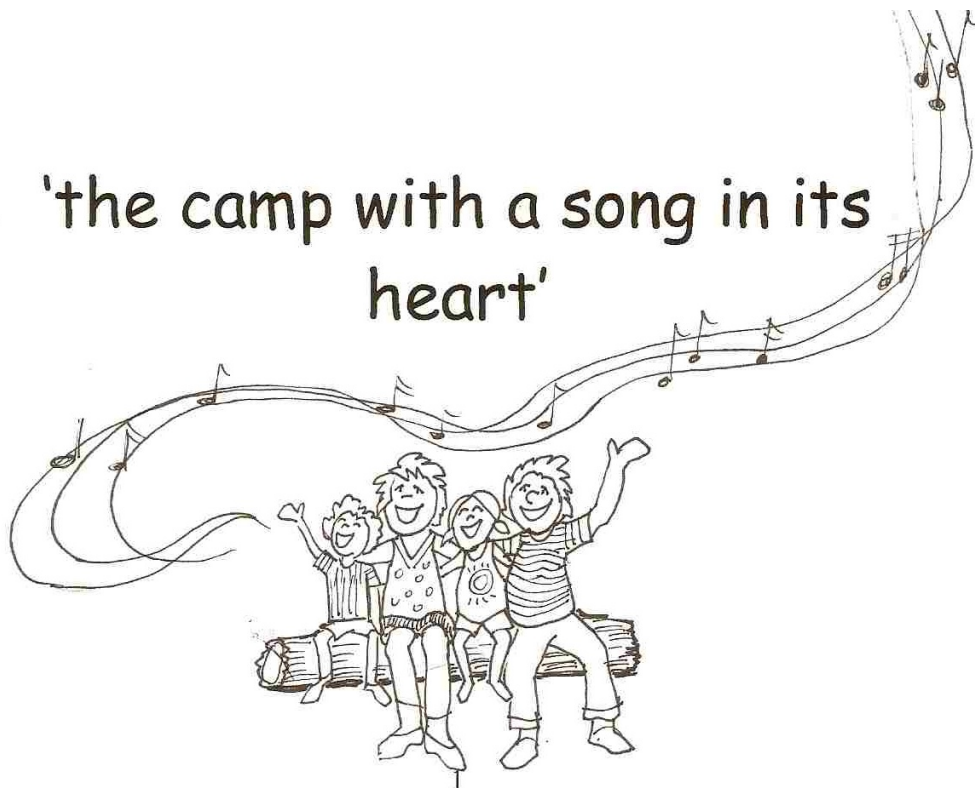


# Camp Betsey Cox

## Summer 2023

'the camp with a song in its heart'



## Family Information Packet

# Welcome to Betsey Cox!



We are very excited to welcome you to Betsey Cox Summer 2023!

The time has come to send along this packet of information about the summer season! The information contained here is very important to read and understand, as it will guide you through the camp experience. Some information is new each year, so even if you are a long-time camp family, please read on. This year, we have included new information in **bold purple**. If you have questions or need clarification on any details, please call our winter office at (802) 345-5974 or email: [info@campbetseycox.com](mailto:info@campbetseycox.com) We move the winter office over to Vermont June 1. **Please begin to use the Summer address for mailings as of May 25.**

Once we are at camp we check email less frequently so please use the phone for your primary means of communication with our office. During camp the office is staffed 9am to 4pm. Before camp opens for the season we do check messages frequently if you don't reach us on the first try.

## The Summer office:

**140 Betsey Cox Lane, Pittsford, Vermont 05763 (802) 483-6611**

We join you all in looking forward to a fabulous summer!

## Getting to Camp

**You may use Google Maps, Mapquest, or GPS to find us, they do work in our area!**

**140 Betsey Cox Lane  
Pittsford, Vermont 05763  
OR**

**BOSTON AREA** – Take Route 93N to Route 89N to White River Junction. From there, take Route 4 to Rutland and Rt 7 (Follow directions from Rt 7 South).

