

Camp SANGAMON

2023 Parent Information

Camp Sangamon
382 Camp Lane
Pittsford, VT 05763
802-483-2862
darcey@campsangamon.com

Before and after camp:
darcey@campsangamon.com
802-665-7505

CAMPER PROGRAM

Session 1: 6/25-7/15 Session 2: 7/16-7/29
Session 3A: 7/30-8/13 Session 3B: 7/30-8/19

CIT PROGRAM

Group 1: 6/23-7/29 Group 2: 7/15-8/19

APPRENTI

6/23-8/6 or 8/19

INTERNS

6/21-7/29 or 7/15-8/19

Do **NOT** send medical forms or permission forms ahead!

Please read the following information carefully – even if you are a returning family. Things seemed to have normalized in our area, and we expect camp to look much like it did pre-COVID. We will adjust to the world around us as we have always done, and we look forward to welcoming all of you to Sangamon!

Sangamon is a BOYS' camp, and we are a little rough and tumble, and a throwback to what camps used to be. We like to say that "camp" is still a verb at Sangamon! We have a great time, and your son will come home singing songs and telling stories. His laundry will be a poor advertisement for commercial laundries and most of his socks will have "gone walkabout". So don't sew name tapes on socks, relax, and let your son take part in his own packing!

Getting to Camp

Please note the ending date of your son's session. **All sessions BEGIN on SUNDAYS and END on SATURDAYS, except Session 3A, which ends on Sunday.**

- Boston Area:** Take Route 93 to Route 89 to White River Junction. From there, take Route 4 to Rutland, (then see below).
- Central Connecticut:** Take Route 91 north. Get off at the Rutland exit and take Route 103 and then Route 4 to Rutland. (then see below)
- New York:** Take Route 87 to Glens Falls, then Route 4 to Rutland. Or, if you're coming from the city, take 87 to 84 and go up either Route 7 (scenic) or 91 (see central Connecticut above) to Rutland. (then see below)
- From the South:** Going north on Route 7, about 5 miles out of Rutland, look for Modular Homes for Sale on the right. Take the next right, just over the rise and around the corner, 1/4 mile, onto Sangamon Road. Go about two miles uphill and look for Sangamon's sign on your left. You'll pass Betsey Cox first. Camp is a half mile up the gravel lane. Be careful - this is a town road, but it's rough.
- From the North:** Going south on Route 7, go through Pittsford and look for Townline Tractor Sales on your left. Take the next left onto Sangamon Road and follow the directions above.

Public Transportation – Train and Airplane: If your plan is to use public transportation to get to or from camp, please let us know of your plans ahead of time. Please reach out to Darcey with details at least two weeks prior to arrival: darcey@campsangamon.com or (802) 665-7505.

Pick-up & Drop-off: As was the case last summer, both pick-up and drop-off will be in the main yard of camp and parents will be restricted from other parts of camp. Tours of the camp property will be available with some limitations to access.

Health and Safety Information

There are several forms that each camper must bring with them to opening day. Please do not mail or email any forms to camp, you need to bring them with you when you drop off your son.

Forms: All the forms you need for this summer are included with this letter. All campers must come to camp with the following:

- 1) HEALTH FORMS – These forms include an up-to-date health history, a physical exam within the last year, immunization records, and signed emergency permission that includes alternate contacts.
- 2) ASSUMPTION OF RISK/RESPONSIBILITY FORM – signed by both parent and camper
- 3) MEDICAL RELEASE AND OVER THE COUNTER MEDICATION FORM

No one can stay at camp without a completed and signed health form AND the signed doctor's form indicating physician's approval to participate in camp. The American Camping Association Health Form and a doctor's form are included with this letter. We prefer a yearly exam, but you can use a health exam that's more than a year old if the doctor signs the doctor's form indicating they stand behind that exam. Some doctor's offices now have a standard school/camp

form that can replace our doctor's form, *if it contains all the information listed on our form*. **Do NOT send the forms ahead, and please make a back-up copy.** If you will be out of the country or otherwise unreachable for any lengthy period of time, please have your signature notarized.

