



Arnot Overnight Camp Parent Packet

Greetings Primitive Pursuits Summer Camp Families,

We are excited to welcome you to our 2018 Overnight Summer Camps! We are honored and grateful that you have chosen us be your child's home away from home for a portion of this summer. To best serve you and your family, we have collected all the information parents need into one helpful guide. Please take a few minutes to look through the entire guide, and call us at our office with questions.

Primitive Pursuits Overnight Camps offer unique summer experiences for youth. In a beautiful, wooded, private setting, we offer a program that values building self-confidence and resilience as much as teaching how to build a fire.

Our location is an important aspect, because it means campers and staff are uninterrupted as they learn to live well together. Our job is to take care of your child or teen while they are at camp, and nurture their creativity and strengths in a physically and emotionally safe environment.

We ask you to partner with us in this endeavor by reading this handbook, providing us with the information needed to keep your camper healthy and well, and following our guidelines for summer communications.

Please note that your registration is considered pending until all of your paperwork is complete and payment is received in full. This means that as we begin to fill a camp, your child may be moved to a waitlist if your paperwork and payment are not complete. Please submit the forms to us as soon as you can.

Please note that there are forms which require a doctor's visit. Please schedule your doctor's appointment today.

Please feel free to contact our office with questions, concerns or updates regarding your child's camp experience. You can call our office at 607-272-2292, or email at primitivepursuitscamp@gmail.com.

We hope this guide gets you excited for your family's Primitive Pursuits experience. We look forward to working with you and seeing your camper(s) very soon!

Sincerely,

The Primitive Pursuits Team

Jed Jordan

Founding Director

Sarah Brown

Program Director

Kiara McCadden

Registrar

Megan Pugh

Creative Director

615 Willow Ave, Ithaca, NY 14850 • (607) 272-2292 ext. 195 • Fax: 607-272-7088 primitivepursuits@cornell.edu • primitivepursuits.com



**Cooperative
Extension**
Tompkins County



4-H Youth
Development

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Section 1: Getting to Camp

Driving to Camp

You can drive to camp, or we also have bus, train and airport pickups available (see below). Our camps are in Van Etten, NY – 4 hours away from New York City and Philadelphia, 2 hours from Rochester, 90 minutes from Syracuse, 1 hour from Binghamton and 30 minutes south of Ithaca. Please fill out our Travel Form on the Overnight Forms and Resources Page on our website.

All times below are Eastern Standard Time.

Arrival

The first day of your camper's session is a busy and fun time at camp. For our Sunday start-of-camp we ask that you **arrive between 3:00pm - 3:30pm**. We will not be serving lunch on the first day.

Our address is: 611 County Road 13, Cayuta, NY - this is what you will need to find us if you are using GPS!

Please arrive promptly. Please drive 5 MPH or below in camp, and be aware of deer on the roads leading up to camp.

One of our staffers will direct you to the parking area and registration table. We ask that you allow us to start helping your child adjust to camp as soon as possible; all parents dropping off at camp are asked to spend no more than 30 minutes at camp. This makes the transition much easier for your camper.

Departure

For Friday pickup, we ask that you arrive at 3:00pm to join our closing circle which begins at 3:15pm.

Alternative Travel to Camp

By Bus

Please let us know in the Travel form if you are planning a bus arrival so our shuttle can bring you to camp. We require that all buses arrive no later than 2:00pm to Ithaca. For return trips, we require buses depart no earlier than 4pm from Ithaca.

Greyhound Bus Lines

(800) 229-9424

Greyhound Lines, Inc. is the largest provider of intercity bus transportation, serving more than 2,300 destinations with 13,000 daily departures across North America.

Shortline Bus

(800) 631-8405

Shortline provides regional service within New York State, Long Island, and New Jersey, and into New York City at economical fares, with stops in downtown Ithaca.

By Airport/Train

If your camper is traveling by plane or train we have shuttles from Syracuse and Ithaca. We require that all flights from Ithaca arrive no later than 2pm, and from Syracuse no later than 1:30pm. For return trips, we require flights depart no earlier than 2pm for Ithaca and 3pm for Syracuse. We will also pick up from the Syracuse Amtrak station, and require all

trains to arrive no later than 1:30pm, and leave no earlier 3pm on the return trip. Please see table below for a quick glance at our transportation guide.

If your child is traveling with a cell phone, please provide us with their phone number in the Travel Form and ask them to turn on their phone when they land. Please make sure your camper has our Camp Lodge phone number (607-589-6257) and a small amount of money. We will call you upon your child’s arrival. Please make sure to label your camper’s bag so your child can identify it at the airport.

