



Hello YEA Camper and guardian!

We are thrilled to have you be part of Youth Empowered Action summer camp! We are going to have such an amazing time!

YEA (rhymes with “hey!”) Camp is a unique opportunity for young people who care about making a difference in the world to develop the knowledge, skills, confidence, and community to be able to make a big impact for many years to come. The staff at YEA Camp believes that youth, like adults, have a powerful opportunity to help contribute to many of our world's biggest needs -- from addressing climate change or poverty, racism or

animal cruelty, and so much more -- by connecting with what matters most to them, learning from one another, and recognizing that there are so many ways we can make a difference.

YEA Camp grew out of a recognition that there are many young people who are motivated to make a major difference in the world, but they may not have the resources, skills, mentorship, community, or confidence to do so, and may become frustrated, apathetic, or resigned as a result. At YEA Camp, you will be inspired by the people you meet, the activities you do, the beautiful surroundings, the opportunities to make a difference, and, most of all, yourself! You will recognize that you have even more power than you thought to be able to make a difference.

Each member of our staff is committed to having a positive impact in the world, including supporting you and the issues you've identified as being important to you, and we are here to support you long after camp is over. Your experience at camp is just the beginning!

This packet is designed to give both camper and parent/guardian all of the information you will need to prepare for camp, including what to bring, directions, transportation information, what time to arrive and depart, and more, so please read carefully.

If you are nervous at all, we understand. You are not alone! It can be scary to be away from home (or to have your kid away from home!). Over 600 young people have attended YEA Camp and had amazing experiences, but almost all of them were nervous on the first day! We are preparing for an amazing week together and are confident you will make friends and love it here quickly!

If you have any questions or concerns at all about anything about camp, please contact me at the phone or email below. This is going to be such an amazing experience for all of us!

Sincerely,

Nora Kramer  
Executive Director, YEA Camp  
[nora@yeacamp.org](mailto:nora@yeacamp.org)

415-710-7351

# **YEA CAMP WELCOME PACKET**

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## **1. DIRECTIONS AND TRANSPORTATION**

**YEA Camp Massachusetts will be held at Nature's Classroom - Prindle Pond at the Hilltop site at:**

**Nature's Classroom  
19 Harrington Road  
Charlton, MA 01507**

Charlton is about an hour west of Boston Logan International Airport and 20 minutes from Worcester, the biggest nearby town.

**Please note there are two facilities on the Prindle Pond campus--Hilltop and Pondsides. We are at the Hilltop location. We recommend that you use the directions below once you turn off of Brookside Rd., rather than your GPS to get to the correct location.**

**From Sturbridge near the junctions of Route 131, I-84, I-90 (Mass Pike):** Take Route 20 East for approximately 7 miles. Turn right onto Route 169. Take Route 169 3 1/4 miles to Brookside Road (the third left turn). Buses: Do NOT turn onto Snake Hill Road or Carpenter Hill Road. Turn left onto Brookside Road and go to the end of the road. Turn left onto Harrington Road. After 1 mile, take a right into Prindle Pond Conference Center, Hilltop.

**From Auburn near the junctions of Route 12, I-290, I-90 (Mass Pike) or I-395:** Take Route 20 West for approximately 10 miles. Turn left onto Route 169. Take Route 169 3 1/4 miles to Brookside Road (the third left turn). Buses: Do NOT turn onto Snake Hill Road or Carpenter Hill Road. Turn left onto Brookside Road and go to the end of the road. Turn left onto Harrington Road. After 1 mile, take a right into Prindle Pond Conference Center, Hilltop.

## **CARPOOLING/TRAVEL TO YEA CAMP**

We are inspired by the number of campers coming from all over the US and even other countries to join us at YEA Camp! We know that some of you are still working out your transportation plans and may need assistance to get to YEA Camp from the airport or to get a ride from your

area.

