

CAMP
MOOSILAUKE
FAMILY
HANDBOOK

Summer 2010

Celebrating our 106th year!!

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INTRODUCTION

This family handbook has been developed to help campers and parents get ready for the Moosilauke Experience. In it you will find answers to frequently asked questions, and a wealth of other important information. Whether you are new to the Moosilauke family, or returning for another summer, we ask that you read this handbook carefully. If you have questions or concerns after reading the handbook, please feel free to call us at (800) 353-4546.

You will be sent a handbook agreement letter before camp begins to sign (and send back) in acknowledgment that you and your attending child(ren) have read the handbook and agree to all policies and conditions contained within it.

See you soon!

Bill and Sabina McMahon
Managing Directors

DATES, TIMES AND TRANSPORTATION INFORMATION

Please note that unless you have made specific bus or airport arrangements with us we assume your child will be dropped off at camp.

Opening Dates, Drop-Off Times and Bus to Camp Information

Full season and 4.5-week session

- Opening day is Thursday, June 24, 2010
- Drops-offs at camp should arrive between 2:00 and 4:00 p.m.
- Pick-up times on Thursday for Buses going to camp:
 - Lincoln Center, NYC, bus leaves at 10:00 a.m.
 - Greenwich, CT, bus leaves at 11:15 a.m.
- Special airport pick-ups: please confirm with us on an individual basis (flights should arrive between 12:00 and 4:00 p.m. on Thursday)

2.5-week session

Depending on interest, we are planning on running a bus from New York and Greenwich, CT for opening and closing dates.

- Opening day is Monday, July 6, 2010
- Drop-offs at camp should arrive between 2:00 and 4:00 p.m.
- Pick up times on Monday for Buses going to camp:
 - Lincoln Center, NYC, bus leaves at 10:00 a.m.
 - Greenwich, CT, bus leaves at 11:15 a.m.
- Special airport pick-ups: please confirm with us on an individual basis (flights should arrive between 12:00 and 4:00 p.m. on Monday)

Parents' Day for 4.5-Week and Full Session Campers

Parents' Day for 4.5-week and full session campers is Saturday, July 24—departure day for 4.5-week campers. Parents are invited to come to camp from 9:30 to 4:00. (See the Communications/Visiting section for details.)

Closing Dates, Pick-up Times and Bus Home information

4.5-week session

- Closing day is Saturday, July 24, 2010
- Pick-ups at camp should arrive any time between 9:30 a.m. and 3:30 p.m.
- Special airport drop-offs: please confirm with us on an individual basis. (flights should depart between 10:00 a.m. and 4:00 p.m. on Saturday)

Full season and 2.5 week session

- Closing day is Wednesday, August 11, 2010
- Pick-ups at camp should arrive between 8:00 and 10:00 a.m.
- Estimated bus arrival times will be sent in a mailing during the summer.
- Special airport drop-offs: please confirm with us on an individual basis. (flights should depart between 9:00 a.m. and 4:00 p.m. on Wednesday)

Emergency Change in Plans

If bus pick-up or drop-off times or places and/or arrival dates and times at Camp need to change the Camp will use one of the following avenues for communicating with families: a phone call if the time frame is short; e-mail and/or letter if the lead time is sufficient. Parents should always call Camp if they cannot meet the designated times and dates.

Pick-up and Drop-off Procedures and Responsibilities

When dropping off campers at a designated off-campus location on travel day, parents/guardians are responsible for campers until they are checked-in and formally seated on the van or bus. On the return trip home parents/guardians who are meeting campers at an off-campus site must meet the bus or van and walk their children to their car.

Camper Transportation Policies

When taking part in trips and competition outside of camp, campers may travel in passenger vehicles, vans and/or buses, depending on the size of the group and the type of excursion. Campers will only be transported in vehicles designed to carry passengers. They are not permitted to ride in the back of trucks except in an extreme emergency and when directed by

appropriate staff (i.e. fire evacuation.) Vehicles will carry only the number of passengers specified by the vehicle manufacturer. There will be a seatbelt for each passenger (except when traveling in buses in which seat belts are not required). A staff member (adult) will be present in each vehicle. If traveling by bus, this is in addition to the driver.

THE GOLDEN RULES

Above all else, Moosilauke strives to create an environment in which campers are comfortable to be themselves, try new things, gain new skills and confidence, and make new friends. These goals are achieved when staff and campers follow a few simple ideas and rules:

-Go out of your way to be nice. Being nice is “cool” at Moosilauke. Teasing is not, and it is not tolerated.

-Try something new everyday. There is so much to do at Moosilauke it is a shame if campers don't go out of their way to try new things. And don't worry about not being great at something—nobody is great at everything, especially his or her first time around.

-Support someone else when they try something new. At Moosilauke, we support others just like we want to be supported.

