



NATURE ADVENTURE CAMP 2018

If you have questions regarding any of the information or policies in this packet, please contact PEEC's Camp Director, Stephanie Sherman, at camp@peec.org or call at 570-828-2310 ext. 240.

GENERAL CAMP INFORMATION

2017 Residential Programs

Dates	Age	Program and Description
July 23 – July 27	Sr. Nats (8 th – 11 th grade)	Appalachian Trail Expedition Make memories to last a lifetime on this two-night backpacking trip. Wake up in a tent surrounded by trees and new friends, hike along the historic Appalachian Trail, and experience the great outdoors. Campers will learn how to plan a backpacking trip from tent setup to cooking a meal on the trail.
July 31 – August 4	Jr. Nats (5 th – 7 th grade)	Outdoor Adventures Spend a week exploring the vast wilds of Northeastern PA and Northern NJ! Campers will go on daily excursions into the Delaware Water Gap and surrounding State Parks/Forests to learn about wildlife. Parents are invited to join our campers at 2:30pm on Friday for a presentation with Pocono Wildlife Rehabilitation Center.
August 6 – August 10	Sr. Nats (8 th – 11 th grade)	River Riders See the Delaware River up close and personal! We welcome beginners and experienced paddlers to spend a day rafting the Upper Delaware River followed by canoeing and camping through the Delaware Water Gap National Recreation Area.

Activities

Your child will have the opportunity to participate in a wide variety of land, water, and adventure activities. These can include hiking, crafts, sports, orienteering, campfires, outdoor cooking, team building, songs or skits, canoeing, star gazing, and much more. A packing list is included at the end of this document.



Senior Naturalists Hiking and River Expeditions

The Senior Naturalist campers will go on a river or backpacking trip that includes hiking, practicing Leave No Trace ethics and staying in rural campsites. Our trips typically stay within the boundaries of the Delaware Water Gap National Recreation Area, either along the Delaware River and on the Appalachian Trail in New Jersey. Amount travelled per day may vary based on the ability level of the group, available campsites, and weather – we will always lean on the side of safety for everyone on the trip. On the Monday you drop off your camper, staff will be happy to share any information, maps, or questions about the specific itinerary.

Food and Dining

PEEC's dining facilities will provide meals and snacks to residential campers. Please make sure you've communicated any food restrictions (vegetarian, allergies, etc.) on your registration form. You may be contacted as the camp week approaches for additional details so we can accommodate.

We strongly advise against bringing or mailing treats for your child due to possible food allergies among the campers. If you do bring snacks, please choose items that have not been processed in a facility that handles peanuts or tree nuts and give them to your child's counselor, who will label the package and distribute it at the appropriate times. Food is not allowed in cabins.

Lodging

While staying at PEEC, campers will be staying in dorm-style facilities that have heat, electricity, and bunk beds. Our yurts have a bath house close by; cabins and lodges have bathroom facilities inside the cabin. Counselors stay in nearby bunks or adjacent chaperone areas and supervise campers at all times. These cabins are left unlocked during the day, so make sure valuables remain at home.

Off-site trips

Both Senior Naturalist residential weeks include a three-night camping expedition. Campers will stay in rustic camping sites while practicing Leave No Trace backcountry skills. PEEC will provide all hiking gear for these trips. Your child is welcome to bring his or her own equipment, which will be evaluated by PEEC staff before use.

HEALTH AND SAFETY

Health Form

The best way for PEEC to provide a safe and healthy atmosphere to our camp communities is for families to partner with us to share any specific physical, emotional, or behavioral needs. Campers with incomplete health or immunization information will not be allowed to attend camp. If your child needs support or accommodation, please contact us.

Allergies and Dietary needs

If your child has allergies, please specify the allergen and severity on the registration form, including if it is triggered by airborne, touch/contact, ingestion, etc. We do our best to ensure the safety of all guests and can accommodate many needs including vegetarian, minimal kosher, and allergies. However, our kitchen and the campsites campers will be staying at cannot be guaranteed completely gluten-free or peanut-free. If you have questions or would like to discuss your child's allergy or dietary needs please contact the Camp Director, Stephanie Sherman, at camp@peec.org or 570-828-2310 ext. 240.

