

CAMP HOWE

A camp for all youth!

Family Handbook



*Exciting adventures, great people and incredible friendships;
that's what a Camp Howe experience is all about!*

Camp Howe, Inc
P.O.Box 326
Goshen, MA 01032
Off Season Phone (413) 549-3969
Summer Phone (413) 268-7635
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Welcome

We know that a successful and memorable stay at Camp Howe involves a great deal of effort and thought on your part. In light of this need for preparation and planning, we have prepared this information package for your use.

We look forward to helping campers have fun while learning new activities. Camp is a community experience that involves people living and playing together and relies on cooperation and good citizenship. We are all different with different skills, physical differences, emotional differences, etc. We believe campers and staff should make every effort to be positive about others. The intent of the program is to make sure that every camper is comfortable and happy with his or her achievements and limitations. Activities, while fun, are tools for assisting in the personal growth of an individual and the community as a whole.

Camp Howe goes beyond the realm of teaching skills such as kicking a soccer ball, learning a new swim stroke or making a masterpiece in arts and crafts. In all honesty, we don't believe we catapult any child in gaining any of these skills to any lever of mastery. What we excel at is having each child learn to accept themselves just as they are – strengths and weakness and build their confidence and esteem that helps them build on these strengths and weaknesses alike. Learning to genuinely value those around them and appreciate them “just as they are” gives them confidence to break outside their own comfort social zone and engage in meaningful interactions with individuals very different from themselves, both in and outside of camp, to open up a new world for them. We believe that camp is more than summer child care but rather, is a community that helps make the greater world a better place through understanding, acceptance and appreciation of the barriers that typically exist. We hope that you will share this philosophy with your campers prior to their attendance.

Keep this booklet handy for current and future reference. We encourage our returning families to review this booklet as some of our policies have been changed.

If you have any questions or concerns, do not hesitate to contact the Director or Executive Director during the summer (413) 268-7635.

We look forward to a great season

Terrie Campbell
Executive Director

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General Information

The Environment

Because we live in very simple cabins, we are very much affected by our natural surroundings. Small animals inhabit the wooded land as do a variety of insects such as bees, flies, and the annoying mosquitoes. While usually none of these creatures are dangerous to us, they can be a nuisance and it can take some time to become accustomed to them. The terrain of the camp is quite rocky in places where roads or paths have been cut. The weather can be quite changeable with heavy rain or very hot days and cool evenings. For these reason we suggest a variety of clothes.

Accommodation

Camp Howe's rustic cabins are all-wood construction, with screens, doors and have bunk capacity from 10 to 24 beds in each cabin. The unheated cabins are equipped with lights, electricity, bunks and mattresses. Although mattresses are provided, campers should bring their own bedding, ideally a sleeping bag and a sheet. The camp is separated into boy and girl's units - each with centralized bathhouses with toilets and hot showers.

Meals

Our licensed kitchen offers a variety of menu options tailored to meet the dietary needs of our diverse camper & staff population. Vegetarian options and salad bar are always available. The food at Camp Howe receives high praise from the campers and staff. The head chef works to prepare menus that are varied, appetizing to kids and teens, and healthy overall. There are three meals a day served and entirely prepared in the camps kitchen. The chef also prepares a great vegetarian option for each meal. Camp Howe can accommodate certain special diets, please contact the director to discuss your child's needs.

Camp Store

Purchases may be made from the Camp Store on arrival and departure days and during the week by campers. Postcards, stamps, toiletries, writing materials, t-shirts and some camp souvenirs are available. To avoid loss, spending money shall be deposited into an account at the Store upon arrival. Ten or twenty dollars is recommended, and more than that discouraged. On closing day, unused balances may be withdrawn or donated. Donations and abandoned accounts will be transferred to our campership funds to assist families in the affordability of a week at camp.

Birthdays

Many campers celebrate their birthdays while at camp! On a camper's birthday, the camper is recognized at a meal during the day and is sung to by the entire camp and then presented with a special birthday cake to share with his or her cabin. Families are welcome to deliver or have delivered other birthday items to the camp office for distribution by your child's counselor.

Community Living

Discuss with your camper about dressing or changing in a room where other campers will be present and maintaining modesty. Many campers are not used to the lack of privacy. All campers will take turns doing different chores during their stay at camp. Explain to your camper that doing chores is a big part of group living and teaches responsibility and independence. Chores will be tasks such as helping at meal times, cleaning the cabin and unit area and keeping the bathrooms tidy. Chores will be supervised as with all other activities.