Quick Glance Guide for Transportation

Transportation Type	Station/Airport/Address	Must Arrive on Sunday	Must Depart on Friday
Airplane	Ithaca Tompkins Regional Airport	No later than 2:00pm	No earlier than 2:00pm
	Syracuse Hancock International Airport	No later than 1:30pm	No earlier than 3:00pm
Train	Syracuse Amtrak Station Adirondack Trailways 1 Walsh Circle Syracuse, NY	No later than 1:30pm	No earlier than 3:00pm
Automobile	Arnot Forest 611 County Road 13 Cayuta, NY	Between 3:00-3:30pm	Pick up promptly at 3:00pm
Bus	Ithaca Bus Station 710 W State Street Ithaca, NY	No later than 2pm	No earlier than 4pm

Unaccompanied Minors

Campers traveling alone who are under 12 years old must travel with an Unaccompanied Minor Form purchased at the time reservations are made. Please prepay for this service. Please write “Sarah Brown or a representative of Cornell Cooperative Extension” as the person who will arrange pickup for your camper.

What happens when my child gets off the plane, train or bus?

If your child is travelling as an Unaccompanied Minor, a Primitive Pursuits staffer (identified by their Primitive Pursuits Camp Staff shirt and name tag) will meet your child at a designated meet up location and drive them to camp. Once at camp, we will collect round-trip tickets, Unaccompanied Minor Forms, money, and cell phones for safekeeping. Please place these items in a single enclosed Ziploc bag clearly marked with your child’s name and address.

Safe and Timely Travel for Plane Travel

Primitive Pursuits will follow all airline regulations and our representatives will act using their best judgment to ensure that your camper travels in a safe and timely manner. If required by the airline to pay additional charges for unaccompanied minor fees, checked baggage fees, or other costs, Primitive Pursuits will do so and charge the amount to your account.

Primitive Pursuits will do everything in our ability to get your camper to the airport in a timely manner but there are circumstances not under our control. If the flight is cancelled, delayed, or changed, Primitive Pursuits will speak to the families and arrange alternative plans. If required, Primitive Pursuits will pay additional change costs and charge them to

your account. Primitive Pursuits will not be responsible for any costs associated with a change in flight plans if the changes are not directly attributable to Primitive Pursuits.

Primitive Pursuits and its representatives will use their best judgment to determine how long to wait for delayed flights and choosing when to return to camp to try again the next day. In circumstances where many flights have been cancelled and many passengers are attempting to rebook, Primitive Pursuit's representatives may need to rebook your camper's flight before they can contact you; however, Primitive Pursuits will never release a child to the airline if they have not confirmed the new flight plans with a parent or another person authorized to pick up your camper.

Updating your Travel information

On the Overnight Forms and Resources page, there is a form to fill out regarding your travel arrangements. We will need written consent from parents and guardians to arrange for another friend or family member to receive your camper on Closing Day. If at any time your travel plans change, contact our office.

Luggage

Please limit your camper's baggage to no more than one duffel bag and one backpack, or one large backpack. Please use luggage tags to help identify your camper's luggage. Campers should be able to carry all luggage on their own. Please see packing list on Page 12 for more instruction.

Most domestic air carriers limit carry-ons to one bag and a personal item, plus checked luggage, not to exceed 50lbs. per bag. Luggage fees vary, but are typically assessed per bag, each way. If sending luggage with your camper on the plane, we strongly recommend pre-paying for your camper's checked luggage for their return flight or sending them with cash to pay the luggage fee when they check-in to return home.

Section 2: Keeping in Touch

Letters

If you or your child would like to stay in touch, the best way is by writing. We are delighted to give your camper any letters sent from home as well as deliver letters they wish to write back to you. You may send your camper with a number of pre-stamped, pre-addressed envelopes for them to write home with. Keep in mind that since our camps run from Sunday to Friday, any letters sent after Monday may arrive after you have reunited with your child.

Please send mail to your campers at:

Attn: Camper's Name
Primitive Pursuits
Cornell Cooperative Extension
615 Willow Ave
Ithaca, NY 14850

Packages from Home

What gift could be better than a week of camp! Except in the case of birthdays or a forgotten essential item, we have a No Package Policy. This policy is part of an attempt to reduce pressure on parents to send packages, as well as preventing potential sad feelings by campers who do not receive packages at camp.

