



FAMILY HANDBOOK

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Camp Med-o-lark is excited to present our **Family Handbook** to you in preparation for your family's summer with Camp Med-o-lark. This handbook is intended to familiarize campers and families with general information and policies. Med-o-lark believes in fostering independence, self-esteem, a sense of community, and the development and growth of skills. In our pursuit of this healthy, creative, and safe environment, we have created a framework to ensure a physically and emotionally safe environment at camp.

This family handbook outlines the camp's expectations and those of campers and parents/guardians. We rely on this partnership to guarantee a successful summer.

We are anticipating a magical, fun-filled summer working with your family. Please call 207.845.2555 or email info@medolark.com if you have general concerns or questions about your camper or camp. Now that your camper's summer plans are complete, you deserve a wonderful summer as well. Enjoy it!

Summer Sessions and Rates

| | | |
|----------------------------------|--------------------------|-----------------------|
| First Session (4 Weeks): | June 28—July 24 | \$7,800 (USD) |
| Second Session (3 Weeks): | July 26—August 14 | \$6,000 (USD) |
| Six Week Session: | June 28—August 8 | \$11,300 (USD) |
| Seven Week Session: | June 28—August 14 | \$11,800 (USD) |
| Two Week Session: | July 26—August 8 | \$4,700 (USD) |

A non-refundable camper deposit of \$750 (USD) was due with the registration form. The total balance for all sessions is due by May 1st.

Mail & Care Packages

Mail

We aim to have campers write or contact home at least once a week, but please write as often as possible; even a postcard will be appreciated by your camper. Wish us luck!

It is a good idea to send a letter or e-mail before camp starts. This way, there will be mail waiting for your camper upon arrival. Campers always enjoy getting mail! The best way to communicate via email with your camper is through the Bunk1 system. You can find out more about this tool on page 6.

Packages

Please remember packages and excessive mailings actually increase homesickness as they distract from campers' ability to focus on adjusting to camp. If you choose to send a package, please adhere to the following guidelines:

1. Exercise **common sense and moderation**. Care packages take away from a camper's experience with largely unused items.
2. Be considerate of any **packaging material** that is used. Please choose an alternative to packing peanuts; we care about our environment! When using Amazon, please utilize [Amazon Delivery Day](#) to minimize packaging.
3. Be considerate of the **size** of anything to be mailed to camp, as space inside the cabin tends to get cozy.
4. Packages must contain only **non-edibles**, like books, games, toiletries, or clothing. **DO NOT SEND FOOD**. To keep critters and junk food out of the cabins, campers open their packages by the office, and food items are retained. Remember, food allergies are everywhere! **Please inform all family and friends about this.**
5. Please **DO NOT** send packages that will arrive **within the three days before** camper departure.

Our camp buffet meals are plentiful and varied. Camp Med-o-lark also provides snacks, a canteen, and a selection of fruit is available on the dining hall porch at all times.

Communication

Phones

Phones will be available for camper use after the first four full days of camp during free times (1:30 to 2:30 PM and 6:30 to 7:45 PM) and on “Leisure” days and “Discovery” days. Phone calls home can disrupt the camp experience. Please discuss a phone call plan with your camper before coming to camp. A few calls home per session are always welcome, but we kindly request that families write letters or e-mails.

Do not be alarmed or surprised if your child attempts to call you when you are not available. Usually, campers just want to say hello. Remember, it is normal for some campers to sound teary when on the phone with their parents and family, even when they are having a great time at camp.

Please don't assume your child is miserable! It is much more likely that a call has simply stirred nostalgic feelings for their love of parents and family at home. Parents sometimes feel compelled to frantically call the camp office after receiving these messages.

Valuables such as cell phones, money, passports, iPads, and laptops will be kept in the camp safe. They are not to be kept in the camper's cabin. We strongly advise that valuables *not* be brought to camp.

Wi-Fi and Email

Summer camp offers an excellent opportunity to navigate social situations while not being constantly connected to the digital/virtual world. Our counselors, head counselors, and camp directors are always with the campers to assess concerns and will involve families when needed.

Phones may be used when your camper is traveling to and from camp. Parents and guardians may call the camp office to check on their camper. To speak to the office, head counselor, or a director during the summer, call us at 207.845.2555. We are open between 8:30 AM and 8:00 PM.

