



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2024 FAMILY HANDBOOK

OVERNIGHT CAMPS | TEEN ADVENTURES  
FARM CAMP | HORSE CAMPS



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Claryville, NY 12725

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WEB: [www.frostvalley.org](http://www.frostvalley.org)



## FROST VALLEY YMCA

More than a place – a life-long experience

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## OUR MISSION

Frost Valley YMCA is a values-driven organization that fosters youth development, healthy living, and social responsibility through outdoor educational and recreational programs for all.

## OUR VALUES

We are guided in this pursuit by our eight core values: **Caring, Community, Diversity, Honesty, Inclusiveness, Respect, Responsibility, and Stewardship.**

## CELEBRATING OUR MISSION & VALUES

At Frost Valley, we put intentional emphasis on holding true to our mission and our core values. This mission is important for the growth and development of our campers, and we continually strive to offer equal opportunities for everyone.

### PARTNER ORGANIZATIONS

Frost Valley works with partner organizations to bring underrepresented populations to camp. Some of our program partners are: Young Adult Institute, Tokyo YMCA, Ruth Gottscho Kidney Foundation & The Children's Hospital at Montefiore, and a wide range of different schools and community organizations in New York City and New Jersey.

### STAFFING

Frost Valley hires a diverse group of staff from a wide variety of backgrounds and cultures. A portion of counselors are international staff, meaning that campers are immersed in a community composed of a variety of backgrounds and cultures.

## SCHOLARSHIP PROGRAMS

As a charitable organization, we raise funds throughout the year for camperships that cover the costs of camp for children who would not otherwise be able to attend. Over \$800,000 dollars is raised annually to help families send their children to camp. We firmly believe that finances should never be the reason a child misses out on a positive camp experience. To help us give the gift of camp to a child, please visit [www.frostvalley.org/donate](http://www.frostvalley.org/donate).

Find information on New York State charities by calling the Attorney General's Office at 1-800-771-7755 or visit [www.CharitiesNYS.com](http://www.CharitiesNYS.com)

## CAMP DATES 2024

<b>SESSION 1</b> .....	Sunday, June 30 – Friday, July 12
<b>SESSION 2</b> .....	Sunday, July 14 – Friday, July 26
<b>SESSION 3</b> .....	Sunday, July 28 – Friday, August 9
<b>SESSION 4</b> .....	Sunday, August 11 – Friday, August 23

## CAMP FORMS

Please review the list of camp forms below.

All forms will be accessible on your camper's Campbrain profile and can be submitted on Campbrain as well. If you need assistance, please contact our registration team.

**PHONE:** (845) 985-2291 x 203

**EMAIL:** [campregistration@frostvalley.org](mailto:campregistration@frostvalley.org)

## CAMP FORMS CHECKLIST:

### REQUIRED FORMS:

- Participation Agreement & Emergency Contact Form
- Summer Camper Medical Forms: Part I & Part II
- Camper Information Form
- Camper Physical
- Immunization Records
- Doctor's Signature Form
- Medical Insurance Card
- Photo of your camper!
- Adventure Trips Policies  
(Required only for Adventure Village or Adventure Trips)
- Trip Specific Waivers  
(Required only for Adventure Village or Adventure Trips)

## ARRIVING & DEPARTING FROM MAIN CAMP

Campers may arrive or depart from camp with their families by car or by using Frost Valley YMCA’s bus service (details on pages 5–6).

### IF ARRIVING AND/OR DEPARTING BY CAR:

**Check-in times will be staggered to help with the flow of arrivals.**

**Please check your scheduled time listed below.**

Families who arrive early will be asked to wait at the Welcome Center until check-in begins. Campers must remain with their parent/guardian until they meet with their camp counselor. No family vehicles are permitted to drive through camp. Frost Valley staff members are responsible for transporting all camper luggage. \*Families can travel to their camper’s villages and help their camper get settled into their space.

1:00 p.m.	Adventure Programs, Tokyo, MAC, Mustang and Durango
2:00 p.m.	Wawayanda Grades 2–4, Hunter & Slide (Hird Grade 10), Graham/Peekamoose (Hird Grade 9)
3:00 p.m.	Wawa Grades 5–7, Plateau/Wittenberg (Hird Grade 8)

**\*\*If you have multiple campers arriving but at different time slots, please arrive closer to the later of the two times\*\***

**Check-out will be staggered to help with the flow of arrivals.**

**Please check your scheduled time listed below.**

Families arriving early are required to wait by the camp parking area outside the Welcome Center. At 11, all campers must be signed out by an authorized parent/guardian/adult at the designated checkout area.

11:00 a.m.	Adventure Programs, MAC, Hird Boys & Girls Grade 10, Wawayanda Boys & Girls Grades 2–4
11:45 a.m.	Tokyo, Mustang & Durango, Wawayanda Boys & Girls Grades 5 and 6, Hird Boys & Girls Grade 9, Graham/Peekamoose (Hird Grade 9)
12:30 p.m.	Wawa Boys & Girls Grades 7, and Hird Boys & Girls Grade 8

## PARENT/GUARDIANS ARE REQUIRED TO PRESENT PHOTO ID AT CHECK-OUT.

**Campers picked up by an adult, other than a parent or guardian, Must be listed on registration form as authorized pick-up persons, or parent must submit written request prior to check out day.**

Campers still at camp after 1:30 p.m. will be supervised by camp staff. There will be a \$40 per-hour fee for this after-care service.

## ARRIVING & DEPARTING FROM THE EAST VALLEY

(FARM, EAST VALLEY RANCH, AND HORSE TRAILS)

**Check-in** at the Farm and East Valley Ranch starts at 2 p.m.

**Check-out** is from 9-11 a.m. and may include your camper giving you a camp tour.

Parents/Guardians are encouraged to meet and speak with their child's counselor while at camp.

East Valley Ranch Campers will be participating in a horse show starting at 9 a.m. Families are invited to watch before departing camp with their camper.

**TO ENSURE THE SAFETY OF OUR CAMPERS, WE REQUIRE THAT YOU LEAVE PETS AT HOME.**

## BUS CAMPERS

Bus service is available from several areas in the NY/NJ area. Please see the Registration Form to select the best location for you and your family. There is a fee of \$100 per camper, each way. Please know that our buses are available on a first-come, first-served basis. We encourage all families to reserve bus transportation prior to the start of camp. Campers will be supervised by camp staff during travel to and from camp.

