



RKY CAMP

ON EAGLE LAKE

**Parent and Camper
Handbook 2012**

PARENT HANDBOOK- SUMMER 2012

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Dear Parents,

Welcome to RKY Camp! We have put this **Parent Handbook** together as a guide to help prepare you and your child for the upcoming summer. Even if your child has been coming to camp for years, there is always new information about the summer that you will need to know about. Please take time to review this information prior to your child's upcoming camp adventure. To assist you in reviewing this handbook, a ☀️ is used to indicate those topics which are recommended for you to discuss with your child in preparation for his/her camp visit. We would also like to invite you to attend our annual *Camp Open House* and the *Parent/Camper Orientation Night*. Both new and returning families will find these events informative and enjoyable.

Camper Orientation Night: Sunday, June 10th Starts at 7:00pm at the Kingston Family YMCA

RKY Camp Open House: Sunday June 10th from 1:00pm - 4:00 pm

Come join us at RKY Camp (in Parham) for an afternoon full of camp activities! It's a great way to visit and check-out RKY Camp for new or returning campers.

Our 2010 Summer Camp Session Dates are:

- Session 1 - July 2 - 14, 2012**
- Session 2 - July 17 - 29, 2012**
- Session 3 - August 2 - 14, 2012**
- Session 4 - August 17 - 29, 2012**

In the meantime, if you have any questions regarding the information discussed in this booklet, or about camp in general, please feel free to contact me at **RKY Camp** at **613-375-6295**. I would be more than happy to speak with you. You can also email the Camp Registrar, Linda, at fun@rkycamp.org and she'll be happy to help you.

We have many skilled and enthusiastic staff on board for this summer, eager to share many fun adventures with all new and returning campers. We look forward to having your child join us this summer!

I look forward to a terrific summer,

Christina Bonner

Christina Bonner
Director, RKY Camp

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RKY CAMP GOALS

For over 80 years, RKY Camp has been committed to providing a physically, emotionally and spiritually safe atmosphere for all. RKY Camp was developed by Kingston Rotary, Kingston Kiwanis Club and the Kingston Family YMCA.

The objectives of our program are to help your child:

- Participate in safe, wholesome and fun activities
- Learn about living with others
- Strengthen his/her self-image by developing a wide variety of skills
- Appreciate and care for our natural world
- Experience personal and spiritual growth and enrichment
- Evaluate and clarify his/her own values


YMCA CAMPING QUALITY

The Quality Eight are measures of quality for summer camp that guide RKY Camp and other YMCA Camps in our work. At RKY Camp, we therefore strive to ensure that:

- ✓ RKY Camp is fun
- ✓ RKY Camp is safe
- ✓ RKY Camp is a place of friendships
- ✓ RKY Camp is a place of belonging
- ✓ RKY Camp campers learn and are challenged
- ✓ RKY Camp treasures the natural world
- ✓ RKY Camp meets campers' personal life needs
- ✓ RKY Camp is a place that campers want to return to

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GENERAL INFORMATION FOR PARENTS AND CAMPERS

 - Indicates topics to discuss

IMPORTANT DATES

PARENT/CAMPER ORIENTATION

We gather at the *Kingston Family YMCA* to discuss your expectations of RKY Camp, and provide any further information you may need. This is a great opportunity to learn about how camp works, ask any questions you may have, and meet some of the counseling staff.

Date: Sunday, June 10th, 2012, 7:00 pm

Location: Kingston Family YMCA

CAMP OPEN HOUSE

This is our only "Visitors' Day" at RKY Camp. Come on up to RKY Camp and see for yourself why RKY is so great. You'll get to meet some of the RKY summer staff, and enjoy a beautiful afternoon at RKY Camp.

Date: Sunday June 10th, 2012

Time: 1:00 p.m. to 4:00 p.m.

Location: RKY Camp, Parham

(camp is not wheelchair accessible)

Bring: Snacks, swimsuits, towels.

Please, no pets.

If these dates are inconvenient, please contact the camp director. We would be happy to meet with you and/or show you around the camp at time more convenient for you.

