



**Camp
Moosilauke**

Family Handbook

Summer 2025
Celebrating our 121st year!

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INTRODUCTION

This family handbook has been developed to help campers and families get ready for the Moosilauke Experience. In it you will find answers to frequently asked questions, and a wealth of other important information. Whether you are new to the Moosilauke family, or returning for another summer, we ask that you read this handbook carefully. If you have questions or concerns after reading the handbook, please feel free to call us at (800) 353-4546, or email us at cmoosilauke@gmail.com.

You will need to complete the online acknowledgement that you and your attending child(ren) have read the handbook and agree to all policies and conditions contained within it before Opening Day.

See you soon!

Bill and Sabina McMahon
Directors

DATES, TIMES AND TRANSPORTATION INFORMATION

Please note that unless you have made specific bus or airport arrangements with us we assume your child will be dropped off at camp.

Opening Dates, Drop-Off Times and Bus to Camp Information

4-week session and June/July 2-week session:

- **Opening day is Saturday, June 21, 2025**
- Drops-offs at Camp should arrive between 2:00 and 4:00 p.m.
- Pick-up times on Saturday for Buses going to Camp:
 - Lincoln Center, NYC, bus leaves at 9:30 a.m.
 - Greenwich, CT, bus leaves at 11:00 a.m.
- Special airport pick-ups: please confirm with us on an individual basis (flights should arrive between 12:00 and 4:00 p.m. on Saturday, June 21)

July 2-week session:

- **Opening day is Sunday, July 6, 2025**
- Drop-offs at Camp should arrive between 10:00 - 11:00 a.m.
- Please note there is no bus transportation to Camp on July 6.
- Special airport pick-ups: please confirm with us on an individual basis (flights should arrive between 12:00 and 4:00 p.m. on Sunday, July 6)

July/August 2.5-week session:

- **Opening day is Wednesday, July 23, 2025**
- Drops-offs at Camp should arrive between 2:00 and 4:00 p.m.
- Pick-up times on Thursday for Buses going to Camp:
 - Lincoln Center, NYC, bus leaves at 9:30 a.m.
 - Greenwich, CT, bus leaves at 11:00 a.m.
- Special airport pick-ups: please confirm with us on an individual basis (flights should arrive between 12:00 and 4:00 p.m. on Wednesday, July 23).

Closing Dates, Pick-up Times and Bus Home Information

June/July 2-week session:

- **Closing day is Saturday, July 5, 2025**
- Pick-ups at Camp should arrive anytime between 9:30 and 10:30 a.m.
- Special airport drop-offs: please confirm with us on an individual basis (flights should depart between 12:00 and 4:00 p.m. on Saturday).
- Note that there is no bus transportation from Camp on July 5.

4-week session and July 2-week session:

- **Closing day is Sunday, July 20, 2025**
- Pick-ups at Camp should arrive anytime between 9:30 a.m. and 12:00 p.m.
- We will have Family Day from 9:30 a.m. - 12:00 p.m. with open activity areas, tours of the facilities by campers, and a light snack.

- Special airport drop-offs: please confirm with us on an individual basis (flights should depart between 12:00 and 4:00 p.m. on Sunday, July 20).
- Note that there is no bus transportation from Camp on July 20.

July/August 2.5-week session:

- **Closing day is Saturday, August 9, 2025**
- Pick-ups at Camp should arrive between 8:00 and 10:00 a.m.
- Campers taking the bus home will arrive in Greenwich, CT at approximately 1:00 p.m. and in New York City at approximately 2:00 p.m.
- Special airport drop-offs: please confirm with us on an individual basis (flights should depart between 12:00 and 4:00 p.m. on Saturday, August 9).

Emergency Change in Plans

If bus pick-up or drop-off times or places and/or arrival dates and times at Camp need to change, the Camp will text and/or email with families. Parents should always call Camp if they cannot meet the designated times and dates.

Pick-up and Drop-off Procedures and Responsibilities

When dropping off campers at a designated off-campus location on travel day, parents/guardians are responsible for campers until they are checked-in and formally seated on the van or bus. On the return trip home parents/guardians who are meeting campers at an off-campus site must meet the bus or van and walk their children to their car.

Camper Transportation Policies

When taking part in trips and competitions outside of Camp, campers may travel in passenger vehicles, vans and/or buses, depending on the size of the group and the type of excursion. Campers will only be transported in vehicles designed to carry passengers. They are not permitted to ride in the back of trucks except in an extreme emergency and when directed by appropriate staff (i.e. fire evacuation). Vehicles will carry only the number of passengers specified by the vehicle manufacturer. There will be a seat belt for each passenger (except when traveling in buses in which seat belts are not required). A staff member (adult) will be present in each vehicle. (If traveling by bus, this is in addition to the driver.)

Airport Pick-Up/Drop-Off Option

For a fee (see the Bus/Travel Reservation Form), Moosilauke can pick-up and drop-off campers from regional airports. International campers can use Boston's Logan airport. We request U.S. families arrange for their children to use Manchester or Lebanon, NH, airports, if possible. We can only accommodate pick-ups and drop-offs that fall within the following time frames:

Arrival day: Land between 12:00 - 4:00 p.m.
 Departure day: Take off between 12:00 - 4:00 p.m.