**CENTRAL CONNECTICUT** – Take Route 91 north. Get off at the Rutland exit and take Routes 103 and 7 to Rutland. (Follow directions from Rt 7 South).

**NEW YORK** – Take Route 87 to Glens Falls, then Route 4 to Rutland. Or, if you're coming from the city, take 87 to 84 and go up either Route 7 (scenic), or 91 (see Central Connecticut above) to Rutland. (Follow directions from Rt 7 South).

**ROUTE 7 to CAMP FROM THE SOUTH:** Going north on Route 7, about 5 miles out of Rutland, look for **The Country House** (green building) on the left. In ½ mile, take your next right onto Sangamon Road. Go about 2 miles uphill and look for the **Betsey Cox sign** on your left. If you get to Sangamon Lane and the Camp Sangamon sign, you've gone too far.

**ROUTE 7 to CAMP FROM THE NORTH:** Going south on Route 7, go through Pittsford and keep an eye out for a **Kubota Tractor dealership** on your left. Take the next left onto Sangamon Road and follow directions above.

**Public Transportation** If your camper will be using public transportation to or from camp, please check details carefully with us. Please send us the details of your travel plans in writing and include us in the planning. Please CONFIRM the information by calling camp a few days ahead, and again the day before arrival. *Please call us to confirm instead of sending an email.*

**BY AIR– Burlington International Airport and Rutland Airport:** <http://www.btv.aero/>  
North of us, Burlington International Airport is served by eight airlines. Burlington is 70 miles away, (about 1.5 hours) and timing is important, so please talk to us before buying the ticket. *Campers arriving by air should plan their flights to arrive no earlier than 10:00am.* Return flights should be scheduled to leave *after 11:00am.* Pick-up/drop-off is free, unless on another day than regular opening and closing. For pick-up/drop-off on another day we do charge a \$50.00 fee. The airport in Rutland, Vermont has been expanded. It is about 30 minutes from camp. Please check to see if your child's travel itinerary can work through the **Rutland Airport.** <http://flyrutlandvt.com/>

**Train- Amtrak- <https://www.amtrak.com/home.html>** Train may be a possibility. Typically they do not offer unaccompanied minor options on the train, but we can discuss options that do exist with you if you wish. The Ethan Allen Express travels to and from NYC to Rutland, Vermont once a day. Please contact us for more information about arrival by train.

### **Opening Days, Changeover weekends, and Closing Days**

<b>Opening Days are on <u>Sundays</u></b>	<b>June 25, July 16, and July 30, 2023</b>
<b>Closing Days are <u>Saturdays</u></b>	<b>July 15, July 29, and August 19, 2023</b>

**All campers should depart by noon. If you are going to be much later than you expected, please call us so your camper doesn't spend time worrying about you!**

### **Check in/Check Out**

**Check-in** will be in the Lodge and on a staggered schedule as follows:

**9:30-10:30-lower level campers**

**10:30-11:30-upper level campers**

If your camper completed grade 3 through 6 this June, likely they will be on the upper level.

Grades 7 through 9 will be housed on the lower level.

Please be in touch with us if you have a sibling attending Camp Sangamon, a sibling scheduled to arrive at Betsey Cox at a different entry time, or if you need to arrive at a different time for your own logistics. We will work together to arrange your arrival times so checking in can be an easy process.

You will be welcomed down by our archery field, where you will be directed to the upper or lower parking lots. Directors and the staff will be on hand to greet you in the Lodge upon arrival and on departure days. The check-in process begins with a lice head check to make sure no unwanted critters have come with you. Make sure to read our head lice policy in your materials. The check-in process also includes a conversation with one of the camp nurses and you and your camper to go over your health forms, a wellness check, collect proof of COVID vaccination, and proof of a negative antigen test. We will review your tuition account information as well.