PREPARING FOR CAMP BEFORE YOU ARRIVE

CABIN MATE REQUESTS

Cabins vary in size from 7 to 10 campers. We do our best to honor **one** mutual cabin-mate request, where ages and spaces permit. Due to the progressive nature of our camp program, cabin-mate requests involving a significant difference in age are generally discouraged. Please contact the Camp Director if you feel your child's situation requires special consideration.

In an effort to make RKY a special place for everyone, we ask for your help in preventing cliques. If your child is attending with a friend, please encourage them both to take some time to make new friends and share in the experience of living co-operatively with their peers.

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PACKING TIPS

Please review the enclosed **Packing List** to assist you in packing for camp. Please take note that many of the “camping” items, such as rain-suits, sleeping bags, and flashlights are available through our tuck shop. Please review the Tuck Shop package enclosed with this Handbook.

Here are some tips to help make the task of packing easier (a clothing and equipment list is included with this package):

1. **LABEL EVERYTHING!** Flashlight, toothbrush, underwear - everything! We recommend using iron-on **Mable's Labels**, to help make this task easier. You can see the variety of labels they offer at camps.mabel.ca. Lost and found items will be safeguarded for **two weeks only** after the end of your child's session and then donated to charity. If lost items are labeled with your child's name, we will attempt to return them to you.
2. **Send Old Clothes** - we get really dirty! Campers will also need a pair of closed-toed shoes to participate in all running programs at camp. We recommend at least two pairs of shoes that are well broken-in.
3. **Sometimes, It Rains!** It has been known to rain at camp (occasionally!). Most camp programs and out-trips continue despite rainy days. Rain-suits are best (both pants and jacket), windbreakers don't cut it! A pair of rubber boots completes our waterproof attire.
4. A laundry bag will help your son or daughter keep the dirty clothes separate from the clean ones. Laundry facilities are *not* available at camp except in emergencies, so please provide sufficient changes of clothing for your child's stay. ***Please send an extra sleeping bag or extra sheets if you anticipate possible bedwetting.***
5. A hat and sun block are critical in sun protection.
6. Water bottles are recommended for out-trips.

Ensuring that all of the necessary clothing and equipment arrives at camp with child is essential for them to have an enjoyable camping experience.

LAUNDRY SERVICES

There are no camper laundry facilities at RKY Camp except for emergencies. Please ensure that your child has enough clothing for the full session. Exceptions to this rule are made for CITs, who stay at camp for one month.

LOST and FOUND

RKY will hold on to lost and found items 2 weeks past each session. Items left at RKY past these two weeks will be donated to a local charity. Although we do our best to ensure that these items return home we cannot guarantee that unmarked left over items will be returned. Please contact the camp director for further information.

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WHAT NOT TO BRING

DO NOT BRING MONEY!!! It will probably get lost. Besides, you won't have any place to spend it - the RKY Tuck Shop works on account only.

Camp is an unplugged facility:

Electronics are not only distracting to camp programming but are almost always broken or lost. Campers who bring electronics will store them with the Camp Director for the duration of their stay.

- Game Boys, radios, MP3, CD players and iPods are easily lost or broken - it's best to leave these at home. For safety reasons, in order to hear the emergency siren, headphones are not permitted at camp.
- Cell phones don't work at camp. Cell phones brought to camp will be safeguarded by the Director, and returned at the end of the session. **Please do not anticipate to correspond with your camp via text.**
- Hair dryers and curling irons blow circuit breakers, and their use will not be allowed.

Please, no junk food! Chipmunks and other animals will make a mess of your belongings to find a snack! Besides - you'll visit the Tuck Shop every other day.

MEDICATIONS

If you are sending prescription medication or other treatments (including allergy medications) to camp, please give it to camp staff on the first day of camp. Please ensure that all medication is in its original package with name/medication/ dosage clearly marked.



**Please do not send non-prescription drugs
or vitamins to camp!**



Our Camp Health Care staff is qualified to provide a number of over-the-counter and prescription drugs to your children if it becomes necessary. Our Camp Infirmary is well stocked, and we have standing medical directives for the administration of most common drugs.

Parents of campers carrying Epinephrine, an "Epipen", or an inhaler for asthma are asked to ensure that this information is brought to the attention of the staff and that the camp is provided with medical directives and consent concerning their use.

