

Brantwood Camp

Since 1904
Summer 2020

Brantwood Camp
PO Box 3350
Peterborough NH 03458
603-924-3542

info@brantwood.org
www.brantwood.org

Message to parents and sponsors from the Executive Director

Welcome to Brantwood Camp 2020!

As we prepare for the camp season, I am inspired by the commitment and passion of all the people who share the belief that Brantwood has a positive impact on the campers we serve. The staff is eager to share the history, scenery and experience of Brantwood Camp with all who journey down the camp road. Since 1904 Brantwood has continued to grow, evolving and improving each year, yet never losing sight of its core mission to provide “a fun, positive camping experience for boys and girls...who would not otherwise have had the opportunity...”

We try to provide a safe place for campers away from the pressures of everyday life. We offer a chance for kids to slow down and enjoy their youth. They spend their days playing sports, hiking, swimming, singing and enjoying the beautiful surroundings of Brantwood. Campers can challenge themselves, hangout with their friends, learn and grow with a diverse group of peers and staff.

This handbook provides you with all the information about Brantwood Camp you'll need as you prepare your child for camp. Please use it as a reference to guide you right up to and through your child's term at Brantwood; it contains details that are crucial regarding transportation, packing, mail, and directions to camp, etc.

If you have any questions or concerns about Brantwood or the registration process please feel free to contact us.

All the best-
Doug Sutherland
Executive Director
Brantwood Camp

Let's get started!

Registration Details

If you are receiving this handbook, you are in the process of registering for the Brantwood Camp. Welcome!

Here are a few things to know about completing your registration for camp.

- Health paperwork must be submitted 2 weeks before the start of your child’s session.
- Campers receiving scholarships must make any agreed-upon parent contribution by 2 weeks before the start of your child’s session.
- Families that have not completed their registration, including the health paperwork, and made their final payment by 2 weeks before the start of their session, will lose their spot at camp.
- Campers may only register for one term of camp per summer.
- Campers are registered in the order that their applications are completed. Campers are not considered to be registered until all necessary forms have been returned (see health information page) and final payments received. Parents will be notified when their camper’s registration is complete.
- Travel fees are in addition to the \$250 camp fee.

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| <p>Refund Policy</p> | <p>The initial fee of \$75 is non-refundable unless we are unable to register your child. Cancellations within two weeks of your camper’s term are subject to forfeiture of the entire \$250. If you need to cancel your registration due to medical reasons, please contact the Executive Director to discuss options.</p> |
| <p>Early Dismissal</p> | <p>Brantwood reserves the right to send a child home early if deemed necessary by the camp administration. It is the parent/guardian’s responsibility to provide the necessary transportation or to pay the camp for transporting the child home.</p> |
| <p>Summer Food Service Program</p> | <p>Brantwood participates in the Federal SFSP. This program reimburses camps for food expenses. We are a non-profit camp, and every family eligible who completes the form, helps us lower our costs to offer even more to our campers. Please complete and return the SFSP form when you receive it. Feel free to contact the office with any questions or concerns about the form.</p> |
| <p>Questions?</p> | <p>During the off-season the camp office is minimally staffed. Please email the camp at info@brantwood.org or brantwoodcamp@gmail.com for information between October 1st and June 1st.</p> |

Keeping Everyone Happy and Healthy

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| Health Documents | Brantwood requires a camper's health history, which includes a permission to treat form so that the camp nurse can administer over-the-counter drugs if necessary. Also, the camper's physical (done within the past 24 months), a copy of the front and back of their insurance card, and a copy of their immunization record. These documents must be received two weeks prior to camper's registered term. Camper will not be fully registered until these documents have been received and are properly completed. If the child is due for a physical in the summer, please send the most up-to-date physical with the application and send the new physical as soon as it is completed. |
| Insurance | Parents/guardians will be responsible for all health-related charges incurred while their child is at Brantwood. A copy of the insurance card must be submitted with the application. |
| Health facilities and staffing | Each camp has their own health facility on site, each staffed by a full-time nurse (RN or LPN) who is responsible for the health care of our campers. Monadnock Community Hospital is just minutes away from camp in case of emergency or a needed office visit. Camp staff members are certified in CPR and 1st Aid. |
| Emergencies | If your child requires care from the local hospital, you will be notified by phone by the camp nurse or the camp director. |

Medications while at camp

The camp nurses administer medication according to the written directions provided by the camper's doctor.

