



est. 1927

2024 PARENT & CAMPER

Handbook

CELEBRATING 98 YEARS OF EXCELLENT CAMPING

Camp Mont Shenandoah's mission is to create an excellent summer camp experience for girls.

In a safe and caring environment, CMS provides the setting and structure each girl needs to grow — physically, mentally, socially and spiritually. Through cabin living, fun, challenging activities, relationships with peers and staff and long-standing traditions, we promote life skills that instill confidence, develop a girl's sense of self and foster independence.

Campers leave Mont Shenandoah having learned the guiding principles of our Five Virtues: Love, Loyalty, Friendship, Sportsmanship and Spiritual Awareness.

Creating Unforgettable Summers Since 1927

CAMPMONTSHENANDOAH.COM



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IMPORTANT DATES

SATURDAY, JUNE 22	Opening day for Six and First Three Weekers
FRIDAY, JULY 12	Directors' Reception — 6:00 pm <i>for all parents, family, and friends of Six and First Three Weekers followed by the Jr. Play and Second Honor Meet</i>
SATURDAY, JULY 13	Parents' Day — 10:00 am-4:00 pm First Three Weekers depart
SUNDAY, JULY 14	Second Three Weekers arrive
SATURDAY, JULY 27	The Musical — 7:30 pm
MONDAY, JULY 29	Horse Show — 10:00 am-6:00 pm
TUESDAY, JULY 30	Songfest — 8:00 pm
FRIDAY, AUG. 2	Final Honor Meet — 8:00 pm
SATURDAY, AUG. 3	End of Six Week and Second Three Week sessions
SUNDAY, AUG. 4	Roots & Shoots begins
SATURDAY, AUG. 10	CMS concludes it's 98th season

TUITION

\$10,200 for Six Weeks & JCs

\$5,850 for Three Weeks

\$2,050 for Roots & Shoots

The tuition covers most extras, including trips, laundry and all activity costs. The tuition does not cover riding fees, transportation to and from camp, medical expenses, the camp uniform and charges at the camp store. **The tuition must be paid in full by March 15, 2024, or within one month of registration after March 1, 2024, along with riding fees and a \$150 deposit for the camp store (\$100 for Roots & Shoots campers).** In August, a statement will be sent to you reflecting a credit or balance due. Should you have a balance remaining, payment will be due within one month of receiving the statement. For credits, a check will be included with the statement.

Registration for the 2025 camp season will begin in August when we send out our end-of-summer mailing. Current campers are given priority enrollment until October 15 when we will begin to accept new campers. Those who enroll by this date will receive the current year's tuition rate prior to any increases. **Note, however, that we fill quickly and accept campers on a first come, first served basis.** With many campers moving into longer sessions, we cannot guarantee the session of your choice once filled, even if it's before October 15.

Deposits, tuition, and store bills can be paid via check or online by e-check or credit card. To make a payment online, please visit our website. Note that a convenience fee will be added.

There is a 5% discount for the sister(s) of any registered camper.

PLEASE NOTE THAT THE POLICIES IN THIS HANDBOOK ARE SUBJECT TO CHANGE DEPENDING ON THE STATUS OF THE COVID PANDEMIC. THOSE THAT MAY BE MOST AFFECTED INCLUDE: ARRIVAL AND DEPARTURE, VISITS TO CAMP, TRIPS, CABIN ASSIGNMENTS, CANCELLATIONS AND REFUNDS, AND HEALTHCARE. WE WILL NOTIFY YOU BY WAY OF EMAIL OF ANY CHANGES MADE. AS ALWAYS, SHOULD YOU HAVE ANY QUESTIONS, PLEASE DO NOT HESITATE TO CONTACT US.

RIDING FEES

Six Week Campers:

2-3 times each week: \$850

Every other weekday for one period

5 times each week: \$1,600

Every weekday for one period

Three Week Campers:

2-3 times each week: \$425

Every other weekday for one period

5 times each week: \$800

Every weekday for one period

Roots & Shoots

Twice during the week for one period: **\$110**

Four times during the week for one period: **\$220**

Riders will be accepted on a first come, first served basis. The riding tuition is due with the camp tuition on March 15, 2024 or within one month of registration after March 1, 2024.