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ON THE FIRST DAY

On the morning of the first day of your camp session, we will meet at the (map on back cover). This way, you and your camper can meet their counselors and cabin mates and undergo a quick health check by camp staff. On this morning, please be prepared to:

1. Notify the staff of any changes to your child's *Personal Information*,
2. Provide us with all medications along with directives for their administration (please bear in mind that no medications may be kept in camper sleeping quarters without approval from the medical staff),
3. Tell us if your child has been exposed to any communicable diseases in the past three weeks,
4. Prepare your child for a quick check for head lice.

The staff values your input and advice when it comes to caring for your child. We invite you to speak directly with your child's counselors about any expectations or concerns you have.

DETECTION & PREVENTION OF HEAD LICE

All campers and staff are required to undergo a check for head lice by our staff prior to boarding the buses. If head lice or nits are found, treatment must be begun *before* arrival at camp. If you require further information about detection or treatment of head lice, please contact the camp director or your local health unit.

The camp director reserves the right to turn campers away at drop-off who have untreated head lice or evidence of head lice. If you are concerned about your child's head lice please feel free to contact the camp director for advice.

BUS SCHEDULE

DEPARTURE TIMES

Please arrive at the Mille Iles School, 164 Van Order Drive (see cover for map) between 9:00 and 9:30 a.m. (all departure dates).

This will allow sufficient time to load your child's luggage, check in with the director, speak with the camp nurse, and meet your counselor and cabin mates. Buses will depart around 10:00 a.m. Unfortunately, we cannot detain the buses for those who arrive later than 10 a.m.

RETURN TIMES

Campers will return to the *Mille Ile School, 164 Van Order Drive (see cover for map)* at approximately 12:00 noon on all return dates. The exact time of arrival is difficult to predict but we are rarely more than fifteen minutes late.

Please note that, in order to release a child into the care of someone other than their parent/guardian, the camp must have *advance* written instructions from the parent/guardian.

DROP-OFF/PICK-UP AT RKY CAMP

Summer camp fees include transportation to and from camp. We prefer that all campers depart from, and return to, *Mille Ile School, 164 Van Order Drive (see cover for map)*. Please contact the Camp Director in advance

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if it is necessary to bring your child directly to RKY Camp (or pick-up from camp). Drop-off and pick-up times for parents driving their children to camp are as follows:

- *First day: Please arrive at camp after 11 am.*
- *Last Day: Please arrive at camp before 10 am.*

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AT RKY CAMP

A TYPICAL DAY AT CAMP

7:00am	Polar Bear Swim -- for those who are brave!
8:00	Flag-raising & Breakfast
8:30	Cabin Clean-Up – everybody does their share...
9:30	Area Selection #1
10:30	Area Selection #2
11:30	Free time – swimming, boating, archery, climbing, A&C...
12:30pm	Lunch
1:30	Tuck & Rest Period
2:30	Cabin Group activity – planned by you!
3:30	Interest Group activity – choose your favourite!
4:30	Free time – swimming, boating, archery, climbing, A&C...
5:30	Dinner & Invitations –
7:00	Evening Program with the whole camp!
8:45	Snack
9:00	Flag-lowering & TAPS
9:30	Youth Camp Bedtime
10:00	Senior Camp Bedtime

A NOTE ON CAMP ACTIVITIES

Campers are given the opportunity to select for themselves 2 main areas of camp they would like to focus on. Areas include (Camp craft, swimming, nature, adventure, canoeing and kayaking and Arts and Crafts). Upon arrival at camp, campers rotate to all of the areas on the first 2 days of camp to gain a sense of what activities they would like to challenge themselves with. Campers then select 3 activities they would be interested in participating in for the remainder of the camp time. Campers are slotted into two activities of their choosing and are guided by our staff through a progressive skills based approach to each of their selected activities. **We do not guarantee that all campers will obtain their 1st choice of activity.** However there are many other opportunities at camp to become an expert at everything. For example, all areas of camp are open at Free time for campers to try their hand at other activities, meet new friends and learn something new. Cabin Group activities are also another area where campers are able to take on the challenge of a boating lesson, or climbing wall with their cabin group.

