



BERKSHIRE HAPPY CAMP PROGRAM GUIDE

(413) 200-7229

Welcome to Berkshire Happy Camp! Whether this is your first time or your tenth time participating in our programs, we are certain you are going to have a fantastic couple of weeks this summer. We are very excited to have your family involved in our community.

Berkshire Happy Camp is an extension of all the other wonderful programs we run here at Becket-Chimney Corners YMCA. Through carefully selected and planned activities, we help guide children and young adults to develop their physical, spiritual and mental potential – becoming confident, responsible, honest and caring community members, both here and upon their return home. Specifically, Berkshire Happy Camp is created through partnership with Berkshire Adventures to provide cultural exchange opportunities to Chinese and American youth. Through this opportunity, youth are exposed to another culture and have the opportunity to teach and learn about customs, language and a way of life different from their own in order to encourage Peace Through Understanding.



This Planning Guide helps families prepare for the Berkshire Happy Camp. These resources, and other resources, are always available at bccymca.org/berkshire-happy-camp, should you need more information.

Thanks for being a part of our community. Our enthusiastic and well-qualified staff are anticipating an exceptional summer program.



WHAT IS BERKSHIRE HAPPY CAMP?

Berkshire Happy Camp aims to encourage 'Peace through Understanding', in developing relationships between Chinese and American youth.

All activities at Berkshire Happy Camp will encourage cooperation with peers, problem solving, critical thinking, imaginative play, and physical challenges. It's our aim to keep kids active both physically and mentally as they play and explore away from technology. Our structured activities focus on stimulating a deeper cultural understanding and awareness of one another and building interpersonal skills. Campers will play games and participate in healthy, indoor & outdoor, active activities with time to reflect and debrief experiences helping the campers further process and be more aware of what's happening around them.

Each weekday, campers will participate in Becket Day Camp (BDC). BDC encourages opportunities for campers to make positive summer memories and friendships while learning relational skills that can be used in their everyday lives. Relational skills, such as communication and cooperation, are developed through engaging, organized activities and group play. The emphasis at BDC is having fun in a safe and inclusive community. During the week Happy Campers will integrate into the BDC community. At BDC camper groups are split by age to encourage friendship and growth with peers. The BDC day is broken into morning group activities and afternoon choice time activities.

At the end of each day, American and Chinese campers will participate in unique evening activities created by instructors to teach and discuss a daily theme related to social and emotional learning. Themes of the program will include the YMCA core values: Respect, Responsibility, Honesty and Caring.

Most evenings, Berkshire Happy campers will retire to lodge accommodation to spend the night. Happy Campers will make their lodge feel like "home" with decorations and personal flare.

HOW HAPPY CAMPERS BENEFIT

As a result of attending this camp, participants will find more value in connections with other people and make friends with people from all over the world. They will experience a culture that differs greatly from their day-to-day life and be able to integrate parts of that culture into their own. The participants will develop a sense of belonging and be confident interacting within the camp community. Chinese campers will practice speaking English and improve in their ability to communicate with their American peers during the program. Similarly, American participants will have the opportunity to be exposed to a new language and meet someone from the other side of the world.

Along with personal growth within the program, participants will get to spend time at one with nature in the Berkshires as they explore an area of the world very different than their own, or share their own backyard with someone from across the sea. Whether it involves a hiking adventure through the woods, playing games with peers, attending Becket Day Camp or just seeing the incredible stars at night, participants will surely remember this adventure of a lifetime. Happy Camp is time away from home in the middle of a beautiful season in the Berkshires. It's an opportunity for kids to come together from all over the North-East and be with old friends, make new friends and spend a week active in the great outdoors.

SUMMER ACTIVITIES

Berkshire Happy Campers will participate in activities such as: swimming, canoeing, hiking, sports, creative exploration outside with hands-on science activities, arts and crafts, and unique experiences on our challenge course. Through participating in these camp activities, Chinese and American campers will have the opportunity to develop relationships and make meaningful friendships with one another.

