



## Camp Caribou Parent Guide

### PACKING

#### **What to pack in?**

Soft duffel bags or soft trunks or hockey bags are the best for packing all the stuff that's needed for camp. Most parents will pack 2 large soft duffel bags, 1 filled with linens, bedding and sports equipment, and the other filled with clothing and shoes, etc. The boys will unpack their bags (with the help of our staff) into their cubbies next to their beds. Their duffel bags will then be collected and stored until packing day.

#### **What should he bring?**

- **Please refer to the Camp Caribou Packing List (located under the Important Documents link in the Current Families section of our website, and also in your CampInTouch account under the Forms & Documents section)**
- Everyone should pack a water bottle and sunscreen. It is so important to stay well hydrated on hot summer days. It is easy for campers to fill their water bottles at fountains around camp. We will be applying sunscreen to our campers daily, but many kids like to have their own as well.
- If your son likes books, games, or cards, please pack them. They are good for rest period or bunk time.
- If you'd like to pack a camera, please pack an inexpensive one or preferably disposable one.
- If your son is musical and he'd like to bring his instrument - that is totally cool with us! We've had many campers perform at campfire or during other programs. If the instrument is not travel friendly, or you have concerns about damages in the camp environment, then maybe it's a good idea to leave it at home.

#### **What Sports Equipment Should He Bring?**

Please pack a baseball glove, a tennis racket, soccer cleats and shin pads for your camper, and a mouth guard and sport cup. We will provide all other sports equipment. (If your son is not a big soccer player and you don't own cleats, you can just send the shin pads, as that's what they'll really need to play safely). They can use one type of cleats for multiple sports. If your camper has other favorite sports gear that they'd like to bring, please just make sure that it's clearly labeled with his name, and understand that Camp Caribou is not responsible for the safety and use of the personal equipment, and the Camp is not responsible for lost items.

### **Letter Writing Supplies**

Campers are required to write home at least twice per week. Everyone needs to pack supplies to write letters home. Please pack your camper stationary, pens/pencils, envelopes and stamps. *It's very helpful for younger campers if parents could pre-address and stamp the envelopes with your address and the addresses of anyone else they'd like to write while they're at camp.* International campers will be able to have their handwritten letters scanned and emailed to their parents.

### **Camp Caribou Clothing**

There is no formal uniform for daily wear, but our campers do need some Caribou Gear. They should have 4 Caribou T-shirts (2 blue, 2 grey | 1 blue and 1 grey should be the Heavyweight T's and the other blue and grey can be the Vintage T's or another design), 1 Caribou baseball cap, 1 hooded sweatshirt, 1 pair of sweatpants, 2 laundry bags, and 2 pair of navy Caribou shorts. All of these items are available to order through our clothing company, Amerasport. Feel free to order whatever else you may find useful for your camper. Some parents like to buy the Caribou Lacrosse shorts if their son is into lacrosse or our Caribou soccer jersey or any of other of our cool items that are available for purchase on our camp clothing website.

### **Laundry/Bedding**

Laundry is done every week, once per week. It will get picked up in the morning and returned the next morning, folded. Parents are responsible for providing ALL BEDDING! Two pair of twin size sheets, blankets, pillows and pillow cases. We ask that you send 3 blankets, 1 to be made on the bed (this one should be a heavier blanket or comforter), 1 folded at the bottom of the bed in case there is a chilly night, and 1 that gets folded over the pillows to act as a dust cover during the day (these 2 blankets can be lighter weight fleece or other material).

### **How to send Luggage?**

Please remember that all baggage must be sent to camp prior to your son's arrival (unless you are dropping off your son(s) at camp or you are an International camper). You can send luggage via Camp Trucking or UPS. You can complete the Camp Trucking information via the hard copy form on our website, directly through their website or by calling them directly at 1-970-949-0690. If you'd like to send your luggage through your local UPS Store, that is totally fine, please just make sure that the bags arrive prior to your son's arrival. We will have their bags in their bunk waiting for them when they get to camp. To organize UPS shipping for the bags on the way home from camp, you will need to contact our local UPS Store in Waterville, Maine to organize the pick-up. They know the drill and you can contact them directly at 1-207-877-7867. **Campers traveling via Caribou Buses or flights should have a back pack or other small carry on with a packed lunch and snacks (nut-free, please!). We will make sure they have meals on their way home.**

### **Should Parents Label?**

YES! Please label *everything*, including sports equipment. Use a waterproof marker, like a Sharpie, or nametapes.

