



# ARNOT FOREST CAMP

A Primitive Pursuits Camp in partnership with Cornell Cooperative Extension

Greetings Families,

Welcome to Primitive Pursuits- Arnot Forest Camp! We are thrilled to offer our overnight camp programs again this summer! We're honored and grateful that you've chosen us to be your child's home away from home this summer. To best serve your family and to answer the most frequently asked questions, we've consolidated all the information parents/guardians need into one helpful guide. Please take a few minutes to read through the entire guide and call us at our office with any additional questions.

Arnot Forest Camp, a program of Primitive Pursuits 4-H and Cornell Cooperative Extension (CCETC), offers unique summer experiences for youth. In a beautiful and private natural area, we offer experiences in which youth can disconnect from the everyday stresses of the world and reconnect with themselves, one another, and the natural world. Over the course of the week campers will build self-confidence and resilience through learning wilderness and outdoor-based skills.

Our location is an important aspect, because it means campers and staff are uninterrupted as they learn to live well together in the wilderness. Our job is to take care of your child or teen while they are at camp and nurture their creativity and strengths in a physically and emotionally safe environment.

We ask you to partner with us in this endeavor by:

- Reading this entire handbook
- Providing us with the required forms and information needed to keep your camper healthy and safe
- Following our guidelines on summer communications
- Reviewing the Community Agreements with your child or teen prior to arriving at camp

Please note that there are forms which require a doctor's visit. Please schedule your doctor's appointment today.

***Important: Your registration is considered INCOMPLETE until all your paperwork is submitted accordingly and payment is received in full by June 9, 2024. This means that as we begin to fill a camp, your child may be moved to a waitlist if your paperwork and payment are not complete. Please submit all required forms to us as soon as possible.***

Please feel free to contact our office with questions, concerns, or updates regarding your child's camp experience. You can call our office at 607-272-2292 ext:261, or email at [primitivepursuits@cornell.edu](mailto:primitivepursuits@cornell.edu).

We hope this guide gets you excited about your child's Arnot Forest Camp experience. We look forward to seeing your camper(s) very soon!

In Gratitude,

The Arnot Forest Camp Team

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Cooperative  
Extension  
Tompkins County



4-H Youth  
Development

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## Section 1: Getting to Camp

### Travel to Camp

Our camp is located in Van Etten, NY- by car it is 4 hours away from New York City and Philadelphia, 2 hours from Rochester, 90 minutes from Syracuse, 1 hour from Binghamton and 30 minutes south of Ithaca.

There are also a few public transportation options available that can bring you to Ithaca, NY, or a surrounding city such as Binghamton and Syracuse.

If you need assistance with transportation, we **may** be able to help for an additional fee, please reach out to [primitivepursuits@cornell.edu](mailto:primitivepursuits@cornell.edu) with any questions.

#### Greyhound Bus Lines

(800) 229-9424

[www.greyhound.com/bus/ithaca-ny](http://www.greyhound.com/bus/ithaca-ny)

Greyhound Lines, Inc. is the largest provider of intercity bus transportation, serving more than 2,300 destinations with 13,000 daily departures across North America.

#### Shortline Bus

(800) 631-8405

[www.coachusa.com/shortline](http://www.coachusa.com/shortline)

Shortline provides regional service within New York State, Long Island, and New Jersey, and into New York City at economical fares, with stops in downtown Ithaca.

#### OurBus

(844) 800-6828

[www.ourbus.com](http://www.ourbus.com)

OurBus provides nationwide service to and transportation from cities such as NYC, Philadelphia, Washington D.C. to Ithaca, NY.

#### Amtrak

[www.amtrak.com/stations/syr](http://www.amtrak.com/stations/syr)

The multimodal William F. Walsh Regional Transportation Center opened in 1998 near Lake Onondaga. It brings together Amtrak and intercity and CENTRO bus services.

#### Ithaca Tompkins Regional Airport

(607) 257-0456

<https://flyithaca.com/>

Welcome to Ithaca Tompkins International Airport (ITH) the closest airport to [Cornell University](#), [Ithaca College](#), and many Finger Lakes destinations. Explore the ease and convenience of traveling through ITH. Plan your next adventure and fly with us today!

### Arrival

The first day of your camper's session is a busy and fun time at camp. Camp will begin on Sunday and end on Friday. We ask that you **arrive between 2pm-2:30pm on Sunday**. We will not be providing lunch on Sunday; however, snacks will be available.

*Our address is: 611 County Road 13, Van Etten, NY 14824- this is what you will need to find us if you are using GPS!  
Please see more detailed instructions on last page.*

Please arrive promptly to ensure a smooth start to the week. When you arrive at camp please drive **slowly** (5-10 mph) and be aware of deer on the roads leading up to camp.

Once you are up the driveway, follow signs and directions from staff members to the check-in area. They will direct you to the parking area and registration table. We ask that you allow us to start helping your child adjust to camp as soon as possible; all parents dropping off at camp are asked to spend no more than 30 minutes at camp. This makes the transition much easier for your camper.

## Departure

On Fridays, families are to arrive at 2pm for pick-up. Parents/guardians will be directed by signs and staff members, like drop-off day. **During the check-out procedure we ask parents/guardians to follow all staff directions before joining their camper and taking them home.** During the check-out process the camper and parents/guardians will check in with the nurse and other staff members to ensure all information is passed on and all personal items and medications are returned.