HOUSEKEEPING DUTIES

RKY is a community and as a member of a cabin group, each camper will be expected to share in the responsibilities of keeping the cabin clean and their personal belongings in order. Campers also assist with table setting and clearing during meals, and even help with cooking and cleaning dishes on out-trip. Please help us to reinforce the value of these duties and the importance of teamwork that is required to complete these tasks.

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PERSONAL CARE & HYGIENE

We do our best to give all campers instructions about personal care and insist on proper hygiene. In addition, we will incorporate into the camp schedule opportunities for your child to take **showers or swim at least every other day**. In the evenings youth camp and senior camp alternate opportunities to use our shower facilities, in addition to daily swimming opportunities. If you have any specific expectations, please make sure that your child and your child's counselor are aware of your wishes.

HOMESICKNESS & PHONING HOME

Many children who are away from home for the first time, may go through a period of homesickness, until they become adjusted to the camp setting. Feelings of homesickness can be mild or severe and produce symptoms such as a stomach ache, headache, even fear or anxiety. Camp staff are trained to detect early symptoms of homesickness, and how to respond to individual needs and help children feel comfortable at camp.

It is our experience that homesickness passes with time and caring support. However, **there are some things that can reduce homesickness, including:**

- Mail updates from home regularly
- Discuss the positives of camp, and set goals for your child to accomplish at camp.
- Attend our Orientation Night at the YMCA (June 10th) and/or our annual Open House (June 10th) at RKY Camp so that your child can become acquainted with the staff and the site.

SUGGESTION: Send mail 2 days prior to your child's camp visit to ensure that they receive mail in the first few days.

TELEPHONE USE

We discourage the use of telephones by campers. However, if homesickness becomes severe, we will always contact you. If it is necessary to do so, we may attempt to arrange a telephone call with you and your child.

Depending on the level of homesickness your child is experiencing, there are other options we can explore before a child calls home. Often children need a quick reassurance from parents that everything is OK, and some encouragement to make the most out of camp. Parents can send an email at anytime to the camp email address, and it can be printed and given to your child that day. Parents can also fax a letter up to camp, and a child can fax a letter to you as well (in severe homesick cases). Often, these methods of communication can really help a child feel that they have support from home.

Though we believe it to be rare, we realize that camp just isn't for some children. Rest assured that at RKY Camp, we are not interested in forcing anyone to do anything they do not wish to do. If you hear from your child by mail that they are not enjoying their time, please let us know – we will always be honest with you about our perspective. If your child is not enjoying their experience at all, will do our best to remedy the situation or arrange for their safe return home.

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A NOTE TO PARENTS OF FIRST-TIME CAMPERS

If your child has not attended camp before, or is away from home for the first time, we strongly recommend a sleepover or two for them at the home of a friend or relative. This will give them some experience with feelings of separation from the family prior to their stay at camp. In addition, our Camp Open House, Family Camps and Parent/Camper Orientation provide good opportunities to gently introduce new campers to resident camping. In preparation for their trip to camp, reassure your campers that they should try camp this year, and if they don't enjoy it, they don't have to return-but they should make all efforts to participate and have fun.

DIETARY NEEDS

RKY does its best to accommodate various diets and allergies. Vegetarians, peanut/shellfish allergies and non-dairy diets are easily accommodated at RKY Camp. Gluten Free diets and various other specific diets are certainly welcome at RKY Camp. Due to the complicated nature of these requests and additional challenges to ensure a well balance diet we require an addition \$100.00 per session to properly support these campers. Campers are more than welcome to provide their own food however, such arrangements must be cleared by the Camp Director and Food Services Manager prior to waiving the \$100.00 fee.

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CAMP RULES

Our basic camp rules are as follow the YMCA core values of Honesty, Caring, Respect and Responsibility. As such our camp rules are as follows:

- **Listen to others - then they'll listen to you.**
- **Speak for yourself - not for anyone else.**
- **Take charge of yourself - you are responsible for you.**
- **Show respect for others and the environment - everyone is important!**
- **No fighting, swearing, put-downs or cliques are permitted at camp.**

Camp is a place where everyone should feels comfortable. Bullying, fighting, harassment of any kind, and sexual activity will result in a camper being sent home at the discretion of the camp director at the parent's expense.