-Take pride in yourself—and the camp. Camp is more fun and successful when campers and staff take ownership for each other's actions, and the total quality of life at camp. Moosilauke is a beautiful place and we all need to work together to keep it that way.

-Respect other people, their opinions, and their possessions.

-Be enthusiastic. At Moosilauke, we hope you will show some emotion. Cheer at games! Sing loud! Laugh at Bill's jokes (even when they are silly)!

-Have fun! Camp should be fun. If at any time camp is not fun, come tell Bill, Sabina, Larry or Kenny. We can help.

CODE OF CONDUCT

In order to ensure a positive experience for your child, it is essential that all campers obey the following rules while at Moosilauke:

- Campers will not leave the campus without permission.

- Campers will not leave the cabin after lights-out (with the exception of senior campers using bathroom facilities).

- Campers will not steal or harm camp property or facilities, the property of other campers or staff, or the property of others when outside of camp on a trip or at an event.

- Campers will not have in their possession, or partake of, any illegal drugs (and related paraphernalia), alcohol or tobacco products.

- Campers will not keep any prescription or non-prescription drugs in the cabin (all medications must be registered through "Camp Meds" and dispensed by the nurses, details to follow).

- Campers will not have in their possession or use any weapons, including folding Swiss Army type pocketknives, and lighters/matches.

- Campers will not undertake any actions that involve or threaten danger to another camper, a staff member, or themselves.

Violations of these important rules will be dealt with firmly and decisively and can result in immediate separation or dismissal without refund of tuition. Infractions involving smoking, drinking, theft, possession and/or use of weapons, matches/lighters and/or illegal drugs or paraphernalia associated with their use will result in immediate separation or dismissal without refund of tuition. Please discuss this code of conduct with your child prior to arrival.

PACKING/CLOTHING/EQUIPMENT/SHIPPING

The Clothing/Equipment list that is attached outlines what campers should bring to Camp. Please use the list as a starting point and then use your knowledge of your own son to finalize what he comes with. The suggested list is appropriate for both sessions given the way in which the laundry system works.

Labeling Clothes and Equipment

Please put your son's name on everything he brings to camp. And we mean everything: towels, socks, bathrobe, sun glasses, baseball glove, tennis racket, backpack, shoes, cleats, sandals . . . Use full names and avoid initials so that our sorting of the lost and found--which we do every night--can be efficiently completed.

Feel free to purchase and use labels (we do not recommend a specific vendor), or mark items with a permanent pen (silver pens are available for dark items).

What Not To Bring

Please note that the following items are not allowed and will be confiscated if they are discovered: matches/candles/incense, hand-held electronic games (e.g., Game boys, PSPs), televisions (including Watchmen), DVD players, cell phones, pagers, computers, laser pointers, weapons, electric blankets, immersion water coils, or any other valuable equipment (use your judgment!). iPods are allowed, but for in-cabin use only. Touch type devices that have music and video are not allowed unless the camper pledges to only use the music function and not the video capability. (Moosilauke is an honor code camp!) "Boom-box" type compact stereos are discouraged.

Food and beverages also are not allowed. Moosilauke provides an abundance of tasty and healthy food and drink at meal and snack times. Please do not allow your child to bring food and drink of any kind to camp—including candy and gum—and do not send it to them. Food that is discovered will be used for carnival and bingo games and will not be returned. It is disappointing for campers to receive a package at camp containing food and have it taken away- please be creative and send games, magazines and other fun items.

Bikes/Fishing Rods/Lacrosse Sticks

The camp is equipped with fishing rods, mountain bikes and lacrosse sticks and related equipment. However, many campers bring their own fishing rods and lacrosse sticks/equipment, and a few bring their own mountain bikes. Fishing rods and lacrosse equipment are stored in equipment sheds. Camper mountain bikes are kept in a separate location from our camp bikes. The benefit of bringing personal equipment of this kind is immediate availability. The downside is potential damage (for which the camp cannot be responsible) and having to deal with other campers asking to borrow items. The decision is yours. Call if you have questions.

Trunks, Duffels and Shipping

Camper clothing and equipment should be packed in trunks and/or duffel bags (and their backpacks). Trunks are not necessary, duffels work just fine for our system. All camper belongings are stored on shelves in the cabins and their luggage containers will be stored away from their cabins, so please send what is easiest for you. All baggage needs to be labeled with the camper's name. Please mail trunk keys and locker combinations to the camp office in advance of arrival.

If you would like to ship trunks and duffels, you have three options:

-R&B Camp Baggage Service: 800 682 0135/FAX=603 536 4941.

Pick-up is only available for 4.5 week and 7 week campers, and delivery for 7 week and 2.5 week (after August 11). *R&B does not pick up or deliver any mid-season luggage - please be aware of this for your planning.* An informational letter is enclosed or you can go on-line at rbcampbaggage.com for info.