Once campers have been officially checked out, they may head over to the Camp Store. The camp store will be open from 2pm-3pm during check-out on Fridays. Parents/guardians may bring cash or checks for purchasing items. We do not accept credit card payments.

## Section 2: Keeping in Touch

### Letters

If you or your child would like to stay in touch, the best way is by writing. We are delighted to give your camper any letters sent from home as well as deliver letters they wish to write back to you. You may send your camper with a number of pre-stamped, pre-addressed envelopes for them to write home with. Keep in mind that some letters sent home may arrive after you have reunited with your child.

Please send camp mail to:

Attn: Camper's Name  
Arnot Forest Camp  
611 County Road 13  
Van Etten, NY 14886

### Packages from Home

What gift could be better than a week of camp! **Except in the case of birthdays or a forgotten essential item, we have a No Package Policy.** This policy is part of an attempt to reduce pressure on parents to send packages, as well as preventing potential sad feelings by campers who do not receive packages at camp.

If your child is missing an essential item for the week, we will accept it in the form of a package in the mail. Please call our office ahead of sending the package to notify us that it is coming. Essential items are listed in the to-bring list. If a camper comes without an essential item, such as a toothbrush, hat, water bottle, etc. we also may buy it for them at cost and charge you for that amount within your [Account](#).

## Birthdays

If your child is having a birthday at camp and you would like to call them on that day, **please call our office at least one week in advance to arrange a time for them to call you.** Your child's birthday at camp will be celebrated with singing and a small celebration planned by the staff. If you wish to send your child a birthday present, please clearly label on the package that it is a birthday package, and the date it should be delivered to your child. Our strict no-food policy also applies to birthday packages.

## Phone

One of the reasons your child's week with us will be so incredibly special is because they will be unplugged 24 hours/5 days. To this end, campers are not permitted to have cell phones during their week of camp with us. Phone calls home will be limited to camper birthdays and family emergencies. Functioning independently is an important part of overnight camp, and your child will transition and settle into the camp experience more smoothly with no phone contact from home.

Our staff will work carefully with campers who are missing home to help them navigate their feelings and immerse them into the camp experience. We will only call parents as a **last resort**.

If you need to speak with someone about something regarding your child at camp as a non-emergency, please call our office, 607-272-2292 ext:261, during business hours, 8:00am – 4:30pm, Monday - Friday.

## In Case of Emergency

If there is an emergency and you need to get in touch with us at Arnot Forest after office hours, you may call our emergency phone number to get in touch with the Camp Director or Camp Nurse. Please carefully consider if the reason you are calling can wait until calling the office in the morning. The number to call in case of an emergency is to be determined. The phone number will be available during drop-off.

## Unscheduled Camper Leaves

Once camp begins, campers are not permitted to leave for any special occasions. This includes family celebrations, sporting events, etc. If you feel there are extenuating circumstances, please contact our office. No camper may leave camp without written permission from a parent or guardian.

**If a camper leaves camp early for any reason, no refunds will be given.**

*Please refer to our Air Quality Policy and Head Lice Section for exceptions to unscheduled camper leaves.*

## Visiting

Once you drop off your child at camp, the next time you see them will be once camp is complete, and no sooner. Visiting campers on site is disruptive to the daily schedule, and we do not accommodate family visits while camp is in session.

*If your child forgot an essential item, please refer to the Packages from Home section.*

## Section 3: Health Care

### Required Forms

A complete medical history of your camper is the best assurance that we can offer the proper care for your camper during the summer. All of the forms can be found on the [Document Center](#) of your [Account](#). Please complete all the required forms and additional materials listed below. *Some of these forms must be completed by your child's doctor.*

- Arnot Forest- Summer Health Form: *Completed by a Parent/Guardian*
- Camper Health History Form 1: *Completed by Parent/Guardian **and** approved by your child's Doctor*
- Camper Health Care Recommendations Form 2: *Completed **and** signed by your child's Doctor*
- Proof of Insurance: Copies of front and back of Insurance Card (if applicable): *Completed by a Parent/Guardian*
- Up to date Immunization Records (if not written in Form 1)

***Please note your registration is considered INCOMPLETE until all your paperwork is submitted accordingly and payment is received in full by June 2, 2024.*** This means that as we begin to fill a camp, your child may be moved to a waitlist if your paperwork and payment are not complete. Please submit the forms to us as soon as you can.

***Schedule your camper's doctor appointment today!***

## Forms and Medications FAQ

**Does my doctor need to use the forms provided by Primitive Pursuits-Arnot Forest Camp or can they use their own form?**

Please use our forms to ensure that we have all of the information needed for our specific camp. You may use a separate immunization form as long as the doctor has signed the separate document.

**Are there any required vaccinations or tests to attend camp?**

No, we do not require vaccinations or specific tests to attend camp. If a parent/guardian chooses not to vaccinate a camper, we require them to submit a signed statement that they choose not to vaccinate. If the child has some vaccinations, but not all, we need both the letter and the signed immunization form from the doctor.

**What happens if my doctor does not complete the Non-Prescription Medications section of the Camper Health Care Recommendations Form 2?**

This section gives us permission to offer over the counter medications and many helpful first aid remedies to your child. As long as your doctor crosses off the medications your child cannot receive and signs this form, we will be able to use anything on the list.

