

PARENT PACK

CAMP ECHO

**WE LIVE
FOR THIS**



A Note From The Directors

Dear Parents,

The 2010 season is upon us and it's time to prepare for another fun filled summer up in the beautiful Catskill Mountains. Preparing for camp is an exciting time for the whole family and the entire Camp Echo staff is committed to making this transition a smooth one for you and your camper. Enclosed is your copy of the **Summer of 2010 Parent Pack**. Inside you will find everything you need to prepare as Opening Day comes closer. We strongly encourage you to share the contents of this guide with your Echoite so they can become familiar with some of the changes for this upcoming summer, and preview the amazing activities, events, and surprises we have planned.

We hope this is a useful tool for you and helps simplify the weeks and months ahead. As always, if you have any further questions, comments, or concerns, feel free to contact us at any time.

Warm Regards,

Cindy & Jeff

Contact Information

Summer Office Hours: 8:00 AM – 7:00 PM
Summer Office: (845) 733 – 4567 Fax: 845-733-5925
Winter Office: (201) 251 – 0414 Fax: 201-652-7002
Office E-mail: mailbox@campecho.com

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Important Camp Echo Dates

April 15.....	All Forms Due (except Physician's Report, Standing orders, Meningitis Forms and CampMeds)
May 26.....	Deadline for registration at CampMeds (July 25 th for August campers)
June 1.....	Physician's Report, Standing Orders, and Meningitis Forms Due
June 5.....	First Echoes (day at camp for first year campers)
June 26.....	First Day of Camp!!!
July 24.....	Visiting Day (last day of July session)
July 25.....	August Session Begins!
August 15.....	Last Day of Camp

Required Forms

This is a list of all required forms. The due date is noted on each form. Forms can be downloaded and printed from the Camp Echo website (<http://campecho.com/families/formsresources.php>)

- Personal Profile
- Health Form
- Physician's Report
- Standing Orders
- Aquatic Profile
- Face Place
- Off-site Swimming Form
- Meningitis Immunization Form
- Camper Luggage Form (fill form out directly on the website)
- CampMeds
- Camper Account

Rules and Policies

Please reinforce the following rules with your child before camp begins:

1. The use of tobacco products, drugs or alcohol is strictly prohibited. Any camper disobeying this rule will be asked to leave after his/her parents have been notified.
2. Camp Echo follows the motto, “treat others how you would like to be treated.” Camp Echo will not tolerate any disrespectful or inappropriate behavior to fellow campers or staff members. Camp Echo also has a “no bullying” policy throughout camp.
3. Any camper caught defacing camp or someone’s private property (with graffiti or by any other means) will be billed for the damages and asked to leave camp.
4. Absolutely **NO NUT PRODUCTS** are allowed on camp grounds. Camp Echo observes a nut free environment as many of our campers have severe nut allergies. Please be respectful of this when you pack snacks for Visiting Day.

Gratuities

Camp Echo's policy is that offering “tips” to counselors and staff is prohibited. All of our counselors and staff have been advised of this policy and have agreed to it.

Smoking/Pets

Camp Echo is a **NON SMOKING** environment. Please do not smoke on the grounds. On Visiting Day we ask that you respect this policy. Also, we do not allow pets at camp.

Prohibited Items at Camp

Most electronic devices are not permitted at camp. **Any device that can send or receive a phone call, play a video, access the Internet, or send/receive e-mail is not allowed at camp.** This includes iPod Touches and cell phones, Gameboys, PSPs, Blackberrys, and all other cellular and gaming devices. The only small electronic devices allowed are MP3, MP4 players and iPods. Music iPods with no videos are allowed. If these devices have video capability, we ask that parents remove all videos prior to the start of camp so we do not have to take them away. Absolutely **no cell phones** are allowed at camp (with the exception of our CITs at designated times only).

