

The background of the cover is a scenic photograph of a lake with a dense forest of evergreen trees on the shoreline and rolling green hills in the distance. The sky is a soft, hazy blue. At the very top, there is a decorative border of white foam on a golden-brown background, resembling a beach. A large, faint, light-colored crest is centered over the middle of the image. The crest features a shield with a stylized 'R' and 'H' inside, flanked by two crossed oars. The year '1927' is written in a large, light font across the middle of the crest.

Camp Robin Hood

2022 Parent Handbook

Freedom, New Hampshire

CampRobinHood.com

Welcome Letter From The Directors

Dear Camp Family,

Welcome to Camp Robin Hood, 2022! We are excited for your child to join us this summer and look forward to having your family as part of our camp family.

Enclosed you will find important information that will help you and your child best prepare for the summer. We hope this material will aid you in your planning and that it will orient you and your child to camp. We encourage you to read over our Parent Handbook and keep a copy on hand throughout the summer.

We believe that outstanding summer camp experiences are rarely created by accident. They take careful thought, a great deal of planning and the right staff to make it happen. Our goal is for your child to have an outstanding summer at Robin Hood. Our leadership team is always available to provide your camper with the attention and care he or she needs. The cabin staff and activity specialists are top notch and contribute to a fun, safe camp community. Our hope is for your child to leave camp with several new friends and life-long memories!

In order to make this summer the best possible, we need the support of our camp parents with our camp policies. We believe that parents play an integral role in the success of their child's camp experience. We ask for your continued support throughout the 2022 season. We are partners in this camping venture and are available to speak with you at any time. Please don't hesitate to call us with any questions or concerns regarding your child's stay.

We look forward to a wonderful summer and are thrilled to welcome you into the Camp Robin Hood family.

Sincerely,
Woody



Contact Us

ADDRESS

65 Robin Hood Lane
Freedom, NH 03836

PHONE

Ph: 603-539-4500
Fx: 603-539-4599

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Required Forms

*The following are a list of required forms that can be found on Camp In Touch and must be completed by **May 14, 2022**. Failure to complete these forms by the required date may result in a late fee charge.*

PHYSICIAN'S EXAMINATION

The physician's examination form allows our medical staff to care for your child to the best of their ability. Each camper is required to have a complete physical examination performed by a licensed physician within 12 months prior to the start of the camp season. This form must be fully completed and signed for any child to attend camp. Please understand that we cannot allow your child to participate in activities at camp unless we have a complete 2022 health form.

HEALTH HISTORY FORM

The health history form provides camp with an overall understanding of your child's health care needs. This form inquires about allergies, social and emotional health, dietary restrictions, medications taken and health insurance. We ask that you fill this form out carefully as it will help us care for your child accordingly.

PEANUT & TREE-NUT FREE

At Robin Hood we are extremely sensitive to the presence of food allergies in camp. In an effort to respond to the needs of many campers, as well as to ensure the safest environment possible, we are a peanut free and tree-nut free camp. We do not serve any products that contain these ingredients and we ask that you do not send your children with any nut products during their travels to camp.

TRAVEL

The travel form helps inform us how your child plans to get to and from camp this summer. This form allows us to effectively coordinate airport transportation and guarantees your child space on the summer buses.

INTENSIVE ACTIVITY SELECTIONS

The goal of intensives is to provide each camper with an opportunity to both participate in an activity that he/she enjoys on a daily basis and to become more capable and confident in the chosen endeavor. These periods will be energetic, instruction-based, and "intensive". Children participating in scholastic, extra-curricular or recreational programs will benefit greatly when they return home from camp. Intensives run for all campers in three cycles during the first four weeks of camp. We ask that you and your child pre-select four intensive choices from the list provided in Camp In Touch. Of course, should we need to make adjustments at camp, we will certainly do so.

ADDITIONAL OPTIONS

This form provides options for campers to participate in horseback riding, rent linens, and the early arrival option for qualifying campers. Horseback riding is optional at Robin Hood. If your child wishes to commit to riding for the summer or participate in an introductory riding program to try the activity before committing please fill out this portion of the form. Linen rentals allow campers to receive blankets, sheets, towels, pillows and pillowcases at camp for a fee of \$75. This service eliminates the bother and cost to parents of labeling, shipping, and wear-and-tear of personal items. The early arrival travel option is solely for campers traveling from the West Coast or overseas and Saxons/Scribes. If you choose to forgo these options you still need to check the box at the top of the form that states, "Please do not enroll (camper) in any additional options."