Communication with Bunk1



KEEP IN TOUCH WITH BUNK1!

Be the first to know what's happening this summer at **Camp Med-O-Lark**. We offer private photo gallery access, you can also send and receive messages using Bunk Notes & Bunk Replies. No need to wait for snail mail; Bunk1 makes it easy to communicate with your child and receive handwritten responses directly to your Bunk1 account.

GET STARTED TODAY!

- Go to www.Bunk1.com
 - **RETURNING PARENTS** will login using their email address and password from the previous year.
 - **NEW PARENTS** will click "New here? Get Started" button and complete the basic form.
 - The Invitation Code for **Camp Med-O-Lark** is: **24MEDO**
- You will be prompted to select a bundle for access to your Parent Portal. Bundles include credits for you to send Bunk Notes and enhance your notes with borders, photos, sports scores, and puzzles.

PHOTO GALLERY WITH PHOTO TAGGING

Save Favorite Photos for easy access to pictures of your camper all year-round. Select the heart icon to favorite.

Upload a profile photo of your camper to enable Photo Tagging. Our photo tagging software will scan all the uploaded photos and notify you when we detect photos of your camper.

Share Photos to social media or email a photo to family.

Customize Unique Photo Gifts such as photo books, mugs, calendars, phone cases and more.

Order high resolution digital downloads or prints.

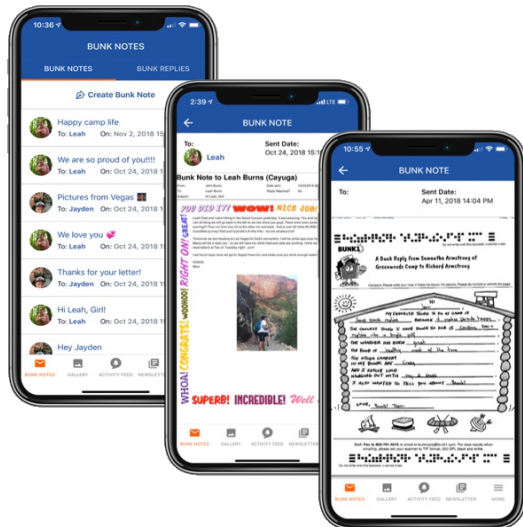


SEND BUNK NOTES & RECEIVE BUNK REPLIES

Send Bunk Notes day or night. Your camp receives a pdf at **9:00 am EST** each day containing all Bunk Notes received in the last 24 hours.

Bunk Replies- Receive a handwritten note from your camper in your Bunk1 account on our unique stationary.

1. Unlimited Stationary can be purchased in a bundle OR under the Bunk Replies tab.
2. Print the stationary (Bunk Replies tab) and send your preferred amount with your camper to camp OR attach an individual piece to be delivered with your Bunk Note (0 credits if Unlimited).
3. Make sure your camper knows to write on the barcoded stationary and hand it in to a camp staff member.
4. Camp staff will collect Bunk Replies and send them to Bunk1. Bunk1 will then scan the barcode & send the reply to your account under the Bunk Replies tab.



The Bunk1 team is available to support you 7 days a week during peak season. They guarantee a response within 24 hours and it's usually much quicker than that. Please call Bunk1 at **212-974-9112** or email support@bunk1.com. For FAQ's related to the services above, visit www.bunk1family.com/faqs.

Transportation

Charter Buses

We provide a chartered, chaperoned bus (for a fee) to and from camp for both camp sessions. **All luggage can go directly on the bus. Whenever possible, we prefer duffel bags and soft suitcases over trunks.**

New York City, NY
Departs 7:30AM
Corner of West 60th St
& West End Ave.

**Westchester County
(Elmsford, NY)**
Departs 8:00AM
Bloomingdale's
Parking Lot, 175
Bloomingdale Rd,
White Plains, NY

Newton, MA
Departs 12:00 PM
Duck Feeding Pond
Parking Lot
Behind the Marriot
Hotel

Please arrive at the bus stop 15-30 minutes before departure. Be on time. Bring a bagged lunch or snacks for the ride to camp. Remember, **NO NUTS** please. Each bus will have a Med-o-lark representative. Buses are air-conditioned and have bathrooms onboard.

