

Carroll County YMCA Camp Huckins

Parent & Camper Handbook

*Important Information to Help You Prepare
for Summer 2024*



YMCA Camp Huckins
Freedom, New Hampshire

The Huckins Experience

Dear Camp Huckins Families,

Welcome to a new and exciting season at CCYMCA 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 About Our Camp

Simple and Enduring

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). 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

The camp is divided into four cabin groups: Juniors (our youngest campers), Middlers, Seniors (our oldest campers) and the Leadership Division (9th graders and CITs). In our tenth-grade program, campers become eligible for the Counselor-in-Training program where they participate in an intentional leadership development program.

Camp Activities

Campers will participate in activities by divisions. Fellowship 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 are exposed to all program departments offered at camp. Afternoon activities are free selection and allow each camper to pursue activities of their choice. Daily specials, team competitions, horseback riding and waterskiing are available.

Program departments include Sportsfield, the Craft Shop, Nature Hut, and Dance and Drama. In accordance with ACA standards, we maintain an active Waterfront that includes swim lessons and free swim. There are floats with a tower, one-meter diving board, a slide, and swim lanes. Huckins has 2,800 feet of sandy shoreline bordering the clean, clear water of Broad Bay on Ossipee Lake. The Small Crafts Beach is adjacent to the swimming area and includes sailing, paddleboarding, canoeing, kayaking, and water skiing.

Our Staff

Many staff members at Camp Huckins have a special connection with camp. Our Counselors have grown up through the Huckins experience and been selected from the Leadership Division to become staff members. They understand the overnight experience and all that Camp Huckins can offer campers. To provide the best supervision for our campers, each cabin has two counselors with a ratio of 5 campers to 1 counselor. Junior Counselors are seniors in high school and Senior Counselors are college-aged.

Each of our four camper divisions are supervised by a Division Leader who lives in the division. Program specialists are recruited for their outstanding ability in a particular field as well as leadership qualities. Each session we have 3 registered Nurses living at camp. Staff participate in a thoughtful staff training and ongoing professional development. Huckins has completed background checks on all staff. 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.

Vision

At Huckins, our vision is to foster a community where all feel a sense of belonging and can experience camp as their authentic self. We bring our vision to life through intentional and ongoing actions as we strive to be outstanding stewards of the human and natural resources in our care and to expand opportunities for growth, leadership, joy, and friendship.

Core Values

Our core values are the building blocks of our Huckins community. We 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 and concern for others, as well as to ourselves. Caring requires an awareness of others, asking questions and 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 to be honest with another as well as ourselves. We believe that owning our mistakes is an expression of honesty and we greet that with appreciation and growth. Honesty in community builds trust.
- **Respect:** We believe respect begins with honoring the feelings, wishes, opinions, and rights of others. Respect requires listening deeply and feeling heard, with a willingness to learn and unlearn. Leading with curiosity helps us to be respectful as we are learning about intentions, understanding impact, and becoming aware of boundaries and potential blind spots. We strive to practice respect for self, others, and the world around us. It is essential as we create a culture of understanding and safety in our community of unique individuals living, playing, working and sharing together.

- **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 I can be trusted to do the same.



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:

- **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!
- **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.
- **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.
- **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.
- **Leadership and Independence** – Huckins strives to bring out the full potential of each camper by teaching them about leadership, problem solving, community building, resiliency, initiative, 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.

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.
 - 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 (page 16) 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 arrival. All are available on your camper’s Campbrain dashboard. Campers will not be able to check-in without the following completed:
 - Camp Payments Complete
 - Letter to My Counselor
 - Health History Form/Medication Update
- Arrive to Camp Healthy – The most important part of creating a healthy 2024 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 of their belongings have been washed. There will be an additional fee for the initial and ongoing lice treatment.

Homesickness and “Kid-sickness”

Understanding Homesickness

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, 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. 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

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 help the staff moving your luggage to their cabin.**

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.**

[Link to 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.**

PLEASE LEAVE THESE ITEMS 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 Accommodations

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 arrive at your designated check-in time to allow for social distancing and prevent long wait times.

Driving Directions to Camp:

Route 16, North and South, is the major route in Eastern New Hampshire. Interstate Highways 95 (to the South) and 93 (to the West) connect to Route 16.

Campers from the South, North and West:

In West Ossipee, turn right onto Route 41 at the blinking yellow light. Go approximately 1 mile and take a right onto Ossipee Lake Road. Go approximately 5 miles to Pequawket Trail on right, marked with a Camp Huckins sign. Turn right and immediately BEAR LEFT. Camp Huckins' entrance is 1 mile on left.