THE GOLDEN RULES

Above all else, Moosilauke strives to create an environment in which campers are comfortable to be themselves, try new things, gain new skills and confidence, and make new friends. These goals are achieved when staff and campers follow a few simple ideas and rules:

- **Respect other people, their opinions, their possessions, and respect and follow all camp rules.** If you can't be kind and follow the rules you can't be at Camp.
- **Go out of your way to be nice.** Being nice is "cool" at Moosilauke. Teasing is not, and it is not tolerated.
- **Use respectful and kind language.** Always think about how you can make someone's day a little bit better. Be supportive and helpful in the words you choose.
- **Try something new everyday.** There is so much to do at Moosilauke it is a shame if campers don't go out of their way to try new things. And don't worry about not being great at something—nobody is great at everything, especially their first time around.
- **Support someone else when they try something new.** At Moosilauke, we support others and cheer them on just like we want to be supported.
- **Take pride in yourself—and the camp.** Camp is more fun and successful when campers and staff take ownership for each other's actions, and the total quality of life at camp. Moosilauke is a beautiful place and we all need to work together to keep it that way.
- **Be enthusiastic.** At Moosilauke, we hope you will show some emotion. Cheer at games! Sing loud! Laugh at Bill's jokes (even when they are silly)!
- **Have fun!** Camp should be fun. If at any time Camp is not fun, come tell Bill, Sabina, Ingrid, Kenny, Preston, Jake, Quinn, Charlotte, or any counselor. We can help.

CODE OF CONDUCT

In order to ensure a positive experience for your child, it is essential that all campers abide by the following rules while at Moosilauke:

- Campers will not leave the campus without permission.
- Campers will not leave the cabin after lights-out (with the exception of senior campers using bathroom facilities).
- Campers will not steal or harm camp property or facilities, the property of other campers or staff, or the property of others when outside of Camp on a trip or at an event.
- Campers will not have in their possession, or partake of, any illegal drugs (and related paraphernalia), alcohol or tobacco products.
- Campers will not keep any prescription or nonprescription drugs in the cabin (all medications must be registered and dispensed by the nurses, details to follow).
- Campers will not have in their possession or use any weapons, including folding Swiss Army type pocket knives, and lighters/matches.
- Campers will not have in their possession cell phones or other electronic devices that can make phone calls, send emails, and have internet capability.
- Campers will not undertake any actions that involve danger to another camper, a staff member, or any other individual.
- Campers will not be disrespectful to their peers or their counselors; they will willingly follow all the protocols and routines at camp. This includes always using respectful and appropriate language.

Violations of any of these important rules will be dealt with firmly and can result in immediate dismissal without refund of tuition. (Please see the application for related information.)

CLOTHING AND EQUIPMENT

This section outlines in detail what campers should bring to Camp. Please use the list as a starting point and then use your knowledge of your own son to finalize what he comes with. Our recommendations are based on a weekly laundry cycle. **Given this, the suggested list is appropriate for all sessions.**

CLOTHING

- 2 fleece pullovers/sweatshirts
- 1 rain jacket—waterproof and lightweight
- 9 t-shirts
- 2 synthetic “wicking” t-shirts for hiking
- 2 pairs of pants/sweatpants
- 8 shorts
- 3 swimsuits
- 1 swim shirt
- 10 pairs of underwear/boxers
- 10 pairs socks—at least one pair synthetic and above the ankle for hiking
- 2 sets of sleepwear
- 1 baseball hat (optional)
- 1 bathrobe (optional)
- 1 wool synthetic hat (optional, but recommended for 13-and-over campers **if they plan on participating in our 2-3 day voluntary backpacking trips**)

Camp uniform clothing purchased from The Camp Spot (www.thecampspot.com) can be used to meet the quantities listed above.

FOOTWEAR

- 2 pairs athletic/cross-trainer shoes
- 1 pair all-purpose field cleats
- 1 pair Teva/Keen type sandals, or aqua socks (very helpful for our small craft waterfront activities)
- 1 pair shower shoes/flip-flops/crocs
- **13-and-over campers** also need (1) pair of light hiking shoes/sturdy running shoes/boots **if they plan on participating in our 2-3 day voluntary backpacking trips**

BEDDING/LINEN (for either session!)

(Mattress pads are supplied by the camp. Please do not send egg crate/foam/mattress toppers. The mattresses are comfortable as they are.)

- 3 blankets (it can get cold at night!)
- 2 sets of twin-sized sheets, including pillowcases
- 1 pillow
- 4 bath/beach towels
- Bathrobe (optional)

- 2 laundry bags—with name in large letters

CAMPING AND OUTDOORS

(Please see the notes in the next section for selection and purchasing details.)

- 1 sleeping bag with compression stuff sack
- Backpacks:
 - All campers need a basic school/day pack.
 - **13-and-over campers** also need an overnight pack that holds a sleeping bag either inside (internal frame) or attached to the outside (external frame) **if they plan on participating in our 2–3 day voluntary backpacking trips**

EQUIPMENT

- 1 pair of soccer socks
- 1 pair of shin guards
- 1 mouth guard
- 1 baseball glove
- 1 tennis racquet
- 2 plastic water bottles—Nalgene/screw top type only
- 1 lacrosse stick (optional—see notes on next page for more info on lax gear)
- 1 fishing rod with spinning reel (optional)

