

CAMP JEANNE D'ARC

# PARENT'S GUIDE

HELPING FAMILIES BUILD STRONG GIRLS THROUGH  
FAITH, ENDURANCE, COURAGE, AND CONFIDENCE

Bringe

oving

her tes



**154 GADWAY RD**  
**MERRILL, NY 12955**

[info@campjeannedarc.com](mailto:info@campjeannedarc.com)

704-960-3949

# Table of Contents

Important Dates.....	Page 2
Suggested Packing List.....	Page 3
Health Care.....	Page 4
Clothing & Uniforms.....	Page 4
Laundry and Linens.....	Page 5
Trunks and Duffels.....	Page 5
Homesickness.....	Page 5
Communicating with your Camper.....	Page 6
Technology at Camp.....	Page 6
Cabin Placement.....	Page 7
Optional Activities.....	Page 7
Visiting Days.....	Page 7
Camp Guidelines.....	Pages 7-8
Food	
Pocket Money and Valuables	
Gratuities/Tips Policy	
Tuition, Refunds, and Cancellations	
Camper Dismissal	
Mental/Physical Health Dismissal	
Drugs, Alcohol, Tobacco and Harmful Items	
Vandalism	
Risk and Legal Waiver	

## 2022 Important Dates

<b>Sept 15</b>	Early Enrollment Ends
<b>May 15</b>	Tuition and Optional Activity balance due
<b>June 1</b>	All Camp Forms Due, Medical Forms
<b>Sunday, June 26</b>	<p><b>Camp opens!</b> Full Season, First Half, and First Starter Session campers arrive.</p> <p>Bus riders: Bus departs from NYC at 8:15 am and from White Plains at 9:30 am. Please pack a lunch and snack for those taking the bus which arrives at camp at approximately 3:30pm.</p> <p>Car travelers: Arrive at your scheduled arrival time (sign up provided prior to camp).</p> <p>Airport pick-ups: Burlington, VT; Montreal, Canada and Plattsburgh, NY. 12-4pm, optimal time being 2:00. Please, no air arrivals later than 4 pm.</p>
<b>Friday, July 8</b>	<p><b>First Starter Session Departs.</b></p> <p>No bus service provided</p> <p>Car Departures: Campers traveling by car should be picked up between 10:00-11:00am</p> <p>Airport Departures: Campers will be accompanied to BTV, YUL or PBG. Please schedule flights between 12-4pm.</p>
<b>Tuesday, July 19</b>	<p><b>Visiting Day.</b> Parents of full season campers ONLY may make a visit to camp to pick up their child for the day out. Parent's will not be permitted to come on campus as was done in previous years.</p>
<b>Tuesday, July 19</b>	<p><b>First Half Campers Depart</b></p> <p>Departing Buses: Campers leave CJDA at 9 am. Bus arrives in White Plains at approx. 3:00 pm, NYC at approximately 4:15. Email updates will be provided</p> <p>Car Departures: Campers traveling by car should be picked up between 10:00-11:00am</p> <p>Airport Departures: Campers will be accompanied to BTV, YUL, or PBG. Please schedule flights between 12-4pm.</p>
<b>Wed, July 20</b>	<p><b>Second Half Campers Arrive</b></p> <p>Bus riders: Bus departs from NYC at 8:15 am and from White Plains at 9:30 am. Please pack a lunch and snack for those taking the bus which arrives at camp at approximately 3:30pm.</p> <p>Car travelers: Arrive at your scheduled arrival time (sign up provided prior to camp)</p> <p>Airport pick-ups: Burlington, VT; Montreal, Canada and Plattsburgh, NY 12-4pm, optimal time being 2:00. Please, no air arrivals later than 4 pm.</p>
<b>Monday, Aug 1</b>	<p><b>Second Half Starter Session Departs</b></p> <p>No bus service provided</p> <p>Car Departures: Campers traveling by car should be picked up between 10:00-11:00am</p> <p>Airport Departures: Campers will be accompanied to BTV, YUL, or PBG. Please schedule flights between 12-4pm.</p>
<b>Friday, August 12</b>	<p><b>Full Season and Second Half Campers Depart</b></p> <p>Bus Departures: Campers will leave CJDA at 9:00 am. They will arrive in White Plains first, at approximately 3:00 pm, and NYC at approximately 4:15 pm. Email updates will be provided.</p> <p>Car Departures: Campers traveling by car should be picked up between 10:00 and 11:00 am. Airport Departures – Campers will be dropped off at BTV, YUL and PBG. Please schedule flights between 12-4pm.</p>

## SUGGESTED PACKING LIST (This list is suitable for any length of stay. Laundry is done weekly)

Send a copy of this list to camp in your camper's luggage. This gives her a checklist when she is packing to go home.

