

PRE CAMP PACKET 2024

**Please Read and Review
Packing List is Included in Packet**

**Print Only What you Feel is Necessary
All Forms Can be Completed Using your Online Account**



MAINE TEEN CAMP

PRE-CAMP PACKET Information Summary

The **medical form, camper profile, and travel questionnaire** are all available on our website using the same log-in information as when registering (if you registered online initially). If you did not register online (rather, used a hard copy form), you may create log-in information now, so that you can access these required forms. If you have trouble accessing or creating your user account, please contact us.

1. MEDICAL/HEALTH FORM (mandatory for attendance): The health form consists of up to three sections. The online form is to be completed by parents/guardians. Once complete, download and print the .pdf copy of the 'Health Care Recommendations by Licensed Medical Personnel'. Please note that the medical form is a CONDITION OF CAMPER ATTENDANCE by the state of Maine and by the American Camp Association. We must have a current medical form on file BEFORE your camper arrives and returning campers must complete a new form each summer. Each camper must have had a physical exam no longer than 12 months prior to the start of camp session. However, the 'Health Care Recommendations by Licensed Medical Personnel' form cannot be completed until 6 months prior to your camper's arrival date. Note that if your camper has an allergy that requires them to carry an epi-pen, or, if your camper has asthma and must carry an inhaler, the state requires that your physician completes our Permission-to-Carry form. If your camper takes medications (RX, OTC, vitamins, supplements)....

- **REQUIRED online pharmacy service is www.packmyrx.com. We ask all families to REGISTER. There is a fee required for this service. Most insurance plans are accepted and it includes all RX and OTC medications, as well as vitamins. However, please refrain from including common OTCs as our health center is fully stocked! Please understand that this service is the safest possible way to have medications arrive and be administered at camp. Pharmacists are available for consultation, if needed. Questions should be directed to PackMyRX. This service is not available for international families. International families must pack medications in the ORIGINAL BOTTLE/PACKAGING for administering. Be forewarned that we will NOT administer meds if they arrive in any other packaging. All medications must be turned into our health center staff upon arrival. This applies only to international families. American families must REGISTER at PackMyRx.**
- **Our health center at camp has OTC (over the counter) common medications. You do not have to register for these, and we prefer you not.**
- **Timeliness is expected for your camper's safety. Please ensure that you REGISTER with PackMyRX early. Registering late will result in ADDED COST.**

2. CAMPER PROFILE (required): This form is your opportunity to tell us more about your camper. It is full of questions that are intended to help us become better acquainted with your camper so that we can provide the best possible experience for them this summer. We intend to share the information with your child's cabin counselors, and with other staff members (when appropriate). If you wish to provide information that you would like to discuss/share only with the Directors, please email them directly.

3. TRAVEL QUESTIONNAIRE (required): This indicates your travel details to/from camp for your camper. Closer to the start of your camper's session, we will be sending you a travel confirmation by email to

ensure that we have the correct information for your camper's trip to/from camp and will meet him or her at the right location. Please note that we do not always bill you for any additional travel costs until we know your mode of travel, which is usually after receipt of your travel questionnaire.

Your Pre-Camp Packet also consists of several additional forms listed below that serve as information to you. Most are only for your reference, and others must be returned to us if they apply to your camper.

- **STATEMENT OF CAMP POLICIES AFFECTING PARENTS** - We urge you to **read carefully and keep for your records. These were also outlined when you registered.**
- **CAMPER CONTRACT – Please retain a copy.** Your camper's participation in Maine Teen Camp presumes his or her complete support of our camp policies as outlined in the "Camper Contract". All campers and parents must sign this document and be aware of the camps rules and policies; **specifically our firm policy regarding the use or possession of nicotine/tobacco and other controlled substances** and other behavioral restrictions and limitations. **Any camper possessing or using nicotine, alcohol or drugs, or who violates policies effecting the safe and proper operation of Maine Teen Camp will be sent home at your cost immediately with no refund of camp tuition.** In signing your son or daughter's Registration Form we assume that you have read the contract carefully, discussed it with your child, and are in support of our camp policies as outlined in the "Maine Teen Camp Statement of Policies Affecting Parents" and "Maine Teen Camp - Camper Contract."
- **MEDICAL FORM INFORMATION** – Please review this information carefully, as it pertains to your camper's medical form.
- **TRIPS AND OTHER OPTIONS AT MTC** - This form describes optional trips that are available at MTC along with other services and items that can be purchased. Please note that **not all campers go on the trips**, so there is no obligation to send your camper on any of the extra trips out of camp. Trips serve the purpose of program enhancement. Please note the added option of additional private tennis lessons.
- **WHITE WATER RAFTING RELEASE FORM** - A signed parental consent form is required by the professional guide service and must be signed and on file in the camp office before your son or daughter can participate in this elective trip. Even if your son or daughter is not yet signed up for this trip, you may wish to sign and return the enclosed form in the event that he or she decides to do so while at camp. **Remember to return this form to MTC, not the guide service.**
- **ACADIA MNT GUIDES RELEASE FORM** – A signed parental consent form is required for participation in the elective rock climbing trip. Please return this form to MTC – not the guide service.
- **CAMPER PACKING LIST** - Please use the Packing List as a guideline of what to bring to camp. Please ask your camper not to pack too heavily as laundry is a regular part of the camp schedule and is done weekly. Valuables such as iPods, iPads, jewelry, etc. are not essential at camp and may be brought at your own risk. MTC will not be responsible for lost or damaged property. It is advised to label everything with your camper's name. Please remember that ALL CELL PHONES including iPhones/Smartphones, are to be turned into the office for safekeeping. **Please do not send iPads/Tablets/Computers to camp.** iPads/Tablet computers or any device with cellular data capabilities must be turned into the office if they arrive with your camper.

MORE HELPFUL INFO:

PARENT HANDBOOK:

For all first-time families (and returning too!) to Maine Teen Camp, we urge you to read our PARENT HANDBOOK, located on our website.

CAMP APPAREL: We have an online Camp Store available on our website. Click on the 'Camp Store' near the bottom of our homepage to select from plenty of camp related merchandise and clothing. There is NO obligation to purchase and we do offer a few items in our Camp Store at camp.