PERSONAL ITEMS

- 1 toothbrush and toothpaste
- 1 comb and/or brush
- 1 bottle of liquid soap/body wash
- 1 bottle shampoo
- 1 bottle sunscreen
- 1 lip balm/Chapstick
- 1 pair of extra eyeglasses
- 1 pair of sunglasses (optional)
- 1 nail clipper
- 1 insect repellent
- 1 shower organizer (optional)

ESSENTIALS AND FUN STUFF

- 1 flashlight or headlamp with extra batteries
- 1 set of stationery: paper/notecards, *self-addressed* envelopes (very helpful!), pens, and stamps
- Books and non-electronic games
- 1 disposable or inexpensive camera (optional)
- battery-operated fan (optional)

NOTES ON CLOTHING AND EQUIPMENT

Labeling Clothes and Equipment

Please put your son's name on **everything** he brings to camp. And we mean everything: towels, socks, bathrobe, sunglasses, baseball glove, tennis racket, backpack, shoes, cleats, sandals, water bottles...Use full names and avoid initials so that our sorting of the lost and found—which we do every night—can be efficiently completed.

Feel free to purchase and use labels (we do not recommend a specific vendor), or mark items with a permanent pen (silver pens are available for dark items).

What Not To Bring: Electronics—Please read carefully

We feel it is very important that our campers are “unplugged” for the summer so cell phones, computers, and other devices that can make calls, send emails, and have internet capability are not allowed. In addition, any devices that can play games, videos and movies are not allowed. **Thus, Ipad, Iphone, Itouch, and Kindle Fire type devices are not allowed.** Ipod Nano/shuffle, Mighty 3 type devices **without wireless capability** are allowed as long as they only play music. You can find a screenless option for the summer at www.bemighty.com. Headphones and devices, however, are only allowed to be used in the cabin, not around campus or in camp vehicles. Basic e-readers like Kindles are acceptable, but no downloading is allowed or possible at Camp so make sure your son comes with all the downloaded books he needs.

Please know that we will confiscate any of the prohibited electronics listed above even if they are configured to play only music. So in order for your son not to be disappointed, please only bring a basic ipod, nano, mighty 3 or shuffle if he likes to listen to music.

What Not To Bring: Food and Beverages

Food and beverages of any kind (including candy and gum) are not allowed at Camp. Moosilauke provides an abundance of tasty and healthy food and drink at meal and snack times so your boys will not go hungry. Food at Camp attracts animals and can also create peer related issues. Please do not allow your child to bring food and drink—and do not send it to them! Food that is discovered will be confiscated and not returned. Being honorable means doing the right thing when no one is looking. Be honorable—and teach your son to be honorable—please don't hide candy in packages or letters!

Lacrosse Equipment

Campers do not need to bring any lacrosse gear since we have sticks, helmets and pads. Campers who have their own equipment, however, are welcome to bring their own, especially their sticks and helmets. We have a lacrosse shed where it can be stored.

Bikes and Fishing Rods

Camp is equipped with fishing rods, mountain bikes, and helmets so it is not necessary to bring them. Many campers, however, bring their own fishing rods, and a few bring their own mountain bikes. The downside of bringing personal equipment is potential damage (for which Camp cannot be responsible) and having to deal with other campers asking to borrow items. The decision is yours. Please call if you have questions.

OUTDOOR GEAR

All campers at Moosilauke will hike mountains, canoe rivers and/or lakes and go on a day bike trip. Boys thirteen-and-older (those who have just finished seventh grade and older) have the opportunity to also go on multi-day backpacking and canoeing adventures. The clothing and equipment list on the previous two pages coupled with the following detail will provide all the information you need to correctly outfit your son for these adventures.

Backpacks

All campers need a basic school daypack for use on biking trips and other day adventures. This pack will suffice for campers twelve-and-under (those who have just finished the sixth grade and under). Boys thirteen-and-above (those who have just finished seventh grade) also need a backpack that is made for overnight backpacking trips if they intend to participate on our optional backpacking trips. The backpack should be bought at an outdoor retailer like R.E.I., Eastern Mountain Sports, L.L. Bean or a local outdoor specialist who can help you find a pack that fits. Depending on the size of the boy, packs should be approximately 2500-3500 cubic inches. Larger boys who plan on doing the longer Mt. Washington and Mt. Katahdin trips could get packs up to 4000 cubic inches. We recommend internal frame packs (with a bottom-loaded sleeping bag compartment) because they are more comfortable for extended hikes since the weight sits more snugly against the back. External frame packs, however, are also an option, and are usually cheaper.

The most common error in terms of backpacks is to not provide your son a pack so he is left to borrow one that does not fit. Another common error is to buy a cheap external frame pack—or pass along an old hand-me-down external frame—that is not comfortable enough to wear on a multi-day hike.

Sleeping Bags

All campers need a sleeping bag that comes with its own stuff sack. Boys thirteen-and-up (those who have just finished the seventh grade and older) who want to go on optional backpacking trips need a lightweight style sleeping bag with a compression sack that will fit in the bottom of a backpack. Bags with a rating of 45 degrees will suffice. Down and/or synthetic bags are both options. Down bags tend to last longer but are considerably more expensive (and they lose insulation value if they get wet).

The most common error relative to sleeping bags is to buy/give your teenage son who wants to go backpacking a “car camping” bag that is big, bulky and not made to go in

a backpack.