### CHECK-IN:

This will occur at the bus location with the bus coordinator. All Frost Valley staff will wear a staff shirt to be easily identified. At check-in, campers will learn the name of the camp village to which they have been assigned. Their luggage will be tagged with their full name and village name. Once luggage is processed, campers will be able to load onto the bus. Frost Valley YMCA is not responsible for improperly tagged, lost, stolen or damaged luggage or possessions. A PG-Rated movie may be shown on the bus.

Upon arrival at camp, campers will be checked in by Frost Valley staff and brought up to their lodging. Luggage will be unloaded and delivered to their respective lodges.

**NOTE:** On check-in day the first meal served will be dinner. Please be sure to feed your child a hearty lunch. On check-out day, the last meal served is breakfast. Campers riding the bus will be given a snack for the ride home.

**CHECK-OUT:**

This will occur at the bus location with the bus coordinator. All campers must be signed out by an authorized parent/guardian/adult and released by a Frost Valley Staff member from the bus location. Any missing luggage should be reported to the bus coordinator before departure from the bus location. Campers will not be allowed off the bus until they are signed out by an authorized parent/guardian/adult.

**PARENT/GUARDIANS ARE REQUIRED TO PRESENT PHOTO ID AT CHECK-OUT.**

**Campers picked up by an adult, other than a parent or guardian, Must be listed on registration form as authorized pick-up persons, or parent must submit written request prior to check out day.**

Camp staff will supervise campers who are still at the bus location after 3 p.m. until a parent/guardian arrives.

**LATE FEE:**

There is a fee of \$10 for each five-minute increment after 3 p.m. This fee will be billed to the family to cover costs of staff supervision. Unforeseen camp bus delays—due to late departure, traffic, weather, or other reasons—will result in Frost Valley YMCA making every effort to contact families by phone or email.

**BUS SCHEDULES**

**PLEASE ARRIVE 30 MINUTES BEFORE CHECK-IN.**

BUS NAME	CHECK-IN	CHECK-OUT	ADDRESS/LOCATION
Montclair	10:30 a.m.	3-3:30 p.m.	Montclair High School (George Inness School) N. Fullerton and Chestnut Street, Montclair, NJ
Manhattan	11:00 a.m.	3-3:30 p.m.	West Side YMCA 5 W 63rd. St. New York, NY 10023
Brooklyn	10:30 a.m.	4-4:30 p.m.	Behind the Whole Foods Market on 3rd Ave and 3rd St. Across the street from 383 3rd Ave (the Al-Madinah School)

## HOLDOVER WEEKENDS

Campers who are registered for two consecutive sessions are eligible to stay at camp for the holdover weekend in between. Limited space is available and campers are registered on a first-come, first-served basis. Campers are supervised by camp staff and enjoy a relaxed weekend camp program. Campers leaving the property with parents or guardians must be signed out and signed back in with a Frost Valley summer staff member. Parents/Guardians please check-in at the Welcome Center. You may visit during holdover weekends from 11:00 a.m.- 5:00 p.m. on Friday, 9:00 a.m.- 5:00 p.m. on Saturday; and 9:00 a.m.- 2:00 p.m. on Sunday. Parents/Guardians are required to present photo ID during visits and to return campers to a holdover staff member when the visit ends.

### HOLDOVER FOR ALL PROGRAMS ARE HELD AT THE MAIN CAMPUS

#### AVAILABLE DURING DATES BELOW:

**Holdover Weekend A: July 12-14**

**Holdover Weekend B: July 26-28**

**Holdover Weekend C: August 9-11**

If campers wish to leave Frost Valley with the parent of another camper, that person must be listed as an authorized pick up person on the registration form.

## OPTIONAL PROGRAM FEES

PROGRAM	NOTES	FEE (PER CAMPER)
Bus Transportation	Open to all registered campers. Not available for one week camps. Please see Camp Payment Form for details.	\$100 each way
Holdover Weekend	Open to campers registered for <b>BOTH</b> sessions 1&2, 2&3 or 3&4 (see Holdover Weekend description).	\$275

## LAUNDRY SERVICE

Laundry service is available to campers registered for consecutive camp sessions. Campers are expected to drop off and pick up their own laundry\*. Frost Valley YMCA does not hand wash items, and is not responsible for delicate, lost, stolen, or damaged clothing. For campers staying for a holdover weekend, laundry service is included in the cost of holdover.

\*Drop-off on last Friday of session and pick-up on first day of new session.



## CAMP STORE

During their stay, campers will have opportunities to visit the Camp Store. The store carries many items including stamps, postcards, film, disposable cameras, flashlights, toiletries, t-shirts, sweatshirts, hats, shorts, mugs, frisbees, and much more!

A store deposit of \$50 is recommended for a two-week session; and an additional \$25 per session is recommended for campers staying multiple sessions. It is not recommended that Adventure and Horse Trails Campers deposit money to the store account. You will be able to access our store online ([www.frostvalleystore.org](http://www.frostvalleystore.org)) if you are interested in purchasing any items.

## CAMP PAYMENT INFORMATION

Full payment of camp tuition and any optional programs are due to Frost Valley YMCA no later than **March 1, 2024**. Frost Valley cannot hold camper registrations if payment is not received on or before **March 1, 2024**. Camp payments can be made by personal check, MasterCard, Visa, American Express, Discover Card, or money order. Checks must be made payable to Frost Valley YMCA. There is a \$25 fee for all returned checks. **On or after September 1, any outstanding balances are subject to a 1.5% monthly finance charge.**

Go to [www.frostvalley.org](http://www.frostvalley.org) to pay directly online

**Or mail payments to:**  
Frost Valley YMCA  
Attn: Summer Camp Registrar  
2000 Frost Valley Road  
Claryville, NY 12725

## TIPPING & GRATUITIES

As a non profit organization and member of the American Camp Association (ACA), we do not expect or accept tipping of our staff. If you appreciate the service your child receives at Frost Valley YMCA, we recommend that you make a contribution (in the staff member's honor) to our **Camp Scholarship Fund**. Contributions may be sent to our camp office, or left at the staff appreciation table at the end of each session. You can also make a gift online at [www.frostvalley.org/donate](http://www.frostvalley.org/donate)

Find information on New York State charities by calling the Attorney General's Office at 1-800-771-7755 or visit [www.CharitiesNYS.com](http://www.CharitiesNYS.com)

## CAMP CHANGES

Frost Valley YMCA understands that things change in our lives. Any changes that need to be made to your summer camp plans (holdover, session change, cancellation, or bus transportation) must be submitted in writing to [campregistration@frostvalley.org](mailto:campregistration@frostvalley.org)

We will try to accommodate these changes based on availability. Please feel free to contact us with any questions.

