

DIRECTOR'S NOTE

Dear Camp Agawak friends and families,

With winter losing its grip, spring is right around the corner. I'm looking forward to warmer days, Blue Lake thawing, the completion of our new dining hall and tons of happy campers. I couldn't be more excited to have your daughter join us for what promises to be an incredible and fun summer filled with learning, laughter and lifelong memories.

At Camp Agawak, we believe in creating an overnight camp environment where your camper can thrive and grow, both personally and socially. Our program offers a wide range of activities, special programs, challenges and opportunities for leadership, which will help your camper discover new interests and talents. From water and land activities to creative activities to Blue and White team-building games, we have something for every camper.

Our dedicated staff is committed to providing a safe, fun and nurturing space for your daughter to explore and learn more about herself. Summer after summer, I get more and more excited to watch as campers embrace new situations and challenges and develop their self-confidence.

Rest assured the well-being and happiness of your daughter are our top priorities. Our caring staff are here to support and guide your camper through every step of her Agawak journey. In return, we require your daughter to show kindness and compassion at all times towards others which is crucial when forming lifelong camp friendships.

As the summer unfolds, we encourage you to stay connected with us through camp blogs, Facebook, Instagram and by checking out heaps of photos posted daily in the photo section of your CampMinder account. Photos posted daily, except Sundays, gives everyone at home a glimpse of all the awesome moments happening here! A picture really is worth a thousand words.

Thank you for entrusting us with the privilege of being a part of your daughter's summer experience. First year campers bring fresh energy and a sense of adventure while returning campers bring unwavering spirit and unending enthusiasm to our camp community. Whether it's your daughter's very first summer at Agawak or one of many, we look forward to creating a transformative and not to be forgotten summer in 2024.

Smile on and full speed ahead!

Mary 😊



Table of Contents

TABLE OF CONTENTS	PAGE
Travel Information	
Bus Schedule & Drop Off– Pick up By Car	3-5
Air Travel	6
Bags & Packing	
Baggage Information	7
Packing Information and Lists	8-10
Labeling, Laundry and Lost & Found	11
Session Changeover & Visiting Day	
Drop off / Pick up Dates & Times	12
Cabin Placement / Living Arrangements	13
Agawak Policies MUST READ WITH YOUR CAMPER	
Alcohol, Drugs, Tobacco, Appearance	14
Behavior, Activities	15
Electronics, Food, EAP's	16
No Package Policy, Graffiti & Damage to Property	17
Personal Valuables, Dangerous Objects	18
Health & Wellness	
About the Health Center, Medications, Insurance	19
Lice Information	20
Financial Information	
Tuition & Billing, SMA Accounts, Tipping policy	21
Camp Parenting 101	
Letters, Phones, Emails, Fax, Website & Photos	22
Homesickness, Contacting Camp, Summer Birthdays	23
Tips & Reminders	24
Camp Agawak's Wellness Plan	25
CampMeds Information & FAQ's	26-28

KEEP THIS PACKET THROUGHOUT YOUR CAMPER'S STAY!!

Most questions can be answered by referring back to this packet. If you misplace yours, a digital copy is on your dashboard in CampMinder.

TRAVEL INFORMATION

Bus Travel

Camp Agawak provides chartered air-conditioned buses with bathrooms to bring campers up to camp. Pick up and drop off locations are in the Chicago and Milwaukee areas. Travel plans for your camper and her bags must be entered in CampMinder prior to arrival and departure from camp. This information will be confirmed by email. If you have a change in travel plans after confirmation has been made, it is your responsibility to contact the office.

Important points for EVERYONE regarding bus travel:

- Pack a light lunch, snack and drink (NO NUTS please).
- We will show Agawak highlight videos to pass the time away.
- An Agawak staff member will be on each bus.



Specifically for PARENTS/GUARDIANS:

- Campers are grouped by grade and buses will be assigned prior to travel day.
- Please follow the instructions that will be provided before travel day.
- NO PETS!
- Only one small bag per camper (ie: one backpack). Bus Drivers will NOT touch/handle any bags. Sleeping bags go in duffels, not under the bus.
- All campers should arrive healthy!



The bus service does not include transportation of bags (See Baggage Section, pg. 7)

Bus assignments for campers are done by grade. **This is the grade your camper has just completed.** We know there will be campers who are anxious and our staff will do all they can to help your daughter get off to a positive start. Your cooperation with our staff to make this a safe and stress-free departure is expected.

**If your travel plans change after the office has confirmed them
PLEASE CONTACT US!**



Bus Schedule

Please be aware that if times or locations for pick-up's or drop-off's change, you will be notified via email, the director's blog, and our Facebook page well in advance.

COMING TO CAMP

Session	DATE	BUS LOCATION	CHECK-IN	DEPARTURE
Full season First session Rookie 1	Monday, June 17th, 2024	Costco 2900 Patriot Blvd, Glen- view, IL	8:00am	8:30am
Second session Rookie 2	Sunday, July 14th, 2024		8:00am	8:30am

Milwaukee stop —If necessary, arrangements will be made for a bus stop in the Milwaukee area.

RETURNING HOME

Session	DATE	BUS LOCATION	ARRIVAL*
First session	Friday, July 12th, 2024	Hawthorn Elementary School 301 W Hawthorn Parkway, Vernon Hills, IL	1:30pm
Rookie 2	Sunday, July 28th, 2024		6:30pm
Full season Second session	Wednesday, August 7th, 2024		2:00pm

*Arrival times are approximate. You can check the website (www.agawak.com) for updates.

***There is not a return bus option for Rookie 1 campers.
Rookie 1 campers must be picked up at camp on June 21 at 10:00am.***

CAMP AGAWAK SAFETY RULES FOR TRAVEL IN VANS AND BUSES

- ◆ Passengers should remain seated at all times with hands and arms inside the vehicle.
- ◆ Seatbelts (if available) should be fastened – one person per seatbelt.
- ◆ Noise level should be such as to not distract the driver. No throwing of objects or other disruptive behavior.
- ◆ Passengers should enter and leave the vehicle under the direction of a staff member and/or driver. If the vehicle makes an emergency stop, passengers will follow the directions of staff member and/or driver and use the buddy system if leaving the vehicle.

Car Travel

Below is the schedule for dropping off and picking up campers by car. **Be prepared for a “Drive Thru” drop off and pick up.** Parents/guardians must make good-byes quick. Long good-byes can be upsetting to campers and backs up traffic. Bags will be taken from your vehicle and delivered to your daughter’s cabin by our staff. No pets please.

Please use the visitors’ entrance (top of the hill and turn right onto Streater). Follow the signs, drive past Happy Camper Hall towards the tennis courts. Our staff will be there to direct and greet you.

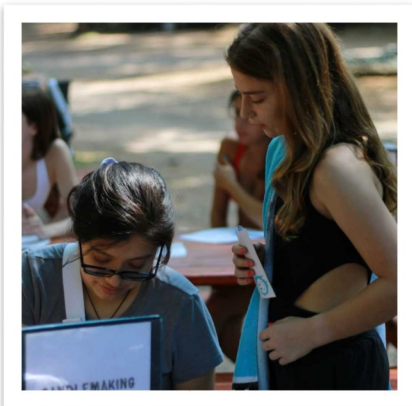
TO CAMP

Sessions	Date	Time
Full season First session Rookie 1	Monday, June 17th	12:30pm
Second session Rookie 2	Sunday, July 14th	12:30pm



GOING HOME

Sessions	Date	Time
Rookie 1	Friday, June 21st	10:30am
First session	Friday, July 12th OR Saturday, July 13th (see page 12)	Friday 9:30am Saturday is visiting day, gates open at 9:00am
Rookie 2	Sunday, July 28th	2:00pm
Full season Second session	Wednesday, Aug 7th	9:30am



Air Travel

Booking Flights

- Please be considerate of departure times and travel time to the airport when booking departure flights from camp. **PLEASE No flights out before 8:00am!** We are 1.25 hours away from CWA which means leaving at least 3.25 hours before the flight. This is a lot to ask of our counselors and staff. (ex: a 7:00am flight requires us to leave by 3:45am).
- Once the flight is booked, enter the information into the travel section in CampMinder.
- If your daughter is required or will travel as an **unaccompanied minor**, please make sure all forms and fees are handled prior to travel and you have informed our office. We will provide you with the name and information of the staff member picking up your daughter. If your camper is an unaccompanied minor, our staff will meet or wait with your camper at the gate. If your camper is not an unaccompanied minor, we will take her to the check-in counter or meet her at the baggage claim. Our staff will wait for all campers' outgoing flights to be in the air before leaving the airport.
- Campers flying into the Chicago area may take the camp bus to and from camp. However, camp is not responsible to transport campers from the airport to our buses.
- **It is the parents/guardians' responsibility to notify the office of any flight changes or cancellations for arrival and departure flights. We do NOT receive change notifications from the airlines, guardians do. If any changes/cancellations happen while at the airport on your camper's return trip, we will notify you immediately.**
- Campers flying to camp can choose to ship their luggage or put it on the plane. See "Shipping your Bags" pg. 7 for other tips.