SWIMMING AND BOATING

While at Becket Day Camp, Happy Campers will visit the Iroquois waterfront each week day for swimming or boating. Trained and certified American Red Cross Lifeguards are on duty each day. Our waterfront Buddy System requires “buddy checks” every 5 minutes for campers in the swim area.

In order for campers to swim beyond the designated shallow end, they are required to pass a swim assessment without a PFD (Personal Flotation Device). This assessment is designed to evaluate swimming ability and endurance. All swimmers at the Red Tag Level (non-swimmers or those who are assigned to the shallow section) will be fitted for a PFD. Berkshire Happy Camp provides Coast Guard approved PFDs in a range of sizes. You may send a Coast Guard approved PFD from home for your child to wear. If you send a PFD, your camper will be required to wear this PFD at all times when swimming. This PFD must be free from tears, holes or mold, fit your camper properly and be inspected by a Becket Day Camp or Happy Camp Lifeguard.



Please be sure your child is “Sun Smart”. Your child must have adequate sun protection every day. Sun protection should include a full-brim hat, SPF30+ water-resistant sunscreen, a long-sleeve swim-shirt and a shirt to wear on the beach. A child’s skin is more vulnerable to the harmful effects of excessive sun exposure. Campers may be prohibited from specific activities if sun protection is inadequate.

HAPPY CAMP LOGISTICS AND CONTACT INFORMATION

ARRIVAL

Chinese campers

Chinese campers will be greeted in the airport by Happy Camp Counselors and welcomed to America. After a 3 hour drive to camp from New York City campers will have 24 hours to reset and adjust to U.S Eastern Standard Time after a short orientation to camp.

American Campers

Residential American Campers should be dropped off at Bard College at Simon's Rock in Great Barrington at 5:00 PM on Sunday. Main Entrance Address: 84 Alford Rd, Great Barrington, MA 01230. Once you arrive you will need to drive to our lodging at The Carriage House. You will find a campus map at the end of this document.

Day-Only American Campers should check-in at Becket Day Camp on weekday mornings at 8:30 AM daily. GPS Setting: 170 Lane Rd, Becket, MA 01223. There is the option for pre-camp care beginning at 7:30 AM. Weekday programs end at 6:00 PM daily. American Day-Only Campers should be picked up at Becket Day Camp at that time or choose one of the two evening transportation points (must be pre-booked).

Day-Only American Campers may pre-book for transportation with weekday pick-up and drop-off as follows:

Morning Transportation	
<p><u>Route #1</u> <u>Phone:</u> 413-418-1564</p> <p>Morris Elem. School 129 West St Lenox, MA 01240 Pick-up: 7:55 AM</p> <p>Lee High School 300 Greylock Street Lee, MA 01238 Pick-up: 8:10 AM</p> <p>Farmington River 555 N Main Street Otis, MA 01253 Pick-up: 8:30 AM</p>	<p><u>Route #2</u> <u>Phone:</u> 413-418-1631</p> <p>Williams Elem. School 50 Bushey Rd Pittsfield, MA 01201 Pick-up: 7:45 AM</p> <p>Craneville Elem. School 71 Park Avenue Dalton, MA 01226 Pick-up: 8:05 AM</p> <p>Kittredge Elem. School 80 Maple Street Hinsdale, MA 01235 Pick-up: 8:25 AM</p>
Evening Transportation	
<p>Lee High School 300 Greylock Street Lee, MA 01238 Drop-off: 6:25 PM</p>	<p>Williams Elem. School 50 Bushey Rd Pittsfield, MA 01201 Drop-off: 6:30 PM</p>

On weekends, there is the option for all Happy Campers to participate in field trips on both Saturday and Sunday. The departure time will vary by field trip destination. All field trips begin and end at Bard College at Simon's Rock in Great Barrington unless you have a specific arrangement with the Camp Director.

DEPARTURE

At the end of each session Chinese and American students will have a final end of camp ceremony the night

before departure. The following day Happy Campers will spend one last epic day in New York City before heading to the airport. American campers will be brought back to the Berkshires. We will be returning to camp late at night and are recommending parents pick up American Happy Campers the following morning. Camper pick-up will be at Bard College at Simon's Rock in Great Barrington, unless alternative arrangements have been made with the Camp Director. Pick-up time at Bard College at Simon's Rock will be 9:00 AM Sunday.