### **What Should NOT Be Sent?**

Please do not send food, gum, candy, soda or other junk food. Do not send objects of great value. Please do not bring pocketknives, as they are not necessary. Do not send any water guns, water balloons, super soakers, fireworks, lighters, matches, etc.

### **What Can Be Rented At Camp?**

International campers are able to rent all linens, including blankets, towels, pillows, etc. The charge is \$125 for the 3.5 weeks and \$225 for 7 weeks.

### **Electronics Policy**

Campers are not allowed to bring or use any device that has WiFi capability, 3G or 4G connectivity or any kind of cellular data access. These devices include but are not limited to; ALL cell phones, iPod, PSP, DS, Kindles, Nooks, Laptops, Tablets, etc. Camp Caribou is an “unplugged” experience!

We prefer that you do not send electronics of any kind, however, we do understand that kids like to have music available. If your son would like to have music at camp, we ask that you bring an older iPod Classic, iPod Nano or iPod Shuffle that does not have WiFi capabilities, and does not have your games, videos or apps on it. If your son would like to listen to music in the bunk, it would be ideal to have a speaker of some kind, as we do not encourage campers to use headphones while in the bunk. Any device that campers travel to camp with that does not comply with this policy will be collected and safely stored for the duration of camp. Good old fashioned books, cards and other games are more fun when playing with your friends at camp!

*\*\*Please note that if your son uses his cell phone for music and wants access to his music while at camp, he will need to have another device to use at camp. (We will not be removing SIM cards from phones or making other exceptions to the rule)\*\**

We hope you understand that this policy is not intended to make life more difficult for you or your son; we are really trying to preserve the tradition of camp being a “screen-free” and “unplugged” genuine and authentic social networking experience. ☺

### **Camper Spending Money**

Many families ask about spending money. Campers should come to camp with some cash for town night with their bunk. The oldest campers have more opportunities to spend money. Please put their spending money in an envelope labeled with their name, and put it inside their travel backpack. The envelopes will be collected upon their arrival and kept secure in our office. The campers can get their money as needed. We suggest \$20-30 per session for the 7-13 year old campers and \$30-50 per session for the 14-15's. The 15's usually bring a bit more, as they have more trips to town and other opportunities. It's really up to you!

### **Is Transportation Provided For Campers?**

Caribou provides chartered busses and vans for campers on our opening day, our change day, and our closing day.

We provide transportation to and from:

- \* Logan International Airport in Boston, Massachusetts
- \* Portland International Jetport in Portland, Maine
- \* Needham High School in Needham, Massachusetts
- \* Reins Deli in Vernon (Hartford), Connecticut
- \* The Radisson Hotel in New Rochelle, New York

We also chaperone flights from Philadelphia, PA, Miami, FL, Los Angeles, CA and Baltimore, MD on opening day. Depending on the amount of campers traveling from one area, we may decide to chaperone a flight from another city as well.

On opening day, we will pick up at either Logan or Portland between 11-1 (maybe up until 3 for Logan). On Change Day, we have people coming and going on the same day. We will be dropping off/picking up at Logan and Portland between 11-1 (again, maybe later in Boston). On the last day, we will be dropping off between 11-1 (again, probably later in Boston).

\*If you are booking our group flights or any individual flights, please contact our reps at Atlas Travel Agency to coordinate times. Please contact:

**Tara Vaz @ [tara.vaz@atlastravel.com](mailto:tara.vaz@atlastravel.com) or 508-488-1196**

If you are dropping off your camper, please plan to arrive between 2-4 pm on opening day and change day. If you are picking up on change day or the last day, please plan to arrive as close to 9 am as possible.