Below is a list of items that you should definitely leave home:

- Cell phones and pagers
- Video games, TVs, iPod Touches, and any video on your iPod
- Computers (this includes any device that has Internet capability)
- Drugs, alcohol, etc.
- Cash
- Food, candy, gum
- Fans (unless battery powered)
- Dangerous items (i.e. knives, lighters, etc.)
- Prank items (i.e. silly string, water balloons, water guns, whoopee cushions, etc.)

Money At Camp

When out of camp trips are scheduled, Camp Echo has already covered all of the necessary fees. What is not covered is spending money for souvenirs. A Camper Account is the perfect place to “deposit” money for these instances. When a trip is approaching, each camper will receive an equal amount of money for souvenir spending that will be deducted from their individual Camper Account. To add funds to your account, please fill out the Camper Account form available on the Camp Echo website (suggested amounts are on the form). Make checks payable to Camp Echo and put your campers name in the memo section.

The Camp Store

What happens when my camper runs out of soap? If you find yourself asking that question, here is the answer! The Camp Store is the place where your camper can purchase necessary items when they are needed. We have stocked up on items such as soap, shampoo, toothpaste and other hygiene items that your camper may need. Also, we offer replacement stamps and stationery, batteries, flashlights, water bottles, disposable cameras, and specialty Echo apparel. The items purchased at the Camp Store will be deducted from your camper’s Camper Account.

Valuables

Camp Echo is not liable for any damages to, or losses of, any personal belongings (jewelry, laundry, watches, clothing, iPods, etc.) For this reason we strongly suggest not bringing items that have monetary or personal value.

Food

Food in the bunks attracts insects and animals. For this reason we do not permit campers or staff to keep any food or candy in their bunks. While it may seem fun to try and sneak food into camp, understand that by breaking the rules, you are causing harm and sending the wrong message to your child. On Visiting Day, you may bring food for your child. Anything left after that day, however, will be discarded. Please remember that we are a nut-free facility.

Bunk Gifts

Although Bunk Gifts are given with the best intentions, they often become a source of competition. If you bring items for your child on Visiting Day, please bring for your child only.

Clothing and Equipment

Camp Echo's official clothier is CLOZ Company. You should have already received a CLOZ catalog. If for some reason you have not, please contact the Camp Echo office and we will be happy to send one right out. You may **also access the catalog through our website by visiting the "camp store" tab in our families section.** Name tags can be sewn in with your order or an iron-on version is also available.

There are times throughout the year when we offer specialty clothing items that can be purchased directly through camp. These items are available on Visiting Day and First Echoes.

Uniforms

Echo t-shirts are worn during the day by all campers and travel tees are to be worn on all trips outside of camp. These items can be purchased directly through Cloz. Counselors also wear their staff shirts while at Camp or on trips with their campers. This eliminates the opportunity for competitive dressing. Campers can choose to wear clothing of their choice after flag lowering.

Special Events/Theme Days

Throughout the summer, we have special "theme" days, which are celebrated with coordinated music, movies, games, and evening activities—and campers dress to match the mood! Remember to pack clothing, costumes, and accessories that your camper may want to wear.

In 2010, we will enjoy:

- Hometown Day (July 14th) – wear a t-shirt from your hometown
- 4th of July (July 4th) – Red, White and Blue
- Wild 'N Wacky Day (July 11th) – Anything that is wild n' wacky and that can get messy
- College Week (July 19-21) – Red, Yellow, Blue and Green
- Banquet (July 22 and August 13) – These are the "dressy" events of the summer. Bring a couple of "dress casual" outfits for evenings of dinner and dancing.
- Jersey Night (July 18 and August 2) – Bring your favorite pro or college sports shirt
- Halloween (August 6) – Don't forget to pack your costume.
- Olympics (August) – Sorry....we definitely can't give you the dates for this!! Blue and White – face paint and clothing!

Equipment

Eyeglasses: If your camper wears eyeglasses, please send an extra pair to camp. Prescription sports goggles are strongly encouraged. If your camper wears contact lenses, please send extra contact lenses and solution which will be stored in the Health Center until needed.