Rutland Pharmacy: We are working with Rutland Pharmacy for daily medications this year, and any daily prescriptions **MUST** go through them. As needed medications must come in their original prescription containers, and you should get enough for the duration of his stay.

Medical Needs: If your son needs to see a doctor while at camp, we will call you to let you know and keep you informed. For non-emergencies, we will call within 24 hours of his appointment. Any emergency room visit will warrant a phone call as soon as we are able to talk. If your son sleeps in our infirmary overnight, we will call the next day to let you know and to fill you in on his progress. A fever will require an infirmary stay until the child has been fever free for twelve hours and will therefore entail a call home. We do not call for colds, sore throats, headaches, or day rest in the infirmary, unless a doctor's visit is also involved or a COVID test is positive. If your child is in the infirmary more than once during a seven-day period, we will also call home to let you know his situation.

Health Insurance: All campers will be provided with a camp accident/health insurance, even if you have a plan at home. The camp policy provides limited coverage and is not intended to replace your family's major medical policy. It covers a trip to the doctor for earaches, sore throats, and minor accidents. Beyond that, your regular policy will have to cover the charges. It's a good idea to check your policy's stipulations before the summer starts.

Valuables and Electronics

Sangamon is a rustic camp. We have chosen it to be so for a variety of reasons, and you and your son have chosen us with that in mind. We ask your cooperation in helping us to keep it DIFFERENT from the way most of us live our regular lives. **Please, look over your son's shoulder as he packs, and keep the following in mind:**

Money: For lots of good reasons, we don't want campers to have spare cash in their possession. We ask you to make sure that his money goes into his camp account and not into the bottom of his trunk. On opening day, we'll ask you to deposit \$40 into a camper account which will easily cover batteries, soap, and other incidentals at the store as well as rocket kits. For campers staying more than one session, we suggest adding \$10 per week, unless he's really excited about Rocketry, in which case he may need more. You'll get back whatever he doesn't spend. Session 3A and 3B campers need an additional \$20 in their camper account for spending money at the Addison County Fair.

Merchandise Sales: We sell Camp Sangamon sweatshirts, hats, t-shirts, water bottles, and some other merchandise on opening and closing days, and at various times during the session. Betsey Cox also sells some camp items that boys sometimes purchase. Some of staff also sell some beautiful wares from their home countries. Your son may get intrigued with a hand-made hammock or clothing item. Please take a look at what they're selling and talk to your son about what level of expenditures he would be allowed to make. We record these sales against his store account, but we do not monitor or restrict his expenditures unless you let us know at check-in.

Valuables: Valuable items can be a source of great disharmony, jealousy, and occasionally, even theft. Please pack equipment and clothes with this in mind. *Anything that costs more than you'd be comfortable replacing if it gets lost or broken should not come to camp.*

iPods, MP3 players, readers, TVs, cell phones, portable games, and amplified musical instruments: Only devices that play music or allow for electronic reading are allowed at camp. Your son may not have a device which can download from a network while he is at camp. Devices which can access cell networks are NOT allowed, even if the function can be turned off. Any music or books he would like for the summer will need to come already loaded on the device and any device which has videos on it will be confiscated and returned to you at the end of camp. The sounds of summer in Vermont are not to be missed so we limit music devices to personal in cabins with headphones or earbuds. No music players with external speakers. Because of the small size and larger expense of iPods and MP3 players, they have a high loss and theft potential. Boys should be aware of the risk and be somewhat cautious in leaving them around. We request that only acoustic, percussion, and wind musical instruments be brought to camp. And yes, we reluctantly agree that bagpipes are a wind instrument. Electrically amplified instruments are not compatible with the natural environment.