Label every individual item coming to camp—including outside of luggage!

### UNIFORM REQUIREMENTS:

\*Blue monogrammed polo uniform shirt will be provided for you at camp

\_\_\_ **Uniform Bathing Suits** – 2 royal blue, one-piece, swim-team type suits. Blue swim shirt/swim shorts are also acceptable

\_\_\_ **Uniform Shorts** – 2 pair tan colored shorts. May be purchased anywhere. No distressed or short shorts

\_\_\_ **Water Shoes**- 1 pair for use at the waterfront. Must have for SAFETY

\_\_\_ **Proper Riding Boots/Shoes and Riding Helmets (bearing SEI safety seal)**, if applicable

### CLOTHING (don't forget that it gets cold up here in the North Country, even in the summer)

#### \_\_\_ **Footwear**

Rain Boots—rubber rain boots. MUST HAVE!

2-3 pair, sturdy outdoor shoes for hiking, sports, etc.

1 pair flip flops/Crocs for shower

#### \_\_\_ **Hat, Sunglasses**

\_\_\_ **Jeans, Long Pants, Sweats**--4 pairs

\_\_\_ **Shorts**—5-7 pairs, mid-length. No short shorts permitted

\_\_\_ **T-shirts**--10, variety of short and long sleeve. No spaghetti strap tank-tops permitted

\_\_\_ **Warm Tops**--3, sweatshirts, sweaters, fleece pullover or jacket (It can get cold. Please pack accordingly)

\_\_\_ **Rain Jacket with Hood**--an absolute MUST HAVE!

\_\_\_ **Sleepwear**--2 pairs. 1 warm weather pair, 1 cool weather pair. Robe and onesies optional but popular

\_\_\_ **Socks**--10 pairs

\_\_\_ **Underwear**--10 pairs underwear and 6 bras/sports bras

### BEDDING PROVIDED (Sheets, pillow, pillow case, and 2 blankets will be provided-DO NOT BRING WITH YOU)

Optional to bring:

\_\_\_ **1 Personal Pillow Case**

\_\_\_ **1 Small Stuffed Animal**

\_\_\_ **1 Blanket**-- NOT an overstuffed comforter (we provide an additional blanket for campers traveling by plane, if desired)

NOT PERMITTED: LAMPS, OVERSTUFFED BLANKETS, MULTIPLE/LARGE STUFFED ANIMALS, SIDE TABLES- STICK TO THE OPTIONAL LIST

### PERSONAL ITEMS:

\_\_\_ **Laundry bag** -- with camper's name in large lettering on the outside

\_\_\_ **Towels**—1-2 Bath Towels, 1 Beach Towels, 2 Washcloths

\_\_\_ **Toiletries**--soap, toothpaste, toothbrush, deodorant, sanitary items, lip balm, lotion, brush, shampoo, conditioner, etc.

\_\_\_ **Bug Repellent and Sunblock**

\_\_\_ **Personal Medication** in large zip-lock bag with name outside and instructions inside. Must be in original package/bottle.

Vitamins will only be administered if prescribed by a doctor with written documentation.

\_\_\_ **SHEILDS**, for returning campers

\_\_\_ **Flashlight and Extra Batteries**

\_\_\_ **Backpack/String Bag**

\_\_\_ **2 Labeled, Reusable Water Bottles**

### OPTIONAL ITEMS:

\_\_\_ Journal, pens, books, magazines, pictures, strand of lights, mp3 player of music only device.

\_\_\_ Camera—inexpensive. No kindle, iPod, smart watches, phones, e-readers allowed-- We are a NO TECH zone!