SHIPPING to CAMP:

Though generally we discourage shipping to/from camp for luggage (if you can carry, do it!), you may elect to send a separate trunk or duffel bag using **Ship Camps** OR United Parcel Service. Please remember to check with the shipper for any weight or luggage restrictions and to ship your items at least seven to ten business days prior to your camper's arrival at Maine Teen Camp and request *GROUND TRACKING* (when using UPS). When shipping to MTC please remember to clearly label the trunk or package with: Your Child's Name, C/O The Maine Teen Camp, 481 Brownfield Rd., Porter, ME 04068. *MTC will not be responsible for lost luggage or damage to your luggage caused by shipping.*

PROBLEMS?

If you are experiencing difficulties in completing the pre-camp packet forms online for any reason, please contact us for help. You may instead, request a mailed hard copy of the pre-camp packet forms.

HERE'S HOW TO REACH US...

MAINE TEEN CAMP (Summer Address: June 1 – September 15) (Winter Address: September 15 - June 1)

Winter: 96 Underwood Rd, Falmouth, ME 04105 Tel: 207.625.8581

E-mail: mtc@teencamp.com

TOLL FREE (USA) WINTER OR SUMMER 1 (800) 752-2267

Summer: 481 Brownfield Rd., Porter, ME 04068 Tel: 207-625-8581

E-mail: mtc@teencamp.com

STATEMENT OF CAMP POLICIES AFFECTING PARENT/GUARDIAN

MAINE TEEN CAMPER CONTRACT: Please familiarize yourself (and your camper) with the guidelines described in the "CAMPER CONTRACT", which your camper must agree to observe during their stay with us. The directors reserve the right to withdraw any camper whose influence or actions are deemed harmful or who will not live within the rules and policies of the camp. The use or possession of alcohol, tobacco, nicotine products or devices, or controlled substances (drugs) is strictly prohibited at camp or on camp trips. Firearms or weapons of any kind are not permitted. Personal pets are not permitted. Based on eligibility criteria, we reserve the right to withdraw campers who arrive at camp with preexisting injuries, medical, or mental health problems which have not been documented prior to the camper's arrival if those conditions adversely interfere with normal camp operations.

PAYMENTS AND REFUND POLICY: In case of cancellation before December 31, 2023, a full refund will be made. In case of cancellation after December 31, 2023, your deposit is forfeited. Tuition payments (excluding initial deposit of \$1500) made after December 31, 2023 will receive a 100% credit for cancellations due to government imposed travel restrictions or documented medical reasons (less initial deposit fee of \$1500) toward the following year tuition for the same camper. There will be NO PRORATIONS of tuition fees. TUITION INSURANCE is available for purchase by contacting Travmark Insurance Company, www.teencamp.com/parents/tuition-insurance. **Payment of tuition is due in two installments after deposit. First scheduled payment (\$1000) is due on December 31, 2023, with the remaining balance due on April 15, 2024.** There will be no deduction or return of tuition for campers sent home for disciplinary problems. The decision to send a camper home for disciplinary reasons rests solely with the Directors and is premised on the liabilities that may arise from not adhering to the Camper Contract. Directors/Owners reserve the right to send a camper home whose influence, conduct, or actions are deemed harmful or disruptive to themselves or others, and who will not or cannot abide by the rules and policies of Maine Teen Camp. If a camper is sent home, no deduction or return of tuition fees, no prorate, and no credit will be given for the following summer, or any part thereof. Parents/guardians agree to make necessary travel arrangements immediately for the safe return of the child into their custody. Travel arrangements home and all associated expenses are the responsibility of the parent/guardian. If necessary arrangements are not made, the camp will do so at the expense of the parents/guardians. There are no refunds issued for non-arrival, late arrival or early departure regardless of the reason. No refund is available for discontinuation of the camp season due to acts of God, natural disaster, acts of war, acts of terrorism, or pandemics/epidemics. Registrations sent after April 15th should include payment of full tuition. Jurisdiction for the collection of delinquent funds will be in Cumberland County, Maine, and Maine Teen Camp is entitled to recover all costs and fees incurred in the collection of judgment plus 1.5% per month fee for all late payments. Jurisdiction for all other legal action will be in York County, Maine. Any individual bringing legal action against Maine Teen Camp which results in a decision in favor of Maine Teen Camp will be responsible for all related legal, court, and out of pocket expenses of Maine Teen Camp, its owners' and employees'. **Maine Teen Camp offers a LIFETIME 10% tuition reduction for siblings. Please make checks payable to 'Maine Teen Camp'. Please submit all payments in US currency.**

CAMPER HEALTH: IF YOUR CAMPER HAS A SPECIAL MEDICAL CONDITION, PLEASE CONTACT OUR OFFICE PRIOR TO REGISTERING. For COVID-19, we highly recommend full vaccination/booster status. A camper **health form** is a CONDITION OF ENTRY TO CAMP. A health form must be on file in our infirmary before a camper arrives at camp. Please note that this form must be signed by a parent/guardian, allowing a doctor/hospital to provide emergency care in the event of an accident. We MUST have this form completed and returned to our office no later than ONE MONTH PRIOR to arrival day. **The state of Maine requires that camps have a valid yearly health form on file. The state of Maine grants permission to carry epi-pens or inhalers only if the appropriate form is on file (attached to health form).**

PACKAGES: The food at camp is wholesome and abundant. Campers have ample opportunity to buy snacks at the camp store or on trips. Care packages are tolerated under strict conditions including: NO NUTS or NUT PRODUCTS and NO HOME BAKED GOODS. PLEASE DO NOT SEND banned items including caffeinated energy drinks, Nutella, aerosol spray cans, or chewing gum! PLEASE limit care packages to ONE package per camper per 2 Week Session. We reserve the right to open all incoming packages sent to campers and/or search belongings at our discretion.

LAUNDRY: MTC uses a private laundry service to do your child's laundry every 8-10 days. Remember that your camper's clothing should NOT contain items which are delicate, expensive, or dry-clean only items. Laundry services are not always perfect! MTC is not responsible for lost or damaged items.