**My child takes a prescription medication, how should I package the medication to send to camp?**

Medications must be sealed in their original containers and clearly labeled with the camper's first and last name. We cannot accept medications that are in pill boxes, baggies, or open containers. All containers must be labeled. Each medication must be listed in all of your child's health forms, or else we will not be able to administer it. This includes vitamins and supplements.

At arrival all campers and parents/guardians will check in with the Camp Nurse to go over the camper's required health forms and medications. All medications must be given to the Camp Nurse during this time. All medications except for inhalers and epi-pens will stay with the Camp Nurse until administration is needed.

**My child does not take a prescription medication, but does take vitamins and supplements, how do I include this information?**

For non-prescription meds, vitamins, and supplements that your camper takes regularly, NY STATE REQUIRES A PHYSICIAN'S WRITTEN AUTHORIZATION AND APPROPRIATE DOSAGE, AS WELL AS WRITTEN PARENTAL PERMISSION. This is the purpose of the "Medication" section on the Camper Health History Form 1. Even though your doctor may not

usually dictate what vitamins, supplements, or OTC medications you give your children, New York State requires camps to have a prescription for any item administered to your child while at camp.

Per NY State Department of Health Regulations, we cannot administer your camper's vitamins or supplements unless we have written doctor's approval. This can be indicated within the "Medications" section of Camper Health History Form 1 and Camp Health Care Recommendations Form 2.

#### **Will my child be able to keep their medication in their sleeping area?**

- All medications, including vitamins, herbal supplements, as needed antihistamines, etc., must be kept in our infirmary with the Camp Nurse. The only exceptions are inhalers and epi-pens. Your doctor must state your child can self-administer and self-carry an inhaler and epi-pens in the "Medications" section of Camper Health History Form 1 and Camper Health Care Recommendations Form 2.

#### **How do I submit my completed forms?**

- Every camper must have **all** the forms within their Account to be able to attend camp. All health related forms and supporting documents are available on your [Account](#) or within the [Document Center](#). You must print both the Camper Health History Form 1 and Camper Health Care Recommendations Form 2 and bring it to your child's doctor's appointment. **The doctor must approve Camper Health History Form 1 and complete and sign Camper Health Care Recommendations Form 2.**

If you need to make updates to your forms, please call us at 607-272-2292 or email our office at [primitivepursuits@cornell.edu](mailto:primitivepursuits@cornell.edu).

#### **The most common mistakes with forms:**

- **Using an alternate form for the Camper Health Forms::** There is **no** alternate form for the Physician Orders and the Camper Medication and Supplement List
- **Not getting your doctor's signature on Camper Health Care Recommendations Form 2:** All forms that require a doctor's signature must be signed when paperwork is uploaded
- **Not including over-the-counter medications in the "Medications" sections of the Health Forms:** Even though your Doctor may not usually dictate what vitamins, supplements, or OTC medications you give your children, New York State requires camps to have a prescription for any item administered to your child while at camp.

The "doctor-completed Medical Forms" require extra attention from you. Without these forms completed, your child's spot in camp will not be held nor will you be able to drop off your child on Sunday. As they require a doctor's signature, incomplete forms cannot be easily corrected.

**Please review the forms as the doctor completed them and do not leave your appointment until you are sure all sections are completed and signed.**

#### **Medication Vacations**

If you are considering taking your child off of any medication or changing dosage prior to camp, please call our office to speak with our Camp Director to partner with us regarding this decision. Camp is an immersive, socially intensive, 24/7 atmosphere full of new experiences and it may not be the appropriate time for a "medication vacation."

#### **Dental and Optical**

A hard-shell case is a great way to protect your glasses at camp. We recommend bringing an extra pair of glasses. If your child wears contacts, remember that there might not be access to a sink and mirror every morning and evening. If your child needs a retainer at night, please remember to pack it with adequate cleaning supplies.

## Communicable Diseases

If your camper has been exposed to any communicable diseases **within 3 weeks before arriving at camp**, such as measles, mumps or rubella, you must notify us immediately at 607- 272-2292 or email us at [primitivepursuits@cornell.edu](mailto:primitivepursuits@cornell.edu) .

## Head Lice

Have your camper inspected for head lice two weeks prior to departure and again, immediately before camp begins. When you arrive at camp all campers will be checked for lice by the Camp Nurse. If lice is discovered during this check parents/guardians have two options:

- Leave camp and treat the camper's hair/belongings and come the next morning for a re-check
- Ask about availability in another week while the child is treated at home

During camp if lice is discovered on your camper, they will be required to be picked up immediately. If campers were in a cabin with others the cabin will be vacated and cleaned accordingly. Campers may return to camp once the lice has been treated and no other lice is present.

## Ticks

As a nature-connection camp, one of our main goals is providing the opportunity to explore the woods in a safe and meaningful way. Your child will be with staff who have personal and professional experience in the outdoors, and who are highly aware and knowledgeable of ticks. We recognize that ticks are an ongoing issue in the Finger Lakes region, and therefore we take precautions to reduce the risk of tick bites. We highly recommend following these best practices when preparing for camp. Have your camper pack:

- Light colored clothing to be able to detect crawling ticks
- Long pants and long sleeved shirts
- A hat (in which long hair can be tied up and be tucked into, if appropriate)
- Close-toed shoes
- Non-aerosol insect repellent
- High socks, (for tucking long pant legs into) - fun patterns are a plus!

