SUMMER 2018
PARENT GUIDE

KENMONT
KENWOOD

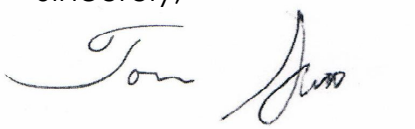
Hello Camp Families,

Even though the summer is still some time away, it is time to start thinking about the warm, fun-filled days of camp. This Parent Guide is your official welcome to KenMont and KenWood's Summer of 2018!

Our 2018 Parent Guide has all the information you will need to prepare you and your camper(s) for an unforgettable camp experience. Even if you are a seasoned KenMont and KenWood camp family, please take the time to carefully read through this guide as information has been updated.

Please do not hesitate to contact us; we are here to answer all of your questions, and no question is too small or silly. We look forward to being a part of your camper's summer experience; from trying new activities, making new friends and counting down the days until Color War. As always, thank you for entrusting us with your camper(s) and being a part of our KenMont and KenWood Family!

Sincerely,



Tom and Scott
Directors

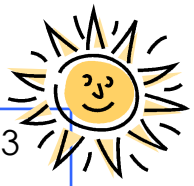
Our Mission Statement

KenMont and KenWood Camps provide an experience for campers, family and staff that focus on physical, emotional and social accomplishments.

Our team models a strong sense of character and the ability to accept challenges that help build life skills, independence and personal growth.

We carry with us KenMont and KenWood's traditions and memories as a guide to live, share and connect as part of our community.

TABLE OF CONTENTS



DATES TO REMEMBER 3

CAMPER GROUP NAMES 4

UNIFORM AND WHAT TO PACK 5-6

KENMONT AND KENWOOD PACKING LIST 7

GENERAL INFORMATION 8

MAIL AND PACKAGE POLICIES 9

PAPER FORMS

REQUIRED PAPER HEALTH HISTORY FORM 10

STATE OF CT MEDICAL AUTHORIZATION FORM.....10

CAMPMEDS-INFORMATION IF YOUR CHILD IS TAKING **ANY** MEDICATION **(Rx or OTC)** AT CAMP.... 10

ACCESSING CAMPER FORMS-DETAILS/INSTRUCTIONS ABOUT OUR NEW DATABASE..... 11

REQUIRED CAMPER ONLINE FORMS

OVERVIEW of our ONLINE FORMS.....11

INFORMATION ONLINE FORM 12

TRANSPORTATION/BAGGAGE ONLINE FORM 12-19

PHONE CALL ONLINE FORM 19

COMMUNICATION WITH HEAD STAFF AND YOUR CHILD 20

SUPPORTING CAMPERS IS OUR TOP PRIORITY 21

HOMESICKNESS 22-23

CAMP POLICY CONCERNING BULLYING BEHAVIOR 24

CAMPER RULES AND CODE OF CONDUCT 25

WHAT **NOT** TO PACK… 26

HEALTH CENTER (HEAD LICE INFORMATION) 27

CAMPER DEPARTURE DAY 28

DIRECTIONS TO CAMP AND LODGING 29

AT-A-GLANCE: CONTACTS AND INFORMATION 30

GLOSSARY OF CAMP WORDS 31

DATES TO REMEMBER

1st Session Friday, June 22nd to Thursday, July 19th

2nd Session Sunday, July 22nd to Wednesday, August 15th

February 20th CampMeds Registration Begins - please register at www.campmeds.com. You are **REQUIRED** to use this service if your child will be taking ANY type of medication (prescription and/or OTC/vitamins/supplements) while at camp. Please see pages 10 and 27 for further details.

April 23rd **Both Sessions: ALL ONLINE FORMS DUE.** Please sign in to your MyCampManager Account via My KMKW CampInTouch Log In to review all paperwork and forms on your camper's dashboard. More details about this can be found on page 11. **Note: All online forms are due by April 23rd.** These forms help us prepare for your child's overall experience at camp.

May 4th Camp Trucking registration due for 1st Session camper baggage

- **Printable forms can be found on your camper's dashboard via the above link. Please mail the registration forms directly to Camp Trucking or** register online via **www.camptrucking.com**.

May 29th Kent, CT Camp Office opens for the Summer Season

June 1st **a)** Paper Camper Health History Form **(Required)**
b) State of CT Medical Authorization Form (if applicable)

- Please log in via the link above to review and upload all health documents in a timely manner. Thank you.

June 8th Camp Trucking registration due for 2nd Session camper baggage

- **Printable forms can be found on your camper's dashboard via the above link. Please mail the registration forms directly to Camp Trucking or** register online **via www.camptrucking.com**.

June 10th **New Camper Tour Day** – 1st year campers and their families are welcome to come to camp to tour, ride the go-karts, make some s'mores and meet some of their bunkmates and our staff! It's also a great time to bring your camper's baggage! More details to follow.

July 27th to 28th **Rookie Overnight –** for all camper siblings entering 2nd - 5th grade (Sept. 2018) who want to experience KMKW. More details to follow.

After Labor Day Winter Office opens

CAMPER GROUP NAMES

GRADE ENTERING September 2018	AGE	GIRLS	BOYS
3rd/4th	8/9	SUPERDEBS	BLUEJAYS
5th	10	FROSH	FALCONS
6th	11	SOPHS	CARDINALS
7th	12	INTERS	HAWKS
8th	13	JUNIORS	CONDORS
9th	14	SENIORS	EAGLES
10th	15	MAPS	DODOS

UNIFORM and WHAT TO PACK!!

KenMont and KenWood Camps require that all campers wear the camp uniform every day.

Our required camper uniform consists of:

Camp Logo T-Shirts:
Boys: KenMont - **GREY** and **NAVY BLUE** Girls: KenWood - **LIGHT BLUE** and **NAVY BLUE**

Bottoms (KM or KW logo not required): for both boys and girls - navy blue bottoms (no denim) that your camper is comfortable wearing during the day.

Please refer to our packing list on page 7 for items and quantities.

Where to Purchase: The required camp logo t-shirts are to be purchased via our vendor ***The Camp Spot*** (www.thecampspot.com). If you have any questions regarding sizing, etc., **feel free to contact them at (973)994-7416.**

All other required uniform items listed on our packing list do not require our camp logo and therefore can be purchased wherever you typically shop. Please note, all uniform clothing should be free of company logos & printing.

KENWOOD CAMPERS: Bikinis are not allowed to be worn at camp nor are revealing social clothes. If these items are brought to camp, they will not be allowed to be worn. Please send tankinis (with long tops so that midriffs are not exposed) and/or one piece bathing suits. Feel free to call us with questions. Thank you.

ALL clothing (including underwear and socks), sports equipment, toiletries and any other items sent to camp MUST BE labeled with your child's name. Thank you!

SOCIAL CLOTHING

From time to time there are special events and social get-togethers at which campers may wear social clothing. 1st session campers may wear patriotic themed clothing on July 4th. Please limit social clothing to 2 or 3 outfits.

Girls and boys entering 7th grade and higher have more nightly socials and should make sure to pack extra (camp appropriate) social clothes (2-3 additional sets).

OTHER IMPORTANT THINGS TO PACK- refer to page 7 for more details

- **BED & BATH-** Please pack (2) sheet sets (standard twin size), pillowcases, pillows, blankets, towels & enough toiletries **(see list below)** to last the session. Don't forget to label everything!

Shower Caddy to hold toiletries
Soap / Soap Holder or Liquid Body Wash
Shampoo and Conditioner
Razor / Razor Blades
Toothbrush and Toothpaste / Floss / Toothbrush Holder / Mouthwash
(2) Hairbrushes and Hair Ties (packed in separate Ziplocs) / Hair Products
Deodorant / Q-Tips / Tissues
Make-up and face creams

Don't forget sunscreen, swim goggles (if your child uses them) lip balm (with sunscreen) and bug spray!