## REFUND/ CANCELLATION POLICY

- **A full refund less a \$250 deposit (per session, per camper) is available if canceled from March 1-June 1, 2024.**
- **No refunds if canceled after June 1, 2024.**
- **ALL CANCELLATIONS MUST BE RECEIVED IN WRITING.**

## CABIN GROUPS & ASSIGNMENTS

Cabin groups remain the same throughout Frost Valley YMCA's camp programs. All campers are placed in groups of eight to ten with two staff members assigned to each cabin group. Lodging does vary from group to group. Some campers will live in independent cabins, grouped together in clusters, comprising a village. Some campers will be housed in larger lodges, and others in multiple cabin groups, which share a common area, and also make up one village. Farm and East Valley Ranch campers stay in yurts. These round buildings function just like traditional cabins. Adventure Village stays in platform tents. Adventure Trip and Horse Trails campers camp out in tents, divided by gender.

All campers have their own bunk and storage areas for their comfort. Villages at camp are made up of age-specific cabin groups. Frost Valley's program is progressive in nature, therefore the grouping of campers by grade is required.

Making new friends is an essential part of the camp experience and cabin assignments are the key to creating a positive camp environment. Frost Valley YMCA places campers in cabin groups based on the following criteria:

1. An exclusively mutual request made by two campers who are in the same grade (only one request permitted per camper)
2. Age (less than 12 months apart) or grade
3. Campers' gender identity

If campers more than 12 months apart request to be together, please know we rarely can accommodate, but please feel free to contact us.

Consistent with our commitment to our mission and values, Frost Valley upholds that trans\* boys are boys, and trans\* girls are girls; they will have access to lodging that reflects that. Until such a time that we are able to provide more expansively gender-inclusive lodging, gender-expansive campers and staff will be housed in spaces where they feel most comfortable and safe.

Frost Valley YMCA will make every effort to honor special requests for cabinmates, but due to the number of campers registered per session, we do not guarantee placements.

### **CABIN REQUESTS MUST BE WRITTEN IN THE CABIN MATE REQUEST SECTION OF THE CAMPER INFORMATION ON CAMPBRAIN.**

**If you need to edit your cabin mate request after registering, please reach out to the director of your camper's program.**

**CONTACT INFORMATION** The camp phone number is (845) 985-2291. Please use the following phone extensions to contact the appropriate person.

<b>MAIN CAMP PROGRAMS</b>		
WAWAYANDA CAMPERS (GRADES 2-7)	Mia Hennessy, Director <a href="mailto:mhennessy@frostvalley.org">mhennessy@frostvalley.org</a>	Ext. 348
HENRY HIRD CAMPERS (GRADES 8-10)	Claire Greenwood, Director <a href="mailto:cgreenwood@frostvalley.org">cgreenwood@frostvalley.org</a>	Ext. 265
ADVENTURE CAMPERS	Director <a href="mailto:adventure@frostvalley.org">adventure@frostvalley.org</a>	Ext. 265
MUSTANG/DURANGO CAMPERS	Mia Hennessy, Director <a href="mailto:mhennessy@frostvalley.org">mhennessy@frostvalley.org</a>	Ext. 348
ASSOCIATE DIRECTOR OF CAMPING SERVICES	Eliza Gentry, Director <a href="mailto:egentry@frostvalley.org">egentry@frostvalley.org</a>	Ext. 271
<b>EAST VALLEY CAMP PROGRAMS</b>		
EAST VALLEY DIRECTOR (FARM & EAST VALLEY RANCH CAMPERS)	Kasey Burns, Director <a href="mailto:kburns@frostvalley.org">kburns@frostvalley.org</a>	Ext. 226 (until May) 845-985-0510 (June-Aug)
HORSE TRAILS CAMPERS	Erin Wester, Director <a href="mailto:ewester@frostvalley.org">ewester@frostvalley.org</a>	Ext. 240 or 241
<b>MORE PEOPLE AT FROST VALLEY!</b>		
SENIOR DIRECTOR OF YOUTH DEVELOPMENT	Katie Taylor, Director <a href="mailto:ktaylor@frostvalley.org">ktaylor@frostvalley.org</a>	Ext. 327
YEAR ROUND PARTNERSHIPS	Shawn Blagmon, Director <a href="mailto:sblagmon@frostvalley.org">sblagmon@frostvalley.org</a>	Ext. 326
CAMP ACTIVITIES	Tyler Katz, Director <a href="mailto:tkatz@frostvalley.org">tkatz@frostvalley.org</a>	Ext. 388
MAIL	Office Manager	Ext. 212 Daily 9 A.M. - 5 P.M.
IN CASE OF EMERGENCY	On-Call Staff	Ext. 225 5 P.M. - midnight
HEALTH CENTER SERVICES	Carissa Pomeroy, Director <a href="mailto:nurse@frostvalley.org">nurse@frostvalley.org</a>	Ext. 225
REGISTRATION & FINANCIAL ISSUES	Alpa Patel, Manager <a href="mailto:campregistration@frostvalley.org">campregistration@frostvalley.org</a>	Ext. 203 Mon-Fri: 9 A.M. - 5:30 P.M.

**ALL THE ABOVE EXTENSIONS HAVE VOICEMAIL.** Camp staff regularly check voicemail messages and will return calls within 24 hours of receipt. Please leave a clear message with your contact information, the best times to call back, and any contact numbers to better expedite the process.

**To receive information about your child, your FIRST contact should be the Camp Directors of Wawayanda, Henry Hird, Adventure Camps, Mustang/Durango, Farm, East Valley Ranch, or Horse Trails.**

## CAMPER COMMUNICATION

### CAMPER MAIL

Encourage your child to write to you by including a self-addressed, stamped envelope in their luggage. Receiving notes from home helps to ensure a safe and secure feeling for our campers.

In an effort to encourage letter writing and celebrate unplugging, Frost Valley provides free postcards so that kids can write home to their parents. Postcards will be pre-stamped and available upon request.