-United Parcel Service and Federal Express: reasonable and flexible options. Luggage should be addressed to:

Campers Name
Camp Moosilauke
35 Camp Road
Orford, NH 03777

Please note that due to space issues, only hand luggage and fragile items will be allowed on the buses to Moosilauke in June. On the return bus in August, we do try to put the luggage on the bus. **All luggage in June and July will need to be dropped off/picked up by parents, or shipped to and from Moosilauke by one of the methods listed above.**

COMMUNICATIONS/VISITING

Camp Contact Information

Our mailing address during the summer is:

Camper's Name
Camp Moosilauke
35 Camp Road
Orford, NH 03777

Key phone/fax numbers include:

- Toll free: (800) 353-4546
- Office phone: (603) 353-4545
- Office fax: (603) 353 9103

Mail to Camp

Nothing brightens a camper's day more than receiving mail from home. Fun and appropriate things to send include letters, pictures, magazines, hometown newspaper clippings, books and small games. Remember, food is not allowed. All packages will be opened in front of a staff member to ensure that inappropriate items are not included. Don't disappoint your sons by having their packages taken away due to food - send fun and silly items instead!

When addressing mail to campers just add their name to the address listed above.

Letters Home

Campers are required to write home on Wednesdays and Sundays. It is extremely helpful if you can pre-address envelopes for younger campers. The Directors also send a weekly letter summarizing special events, activities and trips.

Phone Calls

New campers during the 4.5-week session are allowed to call home during the second week of camp. The only other calls from campers occur if there is a

special event such as a camper's birthday, or if they have free time on a trip to call from a pay phone. Campers will be able to send faxes and letters for family member birthdays, but phone calls will not be allowed. We ask that parents only call their son(s) if there is a special event or an emergency. Our Directors, however, welcome calls from parents at anytime, even for just a brief check-in. Additionally, Bill and Sabina will proactively call parents if behavioral or other issues warrant it.

The camp also will call parents if the following types of health issues arise: child needs to see medical personnel outside of camp staff; child needs to be put on medication or current medications need to be adjusted; and/or child spends the night in the camp infirmary.

E-mail/Faxes

Please do not use faxes and/or e-mails to stay in-touch with your child (unless special arrangements have been made by international parents). Additionally, the best way to contact Bill or Sabina is by phone and email.

Web Site

During the summer we try and post pictures on a daily basis. Take a look at www.moosilauke.com.

Traveling While Your Son is at Camp

If you will be traveling while your son is at camp, please send or fax us, in advance, contact information in the event of an emergency.

Parents' Day

Parents' Day for 4.5 week and full session campers is Saturday, July 24— departure day for 4.5 week campers. Parents are invited to come to camp from 9:30 to 4:00. Events during the day include watching campers take part in classes and competition, and joining in camp activities such as swimming, canoeing, baseball, basketball and tennis. Bring a swimsuit, towel, tennis racquet, baseball glove, hat, sunscreen and a big appetite (the buffet lunch is excellent). Do not bring animals, cigarettes or alcohol on campus. When you get to the camp follow the signs for parking on the far soccer field (please do not drive into camp unless you need handicap accessibility or are picking-up 4.5 weeker's luggage).

Visiting While Camp is in Session

In order to protect the safety--and morale--of all its campers, and to effectively run our programs, Camp Moosilauke has a "no visit/no drop-in" policy except for on Parents' Day and drop-off and pick-up days. If a custodial situation creates scheduling issues, please call the directors to discuss options. Please note that we must have written permission from the registering parent for permission to visit.

HEALTH

Mandatory Medical Form/Enrollment Application

The medical form (mailed in March), must be completed by a doctor, signed by a parent and be received at camp before your child can be dropped off. There are no exceptions. All vaccinations must be up-to-date. Please be sure to fill out all the appropriate sections. Tracking down copies of insurance cards, immunization records, parent and doctor's forms takes a lot of time out of nurses' busy schedules while camp is in session. *Please help us and be on time with your paperwork.*

Please ensure that the medical form and enrollment application are completed honestly and thoroughly. Include information on issues such as sleepwalking, bedwetting, carsickness, etc. Failure to provide the camp relevant physical and mental health information could result in your child being sent home without refund of tuition.

Permission to Treat

By signing the medical form the camp is given permission to provide campers routine health care, administer prescribed medications, and provide emergency medical assistance.

Camp Health Facilities/Staffing

Moosilauke has two full-time nurses in residence, and a local doctor on call 24-hours. We have an Infirmary strategically located on the periphery of the campus. Dartmouth-Hitchcock Hospital, one of the top medical facilities in all New England is only 30 minutes away.

Arriving in Good Health

If your child is not feeling up-to-par on opening day, or has been exposed to a contagious illness, please keep him home until he is ready for camp and/or your doctor tells you he is no longer contagious.

