



Parent's Guide | 2018

WWW.CAMPEAGLEHILL.COM | SUMMER@CAMPEAGLEHILL.COM

SUMMER 518-537-4000 | WINTER 914-725-4876



KEY

This sign indicates an especially **Important Fact!**



This sign indicates an especially **Important Policy!**



CONTENTS

Dear Parents	2
Dates and Contacts	3
Transportation.....	4 – 5
Clothing and Apparel Notes.....	6 – 7
Medical Information	8
Financial Matters	9
Communications.....	10 – 11
Electronics	12
Visiting Camp	13
Miscellaneous Stuff	14
Day and Overnight Trips	15
Talking to Your Kids About Camp.....	16
We Are Available to Help You	17

CHECKLIST

Forms need to be submitted electronically. Please refer to the Camper Forms page on our website to see directions for submitting forms through **CampDoc.com**

For Our Camp Families

All of the preparations have been made to ensure a great summer for your family. We now await the passage of time until the start of camp.... Our best wishes for a most pleasant summer for all....



This handbook is meant to serve as a helpful guide for preparing you for the upcoming summer. By following the handbook's instructions, tips and guidelines, we hope that you will find getting ready for camp quite simple.

We have devoted quite a lot of resources into developing this guide and have gone to great lengths to cover all the necessary information you will need in preparing for camp. Please be sure to read through it completely, taking special note to the areas designated with signs calling for more careful attention.

If you have any questions or concerns, please do not hesitate to contact us. We are here to help. Please note that this guide, as well as all of the related forms and documents, are also posted in the "Current Families" section of our website at www.campeaglehill.com.

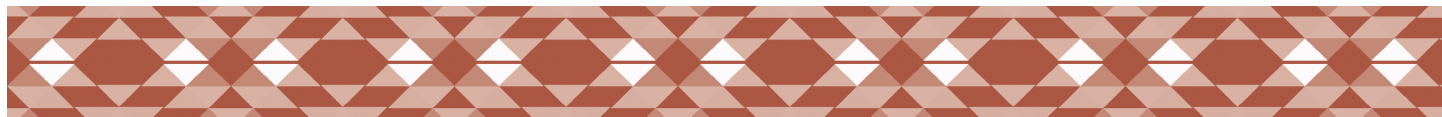
If you are a returning camp family, please take note of any changes that have taken place since last year. These sections are noted throughout the guide with a star containing the word "New".

Once again, we want to thank you for your confidence and for choosing Camp Eagle Hill. We are looking forward to another great summer in the Berkshires!

Sincerely,

Jesse Scherer
Director

summer@campeaglehill.com



Dates and Contacts

DATES

The following sessions and dates will be in effect this summer and are provided as a reminder of our start and end dates for these sessions. We will be sending out mailings during the summer to remind you of the start and end of your child(ren)'s stay with us at camp.

Other important dates to keep a note of are:

June 1 — Medical Form Due

June 1 — Tuition Due in Full

June 1 — Last suggested day to order apparel

July 14 — Visiting Day / Early Registration '19

CONTACTS

Please Note: Our “winter office” will be moving to camp itself on Sunday, June 10. Any forms mailed on June 4 or after, should be mailed directly to the summer office (at camp itself).

WINTER ADDRESS

33 Barclay Rd
Scarsdale, NY 10583

p. 914-725-4876
f. 914-725-3311

summer@campeaglehill.com
www.campeaglehill.com

SUMMER ADDRESS

PO Box 12
Elizaville, NY 12523

p. 518-537-4000
f. 518-537-6800



Transportation

BUS LOCATION

We have arranged for motorcoach transportation from the New York area at the following location:

STEW LEONARD's, 1 Stew Leonard Drive, YONKERS, NEW YORK our meeting spot will be the Northeast Corner of the **Parking Lot Departure at 10 a.m.**

DIRECTIONS TO BUS

From the South: Take the New York State Thruway North and exit at the STEW LEONARD DRIVE exit. Go straight and make a left turn onto Stew Leonard Drive (which will take you over the New York State Thruway). Follow this road up the hill past Home Depot and Costco on your right side. Stew Leonard's will be at the top of the hill.