Furthermore smoking, possession of alcohol or illicit drugs is not only illegal for camp participants but will also result in a camper, LIT or CIT being sent home immediately at parent's expense.

Parents and campers are encouraged to contact the Camp Director at any time for clarification of these or other camp rules. Please review these rules and the following procedures with your child.

DISCIPLINE AT CAMP

We feel that children gain security from knowing how their day will unfold and what is expected of them. Our aim is to help campers achieve self-discipline and a sense of responsibility in order to ensure health and safety, respect the rights of others and treat camp property properly.

Campers will be disciplined in a positive manner at a level that is appropriate for their actions and ages. Corporal punishment is **NOT** permitted, nor are deliberate, harsh or degrading measures that would humiliate or undermine a camper's self-respect.

Conflicts can arise at camp. These conflicts range from minor disagreements to major fights. It is our belief that the effective resolution of conflict by staff and fellow campers alike is the key to a successful learning experience at camp.

Our procedures for dealing with some of the common incidents of conflict are outlined below. This is not meant to be an exhaustive list, nor is it meant to be a policy that is "written in stone." At RKY Camp, every situation is judged on its own facts, and different perspectives are sought before action is taken.

Physical Violence

Campers who physically assault others or are thought to be a risk to their own safety or the safety of others will be sent home without warning at the sole discretion of the Camp Director. For any incident of physical violence, the following steps may be taken:

1. Oral and written report is made to the Camp Director.
2. Staff meets with all involved parties and witnesses to record their versions of events.
3. Meetings are held with a minimum of one counselor, all involved campers and at least one member of the Senior Staff.
4. At these meetings, staff will discuss with the camper involved whether or not they will be sent home. In most cases of a first incident, the decision to return home will be made by the Camp Director in

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consultation with parents or guardians. In most cases of a second incident, the camper will automatically be sent home.

Harassment

Harassment is defined as *any comment or conduct that is known (or should reasonably be known) to be unwelcome by another.*

In particular, such comments or actions that are made with respect to one's physical or mental characteristics, race, beliefs, gender or sexual orientation in any form are not tolerated at RKY Camp. For any incident of harassment or sexual harassment, the following steps may be taken:

1. Oral and written report is made to the Camp Director.
2. Staff meets with all involved parties and witnesses to record their versions of events.
3. Meetings are held with a minimum of one counselor, all involved campers and at least one member of the Senior Staff.
4. At these meetings, staff will discuss with the camper involved whether or not they will be sent home. In most cases of a first incident, the decision to return home will be made by the Camp Director in consultation with parents or guardians. In most cases of a second incident, the camper will automatically be sent home.

Disruptive Behavior and Conflict that Is Not Physical

Conflict and disruptive behavior happens. Counselors are trained to deal with this conflict and provide for its *fair and democratic resolution.*

The goals of any resolution are to help the involved campers settle their differences and attempt to make the cabin environment and experience as positive as it can be. *Our goal is not to make cabin interaction perfect.* Sometimes, behavior can reach a point where, for the enjoyment of everyone, the Counselor and/or Senior Staff may decide to take the following steps:

1. Oral and written report is made to the Camp Director.
2. Staff meets with all involved parties and witnesses to record their versions of events. It is especially important to record the perspectives of counselors in the cabin with regard to all campers that may be affected by the behavior.
3. Meetings may be held with the entire cabin (or in smaller groups), all counselors for the cabin, and at least one member of the Senior Staff. The goal of such an initial meeting is to find a democratic resolution to the conflict. Staff may attempt to create a "cabin contract," set cabin rules by consensus, or use some other tool in order to assist in reaching the goal.
4. In the case of individual camper behavior that becomes a serious problem within a cabin group, Senior Staff should create a Contract for Improvement for the camper. This contract should clearly identify:
 - ❑ Behaviors the camper must stop
 - ❑ Behaviors the camper must start
 - ❑ Consequences for breaching the contract, for example, loss of privileges.
 - ❑ Both parents and the camper will be informed the contract, and the contract is signed by the Camp Director, camper and counselors.