ARRIVAL & DEPARTURE



Six Weekers and First Three Weekers should arrive on Saturday, June 22 using the following alphabetical schedule (based on last name):

A-H arrive between 12:00 and 1:00
I-P arrive between 1:00 and 2:00
Q-Z arrive between 2:00 and 3:00
Junior Counselors arrive by noon on Thursday, June 20

Second Three Weekers should arrive on Sunday, July 14 using the following alphabetical schedule (based on last name):

A-M arrive between 1:00 and 2:00
N-Z arrive between 2:00 and 3:00

The last day for **Six Week and Second Three Week** campers is Saturday, August 3. Campers should be picked up by 11:00am.

Roots & Shoots begins on Sunday, August 4 and campers should arrive using the following alphabetical schedule (based on last name):

A-H arrive between 12:00 and 1:00
I-P arrive between 1:00 and 2:00
Q-Z arrive between 2:00 and 3:00

Roots & Shoots campers should be picked up by 2:00 on Saturday, August 10. (Please note that there is a “mini-Parents’ Day” for R&S campers and their families on the final day of the session from 10:00 - 2:00).

There is no rush to arrive early on opening days since campers are assigned beds. Arriving prior to your scheduled time only creates congestion and confusion. Parents may remain at camp until 4:30 at which time camper activities begin.

Campers should eat lunch prior to arrival! Dinner is the first meal served on opening days.

We strongly discourage late arrivals and early departures to and from camp. A camper arriving late is disruptive to cabin groups and impedes a girl’s ability to readily acclimate to her new environment. Leaving camp early is equally disruptive to both campers and the surrounding camp community. Campers benefit from the closure provided by the ceremonies and events during the final days of camp. If a child plans to leave camp for any reason other than an emergency or family wedding, she risks forfeiting her spot to someone on the waiting list.

When you depart Camp Mont Shenandoah with your child, please inform her cabin counselor or one of the Directors that you are leaving. Campers will not be released to persons other than a parent or legal guardian without written and signed permission.

BIRTHDAYS

Should your daughter have a birthday while at camp, we will help her celebrate by providing her with a cake, candles, and cheerful greetings from all the campers and staff. Campers may call home after lunch or dinner on their birthday. A camper may receive one package for her birthday. Please address it to “Office Manager” and put your daughter’s name on it. Please don’t send food.

BUDS & BLOOMS

The Buds and Blooms tradition assists with the transition of new campers into the Three and Six Week program by

pairing them with an older, experienced camper. Special activities are designed to integrate new campers with the old and help them feel welcome and secure in their new environment. If your daughter is a “Bud” (a new Three or Six Weeker), she will receive a note from her “Bloom” prior to her camp arrival.

CABIN REQUESTS & ASSIGNMENTS

Campers may request **one person** with whom they would like to be in a cabin. A reciprocated cabin request can help with placement and ensure that both girls would like to be in a cabin together. We make every attempt to accommodate these requests but are limited by certain factors, including: 1) all campers are placed in a cabin according to age; and, 2) the number and age of campers enrolled. Second Three Weekers are further limited by the spaces vacated by the First Three Weekers (Six Weekers are not moved mid-season). Once a camper is assigned to a cabin, no changes will be made. Beds in cabins are assigned prior to arrival.

We want to remind campers and parents that it’s great to come to camp with friends but we encourage all girls to meet new people and develop new friendships. Being in a cabin with girls other than those from home will help facilitate this process.

CAMP STORE

Camp Mont Shenandoah has a small store where toiletries, stationery, camp photos, and camp merchandise may be purchased. A store deposit of \$150 (\$100 for R&S campers) is required at the time the tuition is paid.

Parents, please discuss spending limits at the camp store with your daughter prior to her arrival. Should you wish, at the end of the summer you may donate any unused store deposit to CMS scholarship funds. Donations are tax-deductible.