UNIFORM and WHAT TO PACK!! (cont'd)

- **FAN – (optional) –** Small battery operated only please***; don't forget to pack extra batteries!***
- **BOOKS –** for those campers who love to read! **No Kindles or similar devices are allowed****
- **STORAGE –** You can send underbed storage boxes for items such as shoes, underwear, socks and other odds and ends. To fit under the bed, the container should be no more than 10" in height.
- **WATER BOTTLES – We require campers to bring 3 refillable water bottles.**

****KENMONT & KENWOOD CAMPS ARE UNPLUGGED – DO NOT PACK CELL PHONES, ELECTRONIC/MEDIA DEVICES WITH A VIDEO SCREEN or CAMERAS OF ANY KIND (see pages 8 & 26 for additional details).**

FUN STUFF TO PACK

Every summer, families ask what they should pack other than the 'essential' stuff. Below lists some things we came up with; please note, these items are **optional**, you are not required to pack them. **However, if you would like your camper to have any of these items, please pack in your camper's duffel. Since we are a no package camp, if these are sent during the session, we will store the items during the session and pack in your camper's bags for departure day. Thank you.**

For both KenMont and KenWood Campers

- Books & Magazines – including those needed for school reading / Book Light
- Card games (Uno, Magic, Apples to Apples, etc.)
- Board/Multiplayer Games (Bananagrams, HedBanz, Jacks, Mancala, chess/checkers etc.)
- Posters, fatheads, Photos
- Diary / Journal
- Mad Libs, crossword books, word search books
- Glow sticks / bracelets etc. for 4th of July (1st session) and DJ Jeff Night (both sessions)
- Toy sports balls, hackey sack, frisbee
- Puzzles and skill testers (Rubik's cube, ball-in-a-maze, etc)
- Non-toxic hair spray / face paint sticks / Colored zinc for Color War
  - Navy blue and grey for KenMont
  - Blue and white for KenWood
- Cheap sunglasses
- Bed Time comfort item / stuffed animal

For Returning Campers

- Dog Tags and Straw Hats (KenWood) – don't forget to pack them!

For KenWood Campers

- Dressy Social Outfit/Dress for Banquet Dinner (last night of camp) and DJ Jeff Night
- Go Blue & Go White gear for color war (socks, gloves, pom-poms)
- Olympic Day (see page 31 to find out more about it)
  - Shorts in other colors /crazy colored leggings
  - Multi colored head bands
- Rainbow Looms / Friendship Bracelet String
- Nail polish
- Tutus – blue or white for Color War (campers can share with their friends)
  - One site to order from www.tutuspirit.com
- Fuzzy pajama bottoms for Sunday Lazy Breakfast

Some of the above items can be found on websites such as amazon.com and campstuff4less.com

KENMONT AND KENWOOD PACKING LIST

REMINDER: PLEASE HAVE YOUR CHILD WEAR THEIR NAVY CAMP LOGO T-SHIRT ON ARRIVAL DAY

WHAT WILL I NEED FOR KENMONT AND KENWOOD CAMPS?

LABELING — INSIDE FRONT COVER

All clothing and equipment must be labeled with the camper's full name.

___ 100-200 Sew-on or Iron-on Name Tapes
___ 1-3 sheets Equipment Stickers

REQUIRED CAMP UNIFORM FOR KENWOOD GIRLS — PAGES 2-3, 6-8

___ 7 KW Navy T-shirts with Logo
___ 7 KW Light Blue T-shirts with Logo
___ 2 KW Navy Long-Sleeve T-Shirt with Logo
___ 10 Navy Shorts (logo optional) (No Denim)
___ 2 Navy Sweatshirts (logo optional)
___ 2 Navy Sweatpants/Leggings or Capris (logo optional)

KENWOOD OPTIONAL LOGO'D ITEMS — PAGES 3,8

___ Tank Top with Logo
___ Soccer Jersey with Logo
___ LAX Pinnie with Logo
___ Camp Jacket with Logo
___ Leotard with Logo
___ UV Shirt (SPF 50) with Logo
___ Long Sleeve Waffle T with Logo
___ Flannel Pants with Logo
___ Fuzzy Pajama Shorts with Logo

REQUIRED CAMP UNIFORM FOR KENMONT BOYS — PAGES 4-8

___ 7 KM Navy T-shirts or Under Armour T's with Logo
___ 7 KM Grey T-shirts or Under Armour T's with Logo
___ 2 KM Navy Long-Sleeve T-Shirt with Logo
___ 10 Navy Shorts (logo optional) (No Denim)
___ 2 Navy Sweatshirts (logo optional)
___ 2 Navy Sweatpants (logo optional)

KENMONT OPTIONAL LOGO'D ITEMS — PAGES 5,8

___ Soccer Jersey with Logo
___ Shooter Shirt with Logo
___ Basketball Jersey with Logo
___ LAX Pinnie with Logo
___ Kenmont Athletic Socks with Logo
___ Athletic Pants with Logo
___ Camp Jacket with Logo
___ UV Shirt (SPF 50) with Logo
___ Flannel Pants with Logo

SOCIAL CLOTHES

___ 3 Sets of Social Clothes* (for Events and Socials)

**Please pack 1 pair of jeans/long pants (for chilly nights)*

OUTERWEAR — PAGE 8

Navy preferred, but not required.

___ 1 Hooded Rain Coat or Poncho

SOCKS & SHOES — PAGE 9

___ 18 Pairs of Socks
___ 2 Pairs of Athletic Sneakers
___ 1-2 Pair of Sandals or Water Slides
___ 1 Waterproof Boots or Shoes (for Rainy Days)
___ 1 Pair of Soccer Cleats (Rubber Spikes only)

UNDERWEAR & SWIMWEAR — PAGES 10-11

___ 14 Pairs of Underwear
___ 3-4 Bras/Sports Bras
___ 4 Swimsuits (Required Tankinis with Long Tops and/or 1 Piece for Kenwood)

BUNKWEAR — PAGES 12-13

___ 2 Sets of Light Sleepwear
___ 2 Sets of Warm Sleepwear

BEDDING & LAUNDRY — PAGES 14-15

___ 2 Blankets* (1 heavy for cold nights)
___ 1 Pillow*
___ 2 Pillowcases*
___ 2 Sets Standard Twin Size Sheets*
___ Mattress Pad (optional)
___ 1 Laundry Bag
___ 2 Large Mesh Sock/Underwear Bags

BATH — PAGE 16

___ 1 Bathrobe (optional)
___ 7 Towels (4 Bath, 3 Beach)*
___ 2 Hand Towels
___ 2 Washcloths
___ 1 Shower Bucket & Toiletries‡

‡*Please refer to our Parent Guide for a detailed list*

**To be provided by camp for international campers.*

EQUIPMENT (REQUIRED) — PAGE 17

___ 1 Baseball/Softball Glove
___ 1 Tennis Racquet
___ 1 Pair of Soccer Shin Guards
___ 1 Protective Cup (KenMont)

___ Rollerblades (optional)* for Roller Hockey and Skatepark

**You must bring wrist, elbow and knee pads to play Roller Hockey.*

Hockey sticks, lacrosse sticks, skateboards, golf clubs and bags are provided by camp. Campers are welcome to bring their own.

REQUIRED PERSONAL ITEMS — PAGES 19-21

___ 3 Refillable Water Bottles
___ 1 Flashlight with Extra Batteries
___ 2-3 Sunscreen
___ 1-2 Insect Repellent (optional but suggested)
___ 30 Stationery with Pre-printed and Pre-stamped Envelopes
___ Pens and Pencils
___ Extra Eyeglasses or Contacts

ESSENTIALS & FUN STUFF (OPTIONAL) — PAGES 19-21

___ 1 Clip On/Battery Operated Fan with Extra Batteries
___ Crazy Creek Chair

Please refer to our Parent Guide for other fun stuff to pack.

BAGS FOR PACKING — PAGE 18

___ 2 Soft Trunks or Duffels

We recommend packing your camper's belongings in soft trunks.

Camp provides every camper with an official Kenmont and Kenwood backpack on Arrival Day.

PLEASE HAVE YOUR CHILD WEAR THEIR NAVY T-SHIRT ON ARRIVAL DAY

If you are driving baggage to camp, ALL BAGS MUST BE RECEIVED ONE WEEK PRIOR TO THE START OF YOUR CHILD'S SESSION – NO EXCEPTIONS. THANK YOU.

1st Session – Baggage due by June 17th

2nd Session – Baggage due by July 15th

GENERAL INFORMATION

WE ARE UNPLUGGED KenMont and KenWood Camps are UNPLUGGED communities. Our philosophy relies on campers and their counselors to detach from technology and media and immerse themselves in a culture full of healthy values of community, camaraderie, cooperation, competition and collaboration. We are aware that camp today may be the only place in children's lives where they are free to experience themselves fully present and engaged in activities and moments where technology is irrelevant. Please see pg. 26 for details.