From the North: (From White Plains, New York) Take I-287 West. Take the I-87 S exit on the right towards NEW YORK. Merge onto NEW YORK STATE THRWAY SOUTH Take the STEW LEONARD DRIVE exit—exit number 6A. Turn RIGHT onto STEW LEONARD DRIVE Stew Leonard's is located at the top of the hill.

BUS PROCEDURES

Please be aware of the following bus “pickup” procedures:

1. We will be leaving promptly at the above listed time.
2. Other camps may have buses at the same pickup location, so please make certain that you are placing your child/children onto the proper bus. Our buses will be chaperoned by Eagle Hill staff members wearing Staff T-shirts.
3. We ask that all camp parents provide supervision and care for their child(ren) at our pickup location prior to the actual departure of the buses.



TRANSPORTATION OPTION

For those campers starting camp on June 24, you will be able to elect a method of transporting your child/children to camp on this date.

Please complete our transportation form in **CampDoc.com**. Campers arriving on July 21 will receive information on transportation to camp during July.

LUGGAGE OPTIONS

Please note that only small carry-on items may be transported to camp on the buses. For larger items, we suggest that you consider two ways of getting your child's luggage to camp prior to June 24.



LUGGAGE OPTIONS CONTINUED

(A) UPS—Please contact your local office for all needed details.

OR

(B) You may bring the luggage to camp during the week prior to the start of the camp season.

If using a service to get your luggage to camp, please make certain that you are sending the luggage with enough time ahead of your child's arrival at camp. As the arrival of luggage to camp will be your responsibility, we ask that you take all needed steps to properly secure, label, and insure (if available) all luggage items so that your luggage delivery service will be handled without issue.



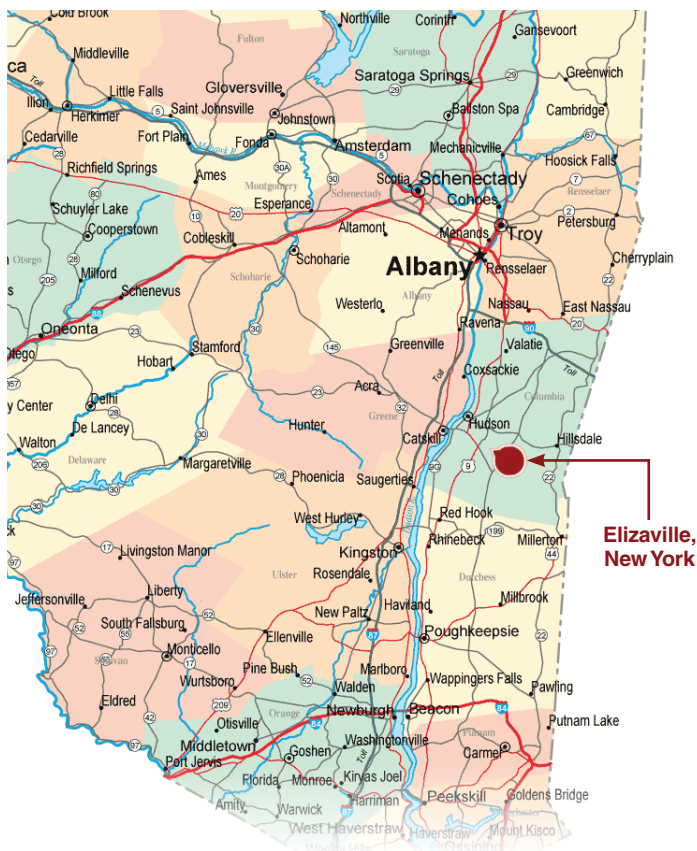
DRIVING TO CAMP

While all children are expected to come to camp by bus, some families will be bringing their children and luggage to camp on Opening Day and we ask that these families plan their arrival at camp between 11 a.m. and 12 noon. The drop-off of the children and their luggage will take place at our gymnasium, Big Red, and we will distribute the luggage to the bunks from there. Due to the volume of activity on Opening Day, we cannot provide opportunities for touring the camp or visiting your child's bunk.