**SPECIAL PERSONAL ITEMS:** tennis racquet, musical instruments, dance shoes, costumes, games, blue and white paint/clothing, poetry, sheet music, stamps and stationary



## HEALTH CARE

**Medical Examination:** Each camper must be examined by her health care provider within one year of camp and must have submitted all of her current medical forms **prior** to arriving at camp. If necessary, your daughter's teeth, braces and eyeglass prescriptions should be checked before camp.

**Medical Forms: To be completed through Camp Minder**

**Medications: All medications, even over the counter medications, vitamins and supplements, are kept in "The Nest" (infirmary).** All must be clearly labeled with your daughter's name, the name of the medication, dosage, and instructions for use. All Medications, vitamins, and supplements must be in its original packaging/bottle. **Vitamins will not be administered to the camper without explicit note from the doctor.** For campers with glasses or contacts, please send an extra pair and the proper cleaning supplies. For campers with braces, please make sure your daughter has the necessary wax and rubber bands. If your daughter needs to go to a local doctor for any reason, they will usually take your insurance information for billing purposes. If camp has to pay for any services or medications at the time of service we will bill your account. **Tip: Put your daughter's medications and vitamins in one large, clear Ziploc bag and mark her name on the outside with clear instructions for use of medications inside the bag.**

**Recent Illness: Please notify the Camp Director if your daughter has been ill or on antibiotics in the 14 days prior to her arrival at camp.**

**LICE CHECK!** We hire a professional organization to come in and check our campers for lice upon their arrival. **Please do not send your daughter to camp with head lice!** It is very difficult to get rid of lice at camp and very expensive. If your daughter comes to camp with lice, you will be charged a **minimum of \$250** for the cost of the treatment. A comb-out treatment will begin immediately after lice has been detected.

## CLOTHING

Jeanne d' Arc campers wear the **camp uniform** on Sundays for Inspirational Hour, on special occasions, and certain day trips away from camp (motor trips). **The camp uniform consists of a light blue polo shirt with the camp logo and tan colored shorts. Every camper should come with 2 uniform bathing suits.** Make sure all camp gear is labeled with your child's name.

- **Uniform shirts** will be provided for you at Camp. Cost of shirt is included in your tuition. No ordering necessary.
- **Tan colored shorts**, may be purchased anywhere. No distressed or short shorts
- **Royal blue, one piece speedo style "tank" suit**, may be purchased anywhere. Swim shirt/swim shorts is also acceptable.

Those who live outside the U.S. may find it advisable to have clothing and equipment sent directly to camp. Be advised that we will have no way of making returns or adjustments to sizes.

In addition to the uniform, your daughter should bring any of her own clothing that is durable and appropriate for camp. Please do not send any "good" clothes that outdoor activities and commercial laundering will harm. Sturdy, outdoor shoes/sneakers are required for camp. Please do not send your camper with brand new hiking shoes—they will be hard and painful to break in at camp! High heeled shoes, dressy sandals, and high clogs are not suitable for camp activities. We require sneakers to be worn for all field sports.

**New York State requires that all horseback riders wear helmets bearing the seal of the Safety Equipment Institute: (SEI) ASTM.** Please check your daughter's helmet carefully before she comes to camp. Proper riding shoes or boots are also necessary. Sneakers and hiking boots are not proper riding shoes. For riding gear you can check out [www.doversaddlery.com](http://www.doversaddlery.com). They have helmets starting at \$27 and riding boots starting at \$32.

## **LAUNDRY & LINENS**

Laundry is done once a week for each cabin group. Please clearly mark every piece of clothing and equipment that your daughter brings to camp including the outside of her laundry bag, shoes, tennis racquets, guitars, cameras, sleeping bags, etc. We strongly recommend use of permanent ink pens and/or sewn name tags on everything! Even initials on towel tags help us return items from the Lost and Found. Any items left at camp will be donated to a local charity.

## **TRUNKS & DUFFELS**

If your daughter is traveling by car or bus, old-fashioned camp trunks work best. When shipping a trunk, we recommend shipping your trunk in a box. Check out Everything Summer.com to find good quality, heavy-duty trunks in fun colors. Duffel bags work well for towels, blankets, sleeping bags, raincoats, shoes and boots. For those traveling by bus, we will be able to accommodate one trunk and one duffel on the bus. The girls may also bring a backpack to carry on. For those traveling by air, you may wish to consider checking two large duffels each weighing less than 50 lbs. and using a backpack as the carry on.

