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YMCA CAMP ABNAKI

2026 Overnight Camp Parent/Guardian Handbook

Stay Connected Year Round!



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WELCOME

We are thrilled to welcome campers and staff to camp for 2026. Our Parent Handbook provides important information to answer questions and help you and your family prepare for overnight camp.

UltraCamp

Our online registration is facilitated by UltraCamp. The information and account will stay with the family during their entire length of involvement with Camp Abnaki. Here you can manage forms, make payments, update camper information, manage store funds, and more. All forms can be accessed and uploaded via the Document Center in your UltraCamp account. **To adequately process all camper information, all forms must be completed and received three weeks prior to the start of camp.** If you have any questions about UltraCamp, your account, or the multitude of services provided, please contact the camp office at 802-652-8180.

Doctor's Exam

The single page Doctor's Exam Form must be filled out by the parent and signed by a physician for the camper to attend. All campers must have an exam from a licensed medical professional within 24 months prior to camp attendance. **Each camper must submit a new form each year.** They do not necessarily need to have a new exam, but the form needs to be filled out annually by the doctor. We recommend keeping a copy of this form for your records.



Check-In and Check-Out

Check-In on Opening Day is on Sunday from 1:00pm-4:30pm. Please do not arrive prior to 1:00 pm, as our staff are not prepared to accept campers beforehand. Check-Out is Friday from 3:00pm-5:00pm. Check-In and Check-Out typically takes 45 minutes to an hour.

In an effort to facilitate a smooth check-in, families are provided with a check-in and check-out time for their camper(s). You will receive your times and more information about the check-in/check-out procedure prior to the start of your son's session. Please notify camp if you will not be able to make your assigned times. Session Check-Out will begin in your camper's village and finish at the Admin

Building. You will check-out with your camper's counselor, Village Leader, and Camp Director before departure. Campers will not be released to anyone other than the authorized pick-up people listed in your UltraCamp account.

To ensure all campers arrive to camp healthy, **all campers will have a basic health screening as part of Check-In**, including checking for infections, contagious and communicable illness, and changes in health status since completion of the health form. It is important to have all medical information up-to-date prior to this screening. Health Forms should be submitted 3 weeks prior to attending so the Health Center Staff have time to review all information prior to your camper's arrival.

During the screening, a lice check will be conducted. Any evidence of lice will lead to the camper returning home before camp starts. This decision will be made by the Health Center team and Camp Director. Campers leaving for this reason may re-enter camp if it is found that all evidence of lice is removed to the satisfaction of the camp Health Center team.

****Animals are not allowed on camp property or left in cars during Opening and Closing Days. The best place for pets is at home, waiting for your arrival back from camp. (ACA Standard AD.16.1.D)**

Transportation To / From Camp

For those families requesting pick-up/drop-off at either the bus station or Burlington International Airport, **arrangements should be made in writing through our Transportation form in UltraCamp**. There is a fee for transportation to/from camp. Please refer to the Transportation form for details.

Camp Tour / Open House

New and returning families, please join us for one of our **Summer 2026 Open Houses to be held Sunday, June 7, from 10:30-1:30 for overnight camp only, and Sunday, June 14, from 10:30-1:30 for overnight and day camp**.

We always welcome the opportunity to give a tour of camp. If you want to take a walk around with your camper and/or family, please contact the camp office at 802-652-8180 or youbelong@campabnaki.org.

Cabin Assignments / Cabin Mate Requests

Cabin assignments are made a few days prior to the start of each session. Campers are assigned to cabins within villages according to age and other factors. We do our best to honor all normal requests for friends to bunk together. All requests must be made by each separate campers' parents mutually, and the requested campers' birthdays must be within 18 months of each other. Only one mutual cabin mate request will be honored. We do not allow "triples" or larger groups of friends to be placed in the same cabin. Most campers come alone! **We believe that meeting new people and making new friends is a crucial part of the camp experience**. We do not encourage siblings to be in the same cabin while at camp.

Overnight Camp Programs

Programs at Camp Abnaki are designed to support the development of self awareness, social skills, activity skills, independence, and problem solving. Campers will experience a variety of day and evening programs throughout the camp session. They'll participate in skill classes, small and large group games, and share in reflective exercises. Campers have the opportunity to select skill classes and, while due to class size limits we can't guarantee they will receive all selections, we do our best to ensure everyone gets into some of their favorites.

Clothing

We encourage you to send old clothes to camp as your camper will be taking part in rugged sports and activities in all sorts of weather. **A "What to Bring to Camp" list is available on our website and in UltraCamp**. We encourage you to label all items with either a permanent laundry marker or nametags. We will make every effort to return lost and found items while your camper is at camp, however, some items always turn up after the campers return home. Articles left behind with no identification are given to a local charity after camp has ended. Make sure to check Lost & Found on Closing Day at the Admin Building.

Parent Contact / Visitors / Phone Calls

An integral part of the growth process for campers is the extended period away from home and the development of independence. **We highly discourage phone calls and visits to camp unless there is a family emergency**.

