



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CAMP BURGESS & HAYWARD ADVENTURE TRIPS PARENT GUIDE



ADVENTURE
TRIPS 2024



Adventure Trips Parent Guide

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Dear Parents & Guardians,

Parenting has always had its challenges, but in today's world of instantaneous social media updates, technology overload, and rapidly diminishing face-to-face interactions, being an engaged parent striving to raise trusting, independent children, has proven an increasingly difficult task. Which is why, more than ever, camp matters.

In a time when children spend an average of seven hours a day looking at various computer and television screens, and three minutes a day conversing with their parents, camp offers an opportunity for genuine face-to-face socialization with both peers and positive young-adult role models. Which in turn, creates an authentic sense of connectedness with others. In an era of disappearing neighborhoods, internet fears and general mistrust, camp provides the perfect place to learn new skills, play and be part of a trusted group, all within a safe and structured environment.

This guide has been designed to help you and your child as you prepare for camp together. I encourage you to read through the material with your camper. Our goal is to work together with our camper families to ensure the best possible experience for all. After reading this, please feel free to contact me or the Camp Directors with any questions you may have. I look forward to seeing you this summer.

In the Spirit of Camping,
Bruce Netherwood
Executive Director

Questions?

Main Line: (508) 428-2571

Camp Business Office

Ext. 101

-General inquiries, financial aid assistance, registration assistance

Ben Martin, Adventure Trips Director

Ext. 115



Dates!

ADVENTURE TRIPS

2024

Session 1: June 23 - July 5		Session 2: July 7 - July 19		Session 3: July 21 - August 2		Session 4: August 4 - August 16	
1a: June 23 - June 28	1b: June 30 - July 5	2a: July 7 - 12	2b: July 14 - 19	3a: July 21 - July 26	3b: July 28 - August 2	4a: August 4 - 9	4b: August 11 - 16
	Castaways 1b	Martha's Vineyard Bike 2a	Castaways 2b	Martha's Vineyard Bike 3a	Castaways 3b	Martha's Vineyard Bike 4a	Castaways 4b
Cape Surf & Stuff 1a	Cape Surf & Stuff 1b	Cape Surf & Stuff 2a	Cape Cod Adventure Camp 2b	Rhode Island Surf & Stuff 3a	Cape Cod Adventure Camp 3b	Rhode Island Surf & Stuff 4a	Cape Cod Adventure Camp 4b (**girls only**)
Cape Cod Adventure Camp 1a	Big Chill 1b	Green Mountain Odyssey 2		Cape Cod Adventure Camp 3a	Big Chill 3b	Cape Cod Adventure Camp 4a	Rhode Island Surf & Stuff 4b
Maine Multi-Sport 1		White Mountain Sampler 2		Colorado Multi-Sport 3		Maine Multi-Sport 4	

Mini-Adventure Weekends are offered every weekend for participants staying at Adventure Trips for multiple sessions in a row.

Program	Dates	Fee
Mini-Adventure Weekend	1b: June 28-30, 2a: July 5-7, 2b: July 12-14, 3a: July: 19-21, 3b: July 26-28, 4a: August 2-4, 4b: August 9-11	\$125

The Value of Adventure Trips

Adventure Trips provides campers with valuable opportunities for learning and growth. Our campers gain many technical skills, from learning how to surf to planning and cooking meals for the group. Beyond the skills themselves, our campers learn how much they are capable of when they succeed at something they never thought they could do- whether that's spending a full day biking, or overcoming their fears on our high ropes course. Teens are ready to be challenged, and our supportive small groups are the perfect environment for campers to try new things and expand their comfort zones.



Campers leave their Adventure Trips experience with greater self-confidence and independence. They learn to communicate respectfully and effectively- the communal living environment of Adventure Trips is great place to improve communication skills. As trips progress, our participants develop into leaders, poised to take on leadership roles among their peers.

Our campers come from a variety of backgrounds and come to camp with different skills, strengths, and weaknesses. Adventure Trips provides room for growth for all of our participants, including campers that return to Adventure Trips year after year. Adventure Trips participants are part of a strong and caring community- a community where campers can be themselves and lifelong friendships are born. Most importantly, Adventure Trips is a place where laughs are shared and everyone has fun! Thank you for valuing the Adventure Trips experience; we're excited to share this summer with your camper!