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OTHER IMPORTANT INFORMATION

CAMP FEES

A 10% non-refundable deposit per child must accompany the registration. Your deposit covers all administrative costs and reserves a space for your child (children) at camp. **The balance of fees must be paid (or provision for payment completion) by May 1, 2012.** Please contact the camp registrar if you require further flexibility of payment.

REFUND POLICY

All cancellations must be made in writing either to the camp registrar or Camp Director. In the event of a cancellation made prior to May 1st, 2012 a full refund will be given less the 10% deposit. Cancellations made on May 1st to May 30th, 2012 are eligible for a 50% refund, less the 10% deposit. Cancellations made on or after June 1st, 2012 for non medical reasons are not eligible for a refund. Cancellations made on or after May 1st, 2012 for medical reasons must be accompanied with a doctors certificate and receive approval from the camp director. RKY Camp reserves the right to cancel programs two weeks prior to their start date due to poor registration. Refunds will not be issued to campers removed from camp programming either by the choice of the parent, camp medical staff or camp director

HEALTH & SAFETY

Our emphasis is on the *prevention of health and safety problems*, and promotion of healthy living.

Please Note: If your child has been in contact with anyone suffering from a communicable disease *within three weeks* of attending camp, you *must* contact the camp director. Together we will determine whether or not to seek your doctor's advice and/or consider keeping your child at home for a day or so.

MEDICAL EXAMINATION NOT REQUIRED

While it is not mandatory for your child to have a medical examination, we strongly encourage an exam if:

- i. It has been more than 12 months since the last exam;
- ii. you have any doubts about your child's ability to participate in any camp activity; or
- iii. your child has recently been hospitalized or treated, or has been exposed to any communicable diseases. Please note that medical exam fees will *not* be paid by RKY Camp.

IN CASE OF ILLNESS OR INJURY

Should a camper become ill, he/she will immediately come under the care of our medical staff in co-operation with your child's counselors. If quarantine is necessary for a minor illness for more than one day, we will notify you by telephone and likely remove the child from camp. If a trip to the Sharbot Lake Medical Centre is necessary, the medical staff or Camp Director will then contact you after the results or implications of the visit have been established. In the event of a serious injury or illness, you will be contacted as soon as possible.

If prescription drugs are necessary as a result of consultation with a doctor, RKY Camp will pay the cost of the prescription, and you will be billed at the end of the session.

USE OF HEALTH CARD NUMBERS

In complying with the Health Card Numbers Control Act, your child's health card number will be kept confidential and used only for the purpose of securing health care at a licensed medical facility.

INTERNATIONAL CAMPERS

If your child is not a resident of Canada, please make arrangements for complete medical insurance coverage while at camp. Please be advised that camper families are responsible for all costs associated with medical treatment, including prescribed medication. Please ensure that you forward copies of all important documents – such as insurance coverage – prior to your child's arrival.

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OUTTRIPPING

Camping trips out of camp are a part of the camp program for all campers. Please take this into account when planning, as your child's health needs are the responsibility of the out-trip staff and counselors on such a trip. Please note that while campers are to bring their own sleeping bag and clothes for out-trip, RKY Camp provides paddles, lifejackets, tents, and cooking equipment. If you have any questions about your child's out-trip, please contact the camp office.

A WORD ABOUT RISK

Every residential camping program involves some degree of risk – as does any learning experience. Our goal cannot be to make all experiences for your child risk-free. Rather, we seek to minimize risk as much as possible. Should you have any questions about the risks associated with any aspect of our camp program, or about the measures we take to minimize risk, please do not hesitate to contact the Camp Director.

REMOVING YOUR CHILD FROM CAMP

In the case of special events occurring during your child's camp session (such as sports tournaments) it is **sometimes** possible to make arrangements to leave camp for a short time. However, some children find such trips out of camp disruptive. Please do not hesitate to contact the camp director to discuss the suitability of such an arrangement. Of course, the camp requires advance notice in these cases.

VISITATIONS

We request that you do *not* visit RKY while camp is in session. Such visits cause problems in the area of homesickness, particularly for children *not* receiving visitors. Instead, please take advantage of our Camp Open House to visit the camp and speak with the staff.