**If you are requesting YEA Camp's assistance in getting to camp, if you haven't already, please email us your specific needs as soon as possible at [info@yeacamp.org](mailto:info@yeacamp.org), and we will see how we can help.**

**Please also let us know if you would like to carpool or can offer a ride to someone else in your area (especially if you live near the airport), in which case, with your permission, we will pass your contact information to another camper nearby.**

Note that YEA Camp is offering the service of facilitating carpools among campers and their families, but that transportation is at your own risk, and YEA Camp is not liable for the trip.

### **Public Transportation to YEA Camp**

There actually is public transportation that will take you not too far from YEA Camp. Nature's Classroom is just about 20 minutes from Worcester, MA, a city with easy public transit from Boston, which is just an hour away. You could take a train to Worcester and then take a fairly cheap cab/Lyft/Uber from the station to camp. This might be a great option for some of you, or a last resort for others.

## **2. CHECK-IN/CHECK-OUT PROCEDURE**

**YEA Camp Massachusetts begins on Sunday, July 9th and ends on Sunday, July 16th.**

**July 9 Check-In: Please arrive between 11:00 am - 12:30 pm. You are invited to stay for lunch and a tour until 1:00.**

**July 16 Check-Out: Please arrive at 11:00 am. You are invited to attend our YEA Camp completion ceremony beginning soon after, which will conclude no later than 1:00 pm.** This optional, but we assure you that neither of you, parent or camper, will want to miss this inspiring experience! We will also feed you leftovers. :)

### **CHECK-IN PROCESS:**

**We will begin formally checking campers in on the first day of camp between 11-12:30.** Your arrival during this time frame will make for a smoother process and ensure that we are prepared for your arrival, that we start on time, and that you don't miss anything.

**Please do not arrive early.** We will be putting finishing touches on our preparation and, as eager as we are for camp to start, we will kindly ask "early birds" to come back when camp officially begins and we are ready for you at 11am.

**From 12-12:45, we will have lunch available for campers and for family members who wish to stay.** We will also offer optional tours for parents between 11-12 and 12:45-1. Campers will get their own tour later in the day.

**Campers - and parents who are present - will be meeting with our health supervisor upon check-in.** Parents of campers with any health issues, serious allergies, or taking medication should plan to stay to meet with the health supervisor before 1:00.

**Camp activities will officially begin at 1pm, so please arrive with enough time for your child to be checked in and have lunch and be ready to participate by then.** Staff members will be available to help you with your luggage and to answer any questions you may have.

**If you are running late to camp, please text or call YEA Camp Assistant Director Erin McIntosh at 518-461-4150. If you already know you will be late, please email us at [info@yecamp.org](mailto:info@yecamp.org) so we can know to plan around that.**

### **PAPERWORK**

**We require all campers' parent or guardian to complete our health form and waiver, which you can fill out at your account page in our database at <https://campself.active.com/YEACamp>. It is essential that all necessary paperwork be submitted by the time of arrival at camp.**

Health check-ins will be conducted by our YEA Camp health supervisor upon arrival, during which time we will take camper medications you provide and determine if campers have any health concerns upon arrival. If you have any information you would like to communicate to our health supervisor in addition to what is in your health forms, please arrive towards the earlier side of the check-in range so that you can meet with our health supervisor to discuss. We already asked you in the application about any special needs we should be aware of, but **if there are any significant allergies, disabilities, or other health conditions that we should know in preparing for camp that you have not already notified us about, please do that as soon as possible by emailing me at [nora@yecamp.org](mailto:nora@yecamp.org).**

All campers must be checked in and picked up by their legal guardian(s) or the people specified in our health and safety form. If you are unsure about this because carpool arrangements with other campers have not been finalized or for another reason, please note that on the form.

