

Carroll County YMCA Camp Huckins

Parent & Camper Handbook



*Important Information to Help You Prepare  
for Summer 2025*



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Dear Camp Huckins Families,

Welcome to our 98<sup>th</sup> camping season at Carroll County YMCA Camp Huckins! We look forward to welcoming campers to the simplicity and joy of a Huckins summer and are glad you are joining in on the fun and excitement. At Huckins, we offer opportunities for growth and development in an environment that is caring and fun. Huckins is a place where your camper will participate in an array of outdoor activities, develop new skills and leadership capacities, gain confidence, and form long lasting friendships.

The information in this handbook will provide you with a better understanding of how our program will be operating this summer.

One of the most important things you can do to help us make this summer a success is to ensure your camper arrives at camp healthy!

If you have further questions or concerns, please feel free to contact us. We are very excited about this summer, and we look forward to introducing your camper to new friends and memories that will last a lifetime.

Sincerely,  
YMCA Camp Huckins Staff



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# All About Huckins

## General Information



Since 1928, YMCA Camp Huckins has been providing an enriching summer experience for children. Life under the pines, in our tech free environment, allows campers to be fully present in our community and build authentic, lifelong friendships. Playing, laughing, singing at the top of your lungs, and waking to the call of the loons are just a few of the simple, enduring memories made at Huckins. Situated on beautiful Lake Ossipee in Freedom, New Hampshire, Camp Huckins is accredited by the American Camp Association (ACA) and [Praesidium](#). We welcome nearly 1,400 campers to Huckins for 2- or 4-week sessions each year. Camp Huckins is a place with many enduring traditions and enriching activities, a place that people return to year after year - as campers, counselors, and staff.

### Camper Divisions

We determine our age groups based on the grades campers *have completed* in June. We serve campers who have completed 3<sup>rd</sup>-10<sup>th</sup> grades. Camp is divided into four division groups: **Juniors, Middlers, Seniors** and **Leadership Divisions** (9<sup>th</sup> and 10<sup>th</sup> Grade). Our 10<sup>th</sup> program is the Counselor-in-Training program where campers participate in an intentional leadership development program.

### Camp Activities

Campers will have the opportunity to participate in numerous activities during their time at Huckins. Community is nurtured through camp wide special events, mealtimes, campfires, and evening programs. Morning activities are scheduled by cabin and have an instructional nature so that campers can try all program activities offered at camp. Afternoon activities are free selection and allow each camper to pursue activities of their choice. You can learn more about what a day in the life will look like at Huckins in the [daily schedule section](#) of the handbook.

With 2,800 feet of sandy shoreline bordering Broad Bay on Ossipee Lake and 260+ acres of land, there are plenty of things for campers to do each day. Camp has six main department areas: Waterfront (*Swimming*) Small Crafts, (*Boating*), Sportsfield, Craftshop, Nature Hut, and Dance & Drama. To learn more about the many activities that camp offers, [please visit our website](#).

### Activity Eligibility

Unless Camp is notified by a parent/guardian with specific limitations it is understood that all campers are eligible to participate in all activities with the following exceptions:

- Mountain Biking: Completed 6<sup>th</sup> grade or higher.
- Instructional Lacrosse: Completed 6<sup>th</sup> grade or higher.
- Waterskiing: Campers need to have passed our outside area swim test (*Elective Activity*)
- Horseback Riding: Campers who have completed the 4<sup>th</sup> grade or higher. (*Elective Activity*)

### Elective Activities

In addition to our core camp activities, campers can sign up for three elective activities if they meet the eligibility criteria. These activities come at an additional fee, which will be added to your [camp bank](#).

- **Hiking:** Campers can sign up for mountain hikes. **There is a \$10 fee per hike.**
- **Waterskiing:** Available to campers who have passed their [Outside Area Test](#). **There is a \$30.00 fee per lesson.**
- **Horseback Riding:** Available to campers who have completed 4th grade or higher. **There is a \$45.00 fee per lesson.**

### Our Staff

Many of our counselors and staff have grown up through the Huckins experience, joining us first as campers and coming up through our Leadership program. Our staff have a unique understanding of the overnight camp experience and the many opportunities Huckins offers our campers. Every summer, we welcome 30+ international staff members through carefully vetted, camp-specific agencies—bringing diverse perspectives and rich cultural exchange to camp life.