We will do multiple tick checks throughout each day of camp and will provide private, well-lit spaces with mirrors. If a camper has an embedded tick, medically trained staff will take out the tick. We will call parents in the event of an embedded engorged tick and discuss follow-up options at that time. All embedded ticks that were taken off the camper during camp will be kept by the Camp Nurse for the parents to take at pick-up.

## Insurance

Please make sure that you provide us with all camper insurance information by uploading the front and back copies of your insurance cards. In the event of a camper medical situation necessitating outside treatment and requiring medical insurance coverage, we will take all required action as possible and apply your insurance. You will be billed for any additional costs. Primitive Pursuits-Arnot Forest Camp does not cover costs.

Should you need any assistance in processing the claim after camp, please contact our office for information.

## Medical Care at Camp

Please note, that we make every effort to treat your camper in our nurse's office at camp. We have a nurse and/or EMT onsite at all times, 24 hours per day. Arnot Forest is about 20 minutes from Five Star Urgent Care in Ithaca and 30 minutes to Cayuga Medical Center in Ithaca.



### **Our Medical Staff will contact you if:**

- There is a medical emergency
- Your camper needs to be seen by an outside practitioner
- Your camper needs to spend the night in the nurse's office
- Your camper menstruates for the first time
- They have a general medical question or concern about your camper

## **Section 4: Community Agreements and Camp Policies**

During registration for camp, you agreed that your camper understands and will follow all Community Agreements. At Arnot Forest Camp we are committed to providing meaningful, safe and fun programs for our participants. We do our best to create a safe space to support physical, mental, and emotional needs in a variety of exciting and challenging environments. To do this well, participants need to understand and agree to these basic Arnot Forest Camp community Agreements.

During arrival your camper will be asked to read over the Community Agreements and ask any questions. They will then be asked to sign it acknowledging they understand and agree to all three Community Agreements. Please note the examples listed underneath each Community Agreement is **not** an exhaustive list.

Prior to arrival at camp please discuss with your camper/s the following responsibilities of being an Arnot Forest Camp Camper:

### **Respect Yourself:**

- Stay with your group and respect additional guidelines given by your instructor.
- Do not engage in activities that could injure yourself or others.
- Ask for what you need - be clear about what that is and then let an instructor or fellow camper know how they can help.
- Keep self-care as a top priority
- Enjoy yourself and the experience!

### **Respect Others:**

- Be kind, in words and action. Name calling, swearing, put downs, offensive jokes, and threatening language/motions are not acceptable.
- Keep your hands to yourself - unless part of an activity, keep respectful space between you and other campers, as well their property.
- Be open and accepting of others
- Enjoy each other and the experience!

### **Respect the Earth:**

- Take care of the land and our resources at the Arnot Forest
- Leave an area in as good or better condition than you found it. Be sure to pick up all trash, activity supplies and packaging before leaving
- Enjoy your time outside in this land!

## **Consequences for Breaking Community Agreements**

1st chance: Camper will be given a reminder (*up to two reminders depending on the circumstance*)

2nd chance: Camper will have a meeting with the Camp Director and another camp leadership staff member to address the behavior or situation. During this meeting we will complete a Participation Agreement together (Camp Director, Summer Leadership Person, Camper). The Agreement will outline the expectations of the camper and the staff to set the camper up for success. The Camp Director will then contact parents/guardians via phone to inform them of the conversation and inform them of the Participation Agreement. A copy of the Participation Agreement will be emailed to the parent within 24 hours of the initial conversation.

3rd chance: If the camper breaks the Participation Agreement the camper's parent/guardian will be contacted, and camper must be picked up immediately. **No refund will be given.**

The Camp Director has the right to waive the three-strike rule and send a camper home depending upon the level of camper misconduct. For these instances no refunds will be given. Examples of violations of the agreements that will result in immediate dismissal are listed below. **This list is not exhaustive.**

- Endangering the health and/or welfare of yourself, campers, or staff in any way whatsoever.
- Possession or use of any of the following, including but not limited to: Fireworks, weapons, tobacco products, lighters, drugs, drug paraphernalia, or alcohol
- Possession of knives, hatchets, saws, axes or fire starters without permission and supervision of the instructor.
- Participating in bullying/social cruelty
- Hate speech or threats of any kind
- Leaving the sleeping area after camper curfew
- Repetitively breaking the rule of three or night-buddy rule
- Damaging, destroying, defacing, or stealing property belonging to camp, other campers or staff

### **Vandalism and Graffiti**

Families will be billed for any damage to property intentionally caused by campers. This includes but is not limited to, writing names on cabins, beds and shelves. The minimum charge is \$25. Please discuss this with your camper prior to arriving at camp.

### **Money at Camp**

There is no need for your child to have money in camp. Upon arrival campers will be asked to give all money to their parent/guardian. If a staff member sees or hears of a camper with cash or a credit/debit card, it will be taken from the camper and kept in a safe place until the camper departs. **Camp is responsible for money and valuables placed in safekeeping but assumes no responsibility for cash or valuables kept by a camper.**

### **Dress Code**

Campers should pack clothes they are comfortable in while being outside in a wooded area and are ok with getting dirty or wet. Clothing should be comfortable to move around in freely (running, jumping, squatting, lifting, etc.) without injury, exposure or discomfort. All clothing must be free of depictions, pictures or references to; weapons, tobacco products, drugs, drug paraphernalia, alcohol, hate speech, bullying, threats or racist groups/organizations. If these clothing items are brought to camp, they will be taken by the Camp Director and returned to the camper's parents/guardians at pick-up.