### **DEPARTURE AND CHECK-OUT:**

**Please arrive at the specified time above for departure.**

**At 11:00am on the last day of camp, parents/guardians, friends, and family are invited to a completion ceremony to celebrate what we did at camp, the campers' new action plans, and how to support your campers upon returning home.** This is optional to attend, but if possible, please plan to stay. It will be an inspiring event that both of you will not want to miss. We invite you to bring along any friends or family members of the camper who support his/her efforts to make the world a better place and celebrate their accomplishments. If you cannot attend, please arrive no later than 12:45pm to pick up your camper. Refreshments will be served. This

ceremony will conclude no later than 1:00pm, when camp will officially end and campers and families will need to vacate.

**Being on time not only allows you to see your child earlier, but it also helps our staff prepare to close down and clean up camp in a timely manner. Arriving early will interrupt our goodbye, which is scheduled to go right up until 11, so please be prepared to wait until 11:00 to see your child if you do arrive early.** Please have whoever is picking your child up bring photo ID so we can match it with the known legal guardians, or the list of persons authorized to pick up your child.

**If you need to pick up your camper at a different time, please notify us at [nora@yecamp.org](mailto:nora@yecamp.org) as soon as possible.**

### **3. COMMUNICATING WHILE AT CAMP**

**YEA Camp has a standard camp policy of no cell phones or personal electronics.** This is not intended to torture you(!) but to help everyone be connected to our community and experience at camp, as phones, ipods, tablets, and game devices can be very distracting. We think you'll be having enough fun that you'll be OK without them for the week! If you have significant concerns or unique requests about this, please let us know ahead of time. We want to be flexible, but it's also a slippery slope to everyone wanting their phones and being distracted by them all week.

**We ask campers to either not bring a cell phone or, if they do, we will collect them upon arrival and store them for safe-keeping until check-out.**

**Communicating with your child/family during camp:** Because camp is fairly short, and because it can disrupt the flow of camp for youth to be very engaged in events at home, we encourage family members to call only in the case of emergency or a specific concern for the camper.

**Extensive research on homesickness has shown that phone calls, texts, or other contact often cause or exacerbate homesickness and are therefore not recommended.**

We make the same suggestion to campers: campers are certainly allowed to call or text home if they need to but are similarly encouraged to do so only in case of emergency or with a specific concern. We are understanding, and if a child is severely homesick or strongly wants to call home, this is available to them.

**If you do need to call us at camp:**

**To contact us at camp, please call or text (text will be the quickest way to reach us) YEA Camp's Director Nora Kramer at 415-710-7351 or YEA Camp's Assistant Director Erin McIntosh at 518-461-4150.**

**We get decent cell phone reception at camp and will have phones with us at all times. If we**

don't answer, it is because we are in the middle of an activity but will get back to you as soon as we are able.

If campers feel they need to call home we will let them use a staff phone to do so or give them their phone back and then store it again after the call. If there is a concern about this, please contact us at [info@yeacamp.org](mailto:info@yeacamp.org).

**We will absolutely call home right away in the unlikely event of an emergency or significant concern.**

**Homesickness prevention:** It is normal for youth to experience missing home and their normal routines.

**There are some simple things the American Camp Association advises parents/guardians to do to prevent homesickness:**

- 1) Do not tell your camper that you will pick them up if they are feeling homesick.
- 2) Do not ask your child to call or text you from camp. Remind them that calling home from camp should be reserved for emergencies.
- 3) If your child is nervous, we suggest telling them that it is normal to miss home and the camp counselors are there to give them support if they are feeling sad or upset. Usually in all the busyness and fun of camp, they will not feel this way for long.

Our week together will be so fun and engaging and will fly by quickly, they will very likely be sad to leave when camp ends.

**Visitors:** To ensure safety, unauthorized visitors are not permitted on to our grounds at any time. All visitors must be pre-approved through the camp director.

#### **4. BUILDING A GREAT EXPERIENCE**

In order to create a fun and safe camp experience for everyone, we have clear expectations and agreements for all participants. **Disregard for these rules could result in dismissal from camp.**

Our staff has been trained to ensure camper safety and to help ensure campers have the best experience possible. Failure to follow directions could not only disrupt or undermine this, but diminish the experience of other campers as well. We request that everyone at camp display respect for themselves, for other people, for the camp property, for the experience we are creating together, and for surrounding animals and the environment.

