

## ESSENTIAL CAMP INFORMATION FOR STUDENTS

### CAMP LIFE

#### **General Camp Regulations:**

- All Farmington Public School policies and procedures apply to all aspects of camp, including clothing, cell phones...
- Any use of alcohol, controlled substances, unauthorized use of prescription medicine, tobacco or other items outlined on the Farmington Public Schools Student Code of Conduct is forbidden.
- No student may leave their cabin following lights-out.
- Absolutely no males in female cabins; absolutely no females in male cabins.

#### **Disciplinary Measures:**

- Appropriate disciplinary measures will be taken in accordance with FPS guidelines.
- If, in the judgment of the Director, the matter is serious enough, the student may be removed from camp:
  - Student's parents will be contacted immediately to get their child.
  - If that is not possible, student will be returned home at family's expense.
- A student leader exhibiting behavior that does not set a positive example may forfeit his/her position for the season.

#### **Refreshments:**

- Water is the best refreshment possible.
- On the field, the Director, with advice from on-site Health Official, will determine times of water breaks, with at least one opportunity for water every hour.

#### **Meals:**

- Every camper must be present and eat during meals, and all campers will be dismissed from each meal together.
- Camp Manitou-Lin is nut-free and can make additional dietary accommodations for vegetarians and gluten-free diets.
- Vegetarian, gluten-free, and dairy-free snacks will be available.

#### **Cabin Cleaning:**

- Every camper will clean and/or straighten his/her own bunk area and assist in the general housekeeping of the cabin.
- Door and window exits from the cabins must remain clear.
- Chaperones are there to facilitate and encourage cleaning - not do the cleaning for the campers.

#### **Waterfront:**

- Any camper interested in swimming must take a State mandated swimming test on Sunday, the first day of camp.

#### **Evening Activities:**

- Campers must attend and remain at the prescribed evening activity location until the Director has released campers to cabins.
  - ❖ Sunday - Campfire, Introductions, Drum Major's speech, S'mores, Drinks
  - ❖ Monday - Ice Cream Social
  - ❖ Tuesday - Hayride & Hobo Pies
  - ❖ Wednesday - In-cabin game night
  - ❖ Thursday - Campfire, Awards, Oath, Hot Dogs, Drinks
  - ❖ Friday - Pizza, 2nd Hayride night; Senior Night Out - Bowling

#### **Lights-Out, Wake-Up:**

- No noise, talking, or flashlights are allowed after Lights-Out.
- No camper may leave cabin after Lights-Out or before 7:00 A.M.

#### **Emergencies:**

- Seek chaperone, instructional staff, Director or Health Official immediately.
- If a trip to an emergency room is required, an adult will accompany student to hospital. Director or Health Official will notify parent or guardian.
- Procedures for other camp emergencies will be covered the first day of camp.

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**Recommended Packing List**

**Music Supplies**

- Instrument
- Music equipment
- Extra reeds/valve oil
- Music, lyre & binder
- Pencils
- \_\_\_\_\_

**Clothing**

- Shirts (long & short sleeve)
- Athletic shorts/pants
- Sweatshirts/pants
- Underclothes (2/day)
- Pajamas
- Rain gear/ poncho/ jacket
- Shower shoes
- 2 pairs of socks per day
- 2 pairs athletic shoes
- Hat
- Bandana
- Bathing suit / beach towel (optional)
- \_\_\_\_\_
- \_\_\_\_\_

**Toiletries**

- Toothbrush & paste, floss
- Deodorant
- Shampoo
- Conditioner
- Body wash
- Face wash
- Hair dryer
- Hairbrush/Comb
- Hair products/accessories
- Sun block, SPF 30 or higher
- Bug repellent
- Feminine Products
- Razor
- Shaving cream
- Medications** - In a Ziploc bag with your name on the bag, original bottles only.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Bunk**

- Pillow & sleeping bag
- Sheets / Blanket
- Towels – (2) bath
- Washcloth
- Laundry bag
- Flashlight
- Facial tissue
- Fan (optional)
- \_\_\_\_\_
- \_\_\_\_\_

**Miscellaneous**

- Cell phone
- Charging cable
- Snacks (nut free)
- Extra glasses
- Sunglasses
- Drawstring bag (optional)
- Water bottle (optional)
- Extension cord and power strip (optional)
- \_\_\_\_\_
- \_\_\_\_\_

**Special Notes:**

- Remember - Black shorts for our exhibition performance on Saturday.
- Band T-shirts will be provided for performance. These are white, so colored undergarments will show through.
- We recommend small luggage. Students must carry their own luggage to their cabins.
- Clearly label all luggage and instruments with a name tag.
- All luggage will be subject to search upon reporting to NFHS.
- Wear comfortable athletic shoes. Expect to be on your feet 6-9 hours per day.
- Socks should cover ankles to prevent blisters.
- Sun protection - Shirts that cover chest and shoulders/ hat /sunscreen with SPF 30-60.
- Even though it is summer, mornings and evenings can be chilly. A sweatshirt is a good idea.

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| <b>DAILY CAMP SCHEDULE</b> |  |                                  |                                     |
|----------------------------|--|----------------------------------|-------------------------------------|
| <b>Time</b>                | <b>DAY 1, Sunday</b>   | <b>Days 2-6, Monday - Friday</b> | <b>Day 7, Saturday</b>              |
| <b>7:00</b>                | Drum Majors, Section Leaders, Color Guard Captains, Percussion, PIT - Check-in | Wake                             | Wake                                |
| <b>7:30</b>                | All Students Check-in  | Breakfast                        | Breakfast                           |
| <b>8:00</b>                | Depart for Camp  | Morning Cabin Cleaning           |                                     |
| <b>8:30</b>                |  | Field Rehearsal                  |                                     |
| <b>8:45</b>                |  |                                  | Final Ensemble Rehearsal            |
| <b>11:00</b>               | Arrive Camp Manitou-Lin; Unload to Cabins                                      |                                  | Cabin Cleaning & Packing            |
| <b>12:00</b>               | Lunch  | Lunch                            | Lunch                               |
| <b>1:00</b>                | Orientation Session / Sectionals / Swim Test                                   | Sectionals                       | Field show exhibition               |
| <b>1:45</b>                |  |                                  | Awards presentation                 |
| <b>2:00</b>                |  |                                  | All Students Check-Out; Load Trucks |
| <b>2:30</b>                | Music rehearsal  | Music rehearsal                  |                                     |
| <b>3:00</b>                |  |                                  | Depart Camp Manitou-Lin             |
| <b>4:00</b>                | Recreation   | Recreation                       |                                     |
| <b>5:30</b>                | Dinner   | Dinner                           |                                     |
| <b>6:30</b>                | Field Rehearsal  | Field Rehearsal                  |                                     |
| <b>9:00</b>                | Evening Activity   | Evening Activity                 |                                     |
| <b>10:00</b>               | In Cabins  | In Cabins                        |                                     |
| <b>10:30</b>               | Lights Out   | Lights Out                       |                                     |