CAMP UNIFORM

All Three and Six Week campers are required to have two uniforms, one for Sunday Church and one for special occasions. Our Sunday uniform consists of white shorts, a white collared shirt, and a camp tie. Our special occasion uniform consists of camp khaki shorts and a solid white shirt or white CMS t-shirt. The white shorts and shirts should be brought to camp. The CMS ties are given to new campers. The camp khaki shorts must be purchased through a link on our website. **Roots & Shoots** campers are only required to have the special occasion uniform of a solid white shirt or white CMS t-shirt and the camp khaki shorts; the shorts must be purchased. Please note that we are seeking a new vendor for our camp shorts and will communicate with families as soon as a company has been selected so you can purchase a pair (or two) for your daughter. Watch for an email with this information in the coming weeks

CANCELLATIONS/REFUNDS

Your camp deposit is refundable or transferable to a sister's account until February 1, 2024. The tuition balance is due by March 15, 2024 or within one month of registration after March 1, 2024. A 5% late fee will be assessed for all late payments. If payment is not received within two weeks of being due, a camper risks losing her spot. There will be no tuition refunds for withdrawals after March 15, 2024 or for late arrivals and early departures to and from camp. Please note that this also applies to horseback riding fees.

CHANGING SESSIONS

Camp Mont Shenandoah accepts a specific number of campers for each session and, it is important to note, once we are full we have little flexibility in changing sessions for your daughter. Should you choose to change sessions after we are full, your daughter's name will be added to the waiting list of the session desired. **Being registered for Six Weeks does not automatically give a camper the option of changing to a Three Week session.**

COMMENTS AND FEEDBACK

We encourage all campers and parents to provide us with feedback regarding their experiences with Camp Mont Shenandoah. It is our goal to provide the best traditional camping environment and you are our best experts in letting us know how we are doing!

CORRESPONDENCE

Letters and email are usually distributed to campers after lunch. This summer, log into your parent Campminder account to send an email to your daughter via "CampStamps" credits that you may purchase. We download and distribute email on weekdays only (Please note that these emails are not confidential since our staff prints and delivers them.) Campers may only reply to your email via snail mail. **While campers may not receive packages, there is a five day grace period to send items forgotten from our packing list on the back cover of this handbook. Other items sent will be held in the office until a camper's final day.** Campers are required to write a letter home each Sunday that goes out in Monday morning's mail.

Mail is very important to our campers! While Campminder emails are convenient, handwritten letters remain the most personal and meaningful way to communicate.

DISMISSAL

Camp Mont Shenandoah reserves the right to send home any camper who continuously and purposefully acts in a manner that is detrimental to the well-being of campers and staff and defeats the overall purpose of Camp Mont Shenandoah. In such cases, no refunds will be made.

DRUGS AND ALCOHOL

The use of alcohol, tobacco (including vaping or "juuling" devices), or drugs by campers will not be tolerated and is cause for immediate dismissal; in such instances, no refunds will be made. All prescription and over-the-counter medications must be kept in The Pill Box, our healthcare facility. (Please see the healthcare section.)

FIVES

The Fives is a special group comprised of campers and staff who have been at Camp Mont Shenandoah for five years or more. Each year attended at CMS, whether for Three or Six Weeks, counts toward the five years needed to gain membership with the exception of the fifth year; a camper must attend for Six Weeks this year. Years as a Roots & Shoots camper do not count towards being a Five.

FOOD

Delicious and nutritious meals are served family-style in The Feed Bag and we can accommodate vegetarians and many medically-mandated diets. (Please refer to the healthcare section.) A snack is handed out every afternoon. We do not allow campers to keep food in their cabins or elsewhere. If you are visiting your daughter on Parents' Weekend, please feel free to bring food, but we ask that it be consumed outdoors. Due to limited space, we are unable to accommodate visitors in The Feed Bag other than for Saturday's lunch on Parents' Weekend and the final day of Roots & Shoots.



