

# 2025 PARENT HANDBOOK



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# WELCOME AND INTRODUCTION

## WELCOME FROM OUR DIRECTOR, ELIZABETH

Dear Camp Families,

We are very much looking forward to another great summer at Alleghany! We hope that you and your camper are excitedly preparing for her summer season along the banks of the Greenbrier River.

This Handbook will provide you with a wealth of information, from our policies, to medical forms and medication protocols, to homesick prevention, success with mail, and more. Please read through it thoroughly, even if you're a seasoned camp parent! Each year we have new or modified information, and it is important to refresh yourself on our rules, policies, and practices.

## BALANCE REMINDER

Note that the remainder of your balance is due by April 1 each year. You may log in to your [online account with CampMinder](#) on our secure website, or through the [Campanion app](#), to make payments on your camper's tuition, as well as download the necessary forms. You may also reserve a bus and add money to your camper's Store account within your CampMinder account page or using the Campanion app.

## POLICIES AND FORMS

These are explained in detail within this Handbook. Please read these carefully with your camper and make sure you both understand them, so we can ensure that her camping experience is a positive one. Once you have read them and discussed them, please sign them and upload them to your account by May 1.

In your CampMinder account, you will find the following forms to review and sign:

- The Parent Handbook Signature Form
- Health Form and Health History Form
- Camper Information Form
- [The Camp Alleghany Camper Code of Conduct](#) (revised and updated for 2025 to include our New Chronic or Severely Disruptive Behavior Policy, please read carefully)
- [The Camp Alleghany Camper No Gossip Policy](#)
- [Camp Alleghany's Electronics Policy](#)

## USEFUL HINTS TO HELP YOU AND YOUR CAMPER GET THE MOST OUT OF THE ALLEGHANY EXPERIENCE

You're getting ready to send your camper away for one week (Mini Camp) three weeks (Term Camp) or six weeks (Full Term/LIT). Whether this is your first time or you're an old pro, or you're an alum parent/guardian or a new camp parent/guardian, going away to sleepaway summer camp can be a hard thing for parents/guardians, and children.

We hope the following information will help you both get ready for the wonderful experience of summer camp.

Camp Alleghany's mission each summer is to inspire growth through honor, loyalty, and friendship. We provide young girls with a safe place away from home in which to develop a stronger sense of self-esteem and confidence. Much of this is achieved by trying new experiences that may seem different or even scary at first, but in the end help girls to branch out on their own and become more self-assured young ladies and leaders.

In order to achieve these goals, we all need to work as a team – you, us, and your camper. The following information will lay the groundwork for helping to prepare your child for a meaningful, fun, and life-changing experience at Alleghany.

You will notice a running theme in this Handbook, and that is: Trust us.

We are camp professionals who have been in this business for a long time. We constantly strive to make each and every summer a wonderful one for the campers. With decades of experience behind us, we truly know what works, what doesn't, and what is best for Alleghany's campers.

And the best way to trust us is to read all of our information fully, turn in all relevant forms for your camper, and to faithfully support the rules and policies of Camp Alleghany for Girls. In the next section, Working With Us, you'll learn some specifics about how to do that.

## OUR CULTURE

To make sure you and your family fully understand our camp culture, please read together [Is Camp Alleghany Right for You?](#)

## WORKING WITH US

One of the most important things we ask of parents/guardians is to work with us. This means taking our goals and mission seriously, and helping your camper to prepare positively for camp. Communication is key. Sit down with her and ask her:

- What does she hope to gain out of camp?
- What are her goals while at camp?
- How will she achieve them?
- What might be hard along the way?
- What will be the most exciting part?

Having this conversation before camp, maybe even even more than once, or as an ongoing “no pressure” topic, will really help set the tone for her unknown but exciting adventure ahead.

Even if her main goal is simply to have fun, that is excellent – we do have fun at Camp Alleghany, that’s for sure! We want her to start thinking positively and be excited about her time at Alleghany.

However, revealing your own anxiety to her about her leaving home can set a negative tone and could hinder her progress in preparing for camp. If she sees or thinks you are worried about her leaving, she may model that behavior and become worried herself.

It is normal for both parent/guardian and child to feel some anxiety about the unknown, a new place, being separated, or just trying something different. Talking about it together can be productive and helpful as long as it is couched in positive terms (such as all the exciting things she has to look forward to).

Remember, there will likely be bumps along the road, just like there are at home. One of our favorite books is called *The Blessing of a Skinned Knee: Using Timeless Teachings to Raise Self-Reliant Children*. These symbolic “skinned knees” – a lost item, not reaching a goal as fast as she’d like, or feeling occasionally unsure about things – often provide tremendous POSITIVE growth opportunities for your child. And we promise, if there is a major issue, we will contact you. Otherwise, trust us to handle the small stuff!

## GETTING HELP WHEN YOU NEED IT

At Camp Alleghany, every counselor, staff member, and employee is here to help. Our goal is to provide a safe, memorable, and happy experience for your camper.

Please talk to your camper ahead of time about asking for help when needed. She will never be denied the help she requests! One helpful hint is to look at the [camp website](#) together and check out the [Summer Staff 2025](#) page as a way for her to familiarize herself with the many helpful and friendly faces of our wonderful counseling staff.

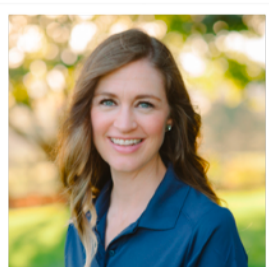
From the Junior Counselors all the way up to [Our Directors](#), we are always there to help, as long as we know that help is needed. **Encourage your camper to communicate her need for assistance.** Remind her that we can’t read minds, and while the counselors are very in tune to their campers’ wants and needs, many times the campers will need to verbally state their need for help.

Similarly for parents, we directors are more than happy and willing to assist in any way, but we can’t help if we don’t know there is a problem. Please contact us in the Office during camp if needed.

If after reading through all of this you have any questions or concerns that have not been addressed by this Handbook, please contact us by phone or e-mail.

We look forward to seeing your camper this summer!

Warmly,



### ELIZABETH SHRECKHISE

Director, [Camp Alleghany for Girls](#)

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[A little more about me!](#)

# ESSENTIAL ELIGIBILITY REQUIREMENTS

These requirements are not intended to be exclusionary, but to provide a safe and positive environment for both campers and staff members. As such, using ACA guidelines as a framework, we have formulated the Essential Eligibility Criteria (EEC) below to not only determine if the Alleghany experience is a good fit for your camper but also to know criteria for contacting Elizabeth to confidentially discuss specific needs your camper has to thrive at Alleghany and to determine our ability to provide those needs as we are limited in our ability to provide rehabilitative or therapeutic programming. We may ask you to pick up your camper and voluntarily withdraw should any MESH issues arise during her stay which exceed our ability to serve your camper or present a danger to herself or others.

It is our goal to partner with parents and guardians to work together to determine if the Camp Alleghany program will be a positive experience for your camper prior to her enrollment. Safe participation in the programming at Camp Alleghany requires certain physical, mental, emotional, and social health abilities, and you will understand that we are limited as to the types of accommodations we are able to provide by the scope of our program and facilities. As each camper's ability to participate is unique, decisions to accept a participant are made on an individual basis. As such, we request that parents/guardians contact Elizabeth upon enrolling their camper to discuss any of these points, should they be concerning to you. In addition, Elizabeth or another member of the medical/wellness team may reach out to you for clarification or further information about your camper's MESH.

Please use the following criteria, developed according to American Camp Association recommendations, as a guide to assess your camper's readiness for Camp Alleghany. A baseline for participation in our programming, without added accommodations, entails the following.

## **Participants are:**

- Entering 2<sup>nd</sup> through 10<sup>th</sup> grade; Leaders-in-Training are entering 11<sup>th</sup> or 12<sup>th</sup> grade.
- Female in gender, in keeping with our mission to serve the unique needs of girls in today's world.
- In good health physically and emotionally, and have the ability to participate as part of a supportive community in a socially healthy way.
- In good mental, emotional, and social health and be able to function in a group setting in a positive and cooperative manner that displays tolerance and respect for self and others.
- Able to interact responsibly in a group and work together as part of a team.
- Equipped with the emotional maturity to handle the sleep-away-from-home aspects of the camp program, including living independently in a group setting and taking care of their own personal needs: dressing themselves, sleeping independently, showering independently, and adequately, brushing their hair, teeth, etc.
- Able and willing to follow instructions and refrain from behaviors that pose a risk to self or others. This includes, but is not limited to, informing a counselor if your camper is feeling overwhelmed or emotionally triggered, sharing any mental or emotional concerns with camp staff only, using healthy coping strategies when feeling overwhelmed or overstimulated, and relying on camp resources (e.g., medical staff and wellness counselor) for support as needed.

Camp Alleghany will endeavor to provide individuals with disabilities integrated (that is, not separate, except in special circumstances) access to our programs - and to make reasonable modifications to facilitate that access, so long as appropriate and practical. Camp Alleghany is, however, limited in the accommodations we can make given the nature of our operations. Camp Alleghany will not be able to accommodate a disability if that accommodation would be considered "unreasonable" in terms of cost, safety considerations, or an alteration of the fundamental nature of our program.

## BEHAVIOR EXPECTATIONS AT CAMP ALLEGHANY

At Camp Alleghany, we prioritize a culture of respect and responsibility. Campers are expected to respect themselves by maintaining good hygiene, caring for their well-being, and advocating for their needs. They must also respect others by showing kindness, handling belongings responsibly, and treating both fellow campers and staff with courtesy. Campers should listen to and follow staff instructions, recognizing that rules exist to ensure everyone's safety and enjoyment. Additionally, respect for Camp Alleghany itself is essential—this includes honoring traditions, caring for camp property, and valuing the natural environment. Our rules and policies are designed to keep campers safe and maintain a harmonious community. They are not meant to take away fun, but when counselors and staff must constantly manage behavioral issues, it does impact the experience for everyone. We ask parents to support these expectations and encourage their camper's commitment to these values. Please note that violations of our rules, policies, or behavior expectations will result in a phone call home to the director. Additionally, Camp Alleghany cannot accommodate campers who display chronic or severely disruptive behavior, including constant need for staff intervention, destructive actions, or repeated disobedience. Such behavior may result in dismissal from camp.