**If you are going to ship the luggage**, trunks and duffels may be sent via FedEx, United Parcel Service or USPS Parcel Post to your daughter at: Camp Jeanne d'Arc, 154 Gadway Road, Merrill, NY 12955. We can begin receiving shipped luggage as early as June 15th. At your direction, we will also ship your daughter's luggage home and bill you for it. The average cost is \$50-75 in the US, depending on weight. You may include a pre-paid return label and we will arrange pickup and delivery. If you will be shipping from an international location, please check with the local office for special shipping rules. You may mail luggage/trunk keys (on a small tag with your daughter's name) and/or combinations to the Director at camp. Give your daughter a duplicate set of keys to bring with her.

## **HOMESICKNESS**

It is normal for campers to miss their home and family when they first arrive, even for veteran campers! It is a healthy, common response. We have considerable experience in working with homesick campers and our counselors are ready to help, listen, and engage your daughter in the excitement of camp life and making new friends. In dealing with homesickness, what was a crisis one day, may be easily forgotten the next. Please remember that overcoming homesickness is an important part of growing up and is a big part of what we do best at camp. It is not uncommon to receive a letter (or several) during the first few days of camp telling Mom/Dad of homesickness. In this event, we need help from you:

- Keep in regular contact with your daughter by electronic or physical mail and keep correspondence positive.
- Tell her things like:
  - I'm so proud of you for taking on this challenge.
  - I can't wait to hear what kinds of fun things you are doing and new skills you are learning.
  - You can do this!
- Don't write too frequently or send too many packages. You need to give your daughter the emotional space she needs to let go and embrace those around her. We will provide additional support as needed.
- Remember, homesickness can be heightened when there are problems at home such as a relative's sickness, or a recent death, separation or divorce. If any of these events occur just prior to or during your daughter's stay at camp, please let us know. We can give your daughter additional support if we are informed.
- Trust us when we say the 99.99% of the time, phone calls are a bad idea. It almost always exacerbates the situation. Electronic or physical mail are the BEST way to help your child overcome homesickness.
- Do not make any special deals or promises, such as, "Let's just see how you do the first few days" or "If you don't like it, I'll pick you up."
  - Those first few days, maybe even the first week, can be a little uncomfortable for a new camper. As she makes adjustments and overcomes her feelings of insecurity, she gains the confidence that makes the camp experience so valuable. If promises are made that allow an "escape" or

“rescue”, campers tend to quickly retreat, not giving it her best effort. The experience can quickly go from sweet to sour. None of us want that! Instead of making promises of rescue, use the supportive phrases stated above.

- If you are concerned for your daughter, email or call Sandy or Randy Abbott, 704-960-3949. They are happy to provide frequent updates.

## **COMMUNICATING WITH YOUR CAMPER**

MAIL: The postal address is: Camp Jeanne d'Arc, 154 Gadway Road, Merrill, NY 12955.

Please mark letters and packages to your daughter with her full name and her cabin name, once you know it. Campers write home every Sunday and Wednesday unless they are out of camp on a hike or a canoe trip. Let us know if you do not receive two letters per week. Frequent short notes or postcards from parents, relatives, and friends rather than long, occasional letters, are better. Suggestion: mail a letter to your camper before she leaves so that it will be waiting for her at camp when she arrives!

Small packages with fun things to do are welcome. Limit packages to no more than once a week. **ABSOLUTELY NO FOOD IS ALLOWED TO BE SENT IN PACKAGES.** If food is sent in a package, it will be disposed of. Food in cabins invites the critters. We have no way of storing camper's food.

*\*We cannot deliver personal e-mail or faxes to campers.*

## **ELECTRONIC MAIL:**

Parents can send electronic mail via CampMinder. This process will allow you to send and receive correspondence with your camper within 24 to 48 hours. Details of how it works will be sent prior to camp via email, or you can contact Randy Abbott directly for further assistance (Randy's cell is 704-960-3949).