HEALTHCARE



Camp Mont Shenandoah provides excellent healthcare to all campers and staff in The Pill Box, our well-equipped healthcare facility. Our medical policies and procedures are based on current guidance from the

Centers for Disease Control (CDC), Virginia Department of Health (VDH), and the American Camp Association (ACA). Our dedicated healthcare team is committed to promoting a healthy, safe, and caring camp environment to foster the physical, mental, social, and spiritual well-being of our campers and staff. A licensed healthcare provider — doctor, nurse practitioner, or registered nurse — is onsite 24 hours a day to oversee medication administration and the management of minor illnesses and injuries. Our Camp Physician consults closely with the onsite provider to order treatments and medications as needed and routinely visits ill and injured campers and checks on the general well-being of the camp community. We employ a licensed mental health professional to act as our Wellness Coordinator to provide support, feedback, and conflict resolution strategies to campers faced with challenging situations or if they're simply having a rough day. Program Staff are trained and certified in CPR and First Aid.

In the event your daughter should require additional medical attention, there are nearby healthcare facilities, including Bath Community Hospital in Hot Springs, Augusta Healthcare System in Staunton and Middlebrook Family Medicine/Raphine Medical Associates. In the event it is needed, the Millboro Area Rescue Squad is available to provide emergency transportation to Bath Community Hospital.

We are equipped to handle many healthcare situations and diagnoses. However, if your daughter has a particular or unique physical or mental healthcare diagnosis, dietary restriction, treatment regimen, or developmental delay, please contact our office to see if we are a suitable match for her to ensure that we can safely and respectfully accommodate her needs while at camp.

All campers are required to have **completed** electronic medical records (EMR) on file via our camp database platform, Campminder, prior to **June 1, 2024**. This medical profile has the following components:

- Health History: • Health Care Providers & Health Insurance • Physical Health History • Mental, Emotional, and Social Health • Nutritional Profile • Medications • Immunizations • Signature Page • Confirmation
- Parent Authorization Form: • A copy of your daughter's Health Insurance Information, both front and back of the card, and policy holder's date of birth. • "Permission to Treat" section electronically signed by a parent or legal guardian.
- Physicians Examination Form: A Healthcare Provider Form to be completed and signed by a licensed healthcare provider, such as an MD, DO, NP, or PA. Please ensure that ALL medications and supplements (both prescribed and over-the-counter) your daughter will

be bringing to camp are listed. A physical exam is not required for the completion of this form.

Please note that a camper will not be allowed to remain at camp on Opening Day if her medical profile is not complete.

IMPORTANT HEALTHCARE NOTES

- All campers must meet the state of Virginia's School and Day Care Minimum Immunization Requirements to attend CMS. These immunizations include: HepA, HepB, DTaP (Diphtheria, Tetanus, & Pertussis), IPV (polio), MMR (Measles, Mumps, & Rubella), and Varicella (chickenpox).
- **We strongly advise that all campers and staff be up to date on Covid-19 and influenza immunizations.**
- We are unable to administer any medications you send with your daughter to camp **without a written order from your daughter's healthcare provider** (MD, DO, NP, or PA). This includes sleeping aids, topicals, supplements, inhalers, and liquid medications.
- All medications brought to camp that are accompanied by a doctor's order must be in their original packaging. These medications will be maintained in the Pill Box for the duration of your daughter's stay.
- We stock the Pill Box with basic prescriptions and some over-the-counter medications which we can dispense as needed per the standing orders of our camp physician. Parents may opt out of use of any of these medications in their daughter's Campminder EMR.
- Parents will be contacted by our healthcare provider if their daughter receives any treatment in the Pill Box that is not considered routine, including overnight stays, testing for communicable disease, the experience of a first menses, tick removal, head injury, or evaluation and treatment from an outside medical provider.
- While there are some medically-mandated dietary restrictions we can accommodate, such as gluten, lactose, and nut restrictions, please contact our office to determine if we can provide your daughter a safe and healthy eating environment should she have a severe food allergy. While we can accommodate vegetarians we cannot offer vegan meals.
- Along with the American Camp Association and American Academy of Pediatrics, we discourage children from taking a "medication holiday" while at camp. **Please keep your daughter on all medications at camp that she takes during the school year, including ADD/ADHD medications.** This will help ensure a positive and enriching experience for her.
- Routine trips to the Pill Box are at no cost. If a camper needs to be seen by our Camp Physician for an illness or injury, a nominal fee of \$75 will be billed to her camp store account. Follow up visits are billed at \$35. There will be no fee charged to a camper's account if a visit to the Wellness Coordinator is less than 15 minutes. Fees above and beyond this time will be prorated at an amount of \$20 per 15 minutes. Any tests performed, such as a Covid or flu test, and any medicines prescribed by our Camp