We highly recommend clothing covers more of the camper than less to reduce sun exposure and ticks.

### **Emergencies at Camp**

At camp we do all we can to ensure that every aspect runs safely and smoothly for campers and staff, but unplanned situations may arise. We have established plans and procedures for the following situations: lost camper, active

assailant, wildfire or structure fire, tornado, mandated camp closure, poor air quality, potential rabies(bat) exposure, disease outbreak, severe thunderstorms, power outages in addition to our standard CPR/AED and First Aid protocols.

If an emergency arises, parents/guardians will be notified as soon as possible via text message or email **and** phone call. Please be prepared to pick up an unknown number while your child is at camp; depending on the situation it may be someone other than the nurse or Camp Director calling.

### Staff Gratuity

Our staff members are hardworking and dedicated people who are selected for their skills and integrity. They have been instructed and agreed not to accept any gifts or monies from parents/guardians. If you want to recognize them, donations to our [Scholarship Fund](#) in their name are gestures of thanks that will always be appreciated, by the staff member and also the campers who benefit from this fund.

## Section 5: How to Pack for Camp

### Label Everything!

Use sewn-on label, embroidery or laundry marker to write your camper's first and last name on everything your camper brings to camp, including the clothes worn to camp, luggage, water bottles, gear, footwear, etc. If an item is left at camp, please contact us if you would like us to mail it to you at your expense. Jackets, sweaters, water bottles and toiletries are usually the most often lost items at camp. Arnot Forest Camp does not assume responsibility for lost, stolen or damaged items brought to camp.

After camp has concluded we will notify all families of items that were left at camp. Please review those items as soon as you receive them to ensure they are reconnected with your camper.

### Clothing May Be Dirtier than it Appears

At camp, things do get lost, damaged, dirty and/or borrowed. Please only bring items to camp that you do not feel attached to whether or not they come home in the same condition. We encourage families to borrow or buy used gear. We strongly discourage bringing anything of monetary or sentimental value to camp.

The following is a list of suggestions while planning your packing:

\*Refer to the Packing Checklist for the full list

- The faster clothes dry the better. Synthetic fabrics dry faster than cotton and are insulating when wet. We recommend clothes made of polypropylene, fleece, wool or other synthetics. We recommend Quick Dry, lightweight hiking pants for everyday use.
- The summer months can be unpredictable, the temperature can fluctuate significantly. Check the weather of Van Etten, NY prior to your camp week(s). Temperatures can range from high 90's during the day to 50's at night.
- All gear for camp should fit into one large backpack **or** one duffel bag and one small backpack. ***Please do not bring trunks to camp. Campers should be able to carry all their luggage on their own.***
- All Back to the Earth campers should have a backpack that will be able to carry their gear for a 2-day, 1 night trip and a waterproof tent (1-2 person preferred) they can carry and assemble independently.
- All Forest Awakens, Full Moon and Long Bow Camp campers will stay in tents for the duration of the camp week. They should have one large backpack **or** one duffel bag and one small backpack. Campers will also need a waterproof tent they can carry and assemble independently (1-2 person)

\*Please only bring small camping tents that fit 1-2 people. Tents should be waterproof, tents labeled water resistant may not stay dry! Campers should know how to set up their tents. **Please practice before camp!\***

- If your camper is interested in sleeping in something other than a tent such as a handmade shelter or hammock, they can bring it to camp, but this will NOT be their main sleeping arrangement. All campers **must** bring a tent **or** have written permission to share a tent with another camper.
- There are ticks in the Arnot Forest. To prevent tick bites, we recommend wearing long pants that are light in color to be able to see ticks more easily, tucked into long socks.

### Items That Must Be Left at Home:

- Electronics of any kind (except watches and digital cameras without internet capability). This includes all cell phones, music players, iPads, CD or DVD players, radios, kindles or e-readers, laptops, electronic games/toys, hair dryers, two-way radios, fans
- Food of any kind- except for medical dietary exceptions as stated on the Health History Form
- Any shoe without a backstrap
- Money, candy, gum, potentially offensive clothing, jewelry, make up, posters, pets, weapons, candles
- Propane camp stove
- "Survival Tools" such as an axe, hatchet, saw, or any kind of fire starter. *Please see "Survival Tools" Section below for more information*

### Recommended Packing Checklist

#### Outdoor Clothing

- 5-6 t-shirts
- 2-3 pairs of shorts, including one quick dry
- 2-3 pairs of quick dry long pants
- Wool and/or fleece layer (top and bottom)
- 1-2 sweatshirts
- 7 pairs of underwear
- 7 pairs of socks (including some non-cotton)
- 2 hats, 1 warm and 1 for sun protection
- 1 raincoat
- 1 rain pants

#### Footwear

- 1 pair of hiking shoes, already broken in; NOT brand new, ideally also waterproof
- Water shoes with a backstrap (not crocs)
- 1 pair of sandals with backstrap (can be used for showers as well)

