



4 New King Street
White Plains, NY 10604



www.campwicosuta.com
2018 PARENT HANDBOOK

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Parent Handbook 2018



Building Confidence, Competence and Community since 1920



A letter from **THE DIRECTORS**

Dear Wico Parents,

Greetings from Camp Wicosuta! We are excited that you have chosen to join our camp family as we celebrate our 98th season! Whether this is your child's first or fifth season with us, we look forward to sharing a fun-filled summer together. Each summer our campers enjoy making new friends, reuniting with old friends, and feeling a part of our special Wico community!

This handbook will help you prepare for camp. It contains information on our policies and procedures, where to stay on visiting day, directions to camp and more! We encourage parents of new and returning campers to read through it and use it as a resource.

Wico's rules and policies are designed to create the safe and fun community that we describe. To accomplish this goal we need the support of both campers and camp parents. The easiest and most important way that you, as parents, can help foster the Wico community is by adhering to our rules and policies while ensuring that your camper understands them, as well. We thank you in advance for your assistance.

We're looking forward to another great Wico summer!

Warmly,

Greg Justin Carly



WINTER:

Until May 21st

Camp Wicosuta, 4 New King Street, White Plains, NY 10604
phone: 800-846-9426 / 914-946-0927 • fax: 603-216-3339

SUMMER:

After May 21st

Camp Wicosuta, 21 Wicosuta Drive, Hebron, NH 03241
phone: 800-846-9426 / 603-744-3301 • fax: 603-216-3339

WEB SITE & EMAIL:

www.campwicosuta.com • info@campwicosuta.com

PARENT NOTES

PLEASE CALL OR EMAIL US WITH ANY QUESTIONS.
info@campwicosuta.com • 914-946-0927










FORMS CHECKLIST



All forms are found online at MyCampMinder on your "Forms Dashboard." Forms must be completed every year as they help us provide the best care and experience for your daughter. Through MyCampMinder, parents will be able to complete online forms, as well as download/upload paper forms.

Log-on by visiting our website, www.campwicosuta.com. Click on "My Campminder" located in the upper right hand corner. **Your login/username is your email address.** To retrieve your password click on "retrieve password" and it will be sent to your email address. Once you log-in to your account, click on "Forms and Documents" to complete and/or print forms.




All forms are due by May 1, 2018.

REQUIRED FORMS

- Camper Information Form 
- Camper to Counselor Form 
- Camper Medical Exam Form 
- Health History Form 
- Parent Medical Authorization Form 
- Camper Photo (first year campers only) 
- Travel and Baggage Form 
- Activity Preference Form (required for girls currently in grades 4-9) 
- Upper Camp Behavior Contract (required for girls currently in grades 6-9) 

 To be completed online.
 To be downloaded, printed, completed and then uploaded as a pdf. Check out the "helpful hints" located on the Forms Dashboard for information on uploading forms.

OPTIONAL FORMS

- Bunk Request Form 
- Private Lesson Form 
- Summer Contact Information Form 
- Chaperoned Flight Travel Form

2018 CAMP CALENDAR



















FIRST SESSION:

Camp Opens Saturday, June 23rd
 Parent Visiting Day & Return Home Wednesday, July 18th

SECOND SESSION:

Camp Opens Saturday, July 21st
 Parent Visiting Day & Return Home Wednesday, August 15th

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LEBANON (75 minutes)

Courtyard by Marriott – (603) 643-5600; www.marriott.com/lebcy
 Element Hanover-Lebanon - (603) 448-5000; www.elementhanoverlebanon.com
 Days Inn, Route 120 – (603) 448-5070; www.daysinn.com/lebanon
 Residence Inn by Marriott, Hanover/Lebanon - (603) 643-4511;
www.marriott.com/hotels

MANCHESTER (75 minutes)

Radisson Hotel - (603) 625-1000; www.radisson.com
 Four Points by Sheraton - (603) 668-6110; www.fourpointsmanchesterairport.com
 Best Western Executive Court Inn - (877) 627-2525; www.executivecourttinn.com

RECOMMENDED RESTAURANTS

ASHLAND

The Common Man Restaurant Ashland - (603) 968-7030

BRISTOL

Bristol House of Pizza - (603) 744-3765
 Big Catch - (603) 744-3120
 Ledge Water Steak House – (603) 744-0575
 The Homestead- (603) 744-2022
 The Inn on Newfound Lake - (603) 744-9111
 Cielito Mexican Restaurant - (603) 744-2044

LACONIA

Fratello's Italiano - (603) 528-2022
 Tamarack Restaurant - (603) 366-4687

HOLDERNESS

Walter's Basin - (603) 968-4412

MOULTONBORO

The Woodshed - (603) 476-2311
 Village Kitchen - (603) 476-5137
 Lavinia's Relaxed Dining - (603) 253-8617

PLYMOUTH

Italian Farmhouse - (603) 536-4536
 Common Man Boiler Room - (603) 536-2200
 Lucky Dog Tavern - (603) 536-2260
 Thai Smile - (603) 536-1788
 Phat Fish - (603) 960-4757

CONCORD

Granite Restaurant & Bar - (800) 360-4839
 The Common Man - (603) 228-3463

MEREDITH

Camp - (603) 279-3003
 Canoe - (603) 253-4762
 Lago Trattoria - (603) 279-2253
 Giuseppe's Pizzeria - (603) 279-3313
 Town Docks – (603) 279-3445



NEARBY HOTELS

Suggested Hotels, Motels and Inns: We suggest making your hotel reservations as soon as possible.