**Camp Leadership Team:** The [Camp Leadership Team](#) is made up of four year-round directors and four seasonal Division Leaders, who each oversee the four camper divisions. Together, this group provides leadership to both campers and staff, bringing years of experience in youth development and camp management.

**Cabin Staff:** First-year counselors are typically high school seniors, while returning counselors are college-aged.

**Program Specialists:** Program area specialists are hired after they have been cabin staff for minimum three summers and/or recruited for their outstanding ability in a particular field as well as leadership qualities.

**Health Team:** Each session includes three registered nurses who live on-site, ensuring consistent medical care and support.

**Admin Team:** This hardworking team are the people who you will speak to when you call the Camp Huckins office! They manage all the logistics of camp and will help you answer any questions you may have.

**Food Service and Facilities:** Our Food Service team ensures campers receive well-balanced, nutritious meals each day, while also accommodating dietary needs. The Facilities team maintains the campgrounds, keeping our buildings, outdoor spaces, and equipment in top condition, ensuring a safe and welcoming environment for everyone.

### Supervision

To provide the best supervision for our campers, each cabin has two counselors with a ratio of 5 campers to 1 counselor. Each of our four camper divisions are supervised by a Division Leader who lives within the division. All staff are trained in techniques connected to active supervision. Huckins follows industry standards and best practices for staff to camper ratios in activity areas.

### Staff Hiring and Training

We follow best practices for screening, hiring and onboarding all staff members. Potential staff complete applications and then undergo interviews with year-round staff members as well as reference checks. Candidates then undergo an in-depth background check which consists of a Criminal Background Check, Check of the National Sex Offender Public Website (NSOPW), and a Central Registry Check from the state of NH.

Staff members undergo an in-depth 50+ hour training program prior to campers arriving that includes emergency procedures, operating procedures, ages and stages of youth development, abuse prevention, and so much more. In addition to our general training program, staff receive department specific training and certifications.

With over 125 staff members, many who return summer after summer, Camp Huckins has strong leadership, and culture of play that builds connections and confidence!





# The Huckins Experience



## Mission

It is the mission of CCYMCA Camp Huckins to strengthen the spirit, mind, and body of youth, families and communities. We strive to deliver a program that develops the confidence and leadership capacities of our campers, and that provides an honest, respectful and caring atmosphere where each person can grow to realize their full potential.

## Core Values

Our core values are the building blocks of our Huckins community. Campers and staff practice these values as we work and play together, allowing us to develop a deeper understanding of each core value and what is required to live them out.

**Caring:** We believe in showing kindness towards others and ourselves. Caring requires an awareness of others, asking questions, taking time to listen, and demonstrating empathy. Caring is an essential piece in the development of new friendships.

**Honesty:** We believe honesty is the quality of being truthful and is based on kindness. Honesty allows us to express true feelings and is essential to creating a culture where people feel safe to be their true selves. Honesty often requires courage. We believe that owning our mistakes is an expression of honesty. Honesty in community builds trust.

**Respect:** We believe respect begins with honoring the feelings, boundaries, opinions, and rights of others. Being curious helps us to be respectful as we can learn about intentions, impact, and become aware of boundaries and potential blind spots. -We strive to practice respect for self, others, and Huckins beautiful natural resources.

**Responsibility:** We believe responsibility is a recognition that each action has an impact – on others, on ourselves, and on this place. Practicing responsibility means that I am accountable for my actions and their impact. Being responsible means I can ask questions when I don't know what to do and ask for help when I need it. Responsibility means I will trust others to make good decisions and follow camp's expectations and I can be trusted to do the same.