If your child is missing an essential item for the week, we will accept it in the form of a package in the mail. Please call our office ahead of sending the package to notify us that it is coming. Essential items are listed in the to-bring list. If a camper comes without an essential item, such as a toothbrush, hat, water bottle, etc. we also may buy it for them at cost and charge you for that amount.

Food From Home

We will have a cook on-site preparing nutritious, tasty meals using local ingredients when possible to keep your child satisfied and energized all week long. We accommodate vegetarian, dairy free and gluten-free diets. Campers should not bring any food except in cases of medical dietary restrictions not covered by our accommodations. You can include this in the Health History Form.

Phone

One of the reasons your child's week with us will be so incredibly special is because they will be unplugged 24 hours/day. To this end, campers are not permitted to have cell phones during their week of camp with us. Our campus at Arnot does have a phone, but phone calls are limited to birthdays and family emergencies. Functioning independently is an important part of overnight camp, and your child will transition and settle into the camp experience more smoothly with no phone contact from home.

If you need to speak with someone about something regarding your child at camp, please call our office, 607-272-2292, during business hours, 9:00am – 4:30pm, Monday - Friday.

Birthdays

If your child is having a birthday at camp and you would like to call them on that day, please call our office at least one week in advance to arrange a time for them to call you. Your child's birthday at camp will be celebrated with singing and a special celebration planned by the staff. If you wish to send your child a birthday present, please clearly label on the package that it is a birthday package, and the date it should be delivered to your child. Our strict no-food policy also applies to birthday packages.

In Case of Emergency

If there is an emergency and you need to get in touch with us at the Arnot Forest after office hours, you may call our emergency phone number to get in touch with the site director. Please carefully consider if the reason you are calling can wait until calling the office in the morning. The number to call in case of an emergency is 607-589-6257. This is the phone in the Lodge at the Arnot Forest. If you cannot reach someone on this number, please call [269-598-6814](tel:269-598-6814) (only to be used if all other numbers are unavailable - in case of an emergency).

Unscheduled Camper Leaves

Once camp begins, campers are not permitted to leave for a special occasion. This includes family celebrations, sporting events, etc. If you feel there are extenuating circumstances, please contact our office. No camper may leave camp without written permission from a parent or guardian.

Visiting

Once you drop off your child at camp, the next time you see them will be once camp is complete, and no sooner. Visiting campers on site is disruptive to the daily schedule, and we do not accommodate family visits while camp is in session.

Section 3: Health Care

Required Forms and FAQs

A complete medical history of your camper is the best assurance that we can offer the proper care for your camper during the summer. All of the forms can be downloaded or completed from the Overnight Forms and Resources Page on our website. Please complete all three required forms and send copy of insurance card.

- Health History Form
- Primitive Pursuits Doctor Completed Medical Forms- to be printed and brought to doctor's appointment
 - Physical (*Must be signed by both doctor and a parent*)

- Immunization History (*Must be submitted with doctor signature, If your camper is not immunized, please see below*)
- Physician Orders for Medications (*permission for over the counter meds and First Aid taken as needed*)
- Medication and Supplement List (*This is required for any medication, vitamins and supplements your child is taking while at camp or will bring. Must be signed by both a doctor and a parent*)
- Travel Form
- Proof of Insurance: Copies of front and back of Insurance Card

Forms Deadline: Your registration is considered pending until all of your paperwork is complete and payment is received in full. This means that as we begin to fill a camp, your child may be moved to a waitlist if your paperwork and payment are not complete. Please submit the forms to us as soon as you can. Please note that for your privacy, you cannot save each web form and return to edit it later. Please schedule time to complete each form.

Please Schedule your camper's Doctor Appointment Today!

Does my doctor need to use your Doctor-Completed Medical Form or can they use their own form?

Please use our form to ensure that we have all of the information needed for our specific camp. You may use a separate immunization form as long as the doctor has signed the separate document.

Are there any required vaccinations or tests to attend camp?

No, we do not require vaccinations or specific tests to attend camp. If you have chosen to not vaccinate your child, we require a letter signed by a parent or legal guardian stating you choose not to vaccinate your child.

What happens if my doctor does not check each line of the Physicians Orders for Medications?

This page gives us permission to offer over the counter medications and many helpful first aid remedies to your child. As long as your doctor checks each box and signs this form, we will be able to use anything on this list. If you choose that you do not us to use something specific, you can leave it unchecked.

My child takes a prescription medication, how should I package the medication to send to camp?