Dental

Please be sure that all dental and orthodontic work needed over the summer is completed before arrival.

Medications

Medication must be registered through "CampMeds." Forms and information will accompany the medical form sent out in March. All medications (prescription or over the counter) must be registered through CampMeds if they are medications which must be taken on a daily basis. Inhalers and Epi Pens are the only exceptions. You may bring these to camp or send them with your son for Opening Day, they do not need to be registered through CampMeds.

No medications of any kind can be kept with a camper in his bunk or in his possession. This includes prescription drugs and over the counter items such as Tylenol, Advil, Sudafed and Robitussin. Our nurses will dispense over the counter items from our camp stock on an as needed basis if your child becomes ill while at camp. Nurses will dispense all registered medications at mealtimes.

On Opening Day, each camper goes through a health screening process involving a temperature check, head and throat check, and height and weight.

Health Insurance

Parents must provide their own coverage for illness, accident, and dental occurrences that require medical intervention.

Health Related Camp Contact

The camp will call parents if the following types of health issues arise: child needs to see medical personnel outside of camp staff; child needs to be put on medication or current medications need to be adjusted; and/or child spends the night in the camp infirmary.

HOMESICKNESS

Homesickness is normal. It is a routine developmental phenomenon in which campers miss something about home when they are away at camp. The vast majority of campers get at least a little homesick, and a small handful each summer has a serious bout. In either event it is something to be dealt with honesty and with care. Remember, it means they love and miss you!

Here are a few pointers relating to homesickness:

-Don't shy away from talking about it. In fact, we recommend you have a discussion about it before camp. Talk to your son about whether he thinks he will be homesick, and things he can do when he feels it coming on. For example, if it is during the day, tell him to get active in a game or an activity. If it is early in the morning or at bedtime—prime homesick periods—tell him to read a book or talk to friends or his counselor. We prep our counselors to tell stories at bedtime to fill the down time.

During the first orientation session with new campers we talk about homesickness in a straightforward manner. You should do the same.

-But don't foster it or create it. Don't burden your child with heavy statements about how much you will be affected by his absence. Better to let him know you will miss him, but that you are excited for him.

-Don't promise a helicopter rescue! In our experience the worst thing a parent can do related to homesickness is to tell the child to try camp for a few days and if he does not like it that he can come home. In almost all cases this pledge will keep your child from fully engaging in the camp experience.

-Let's work together. If your son is one of the few who gets a serious case of homesickness we will call you within the first few days. (During the first week of each session the staff meets daily to check-in on who needs extra attention.) During the call we will strategize with you a plan to help minimize the situation. Key elements usually entail focusing the camper on the cool things he wants to do at camp, and ensuring that there is loving and

supportive communications from home. Sometimes we will have the child get on the phone for an initial contact. However, past this initial call, years of experience prove that too many calls too close together is the worst possible course of action. Trust us on this!

It also is important to remember that many times parents have greater issues related to homesickness and separation than their sons. Please don't let your own separation anxieties negatively impact your son's success at camp.

OTHER

Age Groups

Campers are divided into the following age groups:

-Junior Bs	7, 8 and 9 year olds
-Junior As	10 year olds
-Inter Bs	11 year olds
-Inter As	12 year olds
-Senior Bs	13 year olds
-Senior A2s	14 year olds
-Senior A1s	15 year olds

Campers are placed in age groups according to their current grade, unless parents request otherwise.

You will notice these groupings referenced in letters home and on the daily and weekly schedules at the camp.

Bunk Assignments

Completing the camper questionnaire (mailed in March) is critical to making appropriate bunk assignments. Where possible, requests to be housed with specific individuals will be accommodated. However, not all requests are possible or advisable, especially those involving more than two boys. It is critical that we ensure that each cabin has an appropriate balance of new and returning campers.

Laundry

Campers' laundry is professionally washed once a week and returned the next day individually wrapped. No additional fee is charged for this service.

Birthdays

Camper birthdays taking place during the summer are celebrated by the whole camp with a cake and song. Please feel free to call the camp office to set-up a phone birthday greeting.

Camp Uniform

All new campers are required to purchase a basic camp uniform consisting of a hat, two shirts, two mesh shorts, sweatshirt, sweat pants, and a tank top. Campers are required to wear parts of the uniform only when competing with other camps. However, given the quality and style of the pieces, campers wear them throughout the summer and year.

We will be using *The Cloz Company* for our uniforms. New campers will be required to order the basic uniform and then will have the option of ordering other items from the catalog or on-line. Returning campers will be able to peruse the catalog and on-line options and purchase what they wish. The uniform clothing will be mailed directly to your homes BEFORE the start of camp to be washed and labeled. You may also mail the clothing directly to camp if you feel you will not receive it before your son leaves for camp.

You will receive all the necessary information about ordering the clothes in March. Don't delay in ordering as they do run out of items if you wait until late in the summer.