## **PHONE CALLS:**

Generally campers are not permitted to make or receive telephone calls while at camp. Although some parents have a hard time with this, please know that this policy has proven to help our campers succeed in the process of becoming strong, independent girls who immerse themselves with energy and enthusiasm into daily camp life. This is part of what Jeanne d'Arc is all about! Please give your daughter the unique opportunity to communicate with you in writing!

The camp director and administrative staff are always available to speak with you. We are happy to pass important messages along for you, and encourage you to call or email often. Randy and Sandy are always available on their cell phones at 704-960-3949.

Special exceptions to the no call rule are made in the event of a family birthday (although strongly discouraged), illness or other family necessity but please be aware that the other campers will not be speaking with their families and this can lead to hurt feelings. If you must speak with your daughter, we will arrange a time for you to speak on the phone. These calls are usually scheduled a couple of days in advance between 2 and 3 pm, which is our Rest Hour, or on Sundays. In cases of extreme homesickness, we encourage short, positive and supportive calls. Please ask our experienced camp staff to “coach” you before engaging in one of these calls. If you have an emergency or any concerns whatsoever, please phone us immediately. If there is a problem at camp, we will contact you.

## **TECHNOLOGY AT CAMP**

While at camp, girls are not permitted to use their cell phones or smart devices including ipads, ipods, e-readers, smart watches, etc. We understand that many campers bring their cell phones to camp as a way of communicating with their parents when they are traveling long distances alone. We will safely store her cell phone, along with her other valuables, passports, flight information, etc. in the camp office and return them upon departure. We will charge all devices prior to departure.

## **CABIN PLACEMENT**

New campers are placed with girls who are approximately the same age and grade. Prior cabin groups are generally kept together; however, final placement depends on length of stay, age, grade in school, individual development and availability of space. Requests to be with friends are considered, but not guaranteed. In no case will sisters or cousins or friends from home who are in different age groups be placed in the same cabin. Final cabin assignments are not made until shortly before the campers arrive.

## **PICTURES**

**Please upload a recent photo of your daughter.** We use your daughter's photograph to introduce her to our counselors prior to her arrival and for identification purposes when meeting campers at airports and on field trips. If your daughter is returning to camp, we'd appreciate an updated photo. You should upload your daughter's photo into the registration system which may be accessed from our web site at the My Account link at the top of the page or you may email a digital photo to [info@campjeannedarc.com](mailto:info@campjeannedarc.com) and we will upload it for you.

## **OPTIONAL ACTIVITIES**

**The following activities are optional: horseback riding, waterskiing, golf, motor trips, bus transportation to and from New York City or White Plains, NY, airport pickups and luggage shipping.** Optional activities are available on a first come, first served basis. There is a limit to how many campers can go on each motor trip or take part in horseback riding, waterskiing, and golf. Wait-listing is an option. You may add optional activities using your online account. After June 1<sup>st</sup>, if you would like to change or cancel an optional activity, please contact us at the camp office.

## **VISITING DAYS**

There is only one visiting day for full season campers, Tues, July 19<sup>th</sup>. Parents will be permitted to take their child off campus for the day. Parent's will not be permitted on camp as was done in previous years.

## **CAMP GUIDELINES**

It is our goal to make your daughter's stay at Camp Jeanne d'Arc a wonderful experience. In a group living environment such as ours, cooperation is essential, and we find that campers are most comfortable when they know what is expected of them. So, we ask that you and your child be made aware of the following:

**Food:** Please be advised that any food that is received in a package WILL BE DISPOSED OF. Food attracts animals into the cabins. We don't want critters living with our campers! Our campers have a light dessert after every lunch and dinner; there are plenty of sweet treats at camp. Campers are offered fruit at every meal and during snack time each mid-morning. Care packages filled with fun, non-edible items, books, magazines and games are a great way to remind your camper that you are thinking of her!

**Pocket Money and Valuables:** We cannot assume responsibility for any money or valuables kept by a camper in her cabin. Unfortunately, even in our small community environment, things get lost, stolen, or broken. We do not recommend sending expensive cameras.