### **CampInTouch:**

There is a Family Login to CampInTouch at the top of every page on the Camp Caribou website. Every camp parent will gain access to their CampInTouch account upon enrolling a camper. Your email address will serve as your username and you can create a personalized password for your account. When you Log In to your account, please click on Forms & Documents under your *Forms Dashboard* and complete web based forms located there. *If you have forgotten your password, please click on the Retrieve/Set password on the bottom right of the Log In page.* ALL families need to complete these forms prior to June 1st. Please use our CampInTouch Account to do the following

- complete the Health History form (we also need a hard copy of your son's most current physical and we have provided the hard copy form for the doctor to sign in your portal)
- complete the Transportation form
- complete the Permission to Treat form
- complete the Camper Info form
- complete the Bunk Requests form (if any)
- complete any other necessary forms found in your portal

### **How Do I Send Travel Information?**

You can complete the Transportation Form online through your [CampInTouch](#) account. When you Log In to your account, please click on Forms & Documents under your Forms Dashboard and complete the Transportation form. Please take a moment to complete this information online and let us know if you need any help! ***If you are scheduling Individual flights, please contact our rep at Atlas Travel to coordinate pick-up times at either Logan International Airport (BOS) or Portland International Jetport (PWM).***  
Tara Vaz | [tara.vaz@atlastravel.com](mailto:tara.vaz@atlastravel.com) or 508-488-1196

### **How Do Parents Keep In Touch?**

The best way is by regular old snail mail and by our one-way email service provided through your CampInTouch account. The boys appreciate hearing from you and it would be great if you could write to them at least a couple of times per week. Their address while at camp is:

Camp Caribou

Attention: Camper Name, Bunk # *(we will send you an email with their bunk # on opening day)*

1 Caribou Way

Winslow, Maine 04901

You will receive an email during the first day of camp letting you know your son's bunk number. They, too, are expected to keep in touch and we require that they write home twice weekly. *It is incredibly helpful for our younger campers to have pre-addressed and pre-stamped envelopes or post cards for writing home.* Emailing is limited to International campers only. If you are an American traveling outside of the country during the time that your child is at camp, please let us know your itinerary and we can arrange your son's letters to be scanned and emailed to you during your trip.

### **Phone Calls**

We do not schedule regular phone calls with the campers. ***You are more than welcome to call or email us for updates on your camper, but please do not expect to speak with them on the phone.*** We find that phone conversations with parents can cause even the happiest of campers to feel homesick and we like to avoid it for their benefit. If you *need* to speak with your child by phone, please contact us and we can chat about it. ***Please rest assured that we will always be in touch with you if there is ever something of concern, or if we have any questions for you. You will always receive a call if your son spends a night in the infirmary, or if he needs to be seen by a doctor for any reason.***

We are always happy to hear from you, so please call or email us anytime. If we are not near the phone, please leave a message with our secretaries and we will get back to you as soon as we are back in the office.

### **Should Parents Send Care Packages?**

**No, thank you! The only packages that will be accepted at camp are forgotten equipment from the Camp Caribou Packing List or any other *necessary* item.** Your letters and emails are what they really look forward to receiving. Please make sure to inform other family members and friends about our No Packages Policy. All packages that are received will be opened by our front office staff in order to maintain a controlled camp environment. Please understand that this policy is in place for the benefit of the campers and the parents. Care packages create issues in the bunk and can cause jealousy among the campers and pressure among the parents. If you need to send a legitimate and necessary package to your camper (the only items that would qualify would be a forgotten item from the Camp Caribou Packing List), please let us know what you'll be sending so that our office staff can make sure it gets to your camper. Any packages received containing anything that is not a forgotten item will be donated locally. Please let us know if you have questions!

### **DAILY PHOTOS/One-way Camper Emails**

You will be able to see our daily photos by signing into your CampInTouch account. You can also choose to sign up to send your camper one-way emails that we will print out daily and put in their bunk mailbox. *Please do not expect to see pictures of your camper every day. We do our best to get as many kids per day as possible, but there will be days when you may not see a picture of your son.* He may have been out of camp at a tournament, out on a trip, or just too busy to be caught on film! Our photographer will do his best to get pictures of everyone.