# CONFIDENTIAL INFORMATION

Upon consideration of these criteria and the determination that your camper is able to participate in the programming at Camp Alleghany, please consider any other factors that could impact your camper this summer. Whether your camper is new or returning, if she has experienced any of the following this year, please contact Elizabeth to partner with our staff to make certain that this summer's camp experience at Camp Alleghany is a successful one for your camper.

**Contact Elizabeth if your camper has:**

- Had any physical health concerns including recent illnesses, broken bones or sprains, concussion, mobility issues, surgery, etc.
- Had any mental health concerns, including anxiety, depression, disordered eating, self-harm, trauma, suicidal ideation, hospitalization, or any case in which your camper has required the care of a mental health professional or a school counselor in the past school year.
- Been diagnosed with any learning challenges, including dyslexia, ADHD, etc.
- Been prescribed medication for any MESH, learning or behavior conditions
- Had a difficult year at school either academically or socially
- Experienced any changes to her living situation or family life, including separation, divorce, or death of a loved one.

All information about your camper, including camp life, any behaviors of concern, or other relevant information, will be kept private. At times, this information may be shared confidentially with other camp staff to ensure your camper can participate in the programming at Camp Alleghany and receive any accommodations as needed. This is done to equip staff, when possible, with a plan to facilitate the most successful camp experience within the professional constraints of our programming, as the staff at Camp Alleghany does not specialize in serving those with special needs. This includes mental, social, emotional, and behavioral challenges.

# MENTAL HEALTH (MESH)

There has been an increased focus on mental, emotional, and social health (MESH) issues at camp. These issues have become so prevalent in our society, and camp professionals are making these a top priority. We have adapted the following from the ACA article [“MESH Essential Eligibility Criteria: Creating a Recipe for Camper Success”](#) by Diane Tyrrell, CCD, MAEd and the ACA’s Assessment of a Camper’s Behavior of Concern in order to ensure that we at Camp Alleghany are doing what we can to work with parents and guardians to manage mental, emotional, social health in addition to physical health at camp.

“This information won’t come as a surprise to health providers, counselors, clinicians, teachers, or even [parents and guardians] who’ve seen a rise in depression, anxiety, and related incidents firsthand. The number of kids and young adults struggling with MESH issues is staggering. According to the Department of Health and Human Services, more than three million adolescents aged 12–17 reported at least one major depressive episode in the past year, and more than two million reported severe depression that impeded their daily functioning (Schrobsdorff, 2016). According to research presented at the 2017 Pediatric Academic Societies Meeting, the number of children and adolescents admitted to children’s hospitals for thoughts of suicide or self-harm more than doubled during the last decade (American Academy of Pediatrics, 2017).

According to a survey by the Association for University and College Counseling Center Directors, more than half of the college students who visited their campus counseling centers during the 2015–16 academic year reported symptoms of anxiety (Tate, 2017).”

These statistics, as well as our own experience with a rise in MESH issues affecting the camper experience at Camp Alleghany, have made partnering with parents essential for assessing camper eligibility to give Camp Alleghany staff and potential campers (and their parents/guardians) the information needed to make an accurate, objective assessment when deciding if the individual’s abilities are a good fit for camp.

These requirements are not intended to be exclusionary, but to provide a safe and positive environment for both campers and staff members. As such, using ACA guidelines as a framework, we have formulated the aforementioned Essential Eligibility Criteria (EEC) to not only determine if the Alleghany experience is a good fit for your camper but also to know criteria for contacting Elizabeth to confidentially discuss specific needs your camper has to thrive at Alleghany. The EEC enables us to determine our ability to provide for those needs as we are limited in our ability to provide rehabilitative or therapeutic programming. We may ask you to pick up your camper and voluntarily withdraw should any MESH issues arise during her stay which exceed our ability to serve your camper or present a danger to herself or others.





# TO DO CHECKLIST AND FORMS

## 2025 SUMMER CAMP DATES

Mini Camp: June 15-21

First Term: June 22-July 12

Second Term: July 13-August 2

Full Term: June 22-August 2

Family Camp: August 3-10

## CHECKLIST TO COMPLETE BY MAY 1ST

- Log in to [your CampMinder online account on our website](#) or the [Campanion app](#) and finalize your tuition payments.
- Complete the Health Forms and return them with a copy of your insurance and/or prescription cards.
- Complete the Camper Information Form
- Sign and upload the Camper Code of Conduct and the Handbook Parent Signature Form to your online account.

## CHECKLIST TO COMPLETE BY THE START OF CAMP

- Put your camper's name on absolutely everything with a permanent laundry marker or name tapes.
- Tape the Trunk List inside your camper's trunk lid.
- Add money to your camper's Store account through your CampMinder account or [Campanion app](#).
- Register for one-way emails and photo viewing using CampStamps through your [CampMinder account](#) or [Campanion app](#)
- Package your camper's medication according to our medication guidelines found on page 22 (if applicable)

## GETTING YOUR FORMS TO US

- All the necessary and required forms are also located in [your CampMinder account](#) and [Campanion app](#)
- Some of the forms are web-based and you may fill them out on your computer.
- Other forms require that you download them and fill them out by hand.
- When finished filling out by hand, please scan the documents back to your computer, and upload to your [CampMinder account](#). Instructions are within CampMinder, but please e-mail our Office with any troubles at [Info@campallegghany.com](mailto:Info@campallegghany.com)
- Please do not mail your forms, with our mail forwarding system they could easily get lost in the shuffle!
- This Handbook and accompanying forms can also be printed from [our website's Forms & Info page](#).



# SUPPLIES (NECESSARY AND PROHIBITED ITEMS)

## WHAT TO BRING

For what to pack see the [Packing List](#) on our website.

Generally, campers bring one standard sized trunk/footlocker and one duffle bag. Each piece of camper luggage must be clearly labeled on the outside. Please do not bring trunks larger than 32"L x 18"W x 16.5"H.

For fire safety and space reasons, portable plastic dresser drawers are prohibited.

First-time campers who won't yet have been assigned a color team are encouraged to bring a couple of blue and a couple of gray tee shirts so that, once assigned, they'll have some spirit shirts for their color team. Additionally, bringing one solid shirt in each of the primary colors will deepen participation at some of our evening activities when these colors are encouraged.

On that note, costumes can be fun for certain evening activities, and holiday garb for July 4th (1st Term) and Christmas in July (2nd Term) is always encouraged!

Lastly, having a small, low to the ground, easily portable camping chair (such as [a Crazy Creek](#)) is beneficial for Campfire, Vespers, and other activities.

## UNIFORM

Campers must wear navy blue shorts and a white shirt for dinner Monday through Saturday. Blue or denim cut-offs are not acceptable. On Sundays in Term Camp only, white shorts and a white shirt are required until 5:00 p.m. White tennis dresses or skirts are acceptable. **NOTE:** A white shirt that is acceptable for dinner/Sunday may have a design or slogan on the back, and something small on the front pocket, but nothing large on the front.

Navy blue and white Camp Alleghany logo shorts, and white Alleghany logo shirts are available for purchase during camp at the on-site Camp Store or anytime [via our online store](#).

## OPENING DAY ARRIVAL CLOTHING

Campers must arrive at camp wearing Blues & Whites, closed-toed shoes, and no make-up. This tradition helps set a tone of inclusion and shared identity right from the start of camp. It also means that your camper doesn't have to think/stress about what to wear to camp that very first day.

We also take Yearbook pictures on Opening Day, so it is critical to be in the uniform for that photo.

Read more here! [Opening Days in Blues & Whites](#)

## LAUNDRY

Camp tuition includes the cost of weekly laundry service during Term Camp only.. The laundry is taken out of camp once each week and returned 2-3 days later. Please label all clothing/supplies for your camper prior to camp.

Our onsite washing machines are not available for campers' use, except in the case of an emergency. Only staff members may operate the laundry machines.

## CAMP STORE

Our on-site Camp Store carries basic necessities (toiletries, batteries, sanitary supplies, etc), clothing (Alleghany shorts, tee shirts, sweatshirts, etc) and stamps. We suggest that each camper have \$50.00 per week spending money in her store account.

Unused money from the account will be reimbursed through your online account at the end of camp or donated to the [Camp Allegheny Alumni Association](#). We don't allow campers to spend more than they have in their account; however you may log in to your online account to add money during the term if you receive word from us that your camper is close to her limit.

While your camper is at camp, please [e-mail our Store Managers](#) should you have any questions regarding Camp Store matters. Your camp store account can also be managed from your [CampMinder](#) or [Campanion](#) account.

## SPORTS EQUIPMENT

Girls may – and are encouraged to – bring sports equipment such as a tennis racquet, lacrosse stick, or field hockey stick and keep them in their tents.

Rifle and archery equipment may be brought as well, although these items will be checked in by our staff and stored under lock and key in the Rifle or Archery Huts when not in use by your camper.

Please make certain your camper's name is on every piece of equipment.

## VEHICLES

Campers are not permitted to have a vehicle at camp, even if they have their driver's license. Other prohibited items are listed below.

## WHAT NOT TO BRING

- Oversized footlockers (no larger than 32"L x 18"W x 16.5"H)
- Valuables, jewelry, makeup
- Plastic dresser drawers\*
- Electronic devices including Internet-enabled digital cameras\*
- Video cameras\*
- Cell phones\*
- Candy, gum, snacks\*
- Alcohol, drugs, tobacco, JUULs, vaping drugs and devices, matches, lighters\*
- Weapons\*
- Animals

\*These items are prohibited and will be confiscated.

## TOBACCO, ALCOHOL, & UNPRESCRIBED DRUGS

Campers are not permitted to use or possess tobacco, alcohol, or non-prescribed drugs in any form. No illegal substances will be permitted by anyone at Camp Allegheny.

Per our Honor Code, campers are expected to report any known violation of this policy to a counselor in camp.

## CELL PHONES & ELECTRONIC DEVICES PROHIBITED

It is prohibited for campers to use or possess the following items at Camp Allegheny:

- Cell phone
- iPad
- Video camera
- Digital camera with video or Internet capabilities
- Video games
- Any device that has Internet connectivity (including iPods or cameras with such capability)
- Any device that shows/records videos (including iPods or cameras with such capability)
- Any other electronic device with Internet or video capabilities

Should a camper have one of these devices at camp, it will be kept in the Camp Office until closing day. A simple mp3 player without video/Internet capacity is allowable, but campers may not charge these items, and counselors may not charge them for campers. Non-Internet connected radios/discmen are acceptable.

