



Fleur de Lis Camp

Parent Guide 2019

Fleur de Lis Camp
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Dear Parents,

Welcome to the 2019 summer camp season! We are so excited to have your family and your daughter(s) joining us for a fun-filled summer experience.

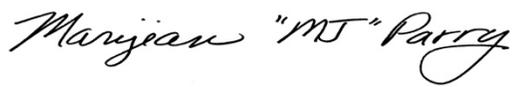
Camp truly is a place where girls have fun and adventures, are members of a positive community, take on healthy challenges, learn and grow, slow down and be unplugged, live close to nature, make friends, and create lifetime memories. Thank you for choosing Fleur de Lis and for trusting us to care for, and to help your daughter discover and become the person she wants to be!

Our staff is excited to lead her in learning new activities this summer, enhance her current skills and meet new friends as well as rekindle old friendships. We are committed to providing a magical experience this summer and this guide is designed to help you and your camper be prepared for Fleur de Lis.

Please familiarize yourself with read this guide as there have been a few changes for 2019.

As always, do not hesitate to contact us if we can be of service as your family prepares for camp. All of us at Fleur de Lis are looking forward to our 2019 season and we cannot wait to see you at camp!

Best Wishes,



Marijean "MJ" Parry, Director

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OUR FLEUR DE LIS MISSION

Fleur de Lis Camp promotes the well-being of girls and young women socially, educationally and physically. We provide opportunities and experiences to help them become self-sufficient and productive members of their community and the world.

Fleur de Lis' program is conducted in a natural environment, both safe and nurturing, with the intention of fostering leadership skills, citizenship, and self-confidence, while helping each girl reach her full potential. The girls and young women of Fleur de Lis are developed in a spirit of cooperation and respect with a focus on friendship, mentoring, positive example, and challenges appropriate to the individual girl.

Fleur de Lis affirms its responsibility and obligation as a not-for-profit, non-partisan organization serving the welfare of girls and young women. In this spirit we strive to make our program affordable to all.

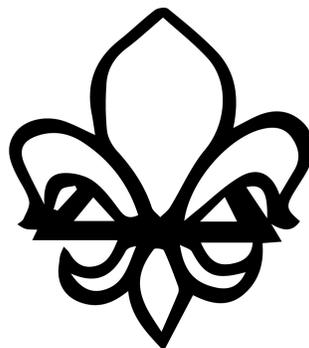
OUR FLEUR DE LIS VALUES

Integrity/Purity – Fleur de Lis Camp helps its girls and young woman become people who know what is right, who are fair and honest. They are individuals who are able to remain true to their beliefs and personal vision. They become good citizens.

Loyalty – Fleur de Lis Camp believes that dependability and loyalty are traits that help individuals and communities thrive and prosper. We encourage, model and support true and lasting friendships among our girls.

Service to Others – Fleur de Lis Camp believes that an integral part of creating a healthy, vibrant community is the willingness and ability to serve and care for others. We expect our girls and young woman to give to each other when there is a need and give back to camp and to their community allowing these communities to remain strong for succeeding generations.

Caring Community – Fleur de Lis Camp is an environment where each member demonstrates respect for others, the community and the world. As members of a community we work and play together in an atmosphere of encouragement, trust and friendship. Each of us looks out for the welfare of the individual and the group.



IMPORTANT DATES



Feb 15, April 15: Tuition

_____ Installment payments due

May 15, 2019: Tuition and Horseback Riding

_____ Final camp tuition payment due

_____ Fleur de Lis Horseback Riding Additional Option online form with Fairfield South waiver due.

Horseback riding is non-refundable and is automatically billed to your online account.

June 1, 2019: Forms Due in your CampMinder account.

_____ Health History (completed by guardian)

_____ Health Examination Within 1 year of camp (completed by family physician)

_____ Asthma Inhaler and/or EpiPen Auto Injector Form (completed by guardian & family physician)

_____ On-Line Permission Forms (completed by guardian)

_____ Copy of camper's Health Insurance Card (front and back)

_____ Parent and Camper Info Letter (will be available later in the spring)

2019 SUMMER SCHEDULE AT A GLANCE

Please refer to the sections below for details about Opening and Closing Days, Visiting Day, Senior Banquet and Campfire, Changeover Weekend (for 5 & 7-Week campers) and Family Day.

June 22 Opening Day for 4-Week, 7-Week and 2-Week Starter I

Check-in is between 1:00 pm and 4:00 pm. Note: Check-in will NOT start until 1:00 pm.

July 6 Closing Day 2-Week Starter I

Pick-up is between 2:30 pm and 3:30 pm.

July 7 Opening Day for 2-Week Starter II & 5 Week Check-In and Visiting Day.

Check-in is between 2:00 pm and 4:00 pm. Note: Check-in will NOT start until 2:00 pm.

July 19 Senior Banquet & Campfire

July 20 Closing Day for 4-Week and 2-Week Starter II & Changeover Weekend

Check-out is between 9:30 am and 11:00 am.

July 21 Opening Day for 3-Week and 2-Week Starter III

Check-in is between 1:00 pm and 4:00 pm. Note: Check-in will NOT start until 1:00 pm.

August 3 Closing Day 2-Week Starter III & Family Day

Pick-up is between 2:30 pm and 3:00 pm.

August 10 Senior Banquet & Campfire

August 11 Closing Day for 3-Week, 5-Week and 7-Week campers

Check-out is between 9:30 am and 11:00 am.