Spending Money

While spending money is not required, campers have the opportunity to make purchases while they are off-site. Each group will have "town time", where they explore a town on Cape Cod for a few hours, and many campers choose to buy souvenirs or treats. All necessary expenses (meals, program costs, admission fees, etc.) are covered by camp. Most campers bring some cash along to camp- \$25-50 is more than adequate. **Participants are responsible for carrying and managing their own spending money.**

Please note: When purchasing souvenirs or trinkets during town time, it is very important that campers are following the same camp rules, even when they are away from camp. Campers should never buy clothing or souvenirs with inappropriate language on them, or anything that the staff or Director deems "dangerous or unacceptable". Items include: inappropriate graphic shirts, pocketknives, and sparklers. **Any such items will be confiscated and given to parents at check-out.**

Participants have an opportunity to visit the Camp Burgess store, which sells camp apparel, water bottles, and more! Campers can use cash at the Camp Burgess store, or you can set up a Camp Store account during the registration process. Please note that camp store deposits can only be spent at the Camp Burgess store, and cannot be used as spending money while the group is off-site. **Camp Store deposits are non-refundable.**

Checklist of Paperwork to Send to Camp

- **Upload to Camp Brain Account:** Physical Immunization Form, Front & Back copy of Insurance Card, completed health information form, optional friend request form.
- **Camp Store Account:** Register your camper for a Camp Store account if your camper would like to spend money at the store. **They can also use cash at the camp store.**
- **Bike Rental (Martha's Vineyard Bike ONLY):** Pre-register for a bike with rack/pannier set-up for the through your online account.
- **Pay Balance of Fees** by April 15th!

Laundry

We do not provide a laundry service on any of our trips, so please bring enough clothing to last the entire length of your program. However, if your child is staying for **at least three weeks**, we will make our laundry service available. Laundry is done during the weekends between Adventure Trips. Please let the Director know ASAP if you think your camper's laundry will need to be done. Families and campers are responsible for **labeling all clothing** as to make sure it doesn't get lost between other campers' laundry.



Cell Phones

Cell phones are **strictly forbidden**. We check with every camper at check-in to ensure they do not have their phone with them. As a result, any camper found with a cell phone during their session **will be sent home, with no refund being provided to parents**. DO NOT allow your camper to "sneak in" their cell phone, as this negatively impacts the camp experience for your camper as well as the entire group.

We have the same strict policy for any and all "smart devices": Apple Watches, Kindles, AirPods, etc. Campers will be asked to turn these over at check-in as well.

Camp offers a unique opportunity to unplug. Getting away from technology fosters independence and autonomy.

We do not allow incoming or outgoing calls between campers and their family or friends, unless there is an emergency. Any important messages can be relayed through the Adventure Trips Director or the participant's trip leaders. Please help us by explaining this policy to your camper.

Lost & Found

Every summer, many items are left behind at camp! In order to minimize our Lost & Found, please **label all your child's belongings**. We recommend that you don't send any valuables to camp.

Due to the high volume of clothing left behind, we are unable to mail items to families. Please check the Lost & Found area at check-out before leaving camp.

We keep lost and found items for **one week** after a trip ends and then donate what we have to local charities.

Staying In Touch

We encourage you to send letters and emails to your camper- they love hearing from you!

If you would like to hear from your camper during their time at camp, please **send them to camp with stamped envelopes**. Campers are not able to reply to messages via email.

Remember that **no news is good news**. Don't be alarmed if you don't hear from your camper, they are probably too busy having fun and making new friends! Adventure Trips is a great opportunity for your camper to gain independence, and they will have plenty of stories to tell you when they get home!

Email-A-Camper

Visit [our website](#) to send an email. **Participants cannot send emails in reply**. Emails are printed once daily and handed out after dinner, along with the mail. If your camper's trip sleeps off-site (Castaways, Rhode Island Surf, MV Bike, White Mountain Sampler, Maine Multi-Sport, Green Mountain Odyssey, Rocky Mountain Experience, and Mini-Adventure Weekend), then mail and emails will be delivered upon their return to Base Camp. If emails are received less than 24 hours before check-out, they may not be delivered in time.

Snail Mail

Participants look forward to receiving news from home. Mail is delivered every day and distributed after dinner. We sort through mail as quickly as possible once it has arrived on property, but we cannot estimate the time that it will take to arrive from the US Postal Service.

Send mail to:

Camper's Full Name
Adventure Trips
Camp Burgess
75 Stowe Road
Sandwich, MA 02563

Photos & Videos

We do our best to upload Trip photos to the Camp Burgess & Hayward Facebook & Instagram pages. However, because our trip leaders need to prioritize fostering a safe and positive environment for our campers, we cannot guarantee access to photos or videos will be given in a speedy manner. Often times, the Director will post a large batch of photos surmising the week for each trip that stayed with us. Please follow us on social media for up to date photos and videos!