We recommend you send at least four to five pieces of mail each session your child is at camp. Due to our rural setting it can take three to four days to get domestic mail to and from Frost Valley YMCA. Counselors encourage their campers to write home, but they are not forced to do so. Please don't be concerned if you do not hear from your child right away. Please note that mail for Farm Camp and East Valley Ranch campers needs to be addressed to each specific address to the right:

\*Campers on one-week sessions may not receive mail in time due to their shortened stay and delays in rural postal services.

#### MAIN CAMP PROGRAMS & ADVENTURE TRIPS\*:

Frost Valley YMCA  
2000 Frost Valley Road  
Claryville, NY 12725  
Attn: Your Child's Name  
and **Village Name**

#### FARM CAMP:

Frost Valley YMCA  
Farm Camp  
2875 Denning Road  
Claryville, NY 12725  
Attn: Your Child's Name

#### EAST VALLEY RANCH AND HORSE TRAILS\*:

Frost Valley YMCA  
East Valley Ranch  
21 Straus Lane  
Claryville, NY 12725  
Attn: Your Child's Name

### PACKAGES

Non-food items are acceptable to send to campers. Send toys, magazines, books, stickers, and things your child can share with their cabinmates. It is a good idea to send packages early within a given session. **Do not send food of any kind. Due to possible food allergy issues, we will not accept food items. Food received will be disposed of promptly.** To better ensure your camper receives their package before the end of their session, you may send it before the start of camp if you choose.

### CAMPER EMAIL & PHOTOS

To email your camper, see photos of them, and read stories of their adventures on our blog, please go to [www.frostvalley.org/connect-to-your-camper](http://www.frostvalley.org/connect-to-your-camper)

Email service to your campers is FREE! Access to camp photos is also available for free at [www.frostvalley.smugmug.com](http://www.frostvalley.smugmug.com). A password will be given at a later date. Please visit [www.frostvalley.org](http://www.frostvalley.org) for more information. Campers can receive email but do not have any access to the internet, and therefore, cannot respond. Emails are printed out and delivered with the rest of the day's mail at dinner time.

## CAMPER COMMUNICATION

### CALLING HOME

Campers are not permitted to use telephones while at camp.

**Please DO NOT tell your child they will be able to phone you while here.**

Promises such as these can worsen homesickness and cause behavioral issues. For more information, go to our blog to learn how to address homesickness.

There are several ways to communicate with Frost Valley YMCA during the summer. Please review the list on page 10 to learn how to better use the communications system at Frost Valley YMCA.

**There is no cell phone service at Frost Valley. Wireless connections are also not available during the summer. Please do not send your child to camp with a cell phone or wireless device.**

**Please leave electronics at home. Please see our full policy on Page 24. Please see page 25 about MP3/music devices.**

## RESTORATIVE JUSTICE

At Frost Valley YMCA, we strive to foster a positive, connected, and inclusive community. We accomplish this by integrating Restorative Justice principles and person-centered practices into our daily routine.

### WHAT IS RESTORATIVE JUSTICE?

Restorative justice is an approach to behavior coaching that focuses on growth, accountability, healing, and communication. We use Restorative Justice to help our community communicate openly within a supported environment. In these conversations, we work through conflicts and create goal-oriented solutions that support the growth of everyone involved. This practice allows a person to take accountability for their actions and repair any damage that their action may have caused within their community. We want everyone to be involved in the healing, including the person who caused the damage.

### WHY IMPLEMENT RESTORATIVE JUSTICE?

If properly implemented, Restorative Justice can be more effective than traditional discipline policies while building and restoring a strong camp community. By creating space for campers to work through conflict together, we help our campers achieve a greater awareness of others and build empathy.

## HOW IS RESTORATIVE JUSTICE IMPLEMENTED AT FROST VALLEY?

When a conflict arises, our counselors will communicate with the campers involved to understand and address the needs of the group. Once all of the campers feel ready to discuss the conflict together, our counselors will facilitate a productive conversation by providing open-ended questions and creating healthy boundaries. All campers will have the opportunity to share their experience and listen to the experiences of others; then they will work together to create a plan for moving forward as a community.

We use restorative practices to help our campers take responsibility and initiative; however, our counselors still work one-on-one with campers to address positive behavior. We do not tolerate any behavior that will harm oneself, others, or the surrounding environment.

Restorative practices have allowed our campers to build stronger bonds with others, grow as individuals, and have a more successful camp experience! We use Restorative Justice to work towards an environment that is safe, inclusive, and equitable, for all.

## CAMP BEHAVIOR & APPROACH TO CONFLICT

### BEHAVIOR PHILOSOPHY

Frost Valley YMCA's Summer Camp program strives to create an intentional and inclusive community for all. This idea drives our approach to conflict. Frost Valley YMCA's policies are designed to help children develop self-awareness and assume responsibility for their actions. Clear and consistent, age-appropriate rules and limits are established at camp.

During the first day/night at camp, each cabin, tent, yurt, group, and village establish community guidelines that are consistent and age-appropriate, consented to by consensus. These guidelines are informed by the socially-conscious, collectively-oriented interests of the group. Our camp community should be an inclusive and welcoming space, where all can feel that they belong. While we strive to produce this environment, our staff will work with campers to ensure that they are growing into, and working towards, true inclusion. As with all communities, we are bound to

encounter conflict as we — campers and staff, alike — all learn and grow. Some techniques in approaching conflict that our staff are trained in include:

- Redirecting campers
- Reinforcing positive behavior
- Encouraging campers to talk about their feelings
- Role modeling how to speak and interact with campers in a positive manner
- Conversationally addressing conflict intentionally, respecting the autonomy and agency of those involved
- Implementing breaks when appropriate

In addressing and approaching conflict, our staff try to work with campers to design and implement the changes to the social environment that would most support campers that experience conflict at camp. In moments of conflict, some campers may not be willing to share important and vital personal, cultural, or familial information and context that

informed how they responded to the conflict they experienced. In those times, we most value parent/guardian input in “Tips for Success” forms and follow up conversations in order to ensure that every camper is set up for success.

Any behavior modifications, or conflict approach measures used will relate to each child’s specific actions and will be handled in a timely fashion. No physical punishment, humiliation, scare tactics, or controlling measures shall be allowed. Methods associated with food deprivation or extended isolation are not permitted. All behavior coaching measures intend to support the camper with healing any harm done and strengthening their positive connections with others.