- In order for your child to receive either prescription or over-the-counter medication while at camp you must complete the medication form located in this packet. Prescription medications require a physician's signature.
- Medication holidays not appropriate or successful at Brantwood. Please discuss any plans for a medication holiday with the Executive Director before camp.
- Medications must be sent in the original pharmacy bottle with the child's correct name and correct instructions on the label.
- If the instructions have been changed from what is written on the bottle, we require new and signed instructions from the child's health care provider. Otherwise the medication will not be given.
- All inhalers must have your child's name on them.
- All medications must be kept in the infirmary and dispensed by the camp nurse. NH law prohibits keeping medication in the camper cabins. The only exception to this is asthma inhalers and epi-pens, which may be carried by the child only with signed permission from both physician and parent/guardian.
- At the end of each term, designated pick-up person should collect their children's medications from the nurse. Campers traveling by bus will have their medications returned to their parent/guardian at the pick-up point.

Please be sure to send enough medication for the entire term (16 days).

Getting to Camp!

Bus Transportation

Brantwood campers may use chaperoned bus transportation provided by Brantwood Camp or they can be dropped off at camp by their parent/guardian. If you have reserved a spot on the bus please notify the camp **immediately** if you change your mind. The bus chaperones have rider lists, and if your camper is on the list we will be expecting them at the bus.

Prior to the departure of any bus, the camp staff will orient the campers to bus safety and rules.

If someone other than the parent/guardian is picking a camper up from camp or the bus drop-off locations, the Camp office must be notified in writing. Pick-up person must be prepared to show picture identification to the camp's representatives.

Jersey City, NJ Bus

The New Jersey bus stop is Explore Middle School, 180 9th Street, Jersey City, NJ.

On the first day of camp the bus will arrive at 10:00 a.m.

On the last day of camp the bus will drop off at approximately 4:30 p.m.

The cost for bus transportation from Jersey City is an additional \$75, which must be paid two weeks before departure.

Please note, these bus routes are subject to traffic and may be delayed due to issues out of our control. We will keep parents as updated as possible if times change.

Katonah, NY Bus

The Katonah bus stop is the Katonah Metro-North Train Station, 70 Katonah Ave, Exit 6 Route 684.

On the first day of camp the bus will arrive at 1:00 p.m.

On the last day of camp the bus will drop off at approximately 2:30 p.m.

Please note, these bus routes are subject to traffic and may be delayed due to issues out of our control. We will keep parents as updated as possible if times change.

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| <p>Newton/ Riverside MA</p> | <p>The bus stop is the parking lot of the Riverside MBTA Station in Newton, Mass. The address is 335 Grove Street, Newton, MA (off of Exit 22 on Interstate 95). Buses will wait in the back left corner of the lot.</p> <p>On the first day of camp the bus will arrive at 12:15 p.m.</p> <p>On the last day of camp the bus will drop off at approximately 1:00 p.m.</p> <p><i>Please note, these bus routes are subject to traffic and may be delayed due to issues out of our control. We will keep parents as updated as possible if times change.</i></p> |
| <p>North Andover, MA bus</p> | <p>The North Andover bus stop is at the North Andover Mall, 350 Winthrop Avenue, North Andover, MA. The bus stops on the Payless Shoes side of the mall.</p> <p>On the first day of camp the bus will arrive at 1:15 p.m.</p> <p>On the last day of camp the bus will drop off at approximately 1:00 p.m.</p> <p><i>Please note, these bus routes are subject to traffic and may be delayed due to issues out of our control. We will keep parents as updated as possible if times change.</i></p> |

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| <p>Parent Transportation</p> <p>Campers should arrive at camp between 3 p.m. and 4 p.m. on the first day of camp. Campers must be picked up by 11 a.m. on the last day of camp.</p> | |
| <p>From Boston and Eastern Massachusetts</p> | <p>Take I95 (Route 128) north to Route 3 North to Exit 8, Route 101A West to Amherst and the Monadnock Region. Travel 7.5 miles west until you reach Route 101 West in Milford. Take a left onto Route 101 West toward Wilton/Keene. Continue on Route 101 West until you enter Peterborough. Turn right onto Granite Street (202 North) towards Hancock/Antrim. Continue 1.1 miles and turn right onto Sand Hill Road (across from the Jack Daniels Inn on your left). Go 3.9 miles up Sand Hill Road. The entrance to Brantwood Camp will be on your left.</p> |