Part of the challenge of each child's camp experience is learning to function in a new setting with new people. They are rewarded by finding that they can succeed in making new friends and in adjusting to unfamiliar group situations. Counselors encourage the growth of these skills through planned activities as well as with their caring attitudes. If you have any special concerns, please let us know before assignments are made.

Camper Behavior

The 4-H Head, Heart, Hands and Health concept is used as a standard of behavior for staff and campers alike. Everyone is encouraged to "Make the Best Better"! The staff and director will do everything possible to help camp youth adjust to camp life. However, Camp Howe reserves the right to require any child to leave when unsuitable behavior persists, disrupting or negatively affecting the program, or endangering the being of the camper or the camp community. The designated parent or guardian shall be responsible for picking-up the camper immediately upon request. There would be no refund of fees in case of such early dismissal.

Check In

Check in is on the Sunday your session begins (to maximize program time and to avoid congestion, the following schedule is recommended.)

<u>Arrival Times</u>	Teen campers Registration	1:30 - 2:15 pm
	Junior / Day campers registration	2:15 - 3:00 pm
	Day campers may also check-in at	8:30am on their first Monday.

Check In Procedures

1. Upon arrival, a staff member will greet you, pointing out parking areas and where registration begins.
2. Diemand Hall All of the check-in procedures will occur here. At the first table you will hand in your letters to the counselor, camper pick up form and permission slip.
3. Form 3 lines Two lines for parents or guardians: one for those without medications and one for those with medications. All medications must be in original containers, placed with and controlled by the Health Supervisor. Health forms are reviewed with the Health Supervisor. There will be a separate line for campers to be screened for temperature and head lice.
4. Camp Store: Open an account for your camper (\$10 or \$20)
Order a camp photograph. (\$8.00)
You can also make purchases of store items here.
5. Cabin Assigned Meet your cabin counselor. Once your camper has been assigned a bunk, parents or guardians are free to say their good-byes. Campers and staff are eager to start their program, meeting cabin mates and becoming oriented to camp life. Don't feel slighted if your camper doesn't seem to care that you are taking your departure. That's the sign of an interested, enthusiastic camper.

The following forms must be in hand at time of

- Camper Release Form
- Letter to your Cabin Counselor
- Permission Form
- Health and Physical Examination Form signed by your family doctor. The physical examination must have been completed within the previous 24 months of the last day of the camper's session. It is preferably that the exam was within the last 12 months. Without this form signed by a physician, campers will not be able to be checked in to camp. If you have questions, please contact the director or executive director prior to the first day of your camper's session.
- Medication Administration Form sign by family doctor (with medication, if any, in original containers)
- Over the Counter Medication Administration Form signed by parent/ guardian
- Store Deposit Form

Check – Out

1. 6:00 PM - Families Arrive
2. Sign out your camper outside of Diemand Hall with the Unit Directors, receiving an envelope with:
 - medications (if any)
 - Camp Store Balance (if any) and camp photograph (if ordered)
 - Parental evaluation forms.
3. Reunite with and accompany your camper to their unit cabin
4. Check through luggage with your camper. CHECK THE LOST AND FOUND!
5. **Closing ceremony will begin at 6.45 at the flag pole. Please plan to attend to allow campers the opportunity to say goodbye to all of the staff and new friends made. Awards will be presented at this ceremony.**
6. Often campers unpack at home and find that they are missing valuable things. Please call the camp immediately; if you are missing items you had labeled, there is a good chance to get them back. Unclaimed articles will be donated to charity after September first.
7. Talk with your camper about their camp experience, then, PLEASE, take time to fill out and return the evaluation form included in your envelope. The Camp Howe Board of Directors, Executive Director and Staff have plotted and planned your child's week at camp and have a perspective of how it went. Your feedback will greatly augment the overall evaluation of our success, and guide us in our goal in future "to make the best better". After your camper's stay, if you have any questions or concerns, please contact the Executive Director at 413-549-3969.

Health and Medical Information

Health Forms

For everyone's health everyone in camp must have a current health form completed and signed by both parent and physician. You must have a current medical form on file in the infirmary to attend Camp Howe.