### **The Huckins Experience: Our Program Goals**

Practicing our core values allows us to build a community where Huckins' mission and vision can come to life. While aspects of the Huckins experience have changed over the last 95 years, many elements of the camp experience have remained constant and true. As we work to put our mission and vision into action and develop leaders within our community, these are the timeless elements of the Huckins experience that campers will continue to gain:

- 1. Growth Mindset and Confidence** – Every day at Huckins is an opportunity to try new things and learn, whether that be learning to swim, making a friendship bracelet, or making new friends. Campers and staff are empowered to have a voice, take action, make decisions, and gain confidence through meaningful leadership experiences. Camp provides a safe space for us to make mistakes, work through challenges and learn from each other (and we do, daily!). Growth mindset and confidence are core leadership skills that benefit the Huckins community and beyond, as our campers and staff go out into the world!
- 2. Inclusion and Authenticity** – Huckins strives to be a warm and welcoming place where campers and staff can feel valued as their authentic self and where they can express their true self without judgment. At Huckins we aspire to recognize the dignity of each person, the differences that make us unique, practicing respect and care for one another. We work together to create a safe and supportive culture where everyone feels that they are loved and that they belong.
- 3. Developing Lifelong Friends** – Living in a community where caring, honesty, respect, and responsibility are intentionally practiced builds special connections between people. With these values as the foundation campers and staff can create true friendships as their true self...and find a true summer home.
- 4. Fun and Play in the Outdoors** – Camp days are built around fun and play, under the pines and at the water, with lots of singing and deep belly laughter. Muting the daily influence of technology allows for a sense of freedom where creativity and innovation are encouraged, campers can ground in the tech free environment, and goofiness is celebrated. We appreciate a good friendly competition for the cheering and the costumes, see rainy weather as an opportunity for unexpected fun, and find awe in nature as we lay in the grass and stargaze at night.
- 5. Leadership and Independence** – Huckins strives to bring out the full potential of each camper by providing lots of opportunities to practice independence, leadership, problem solving, community, resiliency, creativity, conflict resolution and empathy. Camp leadership seeks to highlight the strengths in each individual and help them use these skills to nourish our camp culture and become leaders in their communities.

### **Our Commitment to Diversity, Equity, Inclusion and Belonging**

CCYMCA Camp Huckins is made up of people of all ages, from many walks of life, playing and working side-by-side. Camp Huckins is an inclusive girls' overnight camp serving 3<sup>rd</sup>-9<sup>th</sup> graders. Together, we strive to build a culture where everyone, regardless of ability, age, cultural background, ethnicity, faith, gender, gender expression, gender identity, ideology, income, national origin, race, or sexual orientation has the opportunity to reach their full potential with dignity. To learn more, [please visit our website](#).

# Preparing for Camp

A successful summer begins at home as you prepare for camp. Here are a few suggestions and reminders of what you can do to help your camper arrive ready to make the most of their time at Huckins.

## **Arriving to Camp Prepared**

Being together under the pines at camp is more important than ever, and we want to do all we can to make this summer special. You can help your camper prepare to make the most of their time at camp by doing the following:

- **Prepare Together:** Talk about camp, focusing on the fun and learning ahead. Talk about what activities they want to try and make a list they can share with their counselor. Involve your camper in the packing process so they know where to find items they will need at camp. Tape the packing list inside the top of your trunk and cross off items as they are packed.
  - Discuss with your camper what they are excited about, their questions and what they are nervous about. Include this information in your Parent Letter to the Counselor form or contact camp with questions.
- **Camper Community Agreements:** review the [Camper Community Agreements](#) so your camper understands how the Huckins core values guide how we build and care for our camp community.
- **Forms & Payment:** Please be sure all forms and required paperwork have been submitted to camp prior to their due dates. All are/will be available on your camper's [CampBrain dashboard](#). Review our [forms checklist](#) to be sure you have completed everything required. Campers will not be able to check-in without the following completed:
  - Camp Payments Complete
  - Letter to My Counselor
  - Health History Form/Medication Update

## **Arriving to Camp Healthy**

The most important part of creating a healthy 2025 camp community is for each camper to arrive at camp healthy. If your camper isn't feeling well or has a fever in the 24 hours prior to arriving at camp, please contact camp to talk with one of our nurses.

- **Lice Check:** Please check for lice 7-10 days before arrival at camp, and again in the 2 days prior to check-in, to ensure your child is lice free prior to coming to camp. Campers who are found to have lice at check-in will not be able to move into their cabin until they have been treated, and all their belongings have been washed. There will be an additional fee for the initial and ongoing lice treatment.