CANTEEN Campers love our canteen and game room! Campers go **2-3** times per week and can select two items each time. We have "old school" arcade games, ping pong, foosball and much more! **All canteen expenses are included in your child's tuition.**

BIRTHDAYS AT CAMP! **We love to celebrate birthdays!** Fellow campers & staff sing and cheer; birthday cake is served in the dining hall, usually at dinnertime; campers also get an "extra call" (see page 19 for details.) ***If your camper's birthday does not fall during the session, make sure they bring their birthday postcard to get their special extra canteen treat!***

THIRD PARTY EXPENSES Occasionally, we need to contact parents to obtain credit card information in case their camper needs repairs for equipment, eye glasses, prescriptions filled or outside doctor appointments. If we are unable to reach you, camp will pay for the expenses and charge you at a later date.

LAUNDRY **We provide laundry for your child on a weekly basis**. Clothing and linens are washed in our on-premises facility with same day turnaround and is included in your child's tuition.

CAMPER PROFESSIONAL PHOTOS We have arranged for professional photographers to take individual and group photos of all our campers **which will be given to you on Departure Day at no cost to you!**

CAMPER PHOTOS ON OUR SITE Our photo team posts hundreds of photos each day. We will send an email as it gets closer to the start of camp with instructions on how to see the daily photos. Photos will be available online until well after your camper comes home so they can save and print out any photos we have posted.

TRIP DAY & TRIP MONEY Our campers go on a one day trip out of camp. All expenses are included in your child's tuition (transportation, tickets and meals). **Trip money is also included for this one day trip**; **KenMont and KenWood will give $20 to each camper to purchase souvenirs, etc.** Note, $40 will be given to the Maps and Dodos campers for their trip. **Please do not give your child additional trip $$ - as we are not responsible if it is lost, but more importantly, we like to keep everything equal among our campers and when this rule is broken, campers become disappointed and it tarnishes their experience.**

MUSICAL INSTRUMENTS Campers are welcome to bring their musical instruments to camp for our music program (guitar, bass guitar, keyboard and drums are provided) and be part of our talent shows and other special camp events.

MAIL & PACKAGE POLICIES

YOU'VE GOT MAIL! Campers will write home each week to their immediate family. **Please pre-address and stamp envelopes**. Many letters get returned to us due to illegible addresses or inadequate postage which creates a delay in receiving mail from your children. **International families, we will be happy to scan and email your child's letters home for faster delivery. Thank you for understanding that we are not able to accommodate emailing letters to our domestic families who are traveling. Please discuss this with your camper ahead of time.**

CAMPERS LOVE TO RECEIVE MAIL – Please write as frequently as you can. It is a great idea to send mail prior to your child's arrival at camp so they receive it right away, or pack a surprise letter in their baggage! **Note: if traveling while your child is at camp, when writing letters (or emails), please do not focus too much on your experiences and happenings abroad; your child might get upset that he or she is not with you.**

Mail will be delivered to campers once daily, except Sunday. Please be aware that we are in a small town, with a small post office and mail moves slower than usual, both to and from campers.

ADDRESS LETTERS TO:

Your Child's Name and Group Name
KenMont and KenWood Camps
P.O. Box 548
Kent, CT 06757

PACKAGE POLICY – VERY IMPORTANT!

Please do not send packages **(of any kind)** while your child is at camp. Throughout the years, allowing packages at camp has only proven to be a source of disappointment for those campers who do not receive anything from home. **We provide games in the bunks and you can certainly send any fun items in your child's baggage ahead of time.** (***See page 6 for a suggested list of items.)***

ANY AND ALL PACKAGES RECEIVED DURING CAMP WILL NOT BE DELIVERED. PACKAGES WILL BE HELD IN STORAGE AND THEN PACKED IN YOUR CAMPERS' BAGS FOR DEPARTURE DAY.

This includes photos*, novelty items, magazines, comic books, etc. All envelopes that are thick and/or larger than letter size will need to be opened for inspection because of our camp policy. **Please note: Food/Candy will not be stored and will be discarded**. Thank you for your cooperation.

We understand that campers like to receive (and parents like to send) photos while their campers are with us. Over the past few summers, more and more parents have been sending photos via the *Postagram and ink Apps. They are free to download and user-friendly. Pictures arrive in a postcard sized format, which we gladly accept and deliver! ***However, please note, sometimes these take even longer to arrive at camp vs. traditional mail.***

If you forgot to pack a necessary item (i.e. contact lenses, glasses) and need to send to camp, please call the office so we know to expect the package and we will deliver to your camper.

BIRTHDAY PACKAGES

If your camper is celebrating a birthday while at camp, we do allow birthday packages to be sent. If you are sending a package, please write Birthday Package on the box so we can store accordingly. Send to ATTN: Michele Troche along with your camper's name. (Please, do not send food or candy as it is not allowed at camp and please, no gifts for bunkmates, Thank You!)

REQUIRED PAPER HEALTH FORMS & CAMPMEDS

PAPER HEALTH FORMS – Please upload to your camper's dashboard - THANK YOU!
THESE FORMS ARE DUE JUNE 1, 2018

PLEASE REMEMBER TO KEEP COPIES OF ALL FORMS!

REQUIRED CAMPER HEALTH HISTORY FORM (✱AS REQUIRED BY CONNECTICUT STATE LAW, CAMPERS ARE NOT ALLOWED ON CAMP GROUNDS WITHOUT THIS SIGNED FORM IN THE CAMP'S POSSESSION.)
The camper health history form is to be filled out and **signed by both the parent/guardian AND child's physician.**

STATE OF CT MEDICAL AUTHORIZATION FORM (this form is required if your camper will be taking ANY type of medication while at camp. Health Center Staff cannot legally dispense medication or vitamins without this form.)

FOR ALL MEDICATIONS (Prescription and/or OTC meds taken on daily basis), VITAMINS and SUPPLEMENTS it is essential for all parents whose child will take any medication or vitamins on a regular basis at camp, to complete this form for EACH medication, vitamin and supplement. Note, if you child needs aspirin/ibuprofen for an occasional headache, a form is not needed.

In addition, the doctor must complete their portion of the form. Camp Nurses/Doctors cannot legally dispense medication or vitamins without this form. NOTE: SCHOOL MED AUTHORIZATION FORMS CANNOT BE ACCEPTED.

This form applies to self-administered medications (inhalers, epipens) as well.

CAMPMEDS, INC. KenMont and KenWood Camps utilize the service of CampMeds, Inc. which you are required to use to fill your child's medication prescriptions, vitamins and supplements to be dispensed by our Health Center – NO EXCEPTIONS. CampMeds organizes and pre-doses all medications which allows our nurses to have more time to take care of your children. This service is of no charge to you and is paid for by KenMont and KenWood Camps. **To register go to** www.campmeds.com

Please understand that the State of CT mandates that we do not receive your child's medication(s) directly from you.

We do not accept medications at the various bus pickups on arrival day or within your child's baggage. *Not following this important step with regard to us receiving medication does not only create issues onsite with our nurses but it also does not follow protocol within the State of CT and can result in serious error. We greatly appreciate your understanding of the importance in how we receive your child's medications at camp.*

PDF versions of these forms are available on our website:
www.kenmontkenwood.com

CAMPER ONLINE FORMS – Please submit all by April 23rd

NEW FOR ALL FAMILIES – ACCESSING CAMPER FORMS

You will need to sign in and set up your own account to review your camper's 'dashboard', which lists all the forms that need to be submitted and/or reviewed. To do this, please:

1. Click on this link https://kenmontkenwood.campintouch.com/v2/login.aspx
2. Click on Retrieve/Set Password and type in your email and hit send
3. A pop up message will appear, follow these instructions to set up your password

After you sign on, you will be brought to your welcome page. Please read this section thoroughly and then click on 'Forms & Documents'. You will see a list of all the forms that need to be reviewed and/or are required to submit for this summer. **If you have more than one camper enrolled for this season, they will each have their own dashboard and will each need their own set of forms submitted for our files.**

Please see the below list for all forms that you will find on your dashboard. While this list may seem long, it won't take you long to review and complete them. These forms will also carry over year to year, so most information will stay with your camper's file, thus making it easier when you go to review/submit these in the future. Note, all forms are important and are necessary to have on file for your camper's overall success at camp. Thank you.

Required Forms to Submit	Documents to Review
2018 Camper Health History Form PDF*	2018 Parent Guide
Camper Phone Call Form*	2018 Packing List
Camper and Family Birthday Phone Call Form (if applicable)*	2018 Uniform Catalog
Camper Photo	
Health History (Online) Form*	
Information Form	
Transportation (and baggage) Forms*	
Various Camp Policies and Guidelines to Review	
2018 Camp Trucking Info (if applicable)*	
2018 State of CT Medical Authorization Form / Action Plan (if applicable)*	
2018 CampMeds (if applicable)*	

Please note, the forms noted above with an "*" are described in further detail throughout this guide.