Schedule/Sign-Ups

We strongly believe that a combination of structured activities and choice provides the optimal growth experience. To ensure that all campers experience the full breadth of opportunities available, boys of all ages are assigned during the 3 morning activity periods. Classes range from tennis to mountain biking to archery to kayaking to anything we offer. These classes are mandatory. However, to allow campers to grow and specialize in the areas they are most interested in, campers sign up for the two afternoon periods each day in the a.m. Additionally, there are special free-choice days throughout the summer. Choice opportunities increase for boys 12 and older. Evenings are usually reserved for special activities like fishing, tubing and athletic competition, and games.

It is extremely important that campers tell the Directors if they are unable to be scheduled in a specific sign-up activity on a certain day. In almost all cases the Directors can insure the camper a spot in his desired activity the very next day. We just need to know!

Please explain to your son the importance of speaking up if they have a question, request or a problem. Self-advocacy is a great skill to learn and practice at camp.

Tuition Payments

Bills for tuition payments will be sent out in March. Please adhere to the dates for payment and call if you have any questions.

Daily Schedule

A typical daily schedule (non-Sunday) is as follows:

7:45	Moose Bears Swim (optional)
8:00	Wake-up bell
8:15	First bell
8:30	Breakfast/bell
9:20 – 9:45	Cabin clean-up/inspection
9:45 - 10:30	First morning period (campers are assigned)
10:30-11:15	2nd period (campers are assigned)
11:15-12:00	3rd period (campers are assigned)
12:10	Morning dip
12:30	First lunch bell
12:45	Lunch
1:30	Rest hour
2:45	4th period (campers sign-up)
3:45	Afternoon snack
4:00	5th period (campers sign-up)
4:45	General swim
5:00	Mail Call
5:30	First dinner bell
5:45	Dinner
6:45	Evening activities
8:00	Jrs (7-10 year olds) up hill -- lights out at 8:45
8:20	Int Bs up hill (11 year olds) -- lights out at 9:00
8:45	Int As/Sr Bs (12 and 13 year olds) up hill -- lights out at 9:30
9:00	Srs up hill (14 and 15 year olds) -- lights out at 10:00

Activities

As our printed materials, DVD and web site clearly indicate, campers at Moosilauke take part in a wide range of land, water and adventure activities, that can include (but not exclusive of): baseball, tennis, arts&crafts, woodworking, soccer, basketball, archery, rugby, swimming, sailing, windsurfing, water skiing, wake boarding, tubing, fishing, flat water and white water kayaking, flat water and white water canoeing, white water rafting, indoor and outdoor rock climbing, hiking, overnight back packing and mountain biking.

Competition

Competition in the form of intramural and inter-camp games and events is a basic part of the Moosilauke Experience. However, we are very careful to keep our competition and instruction low stress, and to ensure that every boy who wants to compete - regardless of skill level - is able to. Our highly trained staff, many of which have coached at the varsity level, are committed to providing healthy competition that promotes sportsmanship and teamwork. Age appropriate teams are fielded in almost all team sports. All your son has to do if he wants to play on a team is listen for the announcement for the first practice and show-up at the assigned time. Every boy who participates in practice plays in the games.

Swimming

Our swimming program follows Red Cross guidelines. Campers usually are scheduled about two times a week, and by parent request can receive additional instruction. An initial swim test is given to all campers, new and returning, to evaluate their swimming ability. The test includes swimming laps in various strokes and treading water.

Spending Money

With a few exceptions*, we ask that you do not provide campers spending money. When campers go on trips all incidentals, including ice cream cones, movie tickets and treats, meal money, etc., are amply provided. Additionally, no money is needed in camp, as there is no canteen. Do some parents provide their children money? Yes. Does this create problems related to equity, and possible loss? Yes!

*The exceptions involves Senior B, A2 and A1 campers going to Burlington, Manchester, and Montreal in the 4.5 week session and the Senior A2 campers going to Manchester in the 2.5 week session. On these trips, a small amount of pocket money, \$25 - \$30, for a souvenir is acceptable. We can keep this money for the campers in the office until the day of their trip. We recommend you send the money with the campers at the start of camp and not rely on the mail arriving in time during camp. As with all trips, the Camp pays for all food, tickets and incidentals.

Gratuities

We ask that you do not monetarily tip counselors. However, giving a gift such as a t-shirt for a job well done is certainly acceptable.

Big Brothers

All new campers are assigned a Big Brother when they arrive at camp. The new campers and Big Brothers will sit at the same table their first week of camp. The camp Big Brother takes on the role of explaining how many things work at camp, the meaning of a silly dining hall chant, and/or sharing their own experiences about camp. Most campers will remember their Big and Little Brothers for years to come!