Want to extend your stay at camp? Two-week campers may extend their stay to a full four or three-week session if space allows. To explore this option, please contact MJ Parry, Director mj@fleurdeliscamp.org or Annie Brown, Assistant Director of Camper Development annie@fleurdeliscamp.org.



TRAVEL AND SPECIAL DAYS

ARRIVAL AND DEPARTURE

By Car: We suggest that all campers arrive by car as it allows parents/guardians to see camp and help their camper get settled. **For directions to Fleur de Lis, please visit our website.** Please use care when using a GPS. Many devices may send you down dirt roads that are not suitable for cars. Directions into Fitzwilliam from RT 119 or RT 12 are the best travel option.

By Air: Please notify camp as early as possible with details of your camper's travel information.

Three airports near Fleur de Lis:

- Manchester Airport (MHT) - Manchester, NH
- Bradley International Airport (BDL) – near Hartford, CT
- Boston International Airport (BOS) - Boston, MA

Campers arriving at the airport from domestic destinations: There are two transportation companies which can transport you to and from camp. These companies report that their drivers have had training and background checks and work with the airlines for the proper pick up and drop off of “unaccompanied” minors:

- Thomas Transportation – 800.526.8143 www.thomastransportation.com
- Adventure Limousine – 603.357.2933 www.advlimo.com

Campers arriving from international destinations: It is possible to arrange for Fleur de Lis staff to assist in collecting campers arriving from international destinations for an additional fee. Please email us for details.

OPENING DAYS

Please consult the “Summer Schedule at a Glance” for check-in times. Our staff will be busy with final preparations prior to the start of check-in. If you do arrive earlier, you are welcome to bring a picnic lunch and use the camp lawn for your lunch until check-in begins

Upon arrival, you will be directed to park on the lawn by the Old Dining Hall or in the Dining Hall lot and then directed to check-in at the Dining Hall where cabin/tent information will be provided.

Signs and staff will help guide you through the check-in process from the Dining Hall to the Health Center, and then to your camper's tent/cabin where counselors will be waiting to welcome you.

Light refreshments will be served during the check-in process in the Sunken Garden (across from the Barn) or in the Barn during inclement weather.

On Opening Days, June 22nd and July 21st, an informal Parent/Guardian Gathering will be held in the refreshment area at 2:30 pm to meet our leadership staff and answer any final questions. We please ask that you leave camp by 4:00 pm to allow the girls to begin their camp experience together and have time to play get-to-know-you games, learn safety rules, and jump into their camp session.

Please note that any **dogs** brought to camp must be on a leash at all times.

Please also note that **no weapons, alcohol or drugs** should be brought into camp at any time.

CLOSING DAYS

During Check-out you will close your camper's Incidental Account, pick up medications, check Lost & Found, and you may sign up for next season at an Early Bird discount. You will be able to drive to your camper's tent or cabin to collect her belongings. Our staff will have already helped her pack.

Check-out day is designed for campers to be able to introduce their new friends to their family, for parents to talk to counselors about their daughter's experience, and to see a bit more of our special place.

If a camper is to be picked up by someone other than a parent or legal guardian, Fleur de Lis MUST be notified in advance - in writing - of the plan. All campers/CTs must be collected by a legal adult (age 18+). Thank you for your cooperation.



VISITING DAY (for 4 & 7-Week Campers) Sunday, July 7TH

Our Visiting Day program runs from 11:00 am - 4:00 pm. Parents, relatives and friends of campers are invited to visit camp and enjoy camp programming.

There is a traditional camp ceremony called Coronation for the camp Queen to re-affirm the values of camp—integrity, loyalty and service. Families wishing to attend Coronation should arrive by 11:00 am and gather in the Hemlock Grove. Campers will arrive with their counselors as a group. After the ceremony, campers will join their families for a picnic lunch and participate in camp activities until 4:00 pm. Families that choose not to attend the Coronation ceremony should plan to arrive at 12:00 noon.

Guests should bring a picnic lunch to share with their campers. We do have some girls whose families are too far away to attend – we encourage campers to invite those girls to join their family for lunch. Also, if your family is willing to host a camper guest at your picnic, please let your camper (or the Director) know either before camp or in mail correspondence so she might be able to invite a friend.

After lunch, a free-swim period with lifeguards will be available as well as other “open” activity areas such as tennis and the opportunity to visit in the fields.

That evening, the girls have a special and eagerly awaited “Glop Night” party. Campers share their picnic leftovers with each other; please plan on leaving a limited amount of non-perishable “party” food for the evening – savory items are much appreciated.

For the welfare and happiness of our group, please limit visits to our Family Day or Visiting Day programs.

Please note: Campers may not leave the camp grounds during Visiting Day.

FAMILY DAY (for 3, 5 & 7-Week Campers) **Saturday, August 3rd**

Parents, relatives and friends of campers are invited to camp to visit and enjoy a picnic lunch. Our Family Day program runs from 1:00 pm to 3:00 pm. Girls who are not having visitors will participate in the regular camp schedule and activities, as well as a special camp lunch.

Guests should plan to bring a picnic lunch to share with their campers. Please let your camper know if you will be attending Family Day. After lunch, campers with visitors may choose to do a free-swim with their guests or show their guests around camp and introduce them to their friends (who will be enjoying rest time) in the fields. Please note there is no Family Day “Glop Night”, so please do not leave your camper with any “party” food.

For the welfare and happiness of our group, please limit visits to our Family Day or Visiting Day programs.
Please note: Campers may not leave the camp grounds during Family Day.