### Understanding Homesickness and “Kid-Sickness”

Sending your child to overnight camp is a big step towards their growth and independence. Missing the familiarity of home is normal and most campers and staff experience it during the summer. It most often pops up during moments that are difficult or new, so talking to your child about it prior to camp can help them be more prepared. Here are a few things you can do prior to camp to help reduce or prevent homesickness.

- Have younger campers practice managing their daily routine before camp: getting ready for bed, practicing strategies to fall asleep on their own (reading, breathing exercises), starting the shower and organizing their belongings. Campers who feel more confident in these areas tend to have a smoother transition.
- Include campers in the packing for camp so they know how to find their flashlight, warm socks, and favorite clothing. Working together ensures campers will not forget to pack important items and helps them feel more prepared.
- Let your camper know their counselors and Division Leaders are there to help them have fun at Huckins, so they can talk to them if they start to miss home.
- Create a list of bedtime strategies should your camper find it hard to fall asleep, especially on those first few nights of camp.
- Use positive language in your letters and ask questions about the activities they were excited about trying.
- Please do not make a Pick-Up Deal with your camper, promising you will pick them up if they feel homesick. This kind of deal can become a mental crutch that prevents a camper from fully engaging in camp. Our staff will be working to help campers connect to their cabinmates and enjoy their Huckins experience!
- Be prepared to receive a **homesick letter** or two. Please keep in mind that children’s emotions change rapidly and the letter you receive today may reflect a moment long forgotten. If your child’s homesickness persists, a staff member will contact you to discuss how to best support your camper. We discourage campers from speaking on the phone with their parent, as this can make it more difficult for the camper and the parent.

Remember, overcoming homesickness is a big achievement. It teaches campers they can handle tough situations and still thrive. Letting them face this challenge, and encouraging them throughout, is a loving way to help them grow.

### **“Kid-sickness”**

Sending your child to overnight camp is a significant step in fostering their independence and growth. However, it’s normal for parents and guardians to experience a range of emotions during this time, including what we affectionately term as being “kid-sick.” It’s helpful to remember that letting them go to grow is a gift you can give them. Prepare yourself for the separation, acknowledging it will be challenging to not know where they are or what they are doing day to day, but that it is a step toward self-reliance and maturity.

### **Cabin Mate Request**

**Cabin requests can only be made for first year campers and must be requested by both families.** Cabin assignments are made in the best interest of Camp and your camper. There are many factors that go into cabin placements, and we make every effort to make sure campers are not placed with more than one child from the same town.

### **Packing for Camp**

**[Click Here for Our Recommended Packing List.](#)** To allow for easy cabin cleaning and support delivery of luggage to the cabins by staff, we are asking all campers to limit their packing. This is a basic list of items to bring to camp. Use your own judgement on quantity - laundry service is available for 4-week campers only. **Be sure to legibly mark all clothing and items with your camper's name! Camp will not be responsible for lost items.**

### **Trunk/Chest of Drawer Sizes**

We have asked campers to **limit their luggage to a trunk, 3 plastic drawers and a bag for bedding.** Thank you for following these limits as our staff move luggage to cabins. **We request that you tape the 3 drawer sets closed for transport, especially if you are in the Senior Division. This will prevent spills and help with the move-in process.**

We are extremely strict on the size of trunks allowed in the cabin because they need to fit under the bunk so as not to be a safety hazard. The size is: **32" x 18" x 13 ½"**. Please do not bring anything higher than 13 ½" or it will not fit. If the trunk is oversized, it will have to be unpacked and sent home. Chest of drawers must also conform to specific dimensions, which are: **15 5/8" x 12 5/8" x 27"**, only one set per camper. **We ask that you please adhere to these guidelines to make your camper's move-in smooth.**

### **Items to Leave at Home**

One of the crucial elements of camp is the opportunity to take a break from technology, connect with friends in person, and enjoy the beauty of nature. **Please leave the following at home in support of these goals:** Cell phones, GoPros, digital cameras that take video, camera chargers, fitness trackers, iPods & MP3 Players, handheld electronic games, plug-in lamps, hanging lights, plug in fans, electronic book reading devices, milk crates, rugs, and shelving units. These items will be collected and returned to the camper at the end of the session. **Thank you!**

Camp Huckins is a tobacco, vape, drug and alcohol-free community. Campers found with any of these substances, including vape pens, or weapons of any kind will be dismissed from camp.