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| From Concord, NH and points northeast | Take Route 202 West through Hillsborough and Antrim toward Peterborough. As you near the town of Peterborough, turn left onto Sand Hill Road (across from the Jack Daniels Inn). Go 3.9 miles up Sand Hill Road. The entrance to Brantwood Camp will be on your left. | |
| From Keene, NH and points West | Follow Route 101 East to Peterborough. In Peterborough turn left onto Granite Street (202 North) towards Hancock/Antrim. Continue 1.1 miles and turn right onto Sand Hill Road (across from the Jack Daniels Inn). Go 3.9 miles up Sand Hill Road. The entrance to Brantwood Camp will be on your left. | |
| From Jaffrey, NH and points South | Follow Route 202 east/north to Peterborough. Take a right at the light to stay on Route 202, passing the shopping center with the NH State Liquor store. Turn left onto Granite Street (202 North) towards Hancock/Antrim. Continue 1.1 miles and turn right onto Sand Hill Road. Go 3.9 miles up Sand Hill Road. The entrance to Brantwood Camp will be on your left. | |
| From Worcester, MA. | Follow Route I90 to Route 2-West. Follow Route 2-West to Gardner, Mass. From Gardner take Route 140 North to Route 12 North. In Winchendon, Mass. take a right onto Route 202 North and follow it into Jaffrey, NH. From there follow the directions above. | |
| From NYC and New Jersey | Take Route I95-N to New Haven, CT. In New Haven take I91-N through Connecticut and Massachusetts until you reach exit 3 in Brattleboro. Take exit 3 and follow NH 9-E and NH 101-E to Peterborough. Go through the lights in Peterborough; turn left onto Granite Street (202 North) towards Hancock/Antrim. Continue 1.1 miles and turn right onto Sand Hill Road. Go 3.9 miles up Sand Hill Road. The entrance to Brantwood Camp will be on your left. | |
| GPS service | For your GPS use: 127 Brantwood Camp Road, Peterborough NH 03458 Brantwood is in a rural area; depending on who your carrier is there may be spotty or non-existent service. | |
| Approximate travel times | Boston: 2½ hours Concord, NH: 1 hour Keene, NH: 45 minutes | Jaffrey, NH: 20 minutes New Jersey: 5 hours |

Miscellaneous Details

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| <p>Cell Phones and Other Electronic Devices</p> | <p>Campers are not permitted to have cell phones, E-Readers, personal gaming devices or anything that requires Wi-Fi. A residential camp experience is a unique opportunity to become more confident and independent in a safe and supervised environment. An important part of our commitment to your child is to minimize distractions so that each camper can fully focus on the Brantwood program, activities, and opportunities.</p> |
| <p>Communication</p> | <p>A member of the camp’s staff will contact you via phone if there is a need to communicate anything about your child that is out of the ordinary (extreme homesickness, an illness, etc.). While your child is at camp, our priority is engaging your child in safe and fun activities, and providing supervision. If you have a particular concern you may call the camp’s main office and a Brantwood staff member will call you back during a time that does not disrupt programming.</p> |

| <p align="center"><u>Parent/Camper Communication</u></p> | |
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| <p>Snail mail and care packages</p> | <p>One of the best ways alleviates homesickness and show your camper that you are thinking about them is to send mail. We encourage you to send letters and postcards frequently while your child is at camp.</p> <p>One great idea is to plan ahead and have a letter waiting for your child on the first day of camp – make the letter optimistic, encouraging, and envious. You may send your camper a care package of candy or treats while they are at camp. Please try to avoid candy and treats that have peanut butter. Care packages should be no larger than a shoebox.</p> <p>Please note that your camper will only have access to their food package during designated times in an effort to reduce the risk of unwanted critters in the cabins.</p> <p>Please be sure to include your child’s name on the care packages and letters.</p> |
| <p>US Postal Service address: Camper’s name Brantwood Camp or Brantwood for Girls PO Box 3350 Peterborough NH 03458</p> | <p>UPS/FedEx package address: Camper’s name Brantwood Camp 127 Brantwood Camp Road Greenfield NH 04037</p> |

To encourage your camper to write home, please send them with writing materials including pre-addressed, pre-stamped envelopes.

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| Telephone Policy | Campers are not permitted to use the telephone to make or receive calls. If a camper is sick or is facing a problem other than a typical level of homesickness, we will call you. In the event of a family emergency, call the camp's main office telephone at 603-924-3542 and we will work with you to convey necessary information to your camper. |
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Pack that Suitcase!