CHANGEOVER WEEKENDS (for 5 & 7-Week Campers) **Saturday July 20nd and Sunday July 21st**

Our 5 & 7-week campers may have visitors and/or leave camp during Changeover Weekend.

Please complete an online form with your Changeover choices to indicate your plans. In addition to leaving camp or having visitors, girls may participate in the Adventure Trip (ropes, waterpark are possible destinations), which leaves at 11:00 am.

Options for Changeover Weekend will be:

1. To take your camper away on Saturday between 9:30 am – 11:00 am and return her to camp between 12:00 pm - 1:00 pm on Sunday. (Note: lunch on Sunday is at 12:00 pm)
2. To visit with your camper away from camp on Saturday. You will pick her up between 9:30 am – 11:00 am and have her back at camp between 7:00 pm – 8:00 pm. You cannot bring her back to camp prior to 7:00 pm because staff will be away from camp.
3. To visit our camper at camp or away from camp on Saturday between 9:30 am – 11:00 am, so she may participate in the Adventure Trip.
4. To visit your camper at camp or away from camp on Sunday between 9:00 am – 12:00 pm. She will remain at camp on Saturday to participate in the Adventure Trip.
5. Not to visit. Your camper will continue to participate in camp activities, including the Adventure Trip during Changeover Weekend.

Please note: Campers may only leave camp with their parents or legal guardian (adult age 18+) unless camp has signed written permission for them to leave with another family for the night. Please make these arrangements at check-in or at least two (2) weeks in advance.



SENIOR BANQUET AND CAMPFIRE

Friday, July 19th and Saturday, August 10th

Campers participate in a special banquet dinner followed by a play performed by the Senior Field, after which the closing campfire awards ceremony will take place.

Parents/guardians are welcome to join us for the play and the campfire; most parents who join us have a Senior daughter involved in the play. Many choose not to attend, wanting their camper to enjoy these last moments of camp memories before saying "Goodbye, see you next year" to camp in the morning.

If you do choose to join us, you are invited to the "Sweets Reception" at 7:00 pm on the Camp Director's porch followed by the play and campfire. The play begins about 7:30 pm with the campfire ceremony immediately following. The evening ends between 10:00 pm and 11:00 pm.

Senior Banquet is a favorite camp tradition as it is the closing ceremony to the camp experience; it is a reverent and quietly formal camp ceremony. Please expect that your camper will be engaged with her friends and participating in the closing activities. She will be able to say "hi," but will be expected to be with her cabin and her field as we celebrate the camp experience and create a final lasting memory of her experience this year at Fleur de Lis.

For the August Campfire (**August 10th**), Lady Julie Carson, Corporation Member, arranges a parent dinner gathering at the Fitzwilliam Inn. Parents can enjoy dinner before meeting on the Director's porch at 7:00 pm for sweets before the play and campfire. For more details, contact Lady Julie, julie@philandjulie.com, and look for more information in camp emails leading up to the event.



CAMP HEALTH CARE

Fleur de Lis has a registered nurse (RN) on site. We also have a camp doctor on call, and arrangements are made annually with the local hospitals as well as the town fire and ambulance service. In addition, our staff has been certified in First Aid and CPR.

If it is necessary for your camper to receive medical/dental treatment away from camp, we will notify you by telephone. You will also be contacted if your camper runs a fever of over 100 degrees F for longer than 8 hours and/or spends the night in the Health Center.

In accordance with HIPAA regulations, your camper's medical information will only be shared on a need to know basis. Please be aware that her counselor, kitchen staff and camp administrators may need to know about certain conditions, allergies etc. This information will be made known to them discreetly and only to the extent necessary.

HEALTH & MEDICAL FORMS

Every camper must have a completed camp medical exam with a doctor's signature verifying a physical examination within one (1) year. ***If a camper has not had a physical examination within one (1) year of her arrival, she may not participate in camp.***

Please complete the on-line Health History form by June 1st so our nurse has time to review it and be ready to discuss any questions with you upon your arrival to camp. The form should be completed by a parent or legal guardian. All camp forms are available in the CampMinder system. Some are web forms that can be completed on the computer screen. Others can be printed, completed and scanned and uploaded back into the CampMinder system or either mailed/emailed to camp.

MEDICINE ADMINISTRATION

All prescription and non-prescription items must be left with the camp nurse at the Health Center. **All prescription and over-the counter medications (including vitamins, supplements, etc.) must be brought to camp in their original container.** Any items that are not in the original container will not be accepted and cannot be dispensed at camp.

All prescription medications must have the prescription label with the medication including the pharmacy, doctor's name, medication name, dosage and frequency of administration. This is especially important with inhalers and EpiPens or other medications that do not have a pharmaceutical label on the bottle. Please be aware that our nurse MUST follow the instructions on the prescription as directed by the doctor.

Campers with a prescription for an inhaler and/or an EpiPen must have an additional form completed and signed by the doctor and the parent/guardian in accordance with NH laws; it can be uploaded into the CampMinder system or mailed/emailed to camp. Families should make arrangements with their primary care provider to bring two (2) prescriptions to camp in the original containers/boxes with the prescription label. Campers are able to keep one (1) on their person at all times, and our nurse will keep one (1) at the health center in case of an emergency.

Over-the-counter medications: We stock a variety of over-the-counter medications as directed by the camp doctor. We use these sparingly, but if you prefer that your camper NOT receive any of the following meds, please indicate that on her Health History form.