Medications must be sealed in their original containers and clearly labeled with the camper's name. We cannot accept medications that are in pill boxes, baggies, or open containers. All containers must be labeled. Each medication must be listed in your Doctor Physical Form, or else we will not be able to administer it. This includes vitamins and supplements.

My child does not take a prescription medication, but does take vitamins and supplements, how do I include this information?

For non-prescription meds, vitamins, and supplements that your camper takes regularly, NY STATE REQUIRES A PHYSICIAN'S WRITTEN AUTHORIZATION AND APPROPRIATE DOSAGE, AS WELL AS WRITTEN PARENTAL PERMISSION. This is the purpose of the "Camper Medication and Supplement List" Form. Even though your Doctor may not usually dictate what vitamins, supplements, or OTC medications you give your children, New York State requires camps to have a prescription for any item administered to your child while at camp.

Per NY State Law, we cannot administer your camper her/his vitamins or supplements unless we have written doctor's approval.

Will my child be able to keep their medication in their sleeping area?

All medications, including vitamins, gummies, herbal supplements, as needed antihistamines, etc, must be kept in our infirmary. The only exception is inhalers and epi-pens. Your doctor must check "Yes" under Emergency Medications in the Physical Form for your camper to be able to self-administer and self-carry.

What if I need to update something in my forms?

Please contact our registrar to make any changes or updates in your Overnight Forms. Please email primitivepursuitscamp@gmail.com

The most common mistakes with forms:

- **Using an alternate form for the Physical and then not completing the other forms in this packet:** There is no alternate form for the Physician Orders and the Camper Medication and Supplement List
- **Not getting your Doctor's signature on each page:** All three pages must have doctor's signature
- **Failing to submit Doctor-signed Immunization records:** This is required by the state. A parent submitted copy or list does not qualify.
- **Not including over-the-counter medications in the "Camper Medication and Supplement List":** Even though your Doctor may not usually dictate what vitamins, supplements, or OTC medications you give your children, New York State requires camps to have a prescription for any item administered to your child while at camp.
- **Using an alternate form for the Physical and then not completing the other forms in this packet:** There is no alternate form for the Physician Orders and the Camper Medication and Supplement List
- **Not checking the box on each line** in the Physician Orders for Medication Form. This allows us to offer many different first aid remedies as needed.

The "Doctor completed Medical Forms" require extra attention from you. Without these forms completed, your child's spot in camp will not be held nor will you be able to drop off your child on Opening day. As they all require a Doctor's signature, incomplete forms cannot be easily corrected.

Please review the forms as the Doctor completed them and do not leave your appointment until you are sure all sections are completed and signed on every line.

Medication Vacations

If you are considering taking your child off of medication or changing dosage prior to camp, please call our office to speak with our director to partner with us regarding this decision. Because camp is an immersive, socially intensive, 24/7 atmosphere full of new experiences, it may not be appropriate time for a "medication vacation".

Dental and Optical

A hard-shell case is a great way to protect your glasses at camp. We recommend bringing an extra pair of glasses. If your child wears contacts, remember that there might not be access to a sink and mirror every morning and evening. If your child needs a retainer at night, please remember to pack it with adequate cleaning supplies.

Communicable Diseases

If your camper has been exposed to any communicable diseases within 3 weeks before arriving at camp, such as measles, mumps or rubella, you must notify us immediately.

Head Lice

Have your camper inspected for head lice two weeks prior to departure and again, immediately before camp begins. We do not have the full time medical staff to be able to treat your child for lice at camp. If we find that your child has lice at camp you may bring your camper home and treat them there, then bring them back once it is all clear.

Ticks

As a nature-connection camp, one of our main goals is providing the opportunity to explore the woods in a safe and meaningful way. Your child will be with staff who have years of personal and professional experience in the outdoors, and who are highly aware and knowledgeable of ticks. We recognize that ticks are an ongoing issue in the Finger Lakes region, and therefore we take precautions to reduce the risk of tick bites. We highly recommend following these best practices when preparing for camp. Have your camper wear:

- light colored clothing to be able to detect crawling ticks

- Long pants and long sleeved shirts
- A hat with long hair tied up and tucked in
- Close-toed shoes
- non-aerosol insect repellent
- Tucking long pants into high socks (fun patterns are a plus!)

We will have daily tick checks during camp. If a camper has an embedded tick, medically trained staff will take out the tick. We will call parents in the event of an embedded tick, and discuss follow-up options at that time.