Sleeping Pads

Sleeping pads are not mandatory or necessary. However, they add warmth and provide a more comfortable night's sleep. Either closed or open cell pads will work. Good brands to look into include Thermarest (open cell) and Ridge Rest (closed cell). A half or three-quarters length (as opposed to full body length) will suffice. If you buy one make sure it folds and/or rolls up to a small size and can be strapped to the outside of their pack. Most campers at Moose do not bring their own pad and still get a good night's sleep. (However, almost all counselors use them when camping).

Clothing

Campers of all ages need a three piece layering system when hiking a mountain or going on a canoe trip: a synthetic underlayer against the skin; an insulating layer made of fleece; and a waterproof and windproof top layer.

Every camper needs 2 synthetic shirts that wick sweat away from the body. You can buy these with Moosilauke logos through **The Camp Spot** and you can also find numerous types and brands at stores like R.E.I., Eastern Mountain Sports and L.L. Bean. We recommend one long sleeve and one short sleeve—both medium weight.

The most common error relative to an under-layer is to give your son a cotton t-shirt to hike in. Cotton shirts are not appropriate for the exertion portion of outdoor trips because they keep moisture against the body. In cold and windy conditions—which are always possible on the top of a mountain in New England—cotton shirts can make a hiker dangerously cold.

For the same reason that cotton t-shirts are not appropriate, cotton sweatshirts are also not appropriate as an insulating layer on adventure trips. When wet, they have no insulating value. Fleece pullovers and jackets, however, still provide insulation when wet.

There are many choices in terms of a waterproof outer layer. The best and most expensive is to purchase a coat made with Gore-Tex (or other brand-specific fabrics) that is waterproof but also breathes well to let sweat escape. Brand names include Patagonia, North Face, Mountain Hardwear, and E.M.S. These types of jackets, however, are very expensive. A medium-weight coated nylon jacket that is waterproof (though not also breathable) is also perfectly acceptable—and at least half the price. Waterproof pants can be a nice addition on multi-day hikes although they are not mandatory.

The most common error when buying a protective outer-layer is to buy one that is water resistant, not waterproof.

Another excellent item well-worth bringing for boys thirteen-and-older is a fleece/wool hat for on top of a mountain or around the campsite at night. The most heat-loss occurs through the head so a minimal investment in a warm hat can go a

long way toward providing comfort on a trip.

Footwear and socks

All campers need sturdy, comfortable, lace-up shoes that they can use for day hikes and/or backpacking trips. Running shoes are a popular choice for many boys. Light hiking shoes are also an option.

The most common error in terms of footwear is to send your boy to camp with a brand new pair of hiking boots that will cause blisters. Please have your son break in hiking shoes by wearing them at home if he is bringing them.

It is important that boys thirteen-and-over (those who have just finished the seventh grade) who want to go on overnight backpacking trips bring two pairs of synthetic or wool socks to hike in. A good but expensive brand is Smartwool. Cotton socks are not appropriate for the same reasons described in the clothing section.

Water bottles

Every camper needs two one liter water bottles for their hiking, biking and canoe trips. Boys will also use these water bottles for some athletic events and for routine life at camp. Please ensure that the water bottles have a screw top and are of the hard plastic Nalgene variety. (Nalgene is the name for the leading brand.)

Web Sites

All the gear and clothing referenced above can be found at the following web sites:

R.E.I.	www.rei.com
Eastern Mountain Sports	www.ems.com
L.L. Bean	www.llbean.com

SHIPPING

Trunks, Duffels and Shipping

Camper clothing and equipment should be packed in trunks and/or duffel bags (and their backpacks). Trunks are not necessary; duffels work just fine for our system. All camper belongings are stored on shelves in the cabins and their luggage containers will be stored away from their cabins, so please send what is easiest for you. All baggage needs to be labeled with the camper's name. Please mail trunk keys and locker combinations to the camp office in advance of arrival.

If you would like to ship trunks and duffels, here are some options:

- [Ship Camps Baggage Service](#)

<https://shipcamps.com/camp-moosilauke>

- [United Parcel Service \(UPS\) and Federal Express \(FedEx\)](#):

Luggage should be addressed to:

Camper's Name

Camp Moosilauke

55 Moosilauke Way

Orford, NH 03777

All luggage for the 4-week session and the June/July 2-week session will need to be dropped off/picked up by parents, or shipped to and from Moosilauke by one of the methods listed above. Depending on the number of campers who will be taking the bus to camp, we will try to have luggage on the bus, but often we won't have room for everything. More information will be shared in June.

For the July/August 2.5-week session, luggage will need to be dropped off/picked up by parents, or shipped to and from Moosilauke by one of the methods listed above. Depending on the number of campers who will be taking the bus to and from camp, we will try to have luggage on the bus, but often we won't have room for everything. More information will be shared in early July.

COMMUNICATIONS/VISITING

Camp Contact Information

Our mailing address during the summer is:

Camper's Name
Camp Moosilauke
55 Moosilauke Way
Orford, NH 03777

Key phone/fax numbers include:

- Toll free: (800) 353-4546
- Office phone: (603) 353-4545
- Office fax: (603) 353-9103

Mail to Camp

Nothing brightens a camper's day more than receiving mail from home. It is an excellent way to communicate with your son over the summer and will also encourage him to write home. Please read the section on homesickness; you will find good tips on the dos and don'ts of letter writing. **When addressing mail to campers just add their name to the address listed above.**

Flat packages are appropriate to send as well—pictures, magazines, hometown newspaper clippings, or comics. We do ask that you only send **at most one** flat package during your son's session at camp. **Otherwise, packages are not permitted at Camp.** If you need to send your child an item they neglected to pack, please send it to the attention of the Moosilauke Office and we will pass it along.