****Please do NOT send these kinds of medications to camp:**

Acetaminophen (such as Tylenol)	Ibuprofen (such as Advil)
Diphenhydramine/antihistamine (such as Benedryl)	Topical antibiotic ointment/cream (such as Neosporin)
Guaifenesin, Cough medicine (such as Robitussin)	Pseudoephedrine/decongestant (such as Sudafed)
Bismuth subsalicylate (such as Pepto-Bismol or Tums)	Antidiarrheal (such as Immodium)
Cough drops	Sore throat spray (such as Chloraseptic)
Calamine lotion	Hydrocortisone cream/ointment

HEALTH INSURANCE

Medical insurance information necessary to take care of health expenses incurred during the camp season must be provided. If a camper is not covered by health insurance, a parent or guardian's signature is required agreeing to be responsible for any medical expenses the camper may incur.

Medical expenses that are not covered by health insurance and co-pay fees (i.e. prescriptions) will be added to the camper's incidental account. Receipts for these expenses will be given to parents/guardians upon request.



HEAD LICE

Your help is essential in keeping head lice out of camp. Please check your daughter's head 2 weeks before her arrival to camp and again 1 to 2 days prior to her arrival. If your daughter has had head lice or has been exposed to it within the last 3 months, please make note of it on her Health History form.

As part of the camper check-in process a head lice screening will be done. Campers are requested to wear their hair down upon arrival to camp to assist with this check; campers with tight braids or up-dos will be asked to take their hair down so that a proper check can be done.

As it can take 7-10 days for a case of head lice to be detected, we will do our best at check-in to screen for any active cases. However, even after campers have checked in, we celebrate our camp community on Visiting Day and Family Day, welcoming parents, siblings, friends and guests with hugs, friendship and love which creates a possibility to introduce lice into the camp community outside of check-in. The CDC and AAP (links at the bottom of this section) do not recommend that children miss any activities for head lice as they do not cause any health problems – they are just a frustrating nuisance.

If a camper arrives at camp with lice, we will ask the family to begin treatment, including drying all her personal belongings—sustained high temperatures (130°F) will kill anything on them. The only way to eliminate lice is to kill and remove live adult lice and the nits (eggs). We will also ask the family to begin the initial treatment and nit-picking for your camper. Camp will assist with the second treatment left with the Nurse (per treatment instructions). If you prefer not to assist in this way, Fleur de Lis will provide you with a list of professional head lice removal services that you may contact in the greater Boston area to eliminate the lice.

If a camper is found to have lice during the course of the camp experience, we will contact the parents/guardians to inform them and begin treatment (cost of treatment and laundry charged will be charged to the camper's incidental account) and will continue to monitor her head by checking daily while minimizing the interruption to her camp schedule. If we feel we are unable to eliminate the lice within 10 days, we will contact her parents/guardians for nit-picking assistance or contact a professional head lice removal service (charged to the camper's incidental account).

If lice are found at camp during a session, we will do a lice check of everyone on site and notify families at check-out to encourage continued monitoring at home.

Should there be an incident where five (5) or more campers are found to have lice at once, it exceeds our camp resources. We may be able to work with our camp doctor to utilize a prescription treatment (pediculicidal and ovicidal—kills live lice and lice eggs) to clear any active cases and contain it. If that is not recommended by the camp doctor – or if you, as the parent, do not want that treatment option – we will employ a professional head lice removal service so that we can quickly and effectively treat all the head lice cases and limit the spread. This service will be charged to your child's incidental account.

For more information related to head lice, please visit the CDC's website, <http://www.cdc.gov/parasites/lice/head/> or the AAP's website, <http://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/AAP-Offers-Updated-Guidance-on-Treating-Head-Lice.aspx>.



WHAT TO BRING, WHAT TO LEAVE, HOW TO SHIP

CLOTHING AND EQUIPMENT

A list of suggested clothing and equipment is at the end of this guide. Our weather can be anything from hot and sunny to cold and rainy and camp continues whatever the weather, so please remember to pack hot *and* cold weather clothing. We suggest choosing clothes that are OK to get dirty and are comfortable for lots of activity. Please mark all clothing or equipment with your camper's name.

What NOT to pack or bring:

- Expensive clothing or jewelry or valuable items that require special storage
- Clothing that is ripped, sexually explicit, vulgar or that display alcohol, drug or tobacco graphics
- Food, candy or gum (we live in the woods and animals will get into even the most secure storage)
- Guns or any other weapons, alcohol or illegal drugs, animals (pets), or vehicles.

Fleur de Lis is not responsible for damage or loss to items brought to camp.



CELL PHONES AND ELECTRONICS



We recommend campers DO NOT bring electronics or expensive/valuable items to camp. Campers may bring an MP3 player or an electronic reader (Kindle/Nook), but only if these items **CANNOT connect to the internet or have capability to text or be used as a phone**. Any items that can connect to the internet will be stored in the camp office until check-out. Please note that charging capability at camp is very limited.

No cell phones are allowed at camp. **Cell phones will specifically NOT be allowed to be used for music.** Campers who wish to listen to music should please bring an "old school" MP3 player that does not connect to the internet. An exception to the "no cell phone" rule is for campers who are traveling by plane without a parent or guardian. Their cell phones will be stored in our office and charged before Closing Day.

Thank you for your cooperation and understanding in helping us to create this much needed "unplugged" experience for girls.

MOSQUITOES

The mosquito population at camp varies every year. We recommend that campers bring lightweight, long sleeve tops and pants as a way of protecting their skin if we have a couple of really buggy days. Non-aerosol insect repellent is a must.