Insurance

Please make sure that you provide us with all camper insurance information by sending the front and back copies of their insurance cards. The “Proof of Insurance” is available on the Overnight Forms and Resources page on our website. In the event of a camper medical situation necessitating outside treatment and requiring medical insurance coverage, we will take all required action and apply your insurance as possible. You will be billed for any additional costs. Primitive Pursuits does not cover costs.

Should you need any assistance in processing the claim after camp, please contact our office for information.

Medical Care at Camp

Please note, that we make every effort to treat your camper in our infirmary at camp. We have a nurse and/or EMT onsite at all times, 24 hours per day. The Arnot Forest is about 20 minutes from Five Star Urgent Care in Ithaca and 30 minutes to Cayuga Medical Center in Ithaca.

Our Medical staff will contact you if:

- There is a medical emergency
- Your camper needs to be seen by an outside practitioner
- Your camper needs to spend the night in the infirmary
- Your camper menstruates for the first time.
- They have a general medical question or concern about your camper.

Section 4: Community Agreements and Camp Policies

When you registered your child for camp, you received a confirmation email that contained our Community Agreements. At Primitive Pursuits we are committed to providing meaningful, safe, fun programs for our participants. We do our best to create a safe space to support physical, mental, and emotional needs in a variety of exciting and challenging environments. In order to do this well, participants need to understand and agree to these basic Primitive Pursuits community guidelines. These will be presented in a number of ways during the program as well.

In some cases, a more specific agreement is necessary, with all the stakeholders present. Please discuss with your child/ren the following responsibilities of being a Primitive Pursuits Camper:

Respect Yourself:

- Stay with your group and listen to your instructor
- Do not engage in activities that could injure yourself or others
- Ask for what you need - be clear about what that is and then let an instructor or fellow camper know how they can help
- Enjoy yourself and the experience!

Respect Others.

- Be kind, in word and action
- Keep your hands to yourself - unless part of an activity, keep respectful space between you and other campers, as well as property
- Name calling and swearing are not acceptable
- Listen to other people's opinions
- Enjoy each other and the experience!

Respect the Earth

- Take care of the land and our resources at the Arnot Forest
- Leave an area in as good or better condition than you found it
- Enjoy the earth and the experience!

Consequences for Breaking Community Agreements

1st chance: Participant will have a reminder

2nd chance: Participant's parents will be contacted

3rd chance: Participant's parents will be contacted and a contract will be created and agreed to by all.

4th chance: Parent, Participant, and Instructor will have a meeting, and participant may be asked to leave the program for the remainder of the session. No refund will be given.

Violations of the policies or codes outlined below can result in immediate dismissal without refund, at parent/guardian expense, at the Director's' discretion.

- Endangering the health and/or welfare of yourself, campers, or staff in any way whatsoever.
- Possession or use of any of the following, including but not limited to: Fireworks, weapons, tobacco products, lighters, drugs, drug paraphernalia, or alcohol
- Possession of knives, hatchets, saws, axes or fire starters without permission and supervision of the instructor.
- Participating in bullying/social cruelty
- Leaving the sleeping area after camper curfew
- Damaging, destroying, defacing, or stealing property belonging to camp or other campers or staff

Vandalism and Graffiti

Families will be billed for any damage to property intentionally caused by campers. This includes writing names on cabins, beds and shelves. The minimum charge is \$25. Please discuss this with your camper.

Money at Camp

There is no need for your child to have money in camp. Any trips out of camp are wilderness experiences where there is no use for money! For campers traveling to camp on their own via train or plane, we will place their monies in safekeeping until they leave camp. Camp is responsible for money and valuables placed in safekeeping, but assumes no responsibility for cash or valuables kept by a camper.

Staff Gratuity

Our staff members are hardworking and dedicated people who are selected for their skills and integrity. They have been instructed and agreed not to accept any gifts or monies from parents. If you want to recognize them, donations to our Scholarship Fund in their name are gestures of thanks that will always be appreciated, by the staff member and also the campers who benefit from this fund.

Section 5: How to Pack for Camp

Label Everything!

Use sewn-on label, embroidery or laundry marker to write your camper's first and last name on everything your camper brings to camp, including the clothes worn to camp, luggage, water bottles, gear, footwear, etc. If an item is left at camp, please contact us if you would like us to mail it to you at your expense. Jackets, sweaters and water bottles are usually the most often items lost at camp. Primitive Pursuits does not assume responsibility for lost, stolen or damaged items brought to camp.

Clothing May Be Dirtier than it Appears

At camp, things do get lost, damaged, dirty and/or borrowed. Please only bring items to camp that you do not feel attached to whether or not they come home in the same condition. We encourage families to borrow or buy used gear. We strongly discourage bringing anything of monetary or sentimental value to camp.