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TUCK SHOP

The 2012 Tuck shop will provide a mix of healthy snacks, treats and camp merchandize. We strongly encourage you to establish a tuck balance for your camper prior to drop off day as lines can be rather long. Campers receive tuck every second day at camp and are allowed to spend a maximum of \$2.50 on food purchases. Merchandise will be available to them during there time at camp. Our tuck shop will be open on our Open House where items can be purchased and previewed.

Average Tuck Costs (Based on 2011 - Prices may Vary)	
T - Shirt	\$23.00
Sweatpants	\$33.00
Sweatshirt	\$45.00
Toque	\$20.00
Water Bottles	\$7.00
Other Small Items (Stickers, Pencils Etc)	\$0.50 - \$2.00)

CIT CLOTHING

In the past CIT groups have elected to purchase additional clothing outside of the RKY Tuck shop. Such purchases are decided on by the C.I.T. group along with the staff during the session. CIT parents should anticipate that most participants will want to be included in this process at an additional cost to the parents/participant. Additionally, items have ranged in cost from \$30.00 to \$60.00 in price. We do our best to deduct said purchased from the Tuck monies provided, however, there have been times were we have been required to bill families for the addition amounts. Please discuss with your CIT this option.

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MAILING TO CAMP

Your letters to your children are a wonderful treat if positive and light-hearted. Any sad news is generally best left until the camper arrives home. Stamped, self-addressed envelopes and writing paper for the younger campers will help to ensure at least one letter home! Please address mail to:

Camper's Name
RKY Camp, Session # ____
G.D., Parham, ON
K0H 2K0

PLEASE NOTE: NO FOOD PACKAGES

We wish to remind parents that packages containing food should *not* be brought or sent to camp. Food in cabins attracts animals and can result in clothing and equipment damage. Counseling staff have also found that selective sharing of treats often leads to difficulties amongst cabin-mates. If delivered to camp, **food** care packages will be safeguarded by the Camp Director until the last day of the session.

Please only mail packages to RKY camp as mail and Packages left at the YMCA of Kingston are not picked up frequently as trips to Kingston during the session are limited. Additionally, packages and mail that arrive past your session dates are often returned to the post office. However, please understand that we can only do this if proper return addresses are on all mail.

*** Please do not send personal email to RKY camp directly. Due to the increasing amount of mail received through the rkycamp@kingston.net email account we are no longer able to deliver mail received here to campers. Please use Bunk1 or send a letter to your camper.

BUNK1 EMAIL SERVICES

This summer we are pleased to continue using Bunk1. Now you can better keep in touch with your campers, and receive handwritten replies from them via email. In order to access this service, you need to register for an account:

1. Go to the Bunk1 website. www.bunk1.com
2. Click "Register Now"
3. Enter your pre-approved registration code: 10041RK1
4. Fill out the required information
5. Purchase Bunk Note credits (\$1.00 per email sent/replied to)

Once purchased, campers can write their messages to you on the additionally purchased Bunk Note Reply Stationary, which is then sent to the email address you registered with. Bunk1 notes are sent to RKY with a one day delay. They are then delivered to mailboxes in the morning and received by campers during the day. You must purchase additional **Bunk Reply Stationary** to hear from your camper as a Bunk1 message is only a one way communication. If you are having trouble sending or receiving messages from your camp please contact Bunk1 directly as they are better suited to answer questions.

PARENT HANDBOOK- SUMMER 2012

SUMMER PACKING LIST

The Following items are recommended for making your child's stay at camp comfortable and complete. Campers are strongly encouraged to take responsibility for their belongings at all times. Staff will be available to assist in organizing and packing upon return to Kingston, but are not responsible for camper's belongings while at camp. Please help reduce lost and found by clearly LABELING your child's belongings.