Only the listed parent will be permitted to pick-up the camper. Please notify our office in writing if someone else will be picking up your child. An adult will need to sign the camper out from the staff. Please note that a valid form of government identification may be requested to confirm identity.

Removing campers early or during the program is a possibility, through communication with the Berkshire Happy Camp Director. However, we would like parents to please minimize this because it is quite disruptive to the program. As the children's friendships and group dynamics develop, it can be very impactful when one child is removed, even for a short period of time.

SESSION DATES AND NAMES

- July 2nd- July 15th: 2A
- July 2nd- July 22nd: 3A
- July 16th- July 29th: 2B
- July 16th- August 5th: 3B
- July 30th- August 12th: 2C
- July 30th- August 19th: 3C

CONTACT INFORMATION

Berkshire Happy Camp is run by Berkshire Outdoor Center – the year-round department of Becket-Chimney Corners YMCA. Please select from the following contacts for your inquiry.

Paperwork Inquiries

Nicole Cabelka – Registrar
ncabelka@bccymca.org
413 623 8991 ext 110
Monday to Friday 8:00 AM - 4:00 PM EST

Pre-Camp Program Inquiries

Liz Just – Happy Camp Director
happycamp@bccymca.org
413 200 7229
Monday to Friday 8:00 AM - 4:00 PM EST



Inquiries during Berkshire Happy Camp

Daytime Phone
413 200 7229
8am-9pm EST

After Hours Emergency Only

Overnight (Emergency) Phone
413 679 1088
9:00 PM - 8:00 AM EST

China Parent Inquiries during Program

Harry Yu- Berkshire Adventures
413 446 3868
harryu32@gmail.com
8:00 AM - 9:00 PM EST

BERKSHIRE HAPPY CAMP COMMUNITY

Berkshire Happy Camp is a small community. We find that keeping camper group size small is ideal – an intimate group where most people get to know each other pretty well, yet large enough that there’s always something new to learn about someone.



THE GROUP

Central to the philosophy and experience of Berkshire Happy Camp is the group. Each group is made up of eight to twelve individuals, living, eating, playing and planning their day together as a group. This relationship-building time teaches them to build friendships, but also compromise, negotiate, think creatively, build consensus, be inclusive and communicate effectively. We view the group as the most important facilitator of camper development of everything we do.

We carefully assign campers to groups, based on a variety of factors, but especially school grade, age and maturity level. We strive to initiate new friendships.

STAFF

Our staff is highly trained to work with campers of a variety of ages and backgrounds. They are able to analyze groups and establish exactly what a group needs to work together, have fun and bond with one another. Our staff are our most valuable resource in making participants feel welcome and giving everyone the attention they need.

Staff are selected on their abilities and experience working with campers, both in our Berkshire Happy Camp, Becket Day Camp, Berkshire Outdoor Center and other related settings. Our staff are carefully selected and trained by our Berkshire Happy Camp Director. They undergo a rigorous screening process, background checks and we examine their references thoroughly. The majority of staff have prior Becket-Chimney Corners YMCA experience, and many of them return time and time again to work in our programs.

Staff are trained in the following aspects of camp life:

- Cabin Activity Planning
- Working with Youth
- Summer Safety
- Program Area Orientation
- Behavior Management
- Policies and Procedures
- Emergency Action Plan
- Child Abuse Prevention

Staff work in pairs with each group and provide the 24 hour per day supervision and guidance of their campers.

They are the supervisor, but also the mentor and friend of each camper within their care. They plan the activities in consultation with the Director and the other staff working with other groups. They are exceptional people with real dedication and skill for working with youth.