**In the YEA Camp registration form, all campers already agreed to follow the YEA Camp Honor Code.** We list it here as a reminder and to reinforce the behavior expectations we have to ensure that all campers and staff have a great experience at camp. We take this very seriously and will be going through in detail what we mean by each item on the first day, as well as checking in with the whole camp to assess how it is going on the morning of day 3.

### **Youth Empowered Action (YEA) Honor Code**

- Avoid gossiping, put-downs, and other hurtful or insulting language or behaviors.
- Be open to new ideas and willing to listen.
- Respect other people's point of view and cultural differences.
- Resolve conflict or concerns through communication and nonviolence.
- Create community, help bring the group together, and help make camp great for everyone. This includes helping one another, participating fully, maintaining a positive attitude, not forming exclusive groups or cliques, and not engaging in exclusive relationships or behaviors. Everyone at YEA is a valued member of our community.
- Follow laws, including abstaining from alcohol, tobacco, and illegal drugs, the use of weapons, as well as rules specified by the venue.
- Follow additional camp-wide agreements campers and staff will collectively create at camp.

**Bullying:** YEA Camp is about training and developing ourselves and supporting one another in becoming powerful changemakers and creating a more peaceful world. Bullying of any kind has no place in our community. While this is covered by the YEA Honor Code, we would like to reinforce that **YEA Camp has a no-tolerance policy on bullying of any kind.** There are several different kinds of bullying, including but not limited to physical (hitting, tripping, holding door closed), verbal (name-calling, belittling, making fun, gossiping about) and social (exclusion, singling out for ridicule, coercion). These types of behaviors might be accepted at school, but we hold our community to a higher standard. YEA considers it a priority to create a safe space for everyone, and behavior of this kind is inconsistent with that and is not acceptable.

This type of respectful behavior is expected of campers with other campers as well as with staff.

**In the unlikely event that a camper severely or consistently violates these agreements, he or she may be asked to leave, and parents must make immediate arrangements to have him or her picked up. YEA Camp reserves the right to dismiss a camper whose behavior, physical condition, conduct, or influence is inconsistent with the best interests of camp. In this unlikely event, there will be no refund of the camper's tuition.**

**Even if it is not serious enough to be sent home, significant behavior issues could result in the camper not being permitted to return to YEA Camp in future summers.**

### **5. WHAT TO BRING:**

The temperature in the area at this time of year is expected to range from a high in the 80s during the day to a low of the low-60s at night, so please bring clothing for this range of weather. Rain is always possible and as of now is predicted for 2 days while we are at camp.

**Suggested clothing for a week, including:**

- T-shirts
- Shorts
- Long pants or jeans
- Long-sleeved shirts (good for layering when it gets colder)
- Sweaters or sweatshirts (especially something warmer to sleep in)
- Jacket (for nights)
- Pajamas
- Socks and underwear
- Sneakers or comfortable closed-toed shoes for hiking, running, etc. (required)
- Other shoes as wanted -- sandals/flip-flops or slippers
- Raincoat and rain boots (optional)

**We will be doing a special photo op for campers with t-shirts from different non-profit organizations or with activist-minded messages, so we encourage you to bring your favorite one (or 5!) if you have any. (This is totally optional.)**

**Please note that we are not able to do laundry during YEA Camp.** Campers should have enough clothing to last the duration of their stay. Clothing should be appropriate for a camp environment. Campers should have at least one pair of sneakers or comfortable closed-toe shoes for outdoor activities.