Participants are encouraged to bring personal cameras in order to capture their unique experience.

Our Staff

Leadership is the key to our success and the reason why so many of our participants return year after year. We are dedicated to the philosophy and mission of the South Shore YMCA are committed to the development of today's youth.

We employ a dynamic team of role models from around the United States and abroad, which creates a camp community rich in diversity, experience and culture. Our leaders are safety-minded mentors and experiential educators who possess a passion for and experience with empowering youth.

Each trip is led by two trip leaders, who are at least 21 years old, have a clean driving record, and hold First Aid, CPR/AED and Lifeguard certifications. A strict background and criminal history check is performed on all applicants in the US as well as in home countries for international staff.

All of our staff participate in a 14 day training program that includes safety and emergency procedures, policies, program logistics management, skill refinement, problem-solving, team-building, and leadership development.



Adventure Trips Packing List

Bedding:

- Sleeping bag/blankets
- Fitted sheet (twin)
- Pillow & Pillow case

Clothing:

- T-shirts/Tank tops
- Long-sleeve shirt
- Mid-weight sweater (wool/fleece)
- Shorts- at least 1 pair quick-drying
- Long pants
- Sweatshirts
- Underwear
- Socks
- Pajamas
- Swim suits (2+)
- Raincoat- we will be outside even if it rains!

Toiletries:

- Shampoo/Conditioner
- Soap
- Toothbrush
- Toothpaste
- Deodorant
- Hairbrush
- Shower Caddy

Other:

- Bath Towel
- Beach Towels (2)
- Flashlight
- Water bottle (2)
- Insect repellent
- Sunscreen
- Sunglasses
- Prescription Medications
- Small day pack
- Sun hat/visor
- Wrist watch

Shoes:

- Sneakers
- Sandals/Flip Flops
- Water shoes

Optional:

- Spending money (\$25-50/week recommended)
- Journal & Pen
- Stationary, envelopes, stamps
- Instrument
- Camera
- Books, magazines, etc.
- Playing cards, games
- Swimming goggles
- Blanket

Packing Tips

Pack with your

camper! This will ensure that they have everything they need and they are less likely to leave items behind.

Luggage:

We recommend packing in a **duffel bag**. It is not necessary to buy a special piece of luggage. Rolling suitcases do not work well on the camp terrain.

Stay Warm:

If you are attending an early-summer session, it is a good idea to bring an extra blanket. It can get cold at night!

Less is best:

We have limited tent and vehicle space, so bring only the essentials. Bring clothing that is versatile, quick-drying, and comfortable. Remember that we are outdoors most of the time. Old clothes that can get dirty are a great choice.

Do not send valuables to camp.

Camp assumes no responsibility for loss/damage by any cause to personal property of participants. Trip leaders encourage participants to take responsibility for their belongings and ensure that they keep their tent and common areas tidy and organized.

Label everything

with the participant's name in order to minimize lost items.

Leave electronics at

home, including cell phones, iPods, Apple Watches, kindles. Personal cameras are allowed.

Other items to leave at home:

weapons of any kind (including knives), food, hair clippers, hair dryers. We have a zero tolerance policy in regards to the possession and consumption of alcohol and drugs.

Please see next page for trip-specific



Trip-Specific Packing List

In addition to the items on the previous page, please ensure that your camper brings any items necessary for their specific trip(s).

Martha's Vineyard Bike:

- Biking equipment
 - * Bike (road, hybrid or mountain bikes are all suitable)
 - * Rear tire rack
 - * 2 pannier bags: panniers should have a total of around 40L capacity. Water resistant panniers or plastic bags to line inside of panniers recommended
 - * 2 Spare tire tubes: check the numbers on the side of your bike tire for the appropriate size tube
 - * 2 Bungee cords (tie downs) approx. 16" long
 - * Helmet
- These items are available for rent- \$125 to rent all the items above, or \$50 to rent panniers only. You can reserve these items through your online CampBrain account. We recommend bringing your own biking equipment if you have it, since you know that your equipment fits you and works well for you.
- Padded bike shorts are optional, but will make the week more comfortable!
- **The hostel provides bedding and towels**, so these items are only necessary for your days at Base Camp. Campers may leave items behind at Base Camp during their time on Martha's Vineyard.

Cape Cod Adventure Camp / Surf & Stuff / Big Chill:

- All program equipment is provided: surfboards, wetsuits, bikes, SUPs, etc. Feel free to bring your own if you have them.
- For surfing, campers wear their swimsuits under their wetsuits.
- On kayak days, it is recommended to wear water shoes when crossing through shallow waters and low-tide.