## HATE SPEECH

Frost Valley YMCA’s Summer Camp community is one where no two people are completely alike. We expect our campers to display the same respect for others at Frost Valley, we work towards inclusion, and strive to intentionally create a community where all feel included, embraced, and celebrated. We expect our campers to join us in that mission, and to themselves work towards inclusion. We take incidents of hate speech or harassment very seriously and such behavior will not be accepted. In incidents of hate speech or harassment we will support the affected campers in healing from harm done, we will educate those who are demonstrating hate speech or harassment, and create a plan for moving forward that prioritizes the safety of the community.

If a child’s behavior is inconsistent with our shared mission, after reasonable measures have been made to assist the child in adjusting to the camp setting and embracing our collective responsibility, parents will be contacted by their child’s camp director to determine if the child is able to continue at camp. Staff will always work toward developing a cooperative plan of action to maximize a camper’s chances of success at summer camp. Frost Valley YMCA understands that an individual program cannot always meet the needs of each camper. If reasonable conflict approach measures have not adequately supported the growth of a camper, and/or a camper continues to act in contradiction to our mission of creating an intentional and inclusive environment, Frost Valley YMCA may determine that the camper and the program are not well-suited for one another. If behavior that damages the community continues, it may be determined that the program is not a productive experience for the camper at that time.

## BEHAVIORS THAT DAMAGE THE CAMPERS’ COMMUNITY ARE DEFINED AS:

- Likely to, or does, result in harm — physical, mental, or emotional — to themselves or others;
- Likely to, or does, result in damage to one another’s personal belongings and/or surrounding space;
- Involves any physically escalated interaction with campers and/or staff;
- Camper is not open to feedback or willing to work towards improvement
- Or involves bullying, teasing, emotional taunting of others, or hate speech\*,

It may be necessary to separate the child from the group until their actions have been appropriately addressed.

## **FROST VALLEY TAKES ALL FORMS OF BULLYING SERIOUSLY AND ON A PERSON-CENTERED BASIS.**

If a camper is intentionally displaying any behaviors that cause harm to their camp community, the following guidelines are used for behavior coaching:

### **FIRST MEETING**

- Official warning of child's behavior and education of impact
- Plan of action for camper (warning of possible dismissal if camper continues to exhibit disruptive behavior)
- Phone call to parent/guardian to inform of behavior, consult on the best plan of action, and outline steps that are being taken by camper and camp to restore the community

### **SECOND MEETING**

if behavior continues, and camper is not receptive to coaching:

- Phone call home to parent/guardian to discuss behaviors and inform of camper's plan to correct the harm they caused to their community
- Revisit the behavior coaching plan with the camper and clearly explain the potential consequences
- Depending on the severity of the situation and the harm done, or the potential for harm, the camper might receive a final warning or a dismissal from the camp program

### **FINAL MEETING** (if applicable):

- Dismissal from camp program
- Open conversation to help the camper debrief and heal from their experience
- Frost Valley YMCA and staff reserve the right to immediately send a camper home from the Summer Camp Program. Serious behavior that harms the community may warrant dismissal and is at the discretion of the Camp Director.
- Campers dismissed from the camp program may not be eligible to return to Frost Valley YMCA camp programs in the future.

## **CAMP TUITION IS NON-REFUNDABLE AND WILL NOT BE REFUNDED OR PRORATED.**



## GENDER INCLUSION AT CAMP

Frost Valley aims to promote an inclusive and caring environment for your camper. To further that pursuit, Frost Valley hires staff of many gender identities and trains all of our staff in gender-inclusive practices.

In the event that a **camper expresses** that their gender, pronouns, or name is different from what was listed on their registration forms, we will honor, support, and validate the camper. We will inform you **ONLY** if your child gives us their express consent.

Similarly, in the event that your child comes out as LGBTQ+ while at camp, we will inform you **ONLY** if your child gives us their express consent.

While Frost Valley encourages campers to share their camp stories with their families upon their return home, while on camp we respect a camper's right to determine what they share or don't share with their parents/guardians provided it doesn't interfere with the health or welfare of the camper or the camp community.

Frost Valley will support campers and will not coerce, force, or compel a camper to identify in any way.

## LODGING CHANGES

**If your child expresses** the desire to switch lodging from what was originally assigned, we will work with the camper and custodial parent(s)/legal guardian(s) to develop a plan that takes into consideration the camper's mental, emotional, and physical safety since the wellbeing of our campers is our number one priority. We will **NOT** change your camper's lodging **WITHOUT PARENTAL CONSENT.**

## MEDICAL ASSISTANCE/TRAINING

If campers have begun transitioning prior to their camp session, we will continue to validate and support them while on camp. If your camper has begun any physical alterations as a part of their transition, our medical staff are trained to support and assist them.

If your camper requires additional support with assistive devices or medications, please indicate that in the camper information portion of their registration forms. **No medications or transitioning assistive aids will be administered without parental consent.**

## HOMESICKNESS

Homesickness is, above all, a normal and perfectly understandable feeling. It is a natural result of a feeling of separation from home comforts and loved ones/family. It varies in intensity between people of all ages and can manifest itself in very different ways depending on the person. Many campers at a summer overnight camp experience one or two days of mild homesickness in the first couple of days which quickly resolves itself, and only few will experience a prolonged, more intense feeling of missing home.

Homesickness usually displays itself as sadness, crying, and mild anxiety about being away from home. This is managed by our trained staff as they know the signs and have many strategies for alleviating these negative feelings, ranging from “get to know you” games, one-on-one conversations, writing letters home, as well as creating an exciting and energetic schedule of activities.

You may receive a letter early in the session from your camper relaying strong feelings of homesickness during this transitional period. This is perfectly normal and is nothing to be overly concerned about. You are always welcome and encouraged to reach out to the director of your camper’s program to let them know that you received a homesick letter. Your camper’s director, your camper’s counselors, and you, will all work together to be a united support team for your camper.

Another important element of your camper being away from home is the fact that you will miss them as much as they miss you.

It’s very important for families to be aware of their own emotions and avoid passing them on to their child. For example, instead of saying “I’m really going to miss you,” say “I’m looking forward to hearing all about the fun you’ve had when you get home.” You will also want to ensure that your camper isn’t feeling worried that they will be missing out on anything fun or important while they are at camp. If you are writing a letter to your camper, let them know that nothing interesting is happening at home and instead all of the fun is at camp!