If you have any questions, please contact us and we will gladly assist you:

michele@kencamp.com or **(845)262-1090 (winter) / (860)927-3042 (summer)**

ONLINE HEALTH HISTORY FORM

The online Camper Health Form is a very valuable tool for us to get to know your child's health. It is important that it is filled out thoroughly. It is our policy to have our staff become familiar with your child's health needs before they arrive so that we may provide the best possible environment, care and camp experience for them. Please be assured that this information will only be shared with those persons directly responsible for your child and will be kept confidential.

The more information you provide, the better we can support your child in having a successful camp experience.

Please tell us about your child's healthcare and any respective dietary needs. Please provide medication and any Special Needs information as well as your Health Insurance Information (if applicable).

Note, Our Food Service Director along with our entire kitchen staff are very familiar with all food allergies and are able to provide special attention to your child's needs if we know in advance what they require.

Bunking: We believe your child's bunk placement is a very important part of camp life which is why we spend a lot of time and effort in the decision making process of where to place your child.

- **IF YOUR CHILD IS A NEW CAMPER** and you think they would be more comfortable knowing another new camper in their grade group, please contact our office for some names of new campers in your area.
- **RETURNING FAMILIES:** If there is anything you wish to discuss directly with Tom or Scott regarding your child's experience last summer, please do not hesitate to call.

ONLINE TRANSPORTATION (& BAGGAGE) FORM

This form tells us how your camper is arriving and departing camp as well as what methods you are using to send and pick up your camper's baggage. Of course, if there are any changes from what you originally submitted, please do not hesitate to contact us and we can adjust accordingly.

CAMPER ARRIVAL DAY

1st session: Friday, June 22nd

2nd Session: Sunday, July 22nd

The main office will send an email confirming how you scheduled for your camper to arrive at camp a few days prior the start of the session.

TRANSPORTATION TO CAMP

All of our campers travel to camp on Arrival Day by either bus or via plane. It is a great bonding experience for our campers to hang out and get to know fellow campers and staff on their way up to camp.

Please see the following pages regarding details of bus locations and flights. We will make every effort to ensure that your camper is comfortable on his/her journey to camp.

TAKING THE BUS TO CAMP

For your convenience we have bus camper pick-ups throughout the tri-state area. Buses have been chartered to and from the following locations at no additional cost:
1) Manhattan 2) Long Island 3) Paramus, NJ 4) Livingston, NJ 5) Westchester 6) Fairfield, CT and 7) Kent, CT (Kent Shuttle Bus only offered on Arrival Days).

REMINDER: PLEASE HAVE YOUR CHILD WEAR THEIR (NAVY CAMP LOGO T-SHIRT) ON ARRIVAL DAY.

You may pack a lunch/snack to be eaten on the bus (please, no products containing nuts). Note, the buses cannot accommodate camper baggage. Hand baggage (no larger than backpacks) can be brought on the bus but should be kept to a minimum. Thank you.

When you arrive at the bus departure area be sure to check in with one of our chaperone staff. Parents, we appreciate your good-byes being casual and quick so that everyone can leave on a positive note. ☺

PLEASE DO NOT BRING ANY PETS TO THE BUS LOCATIONS. THANK YOU.

PLEASE, no medications of any kind are to be brought to the buses – all medications are to be registered via our CampMeds service, thank you! (pg. 10)

BUS LOCATIONS

Manhattan Bus

62nd Street between Columbus and Amsterdam – Northwest side of the street; near the Park.
Departure to camp: **(NEW) Meeting time 11:00 AM**, departure time 12:00 PM.

Long Island Bus

Macy's Shopping Center, 1100 Northern Boulevard, Manhasset, NY
Departure to camp: Meeting time 11:30 AM, departure time 12:00 PM.

Paramus, NJ Bus

Paramus Catholic High School, 425 Paramus Road, Paramus, NJ
Departure to camp: Meeting time 11:30 AM, departure time 12:00 PM.

Livingston, NJ Bus

Livingston Mall, Walnut Avenue Entrance near Macy's
Departure to camp: Meeting time 11:30 AM, departure time 12:00 PM.

Westchester Bus

Temple Kol Ami, 252 Soundview Avenue, White Plains, NY
Departure to camp: Meeting time 11:30 AM, departure time 12:00 PM.

Fairfield, CT Bus

Westfield Trumbull Mall, 5065 Main Street, Trumbull, CT (Merritt Parkway to Exit 48)
Parents please meet by Wahlburger's/Lord & Taylor
Departure to camp: Meeting time 11:30 AM, departure time 12:00 PM.

Kent, CT Bus

Kent Fire Station parking lot on Route 341. Directions: Head North on Route 7 until you get to the light in the town of Kent. Make a right at the light (you will then be heading east on Rt. 341). The parking lot is located on your right, less than ¼ mile after you make the turn.
Departure to camp: Meeting time 12:30 PM, departure time 1:00 PM.

FLYING TO CAMP

We are happy to provide KenMont and KenWood Camp chaperones on the flights listed on the next page, from (and to) these cities. **Camp families are responsible for purchasing their tickets for these flights in their child's name.** Return tickets and travel documents (if applicable) will be collected by the chaperone and put in safekeeping until Departure Day. An additional camp chaperone will be waiting at the airport with our camp vehicle to transport your children to camp. Our office staff will contact you when your child arrives at camp.

Our chaperones will call you the night before and make arrangements to meet you the next day at the airport. We suggest you pack a light lunch or snack for your child. If you need the camp chaperone's confirmation # for the FL or DC flight to book your child's ticket, please contact Michele at michele@kencamp.com and she will be happy to provide that information.

Chaperoned flights to camp (as of this printing) are as follows. Note, flights/times subject to change:

WASHINGTON D.C.

TO CAMP (both sessions):

American Airlines Flight # 4751
Departs Wash DC Reagan (DCA) 1:00 PM Arrives NY LaGuardia 2:26PM

FT. LAUDERDALE

TO CAMP (both sessions):

Jet Blue Flight # 1572
Departs Ft. Lauderdale 11:10 AM Arrives NY LaGuardia 2:06 PM

∗Please re-check flight information before travel dates – flight #s and times sometimes change.

FROM OTHER DOMESTIC AND INTERNATIONAL CITIES

For those families whose children are arriving from cities other than Ft. Lauderdale and Washington D.C., we are happy to have our staff meet your child at the airport upon their arrival and drive them to camp. **Please have your campers arrive to either JFK or LaGuardia airports between 10am-12pm. Thank you.**

Please be sure to book tickets in your child's name. **PLEASE BE SURE TO ADVISE US OF THE FLIGHT DETAILS via the online transportation form.** On Arrival Day, a camp staff chaperone will meet the flight as it arrives and will drive your child to camp upon which the office staff will email you that they have arrived. Return tickets, passports and any documents will be collected by the chaperone (if applicable) and kept in safekeeping in the camp office until Departure Day. Children traveling to camp from international cities may bring their baggage on the plane.

Please don't forget to email your child's confirmation # to Michele at michele@kencamp.com. Thank you.

PLEASE, if your child has a fever, strep or lice on arrival day, please call and let us know so we can make arrangements for them to arrive at camp on another day! Thank you.

CAMPER DEPARTURE DAY

1st Session: Thursday, July 19th
2nd Session: Wednesday, August 15th

The main office will send an email confirming how you scheduled your camper to depart camp a few days prior the end of the session.

Parents and family members are welcome to join us on this day. Please leave **FAMILY PETS at home.** **(Many of our campers have allergies and/or are afraid of animals. We thank you for your cooperation.)**

Come and spend some time with the Directors, meet your camper's friends and counselors, see your camper's bunk, be a camper yourself and try some activities.

PICKING UP YOUR CAMPER BY CAR

WE WOULD LOVE TO SEE YOU! If you are picking your camper up by car, our Departure Day starts at **10:30am** SHARP and you may depart at any time during the day up to 1:30pm. Upon arrival you will receive a schedule of the day's activities. Tom and Scott will be hosting a BBQ lunch for all our families. Driving directions (and lodging) may be found on page 29 of this guide.

If you are taking your camper's bags home with you this day, you are welcome to pick up your baggage at any time and our staff will be happy to assist you in bringing them to your car.