MEET THE DIRECTOR AND ASSISTANT DIRECTOR OF BERKSHIRE HAPPY CAMP

Berkshire Happy Camp Director: **Liz Just** started working at Berkshire Outdoor Center in September 2016. She is a native Wisconsinite who grew up just outside of Madison, Wisconsin. She attended the University of Minnesota-Twin Cities and earned a degree in Environmental Education and Sustainability Studies. Her career has taken her across the country guiding wilderness expeditions and most recently helping to launch and grow a new non-profit in Minneapolis, Minnesota before coming to Berkshire Outdoor Center. Liz is also a World traveler and is excited to direct a program that promotes cultural exchanges. Outside of work she loves spontaneous adventuring, she can't go a day without talking about her best friend, she enjoys getting creative in the kitchen, prefers sunrise to sunset, and her sleeping bag feels like home. She is thrilled to be part of Berkshire Happy Camp this summer.

Berkshire Happy Camp Assistant Director: **Sammy Lewis** started working for Berkshire Outdoor Center in the summer of 2015 but has spent many summers in the Berkshires as a camper at BCCYMCA's Chimney Corners Camp. She was born in New York City but was raised in the suburbs of Boston. Holding a Bachelor's degree in History from Keene State College in New Hampshire Sammy couldn't be more excited for the summer ahead. This is Sammy's second summer working with Berkshire Happy Camp. Anticipating fun days spent under the summer sun (and occasionally the rain) she can't wait for hours by the lake, hikes through the woods and s'mores by the fire.

LEADERSHIP & NURSES

Our Berkshire Happy Camp Director is a highly experienced member of our leadership team at Becket-Chimney Corners YMCA. Our nurse will attend to all routine camper healthcare needs, as well as urgent care. Our nurse is always on call if campers have physical or emotional health care needs. Our nurse will contact you in the case of any serious injury or illness.

CAMPERS

Campers are the reason we are all here. Helping to develop their relationships, their skills, their sense-of-self, social responsibility and their place in the world is the whole reason our business. The best way we can teach them is simply by getting them involved. By creating opportunities through the group and through the afternoon activities and through the opportunities campers have to be kids and have fun and chit-chat with one another, we are developing them as young people.

We want the campers to participate, to contribute and to help one another. This is our expectation of our campers. We will encourage campers, and expect campers, to help one another be everything they can be, and follow these guidelines:

- **Respect One Another**
 - We speak and act respectfully to one another.
 - We act responsibly, caring for one another.
 - We protect one another from harm – physical and emotional.
 - We help make one another comfortable, and feel safe and secure.
 - We help one another by sharing the responsibilities of camp life.

- **Respect Ourselves (Physically & Emotionally)**
 - We follow the safety rules outlined by the camp and the staff
 - We dress appropriately for the weather
 - We eat a balanced, healthy diet.
 - We avoid drugs and alcohol.
 - We maintain our hygiene by showering regularly and brushing our teeth.
 - We avoid self-deprecating behavior and attitudes, maintaining an uplifting and enthusiastic attitude.

- **Respect Our Camp**
 - We follow the schedule. We participate and attend the activities.
 - We care for the facilities – the lodges, the equipment and environment.
 - We help improve the camp, leaving it in better condition than we found it.
 - We participate in developing activities and programs for the future.

BERKSHIRE HAPPY CAMP SCHEDULE

Berkshire Happy Camp runs two week and three week sessions. With the exception of field trip days and closing day, the daily schedule runs from 6:30 AM through 9:30 PM. Monday through Friday campers will attend Becket Day Camp. During the weekends campers will participate an offsite field trip.