If you think that your camper is likely to experience homesickness while at camp there are ways that you can help your camper practice and prepare for this situation. First, discuss homesickness with your camper so that you can teach them that it is a totally normal feeling. Next, help them practice asking for support when they are feeling big emotions. Lastly, help your camper come up with a plan for how they will find comfort when they are feeling homesick, so that they will feel confident that homesickness has an end.

For more information, please contact our camp directors to learn how to address homesickness, [watch our homesickness video](#), or read about homesickness on our blog at [www.frostvalley.org/homesickness](http://www.frostvalley.org/homesickness).

## MENTAL HEALTH CONCERNS

Frost Valley's goal is to provide a positive experience for all campers. Anxiety and other mental health issues are a reality for many children and teens. As a licensed NY State children's camp, we are a recreational program. Since mental health evaluation or treatment falls outside of our scope of practice, we are sometimes unable to meet the full extent of a child's needs, often due to state regulations about the care we are permitted to provide.

Please know that we do our best to nurture our campers as if they are our own children. If you have a concern about your child's mental health, please reach out to our program directors. We are more than happy to review any concerns you might have. Often we are able to develop processes that put you and your camper at ease. If we feel that we cannot provide a successful experience, we might recommend another option for your child.

**We can't reiterate strongly enough: our goal is to make the adjustment to camp life a smooth transition for all.**

We understand that it takes time for campers to settle into the routine of camp. In order to accomplish this, we have hired two Camp Coaches to support social and emotional wellness, coach our campers through the experience, and also assist our staff to best support our campers. These staff members are in the process of working towards degrees and/or qualifications in relevant fields. Our coaches understand the flow of camp and how to assist campers in adjusting to camp life. Communication and consistency are key to creating a positive experience for all campers.

**Campers:** We want you to feel comfortable speaking to any of our overnight camp staff or the Wellness Center staff in the event that you should experience anxiety, homesickness, or any other mental health concerns. Your concerns will be taken seriously. We understand that because camp is a new environment, it may require an adjustment period. Our goal is to help you have as smooth a transition as possible.

**Parents:** You know your child best. We want to work with you to give your camper the best experience possible. There's a place on our camper information form where you can relay any information that can help us best support your camper. We are here for you, and you can always reach out to us by phone or email.

## HEALTH CARE AT CAMP

We have an experienced medical staff of Registered Nurses, LPNs, EMTs and Advanced First Aid staff with experience in pediatrics, pre-hospital emergencies, and a host of other experience that adds perspective and depth to our medical team. Several nurses are staffed daily from 7am to 11pm, an EMT or Advanced First Aid staff is on duty 24 hours a day for emergencies, and the Healthcare Administrator is also available 24 hours a day. Since Frost Valley does not restrict campers due to their medical needs, our staff is experienced in the management of common childhood illnesses, as well as chronic medical conditions. The Wellness Center offers services for medication administration and management, a clinic for emergency care, and a 15-17 bed climate controlled infirmary for campers who require observation and support for short-term illness. Our Mainstreaming at Camp program (MAC) in cooperation with YAI (previously known as Young Adult Institute) allows children and young adults with developmental disabilities to enjoy a traditional camp experience with medication and behavioral support for a variety of developmental differences. In addition, a majority of our counseling staff are trained and certified in CPR with AED, Bloodborne Pathogens, Child Abuse and Maltreatment Prevention, Basic First Aid, Certified First Responder, Wilderness First Aid, or Wilderness First Responder to aid in early detection and intervention with medical emergencies.

## IN CASE OF ILLNESS OR INJURY AT CAMP

Our goal is for your child to have an outstanding camp experience by helping them feel better and return to activities as soon as possible when they are sick or injured. In the event your child becomes ill or injured, our team of experienced medical professionals will evaluate and treat your child within the parameters set forth by their primary care physician in the Doctor Permission form. In the event your child's condition falls outside of general supportive care, additional medical support may be sought from a local physician, dentist, orthodontist or Emergency Room. Parents will be notified of all conditions requiring convalescence or observation in the infirmary for longer than 8 hours, emergency care that exceeds basic first aid, visits to the doctor or Emergency Room, and when the medical staff requires additional information that is not provided on the Health History Form. Payments for the services of an outside provider such as a dentist, the Emergency Room, or medication co-pays are the responsibility of the parent. In the event any treatment recommended by the Emergency Room or Camp Physician is refused, the camper must return to the care of their parents as soon as possible.

## **A WELLNESS CENTER STAFF MEMBER WILL CONTACT PARENTS AND GUARDIANS IF YOUR CHILD:**

- Signs and symptoms of Covid-19
- Remains in the Wellness Center infirmary for more than 8 hours
- Has multiple sick calls for the same illness
- Needs to be evaluated by a Physician
- Is going to be sent to the Emergency Room for evaluation (Campers will always be escorted by a Frost Valley staff member even when being transported via ambulance).
- Obtains an injury to the head, back, eye, or a cut that may leave a scar
- Has a temperature greater than 101.00 (degrees Fahrenheit)
- Needs to be seen by an orthodontist or dentist

The medical team at the Wellness Center is prepared to care for most childhood illnesses. Children who are convalescing in the infirmary are constantly monitored by a nurse and/or nurse's aide. The staff at the Wellness Center may request your camper convalesce at home for illnesses or injuries that would disrupt the camper's ability to participate in activities for more than 48 hours, or if the camper is contagious and at risk for infecting other campers. If a camper tests positive for Covid-19, their parents or guardians will be notified immediately. The camper then needs to be picked up from camp within 12 hours.

## **HEALTH INFORMATION NEEDED FROM YOU**

All required medical forms for your camper can be found on your camper's registration page on Campbrain. All forms and paperwork are due by May 15, 2024.

If you are having trouble accessing a form or paperwork, please reach out to our Registration team at [campregistration@frostvalley.org](mailto:campregistration@frostvalley.org).

If you have a medical question regarding your camper's health information, please reach out to our Wellness Team at [nurse@frostvalley.org](mailto:nurse@frostvalley.org).

## MEDICATIONS

If your camper will need medications while they are at camp (including prescription medications, over the counter medications, and emergency medications) please follow the instructions below to ensure that your camper's medications will be documented, organized, and ready to be administered to your camper before they arrive.