In addition, please do not bring to camp, or place inside your child's luggage, anything from our "DO NOT SEND TO CAMP" list on our Clothing List. (see page 7 of this guide)

SESSION 2 ARRIVALS

FOR THOSE CAMPERS JOINING US ON JULY 21: We do provide transportation from the Yonkers pickup location on this date. The bus will depart at approximately 1:15 p.m. If you would like, you may drive your child and his or her luggage to camp on this date. For those driving to camp, we will be asking you to plan your arrival for the late afternoon, no earlier than 3 p.m. We will be giving you more details on this in an e-mail to your family during early July. You can detail your transportation plans to us after the receipt of this July e-mail.



Clothing and Apparel Notes

LAUNDRY

The Clothing List should serve as a guide for selecting clothing for camp. As Camp laundry is done once each week, a ten day supply of clothing will help to ensure that your child has enough clothing to wear prior to the return of clean clothing to your child's group. Sending a few extra pairs of socks and underwear is a good idea. Please note that we have some required items on our list (i.e.: 4 required camp T-shirts, a camp sweatshirt, some sports equipment, a raincoat, and a sleeping bag) as well as certain things which may be brought or sent at your option.

NOTE: Due to limited storage space we ask that you pack in soft duffel bags and avoid using hard trunks.



INTERNATIONAL CAMPERS

For international campers, we will provide linens, blankets, pillows, and towels. We understand the limitations of traveling with excessive luggage from overseas. Therefore, we provide same day laundry service for international campers.



PURCHASING APPAREL

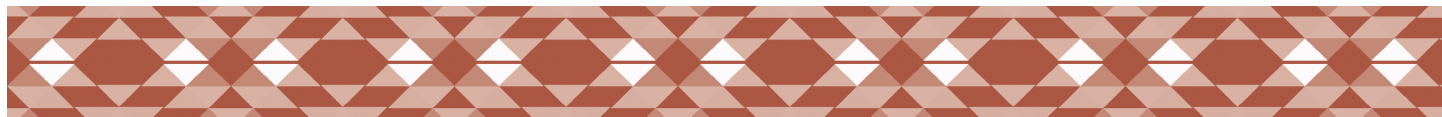
A Camp Eagle Hill apparel and supplies catalogue is available on line at www.bunkline.com and must be used to order four required camp T-shirts as well as a camp sweatshirt (hooded or crewneck).

The shirts and sweatshirts will be used for intercamp games and trips and will help us to easily identify our campers. All other purchases of apparel or supplies are optional and orders should be made directly through "The BunkLine Outfitter", our official 2018 Camp Outfitter. For international campers, you can arrange for shipments to be made directly to the camp. You can direct any questions or concerns directly to The BunkLine Outfitter. Their phone number is 1-800-435-6888.

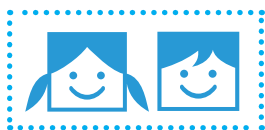
NOTE: In order to ensure on time receipt of your apparel, it is essential that you place your orders early. The order deadline is June 1.

■ All camper shirts purchased for use during this camp season may not be altered in any way (i.e. CUT, TIE DYED, SIGNED, ETC.)





Eagle Hill Clothing List



The red box indicates **required** items to bring to camp.

BE SURE TO LABEL ALL ITEMS WITH YOUR CHILD(REN)'S NAME



DO NOT SEND TO CAMP

- Plug-in Fans
 - Food, Soda, Cup-A-Soup, Gum and Snacks
 - Water Guns
 - Glass Containers
 - Pocket Knives
 - Handheld Electronic Games
 - Chairs (lawn, beach, bean bag, etc.)
 - TVs, DVD Players
 - Portable Storage Units
 - Expensive Items
 - Extension Cords
 - iPads/Tablets
 - **A Cell Phone That Doubles as a Camera or Music Device—** Instead... Please send a separate camera and separate music device.
- **We can not be held responsible for items that are lost or damaged while at camp.**

GENERAL ITEMS

- ☐ 3 Long Sleeve Shirts
- ☐ 3 Sweaters/ Sweatshirts
- ☐ 3 Sweatpants
- ☐ 6 Pairs of Jeans
- ☐ 2 Pairs Light Pajamas
- ☐ 1 Pair Warm Pajamas
- ☐ 14 T-Shirts
- ☐ 16 Underwear
- ☐ 16 Pairs of Socks
- ☐ 10 Pairs of Shorts
- ☐ 4 Swimsuits
- ☐ 2 White T-Shirts (for art projects)
- ☐ 1 Light Jacket