DAILY SCHEDULE M-F

Time	Activity	Location
MORNING		
6:30 AM	Wake-Up	Bard College at Simon's Rock
6:30 - 7:15 AM	Dress, Clean Up Space, Pack backpack for the day	Bard College at Simon's Rock
7:15 - 7:45 AM	Breakfast	Bard College at Simon's Rock DH
7:45 - 8:00 AM	Review Core Value	Bard College at Simon's Rock DH
8:00 - 8:15 AM	Load Vans	Bard College at Simon's Rock
8:15 AM	Depart for Lane	Vans
9:00 AM - 4:00 PM	Day Camp	Lane Farm
POST DAY CAMP (Everyday but Wednesday & Thursday)		
4:00 - 4:30 PM	Daily Counselor Cabin Group Check-In	Lane Farm
4:30 - 6:00 PM	Cabin Time: <ul style="list-style-type: none"> • Structured or unstructured Free Time • Introduce Core Value for next day 	Lane Farm
6:00 PM	Load Vans	Lane Farm
6:10 PM	Depart for Bard College at Simon's Rock	Vans
7:00 - 7:30 PM	Dinner	Bard College at Simon's Rock DH
7:30 - 8:15 PM	All Camper Activity	Bard College at Simon's Rock
8:15 - 8:45 PM	Prepare for bed	Bard College at Simon's Rock

8:45 - 9:15 PM	Cabin Chat/ Reflection	Bard College at Simon's Rock
9:15-9:30 PM	Quiet Alone time	Bard College at Simon's Rock
9:30 PM	Lights Out!	Bard College at Simon's Rock

On Wednesdays students will return to Bard College at Simon's Rock and participate in a science experiment with a Professor from the College.

On Thursday Happy Campers will participate in Becket Day Camp Family Night. Parents are encouraged to attend. The evening will be held from 5:30 PM to 7:00 PM at Becket Day Camp's Lane Farm (170 Lane Rd, Becket, MA 01223). Our community of day campers and parents can enjoy each other's company, barbecue, dessert and skits and songs. The American Campers get to introduce their Chinese friends to their parents and show them around camp, get the parents involved in some of the activities, and just hang out together. Becket Day Camp



provides hamburgers, hot dogs, veggie burgers, water and lemonade, but parents can contribute by bringing a potluck for up to six people. The pot luck can be either salads, side dishes or desserts. Don't forget to bring a lawn chair or blanket, but please leave your pets at home. Don't forget your dishes from the potluck and to check for lost & found before you leave!

WEEKEND SCHEDULE

The weekend schedule will vary based on field trip destination. It is likely that Saturday will be a "Big Field Trip" and Sunday will be a "Little Field Trip" with a bit of a sleep-in and an early night.

CAMPER AGES

Berkshire Happy Camp is children who are ages 7-16.

BERKSHIRE HAPPY CAMP MEALS

The entire Berkshire Happy Camp community comes together for meals in the dining hall. Groups sit together, and are joined by their staff. It is also the opportunity for staff to make important announcements that affect the whole camp.

For overnight American campers and all Chinese campers we will be eating breakfast and dinner at Bard College at Simon's Rock. Campers will experience eating in a real college dining hall while they enjoy time with friends and counselors. All overnight campers will receive lunch at Becket Day Camp from our camp kitchen (day-only campers are required to bring their own). During the weekends campers will experience the meals in the locations we are visiting. On field trips we choose meals that are representative of the city or town culture. For example: In New York City students will try New York City bagels and pizza.

Sample Menus:

Breakfast

- Hot entrée
- Hot vegetarian option
- Oatmeal
- Fresh fruit
- Yogurt
- Granola and Cereals
- Bagels with cream cheese, jam
- Orange Juice, milk

Dinner

- Hot entrée
- Hot vegetarian option
- Full salad bar with dressings
- Fresh fruit
- Peanut butter/Sunflower butter alternative
- Hot chocolate, milk, iced water

Lunch

- Hot entrée
- Hot vegetarian option
- Full salad bar with dressings
- Fresh fruit
- Peanut butter/Sunflower butter alternative
- Lemonade, milk, iced water

Evening Snack

- A cookie, granola bar, brownie or S'Mores, or a similar snack, will be available with milk around 9:00 PM.

VEGETARIAN AND OTHER SPECIAL DIETS

Every meal will have a vegetarian option automatically included. Please inform us if the camper is vegetarian

or has another special diet, so that we know how many of such meals to prepare. Vegan campers and others with highly restrictive diets may need to bring supplemental foods. If you have any questions, please contact the Happy Camp Director at happycamp@bccymca.org.