CAMPERS GOING HOME VIA MINIVAN

Most parents come to camp and take their children home by car. If you are not able to join us, transportation home will be available via minivan with a camp chaperone; **please make arrangements to ship bags home as we do not have room to accommodate baggage.** ***Note, arrival times are subject to change.*** Thank you.

Manhattan Bus

62nd St. between Columbus and Amsterdam–Northwest side of street; near the Park.
Return from camp: Estimated to arrive at 10:00 AM.

Long Island Bus

Macy's Shopping Center, 1100 Northern Boulevard, Manhasset, NY
Return from camp: Estimated to arrive at 10:30 AM.

Paramus, NJ Bus

Paramus Catholic High School, 425 Paramus Road, Paramus, NJ
Return from camp: Estimated to arrive at 11:00 AM.

Livingston, NJ Bus

Livingston Mall, Walnut Avenue Entrance near Macy's
Return from camp: Estimated to arrive at 10:30 AM.

Westchester Bus

Temple Kol Ami, 252 Soundview Avenue, White Plains, NY
Return from camp: Estimated to arrive at 9:30 AM.

Fairfield, CT Bus

Westfield Trumbull Mall - 5065 Main Street Trumbull, CT (Merritt Parkway to Exit 48)
Parents please meet by Wahlburger's/Lord & Taylor
Return from camp: Estimated to arrive at 9:30 AM.

CAMPERS GOING HOME VIA PRE-ARRANGED FLIGHT

We are happy to provide KenMont and KenWood Camp chaperones on the flights listed below to these cities. **Camp families are responsible for purchasing their own tickets for these flights in their child's name.** If you need the camp chaperone's confirmation # for the FL or DC flight to book your child's flight, please contact Michele (michele@kencamp.com) and she can provide that information.

Chaperoned flights to camp (as of this printing) are as follows. Note, flights/times subject to change:

WASHINGTON D.C.

FROM CAMP (both sessions):
American Airlines Flight # 4759
Departs NY LaGuardia 3:00 PM Arrives Wash DC Reagan (DCA) 4:37 PM

FT. LAUDERDALE

FROM CAMP (both sessions):
Jet Blue Flight # 1171
Departs NY LaGuardia 2:46 PM Arrives Ft. Lauderdale 6:04 PM

∗Please re-check flight information before travel dates – flight #s and times sometimes change.

TO OTHER DOMESTIC AND INTERNATIONAL CITIES

For those families whose children would need to fly into cities other than Ft. Lauderdale and Washington D.C., we are happy to have a chaperone bring your child to the airport and wait with your child until the plane has departed. Please note, we group all campers as best as possible so campers are not waiting too long at the airport. **Please have your camper's flight depart from either LaGuardia or JFK airports between 12pm-5pm. Thank you.**

Be sure to book tickets in your child's name. **PLEASE BE SURE TO ADVISE US OF THE FLIGHT DETAILS on the transportation form.** Children traveling **from camp** to international cities may bring their baggage on the plane.

Please ensure that your child's ticket home includes the cost for the unaccompanied minor fees and/or any excess baggage fees. This way, our chaperones will be properly prepared when escorting your child to the airport.

Please email your child's confirmation # to Michele at michele@kencamp.com. Thank you.

BAGGAGE

PLEASE LET US KNOW HOW TO EXPECT YOUR CAMPER'S BAGS AND HOW TO GET THEM HOME.

METHODS OF SENDING BAGGAGE TO CAMP

1) Use **Camp Trucking or Camp Trucking/Fedex Ground** to pick up your child's baggage at your home. You can contact them at (970)949-0690 or via their website at www.camptrucking.com. **Please make note of the Camp Trucking registration deadlines for your session – May 4th for 1st Session and June 8th for 2nd Session. Thank you.**

OR

2) **Come up and see us!** Just bring your child's bags prior to the start of your child's session and drop them off at our camp office where it will be tagged and placed in storage. **If you are driving your camper's bags, bags must be at camp one week prior to the start of your child's session. NO EXCEPTIONS. Between June 1st and June 17th for 1st Session & by July 15th for 2nd Session. Thank you.**

METHODS OF PICKING UP BAGGAGE FROM CAMP

1) Use **Camp Trucking or Camp Trucking/Fedex Ground** to ship your child's baggage directly home. You can contact them at (970)949-0690 or via www.camptrucking.com

OR

2) Come on Departure Day and take the baggage **home with you by car**.

Please note, when we pack camper bags for home, we do not pack any liquids/gels, etc.

CAMP TRUCKING FORMS

If you will be using Camp Trucking to ship your child's baggage, please fill out their baggage shipping registration form. **PLEASE SEND DIRECTLY TO CAMP TRUCKING** to the address reflected OR you can register directly online at www.camptrucking.com **(starting February 15th).** You can also call them at (970)949-0690. **Please make note of the registration deadlines for your session – May 4th for 1st Session and June 8th for 2nd Session.**

NOTE: WHEN PACKING BAGGAGE, BE SURE TO LEAVE OUT TRAVEL CLOTHES FOR YOUR CHILD'S TRIP TO CAMP (NAVY CAMP LOGO T-SHIRT, NAVY SHORTS AND NAVY SWEATSHIRT in case it is chilly).

LOCKING BAGGAGE: If you are planning to lock your child's baggage (COMBINATION LOCKS ONLY) and know the combination at this time, please email michele@kencamp.com with the details. If we do not have the combination on file and we are not able to get in touch with you in a timely manner, we will have to cut the locks. Thank you.

ONLINE CAMPER PHONE CALL FORM

Each camper calls home once during their camp session; campers call home directly at the camp's expense (including international calls).

SCHEDULING YOUR CHILD'S PHONE CALL HOME

Each camper group has one pre-assigned day with various time slots to choose from (based on availability). Camper calls to parents are 10 minutes long. **Campers are rotated through their scheduled time slot. They can call at any time within the time slot you select.**

REMEMBER TO WRITE DOWN THE DATE AND TIME YOU SELECTED FOR EACH CHILD

Some things to note:

- Times are scheduled as such so that campers do not miss any of their activities.
- If you need to change your phone time, please feel free to call / email the office.
- **We recommend siblings do not call together**. We have found from past experience that this creates more upset than comfort for siblings.
- **FOR CAMPER PARENTS NOT LIVING TOGETHER** - we do allow a second 10 minute phone call so your camper can speak to their other parent.
    - If you would like your camper to speak to a parent living in a separate household, please have that parent contact the main office via campoffice@kencamp.com to schedule their call as only one call per camper can be scheduled online.

BIRTHDAY CALLS

Campers get an 'extra' call on their birthday and on birthdays of immediate family members (parents, step-parents and siblings). Please submit this information via the phone call form. Birthday calls can be scheduled between 9am-9:30am Monday – Saturday; 9:30am-10am Sunday **OR** between 7-7:30 pm every night. **Please see above if you would like your camper to make a birthday phone call to an immediate family member living in another household.**

COMMUNICATION WITH HEAD STAFF AND YOUR CHILD

PHONE #s and OFFICE HOURS

The camp summer office and phone lines are open from 8:00 AM to 9:00 PM while in session. **The office phone is (860)927-3042**. After office hours, you can leave a message. In case of an **emergency only** during overnight hours, you can reach our Director at (860)927-4701.

PHONE CALLS TO THE HEAD STAFF

Feel free to call/email Tom or Scott (Directors) at any time. However, please keep in mind that they do spend the majority of their day with campers at activities and programs. If you have any questions about your child, please leave a detailed message during the day or e-mail **(tom@kencamp.com; scott@kencamp.com)** and they will get back to you as soon as they can.

E-MAILING YOUR CAMPER

CAMPERS CAN RECEIVE E-MAILS FROM THEIR IMMEDIATE FAMILY (parents and siblings); please limit emails to 3 per week per camper, thank you! **We do not accept e-mails from friends and other relatives; we also do not accept attachments/photos, thank you.** REMEMBER- Campers LOVE to get regular mail!

You can send your camper an email to kidmail@kencamp.com. Put their name and group in the subject area and we will deliver to them. We will send an email with additional instructions/reminders as it gets closer to the start of camp.