The law of the Commonwealth of Massachusetts requires camp to hold on file a Health Form for every camper and staff member. The parent or guardian of minors shall supply information required in Part I, the Health History, and sign at the bottom within six (6) months of camp. Part II of this form, immunization history, health care recommendations and restrictions, shall be completed, signed and dated by a licensed physician not more than twelve (24) months before the start of camp.

Do not send Health Form(s) to the Camp Office;
They must be in hand at the time of registration on opening day when you bring your child to camp.

Medication

Medications brought to camp must be in the original container. This includes both prescription and over-the counter medication. All medication must be handed in to the Health Supervisor and be under the control and supervision of the Health Supervisor at all times. Campers with inhalers are requested to bring two (2) to have one in reserve controlled by the nurse. To administer any prescribed or over the counter (not on our authorization to administer over the counter form) medication, the Health Supervisor needs an authorization to administer from the child's doctor. If this is not presented with the medication, unfortunately it can NOT be given to the child.

Parent Notification

The learning experience at camp sometimes comes along with bumps and bruises just as can be expected at home. We administer over the counter medications in compliance with Standing Orders by the Camp Physician. With permission from the camper's parents or guardians and physician, the Health Supervisor may administer prescribed medications to the person named on the bottle according to the directions written on the pharmacist label on the bottle.

Parents will be notified by telephone in the event of an:

- Illness requiring the child to be in the infirmary over night as per Standing Orders
- Illness requiring medical attention by their own personal physician
- Injury which requires outside medical attention
- Injury which interferes with the child's participation in camp program.

Personal Hygiene

Please talk with your camper about keeping clean while at camp. Let your camper know how often to shower and shampoo. The campers will not shower every day, but most will swim and rinse every day. Cabin counselors encourage their campers to brush their teeth, but a prepared youth is more likely to follow through with the responsibility.

It is important to tell your camper not to wear a bathing suit except when swimming. Some kids want to wear them all day and this is not healthy.

Please send the necessary supplies if your female camper has begun menstruations. Often times the physical activity, heat, and changed circumstances can stimulate the advent of the first period for girls. Be sure she knows what to expect and encourage her to talk to her counselor should she start or need to get supplies. She will have all the encouragement and support she needs.

Sometimes a new environment brings on bed-wetting. You should prepare your child that this could happen and to talk to their counselor. If your child should have a history of bedwetting, please be sure it is noted ON THE health form.



Exposure to the Sun, Dehydration and Insects.

To protect against SUNBURN, sunscreen of SPF 15 or greater can be used. Application 10 minutes before going to an activity or to the lake with periodic reapplication would be most effective. Please show your camper how to use sunscreen lotion and send a supply with them especially for those un-tanned or very fair-skinned. Staff will endeavor to remind and assist them as necessary.

Liquid intake is critical to our body's health. Campers should drink at least three water pints a day. Providing a marked water bottle with a shoulder-strap is an encouragement to your camper to remember to drink water regularly during the day. Counselors will remind the campers repetitively and lead them to drink, but children should be learning to be knowledgeable and responsible on their own.



Camp is in the great outdoors and we have plenty of mosquitoes, and while the West Nile virus has not been identified in the Goshen area, insect repellent or protective clothing are advised. Insect repellent is important. Please talk with your camper about its importance and application. NO pressurized brands, they will be taken from the campers. Consult your own doctor for their recommendation of the best non-aerosol insect repellent for your child. Long sleeves and pants-legs are a suggested alternative to repellents.

Spending so much time outdoors there is a risk of campers getting a tick. Tell your camper to check over their own bodies for ticks at least once or twice a day. They should check their hair and areas where clothing is tight or in body folds. If they do find one, you should direct them to tell their counselor who will take them to the health supervisor to remove it.

Personal Belongings

Luggage

A list of what-to-bring is included in this booklet. Restrict gear to what is needed. Space is limited and no room for large excesses. All personal gear as well as luggage should be labeled to avoid loss or mix-ups. Please do not bring MONEY, valuables, DANGEROUS ARTICLES or pets to camp. FOOD brought to camp MUST be placed in the cabin food bin and be items that can be shared with cabin mates. Due to allergies, please do not send any nut or peanut butter items. Food attracts bears and mice and we must be diligent in keeping them out of the cabins. Camp Howe cannot be held responsible for loss, damage or theft of camper's personal property or clothing.