**Crocs are not allowed at camp**

#### Linens

- 1 washable pillow and pillowcase
- 1 sleeping bag – synthetic
- 1 Sleeping pad – insulation from the ground
- 1 fitted sheet for Back to the Earth Campers
- 1 towel

**Toiletries** (unscented so as not to attract bugs and biodegradable if possible)

- 2 toothbrush and holder
- 1 tube of toothpaste
- 1 bar of soap
- Shampoo/conditioner (or combo)
- 1 non-aerosol sunscreen
- 1 non-aerosol insect repellent
- 1 chapstick with SPF

**Accessories**

- 1 battery operated flashlight or headlamp
- Extra batteries for flashlight or headlamp
- 1 journal/diary with pen/pencil
- 2 1-liter water Bottles/canteen
- 1 laundry bag
- 1 sturdy Tupperware container labeled with name and big enough to carry hearty snack
- 1 set of extra eyeglasses and hard case (*as needed*)
- Medications, vitamins, supplements to bring to nurse (refer to Health Care Section)
- 1 pair of sunglasses with a hard case
- 1 backpacking backpack (*refer to How to Pack on **size***)
- Plastic garbage bag or pack cover – large enough to cover your bag. For rain protection.
- 1 small tent, easy to assemble, waterproof and sized for 1 or 2 people preferred
- Tarps for making an outdoor shelter

**Fun Extras- Not Required**

- Small musical Instrument
- Cozy Outdoor Blanket
- Hammock and tarps as rain protection
- A few good books
- Cards
- Stationery, including stamps
- Long underwear
- Binoculars
- Fixed blade knife (must have sheath, and non-serrated, no folding blades) *\*Must be checked in during drop-off day*

If you have any questions about what to bring to camp, please contact our office at 607-272-2292.

## **Section 6: What to Expect at Camp**

### **Sleeping Arrangements**

All of our camps involve sleeping in rustic cabins and in the woods, either in a tent, under a tarp, in a primitive shelter or under the stars – depending on the camp as well as the camper’s comfort/experience level. Sleeping and cabin groups will always be separated by gender with instructors nearby. Primitive Pursuits-Arnot Forest Camp sleeping arrangement policy is stated below, as referred to on our website and registration process.

For youth who identify as male or female, they will stay in cabins that corresponds with their gender. For youth and staff who do not identify as female or male they are given the ability to choose which gender cabin they are most comfortable with regarding their overall wellbeing and safety. We believe each young person and staff member knows what is best for themselves and should have the right to choose. If they decide during the week that they need to change cabins for any reason, we will do our best to make this change, but it is not guaranteed. In special circumstances a single/double occupancy tent may be used by a camper instead of a bunk in a cabin. This option must be approved in writing by the Camp Director.

Primitive Pursuits-Arnot Forest Camp reserves the right to change or move any camper's cabin arrangements regardless of what was chosen at registration.

All campers ages 13-16 will be staying in tents for the duration of the week except in extreme weather or circumstances, therefore they will not be staying in cabins or be assigned a specific sleeping area.

The type of camp will determine if camping happens in our base camp close to campus or if the group will venture out further to find and create a new camp. Arnot Forest Camp has a limited number of tents if need be but, please DO NOT depend on this as an option. Campers who are interested in sleeping under a tarp, in a hammock or in a handmade shelter may do so but understand that this is not their main sleeping arrangement.

For inclement weather, such as thunderstorms, campers may sleep in our rustic cabins in bunkbeds, in the lodge or underneath a pavilion.

## Meals

We will have Camp Cook on-site preparing three nutritious meals in addition to snacks everyday to keep your child satisfied and energized. We accommodate vegetarian, vegan, dairy-free and gluten-free diets. Campers should not bring any food except in cases of medical dietary restrictions not covered by our accommodations. **Candy is considered food and should not be brought to camp.** You must include all dietary information in the Camper Health History Form 1. Campers who need to bring their own food due to medical dietary restrictions will need to give it to either the Camp Cook or Camp Nurse upon arrival. Campers are not allowed to keep food in their cabin/tents or belongings as per our strict no-food policy.

Campers will be expected to assist in camp cleanup including but not limited to meal cleanup, dishes, and food preparation. Some meals will be eaten outdoors.

## Activities/Programs

The camp day often consists of two program blocks, one in the morning and one in the afternoon: in addition to special events, all-camp activities, daily routines and mealtimes. For the morning and afternoon block campers will be given choices on what type of activity, skill or program they would like to participate in. These choices vary every day/every other and could include fire-centered skills, outdoor cooking, natural crafting, carving, nature inspired theater, hiking, archery, plant/animal ID, awareness activities, creative arts and more! All activities will be geared towards the camper's age group and at times all ages on camp will participate in a program block together.