We do not provide laundry service at camp. Please plan accordingly. The following is a list of suggestions while planning your packing:

- The faster clothes dry the better. Synthetic fabrics dry faster than cotton, and are insulating when wet.
- The average high temperature in the summer is 80 F , and the average low is 56 F
- We suggest all items for your week at camp fit into one large backpack or one duffel bag and one backpack. Please do not bring trunks to camp. Campers should be able to carry all their luggage on their own.
- For Advanced Outpost Camp, campers should have a backpack that will be able to carry their gear for a 3 day, 2 night trip.
- If bringing a tent, please only bring small camping tents that fit 1-2 people.
- There are ticks in the Arnot Forest. In order to prevent tick bites, we recommend wearing long pants that are light in color to be able to see ticks more easily, tucked into long socks. We recommend Quick Dry, lightweight hiking pants for everyday use.

Items that Must Be Left at Home:

- Electronics of any kind (except watches and digital cameras without internet capability). This includes all cell phones, iPod, Digital Video Players, video camcorders, CD or DVD players, radios, kindles, laptops, electronic games/toys, hair dryers, two way radios, fans
- Food of any kind
- Flip Flops sandals or any sandals without a backstrap
- Money, candy, gum, potentially offensive clothing, jewelry, make up, posters, pets, weapons, candles
- Propane camp stove
- "Survival Tools" such as an axe, hatchet, saw, or any kind of fire starter. Please see "Survival Tools" Section below for more information.

Packing Check list

Also provided as a single page document on the Overnight Forms and Resources Page

Clothing

- 5-6 T-shirts
- 2-3 pairs of shorts, including one quick dry
- 2-3 pairs of quick dry long pants
- 2 long sleeve t-shirts (flannel)
- 1 sweatshirt

- 7 sets of underwear
- 7 sets of socks
- 2 hats, 1 warm and 1 for sun protection
- 1 raincoat
- 1 rain pants

Footwear

- 1 pair of hiking shoes, already broken in; not brand new, ideally also waterproof
- 1 pair of sandals with backstrap (can be used for showers as well)

Linens

- 1 Washable Pillow and pillow case
- 1 Sleeping bag
- 1 Sleeping pad
- 2 Towels

Toiletries (biodegradable unscented so as not to attract bugs)

- 2 toothbrush and holder
- 1 toothpaste
- 1 Soap/shampoo combo
- 1 Sunscreen - required
- 1 non-aerosol insect repellent
- 1 chapstick with SPF

Accessories

- 1 flashlight or headlamp
- 1 Journal/Diary with pens/pencils
- 2 Water Bottles/Canteen
- 1 laundry bag
- Set of extra eyeglasses and hard case (as needed)
- Medications, Vitamins, supplements to bring to nurse (please read the HealthCare Section)
- 1 sunglasses and hardcase
- 1 Day pack backpack
- 1 small tent, easy to assemble, waterproof and sized for 1 or 2 people
- For Advanced Outpost Camp only: please note that campers should be able to carry all of their gear in a backpack for a 3 day 2 night trip. We recommend a backpacking backpack.*

Optional

- Small Musical Instrument
- A few good books
- Cards
- Stationery, including stamps

If you have any questions about what to bring to camp, please contact our office.

Section 6: For First Timers at Sleepaway: Tips for Parents

Selecting a camp and preparing for the summer is an exciting process for the entire family. You may have as many questions about this process as you have reasons for giving your camper the incredible gift of a summer at Primitive

Pursuits. This section is intended to be a resource for your family, especially families new to sleepaway camp, as you count down the start to camp. A few tips on preparing for camp, besides how many tshirts to bring:

Build Positive Expectations.

Please do not tell your camper you will take them home if they do not like camp. This prevents most children from making the effort it takes to overcome homesickness. Instead, when they experience the normal discomfort of getting used to a new place, they can think of nothing but their parents' promise to take them home, and they focus on this rather than making the adjustment. This can sabotage the camp experience before it begins. We have found that the expectation that your camper will remain for their entire session is helpful in making camp a success. The message to your camper should be that spending time away from home is an important part of growing up, and that even as it is designed to be great fun, it is also a life task to be motivated to complete.

Tell what camp is like.

The more accurate a picture of camp life your camper has, the less foreign it seems when they arrive and the more quickly they adjust. Children should know that they will be part of a group, that living quarters will be rustic, that they will share responsibility for keeping their living areas clean, that there are scheduled activities they will be part of, etc. If your child asks a question you can't answer, call us and we'll be happy to help.