Footwear: Echoites live an active, outdoors lifestyle! Therefore, all camp footwear should be safe and stable on uneven or soft ground. Comfortable sneakers (that can get dirty) and sandals with heel straps keep our campers happy and ready to take on the variety of terrain. **Flip-flops are only allowed within the cabin and to and from aquatic areas on the side of camp campers live on.** When campers travel across our varied terrain, it's important that they wear secure footwear.

Athletic Equipment: We have already stocked the camp with all the athletic equipment you will need for almost any sport or game. However, if there's a sport you'd prefer to bring your own equipment for (say, a hockey or lacrosse stick or a tennis racket), you can feel free to do so. We do suggest that every camper have their own baseball glove, cleats and shin guards for soccer, and inline skates ("rollerblades") if they would like to skate this summer.

Luggage/Packing/Transportation Information

Luggage

When you hear other camp parents saying they packed their campers "trunks" they don't mean a hard wooden or plastic trunk. At camp, the trunks we use are soft trunks and they are much easier to store and to pack. We recommend the use of two soft trunks. Soft trunks can be purchased through Cloz.com.

Packing

When it comes to your camper leaving home, they don't need their entire wardrobe for a few weeks at camp. Below are our recommendations on what to pack for your camper's summer at Echo! A packing list with a number of recommended items can be found in the front of the Cloz catalog or on our website.

- Shirts and Shorts – *A mix of white and gray Echo tees to wear everyday and some matching shorts to wear interchangeably. **Pack 10 days worth of clothing** and a couple of extras just in case. Sometimes your camper may need two changes a day.*
- Comfy clothing – *Although your camper is always welcome to wear their Echo gear in the evenings, they may want to wear other stuff too. When packing, make sure to be aware of the labels and messages that the clothing is saying. If it isn't school appropriate, it isn't camp appropriate.*

- Bathing suits – We ask that campers do not wear bikini bathing suits at camp. Tankinis which cover the mid-section, are acceptable.
- Mesh Sock Bag – Echoites are always misplacing their socks. This will help them keep their socks all together.
- Footwear – Sneakers, sandals with a heel strap, and dressy-ish shoes (ladies please no heels or platforms as our natural environment isn't very friendly to this type of footwear). Flip flops are always in style but are not safe for the camp lifestyle. They are perfect for showering, wearing in the bunk, and to the pool, but a sandal with a heel strap or sneaker must be worn when outside the cabin (except to the pool).
- Compact camping chair – A floppy, foldable camping chair is perfect for the nights when your camper will be sitting on the ground or even for lounge time in the cabin. Search Cloz.com for “Anywhere Chair” to get an idea of the sort of chairs our campers favor.
- Don't forget your special sports equipment (see page 6) and all the clothing for the Specialty Days (see page 5) at camp!

Luggage Transportation

This year we are offering 2 **NEW** options to get your luggage to camp. Luggage will no longer be dropped off at the bus depot on departure day (with the exception of the Bethesda, MD depot). If you are using a luggage service, one of the following two options must be picked. **You must fill out a Luggage Form (one per camper) on the website so that we know how your child's luggage will arrive to camp. You can find the form in the Forms and Resources section in the Our Families section of the website or by using <http://campecho.com/families/formsresources.php>**

OPTION #1 - Camp Echo Luggage Service - is a **cost-free** regional service that will be similar to how you have dropped your luggage in the past, but now you will drop your **bags the week before camp**. This enables most of our campers to be unpacked when they arrive at camp. They will be able to bond immediately with their bunkmates and counselors without having to worry about unpacking their belongings. Counselors will be able to focus on transitioning the campers into their summer home!

Luggage for **Full summer-and August campers** will **return** with campers on Closing Day to each depot. Luggage for **July** campers will be ready for parent pick-up on Visiting Day.