## Camp Facility

Our summer camp program takes place at Arnot Forest Field Campus adjacent to Cornell's 4,200 acre forest. The field campus consists of a main lodge with a dining hall, conference room, full bath and commercial kitchen; 11 rustic cabins; two spacious open fields; full bathhouse with running water, toilets, showers; two open pavilions; central fire pit and thousands of surrounding forests to explore! Check out our website to learn more: [primitivepursuits.com/arnot-forest](http://primitivepursuits.com/arnot-forest)

## Section 7: For First Timers at Overnight: Tips for Parents

Selecting a camp and preparing for the summer is an exciting process for the entire family. You may have as many questions about this process as you have reasons for giving your camper the incredible gift of a summer at Arnot Forest Camp. This section is intended to be a resource for your family, especially families new to overnight camp, as you count down the start to camp. A few tips on preparing for camp, besides how many t-shirts to bring:

### Build Positive Expectations

Please do not tell your camper, you will take them home if they do not like camp. This prevents most children from making the effort it takes to overcome missing home. When they experience the normal discomfort of getting used to a new place, they can think of nothing, but their parents' promise to take them home, and they focus on this rather than making the adjustment. This can sabotage the camp experience before it begins.

We have found that the expectation that your camper will remain for the entire session is helpful in making camp a success. The message to your camper should be that spending time away from home is an important part of growing up, and that even as it is designed to be great fun, it is also a life skill to be motivated to complete.

The more accurate a picture of camp life your camper has, the less foreign it seems when they arrive and the more quickly they adjust. Children should know that they will be part of a group, that living quarters will be rustic, that they will share responsibility for keeping their living areas clean, that there are scheduled activities they will be part of, etc. If your child asks a question you can't answer, call us and we'll be happy to help.

### Importance of complete information

It is imperative that camp have complete, accurate information about any emotional, behavioral, medical, or physical situations your camper may be working with. The withholding of such information inhibits our ability to serve your camper effectively. Disclosure, on the other hand, significantly increases your camper's chances for success and happiness at camp. We take confidentiality very seriously and take measures to protect your camper's information.

### Missing Home

Most children who go away from home for the first time experience some degree of missing home. It is very natural and very real. Your camper is likely to experience it, even if they are characteristically independent and outgoing. In case of missing home, we will work very hard to help them overcome it. Most children who leave camp before the end view their early departure as a failure; it can have a negative impact on their self-esteem and teach withdrawal as a response to adversity. Camp has an enormous store of techniques to address missing home; with your support, the likelihood that we will achieve positive results is extremely high.

So, if your camper writes you a letter saying or implying that they're missing home, please call and we'll work together with you and let you know what is *happening now*. Very quickly, a sad letter usually gives way to proud tales of adventure, fun and success!

### A Few Other Tips for Parents:

- Encourage your camper's independence throughout the year, simulating what the camp environment may look and feel like.
- Involve the camper in the camp decision making process
- Have your camper pack a "personal" item from home such as a stuffed animal

### Saying Goodbye on the First Day.

You may feel very sad at the moment you say goodbye. At the same time, it is important to focus on what is best for your camper. Here are some suggestions:

- Express your love.
- Hold back any tears until you're out of sight.
- Be positive about the camp experience - the more confidence you express, the better your camper's outlook is apt to be.
- Strictly as a matter of logistics, we ask that you keep goodbyes short when dropping off. Long goodbyes make it hard to keep things moving and end up being difficult for others and, in many cases, your campers as well.

## Section 8: Summer Camp Staff

Our instructors are seasoned outdoor educators who encourage each camper's respect for self, others and nature. All staff are committed to the mission at Arnot Forest Camp and come to share their specific skills, talents, and passions with the camp community. We select instructors for their experience in caring for children, ability to create positive group dynamics, and who are passionate about spending time in nature with children.

Prior to the start of camp, staff participate in our week and a half long staff training program. Most of our instructors at Arnot Forest Camp are certified in First Aid and CPR for Professional Rescuers or the equivalent in addition to Wilderness Remote First Aid. There is always a registered nurse or EMT onsite.

Prior to coming to camp check out the Staff Page on the Arnot Forest Camp website page with your camper. Get to know the staff who will be spending time with your campers this summer!

## Section 9: Miscellaneous Details

### Health History Form

We will be requesting for you to fill out a form called "Health History." This form will request personal information about your child. Please understand the tremendous value of this information as we do our best to ensure a smooth transition for your child at camp. We understand that you may have some hesitation in providing us with confidential information about your child's behavior or past experiences. Some parents fear that this information would be misused. Some parents may be concerned that this information would cause their child to be treated differently, labeled or singled out. Naturally, all parents wish for their child to come to a new overnight camp with a fresh start, unburdened by past challenges.

At the same time, please understand how prior knowledge of ADHD, a learning disability, a bed-wetting issue, past experiences with medication or therapy, or a recent loss or major change in the family would be tremendously helpful for our staff as they are sensitive to your child's needs. It is particularly important for campers who are nervous about change or unfamiliar situations. Our compassionate, skilled and experienced staff will need you to be partners in co-creating a safe, exciting and successful week of camp for your child. All information entered into the Health History Form will be strictly confidential and held with the greatest discretion and sensitivity. We would rather have more information than not enough!

### Survival Tools at Camp

Some activities at camp involve the use of knives for carving, crafting and creating beautiful objects from nature. We do have knives available for camper use during the week. If a camper is interested in bringing their own knife to camp for this purpose, instructors will collect knives on the first day of camp and hand them out when these activities take place. Knives must be in a sheath and the blade must not be more than 4.1 inches. Knives will not be handed out until the instructors can see that the group is responsible to follow all the safety rules for knife use. Knives will also be sold at our camp store on pickup days on Fridays.



Some campers may wish to bring “survival tools” in addition to knives. We do not permit any personal hatchets, axes, saws, or fire starters at camp.