Laundry

Please plan enough clean clothes, towels, washcloths and swimsuits to last the whole session. Include a laundry bag or other bag for soiled items. The campers can rinse out some things and hang them on the line.

Lost and Found

Camp Howe is not responsible for lost, damaged or stolen items. Label every item clearly with your camper's name and check through your camper's belongings before departure. If you think your child is missing anything at the end of camp, call the office at 413 268-7635. Lost and found property is held at camp for 30 days. After this date, all will be donated to a local charity.

Prohibited Items

Sharp-edged tools, incendiary devices, pressurized commodities; certain inappropriate toys or other hazardous materials are prohibited and will be confiscated. Any prohibited item found at camp will be held in the camp office until the end of the session or will be mailed to the camper's home.

Communication with your camper

Mail

Frequent, cheerful and supportive letters or cards are important to campers. Mail service can be slow - allow several days for delivery. It is suggested that you mail a letter before your camper goes to camp or slip a card into the camp mailbox on Sunday when there to register. This will ensure a letter from home first day.

Address to: **Your Camper, Cabin Number**
 P.O. Box 326,
 Goshen MA 01032



Visitations

To avoid disrupting the program and the continuity of adjustment to camp life, we humbly request that parents, guardians or families restrict visits to the opening and closing days of their campers' session. But your attendance at the awards ceremony and candlelight service, Friday evening is **KINDLY REQUESTED**.

Telephone Calls

Your camper's happiness and welfare are of the utmost concern to the Camp Director and Staff. One way to further that happiness and welfare is to avoid any disruption to the camper's period of adjustment. Campers generally do not receive or make phone calls during their stay at camp. We fully understand that this requires a great deal of trust on your part but we hope you will trust us to know that we will contact you if there is a problem or if your camper is not doing well, emotionally or physically. Emergency messages will be delivered. Camp Phone lines must be kept open for the business.

If you have concerns and feel the need contact the Camp Director at 413 268-7635.

Campers will not have free access to telephones during their stay at camp.

A Typical Day at Resident Camp

Days will vary according to camper's age, the program and the weather.

Mornings, choice of Polar Bear swim, Gazelle jog, Turtle walk or Farm chores

8:00 AM. - Breakfast

*Unit Activity Time

12:30 PM Lunch Dining Hall, cookout or hike and picnic

Interest Groups: camper choices

Quiet Time - reading, writing letters, resting, hang-out and rap

Activity Time

6:00 PM - Dinner in the Dining Hall or a cookout

Unit or All-Camp Event

Snack and bedtime preparation

Lights out



Homesickness

Start early in preparing your child for the idea of being away from home. Find out

what expectations your child has, and what he or she is looking forward to and what seems a little scary. Stress the positive aspects of the upcoming session and coach them to share their fears with you or their counselor while at camp.

While parents love to pack for the children, it is to the child's benefit to at least help with the packing. Use the suggested packing list as a general guideline and remind your child to use the list again when packing for the return trip home.

Practice away from home skills, such as letter writing, talking with other caring adults, or hugging a teddy bear at night.

Turn off the night light at home and practice using a flashlight. Allow time for your child to adjust to the new situation.

The first communication you receive (which may be the very first afternoon) may sound a little hesitant, but we find most campers are quickly consumed by the activities and opportunities at camp and forget their first day worries. Support your child throughout the session with mail which is delivered daily. It is very exciting for campers to receive a letter or

postcard. Families are welcome to tour the camp facilities before camp sessions begin. Call the camp directly to arrange a tour. We believe we are partners with parents and welcome guidance on your child's unique needs and habits. Feel free to work with us.

Some tips to prepare your first time camper for the experience and minimize homesickness

Some rookie campers experience a degree of homesickness their first day or so at camp. This is not abnormal and getting over it is part of the point of camping. By Wednesday, they are usually so into it, they will never want to return home.

- Should you get a homesick sounding letter written the first day, wait a day or two for the next letter. Call the Camp Director to check if you have any concerns
- By Tuesday, if your camper has not adjusted, the Camp Director will call you to discuss the situation. Generally, no news is good news.