Arrival/Departure by Car

Campers arriving by car should plan to arrive at camp on the opening day of the session between 11 AM and 1 PM. For parents planning on picking up or taking their camper home at the end of each session, please prepare to depart between 9 AM and 11 AM. Buses leave the camp between 7 AM and 8 AM. Parents are welcome to call camp for updates on arrival times.

Flight Arrivals

We encourage families to fly to the Portland Jetport (PWM) or Boston (BOS) Logan Airport between 12 PM and 4 PM on the session arrival dates.

- First Session – **June 27, 2024** (the day before the session begins)
- Second Session – **July 25, 2024** (the day before the session begins)



If you cannot book a flight for our pre-arranged travel day and time, we will do our best to provide transportation. However, we can also assist you in making arrangements for transportation to camp. **Please note that there may be an additional cost for this service.**

We will be monitoring all camper flights for any delays. Please forward your camper's itinerary (with flight itinerary) to Missy Vigue (missy@medolark.com). If you have any questions concerning transportation, please call or email us.

The age restrictions for all airlines vary widely. **Before arriving at the airport, please check with your airline to determine if your camper should fly as an unaccompanied minor.** These arrangements will need to be made for flights to **and** from camp.

*If your camper is traveling as an unaccompanied minor, Camp will inform you who to name as the contact before they fly.

Attached is an article from the Department of Transportation regarding unaccompanied minors: [When Kids Fly Alone.pdf](#)

We will do our best to meet campers at the gate; however, our staff MAY not be allowed to (depending on the airline). After deplaning, campers should proceed to the nearest security exit, where Med-o-lark staff will be waiting.

Flight Departures

The Med-o-lark office will confirm flights **home**. Campers will be escorted to airports and checked in, and staff will ensure they get on the flight.

- First Session - **July 24, 2024**
- Second Session – **August 14, 2024**
- Two- and Six-week Sessions – **August 8, 2024**

Baggage fees vary substantially by airline; please check with your airline for an estimate of baggage fees.



International Camper Travel

Med-o-lark staff meets all international flights and provides transportation to and from Logan Airport (BOS). We ask that you arrange flights that arrive in Boston **the day before camp begins:**

- First Session – June 27, 2024,
- Second Session – July 25, 2024

The **return** flight may depart in the afternoon or evening on the final day of camp.

- First Session – July 24, 2024,
- Two, Six Week – August 8, 2024
- Second Session – August 14, 2024

Please note that we can assist with alternate plans if your camper cannot travel on our pre-arranged days and times.

Med-o-lark's international counselors will assist your camper and help ease their adjustment. We try to place campers who speak the same foreign language in separate cabins to aid in learning English and expanding friendships at camp. This immersion will undoubtedly improve your camper's language abilities.

Luggage/Baggage

If your camper is traveling by bus, luggage can go directly on the bus. If you prefer to ship your baggage, we work with [Luggage Forward](#) to ship camper bags to and from camp domestically and internationally. We can also work with [UPS](#) and [FedEx](#) if you would like to use these services.

Arrival Procedures

Upon arrival at camp, families can expect to park at the farm and be transported to the main part of campus. Upon parking, you will sign in, hand over any medication to our nurses, and deposit valuables and money to our office staff. We allow unpacking, but we ask you to keep your goodbye as brief as possible to allow your camper to get acclimated and meet their counselors and bunkmates.

Optional Extras

Although Camp Med-o-lark has a robust program and a fantastic summer, we offer some extras for an additional fee.

Whitewater Rafting is available to all campers. The trip takes place on the Kennebec River and is a full-day trip run by certified guides. The whitewater rafting excursion costs \$125 (USD) and includes lunch. The trip is offered in both sessions.

New for this summer!

- **Broadway Show** is available to all campers. This trip is to Maine State Theatre to see **Irving Berlin's White Christmas on July 19, 2024, at 2 PM.** A Heart-warming, nostalgic, and festive show! With a dazzling score featuring well-known hits, including "Blue Skies," "I Love a Piano," "How Deep Is the Ocean," and the perennial title song, "White Christmas" is an uplifting, wholesome musical that will delight audiences of all ages. Cost is \$100 (USD). Tickets are limited.