HEBRON

Coppertoppe Inn - (603) 744-3636; www.coppertoppe.com
Blue Moon Motel - (603) 744-2433; www.thebluemoonmotel.com
Meadow Wind B&B - (603) 236-1494; www.meadowwindbedandbreakfast.com

BRISTOL

(10 minutes)

Inn on Newfound Lake - (603) 744-9111; www.newfoundlake.com
Henry Whipple House - (603) 744-6157; www.thewhipplehouse.com

ASHLAND

(15 minutes)

Comfort Inn - (603) 968-7668; www.comfortinnlakesregion.com
Glynn House Inn - (603) 968-3775; www.glynnhouse.com

PLYMOUTH

(15 minutes)

Common Man Inn & Spa - (603) 536-2200; www.thecmaninn.com
Federal House Inn - (603) 536-4644; www.federalhouseinnnh.com
Fairfield Inn & Suites - (603) 536-0100; www.marriott.com

FRANKLIN

(25 minutes)

Maria Atwood Inn - (603) 934-3666; www.atwoodinn.com

CAMPTON

(30 minutes)

Days Inn - (603) 536-3520; www.daysinncampton.com

WATERVILLE

(30 minutes)

Waterville Valley Resort - (603) 236-4344; www.waterville.com
Golden Eagle Lodge - 1-888-703-2433; www.goldeneaglelodge.com

LACONIA

(30 minutes)

Lake Opechee Inn and Spa - (603) 524-0111; www.opecheeinn.com
Lighthouse Inn B&B - (603) 366-5432; www.lighthouseinnbb.com
TownePlace Suites - (603) 524-5533; www.marriott.com

HOLDERNESS

(30 minutes)

Inn on Golden Pond - (603) 968-7269; www.nhbedandbreakfastinn.com
Boulders Motel & Cottages - (603) 968-3600; www.boulderslakefrontmotel.com
Manor on Golden Pond - (603) 968-3348; www.manorongoldenpond.com

GILFORD

(35 minutes)

Fireside Inn & Suites - 1-800-458-3877; www.firesideinngilford.com
Gunstock Inn - (603) 293-2021; www.gunstockinn.com
Misty Harbor - (603) 293-4500; www.mistyharbor.com

MEREDITH

(35 minutes)

Inns at Mill Falls - (603) 279-7006; www.millfalls.com
• Inn at Mill Falls • Bay Point • Chase House • Church Landing

TILTON

(35 minutes)

Hampton Inn & Suites - (603) 286-3400; www.hilton.com
Holiday Inn Express & Suites - (603) 286-4550; www.hiexpress.com

MOULTONBORO

(50 minutes)

Center Harbor Inn - (603) 253-4347; www.centerharborinn.com
Hearthstone Inn - (603) 253-3802; www.hearthstonebandb.com

CONCORD

(60 minutes)

Centennial Inn - (800) 360-4839; www.thecentennialhotel.com
Comfort Inn - (603) 226-4100; www.comfortinnconcord.com
Courtyard Concord - (603) 225-0303; www.marriott.com

Hotels continued on next page...



GENERAL RULES AND POLICIES

Please reinforce the following rules with your daughter before camp begins:

- 1 Drugs/Alcohol/Tobacco: The possession, distribution and/or use of cigarettes, electronic cigarettes, vape products, drugs, edibles, and alcohol is strictly prohibited. Any camper or staff member violating this policy is subject to immediate dismissal from camp.
- 2 Bullying and the use of disrespectful and/or inappropriate language or behavior to peers or staff is not allowed.
- 3 Defacing camp property is not allowed. Campers who deface camp property, will:
 - Be billed for damages
 - Be required to remove graffiti and/or
 - May be asked to leave camp
- 4 Knives, weapons, fireworks, lighters and matches are prohibited.
- 5 Camp Wicosuta is not responsible for items that are damaged or lost over the summer.

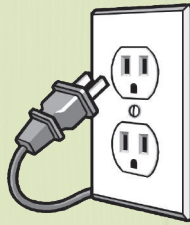
GRATUITIES

It is our firm policy to prohibit the offering of gratuities to our counselors and staff. Our staff has been apprised of this policy. Staff members understand that if they accept a gratuity, they will be forfeiting their position at camp. It is our philosophy to compensate our staff fairly. The American Camp Association has made this policy one of its standards.



ELECTRONICS POLICY

One of the ways we provide positive experiences for our campers is by limiting electronics in our camp environment, thereby encouraging our campers to socialize through traditional camp activities. We thank you in advance, for your cooperation with and support of this policy.



