

Dear Families,

We are happy to welcome you and your child to Eco-Discovery Camp. We are busy creating an educational and fun-filled week for your child, and we can't wait for summer! Please take note of the following information so that you and your child can prepare for camp.

1. **Camp Health Form Checklist - You must submit all 3 health documents by June 15 or risk losing your spot at camp:**
 - ✓ Camper Background Form
 - ✓ Mandatory Physician's Orders Form
 - ✓ Vaccination record in line with [NYS school immunization requirements](#)
2. **Medicines** Any medications that your child brings must be in the original containers and accompanied by prescriptions from a doctor explaining dosage requirements (including epi-pens). These prescription medications, along with over-the-counter medications (e.g., Benadryl), must be included in the *Mandatory Physician's Orders Form*. **Campers MUST be able to self-administer all medications** under the supervision of the Camp Health Director/Designee. **Note: We are prohibited from providing over-the-counter medications such as Benadryl and ibuprofen to campers; they must bring their own.*

3. **Note on Lyme Disease Prevention** Lyme disease is prevalent in New York. Please read the provided brochure for precautions that can be taken to prevent Lyme disease. Your child needs to bring **long socks** that pants can be tucked into. We will have long white "tick pants" available for campers to wear over their shorts. We also provide optional "tick gaiters" that are pretreated with FDA-approved insect repellent that can be worn around their ankles over their socks.



4. **What should your child bring?** *Campers can leave these items at camp for the duration of the week. We have extras of most items – please check with us in advance.*
 - Sturdy close-toed shoes for hiking and play
 - Shoes for wading in the stream (any sandal with ankle strap; Crocs are okay! *No flip-flops*)
 - Hat (ball cap or sun cap)
 - Sunscreen and insect repellent (optional)
 - Backpack they feel comfortable carrying
 - Water bottle
 - Raincoat
 - Extra sweatshirt/light jacket
 - Shorts for stream wading
 - Long pants and tall socks for tick protection
 - Lunch
 - Snacks (optional)
 - Complete change of clothes - including socks (there is always a possibility of getting wet)

Please make sure your child brings shoes that can get wet every day.

5. **Lunches and Snacks** We provide snacks twice a day, but campers **must bring their own lunches**. A refrigerator is available to keep lunches cool, or campers can bring an ice pack for their lunch.
6. **Transportation** The campers may occasionally be transported around our property in mini vans if there is inclement weather.
7. **Camp Drop-off & Pick-up** Camp will be at the Carriage House. Park in the Gifford House Parking lot and walk with your child down the dirt driveway to the Carriage House. **You must sign your child in and out.**

We are looking forward to a fun-filled week with your child!

Ashley Alred – Summer Camp Director alreda@caryinstitute.org 845-677-7600 ext. 321

Map and directions to the Carriage House at Cary Institute

The Carriage House is on Route 44, ½ mile to the northeast of the main entrance of Cary Institute. It is the **white wooden building** in the meadow *behind* the big brick Gifford House.

Address: [2919 Sharon Turnpike, Millbrook NY](https://www.google.com/maps/place/2919+Sharon+Turnpike,+Millbrook+NY) (41.789576, -73.723954).

Do not go to the copper-sided building on the main campus by the big Cary sign.

This is the brick building you'll see from the road.



Park in the paved lot, then walk your child down this road!