Cabins have limited space so only bring what is absolutely necessary. Remember that the weather at camp is quite variable: days can be very hot, evenings chilly, and it **will** rain.

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| | Sleeping bag or blanket | | 1-2 sweatshirts | | Flashlight |
| | Pillow and pillowcase | | 2 bathing suits | | Day pack |
| | 2 towels (bath and beach) | | 1 pair sandals or flip-flops | | Water bottle |
| | Underwear and socks for 16 days | | 1 pair sturdy sneakers suitable for sports | | Baseball or softball glove (if you own one) |
| | 5 pairs of shorts | | Toiletries | | Hat |
| | 3 pairs of long pants | | 1 dress-up outfit for Prize Night (optional) | | Bandana |
| | 8 T-shirts | | 1 rain jacket and other desired rain gear (i.e. rain boots) | | Insect repellent |

Please Leave at Home:

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| Chewing gum Cigarettes, cigars and/or vaping supplies Chewing tobacco Matches or lighters Jewelry (especially if it's meaningful) Expensive or important clothing | Fireworks (including sparklers) Make-up, hairspray, perfume Hairdryers/curling irons Electronics of any kind (iPad, iPod, Video games) | Aerosols Alcohol Drugs Cell phone |
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If these items are brought to camp they are subject to confiscation for the whole term.

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| Camp Store | Camper's have access to the camp store. The store sells candy and soda on movie nights, and Brantwood-themed items at the end of the session. Send no more than \$25 in cash for your camper to spend at the store. Camper will set up an account with any money brought. Any money not spent will be returned to the camper at the end of the session. |
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Smile, You're on Camera!

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| Photographs and Media | Unless you indicate otherwise on the camper application, Brantwood Camp may take and use photographs, videos, or other media of your camper for its records or public relations (brochures, website, newsletter, presentations). Brantwood Camp does not approve or condone the use of any photographs, videos, or other media representation of campers of the camp anywhere outside of the authorized Brantwood Camp publications or presentations. |
| Cabin Assignments | Camper's are assigned to cabins based on age and number of years at Brantwood. We welcome but do not guarantee cabin requests. For cabin requests, please have parents/guardians of all children involved each send a request to our office through email or phone call. |
| Lost and Found | All personal items should be marked with the camper's name in permanent marker. Every effort will be made to return lost or misplaced clothing or belongings. However, the camp is not responsible for camper's personal belongings. |
| Facebook | Brantwood takes many photos during the course of each session and we do our best to post photos on Facebook as much as possible. |

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| <p>Camper Behavior</p> | <p>Brantwood Camp staff are trained to set clear expectations for camper behavior within their cabin group and at each activity. Campers are encouraged to do their best in all aspects of the camp program and to work to make positive contributions to the camp community. The camp directors will make the decision to have a camper leave the program before the end of the session. Such behavior would include but not limited to:</p> <ul style="list-style-type: none"> • Demonstrating dangerous or aggressive behavior • Threatening their own safety or the safety of others • Has difficulty following safety rules • Has difficulty living in a cabin setting • Is not participating in offered activities • Is disruptive to the camp community. <p>Parents of a dismissed camper are responsible for transportation home for that camper. If Brantwood provides the transportation, the family of the camper will be charged for round trip mileage and staff time.</p> |
| <p>Items left at Camp</p> | <p>Brantwood Camp will make every effort to return items left at camp. However, Brantwood is not responsible for these items nor is Brantwood able to incur the cost of shipping them back to their owner. Shipping costs must be paid for in advance. Found items will be held a maximum of three days after a session.</p> |
| <p>Visitors</p> | <p>Brantwood Camp does not have a visiting day. We ask that you not visit your child during the camp session. If there are extenuating circumstances, please discuss the situation with the Executive Director beforehand.</p> |

A typical daily schedule

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| 7 a.m. | Rising bells |
| 7:15 a.m. | Morning exercises at flagpole |
| 7:45 a.m. | Breakfast |
| 8:30 a.m. | Duties: each cabin cleans up an area of camp |
| 8:45 a.m. | Daily cabin cleanup |
| 9:30 a.m. | Chapel: inspirational talk by counselor |

