buddy when moving around camp and always ask a counselor before leaving the group.

### **I WILL SHOW RESPECT FOR THE ENVIRONMENT AND CAMP FACILITIES**

- I understand that all campers and staff are expected to share responsibility for keeping personal and community areas neat and clean, and I will help with these tasks.
- I will not bring my cellular phone, music player, video games, radio, or other electronics to camp, because they detract from enjoyment of and interaction with others and with the natural world.
- I will be sensitive to the environment. I will practice **Leave No Trace** ethics and tread lightly on the land. I will pick up litter, stay on trails, and not damage or remove anything from the environment.
- I will take care of Camp Gimlet's facilities, program supplies, and equipment. I will put equipment away when I finish using it and will leave an area I use better than I found it.

### **I WILL SHOW RESPECT FOR EVERYONE'S HEALTH AND SAFETY**

- I will abide by all safety standards explained by the staff.

- I understand that ALL campers must be in their tents from lights out until activities begin the following morning, unless under the direct supervision of camp staff. I will stay in my tent at night.
- My behavior at camp will not include violence or bullying.

We don't anticipate these issues will arise this summer, however if a camper has difficulty following Camp Gimlet's behavior expectations, Camp Gimlet staff will remind the camper of expected behavior, review the Behavior Agreement above, and discuss ways staff members can support the camper in making necessary behavior improvements. If a pattern of inappropriate behavior continues, Camp Gimlet staff will work with the camper to set specific, appropriate behavior goals and outline consequences for continued inappropriate behavior. Camp Gimlet staff may ask parents/guardians for suggestions to help improve behavior or create a written behavior contract.

We ask BOTH the camper and the parent/guardian to sign to confirm that you have read this document together and acknowledge and accept the responsibility to meet these behavior expectations.

Parents: \_\_\_\_\_

Camper(s): \_\_\_\_\_

## Facilities, Friends, Food, & Fun Facts

### Living Units

Campers will sleep in tents in a rustic area of the Gimlet property. *Camp Gimlet will provide every camper a sleeping pad, sleeping bag, and pillow.* All the girls will sleep in 1 tent together and all the boys will sleep in another tent together. There will be several Camp Staff to guide them through the night time experience and they will be sleeping nearby to supervise and assist any camper.

There will be a single flushing toilet and sink made available to all campers and staff to use anytime. This will be located next to the cook tent in the theater. This will be the only time a camper will be allowed indoors.

### **Luggage**

To keep tents neat and clutter-free, we ask campers to tuck their packs next to the walls of the tent.

Please pack belongings in a suitcase, duffel, or large backpack if possible. Also bring a small backpack, like a school backpack, which holds a rain coat, water bottle, and closed-toe shoes and that the camper can carry daily.

### **Clothing**

Please follow the packing list on page 8. We encourage you to consider Idaho's changeable weather and rough terrain, as well as the inherent nature of camp activities. Remember that camp is informal, and campers and staff often wear shirts for a day or two and shorts or pants for several days. We guarantee that clothing (and the campers wearing it) will get dirty! Campers should always carry a backpack containing a rain coat, water bottle, and closed-toe shoes. Please do not pack brand-new or bring very valuable clothing, towels, or equipment to camp.

### **Meals & Snacks**

Camp Gimlet cook tent, managed by the lovely Francie St. Onge, prepares three nutritious and tasty meals each day and offers a variety of choices at each meal. Camp Gimlet cook tent serves three meals daily and offers a variety of choices at each meal. Most meals are served buffet-style and eaten family-style. Campers take turns helping the cook staff set meals out, cleaning up the tables and dining area after each meal.

Campers choose where they sit during each meal. Snacks are generally available mid-morning and mid-afternoon and occasionally as part of an evening program.

### **Food Allergies & Special Diets**

**Special Diets:** To protect all our campers, staff and wildlife, campers without special medical needs should refrain from bringing food, candy, or drinks to camp. If you need to bring a personal supply of food for a medical reason, ensure that any food brought to camp is coordinated with camp staff prior to attendance. Any camper with an anaphylactic allergy must have a written allergy action plan signed by the prescribing physician. Contact us to discuss special diet needs in advance of camp

### **Insects**

We recommend that campers use insect repellent as necessary and take precautions such as wearing long pants, socks, and long sleeve shirts when appropriate to prevent insect stings and bites. Please send to camp an insect repellent that you determined is appropriate for your camper, and teach him/her to apply it. It also important that campers wash their hands carefully after applying insect repellent; so that reptiles, amphibians, and insects studied in camp activities are not harmed.

### **Sun Safety**

Camp Gimlet recommends that all campers and staff use sunscreen and take sun protection precautions such as wearing protective clothing and hats, taking advantage of shade, and staying hydrated. Please send to camp sunscreen that you determined is appropriate for your camper, and teach him/her to apply it. Provide enough to apply several times a day throughout the camp session. Camp staff will remind campers to apply sunscreen regularly and take other sun protection precautions.