**Families are welcome in camper cabins this summer, but we do ask that you let our staff settle campers. Staff will help set up bug nets, organize where trunks are placed, etc.**

**Allowing staff to help settle campers allows families to tour around camp a bit more before departing and helps us begin each camper's transition to Camp smoothly. We appreciate your understanding and support. And then...families depart by noon and we gather for lunch– the first camp meal! All together again!**

**Check-out:** Staff will meet arriving families in parking areas and will direct families to check out in the Lodge. We look forward to chatting with you about your camper's experience. Staff will be on site to tell a story or two, and to hand out camp pictures, address lists, any medications, and a few other bits. Check out begins at 9:00 and goes to 12:00 noon.

Changovers– Please be careful to note the day you are to pick your camper up at the end of the session. *All sessions begin on a Sunday and end on a Saturday.*

**We cannot accommodate early arrivals before June 25, or late departures after August 19.**

### **Health and Safety**

**As we continue to live in a world with Covid-19, we have included our updated 2023 Covid protocols in a separate document. That information is current as of the end of April 2023, but may be updated as necessary.**

There are several usual health-related items required for every person at camp, for every season.

1. **No camper may stay at camp without a completed and signed health form part I.**
2. **The health form must be signed by you, the parent/guardian.**
3. **Sign and include “Assumption of Risk” form and the “Betsey Cox Health Care permission” forms included in this packet.**

### **PLEASE BRING ALL FORMS WITH YOU ON OPENING DAY.\***

*If you choose to mail or email forms ahead, please bring copies of the originals with you.*

**\* We ask that you check in face-to-face with our health-care staff, with your forms in hand, on opening day to confirm we have all the information we need so we can care for your camper to the best of our abilities. Health History – an up-to-date health history: Part I- is to be completed by families, Part II- includes a physical exam that is current (ideally within 12 months), to be completed by a healthcare professional. Many primary care offices will complete their own form that can be attached to Part II in lieu of completing the ACA Part II. This is fine. If your camper’s physical is not current within 12 months, please be in touch. Complete record of shots and immunizations: *(school records are acceptable, check for current Tetanus)***

**CAMP STRONGLY RECOMMENDS THAT YOUR CHILD RECEIVE REGULAR CHILDHOOD VACCINATIONS. PLEASE BE SURE WE KNOW BEFORE CHECK-IN IF YOUR CHILD HAS NOT RECEIVED ALL CHILDHOOD VACCINATIONS.**

Please make sure we have all emergency permission signatures, emergency contact names and phone numbers.

All but the copy of your health insurance card, are part of the ACA Health Forms on our website. If you will be out of the country or otherwise unreachable for any lengthy period of time, please have your health form permission signature notarized. The medical profession is most reluctant to care for your camper without such permission.

Head Lice--are an occasional problem at any camp or school. We ask that YOU check your camper’s head for lice 24 hours BEFORE you arrive at camp. If you have found nits or live lice, or you have been exposed to lice just before arriving, please give us a call ahead of time. If

we discover eggs or adult head lice at check in, we will ask you to treat your camper off site and then return to camp. The actual treatment is not difficult, but the comb-outs are time consuming for our health staff to do at camp. If lice is found at camp we will contact families and consult about a plan. If the only option is keeping and treating the camper in camp, there will be a \$25 comb-out fee per comb. If it is a serious case, the added work of comb-outs is significant, and if families cannot pick up their campers, we may contact professionals if we need extra help. If we need to use professional services there may be a \$300-\$350 fee that families who choose to be treated at camp are responsible for. We have found the cetaphil treatment most successful. Copies of the treatment are available from camp as needed.

Night time heads up—If your camper has any special night-time or sleep needs, please tell us. Insomnia, sleepwalking, incontinence, nightmares, etc. are important for us to know about. We deal with these sorts of issues in a caring, confidential manner, and will inform you of incidents should they occur. (If your child has a known bed-wetting problem, please send TWO synthetic sleeping bags, and write us a note about it on the medical form. This will allow us to manage your camper's needs most easily)

### **Food at Camp**

Our camp has a strong belief in healthy eating habits. We also know how important good, quality food is to everyone! With this in mind, our kitchen staff offers a lot of choice. At breakfast, there is always yogurt and cold cereal, hard boiled eggs and toast as well as a hot breakfast option on each table. At lunch and dinner we offer a salad bar that is often stocked with the harvest from our own garden or local farmers in our area along with various protein choices.

