

Dear Parent/Guardian:

Thank you for selecting Middlesex County Camp. We are looking forward to another great summer!

In addition to your child's application, we need the following documents. Please ensure that they arrive **2 weeks before camp begins**.

- Health Form (Must be complete and up-to-date to attend camp.) See the MEDICAL section.
- Waiver/Release
- Code of Conduct

Please Note: There are no refunds for any reason after June 1st.

Registration

Overnite - Begins at 3 p.m. Sunday. It is expected to take approximately 30 minutes. There is no early registration.

When you and your camper arrive...

- ☒ Check in with the registrar. Table under the trees to the right of the camp office.
- ☒ Visit our camp nurse to review the health form and have a general health screening. This is very important as no camper can stay at camp without a completed health form **and medications will not be administered without a physician signed authorization form**. This is a State of Connecticut law.
- ☒ Any questions or concerns, please see our camp director.
- ☒ If you need help with luggage, please see our camp director.
- ☒ To arrange any special assistance, call the camp after 1 p.m. on the Sunday of registration. We will have someone waiting to assist you.
- ☒ Camper will complete a simple swimming test. It is mandatory to ensure that your camper swims in the level/depth of the pool that is appropriate to skill level.

Parking for Registration:

- Please park in marked areas only—other areas include across from the dining hall—1 row of vehicles along the driveway on the left side. For the safety of all, **do not drive in beyond the dining hall**.

Join Us for Our Candlelight Closing Ceremony

Begins at 6:30 p.m. on closing Friday. This ceremony enables us to share the camp experience with parents, and lasts about 1 hour. Afterwards, pick up your child's luggage, sign him/her out, and make any last-minute purchases at the store. Please do not arrive early! If the weather is inclement, the ceremony is cancelled. In that case, campers are signed out at their cabin, and all medications are to be picked up at the Health Center.

What Items Should Your Camper Bring to MCC?

YES	NO
(4-5) Shirts/T-shirts	CD Players or iPods
Heavy Shirt	Cell Phones
Warm Sweater/Sweatshirt	Fans
(3-4) Shorts	Valuables of any kind
(1-2) Long Pants	Food or drink of any kind
(6-7) Pairs of Socks	Electronic Games/Computer
(6-7) Underwear	Knives
Raincoat/Poncho/Waterproof Boots	Pets
(1-2) One-piece bathing suit	Tobacco products
Heavy blanket & sheets OR	Money
Sleeping bag & pillow	
Bath Towel (minimum of 2)	Campers cannot have money
Toilet Kit (soap, shampoo, toothbrush)	or valuable in their cabins!
Laundry Bag	
Sunscreen & Insect Repellant (no sprays)	
Flashlight	

Sample Camp Schedule

Time	Event	Time	Event
7:00 a.m.	Reveille	1:30-2:30	Core #3
7:00-7:30	Polar Bear	2:30-3:30	Core #4
7:45-8:00	Flag Raising	3:30-4:15	Snack/Cabin Activity
8:00-8:45	Breakfast	4:15-6:15	Free swim/Activity
8:45-9:15	Cabin duties	5:15-6:15	Free swim/Activity
9:30-10:30	Core #1	6:25-6:30	Flag lowering
10:30-11:30	Core #2	6:30-7:15	Dinner
11:45-12:30	Lunch	7:30-8:30	Evening Program
12:30-1:15	Siesta	8:45-9:15	Reflections
		10:00 p.m.	Lights out

Visit Our Camp Store

The store is open during the Sunday of registration and on the closing Friday of camp after the Candlelight Closing Ceremony. We have camp souvenirs and T-shirts. Reminder: no money or valuables at camp.

Directions to Camp

From Route 9

Exit 7 – left at end of exit ramp
Right at stop light onto Rt. 82
Cross East Haddam Bridge
Bear left onto Rt. 149 – Camp will be on right

From Route 2

Exit 16 – eastbound right at end of exit ramp onto Rt. 149
Westbound left at end of exit ramp onto Rt. 149
At stoplight, crossover Rt. 16 but stay on Rt. 149
Continue through center of Moodus. Camp is on left

Send Camper Mail To:

Camper's Name • Middlesex County Camp • 298 East Haddam Moodus Rd. • Moodus, CT 06469

From Our Health Center...Important Medical Information

To ensure a smooth, easy registration, be sure all of your camper's health forms arrive at camp 2 weeks before your camper's session begins. ***Per Connecticut state law, no camper can attend MCC without a current health form which has been signed by a physician. The physical must be current, or within the last 2 years.*** (maybe eliminate this, stated below)

At registration, our nurse provides a basic health screening, which includes a review of the Health Form, verification of allergy and diet constraints, collection of medications, and an assessment of illness, injury or communicable disease.

Health Form

This form must be filled out each year by the Parent/Guardian and the child's health care provider. A copy of a physical, performed within the last 2 years, and a current immunization form should be attached.

If your child takes either prescription or over-the-counter medicines, **a parent/guardian AND physician must** complete the "Authorization and Administration of Medications" section on the last page of the Health Form.

Medications

All medicines, including prescriptions, over-the-counter, and medicated creams are kept at the Health Center. The only exceptions are rescue inhalers for asthma and Epi-pens for severe allergic reactions.

- **Prescription Medicine:** It must be in its original container and labeled with your child's name and correct physician's order. If your child uses a rescue inhaler, please provide the Health Office with an extra. If your child needs to carry medicine at all times, please include the physician's order.
- **Over-the-Counter Medicine:** Our Health Center stocks some OTC medicines. See page 3 of the Health Form. You must provide a signed consent for MCC to dispense OTC medicine. If your child needs an OTC we do not stock, please bring it to the Health Center in its original container labeled with your child's name and the physician's order.
- **Medicine Pickup at Camp's End:** Pick up all leftover medicine before you leave camp. Medicine left at camp after one week, will be destroyed.

Camper Health and Injury Treatment

Under the guidance of our camp physician, we evaluate health and/or injury conditions. Most often these conditions are treated at the Health Center. **Sometimes they are treated at the Middlesex Clinic in Marlborough, or at Middlesex Hospital in Middletown.** (does this statement lead parents to think the camp is responsible for taking to clinic for routine matters, like ear infections, strep-cultures for sore throats, or camp staff will transport for sutures or evaluation of sprained ankles etc.?) **If your child is seen at the Health Center** (this means every time a child walks through the health center door, a parent must be notified) or by a physician, we will notify you as soon as possible. You may take your child to his/her own physician for non-emergency conditions.

If your child is seen at the Health Center and it is determined that further medical care is needed, we will notify you as soon as possible. You may take your child to his/her own physician for non-emergency conditions.

Hygiene is Important

Take a few minutes to reinforce the importance of good hygiene—especially frequent hand washing, good diet, staying hydrated, applying sunscreen and bug repellent, and checking frequently for ticks.

Also, a reminder to change out of wet or dirty clothes quickly and dressing appropriately for the weather will ensure a comfortable camp experience. Our camp counselors and nurse will also reinforce the importance of hygiene.

We look forward to a healthy and safe camping season. Please feel free to call the camp with any questions or to make us aware of any special medical or emotional needs. 860.873.2294