TELEPHONE, CELL PHONES, EMAIL, PERSONAL ELECTRONICS: In an emergency, we will get a message to your child to call you immediately, however, we cannot bring campers to the telephone on short notice for routine calls. Please explain to your camper that office telephones are for office use only and telephone lines must be kept open in case of an emergency. We have four phones for campers to use during our camp store hours of operation for collect calls or calls using a prepaid card. Camp is a very busy place and campers do not always call home during their stay at camp. No news is often times good news. Generally, it is more appropriate to write or email your son/daughter than to call...campers love mail from home! Emailing is done from computers located in our Main Lodge. **Campers do not have access to the internet. All campers will have an active email account that we assign. Campers do not have access to the internet. Cellular phones, "hot spots", and devices with cellular data capabilities are NOT permitted in camp or on camp trips. Cellular phones and devices with cellular data capabilities MUST be kept in the office. Please note that iPhones/Smartphones are considered phones and must be turned in to the office. The use of VIDEO capture capability in personal electronic devices is NOT PERMITTED for use in camp or on camp trips. iPods are permitted, but at the owner's own risk.**

VISITING: We have no official visiting day. You may visit Maine Teen Camp whenever you wish; please let us know in advance so that we can make sure that your camper will be in camp on that day. Campers may not leave camp with anyone other than their own parent(s)/guardian(s) without prior written permission from you. Campers may not keep a personal vehicle at camp. We reserve the right to restrict all visitations based on community health. Visits will be permitted only if community health is not at risk and visitors may be asked to wear a face covering.

MONEY AT CAMP: Your child's general spending money while at camp is provided in our all-inclusive tuition fee. We provide ample "tokens" in our Camp Store, which is sufficient to purchase small items. If you wish to be billed for additional camp store account funds in \$30 increments, you may choose this option (later). **There are no refunds issued for money given on trips, or money in the camp store account.** If you want your child to have access to additional money at camp (e.g., for other trips, emergency access for any reason), you will need to send it with them to camp. It is strongly encouraged and recommended that you send your child with a small amount of additional cash (\$20-\$50) to be kept safe for times out of camp when they may wish to purchase small items. Your credit card details are not for access by your camper, nor can we charge your credit card to issue cash to your camper. Suitable suggestions include: bank debit cards, gift cards, charge cards, or cash. **Maine Teen Camp will not be responsible for lost or stolen cash or credit cards/gift cards at camp.** **If your camper is a selected participant in our LT (Leadership Training) Program, it is highly recommended that they arrive with extra spending money.**

A NOTE ABOUT OUR NICOTINE POLICY: In accordance with our Camper Contract, there is no smoking or possession of tobacco or nicotine (or any controlled substance), electronic nicotine delivery systems, while at camp. Campers have been sent home for violation of this policy, and there is NO refund of tuition. If you suspect that your child smokes, we strongly urge you to discuss this policy with them. While this problem only affects a very small number of campers, it is extremely difficult and it is best dealt with prior to their arrival at camp. PLEASE DISCUSS THIS IMPORTANT POLICY with your camper and check/re-check your camper's luggage.

PACKING for CAMP: We require parents/guardians to inspect your child's luggage prior to departing for camp. Please be certain to pack luggage with your child! **We reserve the right to search a camper's personal belongings and/or luggage for prohibited items.**

LOSS OF PERSONAL BELONGINGS: Campers lose things! Campers lose clothing, toiletries, etc. and it is impossible in a camp environment to locate every lost item. It is the responsibility of each child to keep track of his/her personal possessions. Camp does not reimburse for lost or stolen items, but there are things you can do to limit your liability. Do not send anything valuable to camp that you cannot afford to lose. Our unclaimed lost and found is donated to charity at the end of camp.

EQUIPMENT LOSS/DAMAGE: MTC provides all equipment needed to participate in activities, including tennis racquets, musical instruments, art supplies, cameras, etc. As it pertains to the tennis program, we encourage campers to BRING THEIR OWN racquets if they are competitive players. It is important to note that the intentional damage/loss of a camp-owned tennis racquet will be CHARGED to your account in the replacement value of \$50.00 per racquet. Please also note that this too applies to our guitars, which are subject to a replacement fee of \$200.00 each. Please explain the use and care of our tennis racquets and music equipment to your camper.

MAINE TEEN CAMP CAMPER CONTRACT

The following Maine Teen Camp guidelines are designed to ensure that MTC is a happy, safe, and productive community for everyone. Read carefully below the conditions under which we accept camper participation. On opening day campers will be asked to reaffirm their commitment to these guidelines by re-signing this "CAMPER CONTRACT". Refusal to sign this form or violation of any of these policies *may subject you to immediate dismissal from camp without a refund*. Please note that MTC reserves the right to inspect or search individuals' personal belongings at any time for safety of self or others.



1. The MTC community relies upon each member making a positive contribution. Respect for others and self is required. Campers are expected to make a positive contribution to their community - to be good to their friends, fellow campers and staff; to be open minded, and to be intolerant of intolerance.
2. The use or possession on person of **alcohol (or alcohol related products), tobacco (or tobacco/nicotine related products – vapes, JUULs, disposables, electronic nicotine delivery systems), marijuana, or other controlled substances/drugs** is not permitted at camp or on camp trips. It is illegal in the State of Maine to purchase tobacco products if you are under 21.
3. **Any form of sexual harassment** is prohibited and intimidation or hazing or acts of initiation **have no place in camp and are also prohibited.**
4. **All forms of bullying and harassment including verbal, physical, and cyberbullying are prohibited.**
5. Inappropriate public displays of affection, sexual contact or activity **are not permitted at camp.**
6. **Any displays of racial, sexual, or religious discrimination are not permitted at Maine Teen Camp. Aggressive or hurtful language and/or use of profanity is not acceptable.**
7. Distribution or possession of **lewd, indecent, or offensive materials** is not permitted at camp.
8. The **posting or tagging/identifying photos** of fellow campers to any internet site, including social networking sites (Facebook, Instagram, etc.) without prior parental permission is not allowed. It is not permitted to tag/identify photos of adult staff members at camp without their consent (Internet Usage Policy).
9. **Obtaining any body piercing or permanent alterations of physical appearance while at camp is not permitted.**
10. Weapons, fireworks, lighters, matches, and any other incendiaries **are not permitted in camp.**
11. Campers may not leave the camp property except on organized camp trips or with their parent(s) or guardian(s). To leave camp with someone else, campers must have written permission from parent(s)/guardian(s). Leaving the cabin after the last bell at night or before the breakfast bell in the morning is by permission of staff only. Campers may not bring their personal vehicles to camp.
12. Camper **cabins are private** and open to residents of that cabin only. Visitors may visit a cabin other than their own only when a staff member is present and has given permission.
13. **Theft** at camp, or on camp trips, will not be tolerated. **Respect for private property must be observed while at camp.** Valuables (**traveler's checks, passports, etc.**) **must be kept in the camp office.** Maine Teen Camp will not be responsible for lost or damaged property (**cameras, music players, etc.**) **kept in cabins or other camp buildings.**
14. **The use of VIDEO capture capability in personal electronic devices is NOT PERMITTED for use in camp or on camp trips. Smartphones/cellular telephones/iPhones or any devices with cellular data capabilities including "hot spots" are NOT permitted in camp or on camp trips. Drones belonging to campers are prohibited.**
15. **The use of cameras, mirrors, drones, etc. in places or situations where privacy is expected is prohibited.**
16. Attendance at activities, meals, and evening activities is mandatory, unless the director(s) and/or infirmary grant an exception.
17. **Campers must maintain a healthy lifestyle at camp. It is essential that campers eat nourishing meals, hydrate, and get ample sleep.**
18. **Campers are not permitted "energy drinks", "Nutella", or chewing gum in camp.**
19. **Everyone must adhere to program area rules. The program staff have authority in each respective area. Lakefront and Ropes/Wall are off limits unless otherwise indicated.**
20. Waterfront apparel must be appropriate style that allows for athletic movement – **full coverage bottoms and tops are required.**
21. **ALL MEDICATION** (prescription or non-prescription) **must be always kept in the health center.** A camper may be granted permission to carry inhalers or bee-sting kits **ONLY** by returning a special permission form.
22. **Each member of the camp is expected to contribute to keeping camp facilities properly cleaned and maintained by participating in camp and cabin chores. Graffiti and other forms of vandalism are not tolerated.**
23. **Respect for indigenous animals and plants around camp and the natural environment is expected.**