Note: The email 'week' is from Friday to Thursday for 1st session and Sunday to Saturday for 2nd session. E-mails sent by parents will be printed and delivered to our campers once daily with the regular mail (except on Sundays) - **however, since the first day of 2nd session falls on a Sunday, we will deliver emails that are received by 12 noon that day.**

All emails received after 12 noon will be delivered the next day. In addition, if you send an e-mail Saturday after 12 noon, since we don't deliver mail on Sundays, your child won't be receiving it until Monday. Thank you for your understanding. **Please note, starting 2 days prior to the end of your child's session, emails will no longer be delivered as we will need to start preparing for Camper Departure Day.**

ADMIN & INFORMATION QUESTIONS

Feel free to email or call with any questions regarding paperwork, online forms, confirming any information submitted and of course anything else. Please ask for Michele Troche our Admin Director or email her directly at **michele@kencamp.com**.

SUPPORTING CAMPERS IS OUR TOP PRIORITY

Every summer children come to camp and unfortunately, emotional issues that are not shared with us prior to the start of camp surface. Please be forthcoming regarding your child's emotional health when talking to Head Staff and/or providing information on the camp forms.

We can best support our campers by understanding their needs. In past summers, campers have shared things with us that did not appear in the camper information or medical forms. This puts us in the awkward position of having to address something we have no knowledge of or insight into.

Please help us by sharing! Examples of Items to Share:

1. A difficult school year
2. Anxiety, especially regarding transition
3. Bed Wetting
4. Friendships
5. Learning Problems
6. ADHD
7. Eating disorders and dietary concerns out of the norm
8. Sleeping Issues
9. Difficulty processing or understanding directions
10. Family concerns such as a recent divorce, parent/sibling illness, loss of friend or family member, etc.

Although you will be sharing any behavioral and sensitive information with us on your child's forms, please feel free to call us if you want to discuss anything further. Sometimes a parent has valuable information about their child's issues that is best shared with our head staff via a personal call.

We believe it is important that all campers start camp on the right foot! Parents of 1st year campers, please note, you will be called prior to the start of your camp session so we can learn more about your camper and discuss any concerns you might have.

We believe camp and parents are partners in insuring your child's success at camp!

HOMESICKNESS

As much as campers look forward to camp each summer, it is often with some trepidation that they face the separation from their parents. It is often equally difficult for parents to part with their children for the summer, but they do so hoping to give their children the gift of a wonderful summer camp experience. As seasoned camp professionals and parents, we offer the following advice in helping ready your child for their summer at sleep-away camp.

1. Never force your child to go to camp. Children that take part in their decision to come to camp own that decision and make better campers.
2. **If your child asks you before coming to camp if they are free to go home if they don't like it, do not answer "yes."** Say that it won't be a problem, or that camp will be so much fun and go by so quickly, that they won't want to come home. Stress the positive. Campers will quote their parents and say, "My mom said I could come home if I don't like it, etc." **This is faulty thinking for a successful camp experience and will interfere with your child's adjustment**.
3. Practice separations. For example, sleepovers at friends or weekends at grandma's house will help to encourage your child's independence.
4. Discuss what camp will be like before your child leaves. Watching the videos on our website, sharing your own camp experiences or first adventure away from home, simulating the camp environment by using flashlights and sleeping bags, all help in the process of getting the "mind-set" necessary to have a successful camp experience.
5. Reassure your child that you will write or e-mail often and stick to it. Children really love getting mail, and knowing that you take time from your busy schedule to write letters letting them know that you are thinking of them. **However, if traveling, please do not focus too much on your experiences and happenings abroad; your child might get upset that he or she is not with you.**
6. Phone calls are trickier. Calls for younger campers should be scheduled in the morning. This way, even if your child is teary or sad on the phone, the tears dry quickly when children are out having fun with their friends and participating in activities. Evening calls are fine for older campers**. PARENTS- please remember that children will cry on the phone when they hear your voice, but this doesn't mean that their camp experience isn't great.** YOU CAN MISS YOUR PARENTS TERRIBLY AND STILL HAVE A GREAT TIME.
7. Feel free to reach the camp regarding your child's adjustment. If there are any adjustment issues, the camp will notify you immediately and employ your help. **IF PARENTS TELL THEIR CHILDREN, THAT IN THE EVENT OF HOMESICKNESS THEY CAN COME HOME, WE HAVE NO RECOURSE IN HELPING YOUR CHILD. Several** children had a difficult adjustment last summer, but the parents who remained firm and supportive helped to turn around their child's homesickness. Most incidences of homesickness pass in a few days; the experience can be an important step toward independence in your child's growth and development. Please give them the opportunity to make it through.

HOMESICKNESS - continued

8. Parents often feel guilty about encouraging homesick campers to remain at camp. It is very tempting to want to "rescue" your child. Please trust our judgment. We know when children are having fun and when they are genuinely upset. It is our policy to be completely open and share any important issues with you that will impact the success of your child's summer experience. **Don't undermine your child's experience by setting up secret signals with them for photos (not smiling, thumbs up or down). These signs only cause more anxiety for you as a parent.** Ultimately, you have to trust your instincts, and be assured that we will not let your child suffer or be miserable.

9. Honor your promises to your child. If you make up a phone time, stick to it; if you say that you will write 3 times weekly, do so. This trust issue can be sorely tested at camp and your child will feel more secure if they know you keep your word to them.

10. Be positive in all your conversations and correspondence. For example, it is fine to say, I miss you, but I know that you are having a great time at camp."

11. If you get a distressing letter, please call the camp - but remember that there is **at least** a four day lapse from the time that the letter is written to being received. Bouts of homesickness may already be clearing. Often bunkmate altercations or a hard day on the playing field clears up within a few hours. When parents ask the child what the problem was about, often the camper doesn't even remember it!

12. **Don't keep secrets from us. If there is information that can help your child at camp, please share it. It is very obvious to our staff of trained professionals when there is a child with emotional or behavioral issues. We better serve your child if this information, which is confidential, is shared with our senior staff members.**

PLEASE READ AND REREAD THIS INFORMATION. IF YOU HAVE ANY QUESTIONS, FEEL FREE TO CALL THE DIRECTORS AT THE CAMP OFFICE

TIPS FOR 1st TIME CAMP PARENTS

- Show your child encouragement and enthusiasm prior to the start of camp.
- Make your good-byes on the first day of camp quick and positive.
- If your child is coming to camp on their own, without a friend and you would like to arrange a get together/skype/facetime, please call to get names and emails of other new campers in your area.
- Write frequently. All campers love getting mail. A letter sent in advance and waiting for them on arrival day is a great idea. Be in touch without making your child feel he or she is missing out on something by not being at home. **Especially, if traveling, please do not focus too much on your experiences and happenings abroad; your child might get upset that he or she is not with you.**

CAMP POLICY CONCERNING BULLYING BEHAVIOR

KenMont and KenWood Camps have a strict policy on not tolerating bullying of any kind of campers by fellow campers and staff. Our monitoring of such behavior during camp and the off season is handled by Directors, Head Counselors and Division Leaders. All of these key staff make certain to be around our campers throughout their days and evenings with specific attention to 'Down Times.' 'Down Times' at camp are non-activity period times such as meals, bunk clean-up, rest hour, transitions, shower time, getting ready for bedtime, etc. It is during these times of the day that we find the true colors of personalities shine and therefore is the ideal time for adult intervention when behaviors necessitate.

In the event a camper is the initiator or object of any bullying, the camp will call the families immediately to discuss what has happened and how we will be handling the situation. Our goal is always to catch such behavior with immediacy and require a proper and sincere apology to the camper who was bullied and move forward. The camp will not accept ongoing bullying behavior by any camper, the consequence of which will be dismissal from camp that season.

CAMPER RULES AND CODE OF CONDUCT

KenMont and KenWood Camps provide a fun and safe environment for all of our campers. We want your children to grow and learn with us and go home learning valuable life lessons; however, they also need to know there are important rules and policies in place and that there will be consequences if they are not followed. We will give individual time and attention to each concern, but the rules set forth are aimed at providing a baseline of appropriate behaviors.

The simplest rule we follow at camp is that no one (including staff) is allowed to have fun at someone else's expense.

- No camper shall tease, bully or pick on another camper; this includes cyber bullying of any kind via social media during the off season.
- No camper shall act in a violent or aggressive manner or threaten such behavior or cause physical harm.
- Defacing or willfully damaging camp property in any way (including graffiti).
- Conduct that is disrespectful toward others and/or defies staff.
- Campers are not allowed to leave their bunk anytime between 'lights out' and morning wakeup.
- Theft of camp's or other person's property is a serious offense.
- No camper is permitted to possess knives, other sharp or dangerous tools or weapons, fireworks, candles or matches of any kind.
- No camper is permitted to tamper with any safety devices including fire alarms, fire extinguishers or waterfront buddy tags.
- Campers are required to attend all activities except when excused by a Director or excused for reasons of health by the Health Center.
- Campers are not permitted to possess or consume/use alcoholic beverages, illegal drugs of any type, or cigarettes (including electronic and vapes).
- **Camp is an unplugged community.** No camper shall bring a cell phone, camera of any kind (including Polaroid) or any media device with internet capabilities/video screen. If any of these items are brought to camp, we will place in safekeeping until the end of the session. **Devices such as mp3 players are suitable to bring to camp for listening to music during rest hour and bedtime.** See pages 8 and 26 in our Parent Guide for additional details.