If a camper is found with a knife or any other tool that they did not hand off to an instructor on arrival, or without permission, or supervision by an instructor, it will be considered a violation of our Community Agreements. These circumstances may result in immediate dismissal without refund at the Camp Director's' discretion.

## Section 10: Camper Registration Checklist

*Please follow this list to get your child ready for camp this summer.*

*Your registration is considered **INCOMPLETE** until all your paperwork is submitted accordingly and payment is received in full by June 9, 2024. This means that as we begin to fill a camp, your child may be moved to a waitlist if your paperwork and payment are not complete. Please submit all required forms to us as soon as possible.*

Feel free to print this Checklist out to prepare for camp!

✓	Task	Instructions	To Complete By
	Read Parent Packet	Found on our website and within the <a href="#">Document Center</a>	As soon as you register
	Complete camper registration	Complete all aspects and forms of camper registration	As soon as you register
	Complete Health History Form 1	Print Health History Form 1 and fill it out according to the directions stated at the top. This form can also be found within the <a href="#">Document Center</a>	As soon as possible
	Review “For First Timers at Overnight: Tips for Parents” Section- if applicable	Found in Section 6 of the Parent Packet	Shortly after registration
	Schedule doctor’s appointment	Print Camper Health Care Recommendations Form 2 from within the <a href="#">Document Center</a> . Bring Health Care Recommendations Form 2 <b>and</b> the completed Health History Form 1 to your appointment.	March 3
	Doctor fills out the Health Care Recommendations Form 2 completely <b>and</b> reviews the Health History Form 1.	Bring the completed Health History Form 1 and Health Care Recommendations Form 2 to your doctor’s appointment. The doctor must sign Health Care Recommendations Form 2 to be considered complete.	At Doctor’s Appointment

Upload an accurate, up to date and signed copy of the Health History Form 1 to your Account.	Click on the <i>"Incomplete Tasks"</i> in your <a href="#">Account</a> to upload the Health History Form 1.	June 2
Upload an accurate, up to date and doctor signed copy of the Health Care Recommendations Form 2 to your Account.	Click on the <i>"Incomplete Tasks"</i> in your <a href="#">Account</a> to upload the Health Care Recommendations Form 2.	June 2
Complete payment in full	Via check or credit card in your <a href="#">Account</a> . For <i>cash</i> payments please reach out to our office at 607-272-2292 for directions.	June 9
Check Your Camper for Head Lice	Check your child's head for lice. <a href="#">How to Check for Head Lice</a> document.	Two weeks before camp <b>and</b> day before camp begins
Read over Community Agreements with your camper	Review the <a href="#">Community Agreements</a> with your camper and reach out to our office with any questions	A Week before Camp
Pack for Camp!	Read through packing list and start collecting gear you need for camp	A Week before Camp

***Your registration is considered INCOMPLETE until all your paperwork is submitted accordingly and payment is received in full by June 9, 2024. This means that as we begin to fill a camp, your child may be moved to a waitlist if your paperwork and payment are not complete. Please submit all required forms to us as soon as possible.***

## **Section 11: Detailed Driving Directions to the Arnot Forest**

**Cell reception tends to be spotty near the Arnot Forest**, so printing directions from this email might be a good idea.

There are two addresses for the Arnot Forest Field Campus location - #1 seems to work the best for most GPS systems. If you are having trouble with it, you might try #2.

We have found that both give an accurate location when using Google Maps.

1. 611 Count Route 13, Van Etten, NY 14889
2. [611 County Road 13, Cayuta, NY 14824](#)

### **Directions from Ithaca/North Areas:**

- Take NY Route 13 South toward Elmira, approximately 4 miles from town of Ithaca.
- Left onto Trumbull Corners Road (*at the second Newfield exit*).
- Right on Main Street for 0.5 miles.
- Left on Van Kirk Road, 4 miles.
- Slight left on Van Kirk Road (*Don't continue forward onto Irish Hill Road*) 1.6 miles (*road name changes to Schuyler County Route 13*) 1.5 miles.
- Driveway on your right, if you reach Banfield Rd, you've gone too far.

**Directions from Elmira/Corning and Southwest Areas:**

- Take NY Route 17/Interstate 86 east, Exit 54.
- NY Route 13 North (toward Ithaca) for 11 miles.
- Right (east) on NY Route 225 for 5.9 miles.
- Left (north) on Schuyler County Rt 13, 1.4 miles.
- Driveway on your left.

**Directions from Binghamton/Southeast Areas:**

- Take NY Route 17/Interstate 86 west to Waverly Exit 61 (Rt 34 North) to Van Etten, 14 Miles.
- Left (west) on NY Route 224, 5.3 miles.
- Right (north) onto Schuyler County Rt 13, 1.4 miles.
- Driveway on your left.

**The gravel driveway to the Arnot Forest Field Campus is very STEEP and BUMPY- Please use caution and maintain reduced speed.**

**Near the road is the house rented privately; continue along the drive to the Lodge, which has a crescent-shaped parking area behind it. Signs and instructors will be guiding traffic. Here is a [Google satellite version map](#), that has a picture of the lodge with cars parked behind it.**

Please do pull over and give us a call at the Office at 607-272-2292 if you are having trouble finding the site. We will be happy to help you over the phone!