Additionally, some campers like to have mosquito netting for their bed. A popular version of a sleep screen is available from Maine Camp Outfitters.

BEDDING



Each camper is provided with a single cot bed and mattress. Your camper must bring her own pillows, sheets, mattress pads and blankets in sufficient quantity for cold nights.

Campers who are traveling from overseas will be provided with camp bedding as well as loaned a plastic trunk and set of bedside drawers for a \$25 linen packet fee.

UNIFORMS

Uniforms are worn on Visiting Day, and other special occasions such as campfire. Uniforms and other items can be ordered through Maine Camp Outfitters, camp's official uniform vendor, <http://shopping.maine-camp.com/departments.asp?dept=822>.

Campers in the introductory 2-Week Starter I are the only campers who do not wear the uniform; these campers leave on Saturday and the uniform is worn for the first time on the next day, Visiting Day.

Campers need one pair of uniform shorts, one uniform shirt and a pair of white sneakers and white socks. All other logoed camp clothing is optional. A red camp sweatshirt and sweatpants are recommended as camper favorites.

Orders should be completed well ahead of the start of camp, to ensure on-time arrival and overall fit.

Orders can be delivered directly to camp. Online ordering is available through a link to Maine Camp Outfitter on our website, www.fleurdeliscamp.org. Under the "Campers" tab, click on "Packing List" for the "Maine Camp Outfitters" link. Adult and alumnae items are also available.

LAUNDRY

Fleur de Lis Camp uses a local laundry service for camper's personal laundry. Camper laundry is picked up once a week and returned to camp within 24 hours. Camper incidental accounts will be charge a fixed rate for each time that they use the laundry service. All articles must be clearly marked with the camper's name.

Campers need to bring a durable laundry bag to send their washing out. Camp will provide paper laundry tags for identification.

SHIPPING

If it is more convenient, bedding and trunks may be shipped to camp via UPS, US Postal Service, or FedEx. They should be shipped two (2) weeks prior to your camper's arrival to camp. Ship to:

Camper's Name
c/o Fleur de Lis Camp
120 Howeville Road
Fitzwilliam, NH 03447

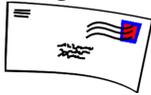
COMMUNICATION TO AND FROM CAMP

BY TELEPHONE

Campers are NOT permitted to make or receive telephone calls while at camp. This policy has proven to help our campers avoid homesickness and succeed at becoming strong, independent girls who involve themselves with energy and enthusiasm in daily life. And this is what Fleur de Lis is all about! One of the reasons camp is such a uniquely special experience is that it is separate from other aspects of our lives.

BY GOOD OLD-FASHIONED MAIL

Campers love to receive mail! Frequent short notes or postcards (rather than very long, but only occasional letters) are preferred by campers. Encourage family and friends to send mail to your camper. It's a great idea to mail a letter even before she leaves for camp so that she has mail in the first couple of days. You can also leave a letter during Check-In that she will receive on the first mail day.



Camper's Name
c/o Fleur de Lis Camp
120 Howeville Road
Fitzwilliam, NH 03447

We strongly encourage campers to write home a minimum of once a week; we know you are just as eager to receive mail from her as she is from you. Self-addressed and pre-stamped envelopes help in her communication to you. Note that mail to and from camp may be slower than at your home.

BY ONE WAY EMAIL TO CAMPERS

Fleur de Lis also offers a one-way email system through CampMinder. There is a nominal fee to participate. You, or any family members or friends you invite to participate, will be able to send your camper an email. CampMinder collects all the emails in a 24-hour period and sends messages to camp once a day. We print each "letter" individually and distribute it during mail call.

To participate in this service, simply go to the Fleur de Lis website, www.fleurdeliscamp.org and sign up using your CampMinder account; you will be able to invite family and friends via your personal CampMinder account. The system uses your email as the log in and if you registered online the account is the same.

CampMinder also offers an online Photo Gallery. Fleur de Lis will post photos on Wednesday and Sunday so that we may spend the majority of our time creating a great camp experience for your daughter.

We will also send a weekly email note to parents with information about what happened this week and upcoming details. Should you ever have any questions or concerns, please do not hesitate to contact us at camp via email or by phone. If it is an emergency, please call.

SENDING CAMPERS PACKAGES

Getting a package from home is very exciting. Packages can be mailed through the Post Office or sent via UPS or FedEx. Some fun things to include in packages are books, games, nail polish, Mad Libs, stationary, photos, and stuffed animals. **Do not send food OR GUM in packages. Campers may NOT bring food to their tent or cabin as it invites unwelcome critters and insects.** This is strongly enforced.

COMMUNICATING WITH CAMP STAFF

The vast amount of our time is spent with campers. And although we have internet, we would rather be attending to your camper personally than living online. Please use the one-way email service or USPS to communicate with your camper. Our fax machine is for business use only.

As noted, we are not always checking email. If you need to convey important or timely information to us, please call. We do check email periodically throughout the day and will respond as soon as possible. If you are simply conveying a change in contact information (when going away, for example) or asking a question that does not need an immediate response, please email us at information@fleurdeliscamp.org.

We appreciate that it is difficult to be away from your camper and not be able to quickly and easily know how her day is going. Leaving your camper in another's care takes a large amount of trust. **Please know that we will contact you immediately if we have any concern about your camper's well-being.** If you have questions or concerns, please call camp at (603) 585-7751. The Director, MJ Parry and/or an Administrative Staff member, will be happy to talk with you about your camper.