If someone sneaks the prohibited technologies into camp, we will confiscate the item and charge a \$50 storage fee when we return it upon departure. Camp Sangamon cannot take responsibility for damage or destruction of ANY of the above items – camp is a rough and tumble place at times, and these items are brought at your own risk. Furthermore, there are VERY limited opportunities to charge any electrical items at camp – once the battery is dead, it’s dead. New non-rechargeable batteries can be bought in the office, but devices which require outlet charging are likely to be useless after a few days.

Music Policy: There is a lot of inappropriate music out there to be downloaded onto iPods. Please look over your son’s choices of what music he brings to camp. We will confiscate devices with racist, misogynistic, ethnically or religiously bigoted, obscene or otherwise offense music on them.

Cell Phones: Unfortunately, they merit a special mention. **THEY ARE NOT ALLOWED AT CAMP.** They interfere with the entire experience of being away, making new friends, and learning independence. We have set a \$50 impoundment fee to discourage campers from smuggling them in. **If your son has a cell phone, please guarantee that he does not bring it with him.** If you want him to have a phone for traveling to/from camp, let us know he has it and we will keep it for him during his session. Even staff are not allowed to carry or use cell phones around camp. Counselors can take or make calls during their free time only while in designated, out-of-the way areas.

Communications

Email: We are totally and happily involved with the campers throughout the day and don’t respond to emails as quickly as we do in the off season. If you are just checking in or have a question that isn’t time sensitive, you are welcome to email Darcey: darcey@campsangamon.com. She will get back to you as soon as she can. If your question or need is more urgent, your best option is always to call the office – (802) 482-2862. We’ll be available to answer between 9:30 and 4:30. **Unless you live abroad, we will not print out emailed letters to your son.**

Letters: **Only regular US postal mail is available for camper/parent communication!** There are lots of good reasons for this, but the biggest is that it reinforces his sense of adventure and of “going away”. Hint: Talking about what you are doing and asking about his experiences is MUCH better than statements of how much you miss him.

You can send mail to

Your son’s name
Camp Sangamon
382 Camp Lane
Pittsford, VT 05763

Your son is required to write once a week on our camp newsletter, The Chirrup. Most boys are too busy and happy to write very often, so don’t see a lack of letters as sign of a problem. Pre-addressed and pre-stamped envelopes or postcards are worth a try. We do not accept e-mail or fax mail for your son unless you live abroad.

Phone: The camp office is staffed between 9:30 and 4:30 and one of the director's staff is available during that time. Calls about your son to the directors are always welcome, and we as well as his cabin staff are happy to chat with you about how he is doing. We do not allow calls between you and your son except in extenuating circumstances. Some exceptions include boys who are staying for multiple sessions, family birthdays (yours or his), and international families. In other cases that involve behavior or transition concerns, we’ll require that a director talk with you at the beginning or end of each call.

Care Packages: ***Please do not send food of any kind to your son.*** This represents a move from the past when items would find their way past inspectors, or we would usually allow home-baked goods. Neither of these things are true any longer. Animals have become a problem in cabins and quite frankly, so has the sheer amount of junk food. There are lots of great treats that indicate caring other than food and include magazines, games, models, gliders, frisbees, a new t-shirt, comic books, or regular books. Feel free to reach out if you need more suggestions.

Visiting: We expect that visiting days will not be a possibility this summer. We recognize that various organizations may be doing this differently, but with the guidance and advice that we have, we believe that this is our best choice again for this summer.

Custody Arrangements: Please make camp aware of any custody arrangements involving your son. You MUST provide us with legal documents pertaining to and clarifying his custody situation if it is a legally adjudicated matter. Written permission needs to be provided for someone to visit or take your son off of camp property. If there is someone that is not allowed to visit your son or pick him up from camp, we will need notification of that in writing. We are unable to deny visitation for a parent without a legal mandate. Please call with any questions regarding this policy, or any visitation scenario that might arise for your son.

Taking friends out of camp: You cannot bring another family's child back home at the end of the session without written permission. This is also true of relatives, so if there are alternative pick-up plans for your son, please let us know ahead of time. Forms will be available at check-in if you need one.