Examples of permitted and not permitted electronics:

YES

- ✓ iPod Shuffle
- ✓ iPod Nano with music/picture files only
- ✓ Alternative mp3 player with music/picture files only that does not connect to the internet or have the ability to play games
- ✓ Disposable Camera
- ✓ Digital Camera
- ✓ Go Pro
- ✓ FitBit

NO

- ✗ Any Cell Phone (including old or disabled phones)
- ✗ Any version of an iPod Touch
- ✗ DVD Player
- ✗ Laptop Computer
- ✗ Handheld video gaming systems
- ✗ Tablet/E-Reader (iPad, Kindle, Nook, etc.)
- ✗ Video Camera
- ✗ Smart Watches (Apple Watch, FitBit Ionic)
- ✗ Voice activated devices (Alexa, Google Home, etc.)

NOTES:

1. Any item that makes phone calls or accesses the internet is not permitted at camp.
2. Ipods and/or MP3 players that have capacity to play videos MUST be cleared of videos before arrival to camp.
3. We recommend campers bring an iPod shuffle or similarly inexpensive device.
4. We recognize that many digital cameras have the ability to record videos. We ask campers and staff to refrain from taking videos inside of the cabins.
5. Camp will not take responsibility for replacing electronic devices brought to camp, which may be damaged or lost. If any of the items not permitted are brought to camp, we will collect them and return them at the end of camp.

DIRECTIONS TO WICOSUTA

(603) 744-3301

For GPS devices, use 375 West Shore Road, Hebron, NH 03241

Online directions do not always work, so please use the following:

FROM NEW YORK METROPOLITAN AREA

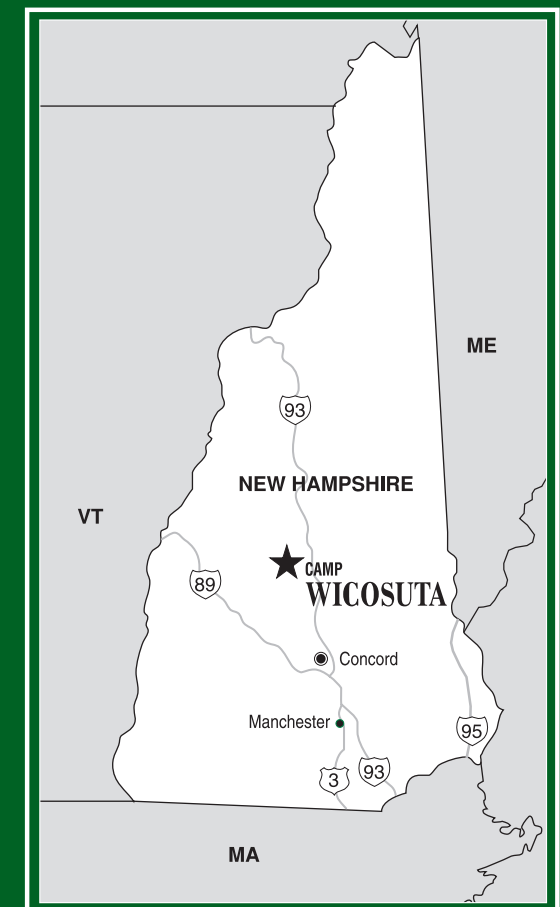
Take I-95 North (New England Thruway) to Exit 48. Take I-91 North towards Hartford. Take Exit 29 near Hartford onto Route 84 East towards Boston. (As an alternate from NYC, you can take The Hutchinson River Parkway North to 684 North to 84 East through Hartford or The Hutchinson River Parkway North to the Merritt Parkway to I-91 North). Take I-84 East to the Mass Pike East (I-90 E). Take the Mass Pike to I-290 East to 495 North to Route 3 towards Lowell/Nashua NH. Take Route 3 to I-93 North to Exit 23. Turn left onto Route 104 towards Bristol.

* Turn left onto 104 West from Exit 23. Travel approximately 6 miles into Bristol. Bear right onto 3-A North for approximately 6.2 miles. Left onto West Shore Road (Landmarks: Blinking yellow light and Church). Continue approximately 1.8 miles. Right onto West Shore Road (Landmark: Tree with signs). Camp is 3.6 miles on the left.

FROM BOSTON

Take I-93 North to Exit 23 in New Hampshire. Turn left onto Route 104 to Bristol.

* Follow above directions.



CAMPERS RETURNING BY CAR

If you wish to take your daughter home by car, we hope you will join us for Visiting Day. Campers will only be allowed to depart with their parent/guardian unless written authorization for alternate arrangements is provided to the camp at least one week prior to the return date.



CAMPERS RETURNING BY PLANE

We do not provide chaperoned flights home from camp. If you plan to send your child home via plane, please provide us with their flight details so we may escort them to their departure gates. We will remain in the airport until the flight leaves the ground.



Please arrange flights to depart from Boston Logan Airport (BOS) or Manchester/Boston Regional Airport (MHT) between 11:00 AM and 2:00 PM.