Camp Agawak will provide transportation to and from the following airports on our regular travel dates. A transportation fee will be charged if your camper has different travel dates.

Airport	Distance from Camp	Transportation fee
Central Wisconsin Airport (CWA) in Wausau, WI	1 1/4 hours	\$65
Rhineland Airport (RHI) in Rhineland, WI	45 minutes	\$40
Eagle River Airport in Eagle River, WI (small planes only)	50 minutes	\$40
Lakeland Airport in Woodruff, WI (small planes only)	20 minutes	\$20



BAGS & PACKING

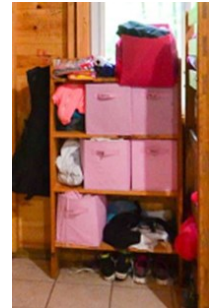
Baggage Information

PACK LIGHT!!!

TWO bags per camper ~ ONE bag for Rookie 1
Bags not meeting the size and weight limit WILL NOT be accepted.

Laundry goes out once every week and is returned within 48 hours. *Did you know? Some campers only pack one bag. YES, ONE BAG! Give that camper a gold star.★*
PLEASE Pack for 10 days, not the whole summer!

If **YOU**, the adult, cannot easily carry the duffel, then you and your camper packed way too much. It is suggested that you evenly distribute the weight between two **SOFT** bags. **All belongings must fit into two duffels, including a sleeping bag and pillow.** Each camper gets four shelves measuring 3' wide, 8" deep and 10" high (see example).



BAGGAGE INFORMATION FOR CHICAGO AREA FAMILIES

Camp Baggage Express is Camp Agawak's bag service carrier for all families in the Chicago area. Pay particular attention to the **BAG REQUIREMENTS**. These are **NON-NEGOTIABLE** for 2024.

Bag Requirements:

NO more than 42" long and 70 lbs
NO wheels

Pricing for Two Bags:

\$199 round trip or \$110 one-way

Bags will be brought to a specific location for drop off and then returned to a specific location for pick up. There will be one location for the city of Chicago and one for the suburbs. Times will be in the evening. Specific times and locations TBA. **Bags not meeting the requirements will not be accepted.**

Session	Parent Drop Off	Parent Pick up
First Session	June 12	July 14
Full Season	June 12	August 7
Rookie 2	July 11	NA - return on bus
Second Session	July 11	August 7

Times will be in the evenings.

Dates may change due to rain/weather.

Pick up and drop off locations are: Wilmot School, Deerfield and Newberry Academy, Chicago.



The ONLY duffels that will be allowed under the bus will be the Rookie 1 bags. All other campers have three options: #1 Camp Baggage Express (Chicago area), #2 Shipped (see below), or #3 brought in the car with camper.

Bags being shipped - things to consider:

- If you ship duffels to camp in a box, WE CANNOT GUARANTEE STORAGE OF THAT BOX.
- We can use your FedEx or UPS account number if you have one, instead of us billing your SMA.
- Costs to ship bags to camp will NOT always be the same amount to ship home. **Camp Agawak has zero control over fees charged.**
- **Additional Shipping Services to try:** Shipcamps.com Lugless.com Shipgo.com

Packing

Here's our version of an old classic. Please feel free to sing it. "19 pairs of shorts on a shelf, 19 pairs of shorts, take one down, lend it out, 18 pairs of shorts on a shelf.....(fast forward) 1 pair of shorts to pack, 1 pair of shorts, I took all my shorts and lent them out and now I have only 1 pair of shorts to pack." Moral of the song—STICK TO THE PACKING LIST

Let's Review How many bags?

- ◆ Full Season, First, Second, Rookie 2 session campers: **TWO** 70lb soft-sided, clearly marked bags (sleeping bag must be inside). No more than 42" long. No wheels.
- ◆ Rookie 1 campers: **ONE** 70lb soft-sided bag
- ◆ It's extremely important to note that OVER SIZED/WEIGHT bags will NOT be accepted by Camp Baggage Express. If you do not adhere to their limits, you will need to find an alternative method to get your camper's bags to camp. See pages 9-10 for our suggested packing list and further details about packing.

How will the bags get to and from Agawak (Chicago area only campers)?

Campers in the Chicago area will drop off and pick up bags at a designated location and Camp Baggage Express will deliver bags directly to camp. More details will be sent once all travel plans have been confirmed.

SHIPPING? Please refer to page 7 for shipping tips or call the office with questions.

Food, this is a big NO. This rule applies to everyone and one we take seriously.

The NO food rule is strictly enforced and there are no exceptions. We serve 3 well-rounded meals each day. A morning snack is provided and our snack shack is open in the afternoon and most evenings. Several evening programs also include an additional snack. If you send food, many things will happen, none of them positive. Animals will move into your camper's cabin, staff will collect any food brought, discard it and the office will assess a \$100 fine to your SMA. **Do not send ANY snacks, candy, gum, beverages or other food items up to camp in duffels.** Food in the cabin causes cabin disagreements and brings in critters! It also teaches your camper that rules don't apply to them. 😡

Some prohibited items at camp (read full policies on pages 14-18):

If your daughter suggests that she needs something that is not on the packing list or is prohibited, show her the packing list and go over the policies/rules in this packet. We will be the bads guys. Some prohibited items will carry fines. Parents/guardians sign off on the policies/rules when completing forms. Remind your camper that camp is about friends—not stuff.

◆ Food \$100	◆ Duct tape	◆ Electronics	Fines will be added for damage to property caused by prohibited items.
◆ Egg crates \$200	◆ Push pins	◆ Phones	
◆ Cooking device \$200	◆ 3M sticky hooks	◆ Hard plastic storage containers	
◆ Folding Chairs	◆ Flushable wipes	◆ Decorative lights	
◆ Hammocks			

Packing—LABEL EVERYTHING!

Remember – **ONLY TWO-70 lb. BAGS. Bags over 70 lbs and 42” long will not be accepted.** This list will suffice for full season and single session campers. Pack for a week, not a world cruise. **NO FOOD or ELECTRONICS!** Surprise inspections will happen throughout the summer– Any prohibited items **WILL** be confiscated. (See policies on pg. 14 for more info) Did we mention **NO FOOD?**

Keep in mind this list is a guide. Pack according to your daughter’s needs. Old clothes work the best at camp. Do not send valuables or anything you’ll be upset about should your daughter lose or ruin anything while at camp. Equipment is provided at camp for all programs. However, your child may wish to bring her own tennis racquet if she plays at an advanced level. **Egg crates are prohibited and will be sent home at parents/guardians’ expense plus there will be a \$200 fine!** We suggest using your sleeping bag as a mattress pad underneath your fitted sheet instead!