Our camp cooks prepare meals for community members who eat vegetarian, vegan, gluten-free, and lactose-intolerant diets. We may invite you to supplement some items for your camper if there are unique dietary requirements. For example, if your camper has a gluten allergy and has a favorite gluten-free dessert or type of bread, we ask that you bring some supplies of these items for us to hold in the kitchen so when we are all enjoying home-baked treats there is a favorite treat for your child as well! Please call us if your camper has any dietary requirements and we can discuss them in more detail. We can accommodate most food allergies or sensitivities and dietary needs. Our 2021 Lodge addition and ceiling fans in the Lodge offer excellent airflow and ventilation. We enjoy plenty of space for comfortable dining in our cabin groups. We also enjoy meals outside, weather and menus permitting.

### **Money\* Valuables\*Cellphones\* Electronic devices**

Betsey Cox is a rustic camp. We keep it that way for a variety of reasons, and you and your child have chosen us knowing that. We ask for your cooperation in helping us make it *different* from

the way most of us live our regular non-camp lives. Please keep the following in mind as you pack for camp.

Money – For lots of good reasons, we don't want campers to have spare cash in their possession. If a camper needs a new hair brush, or more toothpaste we pick that up for them and will charge it to their account. Betsey Cox has merchandise that is sold on opening and closing days and can be purchased with cash or check. If your camper buys merchandise at another time it will be recorded on their account and you will be responsible for payment upon departure. Please remember to bring your checkbook or cash. If your camper is a “shopper” we suggest that you have a conversation about how many items you prefer to have brought home!

Valuables– Valuable items can be a source of great disharmony, jealousy, and occasionally, loss or theft. Camp is not a particularly good environment for expensive or favorite *anythings*. *Camp is not financially responsible for valuables.*

Electronic devices, Cell phones, Kindles, Tablets, Music, etc. - The sounds of Vermont in the summer are wonderful to hear, and we encourage community members to talk with each other, rather than to “tune out” with headphones. Consequently, we allow limited use of iPods/MP3 players to play music only in cabins when campers are in their own bunks. We usually do not recharge electronics unless there is a special arrangement with a camper. We have a camp stereo system that we can use when we all wish to listen to a tune! We advise against expensive technology (see Valuables). We do allow Kindles or the like, as long as they are not connected to the internet. *We do not allow portable electronic devices, cell phones, electronic games, or any device that can access the internet. We acknowledge that many of today's music players or electronic books do connect to the internet or act as video players. If we find that an iPod or tablet is being used for something other than music and books, we will hold it for you in the office until departure.* If your child has a cell phone for travel days to and from camp, please let us know that your camper will be arriving with one, and we will hold it safely in the camp office and make sure it is charged for departure.

Clothing Name Tags –Please!! *Mark everything you send to camp*, and tape a “packing list” inside your trunk lid. Having said that, we have to admit that our family never had names on half the stuff they took to camp. But you should also know that they often came back with significantly less than what they brought to camp. Whatever has a *name* on it has a reasonably good chance of returning to you. If not, consider it an endangered species.

### **Transitioning to Camp**

Transitioning – We have a great deal of experience helping campers make easy transitions from home to camp. In the unlikely event that your camper is challenged significantly by the

adjustment, we deal with it openly, and then help to get past it by getting them involved in activities with friends. Parents can help by sending frequent mail, asking about what activities and things your camper is enjoying– NOT stressing your loneliness or your camper's. We will connect with you by phone if your camper experiences transition challenges so that we can work together in support of making the time with us a great success.

### Communications

Phone – In the interests of supporting your camper's smooth transition to camp, we only allow phone calls to be placed or received from the office in rare, approved situations. We will always include you in the decision about a phone call. We are happy to talk with you about your camper anytime between 9:00am and 4:00pm when our office is open, and of course, in any emergency situation. We do check voicemail at least three times during the day– morning, midday, and evening.