VISITING DAY

VISITING DAY DETAILS

Gates open for Visiting Day at 8:30 AM. The program begins at 9:00 AM. There is a welcome from your child's head counselor, followed by time with your daughter's bunk counselors and friends. Several activity areas are open before and after lunch. Departure is by 3:00 PM.



NON-PARENT VISITORS

Grandparents are welcome to visit camp on the official visiting day. However, our experience has shown us that it is overwhelming to campers to have too many people visit on the same day.

No pets please.

MAIL



Campers must write home a minimum of three times a week.

We suggest you send stamped, home addressed envelopes to camp with your daughter. Receiving frequent mail from home is vital in helping new campers adjust to camp. Write positively about your daughter's camp experiences. Please avoid writing letters that dwell on home ties. We encourage parents to send one letter several days before the first day of camp, so that your daughter has a letter waiting for her when she arrives at camp. Please be sure to address each letter with your daughter's name.

Address all mail as follows:

Please be aware that we are in a small town, with a small post office and mail tends to move slower than usual, both to and from camp.

Your daughter's name
Camp Wicosuta
21 Wicosuta Drive
Hebron, NH 03241-7329



WEBSITE /EMAIL www.campwicosuta.com

Log-in to MyCampMinder and click on the appropriate link to read camp news, view photos, set-up guest accounts and send camper emails.

Camper emails are printed once daily at 8:00 AM and placed in your daughter's mailbox (to be picked up at mail call) along with regular mail. Email received after 8:00 AM will be distributed with the following day's mail.

Parents who wish to communicate with the directors via email, may contact them at: justin@campwicosuta.com or corey@campwicosuta.com.



PACKAGE POLICY

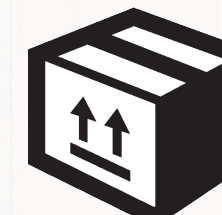
Camp does not accept any packages (including boxes, large or thick envelopes from parents, family members or on-line retailers.) Camp accepts letter sized envelopes only.

Camp does allow birthday packages. See "Birthdays" for policy.

We suggest packing any extra items (i.e.: cards, stationery, mad libs, friendship string) and books or magazines in your child's baggage to camp. Food, candy, liquids as well as inappropriate reading material are not permitted and will be discarded.

Notes:

- Any and all packages received during camp will be held in storage and then sent home on departure day.
- Our camp library is stocked with books and games.
- If you forget to pack a necessary item (ie: contact lenses, glasses) and need to send to camp, please call the office.



BIRTHDAYS



Birthdays at Wico are fun and exciting! The birthday girl wakes to a Wico birthday shirt and marker on her bed. Throughout the day, campers and staff sign her shirt and sing to her! Birthday girls help raise the flag, have a special dinner and cake, and end the night with a movie in their cabin.

Birthday Gifts: **ONE** birthday package (box) may be sent. Please clearly indicate that it is a birthday package and the date it should be delivered. Birthday packages may not contain food items or bunk gifts.

Birthday Phone Calls: If your daughter has a birthday during camp, she will call you at 8:30 AM on her birthday. If you will not be home, please call the camp office to let us know where to reach you at that time.

OPTIONAL TELEPHONE CALLS



Parents/guardians have the option to schedule one 10 minute phone call per camper during the session. Beginning **June 13th at 1:00 PM (Eastern time)** you may call our camp office to schedule a mutually convenient phone call time.

Please keep the following guidelines in mind regarding phone calls:

- Phone calls are optional.
- In order for campers to acclimate to camp, we do not allow phone calls during the first week of the session. Phone calls will be scheduled from June 29 – July 15 for First Session and July 27 – August 10 for Second Session.
- In order to avoid interrupting your child's daily activities, phones calls are scheduled around meal times.
- If it is necessary to change a phone call appointment, we will do our best to reschedule your call promptly.
- Calls are limited to parents/guardians only. Campers whose parents/guardians are divorced may have one scheduled phone call with each parent. (Please advise grandparents and other relatives.)
- We do not schedule additional phone calls for birthdays of family members.
- Families with more than one camper will schedule one 10 minute call with each child. Although calls may be scheduled back-to-back, each child will be on their scheduled call for 10 minutes. Siblings may not share call time.

OTHER INFORMATION



BAT MITZVAH TUTORING: In the event your daughter requires tutoring for her Bat Mitzvah (including time with Rabbi/Cantor on the phone), please contact Jess at jess@campwicosuta.com.

SPENDING MONEY AT CAMP: Campers go on two all-day field trips during their stay at camp. Wico provides snacks, meals and necessary admission fees on these trips. For campers completing grades 1-7, camp provides a small amount of money for souvenirs, snacks, etc. For campers completing grades 8-9, camp will add a "Camper Spending Money" charge on the final invoice. The charge will be \$70 for current 8th graders and \$120 for current 9th graders. Campers do not need any additional spending money while at camp.

DRIVING TO CAMP

For those parents driving their daughter to camp, plan to arrive no earlier than 1:00 PM and no later than 2:30 PM on arrival day.