On Sundays, we wear **NAVY** bottoms such as shorts/pants/skirts and **WHITE** tops during lunch and dinner. These are **required** items. (Not necessary for Rookie 1)

Packing List- (1st, 2nd, Full & Rookie 2)

Shirts

- *1-2 white “Agawak” polo or v-neck – **Required**
- 10 shirts or t-shirts (7 t-shirts 3 tanks)
- 3 long sleeve t-shirts
- 1-2 solid white t-shirts/tanks for Tie Dying
- 4 sweatshirts

Pants/Shorts

- *1-2 navy blue bottoms (not sweats) – **Required**
- 1 pair of jeans
- 6 pair of sweatpants/leggings
- 7 pair of shorts (1st ses-1 classic red)

Outerwear

- 1 lined jacket (fall weather type)
- 1 poncho or rain coat

Sleepwear / Swimwear

- 2 pair of pajamas or sleepwear
- 5 swim suits (1 piece for lake swim)
- 1 towel wrap or bath robe

Misc. Clothing

- 12 pair of underwear
- Halloween costume (1st session only)
- 4th of July outfit (1st session only)
- 1 black outfit for casino night (2nd session only)
- Something green for St. Patricks Day (2nd only)

Luggage & Gear

- 2 labeled laundry bags (mesh preferred)
- backpack – for the bus
- sleeping bag (must fit in duffle)

Footwear

- 10 pair of socks
- 3 pair of long socks
- 1 pair of gym shoes
- 1 pair of flip flops
- 1 pair of shower shoes
- 1 Rain boots

Bed & Bath

- 1 warm comforter
- 1 Fleece blanket
- Twin waterproof padded mattress pad
- 4 twin sheets (2 fitted 2 flat)
- 1 pillow 2 pillow cases
- 6 towels (3 bath 3 beach)
- 1 Shower scrubbie or washcloth
- 1 collapsible shower bucket
- 12-18 oz. body wash
- 12-28 oz. Shampoo/Conditioner
(*Tea tree and Rosemary for lice prevention*)
- toothbrush and toothpaste
- deodorant
- brush, comb, pony holders, clips
- razor/shaving cream
- kleenex
- NO HARD PLASTIC STORAGE CONTAINERS**



NO PUMP
BOTTLES FOR
SOAP / SHAMPOO

Miscellaneous items

- Waterbottle
- Sun screen & bug repellent
- Cinch bag for town day
- Tennis racquet or baseball glove, optional
- Playing cards
- Extra pair of glasses or contacts kept in office
- Headlamp / flashlight / batteries
- Stationary, pens, stamps, env. – 1 box
- Books/magazines/book light

Many campers bring collapsable bins to help organize smaller clothing items. See pg 7 for picture.

Jibbitz are drama! Bring and wear at your own risk. The office will not get involved in any jibbitz drama.



See pages 14-18 for our policies

Packing Continued — LABEL EVERYTHING!

Packing List- Rookie 1

LIMIT WHAT YOU PACK FOR CAMP

No more than ONE – 70 lb. duffel bag per camper!

Many campers have a very hard time keeping their shelves organized if they brought too much stuff. Let's spend more time on FUN and less time on cleaning....PACK LIGHT!

Shirts

6 shirts or t-shirts (3 tees 3 tanks)
2 long sleeve t-shirt
2 sweatshirts

Pants/shorts

2 pair of sweatpants
3 pair of shorts

Outerwear

1 lined jacket
1 plastic rain poncho
Hat/visor

Footwear

5 pair of socks
1 pair of gym shoes
1 pair of flip flops

Sleepwear / Swimwear

2 pair of pajamas or sleepwear
2 swim suits
1 coverall or bathrobe

Misc. Clothing

6 pair of underwear

Misc. items

Waterbottle
sun screen & bug repellent
playing cards
flashlight/batteries
stationary, pens, stamps, env.
book/magazine/book light
extra pair of glasses or contacts-in
office
Laundry bag for dirty clothes

Bed & Bath

1 Twin warm comforter
1 waterproof padded mattress pad
2 twin sheets (1fitted 1 flat)
1 pillow with case
4 towels (2 bath 2 beach)
1 Shower scrubbie or washcloth
1 collapsible shower bucket
Body wash
Tea tree shampoo/conditioner
Toothbrush and toothpaste
Deodorant
Brush, comb, pony holders, clips
NO HARD PLASTIC STORAGE
CONTAINERS-only fabric

Luggage & Gear

Backpack for bus

See all policies prohibited pgs 14-18

We understand that bed-wetting happens and we deal with it discreetly. For situations that are reoccurring, we will charge a "laundry fee".

Waste

At the end of each summer there is an obscene amount of items thrown away and our dumpsters are over-flowing. PLEASE help eliminate filling our landfills by doing a few simple things.

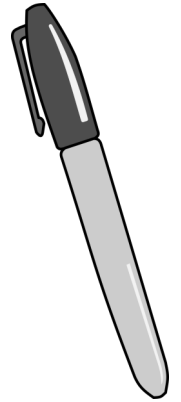
- ◆ Send the recommended size of shampoo, conditioner, soap and NO PUMP bottles. When parents/guardians send oversized bottles, most of the product ends up in the garbage. In addition, pump bottles are too messy for campers to pack so they throw these away (many half full).
- ◆ Towels and pillows need to come home with your camper. Do NOT tell your camper to "donate" them to camp. Thank you but we have plenty.

Don't send the prohibited items. They are prohibited for very good reasons. Items end up in the dumpsters as campers are trying to "hide the evidence". When adults allow campers to bring prohibited items, it sends the message that rules don't apply to them. Please don't be "THAT" adult.

Labeling

Here are a few helpful hints regarding labeling:

- All clothing and personal items, including duffels, water bottles and hairbrushes, must be marked with your daughter's first and last name.
- Use name tags, permanent markers, or a stamp with your child's name to label clothing, flip-flops and shoes.
- Be sure to mark ALL SOCKS and buy socks with the same pattern to help your child identify them more easily.



If you are planning to use name tags or stamps, we suggest you order as soon as possible and put them on as you accumulate items coming to camp. Please be certain your camper's name is on EVERYTHING (don't forget the clothes she wears on the bus/in the car to camp). Make sure to stamp all personal articles such as tennis racquets and flip flops. Sharpies often work better than anything when labeling.

Laundry

Each camper's laundry will be done once a week and will be returned within 48 hours. Don't send expensive clothing to camp. Since laundry is done weekly **PACK FOR TEN DAYS NOT A MONTH!** We appreciate your effort in helping your child pack light. Please pack two labeled laundry bags with sturdy draw strings, mesh is preferred. **No open laundry bags.**



Cabin clean up is a prime time for cabin disagreements to crop up. This is because campers have brought too much and now have difficulty keeping their belongings organized. Items that will not fit easily on the shelves end up spreading throughout the cabin floor or on someone else's shelf. A fairly accurate visual for cabin clean up is 12 chipmunks running around trying to collect acorns.

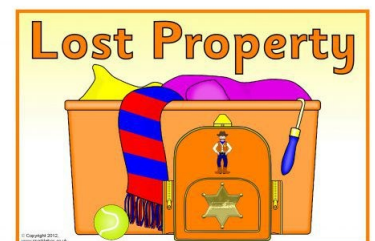
Camp is about simplifying, living in nature, and leaving lots of our "stuff" behind – internal and external stuff. Please help your daughter live as simply as possible at camp. Leave what she doesn't need and what is NOT on our list behind.

Lost & Found

During the summer (MANY) lost and found items are brought to the lodge and campers may look for items they are missing. We make heroic efforts to find the owner but if not labeled, sadly the chance of return is slim. Any item that is found at camp after the season, and properly labeled, will be mailed back to the camper at their expense. Many times items are mistakenly packed in another camper's duffels.

Label = 😊

NO Label = 😞



SESSION CHANGEOVER & VISITING DAY



Dates & Times

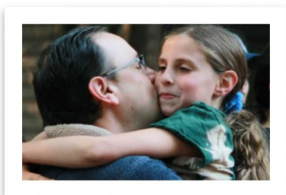
RETURNING HOME: First Session Campers

- **By bus** - Bus will leave camp Friday, July 12th around 8:30am.
- **Being picked up by parent/guardian** **TWO CHOICES:**
 - **Please specify your pick up day and time in your CampMinder travel section.**
 - 1. Friday, July 12th at **9:30***
 - OR**
 - 2. Saturday, July 13th after 9:00am (this is also visiting day, see below)

ARRIVING Second Session Campers:

- **By bus** - Bus will leave Chicago area Sunday, July 14th **8:30am***
- **Being dropped off** - Campers should arrive Sunday, July 14^h between **1:00-1:30pm***
This is a drive through drop off. PLEASE make your good-byes quick!