Each camper is entitled to **two pieces of luggage**, at no additional charge, to be placed on our luggage trucks. **Your campers TWO Camp Echo luggage tags, with your cabin assignment, will be sent in June.** Each camper is also permitted to carry on one piece of hand luggage and athletic equipment on the bus. **No other luggage will be permitted on the busses.**

(continued on next page)

Additional Luggage Fees (fees are for round-trip service)

In the unlikely case that additional luggage is required; Camp Echo Luggage Tags can be purchased. Please note that we need this information as soon as possible in order to ensure appropriate cargo space. Additional tags will be mailed with your two tags.

Trunk or Duffel \$95
Plastic Drawers \$50 (limit one per camper)

Note: Ample clothing storage is provided; drawers are not necessary and will clutter the cabins. However, if you feel that your camper might require additional storage space for personal items, we encourage the use of a hard plastic box (7" height maximum) as opposed to drawers. These boxes can be packed into a trunk or duffel for under bed storage. Packing a box into luggage will eliminate the additional shipping fee.

Please send payment for additional tags with a note indicating if you are sending an additional piece of luggage or plastic drawers.

Locations and times for Camp Echo Luggage Service Drop-Off

Long Island, NY: Friday June 18th between 5:30 PM & 7:30 PM
Marriott, 101 James Doolittle Blvd, Uniondale
Parking Lot #4

Ridgewood, NJ: Friday June 18th between 6:00 PM & 7:30 PM
Ridgewood High School, 627 East Ridgewood Ave, Ridgewood, NJ
Next to tennis courts

White Plains, NY: Friday June 18th between 6:00 PM & 7:30 PM
Bloomingdale's, 175 Bloomingdale Rd., White Plains, NY
Parking Lot

Bethesda, MD: Luggage will go **on the bus** with campers on June 26th
Please pack a bathing suit and towel in hand luggage as swim assessment may be done before bags are unpacked.

OPTION #2 – Camp Trucking – is a door to door service that will come to your home to pick up your child's bags to be delivered to camp and back to your home after the summer **for a fee**. Camp trucking can be used for round-trip or one-way service. It is limited to specific dates (see dates on form). Camp Trucking is an independent company that has no affiliation with Camp Echo; however, we do endorse their services. If you choose Camp Trucking, typically bags are picked up about 1 week prior to departure and are delivered back to your door 7-10 days after the camp season is over, depending on your location. For dates and prices, please see "Camp Trucking" form under the forms and resources section on the website or by using the following link:

<http://campecho.com/families/formsresources.php>

*Campers traveling from **Florida**—there is no charge to use Camp Trucking.

**If any special situations apply that would prevent you from using one of the above modes of luggage transportation, please call the Camp Echo office as soon as possible.

Communications

Letters

Your camper anxiously awaits your letters! To speed the process, please address the envelopes as follows:

Name and Bunk # (you will receive this on your luggage tags in June)
Camp Echo
PO BOX 105
Burlingham, NY 12722

It is important and highly recommended that you send a letter to your camper within the first two days of camp. Plan accordingly, as mail will take at least three days to get to camp. Don't think you won't be getting mail either! Campers are very zealous letter writers so you will be receiving letters from your camper about their experiences at camp!

Please bear in mind that some letters you receive will be filled with love and joy, while others might be quite the opposite. Children's letters are generally subject to oversimplification as well as exaggeration. Please do not panic when trying to interpret the meaning behind the letter. Letters that are sent during the first week of camp may frequently be negative due to natural adjustment and re-adjustment for campers. If you are concerned...call us. You have placed an enormous trust in our ability to work with your children, and we will do what we can to help them through their adjustment period.

Packages

Packages are not allowed to be sent to your camper.