We take this policy very seriously, and we thank you in advance for respecting our rules.

Please see Page 36 for more information on how parents are expected to support this policy.

## KEEPING TRACK OF BELONGINGS

Going off to camp means organizing supplies and personal belongings. You might worry that your camper will come back with less (or more!) than she came with to camp. We have a few suggestions to help her keep her things in order.

- **LABEL EVERYTHING WITH HER NAME:** And we mean everything. We can't tell you how many unmarked Lost & Found items turn up every year. Often the girls don't always recognize that a particular pink sock or pair of white undies is theirs, because they look just like everyone else's. Be sure to put your camper's name on every single item that comes to camp with her.
- **DON'T SEND VALUABLES OR SPECIAL ITEMS:** Don't send anything to camp that you would miss terribly if it didn't come back home. We're talking valuables, jewelry, those electronics discussed above, etc. We're an all-girls' camp, and while good hygiene is stressed, we don't fuss over appearances. This is a time for girls to be themselves without all the decorations needed. So please, don't send the Mary Janes and pearl necklaces. They might not come home, or they might return in a state that makes you unhappy..
- **FOLLOW THE PACKING LIST:** Don't overpack! Follow the guidelines on the [What to Bring](#) list located on the website, and you will be fine. What is able to fit in a medium-sized trunk and a duffel bag is plenty. The tents are small and storage space is limited.
- **INVOLVE YOUR CAMPER:** Too often campers don't even know what's in their own trunk, making identifying an unlabeled article of clothing even more difficult. If she is involved in the packing process and knows what she brought to camp, it will greatly help in the chance that she misplaces something.
- **SHARE YOUR FAMILY RULES ON BELONGINGS WITH HER.** Work with your camper ahead of time on keeping track of and taking care of her belongings. Talk to her about what your expectations are in terms of letting friends borrow things, and about everything coming home at the end of the Term. If she has a sense of this from the beginning, it will help her during the Term.



# LUGGAGE SHIPPING INFORMATION

We have connected with a luggage shipping service that is destined to make the trip to Camp Alleghany easier, simpler, and more efficient, for those who need or desire it.

Whether you live far away and your camper is flying to camp, or you live close by and just want or need more space in your vehicle (multiple campers, a carpool situation, etc.), or you just would like to avoid luggage delays on Opening Day, [Ship Camps](#) is a great option for anyone!

## SHIP CAMPS

We have partnered with Ship Camps, a company that does one thing and one thing only – delivers those unwieldy trunks and duffels to camps (and home) so that you don't have to. And they can do it from anywhere in the US at very competitive rates.

As one camp mom who has already booked with this service said, "It's cheaper than a tank of gas!"

It's a simple process. You:

- [Click here to go directly to Alleghany's Ship Camps website](#)
- Receive packing forms and luggage tags from them
- Pack the trunk and duffel, etc. and attach the labels to them
- They pick it up, and you don't even have to be home when they do
- Forget about it!

As for your camper, she:

- Arrives at camp via your uncluttered car, or in a carpool with a friend (more space for campers!)
- Handily crosses the river on the Barge
- Magically finds her gear in her tent ready to go
- Starts her fun camp experience that much faster and more easily!

To me it's a no-brainer – the ease of having luggage out of the way, enabling a much easier car or plane trip, and cutting down on the waits and any unexpected issues once you arrive at camp is a peace of mind well worth the competitive shipping fee.

The more families that take advantage of this service the year, the easier it will be for everyone to cross the river quickly and efficiently and get on to what really matters – settling into Camp Alleghany!

I hope you'll check it out and consider signing up! (Full disclosure: We do not profit in any way for this service. We just want your life and transition to camp to be easier!)



# OPENING DAY INFORMATION

## MOTHER-DAUGHTER WEEKEND OPENING DAY PROCEDURES

Friday, June 13, 2025 at 1:00 p.m. and 2:00 p.m.

### Arrival Time Slot

You will receive a link to sign up for an arrival time slot of **1:00 p.m.** or **2:00 p.m.** Please plan to arrive **promptly** at your time slot, **but no earlier**. Thank you!

**You'll drive through the following stations:**

### Station 1: Check in with Ace

Ask any questions if needed, or settle any loose ends.

### Station 2: Medical Check-in

Adults' and campers' temperatures are taken and questions asked of the parent/recorded on a check-in form. All persons in the vehicle have their temperature taken/recorded.

Questions are asked/recorded regarding any current symptoms or exposure to communicable illnesses, etc. as well as other health information.

### Station 3: Luggage Drop-Off

Staff members unload vehicles and load luggage onto a truck to be delivered to your tent on Tent Row.

### Park and head to the Barge!

### Once in Camp

Campers will be welcomed by our counseling staff who will greet them with songs and cheers on the camp side of the river as they traverse on the barge. Counselors will walk campers to their tents where they will meet Mae and settle into their tents and let the fun begin!

## MINI CAMP OPENING DAY PROCEDURES

Sunday, June 15, 2025 from 2:00 p.m. to 4:00 p.m.

### Arrival Time Slot

In your Camper Information Form in CampMinder you will sign up for an arrival time slot of **2:00 p.m.**, **3:00 p.m.**, or **4:00 p.m.** Please plan to arrive **promptly** at your time slot, **but no earlier**. Thank you!

**You'll drive through the following stations:**

View our [Parking Lot Map](#) for a visual of these stations.

### Station 1: Check in with Elizabeth and Maggie

Parents may chat with Elizabeth and Maggie, ask any questions if needed, or settle any loose ends.

### **Station 2: Basic Health Check-in**

Campers' temperatures are taken and questions asked of the parent/recorded on a check-in form regarding any current symptoms or exposure to communicable illnesses, etc. as well as other basic health information.

### **Station 3: Luggage Drop-Off**

Staff members unload vehicles and load campers' trunks and duffels onto a truck to be delivered to the camper's tent on Tent Row.

### **Station 4: Infirmary/Medication Check-in (if applicable)**

If you have medication to drop off or if you need to speak to our medical staff or discuss any concerns related to health and wellness, you will stop at this station.

If you do not have any medications, do not need to speak to a medical staff member, or your camper does not have a dietary restriction, you will drive past this station.

### **Station 5: Dietary Restrictions (if applicable)**

If your camper has a restricted diet, you will stop at the Dietary Restrictions tent to discuss her dietary needs with our Special Diets Coordinator.

### **Station 6: Camper Drop-Off / Parent Exit OR Parent Park**

You will have two choices:

1. Camper Drop Off: Drop your camper with our friendly counselors waiting to greet and welcome your camper to Alleghany. They say goodbye to parents and travel on The Barge across the river with the counselors and other campers!
2. Circle around the parking lot and find a parking space if you wish to go into camp with your camper.

Watch our [video](#) to help with your decision if you're undecided on going into camp or dropping your camper off.

### **Once in Camp**

Campers will be welcomed by our counseling staff who will greet them with songs and cheers on the camp side of the river as they traverse on the barge.

### **Counselors will accompany campers to the following:**

- All campers will visit our Nit Fairies Station for a lice-check (treatment if necessary), and then get their Yearbook pictures taken.
- Campers will then head to Tent Row with a counselor to meet their own counselor and tentmates, and begin unpacking and setting up their beds and trunk areas for their wonderful stay at Camp Alleghany for Girls!
- Once all their tentmates have arrived, they will take a tour of camp together as a tent.

Campers will be accompanied by a counselor at all of these in-camp check-in stations.

## **TERM CAMP OPENING DAY PROCEDURES**

**1st Term: Sunday, June 22, 2025 from 11:00 a.m. to 3:00 p.m.**

**2nd Term: Sunday, July 13, 2025 from 11:00 a.m. to 3:00 p.m.**

### **Arrival Time Slot**

Once your forms are completed you will receive a link to sign up for an arrival time slot of **10:30 a.m.,\* 11:00 a.m., 12:00 p.m.\*, 12:30 p.m., 1:30 p.m., 2:30 p.m., or 3:00 p.m.** Please plan to arrive promptly at your time slot, **but no earlier.** Thank you!

\*The 10:30, 12:00, and 3:00 time slots are reserved for campers being dropped off only (no family members going into camp). If you wish you go into camp with your camper, please choose another time slot. You may also drop your camper off and not go into camp during the other time slots as well.

**You'll drive through the following stations:**

View our [Parking Lot Map](#) for a visual of these stations.

**Station 1: Check in with Elizabeth and staff**

Parents may chat with Elizabeth, ask any questions if needed, or settle any loose ends.

**Station 2: Basic Health Check-in**

Campers' temperatures are taken and questions asked of the parent/recorded on a check-in form regarding any current symptoms or exposure to communicable illnesses, etc. as well as other basic health information.

**Station 3: Luggage Drop-Off**

Staff members unload vehicles and load campers' trunks and duffels onto a truck to be delivered to the camper's tent on Tent Row.

**Station 4: Infirmary/Medication Check-in (if applicable)**

If you have medication to drop off or if you need to speak to our medical staff or discuss any concerns related to health and wellness, you will stop at this station.

If you do not have any medications, do not need to speak to a medical staff member, or your camper does not have a dietary restriction, you will drive past this station.

**Station 5: Dietary Restrictions (if applicable)**

If your camper has a restricted diet, you will stop at the Dietary Restrictions tent to discuss her dietary needs with our Special Diets Coordinator.

**Station 6: Camper Drop-Off / Parent Exit OR Parent Park**

You will have two choices:

1. Camper Drop Off: Drop your camper with our friendly counselors waiting to greet and welcome your camper to Alleghany. They say goodbye to parents and travel on The Barge across the river with the counselors and other campers!
2. Circle around the parking lot and find a parking space if you wish to go into camp with your camper.

Watch our [video](#) to help with your decision if you're undecided on going into camp or dropping your camper off.

**Once in Camp**

- Campers will be welcomed by our counseling staff who will greet them with songs and cheers on the camp side of the river as they traverse on the barge.
- Counselors will accompany campers to the following:
- All campers will visit our Nit Fairies Station for a lice-check (treatment if necessary), and then get their Yearbook pictures taken.
- Campers will then head to Tent Row with a counselor to meet their own counselor and tentmates, and begin unpacking and setting up their beds and trunk areas for their wonderful stay at Camp Alleghany for Girls!
- Once all their tentmates have arrived, they will take a tour of camp together as a tent.