FOOD ALLERGIES

Most food allergies can be accommodated. Please let us know of any specific food allergies. If you have any questions, you may speak with our

Food Service Director, who will be happy to contact you. Please contact our Happy Camp Director if you wish to speak with a Food Service Director.

MEDICATIONS, HEALTH AND SAFETY

Our primary concern at Berkshire Happy Camp is the safety and well-being of every member of our community. Staff will make every effort to minimize exposure to the known safety hazards and risks in all program areas and activities, as well as within our facilities, however not all hazards can be foreseen. By participating in our programs, campers and their parents willingly acknowledge these risks and assume all risks by participating in the programs.

GENERAL HEALTH AND WELL-BEING

Please assist us by discussing these topics as a family, prior to the commencement of Berkshire Happy Camp. All campers and staff will undergo a medical check on arrival to camp. The medical check will include checking of ears and throat, and a general evaluation of health.

Campers and Staff are expected to:

- Wash hands regularly, especially before meals
- Avoid sharing personal items, such as combs, razors, toothbrushes and eating utensils
- Avoid sharing water bottles
- Drink plenty of water
- Manage their diet and eating behaviors such that they eat well-balanced meals
- Protect themselves from the elements and weather by wearing appropriate clothing, sunscreen and by staying dry
- Act maturely when outside direct supervision
- Stay within the boundaries of the Berkshire Happy Camp site
- Avoid contact with strangers and report strangers to a counselor
- Avoid crossing any roads without a counselor present
- Report all unacceptable behavior to a staff member
- Report all illnesses or injuries to the Berkshire Happy Camp Nurse

URGENT (NON-EMERGENCY) HEALTHCARE

The Berkshire Happy Camp Nurse is the first point of contact when there is an urgent (non-emergency) injury or illness. The Berkshire Happy Camp Nurse will refer all urgent (non-emergency) cases to Berkshire Medical Center in Pittsfield MA. Such examples include x-rays, sub-specialty referrals, laboratory evaluations or hospitalizations. In all such incidences, camper parents will be notified. The Berkshire Happy Camp nurse is on call for the duration of the program.

EMERGENCY HEALTHCARE

When there is an emergency, or when staff are in doubt, they are required to call 911. Becket Ambulance Department has a depot at the end of our road. In all emergencies, after summoning the ambulance, staff will

call the Berkshire Happy Camp Nurse. In all such incidences, camper parents will be notified.

MEDICATIONS

We take the distribution of medication seriously:

- Our Nurse or Director will administer only those medicines prescribed by the examining physician in writing on the examination form.
- Non-prescription medication and vitamins must come in the original package with written permission from the parents to administer.
- All prescribed medications sent to the camp must be in the original container bearing the pharmacy label which shows the prescription number, date filled, physician's name, name of medication, directions for use and the camper's name.
- Requests for dosages, differing from the label or from the recommended dosage for a child's age/weight, will only be accommodated with written instruction from a physician.
- Medication must be given to the Nurse at check-in on opening day.
- Any medications (with the exception of inhalers and Epipens but including non-prescription medication) brought from home must be kept in the camp infirmaries by state law, and will be given as prescribed.

EPIPENS AND ASTHMA INHALERS

- Epipens and asthma inhalers may be kept in the possession of the camper, however a spare Epipen and asthma inhaler must be kept with the Nurse in the case of emergency. Please provide two inhalers and/or Epipens upon arrival at Berkshire Happy Camp.
- Families assume all liabilities and risks associated with self-administration of these medications.
- Please make sure the camper understands the appropriate use of these medications and the need to report all use to the Nurse.

HEALTH RECORDS

Massachusetts Department of Public Health requires that all campers be immunized against diphtheria, tetanus, pertussis, poliomyelitis, measles, mumps and rubella. A Hepatitis B vaccination is required for all campers born on or after January 1, 1992.