CAMPER NAME PRINTED: _____ CAMPER SIGN: _____ DATE _____

PARENT'S AUTHORIZATION: THE PERSON HEREIN DESCRIBED HAS PERMISSION TO ENGAGE IN ALL PRESCRIBED CAMP ACTIVITIES EXCEPT AS NOTED BY MY PHYSICIAN OR MYSELF. I HEREBY GIVE PERMISSION TO THE PHYSICIAN SELECTED BY THE CAMP DIRECTOR TO ORDER X-RAYS, ROUTINE TESTS, AND EMERGENCY TREATMENT FOR THE HEALTH OF MY CHILD. IN THE EVENT I CANNOT BE REACHED IN AN EMERGENCY I HEREBY GIVE PERMISSION TO THE PHYSICIAN SELECTED BY THE CAMP DIRECTOR TO HOSPITALIZE, SECURE PROPER TREATMENT FOR AND ORDER INJECTIONS AND/OR ANESTHESIA AND/OR SURGERY FOR MY CHILD AS NAMED ABOVE. I HEREBY AGREE THAT MAINE TEEN CAMP INFIRMARY STAFF MAY DISPENSE OVER-THE-COUNTER MEDICATIONS WHERE DEEMED NECESSARY. I HEREBY RELEASE THE USE OF PHOTO/VIDEO IMAGES AND WORK PRODUCT OF THE ABOVE REGISTERED CAMPER FOR THE PURPOSE OF CAMP PROMOTION AND DISPLAY TO THE GENERAL PUBLIC. I HAVE READ THE POLICIES WRITTEN INCLUDING THE CAMPER CONTRACT, AND AGREE TO ALL TERMS SET FORTH IN THIS AGREEMENT.

PARENT/GUARDIAN SIGNATURE _____ DATE _____

Last Revised: 2/13/24



MTC Camper Medical/Health Form Information – Please Read Carefully!

Please understand the importance of your camper's health and the health of our entire community. **A complete medical form is a CONDITION of CAMP ENTRY.** As partial fulfillment of registering for camp, you are agreeing to submit complete medical forms (two parts - physicians reference form and medical health/history) as a part of enrollment requirements. **If you do not send a medical/health history prior to your child's attendance, your child will not be admitted to camp. Given the recent global pandemic, we will refuse entry to camp unless your completed medical form is on file.**

How to Complete the Medical/Health Form and Immunizations

The **Camper Medical Form** is required by the *American Camp Association* and Maine State law. **A new medical form is required each summer.** If you have difficulty with our online version, please contact us for a hardcopy to be mailed to you. There are three sections of the form: one section to be completed by parent/guardian, one section for the child's physician, and one further document called, *Permission to Carry*, to return ONLY IF it applies to your child.

Please have the parent portion of the medical form completed within the summer calendar year, AND based on a physical exam at most, 12 months prior to your camper's arrival date at camp. If there are updates to your child's health prior to camp, it is your responsibility to inform camp.

The second portion of the form is to be completed and signed by your child's **physician**. A physical examination **within the last 12 MONTHS** of the date camp begins is acceptable, but your physician still needs to **sign on this final page**.

Pay careful attention to vaccination/immunization details. As we are a community, vaccination is a condition of camp entry. The state of Maine requires minimum immunizations of DTaP, IPV (Polio), MMR, and Varicella. We highly encourage COVID-19 vaccinations.

The entire camper medical form **must be on file in our office PRIOR to your son or daughter's arrival at Maine Teen Camp and most ideally, by May 1 (unless late registration and in this case, must be accompanying the registration in a timely manner)**. There are **NO exceptions** for anyone in camp. ALL our staff and campers have a medical form on file in our health center. **Please keep a copy for your records.**

Families must provide your medical insurance policy information/insurance card, should your camper need to see a local physician or hospital, and any expenses beyond our care at the MTC health center.

What about Medications?

Medications include prescription or over-the-counter (OTC), vitamins, supplements, etc. Note that ALL medications must be administered from our health center staff. No camper may keep medications in their own possession during their time at camp.