***To avoid disruptions in our programming, we are counting on parents/guardians to adhere to the time range for pick up and drop off.**



Any full season camper who MUST go home during changeover will require an email sent to fun@agawak.com with the reason, one week prior to changeover. NO camper is allowed to fly home and back, and airport runs are not available.



Visiting Day—July 13th

Visiting day is a great time for families to check out camp. Second session campers and families are welcome to come see the grounds and drop off duffels, but no cabin assignments will be revealed. Agawak will open its gates at 9:00am and host an open house for families until 1:00pm. Campers may give their family members a tour of the grounds, show off their skills at waterskiing, climb the tango tower and visit their bunk. A buffet of fresh fruit, yogurt, bagels, pastries, homemade granola, juice, coffee and more will be available for campers and families to enjoy throughout the morning.

REMINDERS FOR FULL SEASON CAMPERS:

- ⇒ **Full season campers spend Saturday night, July 13th out of camp with family.**
- ⇒ Full season campers **must** be dropped off between 11:00-11:30 on Sunday, July 14th so we can get settled and ready to welcome our second session campers.
- ⇒ This is a drive through drop off. Parents/guardians **SHOULD NOT** get out of the car.
- ⇒ Do **NOT** bring your camper back with food. (See page 8)

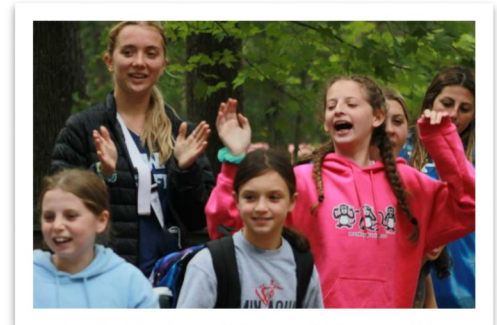


CABIN PLACEMENT

Living Arrangements

One of the most difficult tasks in getting ready for summer is preparing cabin assignments. We want you to trust our process and never forget our main goal is to provide a caring and wonderful camp experience for every camper.

It is understandable that as a parent you want your camper to be happy. We do too! We try very hard to make everyone comfortable with regards to whom they'll be bunking with. We want nothing more than happy and healthy campers but cannot always accommodate every request made due to the physical size of each cabin and the population in each grade. Individually, it looks very simple to grant each camper one request however, looking at the whole picture, it is very difficult. We place campers in cabin groups with other campers in the same grade and session. It usually works out best for first-time campers to be with first-time campers and returning campers with returning campers, as well as trying to diversify geographically within the cabin. **Camp Agawak will not make any guarantees in regards to Cabin Placement.** We also do not accept dis-requests.



Important Reminders

Remember, overnight camp is about meeting new people and gaining independence, please be mindful of this. Your daughter will gain valuable experience living, playing and cooperating with campers from different backgrounds, places, lifestyles and personalities. Camp helps them gain the tools to be a respectful and accepting person which the world needs more than ever.

Have faith in us and your daughter! Mary has been doing this for many, many years. Campers who may initially be disappointed with their cabin placement do settle in nicely and come to have a positive experience. They make new and special friendships they never expected. Please trust this process and allow your camper the opportunity to learn lifelong skills without "solving the problem" for them.

Hopefully, you have chosen Camp Agawak for the confidence you have in our program and our staff. We work extremely hard to make all members of the camp family happy during their stay. We are committed to giving your daughter a wonderful overnight camp experience.



AGAWAK POLICIES

Read through carefully with your camper! You will be signing a form that said you did!

Alcohol & Drugs

It is strictly forbidden for campers to consume or possess any alcohol, CBD oil or illicit drugs anywhere on camp property. Any camper who breaks this rule will be subject to immediate dismissal. In addition, the camp reserves the right to contact police if any camper or staff is found in possession of illicit drugs while on camp property. Anyone observing a camper or staff in possession of alcohol or drugs on camp premises must report it immediately to our administrative staff. Illegal substances are PROHIBITED.

Prescription Medications

ABSOLUTELY NO MEDICATIONS and/or SUPPLEMENTS ARE KEPT IN THE CABIN – WITHOUT EXCEPTION! All medications, vitamins, prescription CBD oil and supplements are kept in a locked cabinet inside the health center.

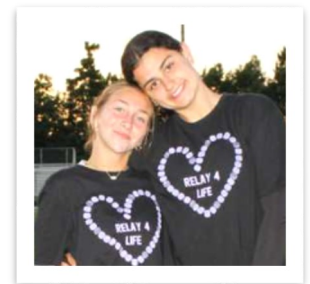
If your camper will need prescriptions and/or supplements you must register with CampMeds! This is NOT optional and penalties are assessed if not registered. See page 19 and 26-28

Tobacco and Nicotine Products

Smoking, vaping or possession of tobacco and nicotine products is **not permitted at any time** on camp property. Anyone who breaks this rule will be subject to immediate dismissal. If anyone observes anyone smoking or vaping or using nicotine

Appearance

While we respect a person’s individuality, we request that campers do not bring or wear clothing that portrays alcohol/drug use, sex, profanity, racism, etc. The same applies to jewelry, and adornments. Bathing suits should have appropriate coverage. We expect our older campers and staff to set a good example for the younger ones. Do not bring expensive clothes to camp. Thank you in advance for your cooperation.



POLICIES Continued...



Expected Camp Behavior

We expect campers to cooperate with and follow camp rules and standards of behavior. Campers exhibiting inappropriate behavior may result in discipline and/or dismissal from camp. Examples of this include but are not limited to:

- Physical or Aggressive Behavior, Threatening Behavior and Inappropriate Language
- Bullying, Stealing, failure to follow camp rules or creating an unsafe environment
- *All campers are expected to be respectful and kind to others at all times!*

If behavior warrants dismissal, the camp director will contact parents/guardians directly by phone. Parents/guardians will be responsible for arranging and covering costs for their child's early departure due to behavior.



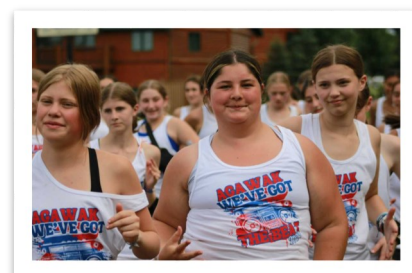
Camp Agawak campers and staff are expected to model appropriate behavior before, during and after camp. When not at camp, social media and electronic communication can be a wonderful way to stay in touch with camp friends but can also be used as a way of bullying or harassing. Without a face to face interaction, it is easier to text, post or comment mean things because consequences are not dealt with in person. Camp Agawak will not tolerate "mean girl" behavior and it will jeopardize a camper's invitation to return to Agawak.

Agawak campers and staff have the right to respect and dignity in and out of camp. Communication between Agawak campers and staff should always be kind, without malice and done with appropriate language no matter an individual's ability, culture, gender, race or religion.

Activity Participation

Almost all of camp's activities are open to every camper. There are a few exceptions.

- **PARADE**—Our Fourth of July parade dancers performing in town must be 5th grade or above. The route is long and the heat sometimes is too much for our littler ones. There is a junior parade performed at camp by our younger campers.
- **SWIM**—Every camper is given a swim test the first day of camp. If a camper does not pass, she is put in swim instruction for at least one activity sign up. She will not be allowed past the shallow water rope without being accompanied by a lifeguard. She is allowed to do other water activities (skiing, sailing, etc) as life jackets are required. Campers are retested before the next activity sign up.





POLICIES Continued...

