



## *Hosmer Point Overnight Group*

# **Parent Guide**

**Welcome!** We are so excited to host your student's school group at Hosmer Point! Thank you for giving permission for your student to join. This packet includes everything you need to know about your student's experience at Hosmer Point. Don't hesitate to reach out with further questions/concerns.

### **Hosmer Point Contact and Emergency Info**

HP Office Phone: 802-586-2090

Craftsbury Outdoor Center Office Phone: 802-586-7767

[hosmerpointinfo@gmail.com](mailto:hosmerpointinfo@gmail.com)

*If there is an emergency at home, please contact the Hosmer Point Office phone or your teacher's phone number. We will find your student and make a plan as a group. If there is an emergency at camp, we will contact you immediately and make a plan as a group.*

**Overview of Trip:** Students will hop off the bus and immediately move into their cabins. We will assemble at our community tree to start off the trip with a welcome and a quick overview of the expectations. For programming, the HP staff works with the teachers to design programs that will be engaging, educational, and pertinent to the group's goals. Activities may include: canoeing/waterfront, farm/garden, low-ropes elements, archery, wilderness survival skills, team building exercises, etc. *(To see more of our activity offerings, visit [www.hosmerpoint.com](http://www.hosmerpoint.com)).* We love to focus on team and community building while schools are at camp, as well as getting students outside in an accepting and technology-free environment. We wrap up each day with a campfire, songs, stories, s'mores and stargazing through our telescope.

**Meals:** We will eat our meals together in the dining hall. Our food is all made from scratch using ingredients from nearby farms and the camp garden - so it's really yummy and healthy. Our kitchen is nut-free and we try our best to avoid cross contamination for gluten/dairy-free eaters. Please inform your school if your student has any food allergies or dietary needs they should relay to us. If you have questions or concerns in regards to food, please reach out to our office manager, Carrie, at [info@hosmerpoint.com](mailto:info@hosmerpoint.com).

**Cabin Areas:** Males and females will have their own cabin areas and bathhouses, unless otherwise requested by the teachers. The cabins at Hosmer Point are small wooden buildings with bunk beds, screened windows, and electric lights. Each cabin fits 8-12 students, with a side room for chaperones. The students will have a small shelf to keep some of their belongings, and a space under their bed where they can keep their suitcase, backpack, or a plastic bin with clothes. Each bathhouse has toilets, sinks, and showers with hot and cold water. It is a short walk from the cabins to the bathhouses and is well lit at night, but students will probably want to bring a headlamp or flashlight along just in case. Quiet hours are from 9:30 pm until 7:30 am.

**Medications:** Please inform the classroom teachers of any medications your students will need to take during their stay. All over-the-counter and prescription medicines should be packed in a zip-lock bag labeled with your student's name. They will be kept under lock and key in the health center and administered by a teacher. Students with EpiPens or inhalers are allowed to carry them during the day.

**Health and Safety:** In case of a medical concern, a teacher or chaperone will call the student's parent or guardian as soon as possible to make a treatment plan. If a student needs professional care, they will be transported to Copley Hospital in Morrisville by a teacher or chaperone (or by ambulance if necessary). In addition, Hosmer Point staff are trained in wilderness first aid and may treat minor issues (such as small cuts and scrapes or sunburn) on-site. Please complete the health information and permission to treat form supplied by your school to ensure we can provide appropriate care to your child. Although ticks remain very rare on our campus, due to the increasing number of ticks in Vermont we will instruct students to check for ticks each night, and ask that students bring long pants and/or tick repellent for activities in the woods. We also recommend checking your student for ticks when they return home. You can learn more about tick-borne disease prevention at: <http://www.healthvermont.gov/disease-control/tickborne-diseases>

**Behavior / Safety expectations:** Please ensure your student is familiar with these expectations before arrival:

- **The use of cell phones, iPods, computers, tablets, e-readers, and all other electronic devices is strictly prohibited while at camp.** Camp is a place to connect with each other and enjoy the freedom of being “unplugged.”
- **No food is allowed in the cabins,** due to surrounding wildlife.
- Under no circumstances may a student be in the possession of any of the following: alcohol, drugs, tobacco or marijuana products (including e-cigarettes and vapes), smoking paraphernalia (such as vaping jules), fireworks, matches, lighters, or weapons.
- Any vandalism or theft of camp property will not be tolerated. Students will be required to correct any damage and/or will be charged for repairs. This includes littering.

- Any harassment, hazing, or teasing with the intent to belittle, scare, offend or harm is unacceptable at camp.
- The use of vulgar language will not be tolerated.
- Students may not leave camp property without HP staff, Teacher, or Parent permission.
- Students may not visit or enter the cabins of campers of the opposite gender. Campers may not engage in public displays of affection or levels of physical contact that make others feel uncomfortable or which are deemed unsafe.
- All students/staff must wear lifejackets while on boats. Students will be asked to use the buddy system while swimming. A lifeguard is on duty during all waterfront activities.
- Students may not enter off-limit areas of camp, unless instructed by a Hosmer Point employee. Off-limit areas include, but are not limited to: the waterfront, maintenance buildings, kitchen, any low-ropes elements, and farm/garden.

*Breaking any of the rules above may result in disciplinary action and/or dismissal from the trip (at the discretion of the camp directors and teachers). We hope and expect students to participate in all activities with an open mind and positive attitude!*

### **Pre-Trip Checklist**

- Complete waiver and health forms and hand in to school
- Review behavior and safety expectations with your student
- Inform school of any medications your student will need to bring
- Inform school of any food allergies or dietary needs

### **Packing List**

#### **Tips**

- Prepare for warm and cool weather by packing layers of clothing and warm bedding. Depending on the time of year, temperatures may be as high as the mid 80s and could drop down to the 30s. Due to elevation, it is likely to be colder at camp than where you live.
- Most camp activities take place outdoors, rain or shine. Bring a raincoat!
- You will get dirty at camp, so do not bring your favorite outfits.
- Many activities require closed-toed shoes with a captured heel.
- Due to wildlife, no food is allowed in the cabins.
- **Students are not permitted to have electronic devices (including cell phones).** Camp is a place to unplug and connect with each other!
- Pack all gear in a duffel bag, backpack, or plastic bin that will fit under a bed (15" high or less)

### **Clothing**

- 1 short sleeved shirt for each day on camp
- 1 long-sleeved shirt
- 1 pair of long pants
- Pair of shorts for each day on camp (if summer)

- Underwear for each day on camp
- Socks for each day on camp
- 1 wool or synthetic fleece top or sweatshirt
- Rain jacket
- Warm coat
- Knit hat and gloves
- Thermal underwear

### **Other**

- 1 bathing suit (camp appropriate)
- 1 bath towel, 1 beach towel
- 1 pair of sturdy footwear (sneakers and/or hiking boots)
- 1 pair of wet shoes or sandals with a captured heel
- Personal toiletries
- Water bottle (labeled with your name)

### **Bedding**

- Sleeping bag *OR* twin-sized sheets and warm blankets
- Pillow and pillow case

### ***Optional***

- Small day pack for water bottle and extra gear
- Tick/mosquito repellent (non-aerosol, please)
- Sun screen
- Hat with visor
- Headlamp / flashlight
- Book or journal for at night or the trip to and from camp

### **Items to leave at home:**

- Money
- Jewelry
- Expensive belongings
- Cell phones, iPods, iPads, and other electronic games/devices
- Hair dryers
- Lighters / matches
- Food (including candy and gum)
- Pocket knives, guns, and other weapons

*HP is not responsible for damage to or theft of any items!*