Please support us and embrace this policy regarding packages as it is significant in how we prioritize diversity, inclusion, and belonging on our campus.

Letters Home

Campers are required to write home on Wednesdays and Sundays. **It is helpful if you can pre-address envelopes for younger campers.** The Directors also send a weekly e-letter summarizing special events, activities and trips.

Phone Calls

New campers during the 4-week session are allowed to call home during the second week of camp. New or returning campers in either of the 2.5-week or 2 week sessions will not have phone calls home. The only other calls from campers occur if there is a special event such as a camper's birthday. Campers can send emails, faxes, and letters for family member birthdays. We ask that parents arrange a call with their son(s) only if there is a special event or an emergency.

Our Directors, however, welcome calls from parents at any time, even for just a brief check-in. Additionally, Bill and Sabina will proactively call parents if behavioral,

homesickness, or other issues arise.

Camp will also call parents if the following types of health issues arise: child needs to see medical personnel outside of camp staff; child needs to be put on medication or current medications need to be adjusted; and/or child spends the night in the camp infirmary.

Campanion App

During the summer we try to post pictures on a daily basis, Tuesday through Sunday. Families can download the Campanion app on their phones with the same login information as their CampInTouch account. We also post blogs and videos on the website. Take a look at www.moosilauke.com.

Traveling While Your Son is at Camp

If you will be traveling while your son is at Camp, please send us, in advance, contact information in the event of an emergency.

Visiting While Camp is in Session

In order to protect the safety—and morale—of all its campers, and to effectively run our programs, Camp Moosilauke has a “no visit/no drop-in” policy except for on drop-off and pick-up days. If a custodial situation creates scheduling issues, please call the directors to discuss options. Please note that we must have written permission from the registering parent for permission to visit.

HEALTH

Mandatory Medical Form/Enrollment Application

The health of your child is most important to us, so it is critical that we have accurate and complete information. You have access to all of our forms at www.moosilauke.com where you will need to login as you did to complete the camper application. The forms are also available on the Campanion app and you can submit the forms with your phone.

All of these components must be completed by May 1st, 2025.

****There are no exceptions!** Please help us and be on time with your forms and paperwork.**

All vaccinations must be up-to-date. Please be sure to fill out all the appropriate sections. Tracking down copies of insurance cards, immunization records, parent and doctor's forms takes a lot of time out of the staff and nurses' busy schedules while camp is in session.

Please ensure that the medical form and enrollment application are completed honestly and thoroughly. Include information on issues such as sleepwalking, bedwetting, car sickness, etc. Failure to provide the camp relevant physical and mental health information could result in your child being sent home without refund of tuition.

Parent Authorization and Consent

By signing this form the camp is given permission to provide campers routine health care, administer prescribed medications, and provide emergency medical assistance.

Camp Health Facilities/Staffing

Moosilauke has two full-time nurses in residence, and a local doctor on call 24-hours. We have an Infirmary strategically located on the periphery of the campus. Dartmouth-Hitchcock Hospital and Spere Memorial Hospital are 30 minutes away from Camp.

Arriving in Good Health

If your child is not feeling up-to-par on Opening day, or has been exposed to a contagious illness, please keep him home until he is ready for Camp and/or your doctor tells you he is no longer contagious.

Dental

Please be sure that all dental and orthodontic work needed over the summer is completed before arrival.

Medications

All medications that need to be taken daily (prescription, vitamins or over the

counter) need to be pill packaged through Amazon, your local pharmacy, or CampMeds, and in addition, we will need a physician's authorization form for administration of any medications. Inhalers and epipens will need a physician's authorization form for administration of medication form filled out as well.

No medications of any kind can be kept with a camper in his bunk or in his possession. This includes prescription drugs and over the counter items such as Tylenol, Advil, Sudafed and Robitussin. Our nurses will dispense over the counter items from our camp stock on an as needed basis if your child becomes ill while at Camp. Nurses will dispense all registered medications at mealtimes.

On Opening Day, each camper goes through a health screening process involving a temperature check, head and throat check, and height and weight.

Health Insurance

Parents must provide their own coverage for illness, accident, and dental occurrences that require medical intervention.

Health Related Camp Contact

Camp will call parents if the following types of health issues arise: child needs to see medical personnel outside of camp staff; child needs to be put on medication or current medications need to be adjusted; and/or child spends the night in the camp infirmary.

Bedwetting

Moosilauke is able to serve campers with bedwetting issues only if they meet the following guidelines: they only occasionally wet the bed—not every night; they understand their condition and are willing to follow advice relative to how to minimize bedwetting (like when they should drink fluids); and most importantly, they are willing to wear, and have practice with, pull-up type disposable garments. We find that having the boys put on pull-ups either in the bathroom before bed or while in their bed is a discreet and positive way to cope with occasional bed wetting. We are equipped to occasionally wash camper clothes outside the normal laundry cycle. We are not equipped to routinely wash bed linens and blankets. If your child is an occasional bedwetter but does not have practice with pull-ups then please have your child in the routine of wearing them before they come to Camp.