Robin Hood Rules and Policies

GENERAL SAFETY RULES

Your child's safety throughout the summer is of great importance to us. Our specialty staff and general counselors are trained to promote a healthy and safe camp environment. We ask that you review and reinforce the following rules with your child before camp begins.

Campers are not permitted to swim in the lake without a lifeguard present. We have several lifeguards at camp that are responsible for your child's safety in ALL aquatic activities. Campers should ask permission and have lifeguards on duty before entering the water.

We also ask that campers do not use activity equipment without permission. If some equipment is used incorrectly it can be a risk to your child's safety. Therefore, campers should ask a counselor trained in those activities for assistance upon use.

NO SCREEN POLICY

Robin Hood has a strict policy on electronics, and in particular "screens" at camp. The use of portable electronic devices (this includes: cell phones, computers, Kindles/any electronic reader, laptops, iPads, mini Pads, iPods, iTouches, Game Boys, etc.) have had a significant impact on how people socialize, reducing their attention spans and ability to "look beyond the screen."

One of the many goals of summer camp is to remove campers from hiding behind their technology and promote authentic social interactions with peers. You send your children to camp in hopes that they will create lifelong friendships, appreciate nature, get pushed out of their comfort zone, and grow. We believe these goals will be achieved effectively without screens blocking your child's vision – both literally and figuratively. We feel these goals are more easily achieved without the distraction posed by these devices.

In summary, Camp Robin Hood will not allow any devices with a screen at camp. **iPod Shuffles are the only item allowed.** If other electronics are brought to camp they will be taken upon arrival and stored in our office until the end of camp.

CAMPER BEHAVIOR

Robin Hood prides itself on being a welcoming and friendly community. In order for our community to thrive, we expect our campers to display positive and inclusive behavior while at camp. Their behavior must not detract from the experience of other campers.

As a co-ed camp, we believe in a healthy amount of boy-girl interaction. Your camper should be aware that boys are not allowed in girls' cabins and girls are not allowed in boys' cabins. All camper interaction will be supervised over the course of the summer, as we expect appropriate interaction among campers. Campers are not allowed to sneak out of their cabins at night.

At camp there is a NO smoking, drinking or use of illegal or recreational drugs policy. We do not allow any kind of e-cigarette use. Additionally fireworks, knives and guns are not allowed at camp.

If any of these policies are broken, your camper may/will be sent home.

General Camp Information

CAMP BIRTHDAYS

Summer birthdays at Camp Robin Hood are always memorable. We make sure the entire day is special for your child from the moment he or she wakes up. Parents can arrange a phone call with the birthday camper and we provide a cake and parade at lunch or dinner, highlighted by the whole camp singing Happy Birthday! Parents are also able to arrange a special birthday package such as donuts, an ice cream party, or pizza party for the camper and his or her bunkmates. If your child has a summer birthday, please fill out the Summer Birthday Form on Camp In Touch to customize his or her celebration.

TRIPS OUT OF CAMP – *Robin Hood's Health and Safety Protocols will dictate any out of camp trips for Summer 2022.*

Typically... On various occasions, campers were taken off campgrounds to participate in outdoor activities. At that time, all campers had the opportunity to climb one of the many beautiful mountains in the area. Campers feel accomplished as they reach the top of the mountain with their cabin mates and counselors. The whole camp also enjoyed a relaxing day at Ogunquit Beach in Maine. Campers had the opportunity to participate in athletic competitions at camps in the surrounding area. We hope to see many of these opportunities return this summer. We will keep you updated via email as summer approaches.

EXCURSIONS – *Robin Hood's Health and Safety Protocols will dictate our excursion schedule for Summer 2022.*

Typically... Towards the second half of the summer each group would take an end of the summer trip. On these excursions, campers bond with their friends outside of the camp environment. Some of our past trips have included going to water parks, Cape Cod, white water rafting near the Canadian border, and even Fenway Park in Boston!