Campers will be accompanied by a counselor at all of these in-camp check-in stations.

Let the fun begin!



# CLOSING DAY INFORMATION

## AUTHORIZED PICKUP PERSONS

For pick up Saturday (either at camp or the bus stop), we have the following custodial parents and/or approved designees on file who may pick up your camper(s). If you wish for someone other than who is listed below to pick up your camper(s), please contact the office immediately. **Please bring a valid photo ID with you** so that we can ensure your camper is leaving with you, the custodial parent/guardian, or a designee that you have already listed on your Closing Day Authorization Form.

## MEDICINE AND STORE ACCOUNTS

Medications will already be in your camper's trunk when you come to pick her up.

Any remaining Store account balance can either be donated to our Alumni Association or rolled over to your campers store account next summer.

## MINI CAMP CLOSING DAY PROCEDURES

On Closing Day, please follow the procedures outlined below.

Should there be a change in plans that would affect your arrival/departure (e.g., weather), you'll receive an email, text or phone call from one of the directors prior to arriving at camp.

In the Camper Information Form, you noted who is authorized to pick your camper up in your absence. We will not allow campers to leave with anyone other than who you listed on the application. Please notify the Office at [Info@campalleghany.com](mailto:Info@campalleghany.com) or 304-645-1316 if anything has changed.

### Dates & Times

- **Mini Camp Closing Day: June 21nd**

Prior to Closing Day, we will send out a **sign-up sheet** for pickup slots, please note that these times are first come first serve and they fill up quickly! **Closing Day pick-up time slots are 9:30, 10:00, 10:30 and 11:00.** Be aware that all parents and authorized pickup persons will remain on the parking lot side of the barge, campers will greet you at your car like a carpool line.

### Closing Day Procedures are as follows:

1. Upon entering Camp Alleghany's parking lot, **present your photo ID** to the first greeters you see. The greeters will also confirm that you are on the authorized pick-up list (see below).
2. Stop at the first tent to retrieve any electronic devices your daughter brought to camp, or any packages she received while at camp, if applicable.
3. The greeters will tell you where to drive to pick up your camper's trunk and duffel.
4. Once you have loaded your camper's luggage into your vehicle, you will circle around to pick up your camper(s), after luggage has been picked up.

## TERM CAMP CLOSING DAY PROCEDURES

On Closing Day, please follow the procedures outlined below.

Should there be a change in plans that would affect your arrival/departure (e.g., weather), you'll receive an email, text or phone call from one of the directors prior to arriving at camp. Parents of bus riders will also be informed of their pick-up times and locations.

In the Camper Information Form, you noted who is authorized to pick your camper up in your absence. We will not allow campers to leave with anyone other than who you listed on the application. Please notify the Office at [Info@campalleg hany.com](mailto:Info@campalleg hany.com) or 304-645-1316 if anything has changed.

### **Dates & Times**

- **First Term Closing Day: June 12th**
- **Second Term Closing Day: August 2rd**

The buses will all leave camp by 8:30 a.m., and car-rider pick-up will begin at 9:30.

Prior to Closing Day, we will send out a **sign-up sheet** for pickup slots, please note that these times are first come first serve and they fill up quickly! **Closing Day pick-up time slots are 9:30, 10:00, 10:30, and 11:00.** Be aware that all parents and authorized pickup persons will remain on the parking lot side of the barge, campers will greet you at your car like a carpool line.

### **Closing Day Procedures are as follows:**

1. Upon entering Camp Alleghany's parking lot, **present your photo ID** to the first greeters you see. The greeters will also confirm that you are on the authorized pick up list (see below).
2. Stop at the first tent to retrieve any electronic devices your daughter brought to camp, or any packages she received while at camp, if applicable.
3. The greeters will tell you where to drive to pick up your camper's trunk and duffel.
4. Once you have loaded your camper's luggage into your vehicle, you will circle around to pick up your camper(s), after luggage has been picked up.

### **While In Town**

Information about our surrounding area can be found on the [Visiting Alleghany Page](#) of our website.



# TRAVEL: IN CAMP, TO/FROM CAMP, BUS

## TRAVEL WHILE IN CAMP

Alleghany provides some out-of-camp trips for the girls each summer (listed below). For each outing, safety procedures are followed and the campers are closely monitored by Alleghany staff members. All transportation is provided by a charter bus or an approved vehicle driven by those at least 21 years of age who have demonstrated safe driving skills in accordance with American Camp Association (ACA) regulations.

Upon registering for camp online, you were given the option to approve your camper attending the following events. If you have changed your permission regarding any of these events, please contact the Office via e-mail to notify us.

### Our out-of-camp trips may include:

- Dances with our brother camp, Camp Greenbrier, which, like Alleghany, is accredited by the ACA.
- Rifle, Archery, and Tennis matches against Camp Greenbrier (only those competing will travel).
- An out-of-camp event such as a canoe trip or a field trip to a local tourist attraction such as Organ Cave or a state/national park.
- An evening in downtown Lewisburg at the Greenbrier Valley Theatre for 14- and 15-year-old campers.
- Weather-permitting, a day trip to Blue Bend (a park on the river) for the 15-year old campers.
- Several out-of-camp trips for the Leaders-in-Training (LIT) participants (specific details in LIT-only communication).

## TRANSPORTATION AUTHORIZATION

**NOTE:** It is imperative that you fill out the Camper Information Form in your CampMinder account to notify us who has permission to pick up your camper on Closing Day. We will not allow anyone other than those listed on this form to pick her up from camp. If you need to change or update this form before Closing Day, please notify the Office

## REMINDER ON CAMP VEHICLES

Campers are not permitted to have a vehicle at camp, even if they have their driver's license.

## DIRECTIONS TO CAMP BY CAR

**Traveling WEST on Interstate 64:** Take I-64 West to the second exit in WV, #175. At the bottom of the exit ramp, turn right towards US-60. At the dead end/intersection, turn left on to US-60 West. Immediately after crossing the Greenbrier River, turn right on to Stonehouse Road. Follow this to the Camp Alleghany sign, turn right, and follow to the camp parking lot.

**Traveling EAST on Interstate 64:** Take I-64 East to exit #175. At the bottom of the exit ramp, turn left towards US-60. Follow above directions.

If you use [Google Maps](#), you'll find us as **Camp Alleghany, 428 Camp Alleghany Road Caldwell, WV 24925**. See the Directions page on our website for more detail if needed.

## BY TRAIN

Some cities offer train service to camp. Please check with Amtrak for the schedule to White Sulphur Spings, WV. You are required to make a reservation in advance. If you chose this option when registering for camp, we will be sure to meet your camper's train upon arrival. Amtrak does not permit trunks as luggage on the train, so you may ship the trunk to camp via UPS prior to the beginning of the session.

## BY PLANE

Certain Airlines service the [Greenbrier Valley Airport](#) in Lewisburg, WV. We will pick up any campers flying into the Greenbrier Valley Airport on opening day of either session.

Campers may also fly home on the closing day of either session. There is no fee for us to pick up or drop off your camper at Greenbrier Valley Airport. Please e-mail all flight information to our Office.

## BUS INFORMATION

Camp Alleghany provides a chartered and chaperoned bus service to Alexandria, VA on CLOSING DAYS ONLY. Snacks are provided for all passengers and chaperones.

When picking up your camper at the end of the Term from the bus stop, please check with the chaperone before leaving the drop-off site so all campers can be checked off properly and all belongings accounted for.

Traffic and other unforeseen factors may influence approximated schedules. We will make every effort to follow the stated schedule. If there is a significant delay or change in the published schedule we will contact you at your home telephone number.

The Bus Safety Rules will be sent by email to all campers registered for the bus prior to departing. Please review these rules with your camper before she leaves for camp.

### **BUS COST**

Bus fees cover the cost of transportation and two pieces of luggage (one standard-sized trunk/footlocker and one duffel). **The cost per rider is \$150.**

All bus reservations must be made by **May 1**. If a bus does not have enough campers signed up to ride it, we will have to cancel that bus. All families will be notified and refunded if this is the case. Please use the Bus Registration Form found within your CampMinder account to register for a bus. Detailed bus information is found on the [Forms & Info page](#) of our website.

### **BUS DATES**

**First Term Closing Day: Saturday, July 12, 2025**

**Second Term Closing Day: Saturday, August 3, 2025**

### **CLOSING DAY BUS DROP-OFF LOCATION**

ALEXANDRIA, VA

Arrival Point: St. Stephen's & St. Agnes Middle School Campus, 4401 West Braddock Road

Arrival Time: estimated 12:30-1:00 p.m.

Cost: \$150

### **CAMP ALLEGHANY'S BUS REFUND POLICY**

We work hard to fill each end-of-term camp bus, and we have to pay for the entire bus no matter how many riders are on it. If you withdraw your camper from a bus after June 1st, you will still be responsible for full payment of the bus prior to the first day of camp. We thank you for understanding.

# HEALTH AND WELLNESS AT CAMP

Our goal is for each camper to have a healthy, active, and enjoyable experience at Alleghany. A qualified health care staff member is on-site 24 hours a day to meet your camper's health and wellness needs (typically two nurses and one doctor at all times). In addition, emergency facilities are readily available at the [Greenbrier Valley Medical Center](#) and [MedExpress](#).

There are a few things that you can do to help us provide the best care possible for your camper, and we are asking your cooperation with the following items.

## HEALTH FORMS

1. If you have not yet submitted your camper's Health History Form (Form A), which is to be filled out by a parent or guardian, and is available [online in your CampMinder account](#), please complete this in its entirety and submit it as soon as possible. (Note: this is filled out by you, the guardian; a doctor's visit is NOT necessary to complete this one!)
2. Have your healthcare provider complete the Camper Health Form (Form B) and update the immunization records to provide us the most accurate and up-to-date information.

Please include comments about any and all illnesses, medical problems, restrictions, limitations, or special concerns, allergies, activity, dietary, mental health, etc. The more we know about your camper, the better prepared we are to ensure she has a positive experience. Remember to sign the Parent/Guardian Authorization box and include all pertinent emergency contact information.