Medications and Medical Care

No camper is permitted to keep medication of any kind on his/her person. If your child has an EpiPen or inhaler, PEEC must have a letter on file from the child's doctor that states their need to carry this medicine. These items must be carried by staff for the safety of all other campers.

All over-the-counter medicine, prescription medicine, and vitamins must be turned in during check-in. Prescription medicine must be in the original bottle with the doctor's name, dosage, and usage instructions on the bottle. Please put properly labelled medicine containers in a clear ziplock bag with your child's name on it. Trained camp staff will dispense all necessary medications as needed.

PEEC has medically trained staff members and a manager on duty 24/7 during the camp week. Should an accident or injury become untreatable at camp, we will make every effort to contact you and the camper's emergency contacts before taking the child off-site for treatment.



The Great Outdoors

During their time here, campers have the opportunity to participate in hiking, games, and other outdoor activities. PEEC practices a Leave No Trace philosophy in respect for the environment, and we expect all campers and visitors to do the same.

As in any non-urban area, while at camp there is a risk of insect bites, including mosquito and tick bites, which can result in diseases such as West Nile virus, Lyme disease, and other illnesses. Send your child to camp with insect repellent. We will use every reasonable effort to assist your child in the application of repellent. Due to humidity, perspiration and other naturally recurring events, as well as the nature of insect behavior, camp cannot guarantee that your child will not be bitten and/or stung by an insect.

For your child's protection, staff members are not permitted to inspect campers for the presence of ticks or other bites. Upon returning home, examine your child for ticks and other evidence of insect bites or stings and take any necessary medical precautions. For additional information concerning insect borne illnesses, please consult The American Lyme Disease Foundations' website at <http://www.aldf.com/lyme.shtml>, and the US Government Center for Disease Control and Prevention website at <http://www.cdc.gov>.



Visitors and Security

In order to provide a safe environment for all campers who attend our programs, we have a “no visitor” policy during the week. Visitors detract from the atmosphere we strive to cultivate and can interfere with the campers’ routines. In addition, unauthorized visitors pose a security issue. Staff members are trained to recognize and prevent unauthorized persons from interacting with campers.

If you have concerns about a specific unauthorized person attempting to visit your child, please contact the Camp Director at 570-828-2310 ext. 240 or email camp@peec.org.

Behavioral Expectations

Our rules are based on respect for the safety and well-being of the entire PEEC community. PEEC staff members will review these rules with campers on the first day:

- Campers will not physically or emotionally endanger themselves, other campers, staff member, or other person.
- PEEC is a safe space for diversity and has a zero tolerance policy on bullying or discrimination. Campers will not undertake extreme or continued disrespect of others, including (but not limited to) appearance, nationality, socioeconomic status, ethnicity, religion, learning style, ability, family structure, gender identity, and sexual orientation.
- Campers will not steal, harm or destroy camper, staff, or PEEC property or facilities.
- Most of the expedition trips occur within National Park boundaries; campers are responsible to follow any applicable park service rules. Removing items (fossils, plants, fungus, etc.) from the park service is not permitted.
- Campers will not leave assigned areas without permission or engage in age-inappropriate activities. Campers found to possess weapons, drugs, alcohol or tobacco products will be dismissed from the program.

Violation of these rules will result in an immediate call home and possible removal from program. **If dismissal is necessary, it is the parent's/guardian's responsibility to make arrangements for their child to be picked up immediately.**

ARRIVAL AND DEPARTURE

Check-in

Camper drop-off is from 8:45 a.m. to 9:15 am on Monday. Pick-up and drop-off will be on PEEC's lower campus at the Pavilion. Parents/Guardians should drive down the main campus road, past the large lodges on the left, and down the hill to the pavilion. Vehicles may be parked in the grass on the right side of the road. See included map.