GREEN & WHITE

The highlight of the summer, Robin Hood's "Green and White" is a remarkable five day all camp color war. Every summer our campers try to guess the way that Green & White will begin (or "break") and every summer we find new ways to surprise them – think early-morning helicopter landing and professional drum-lines. We pick four captains from our most experienced and well-respected staff, select teams, and then five full days of competition and fun ensue. The competition, however, is not only athletic. At Robin Hood, we want each child to shine and have his or her moment in the sun – there are points for drama, singing, nature, arts and crafts, woodshop, spelling, geography and countless other areas.

PARENTS VISITING DAY – *Robin Hood's Health and Safety Protocols will dictate our decision regarding Visiting Day.*

At this time, we hope to be able to once again host Parents Visiting Day on Saturday July 23, 2022. We will keep you updated via email as the time draws closer.

TIPPING

Tipping counselors is not allowed. If you would like to show your gratitude toward your child's counselor, a nice note would be appreciated.

PHOTO YEARBOOK

Each camper will receive a Robin Hood Yearbook at no additional charge. The photo yearbook is in full color and contains pictures and memories of each cabin group, counselors, activities and more! The yearbooks will be distributed in the fall to all campers.

OTHER

The camp reserves the right to use any pictures and/or video of your child for advertising or marketing purposes in both print and digital form including social media.

Clothing and Equipment

Camp Robin Hood's official clothier is Amerasport. We require that each camper brings two green and two white shirts with the camp logo printed on them. If your camper is interested in playing on sports teams, specific Robin Hood apparel is required. T-shirts and sporting apparel may be ordered through Amerasport's web site at www.amerasport.com.



You are reminded to mark all clothing and equipment with your camper's name. To avoid loss, use nametags wherever possible. On items that cannot have nametags sewn on, use adhesive tape and mark the camper's name with indelible ink. Parents are reminded that camp is a good place to bring old clothes. Please do not send fancy clothing

PACKING

It is helpful to pack with your child so that he or she will know and recognize what belonging have been brought to camp. We recommend packing in two large duffel bags. Please make sure that **all bags are clearly marked with you child's first and last name and his or her group name**.

LAUNDRY

Laundry is done in camp once a week. Your child's clothing and bedding will be cleaned and folded by the laundry staff and returned the same day. While we have had much success with laundry, your child should not send any articles of clothing that are not machine-washable. As a general rule, if you don't want to risk your child's clothing getting lost or ruined, don't bring it to camp. Please pack your child with two laundry bags with his or her full name and group name clearly written on the bag.

EYEGLASSES

If your child wears glasses, please send an extra pair to camp. If your child wears contact lenses, please send extra contact lenses and solution.

HORSEBACK RIDING

Campers who choose to participate in horseback riding are advised to bring their own helmets and boots although we have some kids can borrow. We cannot guarantee that we will have your camper's boot size available for use. Campers cannot ride in sneakers or hiking boots. Campers must have a shoe or boot with small heel and little grip.

SOCCER

Campers participating in soccer must bring shin guards to camp.

SWIMWEAR

All female campers must bring at least 1 one-piece bathing suit to camp. This bathing suit may be worn for certain activities throughout the camping season.

Communication

We welcome the opportunity to talk with our parents before and during your child's stay at camp. We feel that being partners with our parents is the best way to make camp the most positive experience possible for your child... and for you!

THE WOODCHUCK & ONLINE PHOTO GALLERY

CampInTouch is the company we use to allow you access to your secure photo gallery and our WoodChuck daily news. Once your account is created check back daily for photos of your camper all around camp. We also produce "The WoodChuck", a daily newsletter, that includes updates about camp happenings.

OFFICE HOURS

The phone number at Camp Robin Hood is 603-539-4500. The best time to call us is between 8:00 am and 8:00 pm EST. The office closes sometimes during meals, but you may always leave a message and we will return your call as soon as possible. In case of a nighttime emergency or power outage, please call Woody's cell (312) 404-1828.

TELEPHONE CALLS

To ensure the happiness of Campers, Camp has a No Phone Policy, with the following exception: If they or a parent has a birthday that falls during the session. Parent may arrange with the front office for a time to speak with Camper. No calls will be permitted during group activities or after lights out. All phone calls will be kept to a strict time limit of 10 minutes.

The Director and other members of the administration are always available by phone and by email.