TRIPPING OVERVIEW

As is evident from our promotional brochures, Moosilauke campers take part in a wide range of outdoor adventure activities and trips, including:

- Day mountain biking adventures within thirty minutes of Camp
- Canoeing and kayaking on lakes and slow moving rivers within 45 minutes of Camp
- Rafting, kayaking and canoeing on white water Rivers, including the Androscoggin (in NH), the Saco (in ME) and the Rouge (in Montreal)
- Day hikes in the White Mountains
- Overnight backpacking trips in the Presidential range of the White Mountains
- Rock climbing and bouldering in Rumney and Lyme, NH

Trips are all age and ability appropriate. Campers with average fitness for their age can take part in all mandatory trips. Voluntary trips may require a specific level of fitness or skill.

Campers receive an orientation before a trip that details activities and duration, appropriate conduct, safety and low impact procedures, and packing instructions.

In terms of the availability and accessibility of emergency assistance, all wilderness trips are lead by a counselor with a Wilderness First Aid certification or higher. All overnight backpacking trips are lead by a counselor with a Wilderness First Responder certification or higher. Depending on where the trip is located, medical facilities to be utilized include the Dartmouth Hitchcock Medical Center and the North Conway Hospital.

CLOTHING AND EQUIPMENT LIST

-Every item your son brings--including shoes, socks, and all equipment--must be marked with his name via permanent marker or nametapes.

-All items are required unless marked optional.

CLOTHING

- 2 fleece pullovers/sweatshirts
- 1 rain jacket--waterproof and light weight
- 3 bathing suits
- 10 t-shirts
- 2 synthetic "wicking" t-shirt for hiking
- 2 pants and/or sweat pants
- 8 shorts
- 10 boxers/underwear
- 10 pairs socks--at least one pair synthetic and above the ankle for hiking
- 2 pair pajamas/sleep wear
- 1 baseball hat
- 1 bathrobe (optional)
- 13-and-over** campers should bring a warm wool/synthetic hat

FOOTWEAR

- 1 pair cross-training athletic shoes
- 1 pair sneakers for tennis—they need smooth soles for clay courts but don't specifically need to be "tennis" shoes
- 1 pair light hiking shoes (very optional - a sturdy sneaker is adequate for all of our hiking trips)
- 1 pair soccer/baseball cleats
- 1 pair Teva or Keen type sandals (very helpful for our waterfront activities)
- 1 pair shower flip-flops (optional)

BEDDING/LINEN

- 3 blankets (it can get cold at night!)
- 1 pillow
- 3 pillowcases
- 4 sheets for a single bed--2 fitted, 2 flat top
- 4 bath towels
- 2 wash clothes
- 2 laundry bags--with name in large letters
- *regardless of the session they are attending, these are the bedding needs

OUTDOOR EQUIPMENT

- 1 sleeping bag with stuff sack
- 2 plastic water bottles—Nalgene/SIGG type only
- Backpacks:
 - All campers need a basic school/day pack
 - 13-and-over campers have the opportunity to take part in multi-day backpacking adventures. If your son wants to participate in these trips he should bring an overnight pack that holds a sleeping bag either inside (internal frame) or attached to the outside (external frame). We have a few packs available for loan for those for whom the purchase of a backpack is a hardship.
- 1 fishing rod with spinning reel (optional)

ATHLETIC EQUIPMENT

- 1 baseball glove
- 1 tennis racquet
- 1 mouth guard
- 1 pair shin guards and socks for soccer
- 1 lacrosse stick (optional)

TOILET KIT

- 1 Soap and travel soap container
- 1 Comb and/or brush
- 2 toothbrushes and toothpaste
- 1 bottle shampoo
- 1 bottle sunscreen
- 1 lip balm/Chapstick
- 1 bottle/tube bug repellent

MISCELLANEOUS

- 1 flashlight with batteries
- 1 pair sunglasses
- Stamped envelopes, paper, pens
- Books, games
- 1 pair extra eyeglasses

NOTES ON OUTDOOR GEAR AND CLOTHING

All campers at Moosilauke will hike mountains, canoe rivers and/or lakes and go on a day bike trip. Boys thirteen-and-older have the opportunity to also go on multi-day backpacking and canoeing adventures. The Clothing and equipment List and this corollary document provide all the information you need to correctly outfit your son for these adventures. Please note that if you deviate from our lists you will negatively impact your son's ability to comfortably and safely take part in our tripping program.