Also remember to include your health insurance information. Please make a copy of your health insurance card and prescription card (if separate) and include them with your uploaded health form.

We will keep your camper's health care information confidential. Only those staff members who need to know of your camper's health care concerns will be informed.

Please scan and upload your camper's Health Form, signed by her physician, to your [CampMinder account](#) by May 1. If your doctor's appointment does not occur until after May 1, please click here to [let us know the date of your camper's appointment](#).

## BASIC INFORMATION

We have a stocked Camp Infirmary and have both a nurse and a doctor in residence every week of camp who handle minor injuries and illnesses free of charge.

The Greenbrier Clinic and the Greenbrier Medical Center are conveniently located nearby.

We do not provide accident insurance nor prescription medicines. **IT IS YOUR RESPONSIBILITY TO PROVIDE HEALTH INSURANCE** for your child. In the event there is a need for medical treatment outside of camp, the local doctor's office, hospital, or pharmacy will bill your medical insurance.

## MEDICAL POLICY

We expect our campers to be healthy when they arrive at camp and to remain healthy throughout their stay. Realistically, living in such close quarters among several hundred others, we know that there may be mishaps or routine illnesses.

If your camper becomes ill or is injured while at Alleghany, our staff will be available 24 hours a day to attend to her needs. We will notify you by telephone or email if we feel her injury/illness warrants your concern. Routine ailments (cuts, scrapes, sore muscles, poison ivy, etc) may not warrant notifying parents.

You will be notified if your camper has been confined to the Infirmary for more than 24 hours due to illness or injury; if she has been prescribed antibiotics; if there is a suspected or confirmed concussion; sutures; tick bites; if your camper has been to the Infirmary 3 times for the same issue; or if the health care provider has other concerns to discuss. Please make sure your preferred contact information and method (phone, email, etc.) are current in your CampMinder account and on your camper's health forms.

Any camper with medications or special medical needs will have a private check-in with the medical staff on Opening Day.

## DAILY MEDICATION REQUIREMENTS

Note: This plan was new in 2021, and as it is still a new procedure for us we ask that everyone please read closely and don't hesitate to ask us questions.

We have recently made some significant changes to our policies and procedures for campers who take regular, daily medications (separate from as-needed medications). This means your camper will visit the Infirmary every day for these medications, possibly twice (or more) a day.

In an abundance of safety and precaution, using absolute best practices and steadfastly following the ACA's standards for medication dispensing, this year we are requiring that regular, daily medications are brought to camp in separate dosing packets/bags for each dose, with the camper's name, date, time of day the medication is to be taken, and medication name and dose listed on the packet. This means that if she takes medication twice a day for three weeks, you will bring with you 42 packets of medication, fully labeled with all the pertinent information, for her entire stay (21 days) at camp. If she takes more than one medication at the same time, both medications can be in the bag/packet and they must both be listed on the label.

There are multiple ways to achieve this:

- Amazon Prime is offering a free service called [Amazon PillPack](#).
- Many pharmacies offer a similar service, you can inquire at your local pharmacy.
- You can do the work yourself by using [mini bags like these](#), and typing or writing on [mailing labels](#) with all the information on them.\*
- Alternatively, you can use [blister packs such as these](#) that you assemble on your own, making sure to also fully and clearly label these as well.\*

\*If you choose this route, you must bring the original package/bottle that the medication came in, so that our medical staff can confirm the dosage and other important information.

Note: Liquid medications will still need to come in their original bottles with dosing cup.

## ADDITIONAL MEDICATION NOTES

- If your child requires any medication during camp (prescription, or daily over-the-counter), it must be brought to the Infirmary on the first day of camp.
- Medications are kept safely locked in the Infirmary and will be dispensed by our medical staff per your physician's instructions. Medications are NEVER allowed in the tent or outside the Infirmary, except in very rare instances with explicit instructions from your physician.
- Only ESSENTIAL doctor prescribed and those medications taken daily should be sent to camp. Due to the volume of medications we receive, we are no longer able to accept any other vitamins or non-essential medications.
- Please do not send anything GUMMY (e.g. gummy vitamins, gummy melatonin, etc). The mice LOVE gummies and will smell it and find it and attempt to eat it. Please leave the vitamins at home anyway, and please do not send anything gummy.
- Our Infirmary supplies all routinely needed non-prescription medications, so please only send medications that your camper takes on a daily basis (for example, if your camper takes an allergy medication such as Zyrtec as needed, not every day, do not send this to camp, we have this in stock at the Infirmary!).
- Please label all medication appropriately; we will not dispense medication labeled for another person (i.e. siblings may not share).
- Do not send any medication to camp with your camper that is not listed on the Camper Health Form.
- If the camp doctor determines that your child needs more of the same medicine, you will be notified, we will obtain the medication at a local pharmacy, and your child's account will be billed accordingly.

## EMERGENCIES/DOCTORS APPOINTMENTS

In the case that your camper needs medical or dental attention at a facility outside the camp setting, we will make such appointments and a staff member will transport and chaperone her to the appointment. You will be notified by an Infirmary staff member if this becomes necessary.

## FLU/COVID/FEVER GUIDELINES

The flu and Covid viruses are still present during the spring and summer, and because we live in close quarters at Alleghany, viruses can be easily spread to other campers. Camp Alleghany follows the [American Camp Association](#) guidelines for flu/virus prevention. If your camper was not able to receive a flu or Covid vaccine this year, please simply disclose this information to us upon check-in. We will follow the simple guidelines in the days leading up to camp as well as on Opening Day.

If your camper has been (a) exposed to flu or Covid, (b) has a fever upon arrival at camp (temperature of 100.4 F or higher), or (c) has had a fever (100.4 F or higher) within 24 hours of arrival at camp, we require that you:

- Keep her at home until she has been fever free for 24 hours, without the use of an antipyretic (e.g. Tylenol)
- Call camp to let us know you will be delayed in arriving due to illness
- Notify us when you plan to bring her to camp after she has been fever-free for 24 hours, without the use of an antipyretic.

Lastly, on Opening or Closing Day, if you or anyone in your family has been ill or had a fever within 24 hours, we respectfully ask that you not come to camp, for the safety of your camper and all of our campers and staff.

**Fever Policy:** At Camp Alleghany, a fever is a temperature of 100.4 F or higher. If your camper arrives at camp with a temperature of 100.4 F or higher, we will ask that you take her home or to a hotel until she is fever-free for 24 hours, without the use of an antipyretic (e.g. Tylenol). A low grade fever of 99.5-100.3 F will require a follow-up check at camp, and monitoring for the first 24-48 hours at camp. If a camper develops a fever while at camp she will be monitored by the Infirmary staff and will stay in the Infirmary until she is fever-free.

## INFIRMARY EMAIL ADDRESS

You can reach the Infirmary staff [via email here](#) or at the email address [infirmary@campalleghany.com](mailto:infirmary@campalleghany.com) (this email address is NOT monitored until camp is in session, please do not use it until then). This email address is checked daily by one of the nurses or doctors during the summer, and may be used to contact parents/guardians if a phone call has not been successful. We do ask that you respect the medical team and only contact them using this address if absolutely necessary. The intent of this email is to make communication more smooth and take out the “middle man” (i.e. the camp office, which has so many other emails to reply to daily!), but our hope is that parents will not take advantage of this communication tool.

Thanks for your understanding! As always, it is our goal to ensure that all of our campers have the most positive, pleasant, and healthy camping experience possible. Working with us, you can help make this possible. Camp Alleghany's directors and staff thank you for your partnership, understanding and diligence in this matter. If you have any questions or concerns, don't hesitate to contact us. Open communication between you, your child, your physician, and the Camp Alleghany Infirmary staff will ensure a smooth transition into camp and a more healthy time while here.



## WELLNESS COUNSELOR

In an effort to provide the best care for our girls and ensure a positive and productive camp experience for all, Jameson Sellers and Kristin Poulin, Licensed Professional Counselors, will again be joining our health care team this summer as our Wellness Counselors. They will meet with our counselors during Staff Training and spend some time with them covering self care and camper care, with special focus on mental health strategies. During Term Camp they will live onsite for a portion of the time, and be available to our staff via phone or zoom for support when they are not in camp.

Kristin and Jameson are a wonderful resource for both campers and staff, especially those working through homesickness, anxiety, and other emotional issues that might be impacting their camp experience. Although they are mental health professionals, they will not be providing formal therapy. During their time at camp, they will be available to listen to the girls' concerns, talk with them in a safe and caring environment, and provide tools and strategies to help them work through their feelings so that they can make the most of their camp experience. Think of them as a school counselor for camp!





# LICE PREVENTION AND TREATMENT

I will never forget the summer of 1999 at Alleghany. I was a counselor enjoying all aspects of my summer at camp when the dreaded lice infested our community. Programming came to a halt, as the staff cleaned all of the bedding and tried to rid our heads and tents of these tiny pests. The remainder of the summer season, campers were checked daily in an effort to avoid another lice takeover. The amount of time and money it cost us at camp really took a toll on the camp experience as a whole.

This same scenario was repeated in the summers of 2010 and 2011 - summers I will never forget, and hope to never repeat! As an administration, we sat down to discuss a more proactive approach, as opposed to reactive, which is how we ended up where we are today. As we prepare for another fantastic camp season, I share this story to explain how and why we created Camp Alleghany's [Lice Policy and Treatment/Prevention Plan](#).

On Opening Day, all campers will be checked for lice/nits by the [Nit Fairies](#), a professional lice screening company based in Richmond, VA we have partnered with for many years. Since partnering with them, cases of lice in camp have almost been entirely eliminated.

Our policy states that if a camper is identified as having head lice, the camper will be treated on-site by the [Nit Fairies](#) and the parent will be billed \$300.00.

Yep. We are going to take care of it for you. That may seem like a lot of money; however, when you take into account the energy and resources to run a load of laundry and wash and treat the child's hair, the cost of treatment supplies, and the time and effort required from our staff to not only treat, but also to follow up with the child, it adds up. (It is worth noting that Camp Alleghany does not make any money off of this, the amount per person that the Nit Fairies bills us is \$300.00.)