#### **Bedding and toiletries:**

- **Sleeping bag or sheet and blanket**
- **Pillow and pillowcase**
- **Bath towel and hand towel**
- Toothbrush and toothpaste
- Soap/body or face wash
- Brush, shampoo/conditioner
- Sunscreen (we will have some as well)
- Deodorant
- Sanitary products (if applicable)
- Any other personal care items used at home

**If you are traveling from far away and it is a problem for you to bring bedding, please let us know and we will ensure we have this for the campers who let us know they need it.**

#### **Other items:**

- **Prescription medicine in its originally prescribed container (which must be noted on accompanying health form; see further information below)**
- **Commonly taken over-the-counter medications.** We provide many of these, but if your

camper regularly takes Benadryl, Tums or other medicine, bring it in a sealed bag and note it on the health form. (Note that all medications must be turned in to the health supervisor when you arrive at camp.)

- **Reusable water bottle (please label with name)**
- Flashlight (optional; mostly just for reading before bed)
- Watch (optional but helpful)
- Insect repellent (optional)
- Backpack/daypack
- Camera (optional and at your own risk). We encourage our campers to take pictures without using a cell phone that can be a distraction.
- Other things you would enjoy having: a book, game you want to play, musical instrument you play, notebook or journal (optional -- campers will be making journals at camp)

### **Special items we request you bring to YEA Camp:**

We do a few special activities at YEA Camp, and your bringing the items below will help make these more impactful or fun. While these are “optional,” we believe campers will want to have brought these items when the time comes.

- **Meaningful Item:** We request that you bring an item that is meaningful or important to you that you would be willing to tell the group about at camp. The item could be a photo, a memento from a trip, a piece of art you made, a gift from someone close to you, something that reminds you of home or someone you love, a stuffed animal with a special story, or anything else that will help people learn a little bit more about you in a meaningful way. (Of course there is always a small chance of an item being lost, so please keep this in mind and take good care of your special item or bring the item at your own risk.) Note that this is distinct from the activism- or issue-related item for “Show-Off and Tell” below.
- **"Show Off and Tell" item:** At camp, one of our favorite activities is called "Show Off and Tell," where campers and staff have an opportunity to share about any activism or community service work they have done in the past, have planned for the future, or that they just admire, and to **bring any items that will help others learn about that work, such as a flyer from an event, an article from a school newspaper or blog, an organization's brochure, or anything else that will help people learn about these efforts.**

Too often, we believe, people are encouraged not to "brag" or "show off" by promoting their accomplishments or to talk about things that really matter to them, and there aren't enough forums for people to share about inspiring service they have done or community organizations or stories about making a difference. We are proud of our campers' passion

and accomplishments, and we want to give everyone an opportunity to be proud of themselves and others, to be inspired by our amazing community, and to learn from one another. This is absolutely not a competition and is designed for us to learn from and be inspired by one another. Feel free to email [info@yeacamp.org](mailto:info@yeacamp.org) if you have a question or concern.

Feel free to bring plenty of brochures from a group you believe in, or a book for our library, that we can add to our “offline search engine”!

- **OPTIONAL: Really, Really Free Market item(s):** We will be having a "Really, Really Free Market," where we will have an opportunity to offer items that people no longer want from home to other campers who may want them. **Please bring an item or a few items from home, if you have, that you no longer want and would like to donate.** This helps to model conserving and reusing items and supporting one another in various ways as a community. And it's fun to get free stuff! Items you bring could be clothes that no longer fit, a book or game, or any other small item. Please only bring items that others may want (e.g., no old socks with holes in them!). Any items that nobody wants will be donated after camp.
- **“YEA Show” item(s) - totally optional:** We do our version of a talent show where campers have an opportunity to share either a traditional talent or fun act, a short (under 5 minutes) video or story. This can be activism-related, showcasing an important cause (like a video an organization produced that you want everyone to see), or something not related to a cause at all, like a song, dance, lip sync, skit, or magic trick. Participating is totally optional (but fun and a great experience) and can be totally planned at camp, but we wanted to give you some notice in case you wanted to bring something, plan ahead, or if there’s anything you need to prepare. Participation in the YEA Show is encouraged but not required.
- **Free time or skillshare items - totally optional:** We have about 2 hours a day of free time, which is a time you could use to do all kinds of fun things. If there’s something you would like to do at camp and that would require you bringing something (a musical instrument, game, etc.), feel free to bring it! In addition, if you would like to lead an activity to teach other campers and staff a certain skill or activity you enjoy or excel at, we would love that! If so, please email [nora@yeacamp.org](mailto:nora@yeacamp.org) so we can plan around it, and bring any items you will need.