Park in the main parking area near the office and check in with our staff. Driving directions are included in this handbook.



Notes regarding parent drop off:

- Entrance gates open at 1:00 PM. As we will be having final meetings in preparation of your daughter's arrival, please plan not to arrive earlier than 1:00 PM.
- Parents should expect to be on camp no more than 30 minutes.
- Parents will be able to meet their daughter's counselors and head counselor.
- Should you wish to see camp prior to arrival day, please schedule a camp tour. We do not provide tours on arrival day or access to camper cabins.

TRAVEL BY PLANE

For those traveling by air, make arrangements to fly into Boston Logan Airport (BOS) or Manchester • Boston Regional Airport (MHT).



For campers flying on chaperoned flights: Atlas Travel coordinates our chaperoned flights. Please complete the form located on the My CampMinder dashboard and submit directly to Atlas Travel. If you need to reach Atlas Travel, please contact Tara Vaz at 508-488-1196 or Tara.Vaz@atlastravel.com. All tickets for chaperoned flights must be purchased through Atlas Travel.

For campers flying on non-chaperoned flights: Please arrange for a 12:00 PM arrival time at the airport. A camp representative will meet your camper and escort them to camp. Be sure your daughter has a photo ID and that her carry-on luggage complies with airline guidelines.

DEPARTURE FROM CAMP

CAMPERS RETURNING BY CAMP BUS

Buses depart from Wicosuta between 8:00 and 8:15 AM.

Listed below are our **approximate** arrival times at each destination. It is important that you be present when the buses arrive.



All buses will return to their original departure points.

- 1. New York City, NY:** Central Park West between 82nd & 83rd. Arrival at 3:15 PM.
- 2. White Plains, NY:** Bloomingdale's, White Plains. Arrival at 2:15 PM.
- 3. Westport, CT:** Sherwood Isle Park and Ride located directly off I-95 North or South Arrival at 1:30 PM.
- 4. Hartford, CT:** Chowder Pot Restaurant at the Brainard Exit of Interstate 91. Arrival at 12:00 PM.
- 5. Boston Airport, MA:** Meet at Terminal C lower level information booth at 9:30 AM.

Departure from Camp continued on next page...

TRAVEL TO CAMP

INFORMATION FOR ARRIVAL DAY

- Please be respectful of the timing of this day. It is our goal to warmly welcome each camper to Wicosuta. Arriving late to the bus or arriving at camp too early makes the timing of this welcome challenging.
- **All** campers wear their Wico uniform on arrival day, including the travel to camp.
- We strongly encourage campers to take the camp bus or meet a camp representative at the airport.

TRAVEL TO CAMP BY BUS

1. Arrive at the pickup/drop off site 30 minutes prior to the scheduled departure time.
2. We assign seats for all campers taking the bus to camp.
3. Limit luggage to one small carry-on bag. Campers should bring lunch and a drink in a small carry-on bag. Only pack enough for lunch, as we don't allow food in camp. Please do not send an abundance of sweet snacks and candy. **DO NOT PACK ANY NUTS OR FOODS WITH NUT PRODUCTS IN THEM.** See "Nut Allergies" on page 13 for more details.
4. The coach buses are air-conditioned and have on-board bathrooms.

Departure Points for Camp Bus

Bus transportation will be provided for campers in the following areas:

1. **New York City, NY:** Meet at 7:30 AM at Central Park West between 82nd & 83rd. Meeting location is north of the American Museum of Natural History. Buses leave promptly at 8:00 AM.
2. **White Plains, NY:** Meet at 8:30 AM at Bloomingdale's, White Plains. Buses leave promptly at 9:00 AM. Directions: 175 Bloomingdale Road, White Plains. Near Exit 8 on Route 287. Look for a Wico representative who will direct you to the bus.
3. **Westport, CT:** Meet at 9:45 AM at the Sherwood Isle Park and Ride located directly off I-95 at Exit 18 North or South. Buses leave promptly at 10:15 AM.
4. **Hartford, CT:** Meet at 11:00 AM at the Chowder Pot Restaurant, 165 Brainard Road, Hartford, CT, located at the Brainard Exit of Interstate 91. Buses leave promptly at 11:20 AM.
5. **Woburn, MA:** Meet at 10:30 AM at Joe's American Restaurant, 311 Mishawum Road, Woburn, MA. Buses leave promptly at 11:00 AM. Directions: Interstate 95 to Exit 36 (Washington Street), towards Reading.
6. **Boston Airport, MA:** Meet at 12:30 PM at Terminal C, Lower Level Information Center at Boston Logan Airport. Bus will leave at 1:00 PM.



Travel to Camp continued on next page...

CAMPER FORMS

CAMPER INFORMATION FORM

We ask that you complete this form each year. The Camper Information Form is reviewed by Corey, Justin, Carly, Jess and your child's head counselor before camp begins. This enables us to know as much as possible about your daughter and helps us to provide her with the best possible summer. Children and circumstances change from year to year, therefore, we need the most updated information about your child.