## **Daily Health Routines**

### **Health & Hygiene**

Campers are expected to care for themselves by getting plenty of sleep, eating healthfully, drinking plenty of water, and maintaining personal hygiene

(showering and changing into clean clothes regularly, brushing teeth, washing hands often, using sunscreen & insect repellent appropriately, and checking for ticks.) Camp Gimlet staff will model expectations and provide gentle reminders, but families should set expectations regarding changing clothing and personal hygiene before the camper arrives at camp. *Coach your camper to tell an adult if he/she is hurt, feeling ill, or has noticed an unusual symptom.*

## **Medications**

Sun Valley Trekking's first aid kit is well-stocked with common non-prescription medications including acetaminophen, ibuprofen, cough drops, and antihistamines, and it is unnecessary for campers to bring an individual supply of these kinds of medications. Please call if you have questions about non-prescription medications that we keep on hand.

A qualified staff member will keep and dispense all medications at camp during meals, at bedtime, or at other specified times.

If a camper needs to carry his or her asthma inhaler or epinephrine auto-injector (EpiPen) at all times, parents/guardians must send a second inhaler or auto-injector to be kept by the Staff in case of an emergency.

**Prescription medication** must have its original pharmacy label showing the patient name, the prescription number, date filled, physician name, name of medication, directions for use, and expiration date.

**Non-prescription medications** sent to camp (example: daily allergy medication) must also be kept in the original containers bearing the recommended dosage, directions for use, and expiration dates. So that campers don't have to spend time waiting for medication, please consider leaving vitamins or non-prescription medications needed only rarely at home.

# **Emotional Health & Missing Home**

It's natural for campers of all ages to miss their families, friends, and homes when they find themselves in a new environment, particularly if it is the first time away.

To prepare for camp, have campers try out different overnight situations: sleeping in a sleeping bag in another part of the house, staying overnight at a friend's or relative's home, or sleeping outside with a friend or sibling in a tent. Talk about common "homesick" situations, and brainstorm what to do if a camper has trouble falling asleep, wakes up at night, sees/hears something that reminds him/her of home, etc. In the weeks before camp, encourage independence in completing personal care tasks, keeping track of belongings, and packing bags and backpacks – this will help your camper prepare to do the same at Camp Gimlet!

Please do not make a "pick-up deal" with your camper or help hide a cell phone to be used "just in case" – this suggests to your camper that you're worried that he or she won't succeed at camp and will make it more difficult for your camper to have a successful experience! Reassure your camper that he or she can still participate in and enjoy camp activities, even if feeling homesick sometimes.

Overcoming homesickness and achieving independence are important and sometimes difficult challenges for campers (and their families!) Campers will be most successful when families and Camp Gimlet staff work together to support them in following through on their decision to be at camp.

## General Packing List

- 5 pairs of underwear
- 5 pairs of socks, at least 2 pairs hiking socks
- 2 short sleeve shirts
- 1 long sleeve shirt
- 1 sweatshirt or fleece jacket
- 2 pairs of shorts

***\* All bedding and linens will be provided by Camp Gimlet \****

- Rain jacket with a hood. Please no ponchos!
- Laundry bag
- Beach towel
- Duffel bag or large backpack to pack all

- 1 pair of pants (jeans, sweatpants)
- Warm hat
- Baseball hat or hat with a brim
- 2 pairs of PJs ( warm & cold weather)
- 1 bathing suit
- Sneakers/ athletic shoes
- Shoes that would be good for stream walking. Old sneakers or water shoes with a closed toe, please no flip flops.
- Sturdy shoes or hiking boots

#### TOILETRIES

- Toothbrush, toothpaste
- Hairbrush & extra hair ties
- Orthodontic devices
- Insect repellent

items for camp, will stay in tent

- Reading material
- Sunglasses if your child likes them
- Medium sized backpack to carry daily
- One-liter water bottle or canteen**
- Plastic bag for damp clothes going home
- Small flashlight or headlamp and spare batteries. We like headlamps!
- Optional: favorite small blanket or stuffed animal for sleeping
- Sunscreen/ sunblock (SPF 30 or higher) enough to apply several times a day**
- Optional:* Lip balm SPF 30 or higher
- Medications (prescription or non-prescriptions)

#### Prohibited Items

Campers may not bring the following items to camp. If any of these items are brought to camp, the Staff will keep them throughout the session and return them to the camper's family on departure day.

- Pocket knives, fireworks, lighters, or matches
- Food, candy, chewing gum, soda (except as pre-approved for special diets)
- Radios, music/DVD/video game players, iPads, Kindles, or other electronics
- Cellular phones, pagers, walkie-talkies, messaging devices
- Shoes without a heel strap

#### Mail & Phone Calls

Campers do not generally make or receive phone calls while they are at camp. We have this policy because we find that campers get much more homesick (even if they were not before the phone call) and the call usually ends up with campers not staying in the program. If you need to have clarification with this, please call our Office and we would be happy to speak to your concerns.

In case of an emergency, please contact Camp Gimlet Staff by phone (numbers are on the handbook cover). Please do not send a cellular phone with your camper. Camp participants generally don't receive mail or e-mail.

We are so excited and can't wait for Camp to start!!