### **Special Needs and Accommodation**

YMCA Camp Huckins will make reasonable accommodations to support special needs of campers that do not fundamentally alter the nature of the residential camp experience. Requested accommodation shall be reviewed on a case-by-case basis. Food allergies will also be considered on a case-by-case basis. Please contact the camp office to discuss your camper's needs and potential accommodation.



## **Traveling to Camp**

### **Campers Arriving by Plane**

Camp will provide transportation to and from Portland, Maine. There will be a \$100.00 fee, each way, for each camper. Please contact the office prior to buying airline tickets to verify the availability of our shuttle. If using our shuttle be sure and complete the transportation form located on your camp dashboard.

### **Arriving to Camp by Car**

Please visit our website for [\*\*Driving Directions to Camp\*\*](#).

# Arrival at Camp

## *What to Expect on Check-in Day and the First Days of Camp*

### Check-In Procedures

Camper check-in for Sessions 1, 2, and 4 is **between 9:30am and 11:30 am. Session 3 camper check-in is 1:00-3:00 pm.** You will receive your cabin assignments during the check-in process at camp.

- **Junior, Middler, and Leadership Division** Campers and families will drop off luggage in the divisions where they will meet their counselors.
- **Senior Division** Campers and families will cart their luggage from the parking lot to the division in wagons provided.

**We request that families refrain from going into the cabin,** as this makes it easier for the campers to settle into their own spaces with their counselors. We have also seen that it makes goodbye easier for campers. Our staff are making special plans to welcome campers and help all get moved in and settled quickly. Thank you for your patience. We know it can be a stressful day and our goal is to make it as easy as possible for campers to jump into camp life!

**Families will have the opportunity to walk around the camp, visiting the Program Lodge and waterfront.** After camper drop off, you can park in the newly expanded main parking lot. There is limited parking, so we ask that families limit their visit to 30-40 minutes.

### Health Check

The Health Check area is the first stop during camper check-in. Here, campers will undergo a lice check and complete a health screening.

### Clothing Store

Our clothing store will operate exclusively online during the spring, end of summer, and winter. We are excited to have many fresh, new clothing options in 2025! The store will be open from **April 25-May 16** and again from **August 8-August 29**. Winter dates will be announced in the late fall through email communications. Please visit the online store during these times to order Huckins clothing and gear! Items are made to order and will be shipped to homes. There will *not* be an on-site store option at camp, so please plan accordingly.

### Pets

Please leave your family pets at home on Change Days. For safety reasons, if you do bring a pet, they will need to remain in your vehicle.

### **Bunk/Bed Assignments**

Campers draw their bed assignment (top or bottom bunk) upon entering the cabin. If your camper requires a bottom bunk, please contact the office and their counselor will reserve them a bottom bunk.

### **Making Camp Home**

Staff will help campers make their beds and get settled in their cabin. They will facilitate lots of activities and icebreakers to help campers get to know one another. These activities provide opportunities for campers to share a bit about themselves, including hobbies, sports, favorite music, books, and classes at school. Campers will also have the option to share information about their identities – nicknames, pronouns, faith, ability, racial identity, their family – whatever the camper wants to share so they feel included and respected in their cabin. Each cabin creates a cabin agreement based on Huckins core values of Caring, Honesty, Respect and Responsibility in support of this goal, as well.



Camp is a place for fun, play, learning, and growth. We want campers to feel safe trying new activities and know that it often takes a lot of practice to learn something new. And campers often end up loving an activity they never even thought about trying before. We know we will make mistakes sometimes, whether it be learning archery or learning how to live with 9 other people! And when mistakes are made, we are committed to encouraging one another and not judging, as we keep trying and learning together.

Camp is a community of unique individuals, each with different experiences and perspectives. Our cabin agreements and core values create a foundation for us to build friendships as well as solve problems. When there are conflicts or disagreements, staff will work with campers to resolve them. We will listen and work together to reach a solution that everyone feels good about. Then the fun of camp can continue.