Cell phones & Electronics

NO CELL PHONES, ELECTRONICS or cellular smart WATCHES/DEVICES:

None of these items are allowed in camp. Please abide by this policy. We will take all cell phones, electronics, cellular smart watches, electronic games or devices with internet access and return them at parents/guardians' expense.

ONLY campers that fly to camp are allowed to travel with their phones. Once in the company of camp staff, phones will be collected and kept in the office. On their return flight, the office will have the phone charged and returned to the camper once they are at the airport.

CAMERAS:

No cameras are permitted in any of the shower houses or bathroom facilities.

SCREENLESS IPODS:

Any iPod or similar device that has the ability to text message, has internet access and/or contains stored videos or movies are NOT permitted at camp. Examples of acceptable SCREENLESS music devices allowed at camp are the old screenless iPod Nano, the Apple Shuffle, SanDisk MP3 player or the Campfire Player.

Food Policy

Sending any food or candy with campers is STRICTLY PROHIBITED for a variety of reasons, including **gum and suckers**. In addition to meals, snacks are provided once in the morning and after the evening program. Random bag checks and cabin searches are done with any prohibited items confiscated and discarded. Campers with severe health issues that require special food must have a written doctor's note outlining the camper's specific dietary needs and the doctor and parent must call the camp office prior to the start of camp. *Please*, picky eating is not a medical condition. Regardless if your camper is a finicky eater, our head cook of over 25 years will make sure your daughter does not go hungry.

Emergency Action Plans (EAP's)

Agawak has established EAP's for emergencies such as weather, missing persons, fire, and intruders. These EAP's are practiced at random times throughout the summer by staff and campers. Campers are reminded of certain restrictions regarding the grounds and facilities. Safety guidelines are explained in each activity area and posted in common areas.

POLICIES Continued...



No Package Policy

We enforce a NO PACKAGE RULE, excluding birthday packages. Packages lead to unnecessary competition in the cabin and add to cabin clutter. Due to this and other concerns, we do not accept anything bigger than a **flat 9 x 4 ½ standard envelope**. We require your **complete** cooperation. Contents of non-approved packages will be donated or returned to the sender at your expense. **Please be sure to let relatives and friends know about our package policy.**

Camp Agawak does not allow food or candy to be sent to camp, unless it is a birthday package. Food in cabins is a huge problem; it attracts small rodents and insects, causes disputes in the cabin group and spoils campers' appetites. Special dietary needs and birthdays are exceptions to this rule and must be approved by us before sending.

REGULAR LETTERS—Once you know your daughter's cabin, please add it after her name to help with sorting. Tell friends and relatives as well!

*Camper's Name and Cabin #
c/o Camp Agawak Office
7851 Agawak Rd.
Minocqua, WI 54548*

If there is something **critical** your daughter forgot or a birthday package that needs to be sent, **PLEASE contact the office to get critical packages approved. Send in care of the office to be inspected and then distributed.**

Special Note to CIT parents/guardians: Lip Sync packages will NOT be accepted. All Lip Sync materials/costumes will be purchased through the camp office. Each team has a budget and this is the only way to track spending.



Graffiti, Duct Tape & Damage to Camp

Camp equipment, property and buildings are subject to normal wear and tear. However, vandalism or disregard of property will not be tolerated. Parents/guardians will be asked to reimburse the camp for the cost of repairing all property their camper has damaged. We have worked hard to **eliminate graffiti from cabin walls and want to keep it that way**. All 3M type hooks, strips and any sticky adhesive are banned as they ruin our beautiful wood walls. Duct tape has become a big issue and has caused damage by leaving a sticky, permanent residue on cabin walls, doors and bunks.



Please explain this to your camper, so they clearly understand the rules. Writing on our **bunk beds, walls or any other camp property is prohibited!!** Campers will help remove any graffiti and may lose the opportunity to come back to camp. Camper and counselor names are added to special cabin plaques every summer and will never be destroyed. For this reason there is no need to add your name anywhere else and graffiti our cabins. *Respect your camp!*

POLICIES Continued...



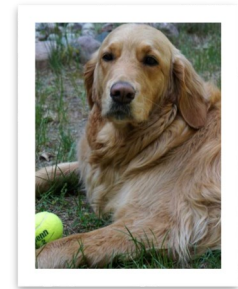
Valuables

Camp Agawak IS NOT responsible for loss or damage to any camper's belongings. Don't pack items of high value, such as jewelry, expensive clothing, expensive headphones, speakers, etc. or items with high sentimental value.

Laundry is handled by an outside vendor and is returned within 48 hours. Camp Agawak will not be responsible for items that get lost. Families are able to address any issues with the company directly. This is again why campers should not bring items with a high monetary or sentimental value.

Cash is not needed at camp. Any expenses, including "Town Day" spending money, will be taken out of your camper's Spending Money Account (SMA) please see page 21.

Agawak does not allow personal support animals at camp. Mary does own a golden retriever named, "Summer" who visits camp. "Hi, I'm Summer. I work at camp helping campers missing home, retrieving lost tennis balls and keeping chipmunks out of the office. I love walks on the beach and long belly rubs. See you at camp."



Dangerous Objects Prohibited

Matches, candles, fireworks, lighter fluid, flammable materials of any kind are not allowed at camp. Any form of a weapon, including knives and guns are also prohibited. Hammocks have been added to the dangerous items list and will not be allowed.

Devices that heat water or cook food are banned. If you send this device you are clearly ignoring our no food rule as well, a \$200 fine will be imposed. These are dangerous and completely unnecessary.

Camp Agawak may search a camper's person or personal belongings if there is a reasonable suspicion that the camper has violated or is violating the law or camp rules.

Other Misc Objects not to pack

Some items seem like they should be no big deal, but without going into all the crazy stories of why we don't allow these items, please trust us. Don't send decorative lights, hard plastic storage bins, or flushable wipes. We can't possibly list all the items that don't belong at camp, but we do provide a complete packing list. Basically just **KIS** it, **Keep It Simple!**

If it's not on the list, don't pack it.



HEALTH & WELLNESS



Health Center

The health of our campers is carefully monitored at camp. We have a well-equipped health center with nurses living on site. Registered Nurses are on duty 24/7. We are extremely fortunate to be only five minutes from the Marshfield Clinic and the Howard Young Medical Center. Both facilities are competent medical facilities with a large staff of doctors and specialists. If a situation requires a trip to the clinic or hospital we will use our local health care facilities.

Any time a camper has an illness or injury that requires a doctor visit or a stay in the health center overnight, we will contact the parent/guardian by phone to discuss the situation. If we cannot reach the parent we will follow up with an email. We will do our best to contact the parent/guardian prior to the visit and again after.

CampMeds **REQUIRED** - All Prescriptions & Supplements

All prescriptions and daily supplements including vitamins must be handled directly through CampMeds (see pages 26-28 for more information). Medications that must accompany a camper on the bus (See Exceptions below) must be checked in with the bus staff before boarding.

Exceptions: Epi pens, Inhalers, Insulin, Growth Hormone injections, birth control, Accutane

Pages 27-28 contain other FAQs pertaining to CampMeds. Registration is open. You need to register by the following dates to avoid a late fee (campmeds.com).

Campers arriving on **June 17** must register by: **May 10**

Campers arriving on **July 14** must register by: **June 10**

If your camper requires an OTC medication such as Claritin, Tylenol, etc while at camp we do have these medications in stock. Please make sure you have indicated on your camper's health history which OTC meds we have permission to give.

Rookie 1 campers will NOT have to register with CampMeds. Their required medications must be sent to camp ahead of time.

ANY MEDICATIONS BROUGHT OR SENT TO CAMP MUST BE IN THEIR ORIGINAL CONTAINERS. OUR NURSES ARE UNABLE TO DISTRIBUTE AS IT VIOLATES HIPAA. Medications are kept in a locked cabinet in the health center.

CAMPERS REQUIRING SUPPLEMENTS OR MEDICATIONS NOT REGISTERED WITH CampMeds WILL BE ASSESSED A \$250 FEE

Insurance

All campers must be covered by their family's health and medical policy. While Camp Agawak will act as guarantor, any costs incurred by Camp Agawak in providing required treatment, will be billed to the parents/guardians (doctor's appointments, prescriptions, etc.).

