

A Note From The Directors

Dear Parents,

The 2010 season is almost upon us and it's time to prepare your children for a fun filled week up in the beautiful Catskill Mountains. Preparing for camp is an exciting time for the whole family and the entire Camp Echo and Crestwood staff are committed to making this transition a smooth one for you and your camper. Inside you will find everything you need to prepare your child for Camp Echo. We strongly encourage you to share the contents of this guide with your child.

As always, if you have any further questions, comments, or concerns, feel free to contact us at any time.

Warm Regards,

Cindy & Jeff
Camp Echo

Mark, Jeff and Bruce
Crestwood

Contact Information

Camp Echo
Summer Office Hours: 8:00 AM – 7:00 PM
Summer Office: (845) 733 – 4567 Fax: 845-733-5925
Winter Office: (201) 251 – 0414 Fax: 201-652-7002
Office E-mail: mailbox@campecho.com

Crestwood Country Day School
631-692-6361
Fax: 631-692-6987
e-mail: info@crestwoodcountryday.com

Rules and Policies

Please reinforce the following rules with your child before camp begins:

1. Camp Echo follows the motto, “treat others how you would like to be treated.” Camp Echo will not tolerate any disrespectful or inappropriate behavior to fellow campers or staff members. Camp Echo also has a “no bullying” policy throughout camp.
2. Any camper caught defacing camp or someone’s private property (with graffiti or by any other means) will be billed for the damages.
3. Food in the bunks attracts insects and animals. For this reason we do not permit campers or staff to keep any food or candy in their bunks.
4. Most electronic devices are not permitted at camp. **Any device that can send or receive a phone call, play a video, access the Internet, or send/receive e-mail is not allowed at camp.** This includes iPod Touches and cell phones, Gameboys, PSPs, Blackberrys, and all other cellular and gaming devices. The only small electronic devices allowed are MP3, MP4 players and iPods. Music iPods with no videos are allowed. If these devices have video capability, we ask that parents remove all videos prior to the start of camp so we do not have to take them away. Absolutely **no cell phones** are allowed at camp.
5. Camp Echo is not liable for any damages to, or losses of, any personal belongings (jewelry, laundry, watches, clothing, iPods, etc.) For this reason we strongly suggest not bringing items that have monetary or personal value.

Packing/Clothing

- The packing list below details the clothing and supplies that will be needed at camp. The list is only a **suggested guide**.
- All items brought to camp must be clearly marked/labeled with the camper's name. Echo is not responsible for any lost property.
- A good rule of thumb is to pack for a 5 day trip (taking into account that sometimes your camper may need two changes a day).
- Upon arrival, your camper will receive 3 Camp Echo Logo'd t-shirts. We will label them with his or her name. They will wear them during the day on Tues, Wed, & Thursday. Monday and Friday they can wear clothing of their choice.

Packing List

- | | |
|--|---|
| <input type="checkbox"/> 1 pair sandals w/ back strap
(flip flops only allowed in cabins and to pool) | <input type="checkbox"/> toiletries (toothbrush, toothpaste, brush, soap, shampoo, etc) |
| <input type="checkbox"/> 1-2 pair sneakers | <input type="checkbox"/> shower caddy (to hold toiletries) |
| <input type="checkbox"/> 2 pair pajamas ** | <input type="checkbox"/> 1 fitted twin or cot sheet & pillowcase |
| <input type="checkbox"/> 1 pair long pants | <input type="checkbox"/> 1 comforter OR sleeping bag |
| <input type="checkbox"/> shorts | <input type="checkbox"/> 2 bath towels |
| <input type="checkbox"/> t-shirts | <input type="checkbox"/> 2 pool/beach towels |
| <input type="checkbox"/> underwear | <input type="checkbox"/> laundry bag |
| <input type="checkbox"/> socks | <input type="checkbox"/> flashlight |
| <input type="checkbox"/> 2 sweatshirts | <input type="checkbox"/> water bottle |
| <input type="checkbox"/> 2 bathing suits (1 piece or tankini for girls) | <input type="checkbox"/> insect repellent |
| <input type="checkbox"/> 1 lightweight jacket or rain coat | <input type="checkbox"/> sunscreen |
| <input type="checkbox"/> Pillow | |

**Many campers choose to wear pajama pants after shower hour for evening activity.

Optional items:

- Non-electronic games (cards, jacks, etc), foldable camping chair, baseball glove, stationery & stamps

Transportation Information

Parents are required to drop-off and pick-up their children at **Crestwood**

DROP-OFF: Monday, August 2, 2010 at 7:00 AM

PICK-UP: Friday, August 6, 2010 at 5:00 PM

Communications

Letters

If you would like for your child to receive a letter at camp, we suggest that you send it a few days before they get here so that it will be here when they arrive.

Name
Camp Echo
Bunk – Crestwood
PO BOX 105
Burlingham, NY 12722

If your child writes you a letter, please bear in mind that some letters you receive will be filled with love and joy, while others might be quite the opposite. Children's letters are generally subject to oversimplification as well as exaggeration. Please do not panic when trying to interpret the meaning behind the letter. Letters that are sent during the first few days of camp may frequently be negative due to natural adjustment and re-adjustment for campers. If you are concerned...call us. You have placed an enormous trust in our ability to work with your children, and we will do what we can to help them through their adjustment period.

Packages

Packages are not allowed to be sent to your camper.

Packages tend to remove the emphasis on camp activities, programs, and friendships, while potentially creating unwanted competition and disruption within a cabin.

Birthdays

We love celebrating birthdays at camp!! Your child's birthday is a big deal at camp. Their entire village will sing to them, they will receive a phone call from home, they get to "pie" a staff member in the face, they will receive a balloon delivery, they will get a cake to share with their friends, and they will receive a package from home!! **Please do not send any food products!!!** Please notify us if your child will be celebrating their birthday while up at camp.

Phone Calls

There will be no phone calls between parents and children until the 3rd day (Wednesday, August 4, 2010) of the week away. Phone calls will be arranged by the Directors. One call per child will be permitted. The Camp Echo Directors and the Crestwood Staff (staying with the children at Camp Echo) will be available to speak with you.

Health Center

Our Health Center is staffed by a physician who is on our grounds 24/7, along with four registered nurses! They are an outstanding team of medical professionals. They bring extensive experience and a special passion for working with our campers to Camp Echo. And, we are less than 20 minutes from a level 2 hospital in the event of an emergency.

Medication

If your child takes a daily prescription medication or an as needed medication, please arrange to give all medications to the bus counselor chaperoning your child to camp. It will then be given to our Health Center staff to administer to your child. You can also give them any vitamins that your child will be taking. They are given to the campers at breakfast daily. We stock most over-the-counter medications in the event that your child needs any. By NYS law, in order for Camp Echo to administer over-the-counter medication to your child, a doctor has to sign off on a Standing Orders Form. It can be downloaded from the following link on our website:

<http://www.campecho.com/families/formsresources.php>

A copy of your child's Medical/Physician Form and Immunization Record will be sent to Camp Echo during your child's stay.