Sleepwalking

A core part of the Moosilauke program is overnight backcountry trips. Given this, campers coming to Moosilauke need to be able to safely sleep in tents on mountains and near bodies of water. And of course they need to be able to stay in their cabin once lights are out.

Gluten, Peanut, and Other Allergies

Moosilauke routinely has campers and staff who require gluten free diets. At every meal we can provide gluten free meals. Please know, however, that gluten free meals will be made in a kitchen with wheat products and campers will dine at tables with other campers eating products with gluten. Most families sending a child with

Celiac to Moose will augment the Camp's gluten-free food supplies with snacks, etc. that their child enjoys.

In terms of nuts, we can always provide nut free meals and snacks. Similar to gluten, however, we are not a nut free camp. On occasion, we will serve things like PB&J sandwiches and candy that can contain nuts so children should not come who have an airborne sensitive allergy. When we do serve the rare sandwich or snack with nuts we always have alternatives for campers who are allergic, whether in the dining hall, or on a trip.

Parents with children with food allergies should call the directors prior to applying to ensure that Moosilauke's policies and practices are a healthy and positive fit.

HOMESICKNESS (AND CHILDSICKNESS)

Homesickness is normal. It is a routine developmental phenomenon. The following pages have been written to help your child—and you—deal with the related issues in a healthy and productive manner. The advice and information arise from decades of experience working with children and their parents at camp, at boarding school, and also from the wisdom contained in **Michael Thompson's book Homesick and Happy: How Time Away from Parents Can Help a Child Grow.**

What is homesickness? Who gets it?

Thompson writes that “Homesickness is not a psychiatric illness. It is not a disorder. It is the natural, inevitable consequence of leaving home. Every child is going to feel it, more or less, sooner or later.” This last point is critical: every camper has at least a little homesickness. There are definitely varying degrees of homesickness, but for the vast majority of campers homesickness should really be seen as “peer-sickness.” For most kids, if they go to a camp and feel cared for and make friends their homesickness will not be a significant issue.

Do different children get different levels of homesickness?

The clear answer is yes. Thompson quotes research that states that 19% of kids at overnight camps experience “significant distress.” Our experience at Moosilauke is more positive, possibly due to our size and culture. We have found that less than 5% of our campers on average get a significant dose of homesickness. This means that out of 150 campers only about 5-7 will show real signs of distress.

What predisposes certain kids to tougher levels of homesickness?

Predicting homesickness is much more art than science. Although the criteria below can add some insight, camps are continually amazed by the slightly introverted, nervous boys who love camp from the first minute, and the seemingly confident boy who ends up in tears.

In his book, Thompson lists the following factors as possibly contributing to making boys “homesick predisposed:” if they have little interest in attending camp so the parents end up coercing them to go; if they have a slightly pessimistic demeanor; if they are introverted and struggle in new social situations and lack friends at home; and if they act like they “have a chip on their shoulder” and are disruptive at home and school.

In terms of the question “should some kids with homesickness go home?” Our answer at Moose is a resounding “no,” as long as parents follow the “dos and don'ts” listed below, and have made a thoughtful assessment ahead of time of whether their kid is ready for camp. If parents, after reading the points above on what predisposes children for significant homesickness, are not sure whether to send their child, the best advice is to call the camp director and talk about the situation in detail.

Another issue that arises is what age is best to send a child, and is it better to wait and let them become more mature. Our experience is that it is not always best to wait and send your child. In fact, many times it is the older first time campers who have the hardest time, and the youngest campers are the most carefree.

Can parents help alleviate and/or exacerbate homesickness? What are the critical “dos” and “don’ts” for parents before their child goes to Camp?

We can’t stress enough that for many families, the parents have a harder time with the separation than the child. Given this the following “dos” and “don’ts” before camp starts are critical for parents to embrace:

- *Don’t send your kid to camp if they have no interest.* This is a recipe for disaster. However, it is totally normal for a kid to be excited, and then nervous, as camp time approaches.
- *Engage them in the camp search process.* Let them have some ownership or buy-in of where they are going to spend their summer.
- *Don’t impart your own anxiety on your kids.* Be strong! Camp directors sometimes wonder whether parents like it when their kids have a hard time because it makes the parents feel needed. Instead, be proud if you have raised kids with the strength not to need you!
- *Don’t ever tell your kid to “try it for a few days and then we will see if you should stay.”* This is the number one way to ensure that your child will have a severe case of homesickness. Never promise a helicopter rescue!

On the reverse side, here are the key parental “dos” before your child gets to Camp:

- *Have and show faith in your child once you all have decided on a summer camp.* They can read you like a book. Show that you have complete confidence that they can successfully navigate the camp experience.
- *Have a frank talk about homesickness.* First off, tell them that everyone gets it. Then talk about when they will probably get it: night is the most common time. Kids are not homesick when they are waterskiing or hitting a baseball! Also, talk to them about strategies for when they do get homesick. Reading, listening to music, and talking with counselors are tried and true remedies.
- *Explain that you are not going to send a helicopter to rescue them: they are most definitely at camp for the duration.*
- *Explain how communication during the summer works.* At Moose, campers write home twice a week. Explain that there is a delay with letters so they should not be surprised when they do not get an immediate response from a letter. Explain that new campers call home once during the 4.5-week session. If they are 2.5-week or 2-week campers, explain that they will not call

home.

- *Have your child try a practice overnight or weekend if they have not done one already.*

If a boy is more than a little homesick at Camp, what are the best strategies?