Backpacks

All campers need a basic school daypack for use on biking trips and other day adventures. This pack will suffice for campers twelve-and-under. Boys thirteen-and-above who want to take part in multi-day backpacking adventures also need a backpack that is made for overnight trips. The backpack should be bought at an outdoor retailer like R.E.I., Eastern Mountain Sports, L.L. Bean or a local outdoor specialist who can help you find a pack that fits. Depending on the size of the boy, packs should be approximately 2500-3500 cubic inches. Larger boys who plan on doing the longer Mt. Washington and Mt. Katahdin trips could get packs up to 4000 cubic inches. We recommend internal frame packs (with a bottom-loaded sleeping bag compartment) because they are more comfortable for extended hikes since the weight sits more snugly against the back. External frame packs, however, are also an option, and are usually cheaper. *The most common error in terms of backpacks is to not provide your son a pack so he is left to borrow one that does not fit. Another common error is to buy a cheap external frame pack - or pass along an old hand-me-down external frame - that is not comfortable enough to wear on a multi-day hike.* Please note that we have a few packs available to borrow for families for whom the purchase of a backpack is a hardship.

Sleeping Bags

All campers need a sleeping bag that comes with its own stuff sack. Boys thirteen-and-up who want to go on optional backpacking trips need a light weight mummy style sleeping bag with a compression sack that will fit in the bottom of a backpack. Bags with a rating of 45 degrees will suffice. Down and/or synthetic bags are both options. Down bags tend to last longer but are considerably more expensive (and they lose insulation value if they get

wet). *The most common error relative to sleeping bags is to buy/give your teenage son who wants to go backpacking a "car camping" bag that is big, bulky and not made to go in a backpack.*

Sleeping Pads

Sleeping pads are not mandatory or necessary. However, they add warmth and provide a more comfortable night's sleep. Either closed or open cell pads will work. Good brands to look into include Thermarest (open cell) and Ridge Rest (closed cell). A half or three-quarters length (as opposed to full body length) will suffice. If you buy one make sure it folds and/or rolls up to a small size and can be strapped to the outside of their pack. Most campers at Moose do not bring their own pad and still get a good night's sleep. (However, almost all counselors use them when camping).

Clothing

Campers of all ages need a three piece layering system when hiking a mountain or going on a canoe trip: a synthetic under-layer against the skin; an insulating layer made of fleece; and a waterproof and windproof top layer.

Every camper needs 2 synthetic shirts that wick sweat away from the body. You can find numerous types and brands at stores like R.E.I., Eastern Mountain Sports and L.L. Bean. We recommend one long sleeve and one short sleeve—both medium weight. *The most common error relative to an under layer is to give your son a cotton t-shirt to hike in. Cotton shirts are not appropriate for the exertion portion of outdoor trips because they keep moisture against the body. In cold and windy conditions--which are always possible on the top of a mountain in New England--cotton shirts can make a hiker dangerously cold.*

For the same reason that cotton t-shirts are not appropriate, cotton sweatshirts are also not appropriate as an insulating layer on adventure trips. When wet, they have no insulating value. Fleece pullovers and jackets, however, still provide insulation when wet.

There are many choices in terms of a waterproof outer layer. The best and most expensive is to purchase a coat made with Gore-Tex (or other brand-specific fabrics) that is waterproof but also breathes well to let sweat escape. Brand names include Patagonia, North Face, Mountain Hardwear, and

E.M.S. These types of jackets, however, are very expensive. A medium-weight coated nylon jacket that is waterproof (though not also breathable) is also perfectly acceptable—and at least half the price. Waterproof pants can be a nice addition on multi-day hikes although they are not mandatory. *The most common error when buying a protective outer layer is to buy one that is water resistant, not waterproof.*

Another excellent item well-worth bringing for boys thirteen-and-older is a fleece/wool hat for on top of a mountain or around the camp site at night. The most heat-loss occurs through the head so a minimal investment in a warm hat can go a long way toward providing comfort on a trip.

Footwear

All campers need sturdy, comfortable shoes that they can use for day hikes. Lace-up running and/or cross training shoes will work. (Shoes that zip or slip on are not acceptable.) As previously referenced, boys thirteen-and-up have the opportunity to go on overnight backpacking trips. Athletic shoes can still be worn on these trips (this is what Bill wears), but some boys may prefer light to medium weight hiking shoes and/or trail running shoes. Boys hoping to backpack in the Presidential Range can also consider a slightly heavier weight “above-the-ankle” hiking boot, although this level of footwear is not mandatory, and can even be detrimental to the trip if they are not well broken in (i.e. upwards of 10 miles of trail-walking in them) by the time they get to camp. *The most common error in terms of footwear is to buy campers a brand new pair of Timberland- type work boots. If they bring these they will not wear them hiking. Another common error is to bring to camp any brand new pair of shoes or boots for hiking. Please have your son wear his new shoes around the house or neighborhood to break them in and to avoid blisters on his first Moosilauke hike. Remember, running shoes work fine for many boys.*

It is important that boys thirteen-and-up who want to go on overnight backpacking trips bring two pairs of synthetic or wool above-the-ankle socks made for hiking. A good but expensive brand is Smartwool. Cotton socks are not appropriate for the same reasons described in the clothing section.