Camp Clothing & Equipment

- _ 2 week supply of underwear
- _ 12+ pairs of socks (some wool)
- _ 3-4 pairs of shorts
- _ 3-4 pairs of pants/sweatpants
- _ 4-8 T-shirts
- _ 1-2 sweaters or sweatshirts
- _ Warm jacket
- _ Bathing Suit
- _ Pajamas
- _ At least 2 pairs of running shoes (preferably old and well broken-in)
- _ Rain coat or suits are important – test ours in the shower!
- _ Sun hat or baseball cap & sunglasses

Equipment Used Daily

- _ Blankets & Sheets or sleeping bag (see canoe tripping equipment below)
- _ Pillow with case
- _ Toiletries- comb/brush, soap/shampoo, toothbrush, toothpaste, etc.
- _ Two or three towels, washcloth
- _ Laundry Bag/Plastic Garbage Bag
- _ Sun Screen, Chapstick, Insect Repellent
- _ Flashlight and extra batteries
- _ Stationary, pen, stamped envelopes
- _ Rubber Boots
- _ Medic Alert bracelet/necklace (if applicable)

Optional Equipment

- _ Optional: Books, Magazines, Family Pictures, Sports equipment, camera
- _ Water bottles
- _ One change of nice clothes for banquet
- _ Ragger's Rag (if previously participated in the Blue Rag Program)

Canoe Tripping Equipment

- _ Sleeping bag (synthetic fabrics dry faster than cotton and goose down)
- _ Hiking Boots- most necessary for campers aged 13 and up, due to the length and type of trip

Undesirables

Again, please don't bring: iPods, money, food, gum or candy, expensive items, CD player or other valuables.

PARENT HANDBOOK- SUMMER 2012

RKY Camp Sample Menu

DAY	Breakfast	Lunch	Veggie	Supper	Veggie	Snack
1		Garden Salad Chili Con Carne & Bread Bowls	Veg. Chili	Penne & Marinara Caesar Salad, Garlic Bread Brownies		Rice Krispies Squares
2	Chocolate Chip Muffins Fresh Fruit	Macaroni & Cheese Veggies & Dip		Bar-B-Q Chicken, Roasted Potatoes, Tossed Salad Cookies	Black Beans & Rice	Pretzels
3	Buttermilk Pancakes & Syrup	Tomato Soup Grilled Cheese Veggies & Dip		Sheppard's Pie, Bread, Cole Slaw Jell-O		Popcorn
4	Bagels & Cream Cheese Fruit Cocktails	Cheese Pizza Caesar Salad		Mexican Fiesta Tacos, Fresh Vegetables	Veg Tacos	Bananas
5	Scrambled Eggs And Home fries	Tacos Veggies & Dip	Bean Burritos	Lasagna, Caesar Salad, Garlic Bread , Apple Crisp	Marinara Sauce	Freezes
6	Oatmeal Muffins & Peaches	Chicken Burgers Square Potatoes Tossed Salad	Veggie Burger	Hot Dog Cookout Potato/Mac Salad Watermelon	Veg. Kabobs	Bit's & Bits
7	Bacon and Scrambled Eggs	Make your own Sandwich, Chicken Noodle soup.	Veggie Sub with Cheese	Roast Pork Chops, Mashed Potato, Bread, Cooked Veg., Tarts	Fettuccin i Alfredo	Nacho's & Salsa
8	Danish & Fruit Salad	Pizza on a bun Veggies & Dip		Chicken Parmesan Fettuccini, Caesar Salad	Chick Pea Casserole	Apples
9	Omelets and Sausages	Chicken Fajitas Garden Salad	Veg. Fajitas	Spaghetti & Meet Sauce Garden Salad, Garlic Toast, Chocolate Pudding	TVP Sauce	Cereal Bars
10	Croissants and Cut Oranges, Grapefruit	. Dream Teams. Vegetable Soup	Same With Hummus	Hamburger Cookout, Coleslaw/ Carrot Sticks Popsicles	Veg. Burger	Popsicles
11	Eagle Breakfast Sandwiches	Sloppy Joe's Garden salad	Pizza Buns	Ham, Scalloped Potatoes, Corn, Cookies	Stuffed Peppers	Bananas
12	Assorted Bagels & Cream Cheese	Chicken Caesar Wraps, Veg. & Dip	Bean Salad	Roast Beef , Garlic Mashed, Mixed Veg. Nanaimo	Mock Meat Loaf	Popcorn
13	Cinnamon buns & Fruit					

** Fruit, Oatmeal and Cereal is available at all breakfasts. **Salad and veggies are available at most meals.

PARENT HANDBOOK- SUMMER 2012

Map To RKY Drop-Off/Pick-Up