BEDDING

- ☐ 1 Laundry Bag
- ☐ 2 Blankets (or 1 quilt)
- ☐ 6 Towels
- ☐ 2 Fitted Cot Sheets
- ☐ 2 Flat Cot Sheets
- ☐ 2 Pillow Cases
- ☐ 1 Pillow
- ☐ Tennis

- ☐ Baseball Glove
- ☐ Shin Guards
- ☐ Soccer Socks
- ☐ Water Bottle
- ☐ Sleeping Bag

- ☐ 4 Camp T-Shirts
- ☐ 1 Grey or Red Camp Sweatshirt
- ☐ Hooded Raincoat
- ☐ Tennis Racket

TOILETRIES

- ☐ Drinking Cup
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Dental Floss
- ☐ Shower Caddy
- ☐ Soap
- ☐ Soap Dish
- ☐ Deodorant
- ☐ Shampoo
- ☐ Nail Clipper
- ☐ Comb/Hairbrush

SHOES

- ☐ 1 Pair of Sandals
- ☐ 2 Pairs of Sneakers
- ☐ 1 Pair of Boots
- ☐ 1 Pair of Cleats

ACCESSORIES

- ☐ Second Pair of Glasses
- ☐ Contact Lenses
- ☐ Costumes
- ☐ Camera (**No Phone**)
- ☐ 2 Belts
- ☐ 1 Hat or Cap
- ☐ Sunglasses
- ☐ Books/Games
- ☐ Flashlight/Batteries
- ☐ Stamps/Postcards
- ☐ Pens/Pencils
- ☐ Paper/ Envelopes
- ☐ Tissues
- ☐ Swim Goggles
- ☐ Fishing Gear
- ☐ Bug Spray*
- ☐ Sunscreen*

SPECIAL NOTES

- Due to sensitive allergies, Department of Health regulations no longer permit us to provide sunscreen or bug spray to campers.
- Camp Eagle Hill colors are red and white. For special events, we often ask our campers to dress in red and white therefore we ask you to include some clothes with our camp colors in mind.
- For those campers who will be in camp on August 2 and 3, please bring 2 nice outfits for our end of summer prom and banquet nights.

Medical Information



MANDATORY MEDICAL FORM

We must have on file your family's medical policy name and number for any visits to doctors, specialists or hospitals. We also need a credit card number on file to be used when doctors, specialists or hospitals do not take your family's medical policy.

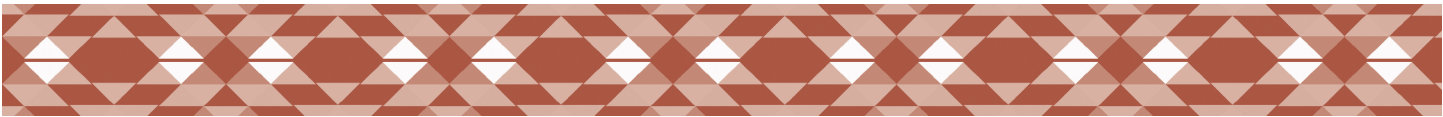


MEDICAL FORMS should be filled out when your child(ren) is/are examined by your family's physician. We are required to have these forms at camp. They must be completed and returned to us by no later than June 1st! Information pertaining to any medications that you will be sending with your child to camp is to be included on the medical form, as is information allowing you to indicate what medications may be used for your child's care. (All medical forms are to be submitted online on CampDoc.com). As you will read below, we are implementing a new policy for medications this summer. Please pay special attention to the information about McCarthy's pharmacy and the section of CampDoc.com for all steps to take regarding sending a child to camp with any type of medication.

In an effort to have our Camp Infirmary work more efficiently, we will be using a new system for working with the number of medications that come into our camp's Infirmary each camp season. We have formed a partnership with McCarthy's Pharmacy of Stan-fordville, New York to pre-dose medications of all types (prescribed, over-the-counter and vitamins) into convenient, color coded, child specific packaging. This method will pre-dose all medications for dispensing at different times of the day as called for by individual prescriptions and will allow us to provide a streamlined approach to dispensing medication to our campers on a daily basis. There will be a small fee for this service—please see McCarthy's information on CampDoc.com to see how to get started with this process and for fees information. McCarthy's will be taking all payments via credit cards on a direct basis for all medications provided as well as the packaging and processing fees. Any questions can be directed to McCarthy's Pharmacy on a direct basis either by e-mail or a phone call.