Required Lice Checks

Lice may like us but we don't like them. Not to be haters, but Lice at camp is not fun. This is why everyone must do their part to have their camper come to camp lice free. There are things that you can do to prevent lice from choosing your camper to be their ride to camp. **Most Important**—have your camper's hair checked by a reputable lice screening company (doctors and hairstylists are nice people but not lice experts) no earlier than 7 days prior to your daughter's session beginning.

Here are a few more tips that you can do **prior to camp**:

- Check your daughter's hair routinely, especially when you notice her scratching her scalp.
- **A note/receipt from a lice company verifying a clean screening must be emailed to the camp office no more than 7 days prior to arriving. Some lice specialists will email camp on your behalf. Please check with them before you send your results. Office email: fun@agawak.com**
- Encourage your daughter not to share hats, combs, brushes or any other hair products.
- **PLEASE PLEASE PLEASE** Give us a "heads up" if your daughter has been treated for lice within 21 days prior to arriving at camp. You must notify the Agawak Health Center (nurses@agawak.com or 715-358-7772)

If your daughter **has lice before camp**, you can follow these tips:

- Avoid sharing hair care items (brushes, rubber bands, etc).
- Keep hair in braids or in a bun.
- Clean hair brushes, combs, barrettes and other hair ornaments by soaking them in hot water greater than 130 degrees F for 10 minutes or soaking in a disinfectant solution.
- Vacuum the floor and furniture, particularly where the infested person sat.
- The risk of getting infested by a louse that has fallen onto a rug, carpet or furniture is very small. Head lice survive less than 1-2 days if they fall off a person. Nits cannot hatch if they are not kept around the same temperature as the human scalp.
- Place clothes, bedding and cloth toys in a hot dryer on TIMED HIGH HEAT for 50 minutes.

While at camp, campers and staff should wear their hair back and not share hair related items throughout the summer. In addition, we suggest that all campers bring and use Tea Tree or rosemary shampoo/conditioner for prevention of lice while at camp.

Should any cases of lice be found during the arrival screening process, we will be discreet and sensitive. If a child arrives at camp with lice and requires treatment, you will be charged an exposure of \$225 AND a treatment fee of \$250. YIKES, no lice is worth that! A lice specialist will come to camp to do outgoing lice checks. Let's all be on the LICE FREE band wagon. No one wants to be left scratching their head! Campers outside of Illinois should contact a local Lice Clinics of America or other reputable lice screening service.

Remember, doctors and beauticians are wonderful but not lice specialists. Without verification of a lice check by a certified person/company, we will have your camper re-checked and charged a fee of **\$50**.

FINANCIAL INFORMATION

Tuition and Statements

Your camp invoice is available to you via your CampMinder account.

Tuition will NOT be pro-rated for campers arriving late, leaving early, or departing temporarily for family events, sports, illness or injury through no fault of Camp Agawak.

Does my camper have the option to stay? Campers coming for our two-week Rookie programs *may* have the option to stay for the rest of their session, but not always. Please confirm with the office. You must let us know before your daughter arrives if she has the option to stay. Any tuition already paid would be applied to the new balance.

S.M.A. (Spending Money Account)

Campers can obtain stamps, camp clothing, toiletries, stationary, etc., at the camp store, which are then deducted from their SMA. There is NO need for cash at camp, a deposit to your camper's SMA was added to your billing statement (see amount below). At the end of the summer, credit or debit balances will be billed or refunded to your account. You may want to discuss spending limits prior to camp with your daughter and check their SMA balance periodically.

Other examples of items charged to SMA:

- Snack shack
- Shipping of bags
- Health Center charges
- Lice checks for those not seen by lice specialist

You can check your daughter's SMA account at any time through CampMinder. Amounts deposited in SMA by session:

- * Rookie 1 - \$0 families are billed for any balance
- * Rookie 2 - \$75
- * First & Second session - \$125
- * Full season - \$225

We cannot add money to the SMA during the summer, but will bill you for any balance in August.

Tipping

It is not necessary to tip your child's counselors separately. Many parents/guardians present counselors with gift packages or gift cards. However, we leave that up to your discretion.

FYI—Gifts to International Staff. International staff are not able to redeem Amazon gift cards and most do not have Venmo. They do have an opportunity to cash checks before they leave camp.

CAMP PARENTING 101



Write Letters

Letter writing is becoming a lost art, but we work to keep it alive at camp. Our suggestion to parents/guardians is to write early and often and send a letter prior to your daughter's camp arrival. This way she will have mail waiting for her when she arrives. We have letter writing days at camp but mail starts slow so don't be concerned if you don't receive a letter right away. **Once you have your camper's cabin, don't forget to add it to your letters and tell the relatives!** Practice addressing envelopes, you would be surprised at how many campers do not know how!

Phone Use

Cell phones are not allowed at camp unless you are a Counselor-in-Training or fly to camp. On most Sunday mornings (not all) CIT's will have phone privileges. Campers are not permitted to use the phone or receive phone calls during their stay. This includes parents/guardians' and grandparents' birthdays, parents/guardians' anniversaries, etc. Phone calls contribute to homesickness. **Exception:** Campers with birthdays are allowed one call. If parents/guardians live in separate homes, one call from each parent is allowed. These calls should be set up in advance by calling the camp office prior to the birthday.

E-Mail

We check the e-mail often and will respond to your inquiries as quickly as possible. Campers will not be able to send or receive e-mail. **Exception:** Only parents/guardians traveling/living outside of the country during their daughter's stay at camp may send emails. Please get approval through the office. **Three** emails per week, per camper is allowed. Camper's letters back will be scanned and emailed back to parents/guardians. Emails can be sent to the camp office: fun@agawak.com. *Please don't send attachments such as pictures, these are great to share later with your camper.*

Website

You will find our website, www.agawak.com, is a wonderful tool to keep you up to date with the daily camp activities and events. The Director's Blog, written bi-weekly by Mary Fried or one of the administrative staff, has brief descriptions of programs, stories or emotions of the day. We will work hard to keep it updated but our first responsibility is to the campers at camp.

Photos / Companion



Camp Agawak uses the facial recognition app called Companion to help parents/guardians sort through the thousands of pictures posted each summer. Download the Companion app to your Apple or Android device. Login is the same as CampMinder. companionapp.com You may reach out directly to Companion with questions.

Companion may not tag 100% of the pictures your camper is in, but to get the most out of the facial recognition feature, please upload a recent and good recognition picture. A good recognition photo is one that is a clear close head shot. Please see the FAQs at companionapp.com

NOTE: Also a great tool to upload and complete forms!

Homesickness

Ninety-five percent of all campers experience some degree of homesickness while away from home. It is normal and treatable! Our staff works hard at keeping the campers busy with fun camp activities to lessen homesickness. Our staff will provide the support needed to get your camper through any homesickness they might experience. You can help prepare your child for camp by:

- Talking to your child about camp and what it will be like.
 - Sending a stuffed animal to sleep with or picture to hang by her bed.
 - Tell your child that you have confidence they will make friends away from home.
 - Asking her to write letters while she is at camp (Self addressed/stamped envelopes are great).
 - Encourage your camper and be her biggest cheerleader– Stay positive– especially on departure day!
- ⇒ Do not tell your child in advance that a parent or guardian will “rescue” her from camp if she does not like it. This is a recipe for failure from the start. **No “Pick Up” deals please.**
- ⇒ Do not promise your camper they can call while at camp (see phone use policy).

Contacting Camp During the Summer

You may contact us at anytime during office hours with your questions and concerns. Besides speaking with Director Mary Fried, you may speak with our Associate Director, Chris Garcia, as she is also willing and able to help. Counselors are available by appointment. Messages taken by the secretary are returned as quickly as possible. We are always available for emergency situations.

Please note that staff live in the office and are available 24 hours a day for emergencies. **Please limit your calls made during non-office hours for EMERGENCY CALLS ONLY.** Your consideration is appreciated.