New for this summer!

- **Canteen and Camp Store.** Camp Med-o-lark is proud to present its new Canteen and Camp Store. The canteen will be open after lunch and then again in the evening. Items for sale include healthy snacks, noncaffeinated soda (evenings), candy, protein bars, granola bars, chips, etc. In our Camp Store, we offer items such as zip-ups, sweatshirts, hoodies, hats, water bottles, blankets, pillowcases, flannel pants, and a whole lot more. Each participating camper will receive a Med-o-lark bracelet attached to their account. They use this to purchase items, but families can put daily limits and add more funds as they see fit. We suggest starting the account with \$50 (USD); you will be emailed for account setup.

Optional extras, the rafting trip, the show at Maine State Theatre, and bus transportation fees will be billed into your camp invoice. All other camp trips, craft supplies, lessons, laundry, and snacks are included in the tuition.



Before arriving at camp, please discuss these options with your camper(s). Rafting and the Broadway Show are pre-registered activities and are non-refundable.

Valuable items such as money, cell phones, passports, iPads, cameras, and laptops will be kept in the camp safe. They are not to be kept in the camper's cabin. We strongly advise that valuables *not* be brought to camp.

Out-of-Camp Trips

For any out-of-camp trips, the camp will take care of any meals; however, please provide a little spending money for your camper(s) for ice cream, a souvenir, or snacks. All spending money will be held in the camp safe, and office staff will record money in and out.

Tours

If you know of a family or friend who would like to tour Camp Med-o-lark, we would be happy to set one up. Just reach out to us at info@medolark.com or call us at 207.845.2555.

Donations

Camp Med-o-lark is happy to take donations of costumes (children's clothing), shoes, fabrics, Legos, power tools, working appliances, lumber, and some furniture. We love to recycle items you no longer need/use, especially to make artwork, props, costumes, and sets for our theatre!

If you want to donate, please call or email the office, and we can make arrangements.

Visiting Camp

Schedule a Visiting Day

New for this summer!

Because we keep our campers so busy, we do not have an official visiting day. However, you may still visit during the session, and we would love to see you at camp! **We open visiting for parents on the weekend (Saturday and Sunday).** If you visit your camper, please plan to spend the day at camp. Meet the staff, take a tour, participate in your camper's activities, and then you can sign out your camper for dinner (if you choose). We do this so campers can experience classes and rehearsals without losing a moment of their activity time. Campers must be signed back in camp by their curfew (between 9:30 and 10:30 PM). If, for any reason, you cannot make it for a visit on the weekend, we will make arrangements, but please notify us in advance. Our "Finale Festival" is also open to visitation:

- Session 1: July 22, 23
- Session 2: August 12, 13

A camper must have written permission to leave camp with anyone other than the parent/guardian who signed the application [form](#). (This applies to going out to dinner with grandparents, Aunt Sally, 3rd cousin Amos, older siblings, or with the family of another camper or non-custodial parent). Please advise the camp if there is anyone who may **NOT** visit or contact your child. **Friends of campers under 21 are NOT permitted to visit unless with parents.**

Food, Allergies, Snacks

If your camper has a food allergy, a specific preference, or can be a choosy eater, please let us know so we can handle it with care and comfort. We understand how difficult this can be sometimes, but we try to ensure that all campers are offered the same type of snacks, meals, and treats regardless of allergy or preference.

The Med-o-lark Program

Campers select six activities for two weeks at a time. These classes occur until the last few days of each session, which we call our “Finale Festival.” In addition to our innovative classes, we have a Leisure Day on most Sundays, out-of-camp trips, an International Food and Fun Day, a Carnival, a Lobster Banquet each session, and many other exciting special events throughout the summer.

New for this summer!

Once a week, we offer “Discovery Day.” This is a day for campers to explore, survey, and learn, do something with their friends, try something new, put in extra work on an existing project or rehearsal, and challenge themselves to uncover new skills.

We try to accommodate all camper activity wishes as best as possible, but that all starts with you. The link below is a form for the whole family to help inform your campers program at camp. It will help us get them signed up for classes where they want to advance their skills and activities they want to try out. [Activity Preference Form](#)

Campers have a drop/add period during the first few class days after each sign-up session. Campers may change a class if it is not what they expected or for ANY reason.