We are required by New York State to provide information forms concerning Meningitis. These forms will give you some details on this topic. We provide a required form asking you to confirm that you have received this information. As can be viewed on the face of this form, the act of immunizing your child against this disease is an option that you may already have taken, or may decide to take prior to camp. We suggest, should you have any questions about having your child immunized, that you discuss this issue with your family's physician. We must have this form submitted to us along with our Camp Medical Form (on CampDoc.com) by June 1st.

Our Camp Infirmary is available to your child at all times during his/her stay with us at camp. When a child is not well, or has some type of ailment, a member of our Infirmary Staff will attend to your child's medical care. Occasionally, a camper will stay overnight at our Infirmary to gain proper rest and medical treatment. Usually, campers that stay in the Infirmary overnight, return to their groups and the program of camp the morning after their overnight stay. When a child stays in the Infirmary overnight, it is camp policy to inform parents by telephone as to their child's physical condition. Where the camp Medical Staff feels that a particular camper should be seen by the camp's Doctor off the grounds of camp, a second phone call to parents is made to alert parents of the Doctor's thoughts and possible call for use of medication. In the rare event that a camper is seen at one of the two nearby Hospital Emergency Rooms, an immediate call to parents is made by the camp. If you would like communications with your family regarding your child's health to be other than what is stated above, we ask that you please note your needs on our CAMPER MEDICAL FORM. Should you have any questions, please feel free to call us at our camp office.



Financial Matters

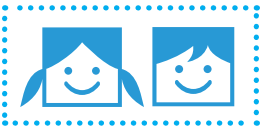
SPENDING MONEY

When campers travel out of camp on camp trips, we cover the cost of all entrance fees associated with a particular trip. “Spending Money” provided to your child in advance of their stay at camp will cover any souvenirs or refreshments that your child might buy when participating in a camp trip.

Please do not send cash to camp with your child. We much prefer a check sent with our Spending Money Form in advance of camp.

REQUIRED AMOUNTS

The amounts listed below are **required amounts** of Spending Money for all of our campers. When going on trips, we will be providing all campers with the same amount of Spending Money from their own individual accounts throughout the entire summer. Please send the exact required amount of money for the age group. Our oldest campers will make use of a little more Spending Money throughout the summer, especially during our extended trips during the second half of the summer.



	SESSION 1	SESSION 2	FULL SESSION
INTER CAMPER coming out of 1st – 6th Grades	\$50 <i>required</i>	\$30 <i>required</i>	\$80 <i>required</i>
TEEN CAMPER coming out of 7th – 8th Grades	\$50 <i>required</i>	\$100 <i>required</i>	\$150 <i>required</i>
SENIOR CAMPER coming out of 9th Grade	\$50 <i>required</i>	\$200 <i>required</i>	\$250 <i>required</i>
COUNSELOR IN TRAINING (CIT) coming out of 10th Grade	\$100 <i>required</i>	\$200 <i>required</i>	\$300 <i>required</i>

NOTE: For International Campers with the “expense package”
A separate email will be sent describing this information to you.

■ Please note that campers are not permitted to keep cash in their bunks.

Communications



WEBSITE

Throughout the summer we will be providing you with notification of things like camp information, changes that we need to make you aware of, or details that are of some importance to our camp families through the use of phone calls, e-mails, our website homepage or Facebook. Information about Opening Day, Visiting Day, Changeover Day, and Closing Day, will also be e-mailed to you. We do ask that you be sure that we have a current e-mail address on file for at least one parent/guardian.

MAIL

Our campers may write letters home from time to time. In responding to your child, please use the following address:

Miss E. Hill
Camp Eagle Hill
PO Box 12
Elizaville, NY 12523

If sending a package through any carrier other than the Post Office, please send it to our street address:

Miss E. Hill
Camp Eagle Hill
232 White Oak Road
Elizaville, NY 12523

TELEPHONE

Incoming calls directly to your child are not permitted except in the event of an emergency. Campers may bring a cell phone to camp for outgoing calls. All cell phones will be kept in the camp office.

There will be no calls made during the first or last week of camp. The first calling day for campers to make outgoing calls will be on Saturday, June 30. Thereafter, cell phone calls will be made on Wednesdays.