Office hours
Mon-Sat 8am-8pm
Sundays: Emergencies only

We have had problems with parents/guardians directly calling, emailing and texting their daughter’s counselors. This is frustrating and distracting to counselors who are busy running activities and taking care of ALL their campers. It is similar to texting teachers during class time. It takes away from the counselor’s primary responsibilities. **ALL communication between parents/guardians and counselors must be directed through the camp office so we are all on the same page– working in the best interest of your daughter and avoiding any potential miscommunication.** Let’s all be rule followers!!

Summer Birthdays



If your child has a birthday during the summer, we will provide a party complete with a special cake and a lot of birthday attention from the whole camp. We will supply a pizza party in the evening for the entire cabin. Your daughter’s spending account will be billed \$100.00. If you would like to send party favors, please call our camp office to get permission and we’ll give you the number of campers and staff in your child’s bunk. Birthday gifts should be sent directly to the camp office. Please note on the package “Birthday Package”.

Relatives’ Birthdays—Birthday sign pictures will be taken for camper’s **parents/guardians only**, not siblings or grandparents, pets, etc! Your camper must come to the office to take the picture and we will post the photo in CampMinder. Please understand it is not our responsibility to remind campers.

General Tips & Reminders

PACKING & PREP

- ⇒ It is the parents/guardians' responsibility to make sure your daughter's cell phone, all electronics and prohibited items stay at home. Items prohibited at camp will be shipped home at parents/guardians' expense.
- ⇒ When packing, do not send anything expensive (ie, jewelry and expensive clothes). Camp Agawak is not responsible for the loss or damage of personal property or missing laundry.
- ⇒ Do not send **cash or food or gum** with your daughter - money will be provided through her SMA account and any snacks/candy brought in duffels will be confiscated and discarded.
- ⇒ It is the parents/guardians' responsibility to limit packing to 2 soft-sided duffels, no heavier than 70 lbs. Space is limited and laundry is done each week. **OVERSIZED BAGS will NOT be accepted.**
- ⇒ If your daughter wears glasses or contacts you may want to send an extra pair for us to keep in the office.

CAMPER SEND OFF & SAYING GOODBYE

- ⇒ Sending a healthy camper is key. See Wellness Plan page 25
- ⇒ All transportation to and from camp will be confirmed. **Don't forget to pack a nut-free lunch for the bus trip to camp.** And remember NO PETS at the bus locations on departure day.
- ⇒ No parents/guardians are allowed on the buses.
- ⇒ Goodbyes should be QUICK and HAPPY. Discuss homesickness with your camper before leaving. Share a personal story regarding a time when you (the parent) were homesick and made it through. Expect a few homesick letters and watch the tone change as time goes by.
- ⇒ Remember to have your daughter's head checked for lice no more than seven days before your camper leaves for camp.

COMMUNICATION

- ⇒ Write to your camper a few days before they depart and write often! They'll remember and cherish your letters and cards for years to come. Once you know it, add her cabin to all letters.
- ⇒ There will be no disclosure of cabin groups prior to camp.
- ⇒ Camp office hours are Monday-Saturday 8am-8pm. **Sunday—emergency calls only.** Breakfast times vary. Lunch is at 1pm daily and dinner is served at 6pm. Our office phones are unattended at meal times.
- ⇒ All communication must come through the camp office. Contacting counselors directly through cell phones is PROHIBITED and contributes to counselor burn-out.
- ⇒ **NO packages!** Limit mail to no bigger than a flat 9 x 4 ½ regular letter size envelope. All other packages will be sent back. Birthday packages and necessary forgotten items that have prior office approval are the only exceptions.
- ⇒ If you are leaving town during your daughter's stay, please call or email us prior to your departure and leave information of how we can contact you if it is different than your normal contact information.

TUITION & FINANCES

- ⇒ SMA account is used to get personal items throughout the summer (stamps, batteries, toiletries, camp store purchases. etc.). Parents/guardians may monitor the balance daily through CampMinder -View Spending Money.
- ⇒ Tuition will NOT be pro-rated for campers arriving late, leaving early or departing temporarily for family events, sports, school, illness or injury through no fault of Camp Agawak.

The success of our summer **STARTS** at home with **YOU**, **BEFORE** camp ever begins. It's imperative everyone arrives to camp healthy!

Agawak's Wellness Plan

If campers and staff arrive at camp healthy and illness free we have a much greater chance of having a healthy camp season. **Coming to camp with something contagious will be the leading cause of illness at camp.** This is why we encourage the following:

- ☺ Campers and staff should monitor their health prior to arrival at camp. Check for fever or other cold/flu symptoms.
- ☺ Avoid large gatherings six days prior to arriving.
- ☺ Avoid being around people that are sick or who have attended a large gathering within six days.

These strategies will help everyone start the season healthier. Even our best efforts cannot guarantee illnesses will not enter camp. However, practicing healthy habits such as washing hands before meals, covering coughs, disinfecting high traffic areas such as bathrooms and monitoring camper and staff health will always be standard at Agawak. If a camper or staff member should become sick we will treat and take care of their illness as necessary.

- ☺ **Please bring us a healthy camper.** Everyone has that one relative that comes to family gatherings sneezing, coughing, but is "feeling fine"! Please don't let your camper *share* their germs with our camp family. **The honor system and trust is crucial here.**
- ☺ **Once at camp, campers not feeling well** should let their counselors know and visit the health center when appropriate.
- ☺ **Campers with fevers and flu-like symptoms** are required to remain in the health center until their fever or symptoms have disappeared. Parents/guardians will be notified if their camper would need to spend the night in our health center. Once they are deemed non-contagious they can return to normal activities.
- ☺ **Talk to your camper** about what to do if she doesn't feel well at camp. She should understand just like at home or school, it is impossible for camp to keep germs out. Like school, we have nurses in the health center during the day, but our medical staff is available 24 hours a day. Please let your camper know that we have a knowledgeable medical staff to take care of anyone who may get sick.
- ☺ If you, as a parent/guardian, have any specific concerns related to your camper's health please contact our office.

Email: info@campmeds.com
Phone: 954-577-0025
Fax: 1-833-530-1915

CampMeds

Pre-packaged Medications for Campers

To register with Camp Meds:

1. Go to www.CampMeds.com to register for camp. If you're a returning user, log in and select "Add Camper" to register for this year. New users can easily register their camper on the website.
 - Registration will open on **February 1, 2024**
2. Prescriptions must be sent to our pharmacy partner, Aurora Long Term Care Pharmacy. Please have your provider send electronic prescriptions when able.
 - **Pharmacy Information:**
 - 25344 Red Arrow Hwy Mattawan, MI 49071
 - NPI: 1699340539
 - **Controlled Substances only.** If your child is staying longer than 30 days, law requires a new Rx for each 30-day supply.
 - **Important:** please have your physician send in the controlled substance prescription 60-days prior to your camper's start date.

Registration Fee: A one-time registration fee for the entire summer will immediately be charged to your credit card upon registration. **Fees are per camper, not Rx, and do not include the cost of medicine.

- Fee for campers attending up to 30 days of camp is \$65
- Fee for campers attending over 30 days of camp is \$75

Deadline: All information (including prescriptions from the doctor's office) for your camper needs to be received **30 days** before your camper's start date. Anything not completed by the deadline will be charge a **\$100 late fee**. This cut-off date for receiving information is **15 days** before your camper's start date.

Insurance/Prescription Meds: The CampMeds pharmacy partner, Aurora Long Term Care, accepts most insurance plans **except state Medicaid programs**. You are responsible for all co-payments, deductibles, meds and written prescriptions not covered by your insurance. For inquiries regarding utilizing your insurance coverage with Aurora Long Term Care Pharmacy, kindly contact our billing department via email.

Medication Charges: After processing the provided insurance information, co-pays, over-the-counter (OTC) medication, any uncovered medication will be billed to the camper account through our pharmacy partner. The charges will be reflected on your credit card statement from **Aurora Long Term Care Pharmacy**. Medication expenses are only incurred upon your camper's arrival at camp.