### **Pre-Camp Anxiety for Campers & Parents**

We want to let you know that if you or your son experience or are experiencing any pre-camp anxiety, that this is completely normal! Please assure yourself and your son that these feelings are normal and you are not the only ones feeling this way. New and returning campers may have these anxious feelings. You should assure him, as his parents that you would not be sending him away to camp if you were not confident that he is ready for this experience. (If you have any doubts, please do not share these with your child, but you are welcome to share with us). Please talk with your child (in moderation) about anxiety and homesickness, so that he understands that it is normal. These feelings are part of going away to camp and conquering them contributes to the wonderful sense of accomplishment and pride that comes from going to overnight camp. Also, please assure him that the Camp Caribou Directors and staff will be looking out for him and helping him to assimilate as quickly as possible.

*\*\*Please do not make any deals or promises about early pick-ups from camp or phone calls home. This can undermine your child's confidence and sets you, him, and us up for a difficult situation. Encouragement, excitement and confidence in his success are the best ways to quell fears and anxieties.\*\**

## **Homesickness & Letters Home**

Homesickness is normal and can come in all shapes and sizes for both new and returning campers. During the first week of camp, many children will feel homesick for their parents, siblings, pets and friends, and this is all a part of the camp experience. We are prepared for this and have a lot of experience in helping to redirect and resolve these feelings. Please bear in mind that some letters you receive will be filled with happiness and excitement, but others may be sad and emotional. We hope you will all receive positive letters full of info, but sometimes the first couple letters home can be sad and can cause you to worry. We wanted to prepare you for this and please know that this is completely normal as you son transitions and acclimates into camp life. If you do receive a sad letter, please try not to panic when trying to understand or interpret their letter. If you are worried or concerned or need some reassurance, please call us. We value our open lines of communication with you and we will do everything that we can to ensure that your son has the best possible camp experience with us. *If we have specific concerns or questions about your child, please know that we will have already been in touch with you via phone or email. If you would like an update on your child or you have specific concerns that you'd like to share with us, please feel free to call or email us anytime.*

If you do receive a sad letter, we wanted to offer you a few tips for how to respond. First of all, please remember that these letters are likely dated and are from the first day or two of camp. They were probably written in single moments of sadness and do not give you the complete picture of how your son is feeling about the overall camp experience.

When replying to a sad letter, please remember the following:

- \*Acknowledge the letter by letting your child know that you received it. You can say something like, "It seems like you were feeling sad when you wrote to me..."
- \*Be positive and upbeat in your response. Let your son know that you know he can do this and you wouldn't have sent him to camp if you didn't think he was ready. Let him know that you're proud of him and cannot wait to hear about all of his experiences.
- \*Ask questions about camp. "What are your favorite activities?", "What new things have you tried?", "What are you looking forward to trying?" Try not to focus on things you're doing at home and just ask questions about camp.
- \*If you are sad and missing your son, please try not to tell him that. Although we all know that might be true, it's important to keep the focus on him and not cause him to worry or feel sad about how you may be feeling. He needs to know how excited you are about his camp experience and how you can't wait to hear about all the wonderful things he's doing.

Of course you know your son the best, but if you are concerned that your son may struggle from homesickness, it might be best *not* to send him to camp with lots of pictures of family and pets. Sometimes these constant reminders of home can make it difficult to get into the swing of camp life. Please know that we will give your son all of the love and support that we possibly can to help get through any difficult times, and we will work with you to help do that.

## **INFIRMARY INFORMATION:**

### **What If My Son Spends Time in the Infirmary or has Medical Concerns:**

Should your child have any serious health concerns or need to spend the night in the infirmary please be assured that we will contact you and keep you well informed.

### **What If My Son Is Taking Medication?**

If your son is taking any medication, prescription or non-prescription, you will need to contact [Winslow Pharmacy](#). They are handling all of our camper medication. International campers taking medications will not be able to utilize their services.

### **Medical Forms:**

You can complete the Medical Forms through your CampInTouch account. When you Log In to your account, please click on Forms & Documents under your Forms Dashboard and complete the Health History form. If you have forgotten your password, please click on the Retrieve/Set password on the bottom right of the Log In page. ALL families need to complete these forms prior to June 1st. Make your appointments for physicals if necessary, as we will need a hard copy of your son's most recent physical with the signature or stamp from the Doctor, stating that your camper has no restrictions, or listing his restrictions, if any. Most practices will be able to print you out a hard copy summary of the current physical and this is the only hard copy that we need. Often times the hard copy of the most recent physical has the dates of past immunizations, so if this is the case, then we do not need you to complete the Immunizations form online, just the Health History. Please let us know if you have any questions!