Letters – The US postal system is the best way to communicate with your camper while at camp. Letters can be saved and re-read and are a bit of a treasure to campers. *(Hint: talking about what you're doing, and asking about camp experiences is better than writing about how much you miss your camper. We have had stories of campers worrying about their parents being too homesick for them, and so they feel they need to go home!).* We ask your camper to write to you once a week, and often this happens on the back of the weekly camp newsletter, The Bubbler. Another good way to get letters is to pack with self-addressed, stamped envelopes or postcards. But keep in mind that campers having a great time often don't take the time to write! Please let us know if you don't hear *anything* from your camper. *Note: we do not allow campers to email. But if there are campers whose mail would not arrive in time (overseas), we will print emails and treat them as a written letter.*

*Reminder: we do NOT monitor our camp e-mail address as regularly during the season.*

*If you have an important message to get to your camper, please call the office.*

Care Packages– See our separate page about Care Packages. Please follow this policy, and please do contact us with any questions you might have.

Visiting– For our campers, BC Leaders, BC Apprenti, and Staf who are with us for five or eight weeks, we hope to welcome visits on the changeover weekends- July 15-16 and July 29-30. We will keep you updated on our visit policies. The session ends at noon on those Saturdays and visits can start at noon. Your camper, Leader, Apprenti or Staf can stay out with you overnight if that fits your plans or return to BC. Everyone should be back in camp by noon on Sunday. Please share your plans with us and we will do our best to make it a great visit. In the interests of continuing to have fewer visitors on site (a COVID protocol that helped our community stay healthy), for those campers staying for two or



three week sessions, there will be no mid-session visits. We are excited to offer parents a chance to visit your camper's cabin and tour Camp on opening and closing days.

### **Hints on Equipment**

#### Trunks, or what to pack in:

Camper bunk areas have pegs on which to hang towels, bathing suits and raincoats and there are small shelves to hold a book or two, small art projects, headlamps, or a battery operated fan. We do not have drawers or cubbies in which to unpack. That means what you pack your personal items in becomes your storage while you are at camp. Trunks are great. We recommend a trunk that is less than 14" high so it can slide under the bunks.

<https://everythingsummercamp.com/collections/camp-trunks> sell the "happy camper" or the "companion trunk". Both are a good size and will last a lifetime. Alternatively, packing in a plastic storage tub is a good option. Suitcases work too. Duffle bags are more difficult to live out of. If you do have a duffle, tub, or trunk, one organizational trick is to pack socks and underwear or other small items in ziplocks or colored stuff sacs so you can find them easily amongst your other clothing. We do not recommend plastic drawers as they rarely last more than one season, and they take up a lot of space around the bunks.

Rain gear– If it rains just a little, a raincoat is enough gear. But if it rains a lot, rain boots make a big difference. Send a good, waterproof rain jacket, preferably one with a hood, --and a pair of old-fashioned, slip-on rubber boots really are nice to have.

Riding–Nothing fancy is necessary, just shoes with hard soles and a small separated heel so one's foot fits well in the stirrup. Rain boots can double in a pinch, (but do not have a hard toe) and a hiking boot usually can do double duty well. We provide riding helmets; but campers can bring their own if they wish.

Fishing –There is good fishing at Burr Pond. And we offer fishing trips some hike days or Sunday Seminars– special activity days. If your camper likes to fish, by all means bring a rod and tackle. Camp does own fishing gear for camper use as well.

Sleeping gear – We sleep on canvas bunks for a variety of good reasons. Because there is canvas under the sleeper, two blankets are good to bring-one for underneath and one for on top for chilly nights. A single flat sheet is nice to have, too, as a light cover on a hot, summer night. Some campers want an extra soft bed, and bring "egg crates" to create a mattress on the canvas. We encourage you to purchase instead, a more lasting investment like a thermarest or foam camping mat that can be used on overnights and at home. The egg crates often get left, or fall apart and a camping pad is a much more versatile choice. You really can't bring an "egg crate" on an overnight trip.