LETTER WRITING

Campers are required to write home twice each week. Since we are in a small town, a letter may take several days to arrive. Just as parents are anxious to receive letters from their children, mail time is one of the highlights of the campers' day. We encourage you to write as often as possible. We also encourage you to send a letter to your child before he or she leaves so that your child has mail waiting once he or she arrives at camp.

Parents also have the option of writing one-way emails. You can access one-way email writing by logging in to your CampInTouch account and choosing the "Email" icon. In order to send emails, you must purchase CampStamps. One CampStamp equals one e-mail. Several CampStamp packages are available for purchase with a credit card.

PACKAGE POLICY

Packages can create an unhealthy competition among campers and parents. In an effort to promote a non-materialistic camp environment and in fairness to all campers and parents, our camp has implemented a package policy. The policy extends to all parents, relatives, and friends. In order to ensure fairness, this



Address all mail as follows:

*Your child's name
Your child's group
Camp Robin Hood
65 Robin Hood Lane
Freedom, NH 03836*

policy will be strictly enforced. Please inform family and friends not to send any food, candy, or games. Your camper is allowed to receive items such as clothes and books. All packages are opened in the office in the presence of your child and a secretary.

If your child has a birthday while at camp, he or she is allowed to receive ONE birthday package. Please ship attention "OFFICE-BIRTHDAY PACKAGE", your child's name and the date it should be delivered to your child. As always, your cooperation is greatly appreciated.

PARENT ITINERARIES

If you are going on a trip, please send your itinerary to camp after June 1st so we may reach you in case of an emergency.

Download Campanion - Our Mobile App for 2022!

We're excited to introduce you to Campanion, the mobile app we're using to share your child's camp experience at camp with you this summer. With a personalized stream of content featuring brilliant photography, regular updates from camp, and more, our hope is that Campanion makes you feel closer to your camper's experience than ever before.

To get started, follow these three simple steps:



- **Download the Campanion app**
- Login to the app using your Camper Account login and password
- Upload a reference photo of your child

Email and Online Photo Gallery

CampInTouch is the company we use to allow you access to your secure photo gallery and our WoodChuck daily news.

Once your account is created check back daily for photos of your camper all around camp!



Health Care and Medical Information

COMMUNICABLE DISEASES & HEAD LICE

No child who has been exposed to communicable disease may attend camp before the period of incubation has elapsed. Please be sure to inspect your child for head lice 3 weeks prior to departure and again immediately before camp begins. Please notify the nurse if you have treated your lice within the past month prior to camp. This information will be kept confidential, but allows us to discretely recheck your child during their stay. Please note, you will be charged \$250 if your child comes to camp with nits or head lice.

CAMP HEALTH CENTER

The health and safety of your child are of primary importance to us. Our Health Center is staffed with several nurses and nursing assistants who are available 24 hours a day. We also work closely with a local pediatric practice. The physicians and nurses are directly responsible for the medical care of your child. Our nurses will notify you if your child spends the night in the Health Center. Our nurses do not call for routine visits that children may make to the Health Center. Examples of such visits may include a headache, stomachache, allergies or bug bites.

MEDICAL INSURANCE

Medical care provided by any of the camp nurses is included in the tuition. Should it be necessary for the well being of your camper to use outside medical care, the parent will pay for all expenses involved. The medical provider will bill your insurance company directly and will mail you an invoice for any expenses that are not covered by your insurance. Should it be necessary to obtain a prescription for your child, the local pharmacy will file claims for prescriptions with your insurance company, and we will charge the co pay on your credit card on file. Again, the receipt will be emailed to you. Also note, that should a medical provider require payment, your credit card on file will be charge and a receipt will be emailed to you.

CAMPER MEDICAL INFORMATION

In an effort to provide the best healthcare possible during your child's stay at camp, we require our families to use the Pack My RX service to pre-package your child's daily medication in pill form. **Camper taking DAILY MEDICATIONS in pill form are REQUIRED to use Pack My RX.** If ordering from Pack My RX, please be assured that all medication received from Pack My RX is checked closely on arrival. We believe this is the safest way to ensure your child's medication is administered as it is ordered while at camp.

All camper information including prescriptions must be received by Pack My RX 30 days prior to the start of camp. Plan ahead and make your child's appointment for their physical as soon as possible. Failure to submit your child's medication to Pack My RX will result in a \$250 stocking fee.