### **Health:**

If your son has been exposed to any communicable diseases or infections prior to camp, you must inform us. Please do not send your child to camp with a fever or any flu-like symptoms. We also strongly recommend that you check into the Meningococcal Vaccine for your son.

### **Head Lice:**

We ask that you check your camper's head for lice prior to their arrival at camp. If we discover lice during our entrance physicals, we will need to bill the family accordingly for treatment, laundry services and haircut.

### **Birthdays at Camp**

If your child has a birthday during camp, we will certainly be celebrating! We have our own special Caribou birthday traditions, and we will sing and party together. Each child will have a homemade birthday cake to share with their bunk and friends and we would be happy to schedule a birthday phone call with you as well. Mealtimes are the best time for a phone call, as these are the only times the boys are near a phone, and those are either 8 am, 1 pm or 6 pm (on Sun & Weds it is 9 am, 1 pm or 6 pm). Some parents also choose to organize a "pizza party" with delivery pizza from the local House of Pizza for their child's bunk, and this is something that we can help you set up if you are interested.

## **Caribou Big Brother/Little Brother Program**

All new campers will be assigned a Caribou “big brother” for their first summer at camp. The big brother will be a returning camper, and hopefully from your area. These assignments are made in the Spring, and the big brothers and little brothers will receive emails with the contact information they will need to reach out. The big brothers are not asked to reach out before camp, but the family of the little brother is welcome to reach out if they have any questions or would like to connect before camp. ☺ We will make sure to connect the boys when they arrive at camp, and we will organize a lunch for them to eat together. This program is a great way to mix up our community and make sure that everyone knows each other.

## **TRIPS**

### **GRADUATED 7-9<sup>th</sup> GRADERS**

All campers who are graduated 7-9th graders attending either the 1st session or the Full Season need to complete and return the [White-Water Rafting Permission slip](#). *Please don't worry about filling out the date or the Wetsuit Rental section at the bottom of the form. If the kids need extra gear, we'll get it for them.*

### **SENIORS AND SUPER-SENIORS (Full Season & 2<sup>nd</sup> Session)**

Your son will be going on a special trip in the second session. These trips are 3 day, 2 night trips and are a wonderful tradition at Caribou. The graduated 8th graders will be going to Ogunquit, Maine for some wonderful activities including rock-climbing, Portland Sea Dogs baseball game, surfing and more. There will be permission slips for this trip and we'll be sending those out soon. The graduated 9th graders will be going to Montreal, Canada and will be participating in some fabulous activities such as jet-boating, bike tours of Old Montreal, La Ronde amusement park and more. They will need a copy of their birth certificate and a parental permission slip. We'll be sending out the permission slips soon.

## **What Should Parents Expect On Visiting Day?**

Visiting Day was originally designed for our full season campers, however, many parents of first session campers also decide to attend. Parents should NOT expect to take their camper(s) home on visiting day. Parents and family members may arrive at 9:30 a.m. on Saturday to observe their camper at their morning Instructional Activities. Parents may take their camper out to lunch or enjoy lunch with us at camp. Rest hour is a time where families can relax together around camp or play tennis together, etc. Campers have the option of signing up for Afternoon Electives and having their visitors watch them, or spending the afternoon together out of camp. Please refrain from buying or bringing large quantities of food for your camper(s). At 3:30 p.m., we will have a Visiting Day Campfire, which we encourage all visitors to attend. After Campfire, we will return to the Grove (picnic tables) for refreshments, and then Parents will depart around 4:30 p.m. We ask that all Visitors say their good-byes in the Grove with the help of our Staff. Please do not walk your child back to their bunk. We help all the campers assimilate back into camp life after their visitors have left. Visitors may bring bathing suits, tennis rackets, baseball gloves, etc. Siblings and other family members are also welcome.

### **Where do Parents Stay?**

Please find a comprehensive list of hotels under the Current Families on our website, under *Places to Stay*.