Berkshire Happy Camp recommends that parents talk with their family pediatrician in regard to having your child vaccinated with the meningococcal vaccine that protects against some strains of the meningococcal bacteria. Meningococemia is a rare bacterial infection of the blood stream. This germ can sometimes cause meningitis (infection of the tissue that covers the brain and spinal cord) or sepsis (an infection of the blood). The bacteria are spread by close contact (involving the exchange of saliva) with an infected person or a person who is a carrier of the bacteria. A meningococcal vaccine has been recommended for participants in residential programs such as colleges and the military.

Berkshire Happy Camp requires a complete pre-camp physical examination within one year of attending Berkshire Happy Camp.



PREPARING FOR BERKSHIRE HAPPY CAMP

It's exciting – getting ready to go away to camp. But sometimes first-time campers can get a little anxious, and that's ok. It's normal, and it's a healthy part of life to go through that anxiety. Here are some thoughts that might help.

WAYS TO HELP AVOID ANXIETY

- Read this planning guide together. Sometimes hearing about all the great options helps reassure the camper that Berkshire Happy Camp is going to be a ton of fun.
- Pack for Berkshire Happy Camp together. Help the camper think through what kind of items to bring, and talk about the wonderful options ahead. Resist the temptation to pack for them and have them help themselves.
- Remember that separation anxiety is often harder on the parents than it is on the camper themselves. Be aware that children can read (and sometimes misinterpret) your feelings, and this might contribute towards feelings of homesickness. Be tough; help them be tough.
- Help the camper build confidence and self-reliance by staying positive. Be honest and realistic, but stay positive.
- Contact Berkshire Happy Camp if the camper seems highly anxious. Sometimes talking to the Camp Director can help. Other times, it may not be right for the camper to attend. We don't want them to only do what's easiest, but we also don't want anyone to be forced to go away to camp. Call us; maybe we can help.

PACKING LIST

- Pack for a week, not a month!
- **Label all items.**
- Clothes get damp when it rains, pack changes of clothes.
- Synthetic or wool clothes keep you cooler. Cotton is bad for breathability.

Clothing

- T-shirts
- Long-sleeve shirts
- Sweatshirts
- Shorts
- Long pants
- Pajamas
- Undergarments
- 12+ pairs of socks
- Tennis shoes or hiking boots
- Sandals or Water shoes
- Sun hat(s)
- Rain Coat and Pants

*Summer weather in Becket can vary dramatically during the day temperatures to night temperatures. In general plan to send your child with clothes that can keep them warm or cool in temperatures ranging from 50/ 10 degrees F/C to 90/32 degrees F/C.

Bedding

- All kids will be provided linens and **do not** need to bring any bedding with them.

Equipment

- Flashlight
- Alarm Clock
- Watch
- 2 water bottles
- Laundry bag
- Daypack/backpack
- Sunscreen
- Bug Repellent

Optional

- Crazy Creek/Camp Chair, Camera, Stationary, Pen/pencil, Stamps, Journal,
- Dress up clothes/Costumes, Binoculars
- Games, Pictures from home
- Talent show props, instruments and any supplies for skits

Toiletries

- Toothbrush
- Toothpaste
- Dental floss
- Mouthwash
- Soap with soap dish
- Shampoo & Conditioner
- Hairbrush/Comb
- Shower Caddy
- Towels
- Face Cloths
- Deodorant
- Feminine Hygiene Products (if necessary)

Do not bring

- Cell Phones
- Electric Amplifiers
- Computers
- Electronic Games
- Squirt Guns
- Glass Containers
- CD Players/iPods
- Skateboards
- Candy
- Jewelry
- Walkie-Talkies

RESTRICTED ITEMS

As part of our American Camp Association accreditation, we must inform you that no one (including campers, and parents) may bring the following items to camp: pets, illicit drugs, alcohol, tobacco, firearms, ammunition, fireworks, weapons, and sports equipment. Campers are not allowed to drive vehicles to camp or leave cars parked on camp property. Travel in a non-passenger vehicle (i.e. the back of a pick-up truck) is prohibited.

PAPERWORK ACCESS

- All permission forms, confirmation packets and planning information can be found online in your camp account.
- Feel free to email us at any time at ncabelka@bccymca.org or call on 413 623 8991 ext 110.