How do you avoid this costly bill? Save yourself the headache and do a couple of head checks in the weeks and nights prior to your child's arrival at camp. Make it part of the evening routine and educate your child about not sharing brushes, combs, or headwear with others. And of course, click here to read our full [Lice Policy and Treatment/Prevention Plan](#).

I hope this is helpful as you prep for camp, and if you have additional questions about Alleghany's lice policy, please reach out, I am always happy to talk through anything.

Here's to a healthy and itch-free summer!

## NO LICE/NO NITS POLICY

We encourage you to have your child checked for head lice by a school nurse, pediatrician, or other specialist two weeks prior to departure and again immediately before camp begins. If any sign of head lice is found, please call your pediatrician to arrange for appropriate and immediate treatment well before your child leaves for camp and let us know that such treatment has taken place. If your child had head lice or was exposed to it (family member, friend, schoolmate, etc.) within four weeks of her arrival to camp, please notify us. We are committed to doing all we can to keep lice out of our community.

NOTE: Having your pediatrician check for lice prior to arrival at camp is NOT always a guarantee, as there is a 3 to 7 day period of gestation during which the nits are invisible.

## CAMP ALLEGHANY'S LICE POLICIES AND PREVENTION

Head lice have reappeared over the past few years in schools and camps across the US. Self-contained communities like camps are especially vulnerable and must be vigilant to control this problem.

A challenge of living in close quarters is the quick and easy spread of head lice. To combat head lice, Camp Alleghany contracts the services of an experienced, professional company lice screening company based in Richmond, VA, called [The Nit Fairies](#) to provide lice screenings on the Opening Day of each session, as well as the middle of the session during 1st and 2nd Terms.

If a representative from The Nit Fairies finds lice or nits in your camper's hair, one of Alleghany's medical staff members will double-check to verify the finding. In this case, you have the option to pay The Nit Fairies

\$300.00 to treat your camper in camp, or you can take her home to treat her yourself. She will not be allowed to come into camp until she is lice- and nit-free.

Should you choose to have the Nit Fairies treat your camper, they will provide treatment on-site in our Infirmary. We will begin treatment immediately so that campers can stay in their tents on the first night of camp. We will also put all of that camper's clothing and bedding in a hot dryer for 20 minutes before she unpacks. The camper's parent/guardian will be billed for this service (please note that Camp Alleghany does not profit in any way from this charge, we are billed \$300/camper by the Nit Fairies for this service).

Please see the following page links on the [Forms & Info page](#) of the Camp Alleghany website:

- [Camp Alleghany's Lice Policy and Prevention Plan](#)
- [A welcome letter from The Nit Fairies!](#)

If your camper has been exposed to lice or currently has lice on Opening Day and you are aware of it, please do not bring her to camp until she has been properly treated. Additionally, please disclose this information to our medical team so that we can provide proper follow-up treatments once she arrives at camp.

# The facts of lice

**What are lice?**  
Lice are tiny wingless insects that live on a person's scalp and feed on their blood. About the size of a sesame seed, lice lay eggs called nits, which they glue to hairs, close to the scalp.

**Symptoms of head lice**  
Your child may have head lice if he or she complains of:

- A tickling feeling in the hair, like something is moving
- An itchy scalp
- Sores on the head caused by scratching

**How to check for lice**  
Carefully part your child's hair with a comb and look for the insect's eggs. Lice eggs, laid in the hair close to the scalp, look like tiny white or yellow ovals and often are mistaken for dandruff flakes.

**How head lice are spread**  
Head lice are mainly spread by direct head-to-head contact, which can be common among kids during play at school, camp, day care or slumber parties.

**How to reduce your child's risk**  
Encourage your child not to share items that touch the head, like hairbrushes, pillows and hats, and to avoid head-to-head contact while playing with other kids.

**Head lice myths, busted!**

- Head lice cannot jump or fly from head to head.
- Kids diagnosed with live head lice at school do not need to be sent home early. They can go home at the end of the day and return to class after treatment has begun.
- Getting head lice is not a sign of dirty hair or poor hygiene.

**How to treat head lice**

- 1. Kill the insects.** Apply an over-the-counter or prescription medication that will kill lice and nits. Follow the instructions on the label. Comb dead and any remaining live lice out of the hair using a fine-toothed nit comb.
- 2. Check the hair** of family members and close contacts, like babysitters and your child's close friends, for head lice. Keep checking family members for two weeks to be sure the lice are gone.
- 3. Clean any items** your child has worn or used in the past 48 hours. Machine wash clothes and bedding in hot water. Also vacuum carpet and furniture.

Each year, head lice get into the hair of **6 to 12 million kids**, ages 3 to 11.

Sources: Ohio State Department of Health; Centers for Disease Control and Prevention, American Academy of Family Physicians, American Academy of Dermatology

# FOOD AND MEALS

Food is [a big part of daily life at camp](#), so it's always exciting to talk about our [Dining Hall](#) and the fun and meaningful nature of our mealtimes. In fact our mealtimes are so legendary – [Thanksgiving Dinner](#) anyone? – that our alums will of course fondly remember the kitchen staff we had for many many summers, led by [Ms. Hazel](#). We know you miss them – and we do, too! After decades of feeding 'Ghany Girls, Miss Hazel's retirement was sure more than deserved! Her hearty meals have lived on though in camp memories, archives, even recipes ([Miss Carrie's Rolls!](#)); there are comfort foods, balanced meals, and nutrient-packed goodies that have always helped fuel campers' bodies and always will. And at the same time, mealtime is a source of enjoyment with fun foods such as pancakes, biscuits, and desserts, along with the general camaraderie of our time in the Dining Hall.

But any way you cut, when you're feeding around 350 people per mealtime – campers, counselors, support staff, guests, and family – the entire operation depends on many things coming off just right. We need excellent menus, good planning, smart shopping, superior coordination (split-second timing on cooking and serving), along with timely and thorough clean up, and, best of all, fun cultural elements like announcements, songs, chants, social time, and trying new foods.

## TASTE OR SERVING

We extend our mission – naturally inspiring growth through loyalty, honor, and friendship – to the camp experience at mealtime. That's why campers participate in our "Taste or Serving" practice. This means that every able camper and staff will at least try new foods – either just a teaspoonful taste or a whole serving.

If such an approach to eating is new to you or your family, rest assured that the experience is presented in a joyful spirit at meals.

However, we all know that kids can be picky eaters! You may have a picky eater. You may think that no way is she going to try a taste of chicken parmesan or a taste of some cooked carrots much less a serving of vegetable soup.

Yet campers embrace this rather easily as just being "part of camp."

But more than that, parents overwhelmingly report back to us in our summer-end surveys that their campers loved trying new foods and have become more adventuresome and less picky eaters after camp! Yay!

On top of that, we'd like to challenge the phrasing of "picky eater" and view it more as "brave eaters." Our campers show bravery when trying something new, a character trait that will stick with them long after the days of Dining Hall chants and Streusel Cake.

## SPECIAL DIETARY NEEDS

Some of our campers and staff have important dietary restrictions, such as being a vegetarian for personal or religious reasons, or being allergic/intolerant to a food, like gluten or lactose. Not having nuts or meat or bread or cheese in these circumstances is a real value and/or health concern. Camp Alleghany takes this seriously.

We make every effort to be as inclusive and accommodating to dietary restrictions and food allergies as possible. That's why these needs fall under an official fee-and contract-based plan for families – the Dietary Restriction Agreement. With this we do two things:

- Make sure that all dietary restrictions are strictly met to the best of our ability.
- Try to help those with restrictions or allergies get similar foods as the rest of the camp (for example, gluten-free pancakes on regular pancake day, or a veggie or soy-based burger on hamburger days).

## DIETARY PREFERENCES

When it comes to dietary preferences, such as vegetarian, pescatarian, gluten-free (as choice rather than a diagnosed medical need), we will respect and honor this, but campers must commit to it for the one or three or six weeks they're at camp. In other words, if you're asking us to procure veggie burgers for her under her

Food Allergy/Dietary Restriction Agreement then she can't eat bacon when she wants to because that's not vegetarian and we need the simplicity of her falling under one dietary plan, not a patchwork plan.

Additionally, because dietary restrictions often require food substitutions, when a camper's diet is restricted from one or more of the following foods by choice (not a medical-related reason), a fee of \$15/week is added to your ledger to help cover the increasing cost of substitute foods: eggs, dairy, gluten, meat, peanuts, tree nuts, soy. While shellfish is a common allergy, don't worry as we don't offer this at camp. Again, if there is a medical need for the special diet, and your camper's physician has explicitly noted this on your camper's Health Form, no charge will be added.

But what about if a camper just doesn't want to drink milk but does want to eat ice cream? Milk is a beverage of choice, not a "taste or serving" requirement, and many campers self-manage their dairy intake. However, if she's on a lactose-free Food Allergy/Dietary Restriction Agreement, she'll have to forgo the ice cream, even if she thinks she's able to tolerate dairy once-a-week. Camp will have dairy-free desserts for her in this instance.

Note! If a camper has a dietary preference but doesn't want substitutions - for example, a vegetarian camper who would prefer to eat largely off the salad bar and have the veggies served with meals, as opposed to soy-based burgers/ "meats" - she can absolutely opt out of the substitutions and the \$15/week fee will be waived.

## SPECIAL DIETS STAFF

We will once again be partnering with [Wolfoods](#) this summer as our food service staff, who will provide three chefs for us, one of them who will focus specifically on Special Diets.

In addition to our Wolfoods chefs and kitchen support staff, we will continue to have a Special Diets Manager in the kitchen and Dining Hall at every meal. This is a non-chef adult responsible for managing each camper and staff member's individual dietary needs, and ensuring that the specific food our chef prepares for those individuals is delivered to the appropriate person.

Campers with special diets will meet with the Special Diets Chef and our Special Diets Manager on Opening Day to discuss their dietary needs and plan of action, so that everyone feels comfortable and safe going into the session at camp.

We believe that having these extra adults working closely together will provide an accurate, stress-free, and delicious dining experience for all campers and staff.

## DIETARY RESTRICTION AGREEMENT AND FEE

Our Dietary Restriction Agreements are designed for the safety of girls who would be at risk of health issues or if they live a strict dietary choice. In most cases, your camper will have a substitute food, especially if her restriction is one of eggs, dairy, gluten, meat, peanuts, tree nuts, or soy.

