

Dear Families,

We are happy to welcome you and your child to Cary Institute of Ecosystem Studies' 2023 Eco-Discovery Camp. We are preparing 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 health forms by the following deadlines or risk losing your spot at camp: Sessions 1 – 5: June 9th, Sessions 6 – 9: July 14th**

- ✓ Cary Camper Background and Photo Consent Form
- ✓ NYS School Health Examination Form *including vaccination record*

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). **Even over-the-counter medications require a signed physician's note - this includes items such as first aid topical ointments. 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 aspirin to campers; they must bring their own.*

3. **Note on Lyme Disease Prevention – Pack long socks!** Lyme disease is prevalent in New York. Please read the provided brochure for precautions that can be taken to prevent Lyme disease. It's popular during warmer months for kids to wear low cut socks. However, we found that this makes it difficult to tuck long pants into their socks – an important step in keeping kids tick-free. Please send your child to ecology camp with **longer socks** that can accommodate pants being tucked into them. They can either be in their backpack or kids can come wearing them. Thanks so much for your understanding! We will have long white "tick pants" available for campers to wear over their clothes.



4. **What should your child bring?** **Campers can leave these items at camp for the duration of the week.**

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| <ul style="list-style-type: none"> ● sturdy shoes for hiking and play ● hat ● sunscreen and insect repellent ● backpack ● water bottle ● raincoat ● extra sweatshirt/light jacket ● shorts for stream wading | <ul style="list-style-type: none"> ● long pants and tall socks for tick protection ● shoes for shallow wading in the stream (water shoes, old sneakers, crocs with a back strap, or sturdy strap-on sandals, ***not flip-flops!) ● lunch (a refrigerator is available) ● morning snack ● complete change of clothes - including socks (there is always a possibility of getting wet) |
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Please make sure your child has shoes that can get wet with them every day – including the first day.

5. **Lunches and Snacks:** Cary Institute will provide snacks, but students **must bring their own lunches**. A refrigerator is available to keep lunches cool.

6. **Transportation:** The campers may occasionally be transported around our property in mini vans. The campers will be seated and belted at all times.

7. **Camp drop-off and pick-up:** The base-of-explorations for Camp will be the Carriage House (see map). **For safety reasons, please park in the Gifford House Parking lot and accompany your child down the dirt driveway to the Carriage House.** On certain days, pick up and drop off may be at other locations on

campus. Our daily agenda, indicating changes in drop off or pick up locations, will be provided on the first day of camp.

8. **Friday family share:** We invite parents to visit camp on the last Friday of each session (3:30-4:00) to learn from campers about their favorite experiences.
9. **Refund policy:** Withdrawal from camp prior to June 2, 2023 will be refunded total fee less \$25.00 deposit for administrative costs.

We are looking forward to a fun-filled week with your child!
If you have questions, please call 845-677-7600 x **321**.

Friendly Regards,
Ashley Alred – *Summer Camp Program Leader*
alred@caryinstitute.org

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.caryinstitute.org/) (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!