Castaways:

- Sleeping pad
- Small "camping" pillow
- Biodegradable toothpaste recommended to minimize our impact on Pinkham Island
- A watch is **not** required
- This trip does not travel off-site, so spending money is not needed. They will visit the camp store, and can use cash or a camp store account to make purchases.
- Compression sacks are recommended for sleeping bags
- Pack light! Space is very limited on the island, and campers are welcome to leave items at Base Camp when they're on Pinkham island.
- Pack light, but be creative! We encourage campers to bring fun activities (board games, footballs, Frisbees, etc.) to keep the good times rolling on the Island! We also have plenty of program supplies to keep our marooned campers quite busy during their island voyage.

Green Mountain Odyssey / White Mountain Sampler/Maine Multi-Sport / Rocky Mountain Experience

- Sleeping pad
- Small "camping" pillow
- Hiking boots or shoes- please ensure that your boots/shoes fit and are broken in prior to the trip
- Wool hiking socks (2 pairs)
- An additional long-sleeve shirt & pants, warm hat, and gloves in case of cold weather

Mini-Adventure Weekend / Rhode Island Surf:

- You will be sleeping in a tent at a reserved campground! Bring a sleeping bag and a sleeping pad if you have one.
- We have sleeping pads at camp that we can lend to campers without their own.



Check-In Day: What to Expect

Check-In Takes Place at CAMP BURGESS (Boys Camp): 75 Stowe Road, Sandwich

**Check-In:
Sunday
1:00 to 2:00 pm**

For check-in to run smoothly, we need the morning to prepare. **We are unable to start check-in before 1 pm.** If you arrive earlier than 1pm, you will be asked to wait in the Burgess parking lot.

NOTE: Please arrive at the times listed above, which differs slightly from the arrival times for our traditional overnight camps.

Parking Lot & Luggage

Upon arrival, our friendly camp staff will greet you at the Camp Burgess parking lot. Please specify that your child is participating in the Adventure Trips program and not summer camp. You will be asked to walk a short distance with your luggage to the Adventure Trips Base Camp, where Trips staff will greet you and proceed with check-in.

Check-In Form

Once you arrive at Base Camp, you will meet your child's trip leader! They will have you fill out our check-in form, where you will note who will be picking your camper up on check-out day. Only those noted on the form will be allowed to pick up your camper at the end of the week.

Paperwork

Please ensure that all paperwork and waivers are complete at least one week prior to your arrival at camp. Paperwork must be uploaded to your account; we do not accept paper copies on check-in day. Trip leaders will check to make sure that all your paperwork is complete.

Medications

If your child takes any medication while at camp, you will go over this information with the trip leaders and leave all medications and directions with them, labeled and in a Ziploc bag. Trip leaders will collect all medication, **including over-the-counter medication.**

Moving in

Your child's trip leaders will show you and your child to their tent for the week, and introduce them to their trip mates.

Feel free to talk to your child's trip leaders about any concerns that you or your camper may have, as they will have the most interaction with your child throughout their Trips experience. The Adventure Trips Director will also be available on check-in day to answer any questions.



Tent Assignments

Tent assignments are made in the best interest of all campers. Our priority is ensuring that everyone feels welcome in their tent. We try to avoid placing large groups that all know each other together.

At Adventure Trips, participants spend their time with their group or hanging out in common areas at Base Camp. Campers are not divided into "tent groups" for any activities, so everyone will get plenty of time together regardless of tent assignment.

A considerable amount of time is spent planning tent assignments, and **it is impossible to make changes on check-in day.** Camp provides a wonderful opportunity to make new friends, and we ask you to support us by not asking for changes to tent assignments on check-in day.

Tent mate requests are made at the time of registration. If you wish to make a request after registering online, please call (508) 428-2571 ext. 115

Tent Mate Requests:

- We accept one mutual friend request, through the "Friend Request" form on CampBrain
- We do our best to honor requests, but we cannot guarantee any requests

In the interest of fairness and safety for everyone at camp, we request parents ensure that their child is healthy upon arrival to a program. If they exhibit a temperature over 100 degrees accompanied by a cough, sore throat or congestion, it is imperative that you do not bring your child to camp.

Check-In Day



After the Goodbyes: Sunday's Schedule

Tour of Base Camp & Orientation

The adventure begins! We start off with an orientation from the Adventure Trips Director. Then, we break off into our groups for the week. Trip Leaders give a tour of Base Camp, and talk about the plan for the week and expectations for the group. Groups also take some time to plan what meals they want to make during their week!