We believe that it is very important to be out and about in camp working with the girls, so we are not available at all times for calls, however we do check messages frequently and will return your call as soon as possible. The office is typically staffed from 9 am to 9 pm with the exceptions of meal times: (8 am - 9 am; 1 pm - 2:30 pm; 6 pm - 7:30 pm).

In case of emergency at home, please call 603.585.7751 any time, day or night.

OUR COMMUNICATION PLAN IN THE EVENT OF A CAMP EMERGENCY

Fleur de Lis has an emergency communication plan for the families of our campers. We ask that you not rush to Fitzwilliam or call camp in a crisis so that our phone lines are open to seek assistance if needed for the security of your camper. We will work to keep you informed as to the status of camp and your camper through our emergency communication plan.

We will also post any emergency information to the CampMinder system. Such information is visible immediately under *the "Hi {firstName}, welcome to your CampInTouch account for Fleur de Lis Camp"* message that welcomes you into your account. The CampMinder system also allows us to do a mass email to families as an additional communication method if needed.

Fleur de Lis is licensed by the State of New Hampshire and is accredited by the American Camp Association. We communicate annually with the town of Fitzwilliam emergency personnel. In compliance with these organizations and in cooperation with local emergency officials, Fleur de Lis has written emergency plans that are practiced by staff during pre-camp training. We also practice emergency drills with campers including a fire drill conducted by the local fire department.

CAMP LIFE & ACTIVITIES, PREPARING YOUR CAMPER

CABIN & TENT PLACEMENT



Campers are assigned cabin and tent placements with other girls in their same age group. At least one counselor and often a counselor-in-training (CT) live in the tent or cabin with the girls (except for honor tent placements for some 2nd Year Senior campers.) We create a community that is welcoming to all and we work to avoid cliques and exclusive groups that may be found in school. We are very thoughtful in making tent and cabin assignments blending personalities and mixing new and returning campers. We value both the rekindling of old friendships as well as making new friends.

Occasionally a girl will want to make a Buddy Request. We will carefully consider her request and honor it if possible. Typically, this would be placing two girls that have requested each other together in a cabin or tent. Requests are considered only if the girls are in the same age group and if both campers/families have made the **request in writing at least one (1) month before arrival** at camp. There will be no reassignments on Opening Day.

PROGRAM AND ACTIVITIES

Campers choose their own program from the activities that are offered, with the exception of an American Red Cross instructional swim class, which is required for all campers. A swim test is given on the first day of camp and participation in water sports is determined by swimming ability.

Campers will have the opportunity to learn more about camp activities before they choose activities. Campers will be asked to choose approximately 6 camp activities and rank them in preference order. Ideally their first-choice activity will appear on their schedule a minimum of 4 times a week, while their last choice may only occur 1 time a week. Our goal is to help campers become proficient in a chosen activity over the years while providing a breadth of activities to try and experience.

Camp runs a “basic” schedule 5 days a week, leaving Sunday and Wednesday as special activity days for all-camp games, trips and other program options.

TYPICAL DAILY SCHEDULE

7:00 am	Reveille/Wake-Up	1:00 pm	Lunch
7:35 am	Password	2:15 pm	Rest Hour
8:00 am	Breakfast	3:30 pm	Fourth Activity
8:45 am	Squads/Tent Clean-Up	4:30 pm	Free Swim/ Recreation Time
9:30 am	First Activity	6:00 pm	Supper
10:30 am	Second Activity	7:30 pm	Evening Program
11:30 am	Third Activity	8:45 pm	Tent/Cabin Time
12:30 pm	Free Time	9:00 pm	Taps/Lights Out

WATERSKIING & TUBING

Campers who meet a swimming requirement are allowed to participate in the waterskiing and/or tubing program. Written parent/guardian permission must be provided through the online form.

HORSEBACK RIDING

Horseback riding is available for campers who wish to participate in the program. **There is an additional charge per lesson for this activity.** Saddle seat riding lessons take place at Fairfield South, a stable located in Richmond, NH. Campers have the choice of a lesson once or twice a week. Each lesson is 1.25 hours and includes approximately 45 minutes of instruction on a horse and 30 minutes of ground lesson (grooming etc.). All riders must wear long pants, 1/4" heeled shoes, and an approved safety helmet. No camper is allowed to participate in horseback riding until we have received payment and forms with parent/guardian signature. **Paperwork and payment for this program is due by May 15th.**



BIRTHDAYS



The whole camp participates in celebrating your camper's birthday should it take place during the camp season. Each girl who has a birthday while she is at camp will have her birthday honored in the dining hall with a special birthday ice cream. There is also a giant birthday party once a session with birthday cake and ice cream, small gifts, and special songs for each of those girls celebrating.

Parents/guardians may talk to their camper on her birthday. **Contact camp at least one week in advance to schedule the call; calls are typically at 2 pm or 7 pm.**

HOMESICKNESS

It is normal for campers to miss their home and family while they are at camp, even for girls who have been to camp previously. We have had considerable experience helping campers cope with homesickness. Our counselors are trained and ready to help, listen, and engage your camper in the excitement of camp life and making new friends. Please remember that overcoming homesickness is an important part of growing up and is a big part of what we do best at camp.