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| 9:45 a.m. | Activity Period 1 |
| 10:45 a.m. | Activity Period 2 |
| 11:45 a.m. | Activity Period 3 |
| 1 p.m. | Lunch |
| 1:45 p.m. | Rest hour: quiet activities in cabin |
| 2:45 p.m. | Activity Period 4 |
| 3:45 p.m. | Activity Period 5 |
| 4:45 p.m. | Activity Period 6 |
| 6 p.m. | Dinner |
| 6:45 p.m. | Evening program or free time |
| 8:30 p.m. | Campfire: sing-alongs, skits, games |
| 9:30 p.m. | Lights out |

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| <p>Activities can include, but are not guaranteed or limited to:</p> <p style="text-align: center;"> Leadership Training Games Nature Education Sessions Swimming/Pool Time Sporting Events Ropes Course Arts & Crafts Hikes </p> |
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Camper Expectations

We find it helpful to make sure that campers and their families are aware of Brantwood's expectations before they arrive. First and foremost, it is crucial that each camper wants to come to Brantwood and is ready to approach our program eagerly. We ask that our campers strive to live up to Brantwood's Ideals: Honesty, Loyalty, Cooperation, Good Sportsmanship, Unselfishness, and Respect.

Camper Rules

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| <ul style="list-style-type: none"> • I will use polite language when talking with others • I will keep my hands and feet to myself • I will accept diversity as part of the camp experience • I will not fight or be disruptive • I will follow directions | <ul style="list-style-type: none"> • I will wear shoes at all times • I will stay with my group • When riding a bus I will sit in my seat facing forward, keep my hands and feet in the bus, and follow instructions from the driver or Brantwood staff. |
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Camper Responsibilities

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| <ul style="list-style-type: none"> • I will try to have fun • I will ask for help when I need it • I will be respectful of others • I will be open-minded about new experiences | <ul style="list-style-type: none"> • I will help other campers • I understand that if I do not follow the rules I may be asked to leave camp • I will endeavor to have a positive attitude |
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Preparing for Camp

Summer camp is often a new experience for parents as well as children. There are many ways to support your child as they prepare for sleep-away camp.

- Begin preparing your camper by talking positively about camp. Stress “going” to camp rather than being “sent away to camp.”
- Try saying – “I want you to have fun at camp.” “This is a great opportunity for you to experience something amazing.” “I will take care of things here. You go and have a great time.”
- Build up your camper’s enthusiasm by talking about some of the activities and the opportunities to make new friends.
- Please avoid saying, “If you don’t like camp, you can come home.” Children who are experiencing difficulties adjusting to camp sometimes just give up and focus on going home.
- Speak openly about homesickness before camp and let your camper know it is a natural feeling for everyone. Children who have the opportunity to work through feelings of homesickness feel a tremendous sense of pride and accomplishment.
- It is ok to mention the less glamorous realities of camp such as bugs, rain, and communal living. They will have their bug spray, rain gear, and their own bunk. Discuss the positive ways your child can benefit from being away from home.

Homesickness

Feeling homesick is a natural part of every child’s experience at summer camp. Parents or guardians can have a tremendous impact in helping a child work through homesickness. Brantwood finds these things helpful:

- Send plenty of mail – but make sure the letters have a happy tone.
- Supply your child with stamps and addressed envelopes so they can write letters home.
- If you receive a homesick letter from your child don’t be alarmed. Many campers complain because others are doing so, because they need reassurance, or because they feel guilty for having such a good time.
- A homesick letter is a snapshot of a particular moment for your child: by the time you receive the letter chances are excellent that the moment has been forgotten.
- A parent missing a child is just as common as a child feeling homesick. If you are feeling “kidsick” talk to other parents or friends about your feelings, but don’t share them with your child.
- Before your child leaves for camp emphasize that you are glad they have the opportunity to go to camp. Acknowledge that you will miss them, but don’t emphasize your unhappiness. Tell them your plans for when they are away – but don’t make them too exciting!
- For some campers, it is harder to overcome homesickness. If this happens, the camper’s counselor sits down with the camper and offers some concentrated personal attention. One of our primary goals is encouraging children to become independent. Homesickness is a feeling children learn to manage, not eliminate completely. By working together – parents, staff, and sponsors – we can help each child have fun at camp.

Resources

For any questions or further clarification, please contact our staff at 603-924-3542 or email us at brantwoodcamp@gmail.com or info@brantwood.org

www.brantwood.org

View photos and get information from the official Brantwood Camp website.

Follow Brantwood Camp on Facebook.

The official Camp page is: Brantwood Camp

These two websites are great resources for parents of campers:

www.acacamps.org

www.campparents.org