Provide us with complete information.

It is imperative that camp have complete, accurate information about any emotional, behavior, medical, or physical situations your camper may be working with. The withholding of such information handicaps our ability to serve your camper effectively. Disclosure, on the other hand, significantly increases your camper's chances for success and happiness at camp. We take confidentiality very seriously and take measures to protect your camper's information.

Homesickness

Most children who go away from home for the first time experience a certain amount of homesickness. It is very natural and very real. Your camper is likely to experience it, even if they are characteristically independent and outgoing. In case of feeling homesick, we will work very hard to help them overcome it. Most children who leave camp before the end experience their early departure as a failure; it can have a negative impact on their self-esteem, and teach withdrawal as a response to adversity. Camp has an enormous store of techniques to address homesickness; with your support, the likelihood that we will achieve positive results is extremely high. So if your camper writes you a letter saying or implying that they're homesick, please call and we'll work together with you and let you know what is happening now. Very quickly, a sad letter usually gives way to proud tales of adventure, fun and success!

Saying Goodbye on the First Day.

You may feel very sad at the moment you say goodbye. At the same time, it is important to focus on what is best for your camper. Here are some suggestions:

- Express your love
- Hold back any tears until you're out of sight
- Be positive about the camp experience - the more confidence you express, the better your camper's outlook is apt to be.
- Strictly as a matter of logistics, we ask that you keep goodbyes short when dropping off in camp by car. Long goodbyes make it hard to keep things moving and end up being difficult for others and, in many cases your campers as well.

Section 7: Summer Camp Staff

Our instructors are seasoned outdoor educators who encourage each camper's respect for self, others and nature. All staff are committed to the mission at Primitive Pursuits and come to share their specific skills, talents, and passions with

the camp community. We select instructors for their experience in caring for children, ability to create positive group dynamics, and who are passionate about spending time in nature with children.

Prior to the start of camp, staff participate in our week long staff training program. All instructors at our Arnot Forest location are certified in Professional Level First Aid and CPR. We also have either a nurse or an EMT onsite at all times.

Section 8: Miscellaneous Details

Health History Form

We will be requesting for you to fill out a form called the “Health History.” This form will request personal information about your child. Please understand the tremendous value of this information as we do our best to ensure a smooth transition for your child at camp. We understand that you may have some hesitation in providing us with confidential information about your child’s behavior or past experiences. Some parents fear that this information would be misused. Some parents may be concerned that this information would cause their child to be treated differently, labeled or singled out. Naturally, all parents wish for their child to come to a new overnight camp with a fresh start, unburdened by past challenges.

At the same time, please understand how prior knowledge of ADHD, a learning disability, a bed-wetting issue, past experience with medication or therapy, or a recent loss or major change in the family would be tremendously helpful for our staff as they are sensitive to your child’s needs, especially in the first few days of camp. This is particularly important for campers who are nervous about change or unfamiliar situations. Our compassionate, skilled and experienced staff will need you to be partners in co-creating a safe, exciting and successful week of camp for your child. All information entered into the Health History Form will be strictly confidential, and held with the greatest discretion and sensitivity.

Consecutive Weeks of Camp and Bridge Weekend Option

Our Arnot Overnight Camps are typically 6 days and 5 nights, Sunday through Friday. We have one option for a 12 day camp called the The Epic Journey, which will be from July 8-July 20. This option will be attending two weeks of camp and our Bridge Weekend at the Arnot Forest. If you are registered for this option, you will drop your child off at camp on Sunday and pick them up on the following Friday. During the Bridge weekend, we will offer housing, food, laundry and supervision.

Your child may be signed up for consecutive weeks of overnight camp outside of The Epic Journey. However, we are not able to house campers between other sessions at the Arnot Forest.

Accommodations/Camping

All of our camps involve one week of sleeping in the woods, either in a tent, under a tarp, in a primitive shelter or under the stars – depending on the camp as well as the campers comfort/experience level. Depending on the type of camp, will determine if camping will happen in our base camp close to campus, or if the group will venture out further to find a sleeping camp. Campers should bring their own tent or buddy up with someone else who has a tent. We also have a limited number of tents we are able to provide. Some campers prefer to sleep under a tarp, which is also an option, please bring a tarp if that is preferred.

