

# Welcome to Kickapoo

## Kickapoo's Mission and Goals

1. To promote the happiness of each camper by making the camping experience fun.
2. To instill awareness of, and appreciation for, the natural environment.
3. To foster friendships among campers in an accepting and inclusive atmosphere.
4. To give campers a sense of responsibility by encouraging them to do things for themselves and for others.
5. To encourage cooperation while playing, working, and planning with others.
6. To give each camper the experience of adventure in the out-of-doors, away from technology.
7. To create a healthy atmosphere with a balanced diet, plenty of outdoor activity, and restful sleep.
8. To build campers' self-confidence through acquisition of new skills, accomplishments, and insights.
9. To develop skills for living in community and appreciation for each camper's individuality.
10. To foster each camper's capacity for self-expression in a supportive, well-balanced, and varied program.

## Why should my daughter attend Kickapoo Kamp?

The camp experience is known to add to a child's self-confidence, self-awareness, and self-acceptance. Children who attend residential summer camps develop the skills to help them adjust to college life and work as a member of a team in the workforce, while having fun. Kickapoo is proud of the camp experience that we provide for girls.

Our history and our smaller size set us apart from other private girls' camps. Limiting our enrollment to about 110 campers allows us to emphasize the "family" atmosphere we feel is so important. All campers, from age 6 to 17 know each other and all the counselors by name. Our evening activities are all-kamp activities, so all ages participate together. Relationships develop among girls of all ages, not just within the camper's own age group.

We strive to hire counselors who are wholesome role models and are dedicated to children. Over 20 activities both challenge and interest campers. Kickapoo is a place with well-maintained facilities, exciting programs, delicious home-cooked meals, and a family environment conducive to a fun-filled, learning camp experience.

Kickapoo is licensed by the State of Texas, which inspects each camp annually for compliance with the strict code of standards for Texas camps. Kickapoo is also an active member in the state camping association, Camping Association for Mutual Progress (C.A.M.P.).

Since 1925, generations of families have enjoyed the traditions and shared the memories of their summers spent at Kickapoo Kamp. This tradition has been carried on by three generations of the Ford-Findlay family who are genuinely committed to a quality camp experience for girls.

## Which summer kamp session is right for me?

In choosing the term for your daughter, it is important to keep your family's long term plans in mind. Give careful consideration to the time of summer that will work best for your family as well as the goals that you have for your daughter(s) in sending her to camp. Selecting the right term is important and is easier if you understand the commonalities and differences among our terms.

If you find there is something we haven't covered or that you have a question about, please call us any time and we'll be delighted to help you. All of the sessions will include... participation in tribe activities and tribal competition, as well as fun evening programs and themed parties. Every day except Sunday, there are five activity periods that the girls sign up for on the first full day of kamp. Every camper takes swimming and riding every day and 6 other activities every other day. If a camper doesn't want to take riding, she may choose two additional activities. There are many to choose from, and each girl has the opportunity to choose according to her interests.

### **THREE WEEK:**

The three week session provides campers the opportunity to get anything and everything they want out of kamp and is ideal for both returning and beginner campers who want the authentic kamp experience. Three week campers have more time to improve their skills in activities, participate in all of our themed evening programs, and spend a longer period of time making and maintaining friendships with their cabin mates, tribe members, and other campers. Only three week campers can qualify for our Horseshoe Club and our Turtle Club, and earn two activity charms each summer. Of course, three-week campers enjoy all of the kamp traditions, including the traditional end-of-term banquet & talent show, and the blanket ceremony in which the winning tribe is announced at a beautiful campfire ceremony.

## **TWO WEEKS:**

Two weeks is an ideal choice for girls who want the authentic kamp experience, but have other sports camp, music camp or travel opportunities that make a three week term more difficult to schedule.

We have two types of two week terms. Our first term of the summer is a two week term in which ALL kampers stay for the two week term. Term 1 is ideal for families who feel that 2 weeks is a length of term that will fit their schedule and budget for many years. Term 1 is for all kampers, ages 6-16. While Term 1 kampers miss out on a few evening activities, the two week kampers who attend Term 1 have an opportunity to run for a variety of tribe officer positions, and also get to experience the traditional end-of-term banquet & talent show, and the blanket ceremony in which the winning tribe is announced at a beautiful campfire ceremony.

We also have 2 two week terms nested within our three week terms. Within terms 2 and 3, our 3 week terms, we reserve 3-4 cabins exclusively for our one week/ two week kampers. **These terms are ideal for kampers who are not quite ready for three weeks, but want to transition into a three week term when they are older.** The two week kampers arrive for the last two weeks of the three week term, after the one week kampers leave, so they get to experience the end-of-term banquet, talent show, and the beautiful campfire blanket ceremony.

Once a kamper finishes 7<sup>th</sup> grade or turns 13, they may no longer attend our 2 week term within our three-week terms. These kampers generally transition into a three week term by the time they are 11-13.