MEDICATIONS

All medications (prescription and non-prescription) must be kept in the Health Center according to state law. Emergency medication such as epi-pens and Rescue Inhalers may be carried if your doctor feels it is necessary if the appropriate documentation is received. Medications will be prepared for administration at meals by our nursing staff.

Daily medications will be distributed at mealtimes. Medication should be timed at mealtimes with the exception of growth hormone injections, sleeping meds, and Enuresis meds. Meds ordered twice a day will be given at breakfast and dinner in the dining hall. If allergy/asthma medications are sent to camp and marked for bedtime administration, they may be administered at dinner under the discretion of the nurse and camp director per our camp policy. Medications that are necessary to be administered at bedtime will be administered in the health center after the evening program.

“As Needed” medication is medicine that your child only needs to take occasionally (1-2 times per week). We ask that you do not send over the counter as needed medications for your child, unless you anticipate that they may need to take them often or possibly daily.

CAMPER’S MEDICATION IN NON-PILL FORM

If your child takes medications not in pill form (liquids, epi-pens, inhalers) you may use the Pack My RX program, but are not required. If you choose not to use Pack My RX, you should mail the medication. Please place the medication in a Ziploc bag and **mail to the camp to arrive one week prior to your child’s session.**

OVER THE COUNTER MEDS

The Health Center stocks basic over-the-counter medications such as Tylenol in many forms; Motrin, Ibuprofen, Actifed, Benadryl, Claritin, Tums, Kaopectate, Immodium, Robitussin, and many more. Please do NOT order these from Pack My RX. Please DO NOT SEND TYLENOL AND IBUPROFEN TO CAMP unless your child takes them daily as these are stocked in the Health Center.

DENTAL INFORMATION

It is a good idea to have your child’s teeth checked by the dentist prior to camp. If your child must see the dentist or orthodontist while at camp, we will arrange for this service. During the summer, our orthodontist will make your child comfortable if a wire snaps or a similar problem arises. He/she will not do any substantial work. We will also call you to inform you of the visit.

Baggage

We recommend packing in two large duffel bags. Please make sure that **all bags are clearly marked with you child’s first and last name and their group name.** All campers traveling to/from camp via airplane or bus (other than campers from abroad) are required to ship their duffels to and from camp through Camp Trucking. This form can be found online through CampInTouch. Baggage will be brought to your camper’s bunk prior to them arriving.



Getting to Camp Information

CAMP DATES

June 24 – July 24 First Session Campers

June 24 – August 9..... Full Session Campers

- Campers typically arrive at Robin Hood in one of three ways, car, plane, or bus. We know at this time that arrival by car is the preferred method. We are still in the process of determining the safety of travel by plane or bus. We will communicate any updates to you via email when we know the safest method of transport for your camper.
- Please note that all camper bags must be shipped to camp regardless of means of travel.
- Tours of camp will not be permitted on opening day and parents/guardians will not be permitted to go to the bunks. Campers will be met at the drop-off tents by their counselors.

UPON ARRIVAL BY CAR

As camp draws closer you will receive an email requesting you to choose a time to arrive at camp for drop-off along with detailed instructions. On opening day you will be greeted at the front gate by Woody and members of our infirmiry staff. Once you have checked in at the gate you will be directed to a set of tents, where you will be greeted by your camper's counselor, a member of the administration, and a member of the infirmiry staff for check in. We will retrieve any hand baggage from your vehicle and ask your camper to step out after you have said your goodbyes.

TRAVEL BY PLANE – *Current Health and Safety Protocols will dictate travel restrictions and planning for 2022.*

We will be in contact via email when we have determined if campers will be allowed to fly to camp without an escort and be picked up by our driver or if an escort will be required.

TRAVEL BY BUS – *Current Health and Safety Protocols will dictate travel restrictions and planning for 2022.*

At this time we are still determining if there will be an option for transportation by bus from the NYC metro area and from the Boston area to camp. We will be in contact via email when we know more.



