



2025 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: 6/22-7/12 Session 2: 7/13-7/26
Session 3A: 7/27-8/10 Session 3B: 7/27-8/16

CIT PROGRAM

6/20-7/26

APPRENTI

6/20-8/3

INTERNS

as agreed upon

Do NOT send medical forms or permission forms ahead!

Please read the following information carefully – even if you are a returning family. “Camp” is a verb at Sangamon -we are a little rough and tumble and a throwback to what camps used to be. We have a great time, and your child will come home singing songs and telling stories. Their laundry will be a poor advertisement for commercial laundries and most socks will have “gone walkabout”. Don’t sew name tapes on socks and let your child take part in their own packing!

Getting to Camp

Please note the ending date of your child'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. Do NOT follow GPS directions that send you on “Town Highway 46” or any version of that name- this is not a road but a dirt path, and your car will get stuck!

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: We ask that all families plan to arrive between 9am and noon for both opening and closing days. 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

Please remember that children with symptoms of any illness on drop-off day will be asked to hold off arrival until they are 24 hours symptom free.

Forms: All the forms you need for this summer are available on our website. All campers must come to camp with the following:

- 1) HEALTH FORMS 1 & 2 – 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
- 4) You must also bring your child’s insurance card. We will take a photo of it for any potential need.

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 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.

Medications: All medications need to be in their original prescription container and you should provide enough for the duration of your child's stay at camp.

Medical Needs: If your child 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 the appointment. Any emergency room visit will warrant a phone call as soon as we are able to talk. If your child sleeps in our infirmary overnight, we will call the next day to let you know and to fill you in on 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 of the situation.

Health Insurance: Please bring a copy of your child's insurance card to camp. This will be used for all medical costs while your child is at camp. It's a good idea to check your policy's stipulations before the summer starts in case there is anything we need to know about.

Valuables and Electronics

Sangamon is a rustic camp. We have chosen it to be so for a variety of reasons, and you and your child 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 child's shoulder as they 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 money goes into your camp account and not into the bottom of the 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. You'll get back whatever isn't spent. Session 3A and 3B, campers need an additional \$30 in their camper account for spending money at the Addison County Fair.

Merchandise Sales: We sell Sangamon sweatshirts, hats, t-shirts, water bottles, and other merchandise on opening and closing days and at various times during the session. Betsey Cox also sells some camp items that Sangamon campers sometimes purchase. We will limit purchases to one larger item (\$30 sweatshirt) or two smaller items from our collection of camp merchandise, but we do not limit necessities such as shampoo, bug nets, or toothbrushes. If you would like to direct us one way or another, please speak to us 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 child may not have a device that can download from a network while at camp.** Devices that can access cell networks are NOT allowed, even if the function can be turned off. Any music or books they would like for the summer will need to come already loaded on the device and any device that 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 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. Campers 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 that require outlet charging are likely to be useless after a few days. We will do our best to help re-charge, but we cannot guarantee it.

Music Policy: There is a lot of inappropriate music out there to be downloaded onto iPods. Please look over your child's choices of what music he brings to camp. We will confiscate devices with racist, misogynistic, ethnically or religiously bigoted, obscene or otherwise offensive 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 child has a cell phone, please guarantee that it stays at home with you.** If you want your child to have a phone for traveling to and from camp, let us know about it and we will keep it 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 9:30am and 4:30pm. Unless you live or are traveling 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 the sense of adventure and of "going away". Hint: Talking about what you are doing and asking about camp experiences is MUCH better than statements of how much you miss your child.

You can send mail to

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

Your child is required to write once a week on our camp newsletter, The Chirrup. Most are too busy and happy to write very often, so don't see a lack of letters as a 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 unless you live abroad.

Phone: The camp office is staffed between 9:30am and 4:30pm. One of the director's staff is available during that time. Calls about your child to the directors are always welcome, and we as well as cabin staff are happy to chat with you about how your child is doing. We do not allow calls between you and your child except in extenuating circumstances. Some exceptions include campers who are staying for multiple sessions, family birthdays, 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 child.* 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: Sangamon does not have official visiting days. While we are happy to communicate with you about your child, our experience in the past with visiting days has led us to feel like this is a better option for our community as a whole.

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

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 child, please let us know ahead of time. Forms will be available at check-in if you need one.

Transition 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 campers 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 child that you expect them to stay for the entire session.*** You'll be setting everyone 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 child needs to know that you believe in them and that you expect them 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 your child that you WANT the camp folks to hold the line and help with adjustment. Don't make your child feel guilty by emphasizing how much you'll miss them!

Nighttime Concerns: If your child is a problem sleeper, please tell the nurse at check-in, and pull the 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 child 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 child never had their name on half the stuff they took to camp and often came back with significantly less than what was brought. 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 you leave, 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). A Sharpie is also a great option!

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. Your child will 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. Campers 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 a 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.

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 available to use while at camp, but if your child would like to bring one, that is fine. Good rods and reels are welcome, but please don't send your heirloom fly rod, or any equipment of significant value to you.

Photography: Camp has an excellent black & white darkroom. We have SLR cameras to loan, but if your child has an interest in photography and you have a 35mm SLR camera you can loan for the summer it will mean they always have 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 it's best if you send one that uses AA or AAA batteries. Cameras, video, film, digital or otherwise, are welcome, but need to be stored with the photography activity and used with permission and most often under supervision from a counselor. All images or videos will be reviewed by our staff for appropriate content, and we reserve the right to remove anything that we are concerned about. Don't send a valuable camera to camp, as we cannot be responsible for any damage or loss that occurs!

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 offers 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 child likes to read before bed, 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 a 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. 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 our 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 child 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), but we've found them at places like Walmart and Amazon as well. The Rectangle Mosquito Net-Single fits our bunks the best and we will help hang it.

Sunscreen: Please send some. We recommend a high number, at least 50 or higher if your child is prone to sunburn. It's especially important for water-related trips and for campers 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 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! Campers 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 child 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 campers 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 child 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 child 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 child 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 child is resistant to lessons, it will probably be more effective to sign up for a separate program at home where the lesson is the only thing going on.* Our program really does give 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 about lessons, please talk it over, get agreement, and both of you should sign the accompanying “swimming lesson contract”. We’ll remind your child and do our best with encouragement, but ultimately, the responsibility for going to lessons rests on your child. 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 provide 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 the camp application form, we may post pictures on our camp website that include your child and your signature gives us permission to do so. **These pictures will never include a name.** Beyond that, it is important to us that you and your child 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 child on our Facebook page or any other site we control. We cannot control Facebook pages of other families at camp, or the pictures campers 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 child 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 might cause camp to close, we will notify you that camp will be closing and will work with families to make sure every camper 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 camper as equally important and valuable. If you would like to express your appreciation for your child's camp 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 child's summer. Sangamon is an important part of many lives, and we will do everything we can do to make your child'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 you for this adventure!