Medications are a risk in camp. We must ask families to take all precautions possible to secure medications at camp. To do so:

- **We make it mandatory that all families whose camper/s take any medications use an online pharmacy service, www.PACKMYRX.com. This keeps medications safe to arrive to camp, and safer administration at camp. Most insurance plans are accepted and it includes all RX and OTC medications, as well as vitamins. Please note that there is a fee for this service. Pharmacists are available for consultation and questions.**
- **Medications MUST arrive at camp in the ORIGINAL BOTTLE/PACKAGING for administering. Be forewarned that we will NOT administer meds if they arrive in any other packaging from home.**
- **Our health center at camp is well stocked with common OTC medications.**
- **Timeliness is expected for your camper's safety. Please note that PackMyRx will charge additional fees for late registration.**

- **Note that any changes in medical condition, or medications must be shared with our health center staff prior to arrival.**

Permission to Carry Form

If your child is to be permitted to carry an epi-pen, inhaler, diabetic supplies, or other, our Permission-to-Carry form is required. This is in accordance with Maine state law. **This form is found at the end of the online version of our medical form.**

Health Center/Infirmary Staff

MTC has a professional health center staff (RN, LPN, EMT, CNA, NP) on site 24 hours a day. MTC has a **fully stocked health center**. Please **DO NOT send your child to camp with aspirin, ibuprofen, or any other “over-the-counter medications”**. **ALL medications must arrive through www.packmyrx.com**. **There is no reason to send OTC medications.**

If your child has a medical issue that needs to be discussed, please send a detailed letter addressed to the nurses accompanying the medical form.

Please call our camp health staff with any questions or information that will assist us in caring for your camper. For convenience, there will be a direct telephone number to our health center when the summer begins.

Health Screenings

On the first day of camp, health center staff conduct basic health screenings on each camper, inclusive of temperature check and head lice check, and general physical appearance is documented. We also remind campers our policy around possession of any medications.

Nut and Shellfish Policy

A. Nuts and nut products

We are not a nut-free camp; we are an **allergy-aware** camp. What does this mean?

Cooking/Mealtimes: No nuts or nut-based oils are used in our main kitchen or cooking studio.

Care Packages from home: We welcome you to send care packages to your child. We ask that home baked items are NOT sent please. Please note that we ask you NOT to send “Nutella” with your camper to camp, or in a package from home.

Camp Store: We do not sell candy bars that specifically contain nuts.

Nutella and Peanut Butter: We do not allow Nutella at camp. Please DO NOT send Nutella in care packages or, with your child to camp. We have found that Nutella is particularly problematic in camp, regarding access control. Peanut butter is permitted ONLY on the separate table in the dining hall and all utensils used in peanut butter must be left on the “*Peanut Butter Table*”.

Cabins: We post a sign on a cabin door if a staff or camper with an allergy lives in that cabin. While we do not identify the camper or staff by name (in most cases, the camper will let the others know their identity), for safety we feel it best policy to post a ‘no nuts’ poster outside the cabin door.

B. Shellfish

At times, lobster may be served at our final banquets. We serve lobster at a safe distance from the regular food line, and we have a dinner table available that is separated from other tables.

Otherwise, there is never shellfish served at camp, from our main kitchen, or in our cooking studio.

Notification of Illness/Injury

Healthcare staff will contact you by phone in the event that your child:

- nurses confine the camper to the infirmary for longer than half day
- requires a visit to the physician or requires prescription medication
- requires hospitalization

If you are not home at the time of the injury/illness and a message cannot be left, your designated ‘**emergency contact**’ may be notified. Please be certain that we have an ‘emergency contact’.

Understand that if you require us to transport your camper for a **non-emergency medical clinic visit**, you will be **charged a reasonable fee \$ for the service, covering basic time and cost for the camp to have staff chaperones out of camp.**

The Flu Virus and Covid-19

As we all learned from the H1N1 in 2009 and more recently with the Covid-19 pandemic, flus and virus' can be very dangerous and we need to take special precautions to avoid the spread of pathogens. Please explain to your child that we will be recording temperatures as a part of our **health screening** at camp within the first 24 hours of arrival. **It is important that if your child is not feeling well prior to arrival at camp, contact us and consider keeping them at home until they feel better. Please keep camper home for recommended period of time for Covid-19 and notify camp. We highly recommend vaccines for Covid-19.**

Head Lice

Please check your child's head for lice before leaving for camp. Our healthcare staff will check heads upon arrival, and we reserve the right to send a child home until cleared of head lice. If a child is found to have head lice at camp, and cannot be sent home for treatment, we will treat them at our health center, and bill the family **\$100 per treatment (there are usually at least two treatments required for each case of head lice).**

Medical/Travel/Health Insurance

ALL campers must arrive to camp with medical coverage. Please send a copy of proof of coverage. In the event of injury or illness, medical bills will be submitted to the insurance company directly by the hospital or clinic and any prescriptions will be invoiced to your account.

Additional Fee for Non-Emergency Medical Appointments

For those appointments that are asked of us to accommodate while your camper is at camp with us, we charge a \$50 flat rate fee to schedule and facilitate the appointment. This could be non-emergency blood work, and other things outside of accidents/illnesses that occur while at camp.



TRIPS AND OPTIONS

In addition to the regularly scheduled trips and programs that are included in the MTC tuition, the following OPTIONAL TRIPS and PROGRAMS are offered to campers at ADDITIONAL COST (fees in US Dollars). Any trips that you pre-authorize below, means that you are securing a spot on the trip for your child. If you choose, you can wait for your child to decide when they are at camp, but if you wait and choose not to pre-authorize, your child *may* not get to go on the trip (this does not include FREE trips) due to overbooking.

Please note: **Campers must display maturity and responsibility while in camp to participate in camp trips and we reserve the right to refuse any camper based on their actions at camp.**

PLEASE CHECK THE OPTIONS THAT YOU WOULD LIKE TO BE INVOICED FOR:

Trip Options:



- **White Water Rafting** (2 days 1 night) \$400
- **Best of Boston** (full day trip) \$400 ***not always offered**
- **Freeport Outlet Shops, ME** (full day trip) \$200
- **Best of Portland, ME** (1 day trip) \$300
- **Rock Climbing, ME & NH** (1 day trip) \$150

Activity Options:

- **ESL Instruction (Internationals Only, 1 period/day)** \$100
- **CPR/First Aid Course (1 period/day for one week)** \$100
- **Private or Semi-Private Tennis Lessons** (See pricing and details below)

Camp Store Account:

- **Additional tokens for the Camp Store Account (added in \$30 increments)** \$_____

Other Available Options:

- **Birthday Cabin Party. Please call our office after opening day for options.**

Total: \$ _____

See trip details on reverse>>

TRIP/OPTIONS DETAILS

WHITE WATER RAFTING (\$400) --This 2-day overnight trip is offered twice a session. After an enjoyable evening meal and campfire, curl up in fully furnished log cabins for a good night's sleep before braving the rapids the next day! Rafting is an exhilarating trip led by professional river rafting guides. Due to high demand, it is strongly encouraged that if interested, you register for this trip *before camp*.