Birthdays

Several campers have birthdays during camp. We celebrate all birthdays with a cake and campus celebration as a Med-o-lark gift. This summer, we will also provide camp “care packages” for purchase through our camp store as an option.



Homesickness

Homesickness at camp most often takes the form of culture shock. New campers enter a situation where they don't know the routine, other campers' names, counselor names, or the camp's layout.

Once campers have a few days to adjust to the new setting and learn the basic routine, they usually shed their homesickness. **Homesickness that lasts beyond the first few days is rare, comprising less than 2% of the population.**

In the unlikely event that this lingering homesickness occurs, you will be a key to your camper's adjustment to camp life. When we are aware of severe homesickness, we will notify parents and keep them posted on their child's progress. We ask that you work with us to help make the camp experience as rewarding as possible for your child. Many campers are secretive and are afraid to share their feelings of homesickness with staff. In these cases, we rely on parents to inform us when they detect homesickness through phone, e-mail, and mail communications with campers. Please be aware that mail takes about three days to arrive home from camp and that a lot can happen in three days at camp.

Our approach to homesickness is a camper-friendly framework compiled through many years of experience. We feel listening to and acknowledging a camper's feelings is important. Still, it is also essential for parents and counselors to focus on the positive aspects of camp. **Please do not make any "private deals"** ("Just call me if you're unhappy, and we will drive up and take you home") or ("If you don't like camp in two weeks, you'll be able to leave") even if you and the camp director have discussed this as an option.

These comments substantially and lastingly undermine a camper's ability to get through any initial homesickness period. It is naturally difficult for a parent/guardian not to give in to an unhappy child's wish to leave camp. However, we have found that campers make the best of their summer experience when families fully support their efforts to gain independence and strength while spending valuable time away from home.

We look forward to partnering with families to support their campers' adjustment and to create a positive experience.

Camper Agreement

The following guidelines are designed to ensure that Med-o-lark is a happy, safe, and productive community for everyone. We accept your participation under these conditions; read them carefully. On the first full day in camp, we will meet with you and your cabin, where you will be asked to reaffirm your commitment to these guidelines.

Violation of the following guidelines will result in the immediate dismissal from camp without a refund of the tuition. Transportation costs and arrangements will be the sole responsibility of the approved parent/guardian.

- Physical violence, actual or the threat of, is prohibited.
- Sexual activity and sexual harassment are prohibited.
- The use or possession of alcohol, cigarettes, marijuana, the misuse of any drug, or the use of any non-prescribed drug is prohibited.
- The destruction of or theft of others' belongings is prohibited. Cabin raids are considered a violation of camper rights and are also prohibited.
- Dyeing hair, piercing, tattooing, or any other significant change of appearance is prohibited. Campers must leave camp appearing as they arrived.
- Leaving camp property without a counselor, leaving supervised camp areas, or leaving cabins at night without a counselor or permission is prohibited.
- Use of epithets, innuendos, or slurs because of an individual's race, national origin, religion, sex, sexual orientation, gender identity, age, physical or mental disability, appearance, or familial status is prohibited at camp. Such language is antithetical to the community Med-o-lark strives to represent and will not be tolerated.

Med-o-lark is a supportive environment that seeks to encourage campers' personal growth. Directors and staff are experienced in helping campers correct negative behaviors with reminders, discussions, and positive



alternatives. However, repeated or multiple violations of the following guidelines will result in dismissal from the camp without a refund of the tuition. Transportation costs and arrangements for early dismissals will be the sole responsibility of parents or guardians.

- Campers may not be in unsupervised areas without a counselor present.
- Safety rules are absolute at all program areas (e.g., the waterfront, stables, circus).
- Camper attendance at camp activities is mandatory unless a nurse or director permits the absence.
- Cell phone use is not permitted at camp. They may be stored in the camp office.
- All cabins are private spaces for their residents. Campers are not permitted to enter other people's cabins at any time.
- To protect the privacy of all members of the Med-o-lark community, photography of any kind is not permitted inside camper cabins.
- Foul language and the inappropriate use of language that insults or belittles another camper or staff member are not permitted.
- PDA refers to the Public Display of Affection that the camp considers inappropriate. This does not include casual affection shown in open, non-exclusive friendships.
- Graffiti anywhere in camp is not permitted. Campers will be required to repair and restore any section of camp that they graffiti and fined for the cost of repair or replacement materials.
- Respect for all living things is expected at Med-o-lark. Wildlife, camp animals, plants, and all the natural surroundings must be protected, respected, and enjoyed.