### **What About Tipping?**

In accordance with the American Camping Association standards, our counselors may not accept monetary gifts. Please let us know if you have any questions.

### **What If We Cannot Attend Visiting Day?**

Don't worry if you cannot make it to camp on Visiting Day! We have a great day planned for all of our campers without visitors. We will take all the children without visitors out of camp for ice cream and a fun afternoon. They love it!

### **What Are The Directions To Camp?**

You can now find us on a GPS! Take Maine Turnpike to the end. Follow Route 95 to the first Waterville exit, Exit 127. At base of exit ramp take a right, following Route 137 East. Travel approximately 1.6 miles and take a right onto Route 137 East, which is Carter Memorial Drive (NOT Rt. 137 business). At second set of lights, take a left onto Rt. 32, which is Cushman Road. Follow to the end and take a right. Take your first left onto the Garland Road. Follow Garland Road about 3.5 miles. Take a right onto the Albion Road. Follow Albion Road about  $\frac{3}{4}$  miles. Camp Caribou sign will be up on the right. Take right onto Caribou Way. Drive down 1 mile dirt road. As you enter camp, parking will be up the hill on the right. Please check in at the Office upon arrival.

### **What Else Is Useful?**

Campers do have an electrical outlet and shelves on the wall in their area.

Please note that Camp Caribou is an entirely NUT-FREE environment.

If you have any other questions that have not yet been answered, please feel free to get in touch via phone or email! We're happy to help!

www.campcaribou.com  
info@campcaribou.com  
1-888-305-2267

Winter Address:  
Camp Caribou  
26 Hickory Hill Road  
P.O. Box 129  
Wayland, MA 01778  
Phone: (508)358-5050  
Fax: (508)358-5876

Summer Address:  
Camp Caribou  
1 Caribou Way  
Winslow, ME 04901  
Phone: (207)872-9313  
Fax: (207)872-8637

## Rules for Campers Riding School, Chartered buses or vans

A comprehensive approach for ensuring safe camper conduct on buses and vans is followed by Camp Caribou. This approach will be used for handling all camper management problems on buses and includes progressive actions. These actions include verbal warnings by the bus and/or van driver, and will be submitted to the camp director.

1. The driver is in full charge of the van or bus and passengers, and must be obeyed. If a Caribou counselor is assigned to the bus, he/she will be responsible for the behavior of the campers while the driver remains responsible for the safe operation of the van or bus. Campers must obey both driver and supervisor.
2. Campers shall ride only on their assigned bus or van.
3. Unless permission is obtained by a staff member, no camper shall be permitted to leave the van or bus.
4. If a camper is assigned to a seat, he will use only that seat unless permission to change is authorized by the driver.
5. Proper conduct must be observed on buses. Noise must be kept down to avoid distracting drivers.
6. There will be no smoking or igniting of lighters or matches on buses.
7. Buses or vans must be kept clean.
8. Campers will not open windows without the driver's permission.
9. Campers will not extend any part of their body out of the bus windows at any time.
10. Campers may not carry or have in their possession items that can cause injury to passengers on the bus. Such items include, but are not limited to, sticks, breakable containers, weapons or firearms, straps or pins protruding from clothing.
11. Campers are not permitted to sit in the driver's seat or to the immediate right or left of the driver.
12. Campers should refrain from talking to drivers unless necessary.
13. Once inside the van or bus, campers must go directly to a seat and remain seated at all times unless the driver instructs otherwise.
14. Campers must get on/off the van or bus in an orderly manner and must obey the instructions. There will be no pushing and shoving when boarding or leaving the van or bus. Once off the van or bus, campers must adhere to rules for pedestrians.
15. When off-loading, campers must follow the instructions of the staff member. Campers riding vans or buses must wait for the bus to depart the stop and then cross the street. **Campers are never to cross in front of a van or bus.**
16. Campers must sit in the picnic grove away from the roadway when any bus is approaching or leaving.
17. If lapbelts are available on the bus, campers must use them. No van is permitted to leave until all campers have their seat belts fastened.
18. Emergency Exit Drill procedures will be followed as prescribed by the driver.
19. Parents of campers identified as causing damage to buses will be charged with the cost of the incurred damage.