## **ONE WEEK:**

Our one week term is a short introductory term for younger kampers who want to experience kamp life. Within our 3 week term, we reserve 3-4 cabins exclusively for our one week/ two week kampers. This "taste of kamp" is lots of fun. The one week term is ideal for girls who have not yet been to sleep-a-way camp or are not ready for a longer stay at kamp and may want to transition into a 2 or 3 week term in the future.

When they do return for a 2 or 3 week term, they will get to experience our end-of-term traditions such as Banquet, Wishboats, Blanket Ceremony, and awarding of trophies for many of our activities and Honor Camper.

One week kampers get to participate in classes alongside other 1 week and 3 week kampers and get to experience night activities, tribal competition and themed parties at kamp as well. There are a few tribe offices reserved for one-week kampers.

On opening day of each three week term, our three-week and our one-week kampers arrive. Our one-week kampers stay until Sunday afternoon, when we have a small awards ceremony and a rotation that allows parents to observe their daughters participating in some of our activities before their departure. All of our one week kampers are under 13 years of age, and the vast majority of our one-week kampers come back the next summer for a two or three week term.

Because of the brevity of the one week term and the fact that one-week kampers do not get to experience our end of term traditions, the **one-week term is not included when determining our awards for terms attended.**

## **Staying more than one term**

Kickapoo has several families who take advantage of the positive environment at kamp and enroll their daughter/daughters for five or six weeks. Twice the amount of time means twice the friends and twice the fun!! A few kampers like to attend the two-week term at the first of the summer and return for three weeks during the last of July.

If your daughter stays for two terms, there are some things that you should keep in mind as you make your plans for the time span between consecutive terms.

After our award ceremony at the end of the first term, you will take your daughter with you for some family time in the area. You may take her laundry with you if you wish to do it yourselves, or you may leave it in the designated location, and we will send it into town with the counselors' laundry. Rather than waiting in line on Monday, you may bring your daughter back on Monday morning any time after 7am. Just let us know what time you expect to return and check in at the office when you arrive back at kamp. When your daughter arrives, she will draw for her bunk and will be able to move to her new cabin.

## **Special Dietary Needs**

At Kickapoo Kamp, we dine in a family style atmosphere. Our cooks work hard to prepare well-balanced kid-friendly meals. We do not profess to be gluten-free, dairy-free, or vegetarian. We strive to have more than one source of protein at each meal.

If your daughter has special dietary needs, which are supported by a physician's examination, you will need to call the director, Laura Hodges, to discuss the details. If we cannot accommodate your daughter's needs, we would recommend that you look for a camp that serves buffet style meals.

# Getting Ready for Kamp

## CampMinder Parent Account

We are very excited about our partnership with CampMinder. Utilizing this system makes it easier for parents to access information and keep up with many of the tasks associated with sending their daughter to kamp.

Through your **Parent Account** you can:

- access all the required forms and pre-kamp documents
- verify that you have completed all of your daughter's paper work
- check on your balance and make payments
- keep in touch with your daughter while she is at kamp by viewing photos and sending emails.

You set up the parent account when you completed the application process. You can access your account through the *Parent Login* on the home page of our website.

Once logged in, you will see a variety of options available through your new account:

**Forms and Documents** – all the Pre-Kamp Information and required forms are available.

**Camper Application** – You can update information relating to your camper.

**Financial Management** - View your billing information, manage credit cards, make payments, and download copies of your statement.

**Login Details** - Change the e-mail address and/or password associated with your account.

**Online Community** - As summer approaches we will release the online community section which gives you access to photos, email, news and more!

## Preventing Homesickness

With over 90 years of experience, we've learned a few things about homesickness:

### Facts

- Mild homesickness is normal, severe homesickness is very rare.
- Campers who are most likely to experience intense homesickness are those who:
  - Have never spent time away from home before
  - Feel as if they cannot trust other people
  - Are worried about spending time away from home
  - Think that camp is going to be an unpleasant experience
  - Feel forced to go away to camp

### The best ways to prevent homesickness:

1. Include your child in planning – Your child is more likely to get homesick if they feel they are being forced to go to camp. Let them be part of the decision making process.
2. Talk with your child about homesickness – Take time out to be alone with your child in the months before kamp and talk about homesickness together. Talking about homesickness together can only make it easier for your child. For some children it helps to have family photos to look at, so it is a good idea to pack a few.
3. Plan for kamp – Show your child when kamp starts, how long it lasts, and when you will pick them up. The fewer surprises the less nervous the whole family will be. Help your child put time into perspective by “referencing time.” Refer your child to a time of similar length, for example a winter break.
4. Keep doubts to yourself – Try not to say things that will make your child worry about how you'll feel when she's away at kamp. It is better to say things like, “Of course I'll miss you, because I love you. But I know you'll have a great time at kamp,” than to say, “I don't know what I'm going to do while you're gone. I'm going to miss you so much.” The first sentence is very positive; however the second one gives your child something to worry about. Your vote of confidence will mean a lot to her.
5. Have practice time away from home – A long weekend at a friend's house, a stay with grandparents, or a one night sleep over can help prepare your child for being away from home. The key to this practice time is to make it as real as possible. This means, for example not talking on the phone.
6. Be truthful – Hiding a move or separation from your child and then doing it behind her back while she is at kamp can be devastating. Parents who do this have good intentions. They think they are shielding their kids from stress. However, when the kids return home, they are shocked with the new living situation. Worse, they become mistrustful of their parents and will fear spending time away from home.