For certain camps, there may be an option on the last night for campers to build their own shelter to sleep in. We realize that not every camper will be ready for this, but for those who are, we offer a unique opportunity to experience this safely and surrounded by friends and mentors.

Survival Tools at Camp

Some activities at camp involve the use of knives for carving, crafting and creating beautiful objects from nature. We do have knives available for camper use during the week. If a camper is interested in bringing their own knife to camp for

this purpose, instructors will collect knives on the first day of camp and hand them out when these activities take place. Knives must be in a sheath and the blade must not be more than 4.1 inches. Knives will not be handed out until the instructors can see that the group is responsible to follow the safety rules for knife use.

Some campers also wish to bring “survival tools” in addition to knives. We do not permit any personal hatchets, axes, saws, or fire starters at camp.

If a camper is found with a knife that they did not hand off to an instructor on the first day, or without permission or supervision by an instructor, it will be considered a violation of our code of conduct and can result in immediate dismissal without refund, at parent/guardian expense, at the Director's' discretion.

Section 9: Camper Registration Forms Check list

Please follow this list to get your child ready for camp this summer.

Please note that your registration is considered pending until all of your paperwork is complete and payment is received in full. This means that as we begin to fill a camp, your child may be moved to a waitlist if your paperwork and payment are not complete. Please submit the forms to us as soon as you can.

Task	Instructions	To Complete By	Completed?
Read Parent Packet!!	Found on our website	As soon as you register	
Schedule Doctor’s Appointment	Print Doctor Completed Medical Form and bring to appointment	March 1	
Send us completed Doctor-Completed Medical Form	Upload completed form into our website	April 1	
Send us photos of front and back of Insurance card	Upload into website form	April 1	
Complete Travel Form	Complete form on our website	April 1	
Complete Health History Form	Complete form on our website	April 1	
Book Plane, Train or Bus tickets, if necessary		April 1	
If applicable, forward registrar all travel information regarding plane, train or bus travel	Email detailed itinerary to primitivepursuitscamp@gmail.com	April 1	
Read through packing list and start collecting gear you need for camp		April 1	

Please note that your registration is considered pending until all of your paperwork is complete and payment is received in full. This means that as we begin to fill a camp, your child may be moved to a waitlist if your paperwork and payment are not complete. Please submit the forms to us as soon as you can.

Section 10: Detailed Driving Directions to the Arnot Forest

Lodge phone number (in case you get lost call here!): [607-589-6257](tel:607-589-6257) Cell reception tends to be spotty near the Arnot Forest, so printing directions from this email might be a good idea, and calls/texts to instructors' cell phones may not transmit promptly.

There are two addresses for the Arnot Forest Field Campus location - #1 seems to work the best for most GPS systems. If you are having trouble with it, you might try #2.

We have found that both give an accurate location when using Google Maps.

1. [611 County Road 13, Cayuta, NY 14824](#)
2. 611 Count Route 13, Van Etten, NY 14889

Directions from Ithaca/North Areas:

- Take NY Route 13 South toward Elmira, approximately 4 miles from town of Ithaca.
- Left onto Trumbull Corners Road (*at the second Newfield exit*).
- Right on Main Street for 0.5 miles.
- Left on Van Kirk Road, 4 miles.
- Slight left on Van Kirk Road (*Don't continue forward onto Irish Hill Road*) 1.6 miles (*road name changes to Schuyler County Route 13*) 1.5 miles.
- *Driveway on your right, if you reach Banfield Rd, you've gone too far.*

Directions from Elmira/Corning and Southwest Areas:

- Take NY Route 17/Interstate 86 east, Exit 54.
- NY Route 13 North (toward Ithaca) for 11 miles.
- Right (east) on NY Route 225 for 5.9 miles.
- Left (north) on Schuyler County Rt 13, 1.4 miles.
- Driveway on your left.

Directions from Binghamton/Southeast Areas:

- Take NY Route 17/Interstate 86 west to Waverly Exit 61 (Rt 34 North) to Van Etten, 14 Miles.
- Left (west) on NY Route 224, 5.3 miles.
- Right (north) onto Schuyler County Rt 13, 1.4 miles.
- Driveway on your left.

The gravel driveway to the Arnot Forest Field Campus is very STEEP - Please use caution and maintain reduced speed. Near the road is the house rented privately; continue along the drive to the Lodge, which has a crescent-shaped parking area behind it, seen with cars in the [Google satellite version map](#), and labelled as "Lodge" on the attached campus map.

Please do pull over and give us a call at the Lodge phone number above if you are having trouble finding the site. We will be happy to help you over the phone!