Cell phone calls **will be from 7 – 7:30 p.m.** Additional access to cell phones will be made available to our Teens, Seniors & CITs for our 3-day and 4-day extended trips.

If your child does not have a cell phone, he/she will have access to a camp phone from which calls can be made. Appointments can be scheduled for these calls to parents only and may be scheduled on a once per week basis by calling the camp office. These calls will be made (with a specific appointment), between 6:45 and 7:30 p.m. In addition, camp phones will be made available for special occasions such as birthdays.

E-MAILS / BUNK NOTES / BUNK REPLIES

Once again this season, we will be distributing e-mails (Bunk Notes) after lunch, with our regular camp mail. We will also once again be offering the opportunity for campers to have their own e-mail sent on an overnight basis through a system called “Bunk Replies”. A separate form describing the details of this service can be found on our website.

PHOTOS ON OUR WEBSITE

We will be posting pictures throughout the camp season on the site, **Bunk1.com**. (you can find a link to this site on the Forms page of our website). Please note that we will try to take as many pictures as we can of each child, but it may not be possible to photograph all of our campers, every camp day.

Camp Eagle Hill does not authorize the use of photos or videos of campers or staff on the internet by campers, staff, or their families.



PACKAGES

In an effort to promote higher camp health and hygiene standards, we do not allow certain items into our campers' buildings.

This includes all **food and snacks, gum, soups and soda**. If you would like to send a package to camp, we ask that you limit the contents of the package to things other than food. (i.e.: magazines, games, or clothing articles) We also ask that you not send any glass items or glass bottles to camp.

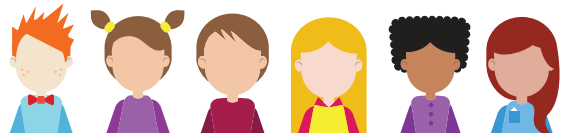
Your cooperation is appreciated!



LICE POLICY

HEAD LICE: We ask that you please have your child inspected for the presence of head lice immediately before camp begins (or your child's stay with us at camp). If your child has head lice or has been exposed to someone with head lice prior to arriving at camp, we ask that you please have your child treated and checked.

This season, should your child come to camp with a case of head lice, an outside professional lice treatment service will be treating each individual case of nits and/or live lice at a cost of \$150 per camper. It is therefore very important that your child's hair be inspected before they arrive at camp. Naturally, should your child be found to have a case of lice after arrival at camp, we will provide your child with the kind of concern and care that a child in this situation deserves. We will inform you of this issue should it arise at camp, and we will need to charge a credit card for the cost involved.



Electronics (iPods and Cameras)

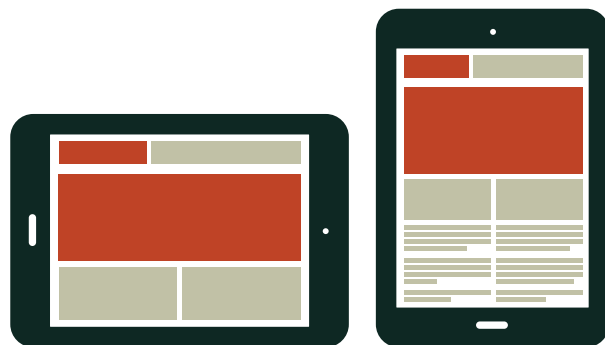


IPODS AND ELECTRONICS

IPODS and DIGITAL CAMERAS: We have all become accustomed to the luxuries that technology offers us. Since many of these gadgets offer comfort at camp, we want campers to be able to enjoy them while at camp too. However, in order for us to accommodate these items at camp, we need your full cooperation regarding the following rules and guidelines:

- 1. We will not be responsible for loss or damage of these items. If this is of concern, then do not send them to camp.**
- 2. Laptop Computers, iPads or other tablets are NOT permitted at camp.**
- 3. iPods are for use in the bunk only.**
They may not be used elsewhere, unless it is being used with a particular activity. For example, campers may find it handy to have an iPod at a guitar lesson, but may not bring an iPod to the pool for free swim. iPods may be used to listen to music **ONLY** and may not be used to play movies, games, etc.
- 4. iPods and Digital Cameras cannot be used in any inappropriate or malicious way!**
- 5. All cell phones will be stored in our camp office.**
Campers must have a camera and/or music player that is separate from a phone. Phones will not be made available to be used as cameras or music devices.