Email Notification: Our primary mode of communication is email. Expect automated notifications from CampMeds upon receiving your online registration, prescription submissions, and dispatch of medications to camp. If you haven't received a confirmation email within a week of sending prescriptions, please reach out to us.

Thank you for choosing CampMeds! We look forward to being your 2024 service provider.

1. Do I need to register my child again if I registered last summer? Yes, please log in to your account and update information for the summer 2024. (Registrations open Feb 1st)

2. Exactly Which Medications Am I Required To Have CampMeds Dispense? All prescription and non-prescription meds and vitamins (taken daily and “as needed”)

Except: insulin, growth hormone injections, any injectable, birth control, Accutane, Avi-Qs. Most camps stock drugs such as Tylenol, Advil, Benadryl, etc; you do not need to have CampMeds dispense those typical items if they are only taken “as needed”. Check with camp to confirm the OTC meds they stock.

If your camper takes herbal/specialty vitamins, please contact CampMeds to determine if they can be packaged.

3. How Can I Be Sure The Meds Will Be Packaged Exactly The Way My Child Takes Them? It is your responsibility to check that the prescription is written correctly. If the med is to be taken daily, the prescription should specify daily, with the time of day, (morning, lunch, bedtime, etc) **If a prescription is written as “once a day” with no specific time, the medication will be packaged for the morning.** If the med is taken only “as needed” (PRN), the prescription must be written to specify only “as needed”.

4. Will the CampMeds Pharmacy partner accept my Insurance? If so, are all medications covered? Our pharmacy partner is contracted with most insurance plans however, until you submit your online registration form with complete insurance information, your plan cannot be verified for billing. We will contact you if our pharmacy is not a provider for your prescription plan. We suggest you review the Rx with your physician to confirm it is written exactly the way your camper takes the medication before sending to **CampMeds**. If a new medication OR dose is prescribed, contact your prescription plan to confirm the medication and dose is covered for a 30 day supply. If your insurance changes and the pharmacy has already sent medication to camp, **you will be responsible** for co-pays, deductibles, and prescriptions not covered if the pharmacy is not a provider for your plan. If you do have an insurance change, please fax/scan the updated insurance card as soon as possible to CampMeds. If you do not follow these steps and your new insurance denies the charges, we reserve the right to charge your credit card for the full cost of medication. All credit card charges from the pharmacy will appear as a separate charge after your child returns from camp.

5. Will my co pay be the same from the CampMeds pharmacy? Our pharmacy partner will verify they are a provider for your insurance, but there is no way for them to determine your co-pays will be the same as you pay at your local pharmacy. There are some insurance plans that do charge higher co-pays depending on which pharmacy fills the meds. You can contact your plan to confirm medication co-pays via the CampMeds Pharmacy partner. Please keep in mind that insurance plans change frequently, so it is a good idea to contact your prescription processor prior to forwarding your child’s prescriptions to **CampMeds**.

6. What If I use a Mail Order Pharmacy or have a 90-day prescription plan? Usually our pharmacy can only dispense a 30-day supply of meds. You will be responsible for a 30 day co pay determined by your insurance plan. After registering with **CampMeds**, we ask you to contact your member services to confirm the following:

- Your RX plan is NOT mandatory mail order for the meds we will dispense
- Your Rx plan does not have any limitation on how many times you are allowed to fill outside your mail order plan
- What your 30 day co pays will be for the meds.
- We ask that you request a Vacation Override from your insurance company so our pharmacy can get paid when they submit to your insurance on the day camp begins. The camp start date will be the submitted fill date.
- You will then need to ask your physician to write a 30 day prescription to send to us. (with refill if applicable)
- You will need to avoid refilling the med within 60 days of the camp start date, or you can request only the number of days needed until the start date of camp since that will be the date we will submit to your insurance. This will enable the pharmacy to process the medication thru your insurance when camp begins.
- If your plan does not allow you to get a 30 day prescription filled with our pharmacy, please e-mail **CampMeds**.

7. Can you accept an “Electronic Prescription” directly from the physician? YES. You will need to provide the physician with the Pharmacy Name that is listed on all of your automated emails and the CampMeds receipt that you print at the end of registration. All other paperwork (registration receipt and Med List Form) should be forwarded directly to CampMeds.

8. What if my child's medication needs to be refilled while at camp? Medication prescribed for "daily" use is automatically refilled by our pharmacy and sent to camp for campers attending over 30 days. Prescriptions must be written with refills. (Except for Controlled Substances which require two separate 30 day Rx's) **PLEASE NOTE:** Refills will be billed 30 days after the initial billing. Do NOT refill your child's medicine while at camp. This will cause your insurance to reject our pharmacy claim submitted for your child's medication, and you will be charged full price for meds dispensed. Once your camper finishes any unused meds brought home from camp, along with any meds left at home prior to camp, you may then refill your child's medication. You will fall right back in to your refill cycle!

9. How are "as needed" medicines packaged? CampMeds will package "as needed" (PRN) medicine separately from daily meds. Your child will go to the nurse for these medications when he/she needs them and they will be refilled only if necessary. The camp nurse will contact CampMeds if a PRN med needs to be refilled. Unused meds will be sent home at end of camp.

10. What if I need to fill a prescription for my child before camp starts? You may refill your child's medication any time before camp, if necessary. The pharmacy won't bill your insurance until camp begins, but, to help ensure that medications for camp will be covered by your plan, please have your insurance put in an "override" for the *CampMeds* pharmacy for the start date of camp which is when the claim will be submitted to your insurance.

11. I can only refill my child's medicine when he is down to his last pill. How can the pharmacy send the meds to camp before a refill is due? The pharmacy will dispense the meds and send to camp prior to your child's arrival, but will not submit to your insurance until the day your child begins camp. If necessary, the pharmacy will resubmit the claim form on the appropriate date for reimbursement if a vacation override is not given for the camp start date.

12. Why don't you dispense meds for the exact days of camp, rather than in 30 day increments? Most insurance plans only reimburse for 30 days of meds/month, and you the insured, pay co-pay for each 30 day supply. When the Rx is written for less than a 30 day supply, your co-pay will cost the same as a 30 day supply. Refills should also be for the full 30 day supply, as unused meds are sent home from camp.

13. Will non-prescriptions cost the same as I pay at my pharmacy? The pharmacy is competitive in pricing however, there is no way to know if you will pay a few dollars more, or a few dollars less.

14. Can a half of a pill be packaged? Yes My child takes a different dose of the same medicine every other day. Can it be packaged that way? Yes

16. Will the pharmacy dispense generic or brand? Unless the prescription is written with the words "Brand Name Necessary," the pharmacy will use generic. It is your responsibility to confirm the prescription is written correctly.

17. What if my child takes a "Controlled Substance" such as Concerta or Adderall? An original prescription is required. For campers staying more than 30 days, an additional prescription for a 30 day supply of meds is required. It is against the law for a "controlled substance" to be refilled. **Please send a separate prescription for every 30 day supply.** All prescriptions for the child's camp stay should be received by *CampMeds* at the same time. We can accept two separate 30 day prescriptions written for the same date, but they will only be dispensed one month at a time. The physician may also write both prescriptions each with a different date. Please visit our website at www.campmeds.com for a detailed letter you may give your physician on controlled substance prescriptions to be dispensed by the *CampMeds* pharmacy. *CampMeds* pharmacy.

18. When will the pharmacy charge me for my camper's medications? Since our pharmacy partner will not submit to your insurance until camp begins, you may not receive a charge on your credit card until two months AFTER your camper returns home. Please notify us if your credit card information changes during the summer.

19. Do I need a Prescription for Over the Counter Medication? No, the pharmacy will dispense your "exact" written request that you listed on the Med Form. This form is printed at the end of your *CampMeds* registration.

20. Will I have confirmation that CampMeds has received my Prescriptions? We will send you an automated email from orders@campmeds.com once we receive them. If you do not receive a confirming email within one week of mailing them, please contact us.