**Camp Tuition, Refunds and Cancellation:** The balance of camp fees is due on May 15<sup>th</sup> (March 15<sup>th</sup> for early bird campers). All payments are payable in U.S funds. It is possible to arrange tuition payment plans. If you must cancel for any reason before May 15<sup>th</sup>, your payments will be returned minus a \$250 processing fee. Camp tuition fees are not refundable after May 15<sup>th</sup> but may be applied to future summers in the event of illness or other family emergency.

**Camper Dismissal for Disciplinary Reasons:** Camp Jeanne d'Arc reserves the right to dismiss a camper without tuition reduction or refund at the Director's discretion. We rarely send children home for disciplinary reasons, and always communicate with parents when we observe unusual or concerning camper 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 herself or others, parents will be called to pick up their daughter.



**Camper Dismissal for Medical Reasons (physical/mental):** Camp Jeanne d' Arc reserves the right not to admit a person who poses a communicable disease threat to others. In addition, should your camper be diagnosed with a communicable disease while at camp, the camp reserves the right to direct that you remove your child from camp within 24 hours of notification. A fair re-imbusement will be discussed.

If a camper must be dismissed for mental health reasons, a re-imbusement will be discussed based on the camper's length of stay at camp and transparency of camper's mental health history.

**Drugs, Alcohol, Tobacco and Harmful Items:** We are a non-smoking/vaping, non-alcohol, and drug-free environment. Fireworks and firearms are not permitted at camp other than at sanctioned activities. Any camper or staff member violating these policies is subject to immediate dismissal from Camp Jeanne d'Arc. There will be no tuition reimbursement should a camper be dismissed from camp for violating this policy.

**Vandalism:** We talk to the girls throughout the summer about not writing their names on camp walls and furniture but every year we find names and "artwork" left behind. We consider ourselves the stewards of our beautiful camp and do not want graffiti anywhere. Nor do we want the cleaning and maintenance staff sanding and repainting every year for this reason. The girls are offered permanent plaques on which to write their cabin name, their names and to decorate for us to hang on the walls nicely. You will be charged a \$50 vandalism fee for every instance in which we find your daughter's name or other marking where it shouldn't be. Please discuss this serious issue with your daughter before she comes to camp.

**Risk: Hazards and dangers are inherent in camp events, activities and programs** particularly, but not limited to, the activities of horseback riding, swimming and all water activities, camp games, hiking and mountaineering, camping out, archery, BB's, and riflery. Although Camp Jeanne d'Arc takes safety measures to minimize the risk of injury to camp participants, Camp Jeanne d'Arc cannot insure or guarantee that the participants, equipment, premises, and/or activities will be free of hazards, accidents, and/or injuries. **It is essential to instruct your child about the importance of learning and abiding by the camp's rules, regulations, and procedures for the safety of all camp participants.**

**Legal Waiver:** Camp Jeanne d'Arc (hereinafter "Camp") pledges our best efforts in providing a safe, supportive and satisfying camp experience for all. Parents specifically consent to Camper's participation in all activities sponsored by Camp, on or off camp premises, including but not limited to: swimming, boating, horseback riding (if applicable), water skiing (if applicable), athletic competition including bodily contact, and travel in Camp-owned and/or Camp leased vehicles. Parents understand that as part of the regular camp program, Camper may travel off the camp grounds by foot, by boat, by car, by van or by bus for such activities as nature walks, camping (including overnight,) visits to nearby places of interest, day trips and travel to and from airports, etc. All of which will be under appropriate Camp supervision. Parents understand that there are risks of bodily injury that might result from these and other activities that are conducted by the Camp. Parents agree to release, indemnify, and hold harmless in all respects, the Camp owners, directors, counselor staff and other employees regarding claims for injuries that may be incurred as a result of participation in these activities. Camper may utilize commercial carriers that have been hired by Camp when traveling to and from Camp as well as during participation in some Camp activities and trips organized by Camp. Camp is not responsible for any acts or accident of such commercial carriers. Parents understand that while on "out of camp" trips, camper may also be swimming or boating at sites that have not been inspected by the New York State Health Department.

Permission is hereby given for Camp to use photographs, statements, articles, music, art, films and video of or by the Camper for the use, enjoyment and promotion of the Camp. (Note: we do not "tag" anyone under 18 in any of our social media posts.)"