  Examples of acceptable media devices allowed at camp. Can be purchased online at www.amazon.com and www.bestbuy.com

- No boys are allowed on girls' camp and no girls are allowed on boys' camp except for scheduled co-ed events.
- **KenWood Camp: We do not allow bikinis to be worn at camp nor do we allow revealing social clothes**. If these items are brought to camp, they will not be allowed to be worn. Please send tankinis (with long tops so that midriffs are not exposed) and/or one piece bathing suits.
- **ADOLESCENT/TEEN TOUCHING** Camp should be a socially fun, but safe place for our teens. In order to avoid any potential misunderstandings, we want to explicitly state that any sexual interaction (which means touching beyond hand-holding) may result in dismissal from camp or another consequence deemed appropriate to the situation. We are not judging the natural behavior of children these ages, but we do not want any discomfort created for those who may or may not be engaging in these behaviors or for those who may see others engaging in these behaviors. Please talk to your teen about this policy prior to his/her arrival to camp.

If any of the rules mentioned above are not followed, disciplinary action deemed appropriate by the Directors to the situation will take place. This can be anything from discussion and guidance with the camper to parental involvement to possible dismissal from camp.

PLEASE KEEP AT HOME / MORE GUIDELINES

Our main goal is for campers to have fun! With that being said, we do have rules and guidelines that we ask them to follow – so everyone can be a happy camper!

- **MEDIA DEVICES** No camper shall bring a cell phone, camera of any kind (including Polaroid), e-reader or any media device with internet capabilities, electronic games or video screen. Most media devices are not permitted as we believe that camp is a place where children should not withdraw into their headsets and mobile devices, but rather enjoy the social downtime they have with their peer group through more traditional methods. **Please discuss with your campers to make sure they understand our Unplugged Policy and what they can and cannot bring with them. Thank you for your partnership with us in this matter.**

MUSIC DEVICES that have video screens and/or internet capabilities are not permitted. We appreciate your help with this to ensure we can deliver on our philosophy. Devices such as mp3 players (see photo below) are suitable to bring to camp for listening to music during rest hour and bedtime. MAPs & Dodos (only) can also bring a pre-loaded 'iPod Touch' or equivalent music device (no cell phones) to be held in safekeeping & used during themed activities, Special Event Days & Color War ONLY.

Examples of acceptable media devices allowed at camp. Can be purchased online at www.amazon.com and www.bestbuy.com

CAMERAS of any kind are not permitted, including digital, film or Polaroid. Our photography team is all around camp taking hundreds of photos we upload to our website daily. These photos will be available online until well after your camper comes home so they can save and print out any photos posted.

CELL PHONES are strictly not permitted for campers & staff alike. If a cell phone is brought to camp we will find & confiscate it (don't forget, we do check for that 2nd one!) and store in the main office for safekeeping. We do not permit cell phones with the SIM cards removed to be used as music devices. Making calls, texting & taking pictures is not camp. In order to achieve the magic that can only happen at camp, campers need to be present in the moment and not on their phone.

- **BOOKS AND MAGAZINES** We encourage campers to bring age-appropriate books, magazines and comics to read during down time. Please ensure to pack enough reading items for the entire session, as we do not accept packages to be delivered while your child is at camp. **E-readers, such as the Amazon 'Kindle' or Barnes & Noble 'Nook', are not permitted.**

- **CASH, VALUABLES** Please do not pack your child with cash or valuables (including expensive sunglasses, jewelry, watches, earrings, etc.). There is no need for any money at camp; camp will not be responsible for any cash or valuables that are kept in the bunk and/or lost or broken.

- **WE DO NOT ALLOW** Flatirons, inflatable chairs, mattresses, lock boxes, cigarettes (including electronic cigarettes/vapes), fireworks, candles, matches or any other flammable items, sharp or dangerous objects of any kind. Food, gum, candy and beverages are not allowed in the bunks. Please make sure that these items are not packed in your child's baggage as they will be disposed of.

- **CAMPERS OUT OF CAMP** We strongly discourage, but if it's truly a necessity and you need to take your child out of camp during their session, please contact one of the Directors to discuss details and receive approval.

- **ILLEGAL SUBSTANCE AND WEAPONS POLICY** While it is inconceivable that any camper would bring drugs, alcohol or weapons to camp, we would be remiss by not stating our camp policy in this regard. Any camper involved with alcohol, tobacco and drugs of any kind for any reason whatsoever or is in possession of any weapon, will be sent home immediately, the same day, with no tuition refund.

- **BEHAVIOR and EXPECTATIONS** Good behavior is an essential element of a successful camp experience. Standards of mutual respect, appropriate language and positive attitude are always reinforced by our staff in a nurturing manner. In the event a camper behaves in an unacceptable manner and does not respond to correction in this regard, parents will be notified immediately. Failure to correct such behavior may result in dismissal from camp.

HEALTH CENTER

The Health Center's primary function is to promote camper well-being, dispense medication and provide any needed treatment.

STAFF

Our Health Care Center staff includes licensed RNs and a Camp Physician (M.D.) on premises throughout the camp season. There is a nurse on call in the Health Center all night and the doctor is only steps away.

MEDICATION DISPENSING AT CAMP

All camper medication taken on a regular basis, dispensed at camp, will be supplied by **CampMeds, Inc**. - (954)577-0025, including prescription meds, liquids, over the counter medication, vitamins and supplements. Please do not send any medication directly to camp (on buses, via baggage or mail). This is vital for our medical staff to be able to focus on your child's care. Please refer to the CampMeds forms for complete information for registering with CampMeds (which begins February 20th). **Campers may not have any over-the counter supplies in their bunk. Band-aids, topical creams, bug bite remedies, etc. are to be dispensed by the Health Center only. *This is a state law so please do not pack any of these items in your child's baggage – Thank You!***

CONTACT WITH PARENTS ABOUT CAMPER'S HEALTH

We believe in a great deal of contact with you regarding the health of your child. We will not call you about minor issues such as bruises and scrapes. We will call you if your child has to spend the night in the Health Center for any reason, or has any serious medical problem or needs a new prescription for medication. We will also contact you if your child requires the attention of an outside specialist such as a dentist or orthodontist.

LICE INFO

We hire a licensed professional company to check every camper for head lice on Arrival Day and prior to going home, ***however, we strongly recommend that you have your child checked prior to his/her arrival at camp. Although we handle campers with lice in a delicate manner, campers found with lice are often very embarrassed which can get them off to a rough start at camp.*** *If your child's school has experienced an outbreak of lice or if your child has been treated in the last month before camp, please let us know so we can be further proactive in checking and/or continuing treatment.*

If your child arrives at camp with lice, we will automatically treat him/her with the organic products provided by the professional lice company at no charge to you and will continue treatment for the required period of time. Our Head Staff will contact you if your child does have lice and let you know how he/she is doing.

If your child has been exposed to any communicable disease after June 1, 2018 PLEASE ADVISE US IMMEDIATELY.

CAMPER DEPARTURE DAY
10:30am – 1:30pm

First Session: Thursday, July 19th
Second Session: Wednesday, August 15th

Everyone is welcome! (However, please leave **FAMILY PETS at home.** **Many of our campers have allergies and/or are afraid of animals. Thank you for your cooperation.)**

Departure Day starts at 10:30AM sharp and ends at 1:30PM. **Parents, please arrive on time as your kids are anxiously waiting your arrival!** There will be juice, coffee & snacks available at the Parking Area for those who arrive early. Check in and feel free to pick up your camper's photos, compliments of KenMont and KenWood Camps.

Please join us for a family BBQ hosted by Tom and Scott.
A schedule of the day's events will be given to you upon your arrival.

Regarding re-enrollment for 2019, all families will have the opportunity to re-enroll after their respective Departure Day to take advantage of the re-enrollment credit.
Look for our re-enrollment information that will be sent via email during your child's session as you will be able to re-enroll online with our new system. Please be assured, all of our returning campers will receive priority for re-enrollment for 2019 (including new siblings)!