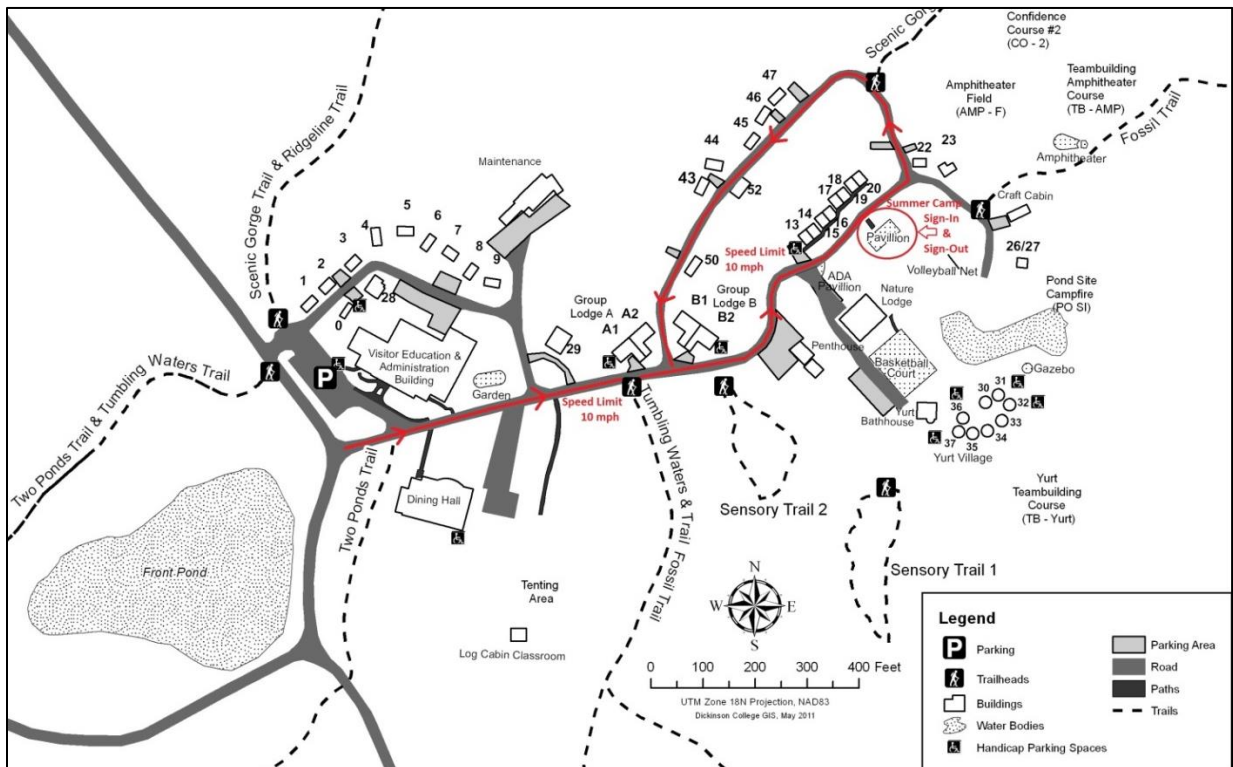
Pick-up

Pick-up is from 3:30-4:00 pm on Friday. Photo identification (such as a driver's license) is required to sign out your camper. Only authorized persons (as stated on the registration form) will be allowed to sign out and pick-up any camper. If you need someone to pick up your child who is not on the authorized list, please submit in writing (paper or e-mail) that person's name and contact information to the camp director – camp@peec.org.

PEEC Campus Map

Pick-up and drop-off will be on PEEC's lower campus at the Pavilion. Parents/Guardians should drive down the main campus road, past the large lodges on the left, and down the hill to the pavilion. Vehicles may be parked in the grass on the right side of the road. See included map.

****Please note:** Our campus speed limit is 10mph. For everyone's safety, please adhere to this and be aware that our roads are shared by cars, pedestrians, hikers, and bicycles.



HOMESICKNESS

The biggest advice for preparing your child for time away from home is BE POSITIVE! The more excited, encouraging, and supportive you can be about your child's upcoming experience, the better prepared your child will be.

If your child is feeling worried, let them know it's a normal feeling. The best method is to confront it directly but try not to dwell on it. Instead, encourage them focus on the fun activities and new people they'll be spending time with.

Letting homesick campers call home often makes the situation worse for both parties, which is why we don't allow it. Our staff is trained in watching for signs of homesickness and working with campers to overcome that feeling.