At Moosilauke we employ a number of practices to help individuals and the community work with homesickness. It starts with Bill and Sabina talking to all new boys about homesickness the first day. They also talk with the whole camp to demystify the feelings and take away shame. And during the first week we hold daily staff meetings so we have a 360 degree look at which campers are showing signs of homesickness.

Counselors have a number of important roles to play at Moose. As Thompson points out, the first is just to be a fun, caring, great counselor. The second is to talk in a real, in depth way with a camper who is homesick so the boy feels listened to and empathized with. Campers need to know staff understand their suffering. Next, it is imperative to talk with homesick kids about strategies they can use when feeling down. And then it is critical for the counselor to get the kids distracted and doing something. Empathy is important but wallowing is not positive. And of course, a key role of counselors with very homesick kids is to bring Bill and Sabina into the conversation.

Bill, Sabina and the head counselors spend significant one-on-one time with the campers who are in distress. We do everything from teaching the kids diaphragmatic breathing (to slow the adrenal system), to talking with them about the typical arc of the worst part of homesickness (about 5 days). We try to get boys to attend all their classes, but we do give the boys the option to come to the office during free time to talk and read some of the fun material on the shelves. If after a few days boys continue to have significant homesickness then we will coordinate a call where the camper talks with his parents and then Bill and Sabina do also. The purpose of this call is for the camper to understand his parents are not coming to get them. A boy with significant homesickness can't totally give in to the power of the camp experience until he knows he is not going home. If he thinks there is a chance he is going home he will elevate his distress (consciously or unconsciously)

Key strategies for parents to embrace when communicating with their child while he is at camp (via letters and possibly a call) are as follows: communicate to them you understand they are in distress (don't gloss over their suffering); remind them of why they wanted to go to camp; ask them about what they have tried and achieved (or what they want to); ask them what is most fun about camp; remind them of strategies to use when they get homesick; tell them how proud you are of them; and tell them you are going to have an awesome celebration when they get home!

It is important to know that sad letters are par for the course, especially in the

beginning.

What are the downsides of not letting your child complete his camp experience?

Thompson writes that “coming home early is like kicking the can of conquering homesickness down the developmental road.” He points out that kids who are unable to remain with peers on a school trip or at camp carry negative feelings about themselves for the rest of their lives.

Final thoughts

For parents, it is essential to remember that we can't make our kids happy. They have to earn a positive sense of self on their own. And the process for doing so usually involves some struggle and hardship. Without struggle and challenge there is no real sense of accomplishment and self.

Parents should view homesickness as an important part of your child's journey towards positive self esteem and resilience. Remember: homesick—and happy. Model the behavior you want from your child, before, during, and after the camp experience. Be positive, supportive, and strong!

OTHER IMPORTANT INFORMATION

Activities

As our printed materials and website clearly indicate, campers at Moosilauke take part in a wide range of land, water and adventure activities, that can include (but not exclusive of): baseball, tennis, ultimate frisbee, flag football, arts & crafts, woodworking, soccer, basketball, archery, rugby, swimming, sailing, paddleboarding, water skiing, wakeboarding, wakesurfing, tubing, fishing, flatwater and whitewater kayaking, flatwater and whitewater canoeing, white water rafting, indoor and outdoor rock climbing, hiking, overnight backpacking and mountain biking. Activities are open to all campers. Trips are offered by age group, about one trip per week. Voluntary trips are also available and some might be limited according to experience level.

Age Groups

Campers are divided into the following age groups:

- Junior Bs 7, 8 and 9 year olds
- Junior As 10 year olds
- Inter Bs 11 year olds
- Inter As 12 year olds
- Senior Bs 13 year olds
- Senior A2s 14 year olds
- Senior A1s 15 year olds

Campers are placed in age groups according to their current grade, unless parents request otherwise. *Please be sure the camper application lists the grade the camper has just completed in June so we place campers appropriately.*

You will notice these groupings referenced in letters home and on the daily and weekly schedules at the camp.

Birthdays

Camper birthdays taking place during the summer are celebrated by the whole camp with a cake and song. Please feel free to call the camp office to set-up a birthday phone call with your child(ren) should their birthday occur while they are at camp.

Bunk Assignments

Completing the camper questionnaire (online in March) is critical to making appropriate bunk assignments. Where possible, requests to be housed with specific individuals will be accommodated. However, not all requests are possible or advisable, especially those involving more than two boys. It is critical that we ensure that each cabin has an appropriate balance of new and returning campers.

Camp Uniform

All new campers are required to purchase a basic camp uniform consisting of a hat, two shirts, two mesh shorts, sweatshirt, sweatpants, and a reversible mesh tank top. Campers are required to wear parts of the uniform only when competing with other camps. Given the quality and style of the pieces, however, campers wear them throughout the summer and year.

We use **The Camp Spot** for our uniforms. You can order via the digital catalog link we email you or online at www.thecampspot.com. New campers will be required to order the basic uniform and then will have the option of ordering other items from the catalog or online. Returning campers will be able to peruse the catalog and online options and purchase what they wish. The uniform clothing will be mailed directly to your homes BEFORE the start of camp to be washed and labeled. You may also mail the clothing directly to camp if you feel you will not receive it before your son leaves for Camp. **Don't delay in ordering as they do run out of items if you wait until late in the spring.**

Competition

Competition in the form of intramural and inter-camp games and events is a basic part of the Moosilauke Experience. However, we are very careful to keep our competition and instruction low stress, and to ensure that every boy who wants to compete—regardless of skill level—is able to. Our highly trained staff, many of which have coached at the Varsity level, are committed to providing healthy competition that promotes sportsmanship and teamwork. Age appropriate teams are fielded in almost all team sports. All your son has to do if he wants to play on a team is listen for the announcement for the first practice and show-up at the assigned time. Every boy who participates in practice plays in the games.