Even if your camper decides to bring sheets and blankets for their bunk, we **require a sleeping bag**. We want to be sure campers can participate in all camp sleep outs, trips and cabin overnights, so each will need a sleeping bag to do so. A sleeping bag rated to 40F does the trick in the summer. Synthetic bags are better than down in terms of cleaning. If you have a lighter bag, send along another blanket. Favorite stuffed animals should never be allowed to miss camp. There's lots of room in the bunk. Recently many campers have enjoyed having mesh bug nets over their bunks. You can purchase these through Campmor or other outdoor outfitters. Our hilltop location minimizes our problems with mosquitoes, but you are welcome to bring a bug net that we will install. (see *Insects and insect repellent*)

Water bottles. Packs and Flashlights– *All three are required equipment!* A liter size, leak-proof water bottle is important. We will have camp water bottles for sale on opening day. A day pack works for day hikes or simply for carrying treasures. Bring a flashlight, and extra batteries. Really cheap flashlights break when dropped and really expensive ones create problems of their own. Something in between seems to work out right. We prefer head-lamps to hand-held flashlights. Send along a supply of batteries, and write your name on the light.

Insects and insect repellent– While we don't experience significant difficulty with pesky insects up on our breezy hill, we do supply insect repellent, both natural and chemical at Hugs and Health, and campers can help themselves. We also carry it on trips out of camp in our first aid kits. People do often have a favorite bug repellent! Feel free to bring your favorite, except *Please do not send aerosol cans of insect spray*. You get better coverage from the wipe-on kind. DEET, though effective on bugs, is toxic to humans. There are several non-Deet-formula insect repellents available, please check the labels.

Ticks have become more common in Vermont especially in the early summer. With the help of our health care team, we provide education around tick prevention, and encourage our cabin staff to organize a time for tick checking in the cabin group. Campers are educated and reminded to check for ticks in the shower and when they are in a bathing suit as well as at bedtime and in the mornings. If a tick or tick bite is found we take the care of it very seriously, and we would be in touch with your family about a plan for care. [Information on Ticks in Vermont](#).

Some people who are especially susceptible to bugs like to rig a mosquito net to sleep under. This is possible to set up on both upper and lower bunks. As mentioned earlier, a good net can be purchased inexpensively from Campmor- a discount camping supply store. [www.campmor.com](http://www.campmor.com) 1-800-226-7667. The [Coghlan Rectangle Mosquito Net-Single](#) fit our bunks best:

Knives – Knives can be useful at camp, but are certainly not required. A folding knife is the best kind for camp. We collect all knives on opening day, and campers are asked to go to Campcraft to pass a simple knife test (a safety check), before they can keep their knife on them. You can

help, if you choose to send your camper with a knife, by teaching your camper how to use it, including opening and closing it safely. Make sure a name is on the blade or handle. Many knives look alike. We do have knives at Campcraft that campers can share in order to learn and pass skills.

Swim Goggles– are nice to have! We likely will not have goggles to share this summer, so please bring a pair if you like to swim with them! We recommend a long-sleeved swim shirt to protect shoulders and backs from the sunshine that we love.

**Masks- face coverings--** Campers may bring 2 masks or face-coverings to camp if they choose. There may be times when we will use face coverings- for example a trip out of camp. Camp will have disposable masks available as needed.

### **Policies**

Health Insurance – All campers will be automatically covered by the camp accident/health insurance. The camp policy provides limited coverage and is not intended to replace your family’s major medical policy. It can cover a trip to the doctor for ear aches, sore throats, and minor accidents. Your regular policy may be used for any medical services instead of the camp policy. It’s a good idea to be familiar with your policy’s stipulations. Please bring a copy of your insurance card to leave with the health forms, and make sure to copy the info onto the forms.

Drugs and Alcohol – We prohibit the use of illegal drugs, alcohol, and all forms of tobacco at camp. We are serious about maintaining this principle, and anyone in violation is subject to dismissal.

Firearms are prohibited at camp.