We are making a strong effort to provide campers with the most comfortable environment at camp. We trust that these rules will be followed by everyone. We appreciate your understanding and cooperation.



Visiting Camp

VISITING DAY

Visiting Day is a special day when friends and family are invited to spend the day at camp. There are many special activities planned for visitors. This year's Visiting Day will be held on:

Saturday, July 14
11 a.m. – 4 p.m.



VISITING DAY RULES

All relatives and friends, younger and older, will be welcome to visit on this day. However, we do have several rules to keep in mind when visiting camp.

- We ask that all visiting to camp be limited to this day
- Pets of any kind will not be welcome
- Smoking is not permitted in or around any camp buildings
- Campers may not leave the campgrounds
- Our waterfront will not be open to guests

We will be asking you to bring a picnic lunch to share with your family on the grounds of camp.

You will be receiving an e-mail from us during the first week of camp describing all of the details of this season's Visiting Day.

LOCAL ACCOMMODATIONS

If you will be staying in the area near camp for Visiting Day, we might suggest the following Hotels in the area surrounding camp:

Courtyard by Marriott
Poughkeepsie, N.Y. — 845-485-6336

Holiday Inn Express
Poughkeepsie, N.Y. — 845-473-1151

The Beekman Arms
Rhinebeck, N.Y. — 845-876-7077

Best Western Plus
Kingston, N.Y. — 845-338-0400

Courtyard by Marriott
Kingston, N.Y. — 845-382-2300

EARLY BIRD DISCOUNT

On Visiting Day, you will have the opportunity to enroll your child for the 2019 camp season. By registering early, you not only reserve a place for your child(ren), but you also take advantage of the most discounted rates for the 2019 season.



Miscellaneous Stuff

CAMPER INFORMATION FORM

Camper Information Forms (part of the electronically submitted forms) give us information that we should have to help us work most effectively with your child(ren). It also gives you the opportunity to provide us with information that you feel is necessary. These forms are reviewed only by camp directors, and only the relevant information will be shared with your child(ren)'s counselors. Even if your child is returning to camp, he or she may have counselors that do not know him/her. We ask that you complete this form thoroughly and completely, regardless of your child(ren)'s age or previous years at camp.

BIRTHDAYS

We celebrate birthdays with announcements, group songs, and a birthday cake. Campers are also allowed to have an extra phone call home on their birthday.



PRIVATE LESSONS

Private lessons will be offered in tennis, swim instruction, waterskiing* and horseback riding on an optional basis at an additional charge. Details and the opportunity to enroll in these lessons are available on **CampDoc.com**.

** For 7th – 9th Graders Only*

WATERFRONT CARDS

Please feel free to send along with your child any Swim Card certifications that they have received in recent summers. For campers scheduled for Swim Instruction Classes at camp this summer (those presently in 1st – 6th Grades).

ACTIVITY PERMISSION FORM

An Activity Permission Form is required for Day Trips (taken by campers coming out of 4th – 10th Grade), Overnight Trips (taken only by our Teens, Seniors, and CITs) and certain camp activities, to provide us with the permission to have your child participate in these types of activities. All of our trips off the grounds of camp are chaperoned and supervised by trained, certified, mature and caring staff members. We must have this form on file for each camper prior to the start of the summer.

This form will be submitted using **CampDoc.com**.



Day and Overnight Trips

All of our campers, from ten years of age and older (having completed 4th grade and older), travel on one day trips during the first four weeks of camp to places in the area local to camp. Over the years our campers have traveled to local state parks, water parks, minor league baseball games, historic sites, farms, summer theatre productions and many more cultural or fun-based attractions. Our younger campers (those having completed 4th – 6th grades) take a one day trip during our Session 2 to a Six Flags Amusement Park, either in Lake George, New York or outside of Springfield, Massachusetts. All trips are chaperoned by both adult and counselor staff members with campers travelling in comfortable and safe, camp owned, leased, or contracted vehicles.