Transitions issues: Homesickness ought to be called "missing home", and it is an understandable and normal feeling for most of us at one time or another. We deal with it openly and help the boys get past it by getting them involved in activities and making new friends. Parents can help by not getting involved in long leave-takings on arrival and visiting days. **For NEW PARENTS: it is important to tell your son that you expect him to stay for the entire session.** You'll be setting him up for failure with pre-announced "Pick-up" clauses – i.e: "If you don't like camp after XX days, I'll come and pick you up". Your son needs to know that you believe in him and that you expect him to do well in this adventure. Think positively and talk about techniques for making new friends and settling in rather than planning failure or bail-out. It helps us if you tell him that you WANT the camp folks to hold the line and help him adjust. And don't make him feel guilty by emphasizing how much you'll miss him!

Nighttime Concerns: If your son is a problem sleeper, please tell the nurse at check-in, and pull his cabin leader aside and talk about it. **Sleepwalking, incontinence, and nightmares** are important for us to know about. We deal with things in a caring, confidential manner. If your son has an incontinence problem, please send TWO synthetic sleeping bags, a rubber mattress pad, and note it on the medical form. It is NOT a big deal, and we will make the washing routine as casual as we can.

Equipment

Name Tags: Please mark EVERYTHING you want to come back from camp and tape a packing list inside the trunk lid. Having said that, most experienced parents will admit that their son never had his name on half the stuff he took to camp and he often came back with significantly less than what he took. If it has a name on it, it has a chance of returning to you. If not, consider it an endangered species. **WARNING:** Sangamon campers are notorious for losing shorts, T-shirts, and socks. We will do our best to find expensive items like jackets and sweaters, but after he leaves, the chances of finding things are minimal. Unclaimed lost and found items are donated to local shelters. We like "Stuck on You" labels in lots of sizes: www.stuckonyou.com

Sleeping: We sleep on canvas bunks for a variety of good reasons, but they provide no insulation under the sleeper so a pad or heavy blanket or quilt under the bag helps. He'll need a sleeping bag, and today's synthetics are washable –natural fill is not. Get one rated to keep warm to the mid 30's. If using a lighter bag, send along another blanket. Bring a pillow. Favorite stuffed animals should never be allowed to miss camp - there's lots of room in the bunk.

Trunks: They are not required but are certainly nice to have. The boys live out of them and they often serve as furniture in the cabins. The fiberboard ones will usually last a summer or maybe two. The plywood and metal covered ones last a long while and often make it through camp to college and beyond. The various manufacturers have merged to just one good one: Everything Summer Camp. Their trunks happily pass the "stand on it" test and come in various colors including the standard Sangamon color of Kelly Green. We recommend either the Happy Camper Footlocker Trunk or the slightly smaller Companion Footlocker Trunk. Both are free to ship if you buy them far enough in advance of camp. Their website is www.everythingsummercamp.com and the discount code # is play487SG. If you buy elsewhere, make sure it measures not more than the standard 14" height so it will fit under the bunks. Soft duffels or suitcases are ok, but organization is harder.

Rain gear: If it rains just a little, this isn't too important. But if it rains a lot, it means the difference between a happy, healthy camper and a disheartened, sniffling one. Send a good, waterproof jacket preferably one with a hood. A poncho is okay as a back-up, but not as the main item. Please put his name in it in big, clear letters since they all look alike. Canvas sneakers are great footwear for rainy days at camp as are rainboots.

Riding: Shoes with old-fashioned separated heels are the best, BUT we have “safety stirrups” on all the saddles to keep dragging from happening, so sneakers can be worn if necessary. Hard shoes are appreciated if the horse stands on your foot. We provide helmets or he can bring his own safety-rated riding helmet.

Fishing: There is good fishing at Burr Pond and it’s a popular activity. Perch, Bass, Sunfish, and Catfish are all available to be caught and we take trips out of camp to fabled fishing holes. We have rods for your son to use while at camp, but if he’d like to bring his own, he can. Good rods and reels are fine, but please don’t send Grandpa’s heirloom fly rod.