Prescription Medications-We will be working in collaboration with The [Rutland Pharmacy](#) to manage medications for our Betsey Cox campers, Leaders and Apprenti again this summer .The Rutland Pharmacy offers prepackaged medications specifically for camp. If your child takes any daily prescription medications, please plan to register with the Rutland Pharmacy to organize your child’s medications this summer. For over-the-counter medications, vitamins, or supplements, we do not require that you work through the Pharmacy, but you may. We have outlined the details of this partnership in a separate letter with this packet. Please be sure to read and ask us questions as needed. The Camp Health staff will continue to store all medications in a locked cupboard per camp and ACA standards. Medications include any vitamins or supplements that your camper takes. Campers with medications connect with our health care staff after meals, and at bedtime in Hugs and Health to receive their medication, and have it

recorded in our medication record. If there is another time needed for a dose we will set that up with our health team on an individual basis.

Co-ed Activities with Camp Sangamon: We are planning that coed activities will be possible this summer. These events will be elective, as they have always been, for campers who are interested. We encourage friendships to develop rather than exclusive one-on-one relationships.

Refunds/ dismissals – It doesn't happen often, but in the case of a mutually agreed upon early departure, ½ of the remaining tuition may be refunded. If we don't agree that leaving is the best solution, no refund will be given. In the case of a dismissal or suspension initiated by the directors for disciplinary reasons, no refund will be given. Dismissible offenses involve drugs and alcohol, co-ed violations, violence, and theft. See Dates and Rates. As has been the policy for many summers, we expect that campers will not circumvent our policies and scheduled coed activities in order to participate in unscheduled coed rendezvous. Campers who break these rules will be subject to consequences and their parents will be notified. Repeat offenses will be managed on an individual basis with parent involvement, up to and including dismissal from Camp.

Emergency Closing — Should camp administrators or State authorities determine that camp should be closed in the event of a local, national or international emergency, including a health pandemic, we will notify you that camp will be closing and will work with families to make sure every person returns to a safe location. Should this occur, refund policies will be discussed and acted upon.

Swim Agreement – The one activity at camp we hope everyone participates in is swim instruction. All campers will have a swim agreement this year. Your family should discuss and sign the agreement together in regards to swim lessons. If you agreed on swim lessons, and your camper is not choosing to come to lessons, we will be following up to find out why, and work to find a happy solution to the swimming plan. We will include you in the conversation if need be. If your camper is able to choose to take lessons or not, please indicate that by checking the circle and writing your name on the top of the swim agreement.

Religion – Camp has a non-religious Sunday Community Meeting. We acknowledge the Earth in graces sung at meals, but there is no organized religious service, and we do not attend services in town.

Gratuities – The staff sees every camper as equally important and valuable. If you would like to express your appreciation for your child's good experience, we encourage you to contribute to the tax-exempt *Vermont Campership Fund*, which provides financial aid for ten or fifteen campers every summer. Donations can be made to the bookkeeper or the director on arrival and

departure days. You may also leave a donation to be used in support of our end-of-season staff banquet where we recognize a summer of good work together.

Lost or broken personal belongings– We are unable to carry insurance on items not owned by Camp Betsey Cox. Any lost items can only be covered by your homeowner/renter’s policy. Please don’t send it if you’re uncomfortable replacing it.

Camp Clothing and other memorabilia– There is no camp uniform. Camp t-shirts, sweatshirts, shorts, songbooks and other Betsey Cox items may be purchased at camp.

Social Media Policy—As you noted on your camper’s camp application form, we may post pictures on our camp website and camp social media that include your camper. These pictures will never include your camper’s name, or other identification per COPPA (Children’s Online Privacy Protection Act). You have signed off giving us permission to do so on the camper/Apprenti applications. We do not post on social media during the summer season. Please be thoughtful about any posts you choose to make that include Betsey Cox and be sure posts are encouraging healthy socialization for everyone involved.

**We are thrilled that you and your camper have chosen to spend part of the summer with us! Please be in touch if we can help with any of the details in your preparation for joining our camp community.**

*Camp Betsey Cox, a camp for girls and gender non-binary campers, develops strong, capable, imaginative people who will make a positive difference in their world with self-confidence, independent decision-making capabilities, and with a passion for the outdoors.*



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