There are specific, proven things you can do prior to and during her camp experience to help your camper adjust. Here are a few:

Your camper should have practiced being away from home. Have her sleep over with a relative or friend a few times prior to camp. When you talk about camp, explain that there may be times that she misses home, her family and pets, her friends, etc. Talk about what she can do at those times. Some girls like having photos of family with them. Send your camper with stationary complete with pre-addressed, stamped envelopes and encourage her to write you about camp. She can write to you when she misses you and also tell you the fun things about camp and the friends she is making. This is part of understanding the duality of missing home AND having fun at camp. Encourage her to get involved when she feels sad. Active involvement in camp life helps children cope with feelings of homesickness. Activity and engagement encourage friendship-building, and provides her with accomplishments and experiences to write home about.

Let her know who to talk with about her feelings. Encourage her to tell her counselor or another staff member how she is feeling. Most importantly as you prepare for camp, let your camper know that you are confident that Fleur de Lis will be a fun place for her and that she will have a good time.

Voicing confidence to your camper makes her stronger. **PLEASE do NOT tell your camper that you will come pick her up if she does not like camp.** Our experience, as well as extensive research, shows that making a deal with your camper to come pick her up actually makes adjustment to camp **more difficult**. By doing this, you are unintentionally communicating to her that you question her resilience and ability to work through a tough situation with the support of the camp staff. Instead, find out what she is excited about in coming to camp and help her set goals about what she wants to be proud of at the end of her stay at camp. These are items that you can ask about in letters and share with her counselor so we can partner with your family to help her be proud of her personal growth.

It is not uncommon to receive a letter (sometimes several) during the first few days of camp telling you of homesickness as she adjusts to a new place, new friends, a new schedule and all kinds of new activities. Please call the camp office with any concerns you have; we will discreetly check in on your camper and talk with her counselor to learn more about how she is doing right now. The letters are sometimes written during a hard moment and your camper may have moved right on. If your camper needs more focused help adjusting to camp, we will figure out the best way to support her.

There are things you can write to your camper that often help. Tell her how proud you are that she is taking on this challenge. Remind her of the things she was looking forward to about camp and ask specific questions about those things such as, "I remember you wanted to try archery at camp, did you have a chance to do that yet? What did you do during evening program this week?" Urge her to get involved and stick with it.

It is very important for your camper to know she is missed at home, however be careful not to "lay it on too thick" in a letter from home. Sometimes campers feel "guilty" for having so much fun at camp; be sure to balance your notes with phrases like, "We miss you, but cannot wait to hear the new songs you've learned and what your favorite EP (evening program) was."

Please also recognize that it is normal for parents to feel camper-sick, too! You love your camper and it can be hard to imagine that she is experiencing new things that you do not get to observe. This is very normal, and we encourage you to think about your own support system to assist you when you are missing your camper. Consider a project that can be more easily accomplished while your camper is away, or catching up with friends, or other activities to make this time special for you, too.

A wonderful resource about homesickness that is recommended reading in preparing your camper for camp is *Homesick and Happy: How Time Away from Parents Can Help A Child Grow*, by Michael Thompson, PhD, 2012.

CAMP BUSINESS



TUITION

A \$350 non-refundable tuition deposit is required with each camper's registration. Installment payments are due 2/15, 4/15, and 5/15. **The tuition balance is due by May 15th.** A payment plan can be made with the Camp Director on an individual basis. Last minute cancellations represent a financial loss for the camp. **Camp tuition is not refundable after May 1st.** If a camper leaves before the end of the time for which she is registered, there is not a refund for the unexpired time, unless her withdrawal has been recommended by a doctor in writing.

OUR GENDER POLICY

In keeping with our mission of promoting the well-being of girls and young women socially, educationally and physically, Fleur de Lis Camp defines girls and young women as being:

- those born biologically female who identify as female; **and**
- those not born biologically female but who identify as and live their lives within their schools and communities as female.

Any additional gender related circumstances not covered by this policy will be reviewed by the Executive Director in consultation with senior administrative staff and/or the Fleur de Lis board.

INCIDENTAL/ STORE EXPENSES

A reasonable amount of money is placed in each camper's incidental account to cover minor camp activity expenses; the amount is reflected/added to the first invoice based on length of stay. Incidental expenses, not covered by tuition, include laundry, special supplies for activities, camp store, American Red Cross Lifeguarding Course, and special trips.

Each camper's incidental account is managed by the Office Manager so cash is not needed to make purchases in camp. A reasonable amount of spending money is issued, as needed, to campers when they are on out of camp trips. If a camper overspends her account, parents/guardians will be asked to bring the balance to zero at check-out. If you have a concern, please speak to the Office Manager at check-in. All camper accounts will be reconciled at the end of the July session and August session; families will be offered a choice to have any remaining credit refunded, donated to camp, or applied to the next season's tuition.

As a safeguard against loss and unnecessary expenditures, campers must deposit any cash brought with them or received later, at the camp office. **Fleur de Lis Camp cannot assume responsibility for any money or valuables kept by a camper in her tent or cabin.**

GRATUITIES/TIPS

Our policy and the policy of the American Camp Association, states that staff are not allowed to receive tips. Words of thanks in writing or in person are gratefully received. Parents may also express their appreciation with a tax-deductible contribution to Fleur de Lis Camp in honor of a staff member.

CAMPER DISMISSAL

Fleur de Lis Camp reserves the right to dismiss a camper without tuition reduction or refund at the Director's discretion. We rarely send girls home for disciplinary reasons, and always communicate with parents when we observe unusual or concerning behavior. However, if a camper's manner is repeatedly inappropriate toward other campers or staff, or if the camper's actions pose a threat to the safety of others or herself, parents will be called to pick up their daughter.