General Guidelines

- Potentially dangerous items such as knives, fireworks, slingshots, or weapon-like objects are strictly prohibited.
- All medications, including over-the-counter medicines and vitamins, must be kept in the health center at all times.
- Valuables must be kept in the Camp Office. Med-o-lark is not responsible for valuables lost, stolen, or left after camp. We recommend leaving all valuables, including cell phones, at home.

By sending your child to camp, you acknowledge you are familiar with and accept our policies on behavior. Med-o-lark reserves the right to dismiss campers from the program at the camp's discretion and without reimbursement.

Acceptance and digital signature of the Med-o-lark camper agreement are conditions of attendance. It can be found on our website [here](#).

Drugs, Cigarettes, and Alcohol

Any cigarettes, vaping, illegal drugs, and/or alcohol at camp is forbidden. The camper or staff member who possesses, uses, or is involved with illicit drugs or alcohol will be sent home immediately.

Camp is a strictly alcohol, illegal drug, and vaping/tobacco-free environment, and these rules apply to all campers, staff, and visitors. If campers jeopardize the welfare of the camp by violating either the smoking, drug, or alcohol policy, they will be sent home immediately. There will be no second chance or refund of the camp tuition.

Parents should understand this policy before agreeing to send their children to our camp. Please assist us with this by supervising packing. If you know your child smokes even occasionally, discuss the camp's anti-smoking policy and make sure no cigarettes are slipped into the luggage.

Problems at Camp

If you feel that there is a problem or any program or cabin issue that negatively affects your child at camp, please bring it immediately to our



attention in the office at 207.845.2555. **We are unable to correct a current situation of which we are unaware. Please do not wait until September to notify us! We deeply love our work and want every camper to succeed.** We hope to work with families to ensure their camper has a richly rewarding Camp Med-o-lark experience.

Camper Health and Safety

It is a mandatory condition of attendance that we maintain a camper's health form on file in our Health Center.

You can download our Health form [here](#). Parents/Guardians must sign part 1, and part 2 must be completed and signed by your physician. Once completed, please scan and email to healthcenter@medolark.com.

Families must return the Med-o-lark camper health forms at least two weeks before camp starts. The health history and included waiver statement on Forms 1 and 2 are needed for hospitalization and/or emergency treatment in all of the local medical centers in Maine. Again, **Parents/guardians must sign a health form permitting us to treat your child in a local hospital or medical center.**

The medical coverage provided by Camp Med-o-lark is a "limited medical reimbursement" policy covering camp emergencies, some injuries, and first aid services. Most hospital and doctor visits are not covered by the camp insurance (e.g., allergy shots, orthodontal adjustments, prescription glasses repairs).

Parents should also inform Camp Med-o-lark before the camper's arrival of any recent (6 months) injury, illness, emotional, or potential behavioral problems.

Camp staff will contact a parent/guardian if the illness is serious enough to sleep over in the Health Center. Parents are also contacted in emergencies once the initial emergency has been alleviated or dealt with. Please ensure that campers have all of the recommended vaccinations and boosters.



Contact your family physician or local health department if you have any questions.

It is essential that campers refrain from isolating themselves from the camp routine or daily activities. **Campers must attend all classes or report to the health center or office.** We expect camp participation and co-operation from our campers. If you feel your child cannot adapt to this camp routine and setting, promptly contact us to discuss ways to make this work.

Please do not send campers to camp if they are sick on or near opening day, as they will NOT be admitted if they are found to be with nits or lice.

During the summer, you may contact our Health Center directly at 207.845.2714 or email healthcenter@medolark.com.

All medication brought into camp must be packed in a carry-on bag and given to the camp nurses upon arrival. Campers may go to the Health Center to take their vitamins and medications. Nurses will help remind campers who take regular medications and have trouble remembering to do so. With safety in mind, certain allergy and scheduled shots will be given at the doctor's office.