1. Make a Pre-Camp Visit

Some children (and adults) fare better if they are able to see camp ahead of time. Consider visiting camp prior to your camping session to see and discuss what camp will be like. Be sure to make prior arrangements with the camp director. Visiting camp in the pre-season, reveals the lay of the land, but appears deserted and lonely with out people and program humming about.

2. Talk about Camp Ahead of Time

Discuss such topics as: group living, self care, oral hygiene, explanation for strange noises at night, different activities, doing chores, wearing shoes, having a buddy, using a flashlight at night.

Bring up what children fear the most about venturing into the unknown, such as:

What if I wet the bed? What if no one likes me? I don't like the food? I get sick? What if I really miss you? Will I let you down?

3: Projects to Practice with your first time younger camper

- Have your young camper "live" out of a suitcase for a couple of days.
- Coach the preparation of some envelopes and notes to send home.
- Provide practice in showering instead of bathing and managing shampoo.
- Mark off the days on the calendar until camp starts.
- Go over the packing list, luggage contents and personal property care together.
- Go out for a walk in the dark woods together, using a flashlight demonstrate how to conserve and change the batteries and not shine in others eyes.

Veteran Campers

Returning campers could still experience some adjustment. Camp may initially appear different with new cabin mates or a new counselor so it is important to prepare returning campers for changes that may exist. Even though your camper has been to camp before, here are some tips. Returning campers may still experience homesickness due to a wide variety of changes at home. Talk about it with your child before you get to camp. This will help them to deal with their feelings and not have any hidden worries. Sometimes returning campers have to adjust to the changes at camp, different from what they remember. Different counselors, cabins and cabin mates. Talk with your camper about how changes can be even better. Campers who are returning are often the "experts" at camp. We encourage veteran campers to be a buddy-up to new campers, showing them around, going over our rules or how an activity progresses.



Registration Information

Cancellation Policy

To reserve a space for youth child at Camp Howe you are required to pay a non refundable fee of \$85.00. Reserving a space, prevents other youth from enrolling if the session is full. Because we hire staff and purchase equipment and supplies based on our anticipated enrollment, the full tuition is not refundable after May 15. Credit may be awarded for other sessions during the summer or applied to another camper from the same family. Tuition, minus the deposit may be refunded with a signed doctor's note and an explanation of the medical reason addressed to the Executive Director. Cancellations must be received in writing at the Camp Office. In the case of dismissal, homesickness, or voluntary withdrawal, there is NO refund of fees.

Changing Sessions

Sessions were selected at the time you enrolled your camper(s). If it becomes necessary to change this session, the Changing Sessions policy below will apply. As long as space is available, the Camp will change a camper's session of attendance as long as the session in which enrolled has not begun and as long as space is available in the session requested.

Federal Tax Identification Number

Camp fees may be tax deductible for some families. Our Taxpayer Identification Number is 04-2258213. Please keep this number with your tax information. Your camper confirmation form has this number on it and can be used as a receipt of your payment. If you need an additional receipt, please call or email the office.



Payment

Payment of Camp fees must be received at least 4 weeks prior to the start of the session. Payment made on opening day must be made with a credit card. No personal checks will be accepted on the first day of camp. Checks are to be made payable to Camp Howe, Inc., P.O. Box 326, Goshen MA 01032

Gratuities

Providing for all of our youth is the responsibility of all staff. We ask that families refrain from tipping individual staff members. Families are instead encouraged to write letter sharing their positive views of the staff and their child's experience. If a family feels it is necessary to reward the staff we encourage you to donate to the counselor banquet fund or to our campership program.

Graffiti

Camp Howe is in the process of eliminating a long standing tradition of campers signing their names on buildings, beds and structures. We seek your assistance in this new direction. With over \$30,000.00 in new bunk beds we, any graffiti found on them will be charged \$25.00. This will be billed to his/her parents/guardian for every inscription. This policy is new and it is our hope to curb this form of 'artistic' tendency. Please be sure to discuss it with your child(ren). Repeated occurrences may result in the offending camper's expulsion from camp.

Camp Activities and Risks

Camp Howe strives to provide the utmost in care for your child, our staff and our physical environment. At camp your child will be exposed to healthy outdoor living in a rural environment. While we will have some comforts of home such as electricity and water, we will not have direct family access or electronics. Our day at camp is busy and at time physically and emotionally challenging; we certainly play hard at camp. We hope your child will try new activities and learn new life skills. Your child's enrollment at Camp Howe will represent your agreement to your child's participation in the activities of Camp, and acceptance of all benefits and risks of such activities and you agree to release Camp Howe from all claims resulting from the risks reasonably associated with the camp activities.