Swim Evaluation

Trip Leaders facilitate a basic swim evaluation to ensure that we take part in waterfront activities in a safe manner throughout our week. This evaluation consists of an out-and-back swim and treading water.

Dinner and Campfire

All participants and trip leaders meet at Base Camp to prepare our first meal together. After enjoying the meal, everyone heads down to the beach for a campfire, a great opportunity to get to know your fellow campers!

Saying Goodbye

Saying goodbye can be difficult, particularly if this is their first time at camp. As you are preparing for the experience, talk with your camper about how you want to say goodbye. We suggest you keep your goodbyes short and sweet. Please talk to your child's trip leaders about any concerns they may have. Let your camper unpack, settle in and finish making their bed on their own. This helps develop confidence in their ability to take care of themselves.

We ask that all parents leave by 2:00 pm.



Don't Forget!

Eat lunch before you arrive.
Dinner is at around 6pm.

Visitors

Although camp sessions may seem like a long time for you, we assure you that time flies! Because participants are busy with activities, making friends and having the time of their lives, we do not have a formal visiting day. Parents, relatives and friends are welcome to visit camp on check-in and check-out days. Camp does not permit any kind of visits during sessions.

Late Arrivals

If your child cannot arrive at camp within 24 hours of the check-in time, they cannot attend the trip. If you know that you will be arriving after the normal check-in hours, please call camp to let us know in advance.

Mid-Session Pick-Ups

Mid-session pick-ups for sporting events, family events, etc. are not allowed, in order to ensure that each camper gets the full experience and also to minimize disruption to the whole trip. Please choose your adventure program carefully, and contact the Adventure Trips Director if you have any questions.

Check-Out Day

Check-Out for Adventure Trips is Friday: 10:00 am to 11:00 am

Note: Please arrive at the times listed above, which differs slightly from the check-out times for our traditional overnight camps. We are not able to accommodate late check-outs.

Check-Out Quick Tips

- Arrive on time— traffic can be an issue
- Bring Photo ID
- Head to the central check-out area—don't go directly to your camper's tent

On check-out day, please arrive **no earlier than 10am**. After parking in the Camp Burgess parking lot, make your way to our Adventure Trips Base Camp, the same location as check-in day. Participants wait at Base Camp, eager to see you and tell you all about their adventure! **You must check-out your child with the appropriate trip leader before leaving.** Trips leaders will also be available to discuss the week with you.

Please remember to **bring photo I.D. with you to check-out**. Camp does not release a camper to anyone other than the people authorized in writing by parent(s)/guardian(s) on check-in day, **not even another family member, including a spouse**. Under no circumstances is a participant released to someone under the age of 18. If you need to add someone to the list of people authorized to pick-up your child, you must do so in writing **prior** to check-out day. Email your request to the Adventure Trips Director to ensure that the check-out process goes smoothly.



Camp Store

The Camp Burgess store is open on check-out days. Campers will have the opportunity to visit the camp store during their stay at camp, but this is an additional opportunity to purchase clothing, water bottles, and souvenirs.

Gratuities

Tipping trip leaders is not necessary and is against camp policy. It takes our entire staff to create the magic of camp. However, if you wish, you are welcome to make a donation to our campership fund in the name of a staff member.

Mini-Adventure Weekends

Most participants choose to come to Adventure Trips for multiple weeks. We offer a Mini-Adventure Weekend between trips for only \$125 to allow campers to combine multiple trips into one extended adventure. During this weekend, participants camp in Wellfleet with two trip leaders, and have further opportunities to explore some of the most beautiful areas on the Outer Cape. Favorite activities include exploring Provincetown and spending a beach day on the National Sea Shore. **This option is only available to our Adventure Trips participants who register for two or more consecutive programs.**

Pre-registration is required.



Health Care

Camp Burgess has registered nurses on site. In case of accident or illness, participants are cared for by trip leaders and camp's nurses, with standing orders from a medical doctor. Trip leaders communicate with our camp nurses via phone as needed when their group is off-site.

Health and safety are priorities for us. Our staff are trained to take all necessary precautions. However, accidents do happen, and rest assured that your child is in good hands with our experienced trip leaders and camp nurse.

Anyone not feeling well is encouraged to tell their trip leaders right away so that they can visit the Health Center, if necessary.

Please discuss the importance of washing hands regularly with your camper, and advise against sharing hair accessories. If your camper is prone to ear infections, please consider bringing the appropriate medication to camp and/or ear plugs.