Photography: Camp has an excellent black & white darkroom. We have SLR cameras to loan, but if your son has an interest in photography and you have a 35mm SLR camera you can loan him for the summer it will mean he always has a camera. The old-fashioned, non-automatic ones are great. The photography instructor will lock it in the darkroom with our equipment if you wish. Digital cameras are allowed, but there will be few opportunities to charge these or any other electrical items, so its best if you send one that uses AA or AAA batteries.

Shoes: Barefoot is a time-honored Sangamon tradition, however there are times we require “closed toe” shoes for running around in the woods and pastures and fields, or while working in the woodshop, kitchen, or blacksmith shop. Otherwise, sneakers or sports sandals are fine. Having two pairs gives your son one to dry and one to wear. Crocs and other summer shoes are like going barefoot without the stubbed toes but mark them because they all look alike.

Other Equipment: We require every camper to bring **(1) a daypack for day hikes. (a school bookbag is fine), (2) a leak-proof water bottle or canteen, and (3) a flashlight.** Really cheap flashlights break when you drop them, and really expensive ones sometimes go "walkabout" and never return. Something in-between seems to work out right. **If your son likes to read himself to sleep, we highly recommend one of the elastic band Headlamps (\$15-\$20) for hands free reading after bedtime.** We stock AAA and AA batteries, so buy one that takes those and write his name on the headband.

Knives: Pocketknives, though occasionally useful, serve no actual purpose here. **We officially discourage them.** One-hand “flip-open” folding knives are dangerous and sheath knives are way too good as throwing knives. Neither have any place at camp. Both “flip open” and sheath knives will be confiscated and NOT RETURNED. Knives are kept under lock and key in cabins and used under staff supervision.

Insect Repellent: It's not necessary around camp but has saved a number of out-of-camp overnights. We've BANNED aerosol insect spray except in the nurses' office so please do not send aerosol cans of insect spray. You get more for your money and better protection from the wipe-on kind. Please don't send the 100% DEET kinds - they disintegrate nylon zippers and who'd want that on their skin? Speaking of insects, we don't screen the cabins, because most of Vermont's bugs are only a problem in the springtime and are long-gone before camp starts. Screens also tend to get dirty and rip easily in a boys' environment. Almost all of the remaining mosquitoes live at the lake, which is several hundred feet lower than the main camp. In a wet summer, there can be mosquitoes in the cabin, however, and if your son is allergic or extremely sensitive to their bites, a net is a welcome thing. A good net can be purchased inexpensively from Campmor: www.campmor.com. The Rectangle Mosquito Net-Single fits our bunks the best and we will help him hang it.

Sunscreen: Please send some with your son. We recommend a high number, at least 50 or higher if your son is prone to sunburn. It's especially important for water-related trips and for boys who swim a lot. Sangamon keeps some sunscreen in our nurses office and at our water front, but there can't be too much sunscreen!

Bicycles: Mountain Biking is a popular activity, and we provide the bicycles and helmets. A few really avid cyclists who regularly ride seriously long distances (10–15-mile rides) are permitted to bring their own bikes. PLEASE INQUIRE FIRST! Boys will have to maintain their own bikes and personal bikes must be professionally “tuned” before being brought to camp.

Tennis Rackets: The camp rackets are okay for beginners and intermediates. The really avid players may want their own racket. HOWEVER, the carbon-fiber rackets are brittle and expensive rackets get broken every year, so if your son isn't good at taking care of his stuff yet, please don't send a racket worth more than you'd be comfortable replacing. Most boys simply DROP their rackets where they are and run to the dining hall!