#### **OPTIONAL ASSIGNMENT:**

We will be doing a fun, silly (but surprisingly important) activity at camp and want to give you a

head start on it, if you want.

Choose **one** of the following poems and memorize it. (This is for a fun activity; don't worry about having it perfectly memorized. You are not getting graded on it! And you will have time to memorize at camp if you don't beforehand.)

#### Poem 1

A bee stumbled through the forest  
buzzing from flower to flower  
A fish schooled his friends  
on the art of swimming upstream  
A goat kidded around in a field  
mowing the lawn with her teeth  
Old McDonald's Farm is out of business.

#### Poem 2

A bicycle flies down the hill  
breezing everyone with cool  
Pedaling and pedaling up and down  
maintaining balance is the rule  
Passing by flowers, dogs and kids  
Avoiding skateboards and cars  
Biking is more fun on Earth  
than it would be on Mars.

#### **WHAT NOT TO BRING:**

**Alcohol, tobacco, drugs, knives, and weapons are prohibited and will result in the camper's immediate dismissal if discovered in camp.**

Please do not send valuable items that might be damaged at camp, or do so at your own risk. YEA Camp is not responsible for lost, broken, or stolen items.

In order to take advantage of the beautiful, remote environment we will be in, to encourage people to make new friends at camp, and to minimize distractions from the program, we ask that campers do not bring electronic/video games, MP3 players, ipods, DVD players, laptop computers, video game players, etc. This also eliminates the chance of these items being lost, broken, or stolen.

**Campers will not need any money for any reason at camp.** The only exception to this is that we sell YEA Camp t-shirts on the first and last day of camp. The shirts cost \$20.

#### **CLOTHING / LOST & FOUND:**

To help ensure that any lost items can be returned, please label all clothing, towels, and personal

items with a permanent marker or labels. Our counselors make every effort to return lost and found items to campers, but you can do more than anyone to ensure that nothing is lost. Please discuss the camper's responsibility in keeping track of their personal items. Be especially thorough on check-out day, as sometimes a whole bag is left behind. If you discover something is missing upon your return home, please call as soon as possible and we will do our best to return it, but note that we will be vacating the camp soon after campers do and may have limited ability to return items. YEA Camp is not responsible for lost items.

**FOOD:** YEA Camp serves three full meals each day, as well as two snacks per day. We take pride in each meal being well balanced, filling, healthy, and delicious. Our cooks are excellent, and they are aware of common allergies (such as gluten, nuts, soy) and are trained to accommodate these. If your camper has special dietary needs, please note this on the health form, including the severity of an allergy AND contact us prior to arrival if they require special accommodations or are of particular concern so that arrangements can be discussed and we will be prepared to accommodate each person's needs.

**Unless previously discussed for a medical reason, please do not bring or send food to camp.** If the camper has extremely severe allergies, this should be discussed with the camp director before arrival at camp, as well as explained in detail on the health form, in order for YEA Camp to attempt to make needed accommodations. To prevent bugs or wildlife, we do not allow campers or staff to have food in the cabins. Our camp is located in a natural area, and open food containers may attract unwanted rodents, ants, bees and other insects.

As part of our effort to practice living sustainably and according to our highest values, we see our choice of food as a significant opportunity to do this. As such, we are proud to serve food in line with this goal. Our food is vegan, primarily organic, fair-trade, local when possible, and 100% delicious! We are committed to this as an opportunity for all of us to practice living more lightly on the planet and taking into consideration all of its inhabitants. We understand that food choices can be very personal and cultural, and we ask for open-mindedness and your trust in our chefs. Every year, we get rave reviews on our food and we expect the same this year! Visit [chooseveg.com](http://chooseveg.com) if you would like more information about the reasons for and benefits of these food choices.