If her restriction is less common, such as an allergy to apples, she will still need a Dietary Restriction Agreement, but won't be charged the fee since there may not always be a substitute available. In this particular instance, she can avoid any apples on the salad bar, or in the case that we might have apple pie for dessert, an alternative dessert will be given. Apples aren't as prevalent in everyday foods the way something like nuts or soy may be, thus the substitutions won't be needed on a daily or even weekly basis, based on our food menus at Alleghany.

Again, our Dietary Restriction Agreement is all or nothing. With over 350 mouths to feed at three meals a day, seven days a week, for a whole summer, pickiness and occasional preference is not what we're making special accommodations for. It's too much to keep track of and invites potential disaster (she says she's "fine" with ice cream and then a half hour later she's doubled over in pain!). She's either registered with us as lactose intolerant in a Dietary Restriction Agreement or she's getting dairy at potentially every meal. So parents need to think this over very carefully when choosing whether she'll eat our regular plan or will be under a Dietary Restriction Agreement.

If you have indicated a dietary restriction / food allergy / special diet on your camper's health form, you will receive a separate email with the Dietary Restriction Agreement attached.

## **Fee**

As a reminder, for dietary restrictions that are non-medical (but rather a choice) that require a substitution, families are charged an additional \$15/week fee for the main substitutions. Those families who indicated an allergy or restriction on their health forms will receive a separate email from the Office with a note about the fee and your Dietary Restriction Agreement attached before your camper's session begins.

As always, please do not hesitate to reach out to me with any questions. We look forward to helping your camper have a fun, nutritious, and fulfilling summer with us at camp at every meal!



# HOMESICKNESS PREVENTION AND PREPARATION

As you prepare for camp this summer, you may find that one of you is already worrying about homesickness. You may have also recently seen the timely article in the New York Times, [Kids Can Be 'Homesick and Happy' at Camp](#) (if you haven't read this yet, I highly recommend it!).

I can sympathize. I pack up each year to spend 10 weeks at camp and even I miss things about home, like having my own bedroom without my kids sleeping in the same room with me - that's tight quarters for two and a half months! :)

I also miss my comfy couch at the end of a long day and shopping at my favorite grocery store for everything I need! Of course, the love I have for my job and the joy I get from it far outweigh what I miss. And in the end, it's a brief moment in time for me, just 10 weeks of the year.

For campers who come for 1, 3, or 6 weeks - and parents who are separated from your kids for that same time - homesickness (or missing your child), can feel like a very big thing.

You can be sure that other parents and kids feel the same way. Though it is a common concern, however, it's often one where the **WORRY** about homesickness is almost always greater than the actual incidence of homesickness here at camp (most campers adjust easily and quickly to camp and their experience goes swimmingly!).

Missing home is universal - everyone misses something when they're away from home. True homesickness that really impacts the camper's experience is quite rare at camp, but that doesn't mean that we shouldn't address the possibility of homesickness.

I'm a parent, too, and I get it! My young sons go to sleepaway camp, too, (and further reading on my second son's experience) so I think about what to do for them - and me - as well. My oldest expressed fears about going to camp for his first summer, even though he's highly familiar with our camp. He even wanted to not go back a second summer due to some concerns. I wrote about this on my blog and about why him going back was actually the best decision after working through the issues with him.

As for me, you can be sure that I had a bevy of questions for his camp as he went off for the first time. And just like you, I missed him!

So based on my life as a camp director and my experience as a camp parent, I've learned that our strongest parental tool for coping with the possibility of homesickness is being prepared. Which is why I invite you to explore some do's and don'ts on the psychology of getting ready for camp - and for being apart from each other - with me

## Missing Home

On occasion, it happens!

Though not very often, common, or long-lasting, homesickness can occur at Alleghany, as at any sleepaway camp. We have an experienced staff that is highly trained in the methods of working with homesick campers.

If it occurs at all, homesickness usually happens at the beginning of camp and quickly dissipates as the camper gets settled into camp life. The first few hours and days are a normal transition phase for everyone, and it is fine for girls to all adjust at different paces.

There are a few things a parent can do ahead of time to help prevent long-lasting homesickness:

## DON'TS

**DON'T: Express worry yourself.** Kids pick up on your fears or anxieties and then take them on themselves.

**DON'T: Bargain with your child.** Never promise that escaping camp is just a phone call away. Saying something like "If you're really homesick, I promise I'll come pick you up right away" sends the message to your camper that you don't have faith in her, and that you aren't confident in her ability to stick it out.

It also prevents your camper from being able to settle in to the routine and enjoy camp life, especially if she thinks, “If I keep crying, my mom will just come get me.”

At Alleghany we strive to help girls learn how to adjust happily and overcome any uncomfortable feelings that may be felt in a time of adjustment. Learning these skills now will only help her in the future, should she go away for a longer time, or when she’s ready for college, a study abroad program, or even just moving out of the house into adulthood! These are the life skills taught at Alleghany that will last a lifetime.

**DON’T: Bribe them to go to camp.** Camp is the reward. Bribing them makes camp seem like something to dread.

**DON’T: Jump to conclusions just yet.** Should you receive a letter from your camper saying she is homesick, remember that campers often write home when they are feeling down, and may exaggerate their feelings for sympathy. When they are happy and excited they don’t have time to sit down and write a letter. Also remember that several days have passed since she wrote you the letter, so things may have drastically changed since she wrote it.

Write her back an encouraging letter, reminding her of your confidence in her abilities – remember not to bargain! If you continue to receive homesick letters, call one of the directors and we’ll investigate the situation. Please keep in mind, however, that our counselors are well-trained and are on top of these situations at all times. If we feel there is a major issue, we promise to contact you.

## **DO’S**

**DO: Express optimism.** Camp WILL be fun, exciting, and interesting!

**DO: Express confidence in her.** You chose camp for its excellent counselors who are eager to spend time with her and teach her new things. Believe that she will do great at camp and will not experience much homesickness. Send the message to her that you believe in her ability to go away for a week or three, and you know she’ll have a wonderful time!

**DO: Answer her questions about homesickness honestly.** Should your camper ask “What if I get homesick?” go ahead and reassure her. Let her know that yes, sometimes missing home or another emotional challenge will happen and that’s a natural part of learning and growing. Homesickness is normal and ok, and remind her of the many people available at camp to help and that she can comfortably reach out to us. We have a very small camper-to-counselor ratio to provide a family-like feeling at ‘Ghany. There are several Counselors, Head Counselors, and Directors available for help at any time.

**DO: Share your own camp experience** or a positive anecdote about the first time you did something away from home and family.

**DO: Share your own excitement about her going to camp.** For example: “You’re going to have a great time at camp, and I’m going to have a great time, too! We’re going to do XYZ while you’re gone and I’m excited about it. Let’s plan a pizza night just to share stories when we all get back!”

## **NET-NET: A GREAT PARENTING TOOL**

In the camp world the parent preparation skill we encourage is called NET-NET (thanks to camp guru Dr. Chris Thurber!). It’s a simple, double-duty acronym for helping you and your child to get ready for camp.

### **On the DON’T NET side you:**

Never make a pickup deal.

Encourage perseverance.

Teamwork, not trauma -- work together for a positive outcome.

**On the DO NET side you:**

**Normalize** - camp is a regular and exciting part of being yourself and growing and changing.

**Empathize** - feelings are real, and let's keep them in perspective.

**Teach coping skills** - encourage letter writing, deep breathing, self-encouragement -- "I can do it!"

The NET result is a successful preparation for and time at CAMP!

## RESOURCES

On our [parenting resources page](#) you can see more tips on homesickness if you want to explore this topic more. For example:

- [Homesick and Happy: How Time Away from Parents Can Help a Child Grow](#) by Michael Thompson
- American Camp Association article [Coping With Homesickness](#) with Dr. Christopher Thurber
- Chris Thurber's video [How to have the most fun with the least homesickness](#) (go to 14:35 for tips on homesickness).
- My [blog posts on homesickness](#)
- A [Mini Camp Podcast](#) that touches on homesickness





# TELEPHONE AND MAIL

The Camp Office phone is for camp business only. Campers are not allowed to make or receive phone calls except in the case of an emergency as determined by the Camp Directors. We do encourage family members and friends to send mail either using one-way e-mail through CampStamps in your [CampMinder account](#) or [Campanion app](#) (delivered to a camper within 24 hours) or using the old-fashioned United States Post Office.

Please be mindful that postal service in rural areas is a bit slower than in the city. Please consider this when sending or awaiting camper mail. But everyone loves to receive mail (we don't accept packages, see below), so if you'd like to send letters, our summer camper address is:

Camper's First Name and Last Name (don't forget this!)

Camp Alleghany

428 Camp Alleghany Road

Caldwell, WV 24925

## PACKAGE POLICY

While Alleghany has long held a very relaxed policy on packages, in recent years we have noticed packages causing a growing rate of negative side effects. The subject of packages, including who was receiving them and what was in them, began causing jealousy and unnecessary competition, as well as an influx of excessive and wasted "stuff" that hampered the camp experience. In an effort to celebrate the unique and simple lifestyle that camp creates, and to promote unity within the camp family, **in 2016 Camp Alleghany became a package-free camp. Please only send letters requiring ONE first class stamp.**

Essential forgotten items that must be mailed may be addressed directly to the Camp Office. Please include a note with your camper's name but do not include treats/goodies. Camp staff will open the package and deliver the item to your camper.

If a camper's birthday occurs during camp, she may receive a food-free, candy-free package for her birthday. Please mark "Birthday!" clearly on the package and send it directly to the Office. Camp staff will deliver it to your camper on her birthday!

Any packages sent directly to campers will be held unopened in the office until the end of camp. Please share this information with any family or friends who may plan to send your camper mail. We thank you for supporting this important policy.

## SUCCESS WITH MAIL

Mail Call is a fun and important time of the day at Camp Alleghany! Writing letters is a great way to stay in touch. We would like to take a moment here to discuss some important things to remember when writing to your camper, whether in email or in lovable old fashioned postal mail.

