

Dear Experience Camper Family,

We are so excited to begin our 13<sup>th</sup> year of the Manitou Experience for boys and our 4<sup>th</sup> year of the Somerset Experience for girls! Enclosed you will find important information for your camper's stay at camp. Please read through everything carefully and hold onto this information!

**ManEx & SomEx:** The 2021 dates of camp are **Monday, August 23<sup>rd</sup> to Saturday, August 28<sup>th</sup>.**

**Forms** will be available in your myExCamps account to complete beginning in April and will then be due on June 1. PLEASE help us by completing these forms NO LATER than June 1.

Forms can be submitted online through your [myExCamps](#) account.

If you are unable to access your myExCamps account, or are having issues completing the forms, please inform us immediately for assistance at [campers@experiencecamps.org](mailto:campers@experiencecamps.org) or 833-226-7385.

**COVID-19 UPDATE:** Our COVID-19 specific forms will follow. Once our protocols are in place for California Experience, you will be notified. The additional forms will include all travel information (flight details, shuttle stop information, etc.), safety precautions prior to travel, safety precautions at camp, and return transportation.

### Contact Information

(these are the leaders who will be on-site with your camper during the week of camp)

#### Girls Program

Jenna Wolfson  
Clinical Director  
973-204-3192

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Ashley Laughlin  
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#### Boys Program

Molly Giorgio  
Clinical Director  
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Lucas Johnston  
Program Director  
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**Please read on for packing lists and communication guidelines.**

# 2021 Maine Travel Information

## **DATES OF CAMP: MONDAY, AUG 23<sup>rd</sup> – SATURDAY, AUG 28<sup>th</sup>**

This year we encourage caregivers to drop your camper off at camp. If you are planning to drop your camper directly off at camp, email [campers@experiencecamps.org](mailto:campers@experiencecamps.org). Please note that bus times below are exact. We will not hold the bus if you are late, as other campers and families are waiting at the next location.

### **To Camp (Monday, August 23<sup>rd</sup>):**

- **Newton, MA:** Assembly at 8:00am ET, depart at 8:30am ET. Newton South High School, 140 Brandeis Rd, Newton MA.
- **Portsmouth, NH:** Assemble at 9:45am ET, depart at 10:15am ET. Parking lot at New Hampshire State Liquor, Route 1 Bypass.
- **Brunswick, ME:** Assemble at 11:00am ET, depart at 11:30am ET. Starbucks at Cook's Corner, 12 Gurnet Rd.

### **From Camp (Saturday, August 28<sup>th</sup>):**

Buses will depart camp after lunch, returning to:

- **Brunswick, ME,** Starbucks, at approximately 12:30pm
- **Portsmouth, NH,** New Hampshire State Liquor, at approximately 12:15pm
- **Newton, MA,** Newton South High School, at approximately 12:00pm

**Address of Camp Manitou: 47 Camp Manitou Cove, Oakland, ME 04963**

**Address of Camp Somerset: 11 Somerset Lane, Smithfield, ME 04978**

Experience Camps strongly believes that no camper should miss out on camp because of transportation needs. Transportation scholarships will be available to campers on a first come, first served basis. Caregivers must submit an application, which will be reviewed by the ExCamps National office. For financial assistance with travel, please complete this [application](#).

# Camper Packing List

## Apparel and Accessories

- 4-5 t-shirts
- 1 long sleeve t-shirt
- 2 pairs of jeans/long pants
- 2-3 pairs of shorts
- 2 sweatshirts or sweaters
- 1 pair of sneakers for sports
- 1 pair of sneakers for walking around
- 1 pair of flip-flops
- 1 pkg of disposable masks (20-30)
- 7 pairs of underwear
- 7 pairs of socks
- 2 sets of pajamas (one warm, one light)
- 1 hat
- 1 lip balm
- 1 refillable water bottle
- 1 small backpack or drawstring bag
- 1 outfit for final dinner (optional)

## Bed and Bath

- 1 blanket or sleeping bag
- 1 set of twin sheets
- 1 pillow
- 1 shower tote/basket (include toothbrush, toothpaste, hairbrush, deodorant, personal hygiene products)
- 1 washcloth
- 1 shower or swim cap (optional)
- 2 bath towels
- 1 beach towel
- 1 pair shower flip-flops
- 2 swimsuits (for active water sports)
- 1 flashlight
- **Optional:** books, non-electronic games, stuffed animal

**Note: shampoo, soap, sunscreen, and insect repellent will be provided at camp. Only pack if camper needs a specific brand. No hair dryers or flat irons should be brought to camp. Keep in mind that this is a summer camp so we ask that campers pack clothes that allow for active motion.**

## Medication

Any medication, prescription or over-the-counter, should be in its original package and will be held by the camp nurse for the duration of the week. Medication must be labeled.

**We ask that each camper bring a photo or memento of the person who died.**

\*We **do not** allow electronics at camp. Please leave anything with a screen at home. This includes phones, iPads, handheld video games, etc. No Food.\* Campers do not need any cash while they are at camp. In fact, it's better if you don't send them with any!

**Please LABEL EVERY SINGLE ITEM!**

# Communication Tips & Guidelines

Below are a few guidelines to help set expectations with your camper AND for you to get comfortable with what the week of camp entails.

## Communication While at Camp

Part of the experience of camp and the amazing bonds that are formed is being away from your caregiver! We know that's hard to read as a caregiver, but it's true. We have put in place the following guidelines to allow for a fully engaged week of fun. We've also been doing this for a long time and it works!

- Unless your camper will be flying to camp as an unaccompanied minor, please do not send cell phones with campers to camp. This is a screen-free week! They can bring small music players that do not have cellular service. If cellphones are brought (for travel or other reasons), we will hold them in the office for safe keeping during the week.
- You will not be able to make or receive calls or exchange emails with your camper while they are at camp. No news is good news. **If there is an issue, one of our directors will call you!** If you need to reach us in case of emergency, please contact a director listed above.
- A daily note will be sent home via email each day and will include a link to the day's photos. If you do not have access to email, we suggest that you give us someone's contact information who can print out the emails for you, so you can read about what they do each day. It will help with conversation starters when your camper returns home after camp.
- If you're on Facebook, Instagram, or Twitter, be sure to follow us! We post a lot of information, articles, pictures and videos throughout the year.

## Communication Regarding Medical/Health Issues:

- If there is any emergency, our medical staff or a director will immediately call and indicate that the call is an emergency.
- You will also be called if your child stays in the Infirmary for more than 24 hours, or needs antibiotics.
- In view of that, if you receive a call from the Infirmary regarding a medical issue, the purpose of the call will be stated clearly at the outset. We hope this policy will add to your ability to remain calm and confident that we have both your and your child's best interests at heart.
- A fully equipped Infirmary is staffed 24 hours per day. We always have medical staff on-site.

## One More Thing:

- A lot of first-time campers (and even a few returning campers), get nervous as camp approaches. They might be worried about leaving you and they might sense that you're sad and anxious about it as well. Please remember: this week could very well change their lives. It's unbelievably fun and chances are, once they arrive they are going to be GREAT. Instead of saying "you don't have to go", say "I know you're going to love it." And then put them on the bus. We can't wait to see your camper this summer!