Driving Directions

FROM BOSTON *(approximately 2.25 hours)*

1. Take I-95 N towards N.H./Maine
2. Take exit #4/US-4/Nh Lakes/RT – 16/Spaulding Tpke/White Mts to the left onto Spaulding Tpke (RT- 16 N)
3. Take ramp toward RT-25 E/Ctr. Ossipee/Portland Maine
4. Turn right onto Ossipee Trl (RT-25)
5. Turn left onto Eaton Rd. (RT-153) at the flashing light
6. Bear left onto Ossipee Lake Rd.
7. Turn left onto Robin Hood Lane

FROM MANCHESTER *(approximately 2 hours)*

1. Take 1-293 S toward Concord/Portsmouth/Salem
2. Take 1-93 N/RT – 101 E/Concord/Portsmouth exit to the left onto I-93 N
3. Keep right onto RT-101 E at exit #7 toward Portsmouth/Seacoast
4. Take exit #7
5. Turn left onto Calef Hwy (RT-125) toward RT-125 N/Epping
6. Take ramp onto Spaulding Tpke (RT – 16 N) toward Spaulding Turnpike/Alton/Ossipee/Sanford Maine
7. Take ramp toward RT-25 E/Ctr. Ossipee/Portland Maine
8. Turn right onto Ossipee Trl (RT-25)
9. Turn left onto Eaton Rd. (RT-153) at the blinking light
10. Bear left onto Ossipee Lake Rd.
11. Turn left onto Robin Hood Lane



Hotel Accommodations

Here are a few suggested hotels, bed and breakfasts, motels and inns to consider when visiting camp.

Freedom, NH (5 miles from camp)

Freedom House603-539-4815

Ossipee, NH (7 miles from camp)

Mt. Whittier Motel603-539-4951

East Madison, NH (9 miles from camp)

Purity Spring Resort603-367-8896

Eaton Center, NH (11 miles from camp)

The Snowvillage Inn603-447-2818

Tamworth, NH (15 miles from camp)

The Highland House603-323-7982

North Conway, NH (22 miles from camp)

Briarcliff Motel603-356-5584

Comfort Inn and Suites603-356-8811

Colonial Motel603-356-05178

Cranmore Mountain Lodge603-356-2044

Eastern Slope Inn603-356-6321

Fox Ridge Resort603-356-3151

Green Granite Inn603-356-6901

Holiday Inn Express603-356-2551

Merrill Farm Resort603-447-3866

North Conway Grand Hotel603-356-9300

North Conway Mountain Inn603-356-2803

Red Jacket Inn603-356-5411

Residence Inn603-356-3024

For more accommodations please visit our camp website, www.camprobinhood.com.



Homesickness

Camp is a growth experience for kids. It's a place where kids have fun, but also develop a sense of independence and self-confidence. Feeling a little homesick is a normal and healthy part of this process – even if it is not a child's first experience away from home. The first week of camp is an adjustment for most campers. For some, it is the first time away from home, the first time living with a group of people, or maybe the first time trying to water ski. With so many "firsts" taking place, it is normal for campers to experience some anxiety and homesickness during this time. We provide a safe, caring, and supportive environment to help each child process these normal feelings of homesickness. The staff are trained to help campers cope with their feelings and to help them get through their stages of homesickness and make a healthy adjustment to camp life.

Homesickness, if it does occur, is most common during "down time" at camp such as rest hour or before bedtime. Most campers who experience this are fine during the day and are truly enjoying their activities, new friends, and overall camp experience. We help campers realize that they can still have fun at camp even though they miss home. Campers learn to cope with their homesick feelings in a healthy way while they're at camp. Not all campers cope with homesickness in the same way. It is our job as professionals to help find a coping strategy that works best for your child. Please let your child know this it is normal and okay to miss home. Your child is supposed to think about you and your family. We have helped hundreds of campers understand that they can miss you AND still have a summer filled with growth, fun and friendships.

If your child is experiencing homesickness on a regular basis (more than one or two nights) we will notify you. We want you to know that we are aware of the situation and are working with your child. If you receive a homesick letter and you have concerns, please feel free to call the office and talk with our directors.