Campers from the East (Maine):

Route 25 West through Cornish, Porter to Effingham NH. Turn right at the blinking yellow light, onto Route 153 North. Go approximately 1.5 miles to the road on left marked by large pine tree loaded with signs. Turn left and proceed to stop sign. Bear left at stop sign and continue past the entrance to Goodhue Boat Company on Ossipee Lake. Continue to the next left (Pequawket Trail) with the Camp Huckins sign. Turn left and immediately BEAR LEFT. Camp Huckins entrance is 1 mile down on left.



While Your Camper is at Camp

Policies and Procedures, Contacting your Camper, Additional Programs

Check-In Procedures

Arrival

Camper check-in is between **9:30am and 12:00 pm. Campers will have a scheduled arrival time based on their grade.** Please adhere to your scheduled arrival slot. This will reduce wait times and allow for health screening.

Junior, Middler and Leadership Division camper families will drop off luggage in the divisions where they will meet their counselors. Senior Division campers will cart their luggage from the parking lot to the division in wagons provided. Families may not enter camper cabins and staff will help all campers get settled in their cabins. 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 but know all our plans are centered on launching a safe and joyful experience for your camper!

Health Check

There will be a Health Check area where your camper will be checked for lice and complete a health screening.

Nellie's General Store

A limited, pop-up store will be available during check-in. Division Leaders will have essential supplies such as stamps, toothbrushes, and batteries available to campers throughout the session.

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.

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

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 their cabin mates can strive to create a culture of respect, belonging and inclusion for all. 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 ended 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 from one another.

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 for understanding and work together to reach a solution that everyone feels good about. Then the fun of camp can continue!



Creating a Welcoming Community for All

Huckins Camper Community Agreements

At Camp Huckins, we strive to create a community filled with joy, friendship, and opportunities to try new things. Campers and staff work together to create a community where everyone feels valued, safe and included as their authentic self by practicing the core values of Honesty, Caring, Respect and Responsibility. Creating that sense of belonging requires a commitment from all campers and staff. While at Camp Huckins, campers and staff will strive to practice:

Respect and Care for Others

At Huckins, we practice respect for one another, being aware of how our actions impact others, asking questions and taking time to listen. We recognize campers and staff arrive at camp with diverse identities, backgrounds, and perspectives. We want everyone to feel accepted and will try to make sure all our actions and language reflect that. A few examples of how we can do that include calling people by the correct name and pronouns, honoring people's spaces, doing our capers, and taking responsibility for our words or actions.

Respect and Responsibility for Self

While at camp we want everyone to have fun and make the most of their time at Huckins. In support of that we ask campers and staff to practice good hygiene, get enough sleep, keep an open mind about trying new things, drink plenty of water, and eat balanced meals. Being away from technology for a few weeks provides a unique opportunity to center and take time to develop meaningful connections with other camps as your authentic self. We invite campers to make the most of this opportunity to connect with themselves and with those around them! We ask campers to practice honesty and responsibility by talking with their counselor if they do not feel well, if they need anything, or if something is making it difficult for them to have a fun, safe Huckins experience!

Respect for the World Around Us

We are blessed to call the beautiful natural environment of Huckins our home away from home. While at Huckins, we ask that camper help to take care of this beautiful place. We ask campers and staff to do their best with their capers and put trash and recycling in the correct locations (and not on the ground). We ask our community to turn off lights when leaving spaces and participate in our composting program. Campers and staff practice responsibility by taking care of the program equipment and returning supplies to their "home" for all to enjoy.

Caring for Our Huckins Community

Creating and caring for our Huckins community is a shared responsibility. We ask campers and staff to look out for one another and seek help when needed. We ask campers to follow the policies in place to keep everyone safe, including COVID 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. Your safety is at the heart of this program and essential to a joyful Huckins summer.

This community is a special place where lifetime friendships are formed, where confidence is built, and leadership capacities are grown when we all commit to practicing caring, honesty, respect, and responsibility. Please note breaking these agreements is grounds for dismissal.

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

Dismissal

Creating, caring for, and living in a residential community is an amazing experience. We see how our actions impact ourselves, one another, and the world around us. At Huckins we strive to create a safe, joyful experience for all. We expect a camper's words and actions to support that, and we commit to coaching campers as we practice that each day. We also expect campers will practice the YMCA values of Caring, Honesty, Respect, and Responsibility.