In the event of serious illness, accident, prolonged homesickness (two or more days) or other situations warranting discussion with the parents, the Village Leader, Assistant Camp Director, Camp Director, or Nurse will notify parents. If this is your camper's first time at camp, you will receive a phone call or email from his Village Leader or cabin counselor early in your son's stay to update you on how he is doing. These first-time camper phone calls/emails can be scheduled with the Village Leader on Check-in Day.

Camper Mail

Campers are encouraged to write home at least once a week. Parents should include self-addressed stamped letters or cards. Campers enjoy hearing from you too! Make your letters friendly, newsy, and joyful. Avoid telling them how much you or others miss them as this tends to be more harmful than helpful. Campers sometimes worry about their families when they are away, so please assure them that you are happy and healthy. Address your mail as follows:

Camper's Name
YMCA Camp Abnaki
_____ Village
1252 Abnaki Road
North Hero, VT 05474

Please note: We do not provide village assignments prior to check-in day. Not having the village assignment on the piece of mail will not prevent it from getting to your camper. You can always bring care packages/letters that are addressed to your camper on Check-In Day to avoid postage fees! Just indicate the day you want them delivered.

We highly recommend that you provide your camper's address to relatives and friends. Campers look forward to their mail. Campers also love to receive care packages. Some items we suggest are:

- Baked goods (enough for 6-10 campers, and 2 counselors to share)
- Paperback books / comic books / magazines
- A deck of cards
- Anything else you think they would really enjoy!
- Please be aware and label items that are made or processed with peanuts including: cookies, candy, trail mix, etc.

No gum, candy, or soda in care packages, please.

Peanut and Tree-Nut Policy

Camp is a "Nut-Aware" facility. Peanuts and tree nuts are allowed on camp except for the Dining Hall. We ask that you please be aware of potential nut allergies when bringing/sending products with nuts to camp. The Dining Hall will not produce food made with nuts and is a nut-free area. Some foods in the dining hall may be processed in a setting that processes nuts (IE... Hershey's bars for s'mores, etc.). Items containing nuts may be sold in the camp store (pre-packaged). **If your son has a more severe airborne allergy, please contact us before the start of camp.**

Meals / Special Dietary Needs

Campers and staff eat together by cabin in the dining hall. Meals are varied and well-balanced. We can accommodate special needs diets on a limited basis. Please contact us in advance to determine if your child's special needs can be met by our food service.

E-Mail Communication / Online Photo Viewing

Modern technology makes it easier than ever to stay connected to your camper during camp. We offer a few ways for parents to utilize online tools to stay in touch. **During the summer, parents can view photos electronically and send their camper(s) email.** There is no charge to view any of the photos or to send an email through your UltraCamp account.

To send a camper an email, log in to your UltraCamp account, select additional options and email a camper. Emails sent to campers are printed daily and delivered like letters. These emails are printed at 8:30am each day. Emails received after 8:30am will be delivered the following day.

We will also post photos through the UltraCamp system. You can find them under additional options and photo gallery.

Have a friend who you would like to access photos or send an email to your camper? You can invite them to sign up as a "friend account." This account gives them permission to see the same photos you can see and send emails without giving away any of your confidential information.

Please contact camp if you have any questions about UltraCamp, emails, photo viewing, or friend accounts.



Cell Phones

Campers are not permitted to have cell phones while at camp. A sense of independence and a chance to 'unplug' are two of the primary benefits of camp. Phone contact with friends or parents would make a homesick camper's condition worse. Any devices that can connect to the internet are not permitted at camp, including items such as Ipods, kindles, and other electronic devices.

Campers who are discovered to have a cell phone at camp will hand the phone to staff to have it placed in the camp safe. It will be returned to the parents during Check-Out in the Camp Store. (ACA Standard AD.16.1.B)

Camp Store

All campers have money for the camp store built into their tuition. Campers will have \$25 (one-week sessions) or \$45 (two-week sessions). The camp store limits purchases of snacks and juice; other items such as T-shirts, souvenirs, stamps, water bottles, and postcards are available. Parents may add additional money to their son's account by calling the camp office or by logging into your UltraCamp account. Any unused balance is nonrefundable and will be donated to camp after the season. The camp store is also open during Check-in and Check-out times.

You can add camp store money to your camper's account [BY CLICKING HERE](#).

Behavior Management / Dismissal from Camp

Camp Abnaki views behavior management through the lens of fostering growth within our campers. We believe in ensuring a safe, welcoming community in which all our campers can thrive. Behavior issues are handled on a case-by-case basis. Campers whose behaviors do not adhere to camp philosophy or negatively affect the experience or safety of others may be asked to leave camp at the discretion of the Camp Director or Assistant Camp Director. Campers dismissed from camp for behavior issues are not eligible to receive a refund.