Packages tend to remove the emphasis on camp activities, programs, and friendships, while potentially creating unwanted competition and disruption within a cabin. Bunk gifts are not permitted for the same reasons. We have supplies for all of the children's needs at camp. Books and magazines can still be mailed to your camper as long as they are in a **flat envelope**. If the packages are not in a flat envelope they will not be given to your camper (this includes boxes of any sort, ie - Priority Mail, Fed Ex boxes). If boxes are sent, they will not be opened and held until Visiting Day. Please do not send food, gum or candy as it will be confiscated. If your child has forgotten an essential item at home and you need to send it to camp, please contact Jeff or Cindy for approval to send to camp. See the **Camp Store** information to learn how many camp necessities and popular items can be purchased at camp. Campers who have birthdays while at camp may receive a package on their birthday. A pre-addressed package label will be mailed to you in June.

Birthdays

We love celebrating birthdays at camp!! Your child's birthday is a big deal at camp. Their entire village will sing to them, they will receive a phone call from home, they get to "pie" a staff member in the face, they will receive a balloon delivery, they will get a cake to share with their friends, and they will receive a package from home!! A pre-addressed package label will be mailed to you in June. **Please do not send any food products!!!** Please call the camp office to arrange a time for their birthday phone call.

Phone Calls

Did you ever just miss the sound of your camper's voice? Well, that won't be a problem. Camp Echo has set aside certain days where we have campers call their parents! Phone calls are scheduled on a weekly basis between the second* and second-to-last weeks of camp (except the weeks immediately before and after Visiting Day). While calls are ten minutes long, we ask that you plan to be near a phone for the entire period listed on the schedule below, as your camper may be calling at any point. The phone call schedule is as follows:

<i>If your child is entering...</i>	<i>Expect a phone call...</i>
4 th Grade and younger	Mondays between 6:30 PM and 8:00 PM
5 th Grade	Wednesdays between 6:30 PM and 8:00 PM
6 th Grade	Thursdays between 6:30 PM and 8:00 PM
7 th Grade	Fridays between 6:30 PM and 8:00 PM
8 th Grade	Sundays between 6:30 PM and 8:00 PM (or call the office to schedule your call during rest hour, between 1:55 and 2:45)
9 th and 10 th Grade	At a time you arrange with your camper (see below).

Campers entering 1st through 8th grades will not need a calling card and will not need to call collect. While we try to schedule phone calls during convenient times, we understand that these times may not work. Also, you may want your camper to call you at another number other than your home phone. If any of this applies, you must contact the camp office at least 24 hours prior to the time you'd like your child to call.

Campers entering 9th or 10th grades will need to bring their own calling cards or call collect. These campers do not have a scheduled phone call time. Instead, these campers have phone privileges during "Senior" time.

If your camper has a birthday during camp, please call the camp office to arrange a time for their birthday phone call.

*Phone calls begin July 5th.

Photos/Videos/One Way E-mail

Pixiom is a program devoted to sharing camper photos and videos with Camp Echo families and to enable parents to send one-way e-mails to their camper! Information on how to register for this service will be e-mailed in May.

Opening Day

Bus Information

When your camper arrives to camp, they arrive in style! On Opening Day, you and your camper will arrive at one of our four pre-assigned bus depots to sign in. When signing in, your camper will receive a name badge and then board one of our deluxe coach busses bound for Camp Echo! Your camper will be provided with a snack on the bus ride so, please, do not pack any outside food. The four bus depots are:

Depot	Location	Departure Time	
		July Session	August Session
L: Long Island, NY	Long Island Marriott <i>Parking Lot #4</i>	10:00 AM	1:30 PM
R: Ridgewood, NJ	Ridgewood High School <i>627 East Ridgewood Ave. (next to the tennis courts)</i>	11:00 AM	NO PICK-UP
W: White Plains, NY	Bloomingdale's Shopping Center <i>175 Bloomingdale Rd. Main Parking Lot</i>	10:45 AM	NO PICK-UP
M: Bethesda, MD	Bethesda North Marriott <i>5701 Marinelli Rd. Parking Lot</i>	9:00 AM	NO PICK-UP

August campers - we do not run busses from the Ridgewood, White Plains, or Bethesda depot on July 25th. All August campers must board at the Long Island Depot shuttle or arrive at camp using their own transportation between **2:00 and 3:00 pm**.