Physician or an outside provider not covered by the camper's health insurance will be added to her store bill.

- Camp Mont Shenandoah does not provide any health insurance for campers. Parents will be responsible for any medical expenses incurred by their daughter.
- **Lice** is a four-letter word that no one likes to deal with but it has become commonplace in our society, including at summer camps. We have a "No Nit/No Lice" policy. Upon arrival on Opening Day, all camper heads will be checked for signs of lice. If any evidence is detected, a camper must depart with her parent(s) and may only return once lice and nit free.

In the event a camper is discovered to have lice once camp is underway, parents will have one of two options to control the outbreak:

1. Collect your daughter and her belongings to treat at home. She may return to camp once lice and nit free.
2. Pay for a lice treatment/nit removal service with whom we have contracted. Parents will be billed directly by the provider for this service with payment due upon receipt. We will launder clothes, bedding, and other affected items at camp and will bill parents for this service at the end of the summer. This option allows the camper to remain in the camp community.

There will be no tuition refunds for time spent away from camp for the treatment of lice/nits.

We strongly encourage campers to bring a biodegradable lice repellent shampoo to camp, such as Lice Shield or Fairy Tales. These hair treatments have demonstrated to be effective lice deterrents.

HOMESICKNESS

Homesickness may occur with some campers, especially for those who have never been away from home before. We work closely with staff to ensure that a homesick camper feels welcome and is included in all aspects of the camp program. Should you receive a homesick letter from your daughter, please feel free to contact one of our Directors to learn more about her status as well as to work with us to alleviate her concerns. Prior to your daughter's arrival at camp we encourage you to discuss strategies with her on how to best manage homesickness should it occur (i.e., write a letter home focusing on the positive, initiating activities with cabin mates, talking to a counselor or friend, reading a book that is funny or has a happy story, etc.). Different strategies work for different children and they may help reduce loneliness or fears of being away from home. It has been our experience that homesickness often subsides after the first few days of camp. We also encourage parents to assess and monitor their own anxieties about their daughter attending camp. A parent's "child sickness" can impact a camper's level of homesickness. The Summer Camp Handbook by Christopher Thurber, Ph.D. and Jon Malinowski, Ph.D. and Homesick and Happy by Michael Thompson, Ph.D. are two excellent resources for camp families.

If you anticipate homesickness, we strongly suggest that you not tell your daughter that she can call or come home. This may only delay her adjustment to camp life and makes the staff's job more challenging in helping her integrate into the camp community.

We are available at any time to answer questions or provide updates on your daughter's adjustment to camp life.

JUNIOR COUNSELORS

Junior counselors are the oldest campers at camp and have numerous duties during the summer. To be considered as a J.C., a camper must be 16 years of age and a Six Weeker her summer as a 15 year old.

LAUNDRY

Laundry goes out each week. The cost is included in the overall tuition. Laundry Services are not offered to Roots & Shoots Campers.

PERSONAL PROPERTY

It is highly recommended that campers not bring items of value to camp, including cash and jewelry. Should a camper have personal sports equipment at camp, it must be maintained in her living area. Campers may not borrow another camper's equipment or other belongings unless they are given express permission by the owner. Campers may not have drug or vaping paraphernalia, dangerous equipment, weapons, vehicles, or animals while at camp.

We reserve the right to search a camper's belongings if illegal or unsafe activities are suspected.

Please clearly label your daughter's belongings. Any property left at camp will be donated to a local charity after Labor Day. We do not mail lost & found home.