CAMPER TO COUNSELOR FORM

We ask that you complete this form each year. The Camper to Counselor Form is shared with your daughter's counselors before camp begins. It is vital information as it allows our staff to get to know your daughter, her likes and dislikes prior to her arrival.

BUNK REQUEST FORM

This form is one of the many tools we use to put bunk groups together. The information provided does not guarantee bunk placement. Campers may request bunkmates though this is not required. For campers requesting bunkmates, we guarantee at least one request. We spend a great deal of time and energy creating compatible bunk communities.

CAMPER PHOTO (First year campers only)

Uploaded image must be 500x500 pixels or greater in size. Any photo taken with a digital camera or phone with camera should meet this criteria.

UPPER CAMP BEHAVIOR CONTRACT (Current 6th–9th graders)

All parents and campers in Upper Camp (current grades 6-9) need to complete and return the Upper Camp Behavior Contract. Please review the contract with your child to ensure they understand the rules and expectations of upper camp campers.



Camper Forms continued on next page...

CAMPER ACTIVITY PREFERENCES (Current 4th–9th graders)

There are approximately two “A”, two “B”, and two “C” days each week. Each day consists of five activity periods. The sixth period of the day is called “Selective” and is chosen each day at camp. Campers request 12 different activities that they would like to have on their schedule. In addition, campers indicate how often they would like each activity. Please select the activities in order of preference. Campers – remember that your selections are not your final schedule – they are requests for activities that you would like to see on your schedule.

Oskis and Cascos (Current 1st–3rd graders): Oskis and Cascos do not fill out a schedule request. Their schedule includes a mixture of the core activities we offer at Wico! Campers participate in activities with the other girls in their age group.

Coos (Current 4th graders): Coos have daily swim instruction, waterfront and tennis activities approximately 2 times per week. The rest of the schedule is made up of requested activities.

A few important things to know:

- Campers may only submit one schedule request (make sure to double-check it before submitting).
- Campers may choose each activity once. Please use the frequency to indicate how many times you want to see each activity on your schedule.
- We create individual schedules for each camper based on their preferences. Schedules may be adjusted throughout the session.

PRIVATE LESSON FORM

In addition to the regular schedule of activities, Wico offers private lessons in some activities. Private lessons supplement Wico’s complete and rich program. Beginning **March 15th at 1:00 PM (Eastern time)**, you may log onto MyCampMinder to sign up for private lessons. Both the online enrollment form and payment are required to enroll your daughter in private lessons. Space is limited and private lessons are allocated on a first come, first served basis.

- Notes:**
- Oskis, Cascos and Totems (Current 1st, 2nd, 3rd and 9th graders) may enroll in no more than two private lessons/week (not including horseback riding and ice skating).
 - Private lessons (not including horseback riding and ice skating) occur outside of the regular activity schedule. Lessons occur in the morning before breakfast, during rest hour or other downtimes during the day.

OPTIONS:

Tennis: Campers may take a total of 3, 6 or 9 lessons during the session. (\$40 per lesson)

Gymnastics: Gymnastics lessons will be available in the following combinations:

- 3 private lessons per session (\$135) OR
- 6 semi-private lessons per session (maximum of 3 campers) (\$240) OR
- 3 private and 3 semi-private lessons per session (\$265)

Soccer: Campers may take 1, 2 or 3 group soccer clinics during the session. (\$40 per clinic)

Ice Skating: Campers will ice skate 3 times during the session for two hours at a time. We utilize off-site ice skating rinks located in Plymouth and Waterville Valley. (\$450)

Horseback Riding: Campers may sign up for either 4 or 9 lessons during the session. All lessons are one-on-one instruction and English Style. (4 lessons: \$275; 9 lessons: \$550)

Please refer to the Private Lesson Form for more information.

BAGGAGE INFORMATION

Door-to-Door Service:

R&B Camp Baggage is our official door-to-door baggage company. R&B serves the greater New York Metropolitan Area, Connecticut, New Jersey, Washington, D.C., Maryland, Rhode Island, Massachusetts and Florida (First Session only).

Families will be contacted directly by R&B regarding baggage pick up dates. Make reservations early to avoid late fees.

Domestic Campers Residing Outside of R&B’s Door-to-Door Service Area:

R&B offers baggage service to/from camp via a special arrangement with FedEx. The advantage of this service is the ease of registering online at the R&B web site and prepaying baggage services. R&B provides registered families with pre-printed shipping labels, bag ties to secure bags for shipping, date of pick up/return and complete instructions. Bags are sent to R&B’s East Coast facility and delivered to camp in their trucks.

Visit www.rbcampbaggage.com to register for baggage service or call 603-536-2197 with any questions.

GENERAL BAGGAGE INFORMATION

1. Send baggage to camp prior to the start of camp session. The only exception is for our international campers. International Campers only may bring luggage on the bus to/from camp.
2. **Use of soft-sided duffles is required. Limit two per camper. Please do not send hard trunks or suitcases.**
3. Baggage must be received at camp no later than **June 20th** for First Session and **July 18th** for Second Session.
4. It is not necessary to lock your daughter’s luggage. If you do lock the bags, please email the combination to info@campwicosuta.com by June 20th or July 18th.
5. Boxes: We will not keep any boxes for return shipping.
6. Siblings should be packed in separate bags from one another.