We highlight foods from different cultures as well as traditional "kid-friendly" camp foods.

Some typical meals you may expect include:

- Breakfast: French toast, pancakes, bagels, oatmeal; cereal and fruit available each day
- Lunch: teriyaki rice bowl, burritos, veggie burgers, sloppy Joe's, barbecue tofu; salads and PB&J option at each meal
- Dinner: veggie curry with rice, pasta, pizza, sushi, spaghetti, Mediterranean plate; salads at each meal
- Desserts: chocolate chip cookies, brownies, cake, cupcakes
- Snacks: popcorn, pretzels, fresh fruit, chips and salsa, veggies with hummus, peanut

butter and jelly, leftovers

Let us know if you have any favorite items, or if you love to cook and would like to help out in the kitchen, and we will see what we can do!

## 6. HEALTH INFORMATION

We need you to fill out the camper health form and waiver that are available in our database here: <https://campself.active.com/YEACamp>

**The Camper Health History Form and Waiver MUST be submitted before camp or, at the very latest, printed and turned in upon arrival. Please note that no camper can attend YEA Camp without a completed health history form and waiver.**

If the camper has a serious health condition, has recently been hospitalized, is currently under a doctor's care, or has another health problem that requires special attention, in addition to noting this on the health form, please contact us by email at [nora@yeacamp.org](mailto:nora@yeacamp.org) or 415-710-7351 to prepare. We may need a physician's release for the camper's attendance.

**SPECIAL NEEDS:** Any special needs that campers may have should not only be communicated on the health form but also to the camp director prior to the camper's arrival at camp so that we can ensure that we are adequately prepared. We welcome campers with special needs that we are able to accommodate. Please discuss these needs with our director to make sure that your child's needs do not exceed our training and capabilities.

**MEDICATIONS:** For the health and safety of all campers, we require that all medications, including creams and vitamins, be turned in to the camp's health supervisor upon arrival at camper check-in. This avoids the risk of misuse or loss of the medication. At no time may a camper self-administer medication -- over-the-counter or prescription.

**All medication needs to be in its original container, with dosage specified, and the name of the camper on the label. Please only send enough medication needed for the duration of your camper's stay. Campers who use asthma inhalers should bring two to be safe – one for our health supervisor to keep on hand and one to keep with them. Campers who may rely on an Epi-pen are expected to bring this, along with their doctor's prescription for it.**

Camp will have on-hand several common over-the-counter medications, such as Advil, Neosporin, calamine lotion, and cough drops. If you want your child to have access to a specific kind of over-the-counter medication, please send it with your child, labeled with their name. (For example, if you know your child suffers from frequent upset stomachs and takes Tums, send a bottle of Tums with your child). All of these items should be given to camp staff upon check-in. Upon check-out, please see the health supervisor to obtain any leftover medication to take home. **Please note that camp staff can not administer any form of medication without parental consent, given on the camp health history form and waiver.**

**ILLNESS/ACCIDENTS:** We will notify you as soon as possible in the unlikely event that your child incurs any of the following:

- Camper has temperature of 100 degrees or above
- Camper receives injury more than a minor scrape or cut
- Camper has chicken pox, scabies, or any other contagious disease
- Camper has what appears to be head lice
- Camper has an allergic reaction
- Camper has any kind of contagious skin rash
- Camper appears not to be eating
- Camper needs medical care off-site
- Minor injuries will be treated as needed, including washing, band-aids or ice packs.

We have a qualified health supervisor who will administer treatment or determine if a trip to the emergency room is needed.