BEST OF PORTLAND, MAINE (\$300) --See what Portland, Maine has to offer! Tour Maine's largest city winding through the cobbled streets of Portland's Old Port and arts district. See the picturesque New England waterfront and visit local businesses for a bit of shopping. Before traveling to the famous **Portland Head Lighthouse (www.portlandheadlight.com)** in Cape Elizabeth, enjoy some delicious local seafood at **Portland Lobster Company (or similar)** and a sweet treat at Maine favorite, **Beal's Ice Cream**. (Includes \$40 spending money)

BEST OF BOSTON, MA (\$400) -- Visit one of our finest cities! Check out the sights of Boston while on a famous **"Duck Tour"** amphibious vehicle and a taking a historical stroll down the **Freedom Trail**. Visit **Faneuil Hall & Quincy Market** for shopping and lunch. End the day dining at one of Boston's finest restaurants. (Includes \$50 spending money). This trip is not always offered on summer schedule. Please inquire.

FREEPORT, ME (www.freeportusa.com) (\$200) - Freeport, Maine is a small New England town which is known for terrific outlet shopping. Freeport features many popular retail stores including L.L. Bean, Ralph Lauren, J. Crew, Banana Republic, Abercrombie and Fitch, North Face, Gap, etc., all offering their merchandise at prices well below retail. (Includes \$50 spending money)

ROCK CLIMBING (150.00) -- hosted by the accredited Acadia Mountain Guides Climbing School, your camper has the chance to rock climb "Jockey Cap (Fryeburg, ME)", or "Square Ledge (Pinkham Notch, NH)" both popular climbing areas with spectacular views over Mount Washington Valley. The cliff is about 500 feet high, and offering varying routes for the novice to advanced climber. AMGCS guides are certified by AMGA or PCIA, and trips are fully chaperoned by our MTC ropes course staff. Cap the day off with outstanding photos, and ice cream on the way back to camp!

ESL LESSONS (\$100) - English as a Second Language is offered as a program option for international campers. Daily classes cover both oral and written language skills. Books and materials are included. Each class is one activity period (about 1 hour).

CPR / FIRST AID TRAINING (\$100) - Our American Red Cross CPR/First Aid course is taught by an experienced and certified ARC staff member each session. Please note that your child must be willing to devote one activity period for one week. This option may/may not be available from season to season, depending upon our staff.

PRIVATE or SEMI-PRIVATE TENNIS LESSONS (\$) -- Separate tennis lessons are available to campers outside of regularly scheduled day program. See next page for details.

CAMP STORE -- Two Week Campers have 30 in the camp store account; First has 60; Second Sessions has 60; Full Season has 120. If you wish to add tokens to the Camp Store account, you may do so in \$30 increments that we add to your invoice. **There are no refunds for tokens not spent in the store, including any add-on tokens.**

BIRTHDAY PARTY - If your child has a birthday at camp, we will provide a complimentary birthday cake and recognize their birthday on the appropriate date. If you would like CAMP to arrange a special party, please call our office for options. Other suggestions are packages from home or online retailers or flower delivery.

INCLUDED TRIP DAYS at CAMP -- All campers are given the opportunity to experience a showcase of the best of a summer in Maine. Our Trip Days at camp include day excursions to local state parks/beaches, Sea Dogs semi-pro baseball games, water parks, amusement parks, etc. These trips are included in the camp fee structure and all campers go on at least one during their stay with us. Selections are weather dependent and vary from session to session.

Please note that we reserve the right to alter all trip itineraries as needed, or in the case of inclement weather.

QUESTIONS? Please contact our office.
1-800-752-2267 or mtc@teencamp.com

TENNIS PRIVATE LESSONS at MTC

Our exceptional tennis program is completely directed by our established tennis pros who have been with us for over 25 years. We are fortunate to have long time connections to Curtain Bluff Hotel in Antigua WI, where several of our USPTR certified tennis staff work as pros teaching tennis full time. Tennis is a large program for us at MTC, and we encourage even the most novice player to try tennis. Our experienced tennis players will enjoy high level instruction on our courts and will be slotted into beginner to advanced instructional periods. While tennis is not required of any camper, we encourage all campers to benefit from our team of tennis pros, who have unparalleled enthusiasm for teaching!

As an additional program, MTC offers PRIVATE LESSONS with our team of pros for additional fees. Whatever level player, our private lessons are intended to improve the camper's game. If your camper is interested and you would like to enroll in privates or semi-privates, please review details below and register by contacting our office.

Private Lessons

1 hour private: \$80

½ hour private: \$45



Semi-Private Lessons

(2 persons for lessons. Camp pros will assign campers together based on ability level.)

1 hour semi-private (2 persons): \$130

Lesson Package Deals

3 one-hour lessons \$225

5 one-hour lessons \$350

7 one-hour lessons \$455

- All lesson packages include **complimentary one hour "hitting session"** (one on one with a pro, inclusive of strategy in game play situations).
- Our pros spend time with each camper, providing individualized instruction, with drills and repetition focusing specifically on forehand, backhand, serve and volley drills.
- Lessons are given **during the campers' free period (5-6pm) or after dinner hours before 8pm** so that campers do not miss their regular camp activities.
- Note that there are **NO refunds for unused lessons**. Please speak to your camper and emphasize importance of commitment to private lessons.