Daily Schedule

A typical daily schedule (non-Sunday) is as follows:

7:30	Moose Bears Swim (optional)
8:00	Wake-up bell
8:15	First bell
8:30	Breakfast/bell
9:20 – 9:50	Cabin clean-up/inspection
10:00 – 10:50	1st period (campers are assigned)
11:00 – 11:50	2nd period (campers are assigned)
11:50 – 12:30	3rd period: Free time/Mile Run/Morning dip
12:30	First lunch bell
12:45	Lunch
1:30	Rest hour
2:45	4th period (campers sign-up)
3:45	Afternoon snack
4:00	5th period (campers sign-up)
5:00	Free time/Open swim
5:00	Mail Call
5:30	First dinner bell
5:45	Dinner
6:45	Evening activities
8:00	Jrs (7-10 year olds) up hill—lights out at 8:45
8:15	Int Bs (11 year olds) up hill—lights out at 9:00
8:30	Int As (12 year olds) up hill—lights out at 9:15
8:45	Sr Bs (13 year olds) up hill—lights out at 9:30
9:00	Sr As (14 and 15 year olds) up hill—lights out at 10:00

Gratuities

We ask that you do not monetarily tip counselors. Giving a gift, however, such as a t-shirt, hat, or gift card for a job well done is certainly acceptable.

Laundry

Campers' laundry is professionally washed once a week and returned the next day. No additional fee is charged for this service.

Respect for Community Members

Camp Moosilauke cultivates an environment of respect for oneself and for others. We strive to be open to campers and staff of all religious backgrounds and cultural, racial, ethnic, sexual, and gender identities. We work individually with camper families to determine if Moosilauke is the best fit for their child with regard to our program and the support we can offer.

All community members have a right to safe and appropriate restroom and changing room facilities. This includes the right to use a restroom or changing room that corresponds to the community member's gender identity. All of the stall

bathrooms on campus are all-gender facilities. Camp Moosilauke supports all community members in using the restrooms or changing rooms that correspond to their gender identity.

Schedule/Sign-Ups

We strongly believe that a combination of structured activities and choice provides the optimal growth experience. To ensure that all campers experience the full breadth of opportunities available, boys of all ages are assigned during the 2 morning activity periods. Classes range from tennis to mountain biking to archery to kayaking to anything we offer. These classes are mandatory. However, to allow campers to grow and specialize in the areas they are most interested in, campers sign up for the two afternoon periods each day in the a.m. Additionally, there are special free-choice days throughout the summer. Choice opportunities increase for boys 12 and older. Evenings are usually reserved for special activities like fishing, tubing, intramural athletic competition, and games.

It is extremely important that campers tell the Directors if they are unable to be scheduled in a specific sign-up activity on a certain day. In almost all cases the Directors can insure the camper a spot in his desired activity the very next day. We just need to know!

Please explain to your son the importance of speaking up if they have a question, request or a problem. Self-advocacy is a great skill to learn and practice at Camp.

Spending Money

We ask that you do not provide campers with spending money. When campers go on trips all incidentals, including meals, snacks, and ice cream are covered. (*The only exception is the oldest campers who will go on a white water rafting trip. They can bring spending money, about \$40 is usually sufficient.*) Additionally, no money is needed in Camp, as there is no canteen.

Swimming

Our swimming program follows Red Cross guidelines. Campers usually are scheduled about two times a week, and by parent request can receive additional instruction. An initial swim test is given to all campers, new and returning, to evaluate their swimming ability. The test includes swimming laps in various strokes and treading water.

Tripping Overview

As is evident from our website, Moosilauke campers take part in a wide range of outdoor adventure activities and trips, including:

- Day mountain biking adventures within thirty minutes of Camp
- Canoeing and kayaking on lakes and slow moving rivers within 45 minutes of Camp
- Rafting, kayaking and canoeing on whitewater Rivers, including the Androscoggin (in NH), the Saco (in ME) and the Kennebec (in NH).
- Day hikes in the White Mountains

- Overnight backpacking trips in the Presidential range of the White Mountains
- Rock climbing and bouldering in Rumney and Lyme, NH

Trips are all age and ability appropriate. Campers with average fitness for their age can take part in all mandatory trips. Voluntary trips may require a specific level of fitness or skill.

Campers receive an orientation before a trip that details activities and duration, appropriate conduct, safety and low impact procedures, and packing instructions.

In terms of the availability and accessibility of emergency assistance, all wilderness trips are led by a counselor with a Wilderness First Aid certification or higher. Depending on where the trip is located, medical facilities to be utilized include the Dartmouth Hitchcock Medical Center and the North Conway Hospital.

Tuition Payments

Bills for tuition payments will be sent out in February. Please adhere to the dates for payment and call if you have any questions.

Please don't hesitate to contact us by email cmoosilauke@gmail.com or phone (800) 353-4546 if you have questions about anything. We are looking forward to a great summer!