PREPARING FOR CAMP – RESOURCES



Books. Many of these books can be purchased through the American Camp Association (ACA) www.acabookstore.org.

- *Homesick and Happy: How Time Away from Parents Can Help A Child Grow*, by Michael Thompson, PhD
- *The Summer Camp Handbook* by Dr. Christopher Thurber and Dr. Jon Malinowski (available to read online for free at www.campspirit.com)
- *The Blessing of a Skinned Knee* by Wendy Mogel
- *Camp* by Michael Eisner
- *Off to Camp* by Myra Pravda & Jeanne Weiland

Websites

- www.acacamps.org/campers-families A resource for parents and campers as they prepare for camp sponsored by the American Camp Association
- www.campspirit.com A website for campers and parents to prepare for camp
- www.acanewengland.org/families-public A multitude of camp resources sponsored by the New England American Camp Association

RESOURCES AROUND FITZWILLIAM

Lodging

- Fitzwilliam Inn, Fitzwilliam (603) 585-9000
- Ashburn House, Fitzwilliam (603) 585-7198
- The Grand View, Jaffrey (13 miles) (603) 325-8883
- Benjamin Prescott, Jaffrey (13 miles) (603) 532-6637
- Woodbound Inn, Rindge (11 miles) (603) 532-8341
- Fairfield Inn & Suites, Keene (17 miles) (603) 357-7070
- Courtyard Marriott Keene (17 miles) (603) 354-7900
- Best Western, Keene (17 miles) (603) 357-3038
- Holiday Inn Express, Keene (17 miles) (603) 352-7616

Restaurants

- Fitzwilliam Inn, Fitzwilliam (on the common) (603) 585-9000
- Dunkin Donuts & Mr. Mike's, Fitzwilliam (corner of 119 & 12) (603) 585-7736
- Flip Side Grille, Fitzwilliam (corner of 119 & 12) (603) 585-7702
- Crossroads Pizza & Subs, Fitzwilliam (corner of 119 & 12) (603) 585-7077
- Woodbound Inn Restaurant, Rindge (11 miles) (603) 532-8341
- Hometown Diner, Rindge (11 miles) (603) 899-3200
- Sunflowers Café, Jaffrey (13 miles) (603) 593-3303
- Kimball Farm, (603) 532-5765

Shops & Antiques in Fitzwilliam

- Visit www.fitzwilliam.org for hours and more information
- Macreary Landy Antiques (on the common) (603) 585-9581
 - Bequart Old Books (near the common) (603) 585-3448
 - Bloomin' Antiques (on the common) (603) 585-6688
 - Dennis & Dad Antiques (near the common) (603) 585-9479
 - Clocks on the Common (on the common) (603) 585-3321

CLOTHING AND EQUIPMENT LIST

Please remember that girls have limited storage space!

UNIFORM (Order in advance at Maine Camp Outfitters) <http://shopping.maine-camp.com/setcamp.asp?dept=822>

- 1 pair dark green shorts, required
- 1-2 white collared camp shirts, required
- White sneakers, required
- White socks, required
- Fleur de Lis red sweatpants and sweatshirt, optional

CLOTHING (a variety of warm and cool weather clothing)

- 4-5 pair shorts
- 3-4 pair long pants or jeans
- 6-7 T-shirts (at least two (2) with long sleeves)
- Underwear and Socks - enough for two (2) weeks
- White T-shirt or pillowcase to tie dye
- 2-3 pajamas (light and heavy for hot/cool weather)
- 3-4 warm tops (sweaters, fleece, sweatshirts)
- 1-2 pair of sturdy sneakers or shoes (must have shoes appropriate for sports and hiking)
- 1-2 pair of sandals or flip flops
- 2-3 bathing suits
- 1 waterproof raincoat and boots
- One (1) dress or skirt (nicer outfit) for Mid Birthday Party

- **Horseback Riders only:** long pants, hard-heeled shoes or boots with 1/4" heel, required. Approved riding helmet and gloves are optional.

EQUIPMENT (C&N Footlockers or Maine Camp Outfitters)

- Sturdy trunk
- Plastic drawers for personal belongings/night stand (average 2ft x 1ft x 1ft w/ 3 drawers)
- Bedding: 3-4 blankets, 2 sets twin/cot sheets, 1 pillow, 2 pillowcases
- Sleeping bags for Mid & Senior campers: only used on camping trips, and not permitted as bedding. Junior campers are encouraged to bring sleeping bags for possible in-camp overnights
- 3-4 towels and washcloths
- 2-3 beach towels
- Toilet articles in small case or bucket: Toothbrush, toothpaste, plastic cup, soap in a container, brush, shampoo, tissues
- Feminine hygiene products
- Waterproof Sunscreen
- Bug Repellent
- Headlamp, Flashlight and/or Battery-Operated Lantern with extra batteries
- Reusable Water bottle This is a MUST HAVE, as camp days can be hot and hydration is very important for a happy camp experience! THANK YOU in advance for your attention to this important detail.
- Laundry bag
- Backpack or small duffel bag
- Stationary, stamps, pens, and pencils (self-adhesive stamps and envelopes)

MISCELLANEOUS (optional)

- Camera, Books, magazines
- Tennis racket, softball glove, lacrosse stick (only soft practice balls) Please check with the Camp director about other personal sports equipment.
- Mad libs, nail polish and items to share/enjoy with tent/cabin mates
- Musical Instruments and music
- Costumes
- Swim goggles
- Mosquito Netting
- Favorite stuffed animal