IMPORTANT INFORMATION PLEASE READ
NORTH COUNTRY RIVERS INC. & LORIMER MCREA ENTERPRISES INC., dba/ MAINE
WHITEWATER WAIVER AND RELEASE OF LIABILITY

In consideration of North Country Rivers, Inc. & Lorimer McRea Enterprises, Inc., dba/Maine Whitewater furnishing services and/or equipment to enable me to participate in whitewater rafting, kayaking, inflatable kayaking or any activity associated with North Country Rivers, Inc. & Lorimer McRea Enterprises, Inc., dba/Maine Whitewater, I agree as follows:

I fully understand and acknowledge that outdoor recreational activities have: (a) inherent risks, dangers and hazards and such exists in my use of whitewater equipment and my participation in whitewater activities; (b) my participation in such activities and/or use of such equipment may result in injury or illness including, but not limited to bodily injury, disease, strains, fractures, partial and/or total paralysis, death or other ailments that cause serious disability; (c) these risks and dangers may be caused by the negligence of the owners, employees, officers or agents of North Country Rivers, Inc & Lorimer McRea Enterprises, Inc., dba/Maine

Whitewater; the negligence of the participants, the negligence of others, accidents, breaches of contract, the forces of nature or other causes. Risks and dangers may arise from foreseeable or unforeseeable causes including, but not limited to, guide decision making, including that a guide may misjudge terrain, weather, trail or river route location, and water level, risks of falling out of or drowning while in a raft, canoe or kayak and such other risks, hazards and dangers that are integral to recreational activities that take place in a wilderness, outdoor or recreational environment; and (d) by my participation in these activities and/or use of equipment, I hereby assume all risks and dangers and all responsibility for any losses and/or damages, whether caused in whole or in part by the negligence or other conduct of the owners, agents, officers, or employees of North Country Rivers, Inc. & Lorimer McRea Enterprises, Inc., dba/Maine Whitewater, or by any other person.

I, on behalf of myself, my personal representatives and my heirs hereby voluntarily agree to release, waive, discharge, hold harmless, defend and indemnify North Country Rivers, Inc., Lorimer McRea Enterprises, Inc., dba/Maine Whitewater, Florida Power and Light Co., Central Maine Power Co., Great Northern Paper Co., Great Northern Energy, Maine Timberlands Co., International Paper Co., Kennebec Water Power Co., (the "Releasees") and their owners, agents, officers and employees from any and all claims, actions or losses for bodily injury, property damage, wrongful death, loss of services or otherwise which may arise out of my use of whitewater equipment or my participation in whitewater activities.

The Venue of any dispute that may arise out of this agreement or otherwise between the parties to which North Country Rivers, Inc. & Lorimer McRea Enterprises, Inc., dba/Maine Whitewater or its agents as a party shall be either the East Vassalboro, Maine Justice Court or the county or State Supreme Court in Kennebec County.

I specifically understand that I am releasing, discharging and waiving any claims or actions that I may have presently or in the future for the negligent acts or other conduct by the owners, agents, officers or employees of North Country Rivers Inc. & Lorimer McRea Enterprises, Inc., dba/Maine Whitewater and the other Releasees.

SIGNATURE

DATE OF BIRTH

DATE OF TRIP

SIGNATURE OF PARENT OR GUARDIAN
(If less than 18 years old)

RIVER: PENOBSCOT – KENNEBEC - DEAD
(CIRCLE ONE OF THE ABOVE)

*******PLEASE PRINT***** PLEASE PRINT*******

NAME: _____

ADDRESS: _____

CITY: _____ STATE/PROVINCE: _____ ZIP/POSTAL CODE: _____

PHONE (DAY) _____ (EVENING) _____

FAX _____ EMAIL _____

HAVE YOU RAFTED BEFORE? YES NO (CIRCLE)

DID YOU RAFT WITH NORTH COUNTRY RIVERS? YES NO (CIRCLE)

HAVE YOU RAFTED WITH ANOTHER OUTFITTER - NAME? _____

Acadia Mountain Guides Climbing School – Non NPS FORM

PARTICIPANT AGREEMENT, RELEASE AND ASSUMPTION OF RISK

GENDER [REDACTED] **SHOE SIZE** [REDACTED]

In consideration of the services of Acadia Mountain Guides, Inc. (dba Acadia Mountain Guides Climbing School and Alpenglow Adventure Sports), their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf (herein after collectively referred to as “AMG”), I hereby agree to release, indemnify, and discharge AMG, on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that hiking, camping, challenge activities, backpacking, rock climbing, ice climbing and mountaineering entails known and unanticipated risks that could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risks cannot be eliminated without jeopardizing the essential qualities of the activity.

The risks include, among other things: the hazards of walking on uneven terrain and slips and falls: being struck by rock fall, icefall, or other objects dislodged or thrown from above; the use of climbing ropes and equipment; the forces of nature, including lightning, weather changes, and avalanche; the risks of falling off the rock or mountain; the risks of exposure to insect bites; the risks of altitude and cold including frostbite and hypothermia; my own physical condition, and the physical exertion associated with this activity.

Furthermore, AMG employees have difficult jobs to perform. They seek safety, but they are not infallible. They might be unaware of a participant's fitness or abilities. They might misjudge the weather or other environmental conditions. They may give incomplete warnings or instructions, and the equipment being used might malfunction.

2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.
3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless AMG from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of AMG's equipment or facilities, including any such claims which allege negligent acts or omissions of AMG.
4. Should AMG or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I am willing to assume the risk of any medical or physical condition I may have.
6. In the event that I file a lawsuit against AMG, I agree to do so solely in the state of Maine and I further agree that the substantive law of Maine shall apply in that action without regard to the conflict of law rules of that state. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining document shall remain in full force and effect.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against AMG on the basis of any claim from which I have released them herein.

I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Print Name: _____ Signature: _____ Date: _____

Signature of Parent of Guardian, if participant is under 18 years of age

In consideration of _____ (Minor) being permitted by AMG to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold harmless AMG from any and all claims which are brought by, or on behalf of Minor, and which are in any way connected with such use or participation by Minor.

Print Name: _____ Signature: _____ Date: _____

CONSENT FOR PHOTOGRAPHS AND VIDEO - I authorize and release to Acadia Mountain Guides, Inc the use of my image in any photograph or video recording for any purpose of Acadia Mountain Guides, Inc.

Participant Signature _____ Parent/Guardian: _____

**Acadia Mountain Guides Climbing School
HEALTH STATEMENT AND EMERGENCY CONTACT**

ParticipantLastName: _____ FirstName: _____ ProgramDate: _____

ProgramType: GROUP CLIMBING Age: _____ Birthdate: _____

Organization Name (if coming as part of an organized group or camp):

MailingAddress: _____
City: _____ State/Province: _____ Country: _____ Postal Code: _____

Phone#: _____ Email: _____

Parent / Guardian Last Name: _____ **First Name:** _____ **Phone:** _____

Emergency Contact Last Name: _____
FirstName: _____ **Phone:** _____

(if different than above)

Address(ifdifferentthanabove): _____

HEALTH STATEMENT

This trip / activity involves participation in outdoor activities which are, by their nature, physically and mentally demanding. Therefore all participants must be free of medical or physical conditions which might create undue risk to themselves or to others who depend on them. If there is any doubt whatsoever about

your ability to safely participate in this activity, you should have a physical examination by a physician. Acadia Mountain Guides, Inc may also require a physician's consent as a precondition for participation. I declare that I am in good physical health and believe that I am able without reservation or limiting conditions to physically withstand and cope with the indicated rigors of this program.