PHOTOS & VIDEOS

We make every effort to post pictures and videos of campers and camp activities as frequently as possible on Campminder and social media (Instagram and Facebook), at a minimum of three to four times a week. Please note that these images are simply "snapshots" of a moment in time and aren't a reflection of your daughter's overall camp experience. You will often see your daughter in group pictures and not necessarily in a close up shot. It's a challenge to obtain one of each girl!

PROGRAM STAFF

Camp Mont Shenandoah hires young women ages 18 and older as camp counselors (counselors-in-training are 17 years of age).

Each applicant is interviewed and required to submit three completed reference forms. Qualifying criteria to be a counselor include: maturity, dependability, initiative, ability to relate to girls of all ages, leadership skills and expertise in the activity hired to teach. We are fortunate in that many of our staff are former campers and junior counselors.



SCHOLARSHIPS

In 2005, Camp Mont Shenandoah created the Camp Spirit Scholarship Fund which is held with the Community Foundation for Rockbridge, Bath and Allegheny (CFRBA). Through the generosity of its alumnae, we also have the Camp Okahahwis Scholarship available for our campers. These funds provide scholarships to campers who would not otherwise be able to attend camp due to financial constraints. Scholarship applications are due December 15 with scholarships awarded in mid-January. Any registered camper may apply for the scholarship. Scholarship information was emailed to all camp families with a direct link to the application. Any new camper that registers prior to the application deadline will also receive the information along with a registration confirmation letter. For more information or to make a tax-deductible donation to the Camp Spirit Scholarship fund, please contact us.

TECHNOLOGY

A summer camp allows for the “creative distance” that is essential to a child’s growth. The instant availability that a phone provides can short-circuit that potential so we ask parents to refrain from sending their daughter to camp with any kind of cell phone. Campers are only allowed to use the camp office phone on a birthday or in the event of a family emergency.

Additionally, campers may not bring the following to camp: computers, tablets, Kindles, hand held games or any other device that can access the internet or contains videos. Campers may have regular iPods or other MP3 players but we strongly advise against their excessive use. We assume no responsibility in the event electronics brought to camp are lost, stolen, or damaged.

TRANSPORTATION

Most campers arrive to and depart from Camp Mont Shenandoah by car. Arrangements may be made to meet and return campers to Roanoke or Charlottesville airports for a fee of \$100 (each way). Campers who fly may ship additional baggage to or from camp via FedEx or UPS. For trunks and duffels shipped home, we will bill your daughter’s store account \$100.

TRIPS

Each summer, there are a few out of camp trips to augment our regular Six Week program. Trips may include hikes, overnights, a canoe trip, and a special trip for the Fives.

VISITING

We invite the parents, family and friends of Six Weekers and First Three Weekers to come for Parents’ Weekend, Friday, July 12 – Sunday, July 14, to visit campers and participate in some of the activities they have enjoyed. A Directors’ reception, the Junior Play, and Second Honor Meet are Friday evening. On Saturday, a morning horseback riding demonstration for First Three Week riders is held, followed by a performance in West Lodge and a buffet lunch for everyone in The Feed Bag. The weekend concludes with a Sunday morning Church service performed by an older cabin group.

We invite the parents, family and friends of all Roots & Shoots campers to come on the final morning on Saturday, August 10, from 10:00 to 2:00 for a mini-Parents’ Day to participate in an awards ceremony and buffet lunch.

In addition to Parents’ Weekend events, family and friends may visit campers for the following occasions: the Musical, the Horse Show, Songfest, and the Final Honor Meet. **We ask parents not to visit at other times (including the week of Roots & Shoots.) We have found that visits hamper our programming and impact the overall camper experience at Camp Mont Shenandoah.**

If you do plan to attend Parents’ Weekend or one of our special occasions, please inform the Directors of your plans and, upon your arrival, please notify a Director of your presence. Male visitors are not allowed in residential cabins (except for fathers and male legal guardians) and all visitors must be accompanied by the camper being visited. Campers are not allowed to have visitors under the age of 18 unless accompanied by an adult. Other than Parents’ Weekend, visitors may not participate in camp activities (i.e. swimming, tennis, archery, etc.) nor attend meals due to inadequate space. It is against camp policy and not in their interest for girls to be taken from camp at anytime while in session.