Our packing sheet also lists Teva type sandals with straps that go behind the ankle (as opposed to flip-flops that only have a strap across the middle

of the foot). Teva type sandals are critical for a number of reasons. They are necessary for windsurfing and sailing (to keep the boys from stepping on rocks and mussels in the non-swim area). They are perfect for river trips where feet can be wet all day. And they are great to wear at a campsite—especially if your hiking shoes are wet.

Water bottles

Every camper needs two one liter water bottles for their hiking, biking and canoe trips. Boys will also use these water bottles for some athletic events. Please ensure that the water bottles are of the hard plastic Nalgene variety. (Nalgene is the name for the leading brand.) *The most common errors with water bottles is to 1) buy a cool looking bottle with a fancy cover and strap that is awful for hikes because it is cumbersome and heavy, and/or 2) buy a cheap plastic pull top type bottle that leaks.*

Web Sites

All the gear and clothing referenced above can be found at the following web sites:

R.E.I. www.rei.com
Eastern Mountain Sports www.ems.com
L.L. Bean www.llbean.com

CAMP MOOSILAUKEwww.moosilauke.com

(800) 353-4546

<u>PLACES TO STAY</u>	<u>LOCATION</u>	<u>TELEPHONE</u>	<u>DISTANCE</u> (from camp)
Airport Inn	West Lebanon, NH	(603)298-8888	40 minutes
Alden Inn	Lyme, NH	(603)795-2222	25 minutes
Best Western	White River Jct, VT	(802)528-1234	40 minutes
Breakfast on CT	Lyme, NH	(603)353-4444	20 minutes
Chieftan Motel	Hanover, NH	(603)643-2550	30 minutes
Coach N Four Motel	White River Jct, VT	(802)295-2210	40 minutes
Comfort Inn	White River Jct, VT	(802)295-3051	40 minutes
Days Inn	Lebanon, NH	(603)448-5070	45 minutes
Dowd Inn	Lyme, NH	(603)795-4712	25 minutes
Gibson House	Haverill, NH	(603)989-3125	10 minutes
Hampton Inn	White River Jct, VT	(802)296-2800	40 minutes
Hanover Inn	Hanover, NH	(603)643-4300	35 minutes
Holiday Inn Express	Lebanon, NH	(603)448-5070	45 minutes
Home Hill Country Inn	Plainfield, NH	(603)675-6165	1 hour
Lake Morey Inn	Fairlee, VT	(802)333-4311	20 minutes
Norwich Inn	Norwich, VT	(802)649-1143	35 minutes
Radisson Hotel	W.Lebanon, NH	(603)298-5906	40 minutes
Ramada	White River Jct, VT	(802)295-3000	35 minutes
Residence Inn	W.Lebanon, NH	(603)643-4511	40 minutes
Sunset Motor Inn	W.Lebanon, NH	(603)298-8721	45 minutes
Super 8 Motel	White River Jct, VT	(802)295-7577	40 minutes
Three Sisters Inn	Fairlee, VT	(413)593-1043	20 minutes
Warren Village Inn	Warren, NH	(603)764-5600	20 minutes
White Goose Inn	Orford, NH	(603)353-4812	15 minutes
Woodstock Inn	Woodstock, VT	(802)457-1100	1 hour

DIRECTIONS TO CAMP MOOSILAUKE

Camp Phone Numbers: (800) 353-4546 www.moosilauke.com

FROM NEW YORK, NEW JERSEY AND CONNECTICUT (about 5 hours)

Connect to Interstate #91 North via Merritt Parkway or New England Thruway (95). Take 91 North through Massachusetts to Vermont until Exit 15 - Fairlee VT and Orford NH. Turn right to Route 5, make a left on 5 and go to center of Fairlee, turn right and cross Connecticut River to Orford NH Route 10. Turn right and go for ½ mile until you reach Route 25A (left turn only - garage is on the right). Turn left and go for 10 miles on 25A until you see Upper Baker Pond Rd. on left (after a steep downhill), turn left and follow signs for Camp Moosilauke.

FROM BOSTON (about 2 hours)

Take Interstate #93 North until Plymouth NH, where you take 2nd exit, No. 26, and continue to Route 25 (toward Rumney NH), via 3A (about 2 miles), at traffic circle stay right and drive until you reach Wentworth, NH, where you take a left at the blinking light onto Route 25A. Proceed for 5 miles, until you see playing fields on right and turn right onto Upper Baker Pond Rd. Follow signs for Camp Moosilauke.

FROM CANADA

Take Interstate 91 South to Fairlee VT (exit 15) and turn left toward Route 5. Turn left and go to center of Fairlee where you turn right and cross the Connecticut River to Route 10. Turn right for ½ mile until you see Route 25A on left, turn left and proceed for 10 miles until you see Upper Baker Pond Road on left (after a steep downhill) and turn left. Follow signs for Camp Moosilauke.