Parents are called if their child requires a visit to a doctor or leaves camp for a medical reason. Parents are also called if their child stays in the health center overnight. Other more minor injuries will not warrant a call home.

In case of an emergency, participants are taken to Cape Cod Hospital or whichever Emergency Room is closest for groups that are off-site. Parents are called immediately.

Camp is not responsible for any medical charges incurred while your child is on a trip. Camp is also not responsible for costs incurred transporting campers who need to leave a trip due to illness/injury. Charges are billed to your family's medical insurance or directly to parents/guardians. Any medications prescribed as a result of an injury or illness while at camp are billed to the parent's credit card on file.



Medications

Trip leaders carry all medications in their first aid kits. Trip leaders cannot administer medications; they can only make them available at required times. Please ensure that your camper is familiar with their own medication, dosage, and daily requirements. During check-in, parents, trip leaders and participants will meet privately to discuss and document necessary information about medications.

Please note that Trip leaders are required to collect ALL medications at check-in, including over-the-counter medications. Trip leader first aid kits are stocked with over-the-counter pain relievers, so there is no need to pack them.

Girls Only!

If you have a daughter nearing puberty, discuss the possibility of menstruation beginning while at camp. Feminine hygiene products are available in the Health Center and in trip leader first aid kits, although we suggest that you pack supplies so that your daughter is adequately prepared. We encourage you to share any concerns with your daughter's trip leaders, and let your daughter know that she can speak with her trip leaders and the camp nurse if she has questions or needs assistance.

"Medication Vacations"

Some parents consider it in their child's best interest to remove or reduce the dosage of some behavior management drugs while their child is at camp. It is our experience that "Medication Vacations" can cause difficulties for the camper and their trip mates. If you are considering this option, please call the Adventure Trips Director, who can discuss this subject with you.

Base Camp

Base Camp is our Adventure Trips living space, which is tucked away in its own separate area at Camp Burgess.

What's there?

- Large platform tents with cots and bunk beds
- A large pavilion, which serves as an outdoor kitchen, eating space, and common area. We have countertops, camp stoves, grills, and picnic tables
- A bathhouse, with separate male and female sections; each side has showers and toilets
- Hammocks to lounge in during down time
- A yurt used as a hang out and group meeting space– it has couches, board games, cards, books and magazines, instruments, etc.
- A small herb garden and raised garden beds, where we harvest vegetables for our meals
- A fire pit for evening campfires



Sleeping Arrangements & Tent Privacy

At minimum, each trip spends their first and last nights at the Adventure Trips Base Camp. Many trips sleep all nights at Base Camp.

While at Base Camp, our large platform tents each accommodate an average of 6 participants of the same gender, who sleep in bunk beds or on individual cots in the tent. As a result, there is limited privacy available–everyone gets changed in their tent.

Our Base Camp bathhouse is a short walk from the tents, and there are two stalls and two showers available in both the men's and women's bathrooms.

Please speak to your camper prior to camp about our living situation, especially if they get embarrassed easily or are uncomfortable with this type of set up.



Meals at Base Camp

During our programs, we want everyone to be well fed and energized for their activities!

On each trip, participants take part in the selection, planning, and preparation of all meals. We strive to offer a diverse menu full of healthy, delicious, and well-balanced choices. We encourage individuals to share their favorite recipes with the group. Most groups will eat breakfast and dinner at Base Camp (or wherever their group is staying), and pack lunches to eat while out on their day's adventures! Snacks are always available at Base Camp.

We work hard to make sure that our menu includes options to suit everyone. We actively seek participant guidance when planning the week's menu, which will vary by trip. That said, the food we offer at camp may be different from the food participants are used to eating at home. We encourage campers to try new foods, but we also offer alternative options if a camper does not like the meal that the group prepares.

Our trips leaders will keep an eye out to make sure every camper is eating a balanced meal. We expect participants to eat three meals a day, which is necessary to maintain a busy and active schedule. Unless specified by a doctor's orders, we discourage drastic changes to eating habits such as starting a new diet plan.



Vegetarians

We always provide a vegetarian option for those who do not eat meat, and strive to provide balanced meals for all campers, regardless of dietary restrictions.

Other Special Dietary Needs

We are able to accommodate most dietary needs. Please note any dietary restrictions on your camper's medical form, and feel free to reach out to the Adventure Trips Director at (508) 428-2571 x115 or bmartin@ssymca.org if you would like to provide any specific details regarding dietary concerns.