General Policies

Prohibited Items: Fireworks, weapons, toy guns, squirt guns, sheath knives, automatic “flip-open” knives, lighters, laser pointers, and aerosol sprays will be confiscated and *NOT RETURNED*. Electronic entertainment and communication items such as: video games, cell phones, televisions, satellite or internet capable technology, will be confiscated and returned but with *an IMPOUNDMENT FEE attached*. Prohibited items will be confiscated. But the idea is to keep them from coming to camp in the first place, so please make sure that **your son knows that the items really are prohibited**.

Drugs and Alcohol: We prohibit the use of illegal drugs, alcohol, any vaping equipment, and all forms of tobacco at camp. Anyone found to be in violation is subject to dismissal without refund of tuition.

Co-ed Visitations: Sangamon participates in a range of co-ed events with our sister camp, Betsey Cox, over the course of a summer.

Refunds, Early Departures, and Dismissal: It rarely happens, but if you decide to take your son home early, you'll forfeit all tuition paid. Early departures for accident or illness will be considered for refund. In the case of a dismissal or suspension, no refund will be given. Offenses that end in suspension or dismissal can include involvement with drugs and alcohol, co-ed violations, verbal/physical harassment, violence, threats of violence, and theft.

Swim Lessons: We think people in outdoor activities ought to know how to swim. If your son is in the first three levels of Red Cross instruction, we encourage lessons three times a week. Above third level, we encourage lessons twice per week, just to make some improvement. *If your son is resistant to lessons, it will probably be more effective to get him into a program at home where the lesson is the only thing going on*. Our program really does give him the choice of going or not, and we do a great job of teaching those who want to learn, but we don't do so well with campers who resist. If you care a lot that your son takes lessons, please talk it over with him, get his agreement, and both of you should sign the accompanying “swimming lesson contract”. We'll remind him and do our best with him, but ultimately, the responsibility for going to lessons is his own. It is an “honor” system.

Religion: Camp has a non-religious Community Meeting on Sunday afternoon. We offer thanks for our community and meals by saying a variety of graces from the world's religions and a few of our own. We do not attend or offer transportation to any religious services out of camp, and we do not sponsor or allow any organized religious services in camp.

Lost or Broken Belongings: We are unable to carry insurance on items not owned by Camp Sangamon. Any lost items can only be covered by your homeowners' or renters' policy. *Again, we urge you not to send items to camp that you would not feel okay about replacing*.

Internet Policy: As noted on your son's camp application form, we may post pictures on our camp website that include your son and your signature gives us permission to do so. **These pictures will never include his name**. Beyond that, it is important to us that you and your son refrain from posting information about Sangamon (or BC) on any of the internet communication sites like Facebook, Twitter, Instagram, Snapchat, YouTube, or other social media platforms. If you do post pictures with captions or write text, please only refer to either Sangamon or BC as “camp” and do not use our name. We will not allow other users to “tag” photos of your son on our Facebook page or any other site we control. We cannot control Facebook pages of other kids at camp, or the pictures kids might take while with us. Thank you for your cooperation on these technology issues. Since we are unplugged, there will not be any chance for your son to access the internet in any way during his time with us.

Emergency Closing: We certainly don't expect that this would ever happen, but in the event of a local, national, or international emergency, including a health emergency, that would cause camp to close, we will notify you that camp will be closing and will work with families to make sure every boy returns to a safe location. If camp must be closed, depending on the date of closure, consideration will be given to returning tuition dollars to our families.

Extended Stays: Some campers may wish to extend the length of their stays beyond their original schedule. We'll try on a "space-available" basis at the regular per-week rate for entire weeks only.

Gratuities: The staff sees every boy as equally important and valuable. If you would like to express your appreciation for your child's good experience, we encourage you to contribute to the tax-exempt VERMONT CAMPERSHIP FUND which provides financial aid for campers every summer. We'll have information available for you at check-out.

We're excited that you've chosen us as part of your son's summer. Sangamon summers are an important part of many boys' and men's lives, and we will do everything we can do to make your son's time with us memorable and full of wonderful learning experiences. Please reach out if there is anything we can do to help you prepare him for this adventure!