Do not promise the "helicopter rescue" (i.e.: "try it for a few days and if you don't like it, we'll pick you up"). Your camper will then only focus on the day you agreed to pick them up on and not the fun to be had while at camp. It should also be noted that many times, parents have a more difficult time adjusting to a separation from their children than their children.

WAYS TO STAY IN TOUCH

Even though we do not allow phone calls home, you have several ways to stay in touch with your child during the week.

Mail
Everyone loves receiving letters, postcards and care packages throughout the week! One way to do this is to give your child's counselor letters addressed to the child for each day of the week. This way the camper will have something to look forward to each day!

All packages will be opened in front of a staff member to check contents. Due to the frequency and severity of food allergies at PEEC, please do not send food or candy.

Encourage your child to stay in touch by writing back. Providing self-addressed, stamped envelopes can make this process much smoother. PEEC does not have stamps to sell to campers.

Send camper mail to:
PEEC Nature Camp
538 Emery Rd
Dingmans Ferry, PA 18328
Attention: [your child's name]

Internet-Based Communication

You can also e-mail your camper! Send e-mails to camp@peec.org and write "Attention: [Your camper's name]" in the subject line. We will print it out and deliver to your child. Campers are not able to e-mail you back.

Phone calls

Homesickness and other issues are often exacerbated when campers call home. For this reason, such calls are not allowed. We will contact you if a behavioral, medical, or other issue arises. Please feel free to contact us if you have any questions over the course of the week or would like to check in. For non-emergency phone calls, please call 570-828-2310 ext. 240, or e-mail camp@peec.org.

CLOTHING AND EQUIPMENT

All personal items brought to camp should have your child's name or initials clearly printed on them. PEEC is not responsible for lost or damaged items.

Essentials:

- Pillow and Sleeping Bag
- 2 Towels and 1 washcloth
- Toiletries (soap, toothbrush, etc.)
- 2-3 loose fitting pants
- 4-6 shirts
- Pajamas
- 6 pairs of socks
- Rainwear (poncho or rain jacket, boots)
- Sweatshirt or sweater
- Brimmed hat/cap
- Bathing suit
- Reusable water bottle
- Backpack to carry gear during the day
- Sturdy hiking shoes (sneakers or hiking boots)
- Sneakers
- Flashlight
- Sun screen or sun block (non-aerosol)
- Medicine and vitamins – For the health and safety of all campers, all over-the-counter medicine, prescription medicine, and vitamins must be turned in during check-in

Optional:

- Twin-size fitted sheet (for bunk mattress)
- Camera
- Watch
- Insect Repellent (non-aerosol)
- Playing cards
- Book or Journal and pencil
- Stationary, envelopes, stamps
- Bag for dirty laundry
- Flip flops or water shoes (for showers)
- Laundry bag for dirty clothing
- Self-addressed, stamped envelopes

PROHIBITED ITEMS - DO NOT BRING

- Cell phones, iPods, hand held games, or other electronics (See electronics policy on next page)
- Food – Food is NOT ALLOWED in any of the cabins. (If you have special dietary needs, let us know.)
- Pocket knives
- Matches or lighters

Campers found to possess weapons, drugs, alcohol or tobacco products will be dismissed from the program. Parents will be notified to pick up their camper immediately.

CELL PHONES AND ELECTRONICS

PEEC's camp program has a no electronics policy that extends to cell phones, mp3 players, tablets, hand-held gaming platforms, etc. The youngest generation is amidst a unique situation where they are growing up while constantly connected to vast arrays of information, games, and communication methods. We would like our campers to take a break from a screen and look at the natural world around them. Our camp has so many exciting experiences to offer campers, and electronics distract and detract from that experience.

One of the great benefits of camp is that it is a safe environment where campers can learn independence. This can often be a difficult experience for parents. Your comfort level may feel challenged by not being able to call or text your child. If this is your first time being separated from your child, this might be a difficult week for you. You may be tempted to help your child "sneak" a cell phone in to camp. I urge you not to do this. What does this teach your child about following rules they don't agree with?

Please partner with us in supporting our electronic policy. If a cell phone, tablet, mp3 player, or other electronic device is found during the week, the counselor will confiscate the item and return it directly to the parent. If you still feel concerned about your child not having a cell phone at camp, please contact the Camp Director.