Digital Media, Cyberspace and Your Child's safety

Working Together to Keep Your Children Safe

We see many positive, exciting ways for youngsters to enjoy the healthy benefits of the Internet and other technologies. As advocates for children we want to work with you to keep those experiences safe, healthy and positive. We have always taken the safety and well-being of our campers—your children—very seriously. After all, giving your children over to the care of other people is perhaps the greatest act of trust you as a parent can engage in. We aim to do everything we humanly can to earn and keep that trust. We also know we cannot do this without your help. With more and more children using the Internet, cell phones and other technologies at younger ages, we appeal to you as parents to partner with us to ensure that your children continue to have the safest, most wholesome experience with us at camp as possible.

Digital Photographs

We take photographs during the summer as do many of our campers. We do not publish an image of a child accompanied with their name without the permission of their parents/ guardian nor do we publish any image without prior consent. We believe this helps keep the memories alive and view youth taking images to share with their families and friends as tradition that has long history in the field of camping. Unfortunately, with the media outlets at the fingertips of youth, we want to ensure that this practice remains positive outcome for all youth. We ask that you as parents/guardian review your camper's photographs (digital or print) for appropriateness and inform the camp if you discover any images that are inappropriate, against camp policies or of concern to you as a parent. We would also like you to remove any form of these images from your child to avoid inappropriate sharing or exhibition of images. As a condition of attending camp having a digital camera at camp, Camp Howe staff have the right and parent permission to review and delete if necessary, any photo's viewed as inappropriate. You should know that *any camper that takes a compromising photograph of another camper or staff member and uploads it on the Internet or makes it public in any way may be subject to dismissal from camp or may not be allowed to return. If the law is broken, the appropriate authorities will be notified.* **Please help us maintain a safe environment by explaining this to your child.**

Cell Phones

One drawback of cell phones at camp is many of them have built-in cameras. It has happened at some camps and schools around the country that children have secretly taken photographs of other campers or staff during changing or showering times and later uploaded those images onto the Internet. The size of the device enables its inappropriate use undetected. For this reasons, we will not be allowing campers to have cell phones at camp. We need your assistance to help us be successful in following this policy. Phone found at camp will be locked in the safe until closing day.

Cyber-Bullying and Harassment

It has happened at camps around the country that a few campers have sent rude, demeaning, intimidating or vulgar e-mails or IMs to other campers or have created false screen names to harass members of the camp community or spread false and damaging information about them. To be sure most Internet communication is fun, positive and one important way campers stay in touch with their friends we ask that you monitor your child's use of technology.

Your Kids And Our Staff after Camp

Our pledge is to put your children in the company of the most trustworthy and capable young adults we can hire—counselors who are well suited to the task of caring for campers. The effort we put into screening and selecting our staff is part of that pledge. Our staff work with your children in the context of a visible, well scrutinized environment that has many built-in checks and balances. Counselors are supervised by senior staff guided by clear, firm policies regarding behavior. Their actions are also visible to co-workers and campers. We hire our staff for the camp season. We do not take responsibility for their behavior off-season. We recognize that campers and counselors develop close trusting relationships with one another at camp and that these relationships are healthy, wholesome and beneficial to campers and staff alike. We also recognize that campers and staff like to keep in contact after camp. Camp staff have clear expectations in staff to camper interactions, but when not at camp, Camp Howe can not monitor all interactions. We also know that many children exchange contact information (e.g., e-mail address, profile names, cell phone numbers) with counselors without our or your specific awareness or permission. We recommend that you as the parent supervise your child's online activities just as you do other aspects of their life in your home, and oversee any off-season contact our staff members and your child. You take full responsibility to oversee any contact that results. If you would like resources on keeping your child safe on the internet, please contact the executive director who has a collection of tips and links to information. Our goal is to keep your child safe both in and out of camp!