You will be notified closer to the start of camp with your camper's assigned depot. If this is not the most convenient depot for you or if you will be bringing your child to camp instead of on one of the busses, please notify the camp office.

Driving Directions

We can't expect you to bring your camper all the way to Camp Echo without giving you the directions, can we? So below, for your convenience, are the directions.

Camp Echo
210 Echo Road
Bloomingburg, NY 12721

- Take the NY State Thruway to Exit 16 (Harriman)
- After the toll, stay on Route 17 West (towards Monroe, Middletown, Monticello)
- Proceed on Route 17 West to Exit 115 (Burlingham Road)
- At the end of the exit, turn right on Roosa Gap Road
- At the end of Roosa Gap Road, turn left on Burlingham Road
- Continue on Burlingham Road (approximately 4.4 miles) until you get to the blinking red light (the post office is on the left)
- Turn left at the blinking red light onto Ski Run Road
- Continue up Ski Run Road approximately 0.5 miles to Echo Road
Make your first right on Echo Road and continue straight to CAMP ECHO!!!

Visiting Day-July 24th, 2010

So you have been marking the calendar, crossing each day off as it passes, and it has finally come... Visiting Day!!! You have packed the picnic basket (that contains no nut products) and chairs and are plotting the best space to "pitch camp." Here is the information that will help make the most of your day at Camp Echo.

- Parents may enter camp at 10:00 AM and plan on staying until 4:00 PM
- If you have more than one camper, all your campers will be at the youngest sibling's cabin. If you have boys and girls, they will be at the youngest brother's cabin.
- Re-enrollment is located in Fisher Hall (the dining hall)
- In-camp haircuts are offered - \$10 for boys and \$12 for girls.
- July campers will go home with their parents in the afternoon. July campers' luggage can be picked up in the luggage area on Visiting Day unless you are using Camp Trucking.
- **Remember: Camp Echo is a nut free environment. Many of our campers and staff have severe allergies to nut products.**

Accommodations

Though Camp Echo isn't that far of a drive for most of our families, some families do choose to spend the night closer to Echo to avoid that unpredictable summer traffic. We recommend that if you are staying the night before visiting day you book your accommodations sooner than later. Some accommodations in the vicinity of Camp Echo are:

Courtyard Marriott of Middletown 845-695-0606
Hampton Inn of Middletown 845-344-3400
Harvest Inn of Pine Bush 845-744-5700
Holiday Inn of Middletown 845-343-1474
Howard Johnson's of Middletown 845-342-5822
Pine Bush House Bed and Breakfast 845-744-3641
Microtel Inns & Suites of Middletown 845-692-0098

Resorts in the area include:

Hudson Valley Resort & Spa, Kerhonkson 845-626-8888
Honors Haven Resort & Spa, Ellenville 845-210-3148
Kutshers Country Club, Monticello 845-794-6000

Returning Home

Can it be that summers ending? Where did time go, where was I? We've been together, only a short while, oh how I wish that time had not flown by. 🎵🎵🎵🎵🎵

Below are the bus depot locations where your camper will return at the end of the summer. If you need your camper to return to a different bus depot than the one they were originally picked-up from, or are picking them up on the last day of camp, please call to let us know of those changes. **Parents picking up their campers should arrive to Camp Echo at 9:30 AM** (please do not arrive any earlier).

Bus Depot	Location	Estimated Arrival Time
Long Island, NY	Long Island Marriott Parking Lot #4	11:30 AM
Ridgewood, NJ	Ridgewood High School 627 East Ridgewood Ave.	10:15 AM
White Plains, NY	Bloomingdale's Main Parking Lot	10:15 AM

- Please note that there **will not** be a bus returning to the **Bethesda, MD** depot on 8/15/10.
- When arriving to pick up your camper, luggage will already be laid out and organized by cabin. You will be directed to your camper's luggage pick-up area, where your camper's luggage will be loaded into your vehicle.