

The Camper and Parent Handbook



Welcome to the Camp Billings Family! We are confident that your children will gain lifelong skills, friends and memories while at camp. Our staff are dedicated to creating a safe and memorable experience for every camper. They learn independence and self-reliance. They are encouraged to try new things and learn more about themselves.

Camper information

Cabin assignments

All cabin assignments are made by age and grade level. We encourage campers to attend without concern for hometown friends. We find that being in a cabin with friends from home can sometimes strain relationships, prevent other cabin friendships from forming easily and undermine a camper's ability to learn to live and get along well with new people. One of the greatest benefits of overnight camp is making new friends from different places. Encourage this openness and flexibility to ensure your camper's healthy adjustment and great camp experience.

Cabin requests are not routinely accepted at Camp Billings. Only first-time campers may request a bunkmate, and the request must be mutual. Bunkmate requests for returning campers are not considered. Requests are not guaranteed, but we will do everything we can to honor your requests. Cabin placements are carefully and thoughtfully made to create cabins that consider the welfare of both the individual as well as the entire cabin group. Parents' support of their child's cabin placement is directly related to their camper's positive adjustment to camp. Cabin assignments will not be changed on registration day.

Camp and Cabin Duties

The cabin counselor assigns each camper a daily cabin duty (sweeping, table waiter, etc...) in addition to taking care of their personal belongings. The cabin is also assigned a daily camp duty (watering flowers, setting tables, campus litter, etc...) This helps the campers to learn to do things for themselves as well as others, which is at the heart of our philosophy. Service to others has been a part of the Camp Billings "tradition" since its beginning. "Anything worth doing is worth doing well"

Camp Photos

Session 1 and 3 are the Photo Sessions. A professional photographer takes a group picture of the whole camp as well as each individual cabin group. Your camper will have the opportunity to order a copy of any photo they wish to have on the same day. This is the only opportunity to order photos. All orders are placed at once. Campers will receive their orders upon departure at the end of their stay.

Camp Store

Campers will have the opportunity to visit the camp store twice during each session. They will be able to buy all kinds of camp paraphernalia, and some candy and/or soda as well. The camp store does not carry pharmaceuticals. If a camper has needs for things like shampoo or a new tooth brush, they can visit the nurse and procure it there at no charge.

Packages and mail

We request that packages be limited to one per week.

Our office space is very limited. Furthermore, we have found that one package per week is just right to make campers feel loved. Send lots and lots of letters! Kids love mail! All mail can be addressed to the camper c/o Camp Billings, 1452 VT-244, Fairlee, VT 05045-9620.

Phone calls

While at camp, your camper will be reachable by mail only. If a camper stays longer than 2 weeks, and parents or guardians are unable to come visit, the office can schedule a phone call. To do so, please contact the office.

Laundry

A laundry service is available for campers who stay 4 weeks or more. A laundry service comes between sessions. Camper accounts will be charged directly, so you do not need to pay ahead. Consider that campers often get wet or dirty while playing at camp and they will need lots of extras. PLEASE LABEL EVERYTHING. We are not responsible for any lost clothing.

Arriving and Departing

Arrivals

Campers may arrive between 10:00 AM and 1:30 PM on registration Sundays. There is a rolling lunch in the dining hall from noon to 1:30 and it is open to all!

Pickup Service

We are able to pick up your camper at the Lebanon Airport in West Lebanon, the Dartmouth Coach bus station in Hanover or the Vermont Translines bus station in White River Junction. Your camper's spending account will be charged 40\$ for each one-way trip. You may request a pick up at any time by

email to the office (info@campbillings.org) A minimum of a 72-hour notice is required if you plan on using our pick up service.

Camper Accounts

Camper will incur a bill while at camp. Each camper will have the opportunity to go to the camp store twice in a session. At the camp store, they can purchase some candy as well as Camp Billings Merchandise. Camper generally spend between 5\$ and 30\$ at the camp store per session. Other charges will come from laundry, and Camp photos which only applies to session 1 and session 3 campers.