Packing List

Forms Required on First day of Camp

- Health Form, signed by the Physician, and Parent or Guardian
- Medication(s) in original bottle (to includes OTC's and vitamins)
- Medication Administration Form
- Camp Store Deposit Slip and Photo Order Form
- Letters to Counselor Forms

Basic

- Sleeping apparel (pajamas, sweat suit or oversize t-shirt)
- Swimsuit (modest cuts appropriate for co-ed camps)
- Sun-block lotion SPF-15 or higher (not pressurized)
- Insect Repellent (not pressurized)
- Sun hat with wide brim and bandana
- Daily change of socks and underwear
- Sturdy footwear. Shoes and/or sneakers (no sandals) Shoes MUST be closed toe for Safety Reasons.
- 1 pair of wet shoes (old sneakers for boating or swimming, may get ruined)
- Jeans, slacks or long pants
- Wet weather gear (Raincoat or poncho, rain hat and footwear)
- Toilet articles (soap, shampoo, toothbrush and paste, comb)
- 2 Towels and washcloths
- Shorts and T-shirts
- Sweatshirt or summer jacket
- Shower Shoes (shoes or flip-flops to wear in shower)
- One nice outfit for dance and closing ceremony (optional)
- Trunk or crates for storage

Articles Not Needed

- No knife, firearm, or weapon of any type may be brought to Camp.
- Camp Howe provides all necessary equipment for activities so it is not necessary to bring equipment for sports or activities.
- Jewelry, such as gold chains or bracelets, and such valuables should not be worn.
- Alcohol is never permitted at summer camp.
- Only those drugs authorized by a parent and administered by the Camp Nurse are allowed.
- Animals may not be brought to Camp without permission from a director.
- Campers are not to bring motor vehicles or motorized devices.
- Electronic devices of any type including radios, tape recorders and hand held games are only to be used during siesta and bed times. If items are used at other times and interfere with the program, they may be confiscated by the staff. Camp Howe is not responsible if they electronic devises are lost, stolen or damaged.

AVOID LOST BELONGINGS: Things can and do get lost at camp. Label all clothing and personal belongings. Do not send things that are valuable or new. Recheck the packing list before leaving camp and let someone know if something is missing. While camp is not responsible for lost items, if you call right away, we may be able to find them. Items and clothes will be kept for one month.



Gear

- Sheets and blankets or Sleeping Bag with a sheet-bag liner (Sleeping Bag is best on an overnight outside the cabin)
- Pillow and extra case
- Laundry Bag with name on it. (mesh bags are good for air flow)
- Flashlight and extra batteries
- Water bottle with strap
- Day Pack (backpack)

Optional Gear

- Stationery and writing supplies
- Disposable Camera and film
- Fishing equipment (camp owns some equipment)
- Dress up clothing for all camp events

For Aquatic Activities

- Beach towels
- Boating shoes or aqua socks

Camp Howe, East Street Goshen MA 01032

Goshen can be found in the center of western Massachusetts on Route 9 between Northampton and Pittsfield.

Arriving From the North or Northeast:

Take Rt. 2 West from I-91 in Greenfield. At Shelburne Falls follow signs to Rt. 112 South almost 12 miles to Goshen, turn left on Rt. 9 East. In the center of Goshen (church on the right) turn left onto East Street. There is a large sign on the corner pointing to 4-H Camp Howe. Go half a mile to the DAR State Forest Headquarters and Goshen Police station (brown buildings on the left). Turn left behind the police station and follow the dirt road half a mile into camp.

From the South or Southeast:

Take I-91 North to exit 19, Northampton. At the bottom of the exit ramp go straight through the light and continue straight through two more lights. At the intersection where one must turn, turn right on Rt. 9 West and continue almost 10 miles through Williamsburg to Goshen. In the center of Goshen (post office and church on the left) turn right onto East Street. There is a large sign on the corner pointing to 4-H Camp Howe. Go half a mile to the DAR State Forest Headquarters and Goshen Police station (brown buildings on the left). Turn left behind the police station and follow the dirt road half a mile into camp.

From West:

Follow Rt. 20 and 7 from the Mass Pike to Pittsfield, MA. In Pittsfield, follow Route 9 East through Dalton, over Windsor Mountain, through Cummington to Goshen. . In the center of Goshen (church on the right) turn left onto East Street. There is a large sign on the corner pointing to 4-H Camp Howe. Go half a mile to the DAR State Forest Headquarters and Goshen Police station (brown buildings on the left). Turn left behind the police station and follow the dirt road half a mile into camp.