Birthdays

We love birthdays at camp! If your child is celebrating their birthday during an Adventure Trips program, we provide a cake to share with their trip mates! During check-in, please remind your Trip Leaders about the birthday so we can celebrate!



At Adventure Trips, **everybody** helps with the cooking and clean-up process. Please make your campers aware of this- we believe that "many hands make light work", and a willingness to help will lead to a more enjoyable experience for all! We find that most campers enjoy the opportunity to learn more about cooking in the camp environment.

Airport Transportation



We are able to provide transportation to and from camp for participants flying in and out of Boston Logan Airport. This service is available for Sunday arrivals and Friday departures only. The round-trip fee is \$75.00 per camper. Please fill out our electronic Airport Contract, found under "Program Forms", if you would like to register for this service.

If your child is receiving transportation through our airport pick-up service, then you will receive an email to inform you when s/he has arrived safely at camp.

International Participants

Each summer, camp welcomes international campers who come to us from many different parts of the world. For our international participants, this exciting adventure affords the chance to be immersed in a unique facet of a long-standing American tradition: the summer camp experience. We believe that our international participants enhance each program's group dynamic by helping foster intercultural understanding as well as respect and appreciation for the diversity of all.



What to Expect

English as a Second Language

- International participants are not expected to be fluent in English, but should be at a level where they can comfortably communicate with their peers and trip leaders.
- We ask that all participants communicate in English during their trip, in the interest of fostering a positive and inclusive group dynamic. We do encourage cultural awareness and realize the benefits of language exchange, but international participants should plan on communicating primarily in English with their trip mates.

Phone Calls

- **Cellphones are strictly prohibited at camp.** Trip leaders will collect cellphones from your child during check-in, so please make your child aware of this rule beforehand in order to avoid any confusion.
- We do not allow incoming or outgoing calls between campers and their family or friends, unless there is an emergency. We encourage you to send mail or emails to your camper.



Homesickness

Many campers experience homesickness during the summer– being away at camp and experiencing homesickness (and still having a great time in the end!) is an important learning experience. If your camper experiences homesickness, here are some strategies to help them succeed:

- **Use positive messages about the program.** Use phrases like “You are going to have a great time!” or “You have a great opportunity to make new friends!”
- **Read about camp together.** Help your camper prepare for their trip by reading this guide and our website together. Discuss check-in day and the activities planned for their trip.
- **Communicate with Trip Leaders** about any concerns you have at check-in. Let your camper know that their Trip Leaders are there to support them and ensure they have a good time. Tell your camper that it is important to be upfront with Trip Leaders about how they are feeling so that Trip Leaders can best help them.
- **Avoid promises to pick up your child.** Instead, reaffirm that they will enjoy themselves. Discuss ways that your camper can deal with missing home or feeling sad. Some parents worry that talking about homesickness before a trip will “bring it on”. However, the more that homesickness is discussed ahead of time, with positive messages about how they will succeed and tools that they can use while at camp, the more successful a participant’s experience tends to be.
- **PLEASE DO NOT PROMISE THAT THEY CAN CALL HOME, AS WE DO NOT ALLOW IT.**
- **Send letters with positive news** that assure campers that all is “normal” or “same old, same old”. Instead of telling them how much they are missed, write about how much you are looking forward to seeing them and hearing about their camp adventures.



Please contact us if you wish to discuss your child’s concerns about camp. We can provide more information, share successful strategies and listen to your input on what will help make the experience successful. We want your child’s experience to be positive!

Behavior

To keep camp a safe, healthy and fun place, we have clear standards and expectations for appropriate behavior for our Trips participants and staff. Each camper is responsible for their behavior and actions. Each group will talk about behavior expectations at the beginning of their trip. Some of these expectations include:

- Treat other group members and staff with respect
- Use appropriate language
- Listen to instructions from Trip Leaders
- Assist with their fair share of the cooking/clean-up responsibilities
- Participate in group activities

In short, we expect all campers to engage with the group and contribute in a positive way. In the case of inappropriate or challenging behavior, our trip leaders will work with campers to address and manage the behavior and help make sure their experience is successful. If, in the judgment of the staff, a trip participant’s behavior or attitude hinders the group’s enjoyment of the trip, endangers the welfare of the group, or reflects badly upon Camp Burgess & Hayward, the participant will be sent home at their own expense, and no refunds are available. Such serious misconduct includes:

- Uncooperative or belligerent attitude or behavior
- Use and/or possession of alcohol, tobacco, or illegal drugs
- Stealing, shoplifting, or pilfering
- Use of foul or abusive language
- Bullying or physical violence towards other group members

Open Houses



Come tour camp before the summer! Meet at the Camp Burgess Dining Hall, with tours departing every 20 minutes. There is no need to register, just show up! Find dates on [our website](#).