END OF SESSION BAGGAGE RETURN

The following options are available for end of session baggage return.

Camper baggage may be:

1. Taken home with the camper or
2. Sent via R&B either through the door-to-door service or Fed Ex.

If necessary to send UPS, please call the camp office for further instructions.



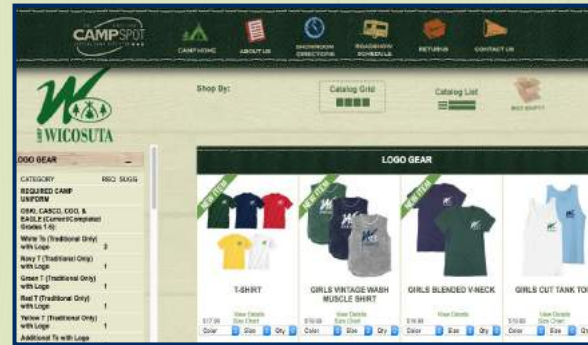
CLOTHING

Wicosuta's official clothier is **The Camp Spot**. Please refer to the clothing catalog, packing list, and camper fittings calendar for more information. You may contact The Camp Spot at 973.994.7416 or <http://thecampspot.com/wicosutalogs.htm>. You may order over the phone or online. Be sure to order early so exchanges can be made in time for camp. **Allow at least 5-6 weeks delivery time.**



We suggest making an appointment as soon as possible for a Camp Spot camp fitting. At the fitting, you can see or try-on our clothing before ordering.

All items brought to camp must be clearly marked with the camper's name. We suggest using stickers (Mabel's Labels or Label Daddy) or a laundry marking pen to label items. The Camp Spot will sew name tapes on articles purchased through them.



ORDER EARLY TO ENSURE CORRECT SIZING AND TIMELY DELIVERY.

CLOTHING POLICIES:

Our policies have been established in order to downplay unnecessary competition among our campers.

Lower Camp Campers (Oske-Eagle):

Girls currently in grades 1 through 5 are required to wear the Wicosuta uniform. The Wico uniform consists of a logo'd t-shirt, sleeveless t-shirt or tank and any appropriate athletic shorts.

Upper Camp Campers (Kineo-Totem):

Girls currently in grades 6 through 9 may wear appropriate athletic attire in place of the uniform. Designer clothing and/or visible designer labels are not permitted. Upper camp campers must bring several Wico logo'd items to camp. In addition, girls should bring some casual items for social activities. Tops must have 2 straps with no belly showing.

All Groups:

1. One-piece athletic bathing suits are required. Bikinis, tankinis, and monokinis are not allowed.
2. Please bring straight stud earrings for everyday wear. Dangling earrings can be dangerous and are not allowed at activities.
3. Girls may wish to bring funny shirts or outfits that may be worn as a costume for special events (talent shows, Halloween party, theme dinners, etc). Feel free to pack 1 or 2 such outfits.
4. During and after the activity day, campers must wear either sneakers or supportive shoes with ankle straps. Flip flops may be worn before the activity day only.
5. Curling irons and hair straighteners are not permitted at camp. These items, if brought to camp, will be collected and stored until departure.
6. All personal items must be clearly marked with camper's name.

HEALTH CARE FORMS

Each camper must have complete, up-to-date, signed Camper Medical Examination and Health History Forms in order to attend camp.

CAMPER MEDICAL EXAMINATION FORM

To be printed via MyCampMinder AND completed by licensed medical personnel

Campers need to have an annual physical with their pediatrician. Schedule your daughter's check-up as soon as possible. Physicians must sign and print or stamp their address and phone number on the form. Once completed, please upload the form to your MyCampMinder dashboard.

- We require campers to be immunized according to the current recommendations of the American Academy of Pediatrics (AAP).
- If you have a question or concern about your child's immunization record, please contact us by May 1st.

Note: Some physicians have their own medical examination forms. If this is the case, please attach their signed medical form to ours and make sure all requested information is included.

HEALTH HISTORY FORM

To be completed annually by parent/guardian. This form is required in addition to the Camper Medical Examination Form. Please be thorough, so we have complete knowledge of your child's health history.

PARENT MEDICAL AUTHORIZATION FORM

To be completed by parent/guardian. This form covers the Parent Authorization in case of a doctor or hospital visit. Provide necessary insurance, prescription and credit card information.



HEALTH CARE GENERAL INFORMATION

HEALTH CHECK PROTOCOL

The health of our camp community is a priority. We share this Health Check Procedures & Illness Prevention Protocol (developed based on CDC and NH Department of Health recommendations) with you so that you may partner with us to ensure the health and safety of our camp community. We thank you, in advance, for your assistance.