### **Swim Assessment**

After lunch on check-in day (weather permitting) all campers will participate in a swim assessment that includes an outside area test. This swim assessment is designed to let our waterfront staff identify camper swim levels, comfort in the water, and assign swim areas. The purpose of this assessment is to create a safe waterfront experience for all. The swim assessment includes:

- Jumping or diving from a dock that is in water over the camper's head.
- Swimming 25 yards on the camper's front without stopping or being assisted.
- Treading water for 90 seconds with wrists out of the water.
- Swimming 25 yards on the camper's back without stopping or being assisted.
- Further stroke assessment as necessary



## Camp Huckins Camper Community Agreements

*Creating a Welcoming Community for All*

At Camp Huckins, we strive to create a community filled with joy, friendship, and opportunities to try new things; where everyone feels valued, safe and included as their authentic self. Creating that sense of belonging requires a commitment from all campers and staff. While at Camp Huckins, campers and staff will strive to practice our core values: caring, honesty, respect and responsibility. Please review the following agreements with your camper.

Camp Huckins Campers:

- look out for one another and seek help when needed
- show up with honesty every day
- are brave enough to own their mistakes and grow from them
- allow others to learn and grow from their mistakes
- respect each other and all members of the community
- value each other's voices, perspectives and experiences
- are responsible for their hygiene, their words, and their actions
- will communicate their needs to their counselors or other staff
- take care of the environment through capers, composting, putting trash in bins, and community conscientiousness
- are cherished as their authentic selves!

***Thank you for your commitment to practicing these Huckins  
Community Agreements.***



### **Dismissal from Camp**

At Huckins we are all responsible for the care and cultivation of our eco-system. We expect a camper's words and actions to support that, and we commit to coaching campers as we practice that each day. We ask campers to follow the policies in place to keep everyone safe, including health safety guidelines and those prohibiting possession of fireworks, weapons, alcohol, tobacco, and drugs (in all forms). Threats to harm self or others, as well as behaviors that harm self or others, will be taken seriously by the staff.

The safety of our campers is central to the Huckins experience and essential for a joyful summer. **Our staff will take threats to harm self or others, and behaviors that do harm to self or others, very seriously. Bullying behaviors will not be tolerated.** We reserve the right to dismiss any camper or staff member whose behavior compromises their safety or the safety of others or is contradictory to the Huckins core values and community agreements.

# Camp Life

## Daily Schedule

The days at camp are full of opportunities to try new activities and make new friends. Camp runs on a “bugle system,” meaning there are bugle calls that play over the loudspeaker to mark points of the daily schedule. The day begins with Reveille at 7:15am when we rise and shine and ends with Taps at 9:00pm for our Juniors & Middlers and lights out for Seniors at 9:15 pm. In between, a typical day includes:

**7:15am** Reveille & Wake Up

**8:00am** Breakfast

**9:20 – 11:55am** 3 Instructional Activities

**1:00pm** Lunch

**1:45pm** Rest Hour

**3:00pm** Free Selection of Activities (campers choose the activities they want to do and there are often specials offered in the afternoon)

**6:00pm** Dinner

**7:00pm** Evening Program (Cabin Activity, Divisional Activity or All Camp Activity)

**8:30pm** Call to Cabin (Closing the Day as a Cabin)

**9:00pm** Taps & Lights Out

## Special Camp Activities

Throughout each session, there are special activities that add extra fun and excitement. These might include a dress-up lunch, themed days, cookout dinners, and more! You never know what surprises the day will bring, so be sure to pack some fun dress-up clothes to be ready for anything!

At the end of each session, we celebrate with special traditions, including the Camper Banquet and the Huckster Ceremony, which honors campers and staff who have been at camp for five-year increments. The session concludes with our meaningful closing Candlelight Ceremony.

## Camp Bank

All charges, including elective activities, that are accrued during the session will be charged to the credit card on file after the session. The usual amount for 2 weeks is \$75 (less for campers who do not do elective activities). The W's and CITs camp bank charges will include the cost of trips and clothing. The total W and CIT camp bank charge is around \$150.

## Laundry Service (4-week Campers Only)

Laundry service is available for 4-week campers with a minimum charge of \$25.00. Charges for laundry will be charged to the Camp Bank. Laundry will be sent out once per the 4-week period, in between the 2 sessions.