*We will e-mail itineraries to families for **both** of the extended trips.*

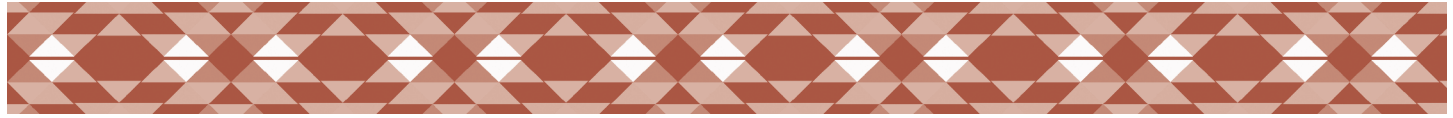
TEENS THREE DAY TRIP

For our campers who have completed 7th and 8th grades (Teens), this season's three day trip will take place during Week 5. Our campers will be traveling this season on a coach bus to Philadelphia & Amish Country. They will be staying in hotel accommodations. Only those campers enrolled for Full Season or Session 2 will be eligible for this trip.

SENIORS/CITS FOUR DAY TRIP

For our campers who have completed 9th (Seniors) and 10th (CITs) grades, this season's four day trip will take place during Week 5. Our campers will be traveling this season on a coach bus through New York state to Niagara Falls. They will be staying in hotel accommodations. Only those campers enrolled for Full Season or Session 2 will be eligible for this trip.





Talking to Your Kids About Camp

TIPS

Sending your child to camp for the summer is a huge milestone and a great investment in your child's development and future. Although camp is certainly about having fun and making friends, it is also about exploring one's independence and becoming part of a community that is supportive and positive. Here are some helpful hints for getting both new and returning campers emotionally prepared for camp.

TALK OPENLY

If your child shows signs of apprehension or concern about going to camp, encourage them to talk with you about their specific concerns. Assure them that these feelings are completely normal and that most campers feel this way the first time they go off to camp. Encourage them about their decision to go to camp and share with them how proud you are of this decision. Invite your child to contact the camp office (via phone or e-mail) and talk with us about their concerns. There is a lot we can do to help!

DON'T SAY "JUST TRY IT"

Please DO NOT use a "just try it" or a "you can always come home early" attitude or approach with your child. If your child is homesick, we will support you and your child every step of the way. We will work together to help both you and your child through homesickness. We will make decisions together! Although it may seem to help to offer the "just try it" approach at home, you are setting your child up for a harder road at camp. Please help us to help you by not making these kinds of promises.

KEEP IT ALL THE SAME

Reassuring your camper that home will be just as they left it when they return from camp can be a very helpful tool. Campers are usually worried about the simple things, like their room and favorite possessions, the family pet and Mom and Dad. Make sure they know that home will always be there. If for any reason such a promise cannot be kept, please notify us at camp. We can be helpful with such areas.

KEEP US INFORMED

Please TALK TO US at camp. Any information about your child and/or anything that has happened this year at home is invaluable information. Things that could fall into this category are changes in your family (illness or death of a loved one, divorce, moving, poor grades, or social problems). The more we know, the more helpful we can be. We understand and respect that such information is personal in nature and we therefore treat it with great care and concern.

KEEP GOOD-BYES BRIEF

When you leave your child at camp on Opening Day of your child's session with us, please make your good-bye brief and positive. A strong hug, big kiss and a quick "I love you and I am proud of you" is our best suggestion. Lingering as you depart or emotional good-byes will be emotionally upsetting to your child. The same advice is important when visiting camp on Visiting Day as well.

Please share with us anything and everything we need to know or should know about your child. We require a camper profile form to be completed for each camper, so please take the time to fill it out thoroughly. In helping us to better prepare and know your child, we can better support your family's goals for the summer.



WE ARE AVAILABLE TO HELP YOU

We would like once again to thank you for your commitment to Eagle Hill for the upcoming summer. We will do everything that we can to give your child/children an exciting, challenging, fun-filled, and safe camp experience. Should there be a need to share information with us concerning your child's stay with us at camp, to have something explained or clarified, or alert us as to some dates or a time when you will be away from home during the summer, we would be happy to hear from you and help you and your family in whatever way we can. Please feel free to give us a call in our camp office, or e-mail us at any time prior to, or during the summer.

www.campeaglehill.com | summer@campeaglehill.com

Summer 518-537-4000 | Winter 914-725-4876