1. The prescriptions for your camper's medications will be filled out by your camper's physician, included in the "Doctor's Signature Form" and uploaded to your camper's registration paperwork.
2. After they have been uploaded to Campbrain, please have all prescriptions faxed or emailed to the Medicine Shoppe in Liberty, NY. (If sending your camper's prescription to the Medicine Shoppe is not an option for you, please reach out to our Wellness team so that we can provide additional instructions.)
3. After sending your script, please call the Medicine Shoppe to share your insurance information and provide payment information for the co-pay.

When it is time for camp, our Wellness Team will pick up your camper's prescription from the Medicine Shoppe.

### CONTACT INFORMATION:

Medicine Shoppe, 1987 NY-52, Liberty, NY 12754

Phone: (845) 292-8200

Fax: 845-292-9083

Email: [mayurpatel40@gmail.com](mailto:mayurpatel40@gmail.com)

If Frost Valley is unable to obtain medication as ordered by a physician, the camper must be returned to the care of their parent or guardian. If the co-pay poses a financial hardship, please call the Healthcare Administrator at (845) 985-2291 ext 225, for arrangements to be made.

Frost Valley provides the following over-the-counter medications or their generic equivalent for occasional use: Tylenol, Motrin, Sudafed PE, Robitussin, Dramamine, Benadryl, Bacitracin ointment, Hydrocortisone cream, Claritin, Zyrtec, Maalox, Imodium, Calamine lotion and Allegra. **Please DO NOT send these medications to camp with your camper.**

**Absolutely** no prescription or over-the-counter medications, supplements, vitamins or topical ointments can be administered without a physician's order, in accordance with NYS Education Law, Title 139, Sec 6902.

All medications sent to camp with your child must be in the original prescription container, or packaging. Expired medications, pill organizers, medication in a different language or loose medications in containers will not be administered to your child. Please make every attempt to send medications to camp at least

## MEDICATIONS CONTINUED

two weeks prior to your child's arrival. Please contact us immediately if a new medication is introduced within two weeks.

Any medications that arrive on the day of check in, without clearance from the Wellness Center, will be charged a \$50 fee, **NO EXCEPTIONS.**

Any medications that are sent on the bus, without clearance from the Wellness Center, will be charged a \$50 fee to the credit card on file, **NO EXCEPTIONS.**

Any forms that are sent to camp, dropped off, or mailed in will be charged a \$20 processing fee for the Wellness Center to enter in the information. The Wellness Center will not enter in any information without a phone call confirming payment information.

Campers 8 years or older may themselves carry ONLY the following medications with **WRITTEN PERMISSION FROM THEIR PHYSICIAN** certifying that the minor has been instructed in and is capable in its use, purpose, dosage, administration and effects: Sunblock, EpiPen, rescue inhalers, & insulin pumps. (NYS Public Health Law, Section 225, sub part 7-2.8)

If you have any questions in regards to how medications should be sent to camp, please contact the Wellness Center at (845) 985-2291 ext 225.

## UNUSED MEDICATIONS

Please pick up unused medications from the Wellness Center on check-out Friday. If the medications are not picked up they will be destroyed within three months after Summer Camp finishes. If you realize you forgot to pick up your child's medication please contact the Wellness Center for assistance with sending the medications back home.

## MEDICATION CHANGES AFTER FORMS HAVE BEEN SUBMITTED

If you need to make any changes to your child's medication information, please reach out to our Wellness Team so that we can assist you with editing your camper's paperwork.

For questions regarding medical forms, contact the Wellness Center at 845-985-2291 ext 225.

**KIDNEY CAMPERS** should follow instructions provided by that program and bring home meds with them; they will be brought to kidney unit at camp. Please contact Maya ([mdoyle@montefiore.org](mailto:mdoyle@montefiore.org)) with any questions.

### QUESTIONS?

Health Center: 845-985-2291, ext. 225,  
or email [nurse@frostvalley.org](mailto:nurse@frostvalley.org)

## PACKING FOR CAMP

A suggested clothing and equipment list is on the last page of this handbook. Your camper can use this list as a repacking guide at the end of camp by taping it into their trunk or suitcase, or by placing it in their duffel bag.

### LABEL EVERYTHING!

Even socks and underwear. Use a name tag, laundry pen or permanent marker.

### WHAT TYPE OF LUGGAGE IS BEST?

- One duffel bag, suitcase or trunk
- Duffel bags, suitcases, trunks, laundry bags, sleeping bag stuff sacks, and sturdy contractor bags are all acceptable.
- A sleeping bag is a **MUST** - especially for the overnight camp-out.
- Most bunks have 9 inches of clearance underneath them, so luggage that can flatten to less than 9 inches is helpful!
- All luggage should securely close so that it can be loaded onto one of our luggage vehicles. Loose items risk being misplaced during this process
- For Adventure Campers check the Adventure Camp Packing List

### SPECIAL SUGGESTIONS

- To make your cabin more comfortable we suggest bringing a favorite stuffed animal, pictures, and a comfy pillow.
- Good shoes are important to safely navigate the mountains and wooded terrain surrounding Frost Valley YMCA. **Open-toed shoes are not permitted at camp! Closed-toed shoes are required.**
- Warm clothing for cool evenings!
- All backpacks & luggage should have a **PERMANENT** label inside and out.

**Frost Valley YMCA is not responsible for any lost, stolen, or damaged items. WE WILL NOT REPLACE ANY ITEMS.**

## LEAVE THE FOLLOWING ITEMS AT HOME:

- **DO NOT PACK OR SEND FOOD!** Campers are not permitted to have food in the cabins as it will attract wildlife into the living/camping areas. Frost Valley YMCA provides healthy, plentiful food as well as evening snacks.
- Expensive clothing and jewelry
- Please leave electronics at home. Please see our full policy on Page 24. Please see page 25 about MP3/music devices.
- At no time are alcohol, cigarettes, vaping devices, Juuls, illegal drugs, drones, weapons (including pocket and hunting knives) allowed on camp by campers or summer camp staff. These items are considered contraband.



Violation of this policy will lead to **immediate dismissal**.

- Please leave personal sports equipment home, including but not limited to bats, hockey sticks, skateboards, and scooters. At no time are campers allowed to have pets at camp. Lastly, campers may not drive themselves to camp and must arrive with an adult.