**Emergency Care:** In the unlikely event of a serious injury or health issue, the health supervisor and camp director will assess the situation and, if necessary, staff will seek appropriate medical attention and contact parents. This could include calling an ambulance to transport the camper to the local hospital to obtain emergency medical treatment. In the case of less serious matters, we may take the camper to an Urgent Care at the nearest open location. However, we can not/would not transport your child without your consent over the phone. **Your consent to seek medical treatment is required on the Health History form and waiver.**

## **7. Post-Camp Mentorship and Community**

The whole purpose of YEA Camp is to help campers get more active and make a bigger impact on a cause of their choice, in the manner of their choosing. Everything we do at YEA Camp is designed with this goal.

By the end of camp, in one of our culminating activities, campers will reflect back on all they've learned and create an action plan to make a difference on a cause and in a manner of their choice when they go home. YEA Camp will do its best to provide safe resources and recommend reputable organizations to our campers, but YEA assumes no responsibility for any volunteering, service work, or actions youth participate in after camp or while youth are volunteering or participating with another organization. These organizations are not affiliated with YEA Camp. It is up to a camper and his or her family to determine the appropriateness of their participation with any organization or cause. We encourage families to understand the policies and procedures of the organizations the camper might want to participate with.

**Because inherent in the purpose of YEA Camp is for campers to take action to improve their community, YEA Camp offers post-camp support from our staff.**

**We expect this to take several forms, some of which is new this year:**

- **Monthly group calls, hangouts or webinars to support our campers in following through on their activism. These will be held the first Sunday of each month at 5pm Pacific/8pm Eastern, starting on September 3.** Campers will be invited to join a text

reminder program to be notified of these monthly calls.

- **Community Facebook group. We respect the wishes of parents who do not want their kids to be on social media, but if possible we strongly encourage all campers to join Facebook and participate in our group, as we have found it to be by far the best platform to stay in touch and get support from the community.**
- Small group support with other campers working on related causes, directed by campers with staff advice.
- **Request for updates on their activism. We ask campers to update us regularly, at least each month, with how their activism is going.** Tagging us in social media posts helps us know what campers are doing so that we can support them and cheer them on. We also ask for updates if they have not been following through on their activist plans so that we can help them get back on track. Parents can really help with this.
- Our staff, particularly our director Nora, makes itself incredibly available to campers who ask for help, indefinitely. We want all of our campers to succeed in fulfilling their goals to make a difference.

Please let us know if you have any other ideas! Reunions are always encouraged with the help of local families.

**In addition, for the first time we will be offering an optional unique post-camp paid coaching program for campers wanting extra support, the YEA Changemaker Incubator.**

Between monthly group calls at the specified time, our director Nora -- an activist on many progressive causes for more than 15 years, leadership coach, credentialed high school teacher, and fierce cheerleader for all of our campers' success -- is offering a new coaching program, which will include:

- Proactively reaching out to the camper by the method they choose (email, text, Facebook message, Instagram, etc) to see how their activism is going and what support they need.
- One hour-long Skype or Google call per month with Nora and up to 2 other campers to discuss and advise on the camper's specific circumstances or needs, providing personalized coaching to overcome the variety of obstacles they may be experiencing.
- Personally putting campers in touch with organizations and leaders on their cause to further their success and connection.
- A great item to add to college applications and content to include in personal essays.

**The program will be offered for 6 months, from September through February. The cost for this coaching program is just \$50 per month, or \$275 for the whole 6 months.** There's no need to decide on this til the end or after camp -- we just wanted you to know of this opportunity ahead of time.

## **8. SOCIAL MEDIA AND STAYING IN TOUCH WITH YEA CAMP**

Each day at camp, we will be sharing photos and videos of our time at camp so family members can get a feel for what we're up to and campers can see these memories after camp is over. We will not tag people but invite you to do so if you would like. If you have a specific concern about your child being included in these pictures, please let us know.

Follow us on [Facebook](#) and [Instagram](#) now to be able to see those during camp, as well as our

preparations between now and then! You can also [join our monthly email list here](#).

We are so excited and look forward to seeing you at camp, to having an amazing summer, and working together to bring about a better world!

See you soon!

Nora + Team YEA Camp