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.

It is never easy to decide a camper should be dismissed. Staff must balance the needs and safety of the camper with the needs and safety of the community. Threats to harm self or others, fighting, bullying behaviors, stealing, use or possession of alcohol, tobacco in all forms, drugs, (including vaping), and use or possession of weapons of any sort are not tolerated and may result in immediate dismissal from camp.

Camp Life

Daily Schedule

The days at camp are full of opportunities to try new activities and make new friends. The day begins with Reveille at 7:15 when we rise and shine and ends with Taps at 9:00 pm for our Juniors & Middlers and lights out for Seniors at 9:15 pm. In between, a typical day includes:

- Breakfast
- 3 Instructional Activities
- Lunch
- Rest Hour
- Free Selection of Activities (campers choose the activities they want to do and there are often specials offered in the afternoon)
- Dinner
- Evening Program (Cabin Activity, Divisional Activity or All Camp Activity)
- Call to Cabin (Closing the Day as a Cabin)
- Taps & Lights Out

Instructional Activity Areas

Cabin groups rotate to activity areas during morning instructional periods and can visit their favorite or try new ones during afternoon free choice. Activity areas include archery, arts & crafts, basketball, canoeing, environmental education, horseback riding*, hiking***, kayaking, land sports, paddle boarding, pickle ball, ropes course, sailing, swimming, tennis, volleyball, waterskiing**, windsurfing.

* Horseback riding is available to campers that have completed 4th grade and older. The \$40.00 fee is per lesson.

** Waterskiing is available to any camper who has passed their Outside Area Test. The \$25.00 fee is per lesson.

***Campers will have the opportunity to sign up for mountain hikes. The \$10 fee is per hike.

Camp Bank

All charges, including horseback riding and waterskiing 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 waterski). The costs of additional W's and CITs trips and clothing is included in tuition, so the only additional charges will be for waterskiing or horseback riding.

Meals

Campers and staff will eat meals by cabin group in the Dining Hall or an adjacent tent. The meals will be served at the tables, with salad bars and PJ&J options available at more 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. Please contact the office so we connect you 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.

Sustainability at Huckins

Camp Huckins strives to reduce its carbon footprint and include sustainable practices in our work. The Nature Hut is in the Junior Division. In addition to this program, here is a list of our other sustainability initiatives:

- Recycle stations in each division
- Vegetable gardens around camp
- Food from local farms (vegetables and meat)
- Composting
- Food waste taken to a local farm to feed animals
- The Nature Trail
- Solar water heaters on the roof of the Dining Hall
- Solar panel system in 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.

To encourage your camper to write home or to relatives please send them with pre addressed, pre stamped postcards! A postcard is less daunting to younger campers(or campers that do not like to write)then having to write a letter.

Please be sure relatives address mail to your camper's full name. A letter addressed to "Jenny" with no last name or a letter addressed to "sweetums" is probably not going to be delivered to the correct person.

New 2024: NO Packages or Boxes. We get TONS of mail at camp! We will only be accepting **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.

Bunk1 Emails, New for 2024!

Starting in 2024 you will be able to use Bunk1 to send one-way emails to your camper. Watch for more information later in the spring by email or click the link above for more detailed information on our website.

Please mail all letters to:

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

Huckins Health Policies

Huckins Health Policies

Our Health Team has been collaborating with the Huckins Medical Advisory Team to apply recommendations from the CDC, ACA, and the State of NH to our camp programs. They have created COVID specific plans for testing, contact tracing, health screening, responding to a positive case, and quarantine. 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.

Heath Forms

All campers must furnish 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 testing & evaluation if testing is available on-site. If we cannot conduct testing on-site, the camper may be taken to our camp medical provider for 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 12 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 . 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.

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 for 24 hours, you will be called.

Health Insurance

Camp Health Insurance: Camp Huckins health and accident medical 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 of 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.

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 3rd-9th 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. Our core values of Caring, Honesty, Respect, and Responsibility guide everything we do.

After Camp Ends

Check-Out Procedure

Check-out will be 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's luggage and your camper. Staff will encourage campers to check the rafters, clotheslines, and under the beds when they pack their luggage.

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.

Registration Reminders!

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.

Campers and Social Media

Camp Huckins hopes that campers will practice the core values of Honesty, Caring, Respect, and Responsibility when they leave camp, including during their on-line and social networking activities. As a camp, we discourage 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.

Visit our website to learn more about camp and check out the virtual tour.