WE LOVE PETS! BUT PLEASE DON'T BRING YOURS TO CMS. We are happy to share our sweet animals with you.

Camper is a young, large, overly enthusiastic SPCA special that loves attention. He is still learning his manners and is prone to jumping up so, out of an abundance of caution, please be watchful of him. Otis is an aging border collie. He is not Ann’s dog; she is his human. When you see Ann, Otis is usually not too far behind. He barks a lot and is a shy dog. Ann always has dog treats in her pocket which she is happy to share in the event you want to pat him. Our camp animals are rounded out by Salty & Thelma, our two cats. We respectfully request that parents and campers avoid going into a stall or paddock when visiting the barn unless accompanied by a staff member.





WHAT TO BRING

Numbers are approximations based on Three and Six Week attendance. Roots & Shoots numbers are in parentheses.

- ☐ Polo style, white, collar shirts: 2 (0)*
- ☐ White shorts: 2 pairs (0)*
- ☐ Camp Khaki Shorts: 2 (1)*
- ☐ Solid white shirts: 2 (2)*
- ☐ Play shirts / t-shirts: 12 (6)
- ☐ Shorts: 8 pairs (4)
- ☐ Long pants / jeans: 4 pairs (1)
- ☐ Underwear: 14 (8)
- ☐ Bras: 5 (3)
- ☐ Socks: 12 pairs (7)
- ☐ Pajamas / nightshirt: 4 (2)
- ☐ Sweatshirts / pullovers: 2 (1)
- ☐ Raincoat
- ☐ Swimsuit: 2 (1-2)
- ☐ Heavy blankets /sleeping bag: 2
- ☐ Sheet sets (cot or twin size): 2 (1)
- ☐ Pillow
- ☐ Boots for hiking, tennis shoes, sports sandals, water shoes
- ☐ Towels: 5 (2)
- ☐ Washcloths: 3 (1)
- ☐ Bathrobe
- ☐ Shower tote for toiletries
- ☐ Tennis racket & court shoes
- ☐ Laundry bags: 2 (1)
- ☐ Riding helmet and boots (if riding)
- ☐ Flashlight
- ☐ Small mirror
- ☐ Soap dish
- ☐ Bug spray
- ☐ Sunscreen
- ☐ Water Bottle
- ☐ Biodegradable shampoo (preferably a lice repellent shampoo!)
- ☐ Footlocker & Duffle Bag (R&S campers don't need a duffle)
- ☐ Stationery & Stamps (with envelopes pre-addressed for younger campers!)



No electric fans or plastic crates/shelves, please.

During the Six Weeks, we have dances with 2 nearby boy's camps. Campers may wear shorts to these events, therefore, skirts and dresses aren't needed while at camp.

HANDY CHECKLIST OF REQUIRED CAMP FORMS

- ☐ **Campminder Health Profile (digital)**
 - ☐ **Health History**
 - ☐ Health Care Providers & Health Insurance
 - ☐ Physical Health History
 - ☐ Mental, Emotional, & Social Health
 - ☐ Nutritional Profile
 - ☐ Medications
 - ☐ Immunizations
 - ☐ Signature Page
 - ☐ Confirmation
 - ☐ **Parent Authorization Form** (copy of health insurance & permission to treat electronically signed by a parent or legal guardian)
 - ☐ **Completed and signed Physicians Examination Form**
- ☐ **Riding Form and Waiver**, if your daughter chooses to ride. **Must be signed by BOTH parents.**
- ☐ **The Camp Family Partnership** Signed by at least one parent and the camper.
- ☐ **Hold Harmless and Release Agreement. Must be signed by BOTH parents.**

*Refer to the Camp Uniform section of the handbook for details.

Should you have any questions, please call 540.997.5994 or email Info@CampMontShenandoah.com