Lice Check

Once you have checked in with the office staff, campers will head over to get a lice check. Campers may only enter their cabin after they have cleared the lice check. If a camper is found to have lice, we ask that parents take the campers home to treat and re-wash all clothes and bedding. We hope you understand how important this is to maintain a lice-free camp!

Visiting days

Visiting days are only between sessions, not during the course of a session. Parents wishing to take their children out of camp during Change-Over may do so after informing the camp office and the child's counselor.

Leaving camp

It is the policy of the camp that NO camper shall leave the camp property except for an emergency or to participate in an organized camp trip. If anyone, other than you, needs to transport your child, we must have written permission.

Departures

Departure, at the end of each session, is Saturday between 1:00 and 3:00 pm. If a morning departure is needed, please call the camp office at least three days in advance, so that we can be sure that your child is packed and ready. Please be sure to look around carefully for your camper's belongings. Due to our limited space and resources, we do not hold on to lost and found items for more than 24 hours before we donate them to a local charity.

Packing List

Clothing

- o Shorts and t-shirts
- o Sweatshirts and sweaters
- o Jeans and long warm pants
- o Warm pajamas
- o 2 bathing suits (or more)
- o 2-5 towels
- o Socks and underwear for 13 days
- o Rain coat
- o Flip flops
- o Running shoes
- o Rain boots (optional)
- o Hiking boots (optional for trips)

Essential items

- o Bedding – a warm sleeping, base sheet for a cot, extra blankets, pillow
- **If bedwetting is potential for your child, please pack an extra set of sheets. Our nursing staff will wash all soiled lined on the same day. Please indicate this on your health forms.
- o Flashlight
- o Water bottle
- o Toiletries such as shampoo, conditioner, soap
- o Toothbrush/tooth paste
- o A caddy/pail to carry everything to the showers
- o Pads/tampons
- o Sun screen SPF 30 or above
- o Bug spray
- o Chap stick
- o Tissues
- o Stationary, stamps, pens, envelopes. (Stamps can also be purchased in the camp office and will be charged on the camper's account.)

Optional items

- o Fishing pole
- o Tennis racket
- o Baseball glove
- o Lacrosse stick
- o Guitar
- o Day pack

Packing for Special Events:

Certain events are always the same at camp, but one can never really know what silly antics might ensue! Campers have been known to bring these types of items to camp:

- o Dressy clothes like dresses and collared shirts and ties
- o Silly costumes, wigs, tutus, silly leggings, etc.
- o A t-shirt in each color of the rainbow plus black and white (for team games)

Session 1 is when we celebrate the 4th of July with a ton of Red White and Blue! We have epic fireworks at night. Some campers like to have ear plugs for that.

Session 2 is when we do a talent-show style competition. Costumes and eccentric clothes are always appreciated. And we have International Night. Plan to wear some nice clothes for that.

Session 3 is when we put on the Musical! What will it be this summer?! And who will be the Lead?

Session 4 is when we have Country Fair. You will want to bring a t-shirt of every color (if you can), good sneakers, multiple athletic shorts and socks, and be prepared to have to play in the rain (as long as there is no thunder and lightning)

What do we put it in?

Most campers pack everything in a trunk/footlocker. Standard trunk size is 30×15.75×12.25 and can be purchased on Amazon or at Target. Variations are available at K-mart, Walmart, and other one-stop shops. Many campers bring additional storage in the form of plastic drawers. Please keep in mind our extremely limited space. Trunks are not required, but they are highly recommended.

Make sure to label EVERYTHING! Our resources and space are limited and we simply cannot store lost and found items for more than 24 hours. If items remain unclaimed after this time period, we donate everything to local charities. A new group of campers arrives the next day and the cycle begins again.

Items are brought to camp at your own risk. We cannot be held responsible for lost or damaged goods. Parents/guardian should be selective in what they allow their kids to bring to camp.