### **Meals & Food Allergies**

Campers and staff will eat meals by cabin group in the Dining Hall. The meals will be served at the tables, with salad bars and WB&J (Wowbutter & Jelly) options available at meals. In addition to our main dish option, we provide vegetarian, vegan, and gluten free options. A morning snack of fruit and granola bars is delivered mid-morning for all campers. Apples are always available, and “Snack Shack” is provided each afternoon.

Our Food Service Director can accommodate some food allergies, and each is considered on a case-by-case basis. [\*\*Huckins Food Allergy Policies and Procedures\*\*](#) can be reviewed on our website. Please contact the office if you would like to connect with our Food Service Director to discuss your camper’s dietary needs.

### **Safe and Joyful Summer**

Being and feeling safe is essential for a camper to get the most out of their Huckins summer – gaining confidence, making new friends, and trying new things! We ask campers to let a staff person know if there is anything happening at camp that is making them feel unsafe or preventing them from having fun at camp.

Most campers will be in a cabin with two counselors, who are their first tier of support. A few lucky campers each session will be able to live in a “CIT Training Cabin”. These cabins each have one counselor, who has at least two prior years' experience, and a rotation of our Counselors-in-Training from the Leadership Division who are learning the ins and outs of being a counselor for the following summer. CITs occasionally have a chance to run the cabin on their own and will always have a counselor or Division Leader around for support. After the first few days of camp, campers will complete a “Fun, Safe Summer” survey to provide feedback on their experience to date.

You can learn more about [\*\*CCYMCA Camp Huckins Commitment to Safety\*\*](#), including our recent **Praesidium Accreditation®**, on our website.

### **Sustainability at Huckins**

Camp Huckins strives to reduce its carbon footprint and include sustainable practices in our work. Our Environmental Education program (The Nature Hut) is one of our main activity areas. In addition to this program, here is a list of our other sustainability initiatives:

- Recycle stations in each division
- Vegetable garden at the Nature Hut
- Food from local farms (vegetables and meat)
- Composting
- The Nature Trail
- Solar water heaters on the roof of the Dining Hall
- Solar panel system Leadership Division & Dining Hall
- Redistribution of gently used camp clothes

Our goal is to use this opportunity to educate our campers and staff on the importance of protecting and preserving our environment for the future.

# Communicating with Camp and Your Camper

## Contacting Camp

The number at camp is 603-539-4710 and our camp office is open 8:30 am – 6:00 pm. Our office staff will do their best to answer your questions. Campers are not allowed to use the phone. Camp days are full, and our staff spend most of their time on the grounds working with campers, so we appreciate your patience in returning your call.

## Calling Camp in Case of an Emergency

If an emergency arises and you need to contact staff regarding your camper during business hours, dial (603) 539-4710. After hours or if our office staff are unavailable when you call, you can leave a message in our emergency voicemail by **dialing 6** after you reach the auto attendant. Leave a brief message with your phone number and it will activate our emergency phone system. A Huckins staff member will call you back as soon as possible.

## Mail

**LETTERS ONLY:** Campers love to receive mail! Write to your camper often and keep it cheerful to prevent homesickness. If you receive an unhappy letter from your camper, please do not get upset. Children's emotions change rapidly, and the letter you receive today may reflect a moment long forgotten. You may call us any time you are in doubt. Should your camper become ill, or experience adjustment difficulties, their Division Leader will contact you.

**NO Packages or Boxes.** We get TONS of mail at camp! We can only accept **LETTERS** at camp. This means only mail that can be sent with one first class stamp. NO Packages or Boxes of any kind will be accepted. All packages and boxes will be kept in the office until your camper leaves camp.

Please mail all letters to:

**Camper Name, Cabin Letter**  
YMCA Camp Huckins  
17 Camp Huckins Road  
Freedom, NH 03836-4403

To help encourage your camper to write home or to relatives and friends, we recommend sending them to camp with preaddressed, pre-stamped postcards! A postcard is less daunting to younger campers (or campers that do not like to write) than having to write a letter.

Please ensure that anyone writing to your camper addresses their letter with the camper's full name and cabin. A letter addressed to "Jenny" without a last name, or to "Sweetums," is unlikely to be delivered to the correct person.

