

Dear iCamp Family,

It is inevitable that more and more campers are bringing their cell phones to camp as well as music players, cameras, video cameras and internet devices. A cell phone costs \$500 to replace if lost or damaged.

For campers who fly to camp, we do make an exemption and recommend they bring a cell phone for the flight and program our camp number into the phone (int'l dialing code may be required) and then at camp let us store it safely for the flight home. For all other campers we do not recommend a cell phone.

Below are some of our concerns regarding cell phones at camp:-

- Campers calling/texting friends/relatives/others from camp will not fully integrate themselves into camp. A huge part of summer camp is that the campers learn the profound skills of friendship-making and how to communicate face-to-face, how to speak up, and how to resolve conflicts.
- We really only want your children talking with you, both from a security point of view, and to prevent unnecessary upset by friends outside of camp.
- We always want to find out if our campers have any difficulties. We are very easy to talk to, but if our campers are talking directly to their parents first about a problem then a parent may react before we have had an opportunity to address and correct the problem. We feel you are entrusting your children to us to help them grow and develop a sense of self-confidence and to learn the coping skills of how to manage homesickness or personal conflicts or making choices. As long as we know there is a problem, we are good at helping our campers get everything they want (need).
- We are exceptional at helping first-time campers, overcome homesickness. We worry that a homesick camper who calls their parent constantly throughout the first few days stands little chance of succeeding. It may also ruin your time during the summer. If you have a homesick phone call, please let us know immediately, and we will help. If you can also help by supporting your decision to have your child stay the whole session, that is the key to success. **Please note there are no refunds for campers going home early if they will not respect our cell phone policies.** Our experience tells us that constant contact with parents will promote homesickness in campers and you will end up wasting a lot of money that you have invested in your child's camp experience.
- If you have troubling news to share with your child please call us in the office first so we can be prepared to help your child.
- The use of texting during an activity is not allowed and will result in the phone being confiscated for the remainder of the sessions. Our campers work very hard at camp and it will be impossible to achieve all that we do if the campers are texting.

To summarize even though the society around us is changing, we still believe camp is a time to get away from being connected 24/7 and for children to remember the joy of meeting a like-minded soul and becoming best friends for life. We are not technological luddites (we all use cell phones) but we are trying to keep the camp a magical place. We ask for your assistance in our endeavor.

Dear iCamp Family,

In our on-going commitment to meet the needs of our campers who require medication while at camp as well comply with our strict camp regulations regarding medication discerning for summer camp, we will be working with our onsite nursing staff.

Our policy and procedure for dispensing and administering medicine requires camp families to have **ALL** of your child's medicine dispensed by our camp nurse and sent to camp prior to their arrival.

**Our camp nurse will fill:**

- Prescriptions medication in pill form (daily and "as needed")
- Prescriptions medication in liquid form (daily and "as needed")
- Prescriptions nose sprays, eye/ear drops, inhalers and cream/ointments
- Non prescription items (OTC) such as allergy medication (daily and "as needed")
- Vitamins (for specialty vitamins/supplements, email our camp nurse to confirm they provide)

**The exceptions are:** Accutane, Growth hormone, Insulin injections, Birth control pill and as needed lactaid.

Our camp stocks most over the counter items such as Tylenol, Advil and Benadryl etc.

Medications at camp are dispensed at mealtimes and bedtime. Only if medically necessary and specific time is written on the prescriptions, will the medications be dispensed by the nurse at different time of day. You are responsible to check that your child's prescriptions are written in **ENGLISH exactly how and when the medication is to be given**. For example, if the medication is to be taken only as needed, the prescription must be written that way.

We want to be clear that we do expect **100% participation** from families with campers who need medication while at camp. If your camper does not take medication, you do not need to register with our camp nurse.

If your camper will be taking medications at camp this summer, please read the following detailed letter, **important FAQ'S**.

Dear iCamp Family,

At iCamp, laundry is done once a week for our campers and returned the same evening. Please do not over pack. Basically, shorts and short sleeves are worn during the day and long pants and long sleeves possibly at night. Do not send sensitive, expensive clothing or expensive items that you cannot lose or get damaged.

### CLOTHING

- 2 pr. Pajamas
- 2 pr. long pants
- 5 pr. Shorts
- 2 Long Sleeved -shirts
- 1 Hat
- Minimum of 3 iCamp T-Shirts  
(will be provided at the camp)
- 1 Rain coat
- 8 pr. Underwear
- 8 pr. Socks
- 2 White T-shirts (for tie-dye)
- 2 Outfits of own choice
- 2 Bathing Suits (for Swimming)
- 1 Western outfit
- Colorful accessories for team events

### TOILETRIES

- Comb / Hairbrush
- Soap / Shower gel
- Toothbrush and Toothpaste
- Shampoo and Conditioner
- Deodorant
- Sun Block Cream
- Insect Repellent

### LINENS

- 2 Bath Towels
- 1 Beach Towel

### FOOTWEAR

- 1 pr. Rain boots
- 1 pr. Over the ankle boots (for Horseback Riding)
- 2 pr. Sneakers/ Shoes
- 1 pr. Flip Flops

### CAMP LIFE

- Large Laundry bag marked with name
- Digital Camera / Disposable Camera
- 1 Water Bottle
- Inexpensive Sunglasses
- Flashlight & Batteries
- Voltage converters for electrical items (Thailand voltage)
- Writing Paper / Stamps / Envelopes
- Own blanket from home (optional)
- Toys (maximum 3 toys per child)

### FOR PERFORMING ARTS ONLY

- Character Shoes
- Girls: Black tights
- Boys: Black dance pants

### FOR DANCERS ONLY

- Ballet Shoes (if applicable)
- Black Dance Leotard