## JUULING/VAPING POLICY

It is Frost Valley's policy that Juuls or other vaping devices are forbidden on camp by campers and summer camp staff. These items are considered contraband. If a camper is found with a JUUL or Vape device, they will be subject to immediate dismissal from camp. This Vaping policy is in conjunction with our mission to promote healthy living at camp. As such, camp is also a drug, alcohol, tobacco, and weapon-free zone as well.

## GRAFFITI POLICY

Frost Valley is lucky and proud to be able to offer over 5,500 acres of land to host our guests and campers. Along with this comes an incredible variety of buildings to stay in. Our maintenance team and program staff work incredibly hard to maintain our facilities. Frost Valley does not tolerate graffiti, destruction, or defacing of any of our facilities. Graffiti or defacement of buildings and facilities can result in fines starting at \$250 or more depending on damage. This is something we take seriously as we want our spaces to be enjoyable for all.

## TECHNOLOGY POLICY & YONDR POUCH

We are really encouraging our campers to unplug this summer. Please do not send your child with electronics to camp. We will not replace any lost, missing, or broken electronics since we have warned families not to bring them to camp.

If your camper still arrives with a phone, a digital book reader, or a device that is capable of sending messages, we will be placing them in Yondr pouches until the end of the session. Learn more about Yondr here:

<https://www.veryondr.com/howitworks/>

If they do not fit in a Yondr pouch, we will ask the camper's parent or guardian to pick up the device in person from the camp director's office after Check-In has completed.

If your child needs to bring a music playing device to camp to fall asleep, please see page 25 about MP3/music devices.

## FREQUENTLY ASKED QUESTIONS

### WHAT IF MY CAMPER WANTS TO TAKE PICTURES?

Frost Valley posts pictures every day. Parents and guardians will receive secure access to our SmugMug account where you can see what your child is doing at camp. You can also send your camper to camp with a digital or disposable camera.

### IS MY CHILD ALLOWED TO BRING A PHONE TO LISTEN TO MUSIC TO FALL ASLEEP?

We completely understand that some campers need music to fall asleep at night or to decompress after a long day. You may send your child to camp with an MP3 player. There are inexpensive MP3 players available that allow you to add music. The device cannot have bluetooth or airdrop capabilities.

### HOW WILL MY CAMPER STAY IN CONTACT WITH ME?

A big part of the experience is being fully present at camp and gaining responsibility and independence. If a camper wants to contact home, we offer free postcards (postage included) for campers to write home.

### HOW OFTEN IS MAIL DELIVERED?

All mail that is received at Frost Valley and all emails that are submitted in our one-way email system are sorted daily and delivered to campers (excluding any days that campers are off-site or on their camping trip). All mail that campers deposit into our mailbox are sent out via USPS each day that USPS is accepting mail.

### WHAT CAN I SEND IN A CARE PACKAGE?

Toys, stuffed animals, cabin decorations, and letters are all great options. We discourage valuable items, which may get lost or broken at camp, and food items are prohibited, as they attract animals.

**More information about mail and packages can be found on page 11.**

## SUGGESTED CAMPER PACKING LIST

(suggested for two weeks)

### NOTE:

ADVENTURE PROGRAMS HAVE SEPARATE PACKING LISTS THAT CAN BE FOUND ONLINE AT [WWW.FROSTVALLEY.ORG](http://WWW.FROSTVALLEY.ORG)

Please pack appropriately for camp. Modest bathing attire is suggested. T-shirts should cover campers midriffs. Closed-toed shoes are required for active camp programs and walking about on rough terrain. Clothing with alcohol, tobacco, drugs, sexual content, or inappropriate language will not be permitted. Frost Valley will provide any sports equipment campers need for activities.

### REQUIRED ITEMS

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> 3-5 masks (disposable or cloth)                       | <input type="checkbox"/> 1-2 heavy sweater/jacket                      | <input type="checkbox"/> toothbrush and paste  |
| <input type="checkbox"/> blanket & sleeping bag                                | <input type="checkbox"/> 2-3 sweatshirts                               | <input type="checkbox"/> shampoo   |
| <input type="checkbox"/> warm blanket (for when keeping windows open at night) | <input type="checkbox"/> 12 pairs socks                                | <input type="checkbox"/> sunblock  |
| <input type="checkbox"/> 2 fitted & 2 flat sheets                              | <input type="checkbox"/> hat or cap                                    | <input type="checkbox"/> water bottle (20 oz.)   |
| <input type="checkbox"/> 2 pillowcases   | <input type="checkbox"/> raincoat or poncho                            | <input type="checkbox"/> bug spray   |
| <input type="checkbox"/> 1 pillow  | <input type="checkbox"/> 2 bathing suits                               | <input type="checkbox"/> 2 pairs pajamas   |
| <input type="checkbox"/> 1 laundry bag   | <input type="checkbox"/> hiking shoes/sturdy shoes (already broken in) | <input type="checkbox"/> 10 t-shirts   |
| <input type="checkbox"/> 4 bath towels   | <input type="checkbox"/> sneakers (2 pairs if possible)                | <input type="checkbox"/> 4 long sleeve shirts  |
| <input type="checkbox"/> 6-8 shorts  | <input type="checkbox"/> soap and soapbox                              | <input type="checkbox"/> barn shoes for farm and horse camp (if applicable)                  |
| <input type="checkbox"/> 4-5 jeans/long pants                                  | <input type="checkbox"/> comb/brush                                    | <input type="checkbox"/> closed toe water shoes (Farm/EVR)                                   |
| <input type="checkbox"/> 1 belt  | <input type="checkbox"/> flashlight & extra batteries                  | <input type="checkbox"/> several pairs of jeans for horseback riding (if applicable)         |
| <input type="checkbox"/> 12 pairs underclothes                                 | <input type="checkbox"/> postcards & stamps with addresses             | <input type="checkbox"/> rash guard for swimming (optional for campers, mandatory for staff) |
|  | <input type="checkbox"/> pencils/pens                                  |  |

### OPTIONAL

(Bring them if you have them)

- camera (inexpensive or disposable)
- musical instrument (inexpensive)
- book (**NOT** digital book readers)
- white t-shirt (or something else to tie dye)

**FROST VALLEY YMCA**

2000 Frost Valley Road

Claryville, NY 12725

TEL (845) 985-2291

EMAIL [info@frostvalley.org](mailto:info@frostvalley.org)

WEB [www.frostvalley.org](http://www.frostvalley.org)