Medication at Camp

All prescription medications brought into camp must be accompanied by written orders signed by a physician, packaged in the original container, and include the camper's name, dosage, and time. All medications, including over-the-counter creams, lotions, natural remedies, aspirin, vitamins, melatonin, etc., must be turned in and dispensed by the Health Center team. The only exceptions may include rescue inhalers and epi pens which may be kept in the camper's cabin with the nurse's permission. These restrictions do not include sunscreen or bug spray. All campers with medication will be required to meet with a member of the Health Center team during Check-In, and medications will be given back to the parents by a member of the Health Center team at Check-Out.



Insurance / Illness

YMCA Camp Abnaki does not carry accident / sickness insurance for summer campers. Families must include their own health insurance information on the health form or include a copy of a health insurance card. This information will only be used for outside medical treatment, if required. In the event of serious and/or prolonged illness or accident, parents will be notified at once. Families are responsible for charges incurred for outside medical treatment of their child, including prescriptions.



Inclusion

The Greater Burlington YMCA strives to meet the needs of all children in all our youth programs. For some children to achieve success, a variety of resources or interventions may be necessary. If you believe your child will have a more successful experience at camp with additional resources and support, please indicate that information on the Camper Information form and reach out to the Camp Director. We will make every effort to serve campers who experience challenges of any capacity to ensure a positive experience at camp. At camp, we employ role models of all genders. We have counselors and staff, some living in cabins with our campers, that are male, female and non-binary.

Equal Opportunity

Camp Abnaki is committed to providing an equal camping opportunity for individuals with disabilities. Please contact the Camp Director if there are any accommodation and/or specific requests you may have. When appropriate, we reserve the right to request an applicant's permission to obtain additional information from a medical provider. It is our goal to provide reasonable accommodation where appropriate for qualified individuals to experience all the joy that camp has to offer. All medical information received in connection with the request will be treated as confidential.

Personal Property at Camp

Living at camp for any length of time can be hard on one's clothes and sports equipment. We strongly recommend that nothing of high monetary or sentimental value be brought to camp, as things can get lost or damaged. We recommend any items brought to camp be labeled with your camper's first and last name.

Campers are allowed to bring personal sports equipment to camp. Any equipment that would typically be used at the archery range or other areas with safety concerns will be stored by camp staff. Other sports equipment may be stored in the camper's cabin. Items of higher value (musical instruments, etc.) may be stored by camp staff, but Camp Abnaki is not liable for any damage or loss to such equipment. (ACA Standard AD.16.1.B)

Camp Abnaki reserves the right to remove items from campers for health, safety, and philosophical purposes. Items removed from campers will be stored by the camp staff and returned to parents during Check-Out. Items which may be confiscated include (but are not limited to): cell phones, pocketknives, firearms, fireworks, lighters, portable video game systems, and tablets. Campers may not bring vehicles, bikes, any type of weapon, pets, or other animals to camp. (ACA Standard AD.16.1.B, C, D, and E)

Laundry

All campers should pack enough clothing for their entire stay. Laundry facilities are available for campers staying longer than one session during Changeover.

Bikes / Personal Vehicles

Campers are not allowed to bring their bicycles or other personal vehicles, including motorized scooters, motorcycles, personal watercraft, or automobiles to camp. Campers are allowed to bring a skateboard or scooter for use in camp's skate park. (ACA Standard AD.16.1.C)

Social Media Contact Between Campers and Staff

Greater Burlington YMCA guidelines prohibit camp staff from "friending" campers via social media. If your camper has a social media account, please ask them not to seek out their counselors or other camp staff following their session. Campers can stay connected to camp through our Facebook (www.facebook.com/CampAbnaki) or Instagram pages (www.instagram.com/ymcacampabnaki).

Tobacco / Alcohol / Drugs

YMCA Camp Abnaki's program is designed to encourage healthy personal habits. Tobacco, alcohol, vaping, marijuana or any illegal drugs are not permitted on camp property. Any campers found with such items are subject to disciplinary action, which may include, but is not limited to, dismissal from camp. Campers found to be in possession of illegal substances may be reported to the Grand Isle Sheriff's Department. It is against state law to smoke tobacco products on camp property. (ACA Standard AD.16.1.A)

Cancellation / Refunds

Please notify the camp office immediately if you need to cancel your child's enrollment. Cancellation before May 1, 2026, are entitled to a full refund, minus the \$200 deposit. There is a \$25 fee for returned checks. No refunds will be given for cancellation after May 1, 2026. Cancellations must be submitted to the Camp Director in writing or email. [Please refer to our camp Refund Policy for further information.](#)

Contacting the Camp Office

Phone: 802-652-8180
Fax: 802-713-1005
General Camp E-mail: youbelong@campabnaki.org

Payment / Account Questions?

Please contact our Camp Office:
Phone: 802-652-8180
Email: youbelong@campabnaki.org

Scholarship/Financial/Payment Plans

Please contact our Business Office:
Phone: 802-652-8190
Email: scholarships@gbymca.org

THANK YOU

This summer provides a wonderful opportunity of growth for your son. We appreciate the trust you have shown us and look forward to a long and rewarding relationship. We look forward to seeing you this summer!