CONSENT TO TREATMENT

I hereby consent to any hospital care or medical or surgical diagnosis or first aid activities with Acadia Mountain Guides, Inc and its agents, if I am not able at that time to give my written consent due to unconsciousness, disorientation or other mental incapacity. I also understand and agree that I am solely responsible for all appropriate charges for such services and that and its agents are under no duty to provide any first aid or medical treatment in any event. My signature indicates that I have read and understand the above.

CONSENT TO TREATMENT OF MINOR

I authorize Acadia Mountain Guides, Inc personnel to call for medical care for the minor or to transport the minor to a medical facility or hospital if, in the opinion of such personnel, the minor needs medical attention. I further authorize appropriate personnel to render such medical treatment as is necessary for the health of the minor, in their professional opinion. I agree that once the minor is in the care of medical personnel or a medical facility, Acadia Mountain Guides, Inc shall have no further responsibility for the minor and I agree to pay all costs associated with such medical care and transportation.

1. Do you have any physical disabilities, conditions, past injuries or any other physical limitations that you have which could effect your participation in any way? No Yes (please explain)

2. Do you have any pertinent allergies or medications? No Yes (please explain)

3. Do you have any dietary restrictions? No Yes (please explain)

4. Describe your current physical fitness and level of activity:

5. Do you carry any medical insurance? No Yes (please name provider)

ParticipantSignature: _____ Parent/Guardian: _____

MTC PACKING LIST

Your Questions Answered! Read this first...



What should I use to pack my stuff? Most will use a large, strong soft duffel bag, plus a good reliable backpack. Some will use their soft suitcase and store it under the beds. Few will use a hard trunk. Any of these options are suitable, with soft duffel being preferable, as they are easiest for storage inside the cabins.

How much should I pack? Pack lightly and with care. Pack only what you need. Avoid huge suitcases that are too much to carry. Labelling your clothes is helpful to our "lost and found".

Is there ever a time that I might need to "dress up" or dress for a more formal gathering? We have an end of the session banquet and dance. Most campers will wear something a little nicer than their usual t-shirt/shorts, but not necessary! Exclude anything that's "dry clean only"!

What should I leave safely at home? Leave behind anything that is irreplaceable if it's lost (sentimental value, or expensive). Leave your electronics or technology or devices at home. Also, our terrain does not allow for skateboards.

What are banned or restricted items that I should not pack? Energy drinks, Nutella or nut products, chewing gum, fireworks, lighters, weapons or any kind including pocket knives, nicotine or nicotine products, vapes, illegal drugs, marijuana (or THC products) or alcohol. Please do not bring baked goods from home. Also, leave political or drug messaging t-shirts at home.

What do I do with my cell phone? Most will bring it with them to camp for travel purposes. We ask all campers to hand in their phones upon arrival please.

Can I bring my iPad or laptop? No.

Can I bring my Nintendo Switch or other game device? No.

What kind of swimwear is allowed on the waterfront? We ask that swimwear is tasteful, and covers all your parts! Generally, the more athletic one or two piece suits are just fine. We discourage tiny bikini suits. Trunks should cover everything they need to cover!

When is laundry day? Laundry day is every 8-10 days. Pack enough items for 10 days of camp.

What are some special suggestions that I should bring with me? It's nice to have a small folding camp chair or yoga mat for some activities, and some campers like to bring a personal fan for sleeping. A good book is a must and a writing journal is a nice bed time activity or for notes. A pack of cards or a simple card game is fun for the cabin. Bring a beach towel and one or two good bath towels. A disposable camera is also nice to snap a few photos. Sunblock and bug spray are also helpful.

What about towels and linens? We supply you with linens – sleeping bag, sheets, pillow and case. We DO NOT supply towels.

What about equipment for music or tennis or other? We have a ton of equipment for all activities offered. If you prefer to use your own guitar, or tennis racquet, you may choose to bring yours but remember that they are YOUR responsibility to protect. We generally prefer you use our equipment and save yourself the trouble.

Should I bring a face covering or mask? You are welcome to bring these and wear them if that makes you comfortable. Some campers bring a box of standard disposable masks.

Is there a place to buy a camp t-shirt or things like that? We do have a Camp Store. In the store there are basic toiletries/personal items for sale, and a few basic camp logo items that vary from summer to summer. All campers receive a complimentary camp t-shirt each summer.

Can my family or friends send me a care package? We ask that a care package is sent once only during a two-week period. Keep it simple and every snack must be in its original packaging. We do open and search every package that arrives for campers and may remove anything we feel is not in line with our policies.

What if I lose something at camp? We have our **Lost and Found** kept for the duration of the session. Once the session is over, we wash and donate all items to the local charity of choice.

Now, onto our PACKING LIST:

T-Shirts	8-10
Shorts	8-10
Tank Tops	2-3
Jeans or Pants	1-2
Joggers or Sweatpants	2-3
Sweater or Sweatshirt or Hoodie	1-2
Underwear	10-12
Socks	10-15
Raincoat/Windbreaker	1
Fleece or Light Coat	1
Swim Suit or Swim Trunks	2-3
Sneakers	1
Flip Flops or Sandals	1
Nicer shirt, polo shirt, collared shirt, blouse	1
Nicer pant or shorts, skirt or dress	1
Beach towel	1-2
Bath towel	1-2

Remember, you are at camp! We dress very comfortably and casually, and it's no place for designer brands and fancy shoes. Pack basics, and pack well. Bring at least one thing that's warm in case there's a cooler day/evening. While we do a few basic hiking trips, they are nothing that will require specific hiking boots, so sneakers are adequate.

Any questions, please contact us! Better to ask than pack something unnecessary.

Maine Teen Camp 481 Brownfield Road, Porter ME 04068 207.625.8581 mtc@teencamp.com

END OF PACKET! Thank you for reading, review, and completion of anything applicable using your online account!