We are unable to offer tours of the property during June due to our staff training schedule. We thank you for planning ahead.

Contact Information

The best way to contact the Adventure Trips Director is by email, at bmartin@ssymca.org. The camp office is open from 9:00am until 12:45am during the summer months, and can be reached at (508)428-2571. However, you may be put through to voicemail if the lines are occupied. We return calls as promptly as possible, but please understand that Camp Directors are usually not in the office. They are typically outside managing camp programs and ensuring that your child is having the best possible experience!

Fees & Cancellations

Balance of your fees is due on or before April 15th. We encourage you to pay your balance online via your online profile. This is the easiest and most convenient way to process your payments and to ensure your payments are being paid on time. You are also able to set up a monthly payment plan that works best for you.

You may call us to charge the balance to your Visa, MasterCard, Discover, or American Express. Alternatively, you may mail your check, made out to CAMP BURGESS AND HAYWARD, to the camp office at the following address: Camp Burgess & Hayward, 75 Stowe Road, Sandwich, MA 02563

Checks must be in American dollars. There is a \$25 fee for returned checks. If the balance of fees is outstanding past the due date, your registration may be cancelled. There are no refunds for late arrivals or early departures. This includes being dismissed for behavioral issues and/or homesickness. Refunds are only given for certified medical reasons, on a pro-rated basis.

Financial Assistance forms are available on [our website](#).

Campership Fund

The South Shore YMCA is committed to making camp accessible to all through our financial assistance program. Through Camperships, we help sponsor many campers each summer, and there are many ways you can help.

- Make a donation online or over the phone
- Attend our fundraising events! Find out more by following us on social media
- Camp welcomes in-kind gifts that can help us save on expenses and improve our programs. Some examples are boating and sporting equipment, landscaping equipment and tools, computers, vehicles, and business services and support.

For more information or to make a donation, please contact our Business Office at 508-428-2571 ext. 101 or camp@ssymca.org

Cancellation Policy

Cancel before April 15 – 100% program fees paid are refundable*

Cancel on or after April 15 – 50% program fees paid are refundable*

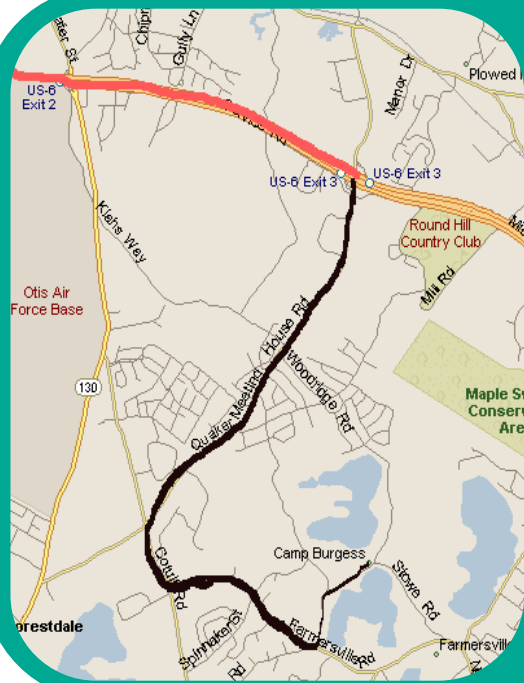
Cancel within 14 days of program start date – No refund, except in case of medical necessity (documentation must be provided)

***Please Note:** Deposits and registration fees are non-refundable and non-transferable under any circumstances.

Camp Burgess / Base Camp Map



Directions to Camp:



- Cross the Sagamore Bridge to enter Cape Cod
- Follow Route 6 for 5.7 miles to Exit 3 (Quaker Meeting House Road).
- Turn right onto Quaker Meeting House Road and follow for 2.5 miles to Cotuit Road (Traffic Lights)
- At the traffic lights, turn left onto Cotuit Road and continue 0.3 miles to Farmersville Road on the left
- Turn left onto Farmersville Road, and follow for 1.1 miles to Stowe Road on the left
- Turn left onto Stowe Road. Camp Burgess is 0.5 miles down Stowe Road on your left.
- Follow the signs to the Camp Burgess parking lot. Park at the far end of the lot and walk up to the paved path. You will see our dining hall on the left. The Adventure Trips Base Camp is on the right, just off the main path.

Browse our website for upcoming year-round trips and retreats at www.campburgessandhayward.com