## Bunk1 Emails

You will be able to use Bunk1 to send one-way emails to your camper. Please contact the office for more detailed information.





## Health Policies

Our Health Team collaborates with the Huckins Medical Advisory Team to create a thoughtful communicable illness plans for testing, health screening, quarantine, and communication. At the same time, the team has been preparing to manage and support all the regular health care needs of campers, including medication management.

*Please review these important reminders and updates.*

### Health Forms

All campers must finish a **completed Health Form**. Your camper's physical must be completed within **one year** of their stay at camp.

### Camp Response to Positive Communicable Illness

If a camper has symptoms of a communicable illness, they will be treated by our nurses in the health center including proper evaluation and testing. If a communicable illness is confirmed, the primary parent/guardian will be notified. The camper may need to go home until symptoms improve and they are no longer contagious. If it is determined that a camper needs to go home, we ask that parents/guardians pick up the camper within 8 hours. The most up to date [communicable illness guidelines](#) can be found on our website.

### Medications & Health Concerns

Per the State of NH licensing requirements, our nursing staff must administer all medicine, including over-the-counter medications. Our Health Center is well stocked with Tylenol/Ibuprofen, cough medicine, etc. If your child takes an over-the-counter medication every day - for example, allergy medicine - please order that through **Valley Independent Pharmacy (VIP)**.

Because of the volume of medications administered daily, we ask that you refrain from ordering multi-vitamins or supplements **unless** they are recommended by your camper's Health Care Provider. Vitamins and supplements also need to be ordered through VIP. Click here to view [more detailed information on ordering medications](#).

**Any health concerns** that require special attention should be discussed with our camp nurse before your camper comes to camp. If your camper becomes ill and is confined to the Health Center overnight, you will be called.

### **Health Insurance**

Camp Huckins accident policy provides basic limited coverage for all campers for injuries. This restricted policy does not cover more serious accidents, sicknesses, or pre-existing conditions. Parents will be responsible, through their insurance carrier, for all charges incurred if the camper requires medical care beyond the limits of the Camp policy.

### **Parent Notification**

All parents will be notified of an accident or illness involving their camper if the camper needs to spend the night in the health center or needs to see an outside physician. Parents will also be contacted regarding any need for emergent care, or mental health crisis. The health center staff may reach out to parents if they have any questions or concerns about the camper's current medical conditions, allergies, medications, or ongoing treatments.

### **Vaccinations**

All campers are expected to comply with the [State of NH requirements for vaccinations](#). If your camper is not up to date on vaccinations required by the State of NH, please contact the office. Please visit the [Communicable Illness Planning](#) page of the website for updates.

# After Camp Ends

*Check-out procedure, Lost and Found, Surveys, Registration for Next Summer*

## **Check-Out Procedure**

**Check-out will be on Saturdays between 9:00 am and 11:00 am**, and families will be assigned a designated time to pick up their camper. Staff will direct you to the location to pick up your camper. We encourage families to check the clothesline before leaving the division.

## **Lost and Found**

Camp is not responsible for lost items. Please mark all items with your camper's name and we will contact you if an item is found.

## **Packages**

If a camper was sent a package at camp, the office will contact families and packages can be picked up outside the office during check-out.

## **Surveys**

At the end of each session, you will receive an email with a link to our online Parent Evaluation through Survey Monkey. Your feedback is essential to help us in planning for 2025. Please take the time to fill this out, including both positive and constructive feedback.

## **Campers and Social Media**

Camp Huckins hopes that campers will practice the core values of Caring, Honesty, Respect and Responsibility when they leave camp, including during their on-line and social networking activities. Incidents of on-line bullying may impact a camper's ability to return to camp. Huckins discourages camper-staff connections on social media, including Instagram, Snapchat, Facebook, Twitter, TikTok, YouTube, etc. We encourage letter writing as a safer way for campers and staff to stay connected. Camp Huckins has monitored Facebook and Instagram pages where campers and staff can stay up to date with camp happenings.

## **Registration For Next Summer!**

Camp Huckins fills very quickly each year, so we recommend registering your camper on the first day you are eligible. Watch for emails in the fall with detailed instructions.