Helping Your Child Succeed at Camp

Over the years, we have helped many parents and campers succeed at their first away from home experience. Here are some simple tips to help your child's experience be a successful one:

- Discuss what camp will be like well before your child leaves. Role-play different scenarios that will occur at camp. For example, what will it be like trying an activity for the first time? What will you say to people you are introduced to in your cabin the first day? What if you have to use the bathroom in the middle of the night? What will you do if you are not feeling well one day? There are so many situations that come up at camp. Try to discuss situations that your child may be nervous about to help prepare him/her as best as possible.
- **Do NOT tell your child you will pick him or her up from camp** if he or she does not like it, or is homesick. We consider this the most important rule when preparing your child for camp. This may set your child up to fail, as the first time something does not go exactly as planned he or she will want to go home. Furthermore, children typically lose any and all motivation to try to succeed at camp if they think a parent is coming. These children tend to spend the entire day wondering *[CONTINUED ON NEXT PAGE...]*

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when mom or dad is coming instead of trying to have fun at camp. Part of camp is learning how to work through different situations that may not always be easy. What may seem like a difficult situation one day is usually replaced with a fun-filled, busy and exciting next day at camp. Please know that some of the most homesick campers at the beginning of camp are the same campers who do not want to leave at the end of the session, and end up returning for years.

- Pack your child's favorite stuffed animal or blanket for their bed.
- Send your child with photos of your family and pets so that your child will have a reminder of home.
- Send a letter to your child before camp begins so it is waiting for him or her upon arrival at camp.
- Acknowledge feelings your child may be having about camp such as feeling anxious, apprehensive, nervous, and excited. These are all common! Let them know most campers are feeling the same way before camp.
- Give your child a cheery send-off. Goodbyes are the hardest (for parents particularly) the first year. It really will get easier in succeeding years for both you and your child.
- Try not to worry! Know the directors and counselors are taking great care of your child! Feel free to call us any time if you have any concerns or worries.



Wrap Up

We hope this handbook takes most of the mystery out of getting ready for your child's summer. Please believe us, this information and all the forms we have you fill out pay rich dividends in providing your child with a FUN and meaningful summer experience. If there is anything else that you would like us to be aware of or any requests or special needs that don't fit on any of the other forms, just give us a call or send an email.

Although this section is about helping your child cope at camp, we do have a few strategies to help our parents cope as well! Please remember to log into our website at www.camprobinhood.com daily to see updated photos of campers having a ball at camp. We will try to have every camper in at least one or two photos weekly.

We are partners in your child's camping experience. We want each child to succeed and enjoy the immense number of opportunities he or she is offered at Robin Hood. Your child's happiness marks the success of 2022 camping season. At the end of the summer, we want each child to leave with a giant grin, anxiously waiting to return next summer. If you have any questions or concerns please feel free to reach us via email or phone. We cannot wait for the summer of 2022 to begin!

Sincerely,
Woody

Preparing for Camp Checklist

☐ Physician Examination Form

The Physician Examination Form must be printed and completed by your doctor. An exam is required in the last 12 months from attending camp. *(Form sent via snail mail & downloadable at CampInTouch)*

☐ Pack My Rx

ALL campers needing medication at camp are required to use Pack My Rx. *(Form sent via snail mail & downloadable at CampInTouch)*

☐ Travel Form

Complete your child's Travel Form online so we know how they are getting to/from camp. We must have travel info by **May 9th**. For the most current travel information visit: www.camprobinhood.com/travel

☐ Camper and Parent Questionnaires and Bunk Request

Every camper's group leader and members of our administration read these questionnaires. *(Please complete online at CampInTouch)*

☐ CampInTouch and Social Media

Please become acquainted with your CampInTouch account. This will prepare you for accessing daily pictures and the WoodChuck with ease throughout the summer. Please add us on Facebook, Instagram, and Twitter for additional pictures and updates.

☐ Camper Baggage

All campers traveling to/from camp via airplane or bus (other than campers from abroad) are required to ship their duffels to and from camp through Camp Trucking. *(Form online at CampInTouch)*

☐ Additional Options Form

This is a **required form**. If you do not wish to sign your camper up for any Additional Options, you still need to check the box at the top of the form that states, "Please do not enroll (camper) in any additional options." *(Form online at CampInTouch)*

☐ Intensives Selection Form

The goal of Intensives is to provide each camper with an opportunity to participate in an activity that he/she enjoys on a daily basis and to become more capable and confident in the chosen endeavor. These periods will be energetic, instruction-based, and "intensive". Children participating in scholastic extra-curricular or recreational programs when they return from camp will benefit greatly. *(Form online at CampInTouch)*

☐ Letters and eLetters

We suggest sending out mail and eLetters to your camper prior to his or her arrival at camp. We also recommend packing your child with stationary and pre-printed eLetter stationary so he or she is able to write you letters throughout the summer.