What not to bring to camp!!!

Knives, firearms, bicycles and skateboards are not allowed at camp. If a camper has or uses any tobacco, drugs or alcohol, he or she will be sent home immediately.

Other consideration

Food

The camp menu is varied and ample enough to serve all our needs, so we do not allow food to be stored in the camper's cabins. We must strictly enforce this rule. Food stored in the cabin can create a big problem with animals – chipmunks, skunks, raccoons – which carry rabies. **Please do not send food packages. All food packages will sadly be thrown away.**

Camp Billings is technology-free!

No portable electronic devices of any kind are allowed at camp. This includes computers, cell phones, portable games, iPads, iPods or similar MP3 players. Any of these items brought to camp will be collected and kept in the camp office for the duration of the camper's stay. Camp Billings will not be responsible for any valuables that are lost or stolen. Please leave all valuables and electronics at home.

Trunk and luggage by mail

United Parcel Service handles the delivery of trunks and luggage. Please bring return shipping labels with you at drop off and arrange to have UPS pick up the trunk on the Saturday of departure. Our UPS address is: Camp Billings, 1452 VT-244, Fairlee, VT 05045.

Notes from the Nurse

Medications

Please list ALL medications (over-the-counter and prescription) that the camper will be bringing to camp (including vitamins). Per ACA regulations ALL medications MUST be stored in the infirmary. Our nurses have standing orders to administer certain medications. Please note that it is NOT necessary to send the following medications to camp: acetaminophen (Tylenol), ibuprofen (Advil, Motrin), Benadryl, cold medications, Neosporin, Bacitracin, Solarcaine or Orajel. Do NOT send these medications.

If you are sending medications to camp please note the following:

- ALL medications (over-the-counter and prescription) must be in the ORIGINAL container. Do not send medications in weekly pill dispensers or in plastic bags;
- Label all medications including nasal sprays and inhalers (not just the boxes) with the camper's name;
- Send enough medication for the entire camp stay. Arrange to send refills if necessary in advance of running out of medication;
- Check expiration dates on medications especially inhalers;

Dietary

Vegetarian meals are available to campers who for philosophical or health reasons do not eat meat. A camper must opt for either regular or vegetarian meals for his/her entire stay.

Immunizations

Please ensure that your camper has had a tetanus booster shot within the past ten years.

Bed-Wetting

If your camper wets the bed please make a note of so we can handle any accidents discreetly.

Other Considerations

If your camper is ill, e.g. has a cold or fever or has been exposed to any infectious diseases, please contact the camp before arriving on opening day.

You will be notified if your camper becomes ill at camp and requires an overnight stay in the infirmary and/or a visit to the camp pediatrician, sustains an injury requiring medical attention or experiences severe homesickness.

Our experience with campers with ADD/ADHD coming off their medications during camp indicates that frequently it is not a wise decision and can negatively impact their camp experience. If your camper takes medication during the school year for conditions like ADD/ADHD and you feel the medication is unnecessary during the camp stay, please contact our camp nurse to discuss how to ensure a positive camp experience for your child.

Directions:

If traveling **NORTH** on Interstate 91- take exit 14 marked Thetford, VT. At the end of the exit, turn LEFT onto 113 and proceed about 5 miles to Post Mills, VT. After passing a small gas station (Bakers Store) on the right, turn RIGHT onto Route 244. Camp Billings is 1.5 miles on the right.

If traveling **SOUTH** on Interstate 91- take exit 15 marked Fairlee, VT. At the end of the exit, turn LEFT and 300 feet later turn RIGHT onto Route 5 South. Proceed about 2 miles and turn RIGHT onto Route 244. Camp Billings is about 4 miles on the left.

Camp Billings can be reached from **Central Vermont** by traveling Route 113 EAST from Chelsea, VT, to Post Mills. Turn LEFT on Route 244. Camp Billings is 1.5 miles on the right.