Before Camp:

If your child has been exposed to any communicable disease within three weeks of departure, notify the camp immediately. Prior to the start of camp, if your child has had a fever and/or a combination of flu-like symptoms (cough, sore throat, nausea, vomiting, aches/pains, general malaise) she should remain home until your family physician indicates that she is no longer contagious or is 24 hours asymptomatic without the use of medication (whichever is longer). Please notify us immediately; we will make arrangements for a warm welcome to camp when your daughter is well. Upon arrival to camp, please bring a note from her pediatrician.

Opening Day Health Check:

Bus Travel: Our chaperones will check temperatures before boarding. If your daughter has a temperature of 100.0 or greater, we will delay her arrival to camp until your pediatrician indicates that she has been 24 hours asymptomatic (without medication) and is not contagious. Upon arrival to camp, please bring a note from her pediatrician.

Parent drop-off: Health Center staff will check temperatures and run a complete health check of each camper before she moves into her cabin. If your daughter has a temperature of 100.0 or greater, we will delay her arrival to camp until your pediatrician indicates that she has been 24 hours asymptomatic (without medication) and is not contagious. When she returns to camp, please bring a note from your pediatrician.

Wico Chaperoned flights: Our chaperone will check temperatures at the check-in counter. If your daughter has a temperature of 100.0 or greater, we will delay her arrival to camp until your pediatrician indicates that she has been 24 hours asymptomatic (without medication) and is not contagious. Upon arrival to camp, please bring a note from her pediatrician.

Campers Flying as Unaccompanied Minors: Our staff member will be checking temperatures when the campers de-board the plane. If a camper has a temperature of 100.0 or greater, we will take the appropriate precautions, notify you immediately, and assess her in our health center when she arrives.

NOTE: ALL campers will go through a health screening when they arrive at camp including a temperature check. Should a camper exhibit any of the following symptoms (without a fever): cough, sore throat, nausea, vomiting, aches/pains, general malaise or an elevated temperature (99.0-99.9) they will be re-assessed once a day for at least two more days until their symptoms subside or worsen, in which case the camper will be isolated. We will notify you of this immediately.

Protocol for Campers Who Become Ill During the Camp Session: Despite our effort to keep campers and staff healthy throughout the summer, illnesses pass quickly in camp communities. We will contact you should your child become ill with a contagious virus that requires isolation for multiple days; together we will create a solution that works for your daughter and the camp community.

Health Care General Information continued on next page...

CAMPMEDS

NEW
FOR 2018!

Wicosuta has partnered with CampMeds to pre-package **daily** prescription and non-prescription pill-form medications (excluding vitamins) for campers living in the United States. Medication distributed through CampMeds will be delivered to camp prior to your child's arrival. This method minimizes potential errors and ensures that each camper gets the correct medication and dosage at the correct time. For more information, please see the CampMeds informational letter and FAQs on your MyCampMinder forms dashboard. To register with CampMeds, go to www.campmeds.com.



HEAD LICE AND BED BUG SCREENING

Head Lice: Have your child inspected for the presence of head lice two weeks prior to departure and immediately before camp begins. If your child had head lice or was exposed to it (family member, friend, schoolmate, etc.) within four weeks of her arrival to camp, please notify us.

We have partnered with The Lice Treatment Center (LTC), a professional company, to check each child's head upon arrival to camp. Lice Treatment Center will treat campers with nits and/or live lice. **Wicosuta will bill parents for lice treatment at a cost of \$375 per camper.** For more information on LTC and their products, go to www.licetreatmentcenter.com.

Bed Bug Screening: Camp Wicosuta has partnered with an outside vendor to check our facility and your campers' belongings for bed bugs. Should any issues arise, we have a plan in place to deal with bed bugs both prior to and during the summer. We have not had any issues in the past and are confident that this proactive step will help us avoid potential issues.

NUT ALLERGIES

Wicosuta is a "nut-safe" environment.

We have some campers who are severely allergic to peanuts, tree nuts and all nut products. Direct or indirect exposure to these products could be life threatening for them.

Our "nut-safe" environment begins on the first day of camp and starts when campers meet Wico chaperones for their travel to camp.



ORTHODONTIC CHECK-UP

Parents of campers undergoing orthodontic treatment should relay any special instructions to us. If a wire snaps or a similar problem arises during the summer, the local orthodontist will make your daughter comfortable. They will not, however, do any substantial work or repairs.

EYEGASSES

If your daughter wears prescription eye glasses, send a second pair of glasses with her to camp.

PARENT GUARDIAN NOTIFICATION GUIDELINES

Our medical staff will contact you if:

- Your child needs to be seen by an outside practitioner.
- Your child needs to spend the night in the health center. When possible, we will call in advance.
- There is an emergency.
- Your child menstruates for the first time.
- They have a general medical concern or question about your child.

We will generally not contact you for routine issues such as minor skin abrasions, headaches, colds, etc. Medical attention provided by our camp health center is covered by your tuition. Any additional cost incurred during camp are the responsibility of the camper's family including prescriptions (new and refills), emergency room visits, local physician's visits, and/or outside providers of medical attention. All of the above will be billed to your medical insurance carrier. Any additional expenses/co-pays will be charged directly to your credit card.