Any forms of camper medications—including vitamins or over-the-counter pain killers (Tylenol, Advil, Aleve, Motrin, etc.), gummy bear/candy supplements, melatonin, herbal remedies, and vitamin supplements of any kind—must be kept in the camp Health Center.

Glasses and Contacts

Whenever possible, campers should bring an extra pair of glasses. While we have technicians in the area who can repair glasses, this takes time, and only a few places in Maine are open with extended hours. All campers who wear contact lenses should ensure that they also bring a pair of glasses to camp. We will have contact solution available at the canteen, but it is a good idea to make sure your camper brings solution if they wear contacts.



Suggested Packing List

Clothing

- 12 Pr. Socks
- 12 Pr. Underwear
- 2-5 Bras/sportbras
- 8-10 T-shirts
- 3-4 Long sleeve shirts
- 6 Pr. Shorts
- 3 Pr. Long pants
- 3 Bathing suits
- 2 Sweatshirts/Hoodies
- 1 Warm jacket
- 1 Raincoat (or poncho)
- 1 Bathrobe (optional)
- 3 Pr. Pajamas
- 1 Dress Outfit
- 1 ALL-black outfit (inc. shoes)
- 2 Caps/hats

Footwear

- 1 Pr. Sneakers
- 1 Pr Rain Boots or Duck Shoes
- 1 Pr Flip-Flops/Beach Sandals
- 1 Pr Shoes

Toiletries

- Toothbrush, Toothpaste
- Shampoo/Conditioner
- Hair Brush/Comb
- Soap
- Deodorant
- Shower Caddy
- Sunscreen
- Bug Spray
- Bedding & Linen
- 1 Pillow
- 2 Pillowcases
- 1 Sleeping bag (or comforter)
- 2 sets twin size sheets
- 3 Towels
- 1 Beach Towel
- 2 Wash Cloths
- 2 Mesh Laundry Bags

Miscellaneous

- 1 Flashlight and extra batteries
- Sunglasses
- Musical Instrument
- Dance Shoes/Leotards/Tights
- Water Bottle
- Boots w/ Heel for Horseback
- Paper, Pens, Stamps
- Mp3 Player (optional)
- Headphones
- Non-phone Camera
- 1 Day bag for day trips (optional)
- Fun/unique costumes/accessories for special events
- 2 Blank white t-shirts

Use this check-off list as a guide. Adjustments should be made to provide for your child's individual interests and needs.

Please use only duffel bags or soft suitcases. No hard trunks. (Limit two per camper). **Remember to clearly label the luggage with YOUR CAMPERS FULL NAME.**

Remember everyone tends to overpack - try not to.

- **International Campers** – Med-o-lark will provide you with linens, blankets, pillows and towels.
- All clothing, shoes, linens, equipment, electronics, instruments, cords, etc. should be labeled with the camper's FULL name. NO INITIALS.
- DO NOT bring weapons, hunting knives, squirt guns, sparklers or fireworks, chewing gum, or expensive jewelry.
- Cell phones are NOT permitted at camp. Campers are offered use of our camper phones, and we must adhere to this policy to be fair to all campers.

Remember to clearly label everything with your campers FULL NAME.

Camp Med-o-lark
82 Medolark Road
Washington, ME 04574
207.845.2555
info@medolark.com
www.medolark.com

Creativity. Experience. Inspiration. Friendship.

What inspires YOU?



Clothing gets ripped, dirty, left outside, outgrown, and lost, as you may expect it would at camp. Towels can be tricky to keep track of, keep dry and tidy regularly, and require campers' assistance, as towels are the most lost and found items we see each year.

Important Links

[Camp Med-o-lark Website](#)

[Forms and Documents](#)

[Camper Agreement](#)

[Packing List](#)

[Camp Gear](#)

[Nearby Accommodations](#)

[Canteen Account](#)

Contact Us:

[General Information](#)

[David Weinstein \(Director/Owner\)](#)

[Scott Weinstein \(Director\)](#)

[Missy Vigue \(Family Engagement\)](#)

[Laura Silvia \(Office Administrator\)](#)

[Health Center](#)

We look forward to seeing your camper(s) this summer!