- **SEND GOOD NEWS:** The best kind of mail for your camper is upbeat news. Please don't send information regarding the death of a family member or pet. If you really want your camper to know that Fluffy passed away in his sleep, call the Office and speak to one of the directors. We will discuss options and then make a decision to determine the best way to relay that information to your camper, if at all. There is nothing your camper can do with this information while at camp; therefore, in most cases it is best to wait until she gets home to share the news in person.
- **A LITTLE MAIL GOES A LONG WAY:** Mail is fun, but there is such a thing as too much mail. Your camper is at Alleghany to experience being away from home, and if she is inundated daily with letters and emails about life back at home it may take her attention away from her camp experience. We encourage a couple of letters per week and no more than ONE email per day, please (if that!). Packages are prohibited. (Refer to the earlier section on packages.)
- **LEAVE THE ONLINE WORLD OUT OF IT.** Please avoid commenting on any camp pictures you might have seen of her online. We post limited pictures for your enjoyment. But if you bring this up in your emails/

letters to your camper, it could feel like an invasion of privacy to her, or make her self-conscious. We want our campers to experience some independence and get a small taste of life away from home. Please help us out by sending her letters about what YOU are doing at home, and let HER be the one to tell you what she's up to at camp.

- **REMEMBER NOT TO BARGAIN.** No matter how tempting it may be to tell your camper you will come rescue her in a heartbeat, it sends the wrong message about your confidence in her. It also takes away from her growth and development at camp, and delays the amount of time it will take for her to adjust and transition into camp life. Thank you for working with us on this!



# ELECTRONICS

## A SUCCESSFUL DIGITAL DETOX

While technology and electronics remain an important part of today's fast-paced society, and being technologically savvy will be important in your camper's future, we ask that you support us in viewing her time at Alleghany as a break from the modern, e-connected world. After all, Alleghany's philosophy is:

... that when young women spend time together in a structured yet fun setting, away from their male friends, school, peer pressure, and academic expectations, they grow into confident and successful individuals, capable of excelling in whatever they choose to put their minds to. Alleghany offers a chance to experience new activities, to express one's self, and to broaden one's horizons. Living under an honor system and in the safety of the wilderness away from the distractions of modern technology, the girls build new skills, lasting friendships, and solid self-esteem.

Therefore, we remind you that we expect parents and guardians to wholly support our No Electronics Policy, which, to reiterate, prohibits campers from using or possessing the following items at Camp Alleghany:

- Cell phones
- iPads
- Video cameras
- Digital camera with video or Internet capabilities
- Video games
- Any device that has Internet connectivity (including iPods or cameras with such capability)
- Any device that shows/records videos (including iPods or cameras with such capability)
- Any other electronic device with internet or video capabilities

Should a camper have one of these devices at camp, it will be kept in the office until closing day.

A simple mp3 player without video/Internet capacity is allowable, but campers may not charge these items, and counselors may not charge them for campers. Radios/discmen are acceptable.

## OTHER ISSUES IN ELECTRONICS

- **DIGITAL CAMERAS:** Many newer digital cameras have Internet and video capabilities, so to protect the innocence of our campers only cameras without Internet or video capabilities will be allowed. We sell disposable cameras in the Camp Store for \$10. You can get any disposable camera developed onto a digital CD for no extra charge at Wal-Mart, or for \$0.97 more they will create an online gallery for you. We do have a staff member taking photos every day, and we post hundreds of photos each summer on our password-protected gallery.
- **ELECTRONICS ON CAMP ALLEGHANY'S CHARTER BUSES:** Whenever Camp Alleghany is responsible for a camper, all of Camp Alleghany's rules apply, including the Electronics Policy. Therefore, campers will not be allowed to use a cell phone, iPod or any other electronic device on the Closing Day buses.
- **ELECTRONICS ON THE CAMP SIDE OF THE RIVER ON OPENING/CLOSING DAYS:** Please do not allow campers' cell phones or other electronic devices on the camp side of the river on Opening or Closing Days. When you drop your camper off at camp or pick her up, please leave all her electronic devices, including cell phones, in the car. The only campers who should bring a cell phone into camp are those who are arriving by plane, and they will check their phones into a locked safe in the office upon arrival.
- **CAMP ALLEGHANY'S CAMPER CODE OF CONDUCT AND HONOR CODE:** The Camp Alleghany Camper Code of Conduct includes the above electronics policy, and all campers are expected to uphold this, as we abide by an Honor Code at Alleghany. Parents and guardians, we ask that you help us fulfill our mission by not packing these items in your camper's bags. Please set an example for your child by discussing the Electronics Policy together, and talking with her about why it is beneficial and even

enjoyable to spend some time away from the Internet and other modern technology. Just a little encouragement from you will go a long way to helping her to enjoy the timeless joys of summer camp.

- If your camper seems unable to part with her electronics, refer back to the goals you made with her and talk to her about what she wants to gain from Alleghany – fun in the outdoors, new friendships, experiencing Alleghany at its best! These goals are much more achievable without distracting electronic gadgets and toys and intrusive social media.

## REQUEST FOR GENTLY USED ELECTRONICS

All that said, Alleghany is collecting donations of gently used electronic devices..

As we continue to keep camp life and tent row technology free, some our program areas could use a little help. For example, we're interested in old iPhones or iPods to use for music in our Dance and Drama departments (internet and app free!), and gently used digital SLR cameras for the Photography component of Arts & Crafts, along with even older point-and-shoot digital cameras.

[Click here](#) to read here more information about this! With this request, we are committed to staying true to our [Electronics Policy](#), while helping to boost some of our program areas.



# PHOTOGRAPHY

We are so happy to be able to provide the service of posting photos of camp life (and your campers!) to our password-protected photo site, [Campanion](#).

**Our Mission Statement is:** Naturally inspiring growth through honor, loyalty, and friendship.

This is our passion and our main goal when planning and executing your camper's summer. We work hard daily to ensure she is having a positive experience and growing immensely from it.

Taking pictures is very important to us, but if it takes time away from accomplishing our mission, it will take a back seat.

As you can imagine, with over 200 campers in camp, it can be a challenge to capture every single camper in one day! Also, our internet access can be spotty, due to our wonderful, yet rustic, location. While we're working on improving this each summer, a simple rain storm can take away our internet for an hour or two.

## PHOTO POSTING SCHEDULE

We post photos 3 nights a week, internet providing, by midnight.

**Mini Camp:** Monday, Wednesday, Friday

**Term Camp:** Tuesday, Thursday, Saturday

**Pictures are Posted, but still can't find your Camper? Consider the following:**

- **Quality Control:** We try to only post good photos that campers will be proud of.
- Limited Photographers in camp
- **Camper Preference:** We would never force a camper to have her picture taken, so we do our best to honor and respect each camper.

## REASONS TO DOWNLOAD CAMPANION

- Receive notifications delivered to your phone/email when photos of your own camper have been posted.
- Send emails to your camper, printed and delivered through camp's Post Office.
- Receive instant notifications from camp with reminders, updates, and information (including emergency information, if the need arises.)
- Upload forms directly to your account, using the scanner function or even a photo or screenshot.

See email sent to all families on June 1st to download the app.



# MISCELLANEOUS

## SUNDAYS

Per your answer on our registration form about what your term camper will do on Sunday mornings (Term Camp only), she will either:

- Attend a short, non-denominational, Christian church service in the Play Hall focused on a camp subject such as friendship.
- Attend an alternative but also reflective activity supervised by a non-Christian counselor and held in various camp locations.

If you have questions about this, or need to change your choice, please e-mail [Info@campallegghany.com](mailto:Info@campallegghany.com).

## BIRTHDAYS IN CAMP

If your camper's [birthday occurs while she is at camp](#), her counselor and friends will be sure to make it a special celebration for her throughout the day! She will receive a birthday cake at dinner, and the other campers and counselors will sing to her (several times!) during the day.

## DANCE AND DRAMA SHOWS

If at Term Camp your camper decides to take Dance and/or Drama as one/two of her four activity choices, she will perform in our end-of-term performances(s).

Our Dance/Drama shows are now being held for the in-camp community only (campers, counselors, staff, but no visitors). Each show will be videotaped and uploaded to the Parent Portal in the CampMinder interface so that parents, friends, and family at home who have access to the account can watch the shows. We will attempt to upload the videos within ten days of the end of each Term Camp session.

## TENT REQUESTS

Camp Alleghany does not honor requests for your child to be placed in a certain tent with friends. If we were to honor all 200 campers' requests to be in the same tent as a friend from home, we would not be true to the very ideals and principles on which Camp Alleghany was founded.

As stated previously, our goal each summer is to inspire growth through honor, loyalty, and friendship. In order for the campers to develop a stronger sense of self-esteem and confidence, new experiences that may seem different or scary at first – such as being in a tent with all new campers – are essential for growth.

For example, say your child already knows "Mary," and if they are in the tent together, they'll get to know fewer new children. If they don't stay together, your child will not only meet her new friends in her own tent, but will also meet the campers in Mary's tent. But if your child tents with Mary, the other two children in that tent may feel left out from the start.

Again, this is a situation where we ask you to work with us and trust in us and our mission for your child. We've been in operation for 100 very successful summers and have seen the downside to honoring tent requests.

As you know, Alleghany is a small community, and your camper and her friends from home will see A LOT of each other. They may very well take all four activity classes together, spend free time with each other, and play together at Evening Activities. They could essentially spend all day together if they so choose. But when it comes to tenting, Alleghany's directors remain in control of those choices, in an aim to cultivate new friendships, as well as nurture old ones, but also to strengthen ties throughout the Alleghany community. We have consistently found that one of our strengths is that we are not a cliquish camp, and that we don't tolerate a "Mean Girls" culture. This is best supported when the Directors diversify the community through tent placement.

This policy is part of our mission and philosophy, and we thank you for trusting us to make good choices in the best interest of all our campers!

# CLOSING NOTES AND RESOURCES

We hope that these guidelines will help you and your camper prepare for and experience all that Alleghany has to offer this summer. We thank you for trusting us to take care of your camper while she is away, and we also thank you for respecting our goals, mission, and policies. We look forward to working with you and your camper as a team to ensure a magical and memorable summer full of fun and personal growth at 'Ghany!

We also hope you'll visit our website for more information, especially these pages:

- [Mission and Philosophy](#)
- [Forms and Info](#)
- [CampMinder Account Login](#)
- [Helpful Packing Information](#)
- [Parent/Guardian Resources](#)
- [Camp Blog](#)
- [FAQ](#)

I'm looking forward to seeing you all at camp!



## ELIZABETH SHRECKHISE

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