If you are taking your camper's bags home with you, they can be picked up at the baggage area at any time. Our staff will be happy to help you bring them to your car.

PLEASE NOTE – Although we appreciate the thought, we have a **NO TIPPING / NO GIFTS** policy at KenMont and KenWood. Our staff is fully aware of this policy. However, feel free to offer your name as a reference for their future job searches.

KenMont and KenWood is a smoke free environment (including electronic cigarettes/vapes). Thank you.

DIRECTIONS TO CAMP AND LODGING

Physical Address: 65 KenMont Road Kent, CT 06757

GPS Address*: 164 KenMont Road, Kent, CT 06757
**Using this address will lead you to drive through campgrounds*

CAMP PHONE # (860)927-3042

From Manhattan:

- West Side Highway north, to Henry Hudson Pkwy N.
- (**A**) Exit for Saw Mill River Pkwy N. and follow to Exit for Cross County Pkwy E.
- Cross County Pkwy E. to Exit for Hutchinson River Pkwy N.
- (**B**) Follow Hutchinson to Rt. 684 N. (exit to left)
- (**C**) Rt. 684 becomes Rt. 22 –stay left -overhead sign says "Pawling Route 22 North" (do not follow Rt. 22 signs prior to this).
- Follow Rt. 22 N., through Pawling and into Wingdale.
- In Wingdale, go past train station on left, bear right onto Rt. 55 East.
- Clock .8 mi. and make right turn to continue on Rt. 55 East.
- Follow Rt. 55 (winding road) about 4 miles into Connecticut until road ends at Rt. 7.
- At Rt. 7 make left and continue north into town of Kent.
- At traffic light in Kent (monument in center of road) make right onto Rt. 341 E. and clock 4.1 miles to Camp entrance on left. (Note: Rt. 341 curves sharply to the left about ½ mile out of Kent)

From New Jersey:

- Take the GW Bridge to Henry Hudson Pkwy N. and follow directions from (**A**) above.
  or
- Take the Tappan Zee Bridge to Exit 8 (Cross Westchester) to Exit 9A for Rt. 684 N. and follow directions from (**C**) above.

From Long Island:

- Take the Whitestone Bridge and bear left to the Hutchinson River Pkwy N., then follow directions from (**B**) above.

From Westchester:

- Take either the Saw Mill River Pkwy or the Hutchinson River Pkwy to RT. 684 and then follow the directions from (**C**) above.

LOCAL LODGING

If you are planning to stay over in the immediate area of camp, we suggest you make your lodging arrangements as soon as possible. The following is a partial list of local accommodations for those families who plan to stay over in the Kent area. The camp is 5 minutes from the town of Kent and approximately 15 to 20 minutes from New Preston, Lake Waramaug and Washington. Towns that are 25 to 40 minutes away are New Milford, Salisbury and Litchfield. You will find a very comprehensive listing at The Litchfield Hills Travel Council Website – http://www.litchfieldhills.com. Please make your plans early. Many places are fully booked for the summer. In the Kent area, please ask if there is a discount for KenMont and KenWood families.

*Kent

Fife 'n Drum	860-927-3509
Inn at Kent Falls	860-927-3197
Starbuck Inn**+**	860-927-1788

+for families with children ages 10 and older

***** closest to camp

Warren

Hopkins Inn	860-868-7295

New Milford

Rocky River Motel	860-355-3208
Heritage Inn	860-350-3097

For those families who want to stay in the New York City area prior to the end of the session:

Even Hotels 855-TRY-EVEN (owned by one of our KenMont Alumni)

AT·A·GLANCE
CONTACTS & INFORMATION

Winter office (after Labor Day) P.O. Box 266138 Weston, FL 33326 Phone: (845)262-1090 (9am – 5pm) Fax: (845)262-1091	**Summer office (as of May 29th)** P.O. Box 548 Kent, CT 06757 Phone: (860)927-3042 (8am – 9pm in session) Fax: (860)927-4487
WEBSITE	www.kenmontkenwood.com
ACCESSING YOUR CAMPER'S FORMS	https://kenmontkenwood.campintouch.com/v2/login.aspx
MAILING LETTERS TO YOUR CAMPER	**Your Child's Name and Group** KenMont and KenWood Camps P.O. Box 548 Kent, CT 06757
E-MAILING YOUR CAMPER	kidmail@kencamp.com Camper's Name and Group in Subject Area (no more than 3x per week per camper) INSTRUCTIONS TO BE SENT PRIOR TO THE START OF YOUR SESSION
View daily photos of your camper	INSTRUCTIONS TO BE SENT PRIOR TO THE START OF YOUR SESSION
TOM AND SCOTT'S EMAILS	tom@kencamp.com Director scott@kencamp.com Director
EMAIL FOR GENERAL QUESTIONS AND INFORMATION	michele@kencamp.com Administrative Director
BIRTHDAY PACKAGES (see page 9)	**Your Child's Name and Group** c/o Michele Troche KenMont and KenWood Camps P.O. Box 548 Kent, CT 06757 **PLEASE WRITE BIRTHDAY PACKAGE ON BOX**

GLOSSARY OF CAMP WORDS

(Words and phrases that will become part of your child's camp vocabulary by the end of the summer)

BANQUET – A festive themed dinner the night before departure day.
BREAKOUT – The event that starts COLOR WAR – always a surprise and very exciting.
BROTHER/SISTER TIME – A sibling (as well as other relatives) get-together once a week on the lawn after lunch. They also see each other during our weekly BBQ and Picnic Lunch.
BUDDY TAG – A waterfront safety identification tag with photo and swim level.
BUNK – The physical space where bunkmates and their counselors live- each bunk has its own name i.e. Frosh 3 and Cardinals 2.
BUNK INSPECTION – Campers are responsible for cleaning their bunk (beds made, floor swept, cubbies neat) which are then inspected by their Division Leaders. Campers do not clean the bathrooms which are cleaned every day by our Housekeeping staff.
BURNING OF THE NUMBERS – On the last night of camp, a sign with the year is burned in commemoration and campers reflect on their amazing summer memories.
CAMPFIRE – a traditional weekly gathering at our boys' and girls' campfire areas.
CANTEEN – Our camp arcade with food & games; campers go 2-3X a week and everything is free.
CARNIVAL – A themed special event with rides and games.
CHOICE PERIOD –Activities that campers choose and do every day for 4 days; new choices are made weekly.
COLOR WAR – A four day special event where each camp is divided into two teams that compete in sports, races, songs and art.
DIVISION LEADER - The staff person who oversees a specific age group of campers
DIVISIONAL RALLY – A divisional meeting to listen to announcements made by the Division Leader.
DODOS – Our oldest group of boy campers.
EVENING ACTIVITY – The activity every night that occurs after dinner and before bedtime.
EVENTS DAY – An all-day theme day without activity periods such as Carnival Day
FAKEOUT – The oldest campers try to fake the beginning of COLOR WAR.
FLAGPOLE – When the entire camp comes together to raise or lower the flag and listen to announcements made by the Head Counselor.
GAME DAY – A sports competition league for younger girls' and boys' camps.
HEAD COUNSELOR – The most senior staff member on boys' camp and girls' camp.
INTERCAMP – Athletic games, tournaments and meets played against other camps.
LAUNDRY DAY – Each bunk has a laundry day once a week where their clothing and bedding is cleaned, folded and returned at the end of the same day.
LAZY BREAKFAST – Sunday morning is a slightly later wake-up and breakfast is served on the boys and girls lawns. Campers come to breakfast in their pajamas.
LOYALTY AWARDS – In a special ceremony, campers are given special gifts commemorating how many years they have been at camp. Awards are given for 2 years or more.
MAPS (MOMS AND POPS) – Our oldest group of girl campers.
OLYMPIC DAY - An all-day KenWood event with teams representing various countries competing in sports, races, songs and art.
OPTION PERIOD – A period each day for which campers can choose from several different activities offered.
RAINY DAY SCHEDULE – When all activities occur at our indoor facilities due to rainy weather.
REST HOUR – Occurs after lunch when campers rest, read books, play games and write letters in their bunk.
S'MORES – A campfire treat made with graham crackers, roasted marshmallows and chocolate.
SPORTS LEAGUE – A sports competition league for our boys' camp.
TRIP DAY – An all-day out of camp trip.
WORLD CUP DAY – An all day KenMont event with teams competing in a round robin soccer tournament.