7. Send your child a letter at kamp before the first day – Getting mail makes kids feel loved and remembered. Personal letters renew the connection with home. It’s especially wonderful to receive mail on the first day of kamp. You can arrange this by mailing the letter a few days early.
8. Do NOT make deals about early pick-ups – It is normal for kids (especially first year campers) to feel nervous and excited as kamp approaches. Some well-meaning parents will try to comfort their child by saying, “If you’re still feeling homesick after four days, I’ll come to kamp and pick you up.” This promise almost guarantees the child will get homesick. This also carries the message that you do not believe your child is capable of making it through kamp. Please do not promise phone calls, as no camper is allowed the use of a phone.

**While your child is at camp:** (There is more specific information about dealing with significant homesickness later in this document, in the section “Keeping in Touch.”)

1. Send lots of encouraging cards and letters. However in these letters please do not write things such as, “Don’t you miss me? I miss you so much I don’t know what to do.” After reading this, the child will begin to dwell on your unhappiness and will be unable to focus on having a good time herself.
2. Send a few care packages. Sending a package every day is really not necessary, nor do we advise it.
3. If you receive a sad letter from your child, please do not immediately jump into your car and head for kamp. Realize that several days have gone by since your child wrote the letter and chances are the problem or feelings have passed. Feel free to call the assistant director to check on your daughter.
4. If your child’s dog, cat, fish, turtle or other pet dies while they are away at camp, please wait until your child returns home to tell them. Please do NOT write it in a letter.
5. Check out the photos on our web page. When you write, tell your child how happy you are that they have the opportunity to be at kamp with such fun activities and that when you visualize her at kamp, it makes you happy to think about all of the fun she is having.
6. Tell yourself that your daughter is at one of the most special places on earth, making friends, having fun, and learning independence.

Acknowledgement: “The Summer Camp Handbook” by Christopher A. Thurber and Jon C. Malinowshi.

### **A special note to parents of first-time campers**

Sending your daughter to camp for the first time can be difficult for both the parent and the child. In order to ease the transition, we would like to pass along some tips that professionals as well as veteran kamp families have shared with us. The more that your daughter knows about what to expect, the less nervous she (and you) will feel about coming to Kickapoo.

1. Have your child practice being independent. Have her get herself dressed each morning. Encourage her to make her own bed.
2. Make sure your daughter knows how to take a shower, wash, rinse and fix her own hair. The counselors in the youngest cabins are great about helping, but campers always feel better when they can do it themselves.
3. Allow your child to keep up with her own belongings, and encourage them to pick up after themselves.
4. Show your daughter how to fold her clothes and how to organize them in her trunk.
5. Allow her to serve herself at the table and cut up her food for herself. Make sure your daughter knows how to address an envelope. We strongly suggest sending along pre-addressed stamped envelopes. This will also increase the likelihood that you will get some letters!
6. Find out if your daughter has any specific concerns about coming to kamp. Address her concerns.
7. Feel free to call us if we can answer any questions or assuage any fears.
8. Let your daughter know how excited you are for her to come to Kickapoo and what you hope she will gain from this experience.

### **What to pack for Kamp** (adjust for one- week campers.)

**Uniforms:** Kickapoo Kamp does require a special camp uniform for Sundays and closing activities. We want Sundays to be different from other days, so campers wear green camp shorts with a camp T-shirt. They are ordered prior to May 1 and are paid for separately.

**Trunks:** Do not bring over-sized trunks. Standard trunks (no wheels) or footlockers (about 13” high, 36” in length) will be allowed in cabins. Others must be stored. Bring musical instruments, radios, CD/MP3 players, costumes, special attire for our parties, or anything you think might add to your comfort or to the attractiveness of your cabin. One large fan is furnished for each cabin. In the interest of safety, no irons are permitted in camp.

**Book Donation:** For many years it has been the custom of each camper and counselor to bring one good book for the camp library. This is not required, but if you do bring a book, please Write your name and date in the book.

**Valuables:** Campers are requested to leave valuables at home. They are not needed at camp, and the camp cannot be responsible for any items left or lost by campers.

## Packing List:

Below is a suggested list of needed clothing and equipment at kamp.

This list is appropriate for a 2 or 3 week stay. One week campers can adjust quantities accordingly. **All belongings should be well-marked.**

- 10 shorts, any color
- 10 shirts, any color
- 3 pair blue jeans
- 2 bathing suits
- 1\* cap or hat (**available for purchase at Kamp**)
- Pajamas - to suit the individual
- Underwear - to suit the individual
- 4 twin size sheets and 2 pillow cases
- 1 pillow
- 1 inexpensive sleeping bag
- 1 bedspread, if desired
- 2-3 beach towels
- 4 bath towels
- 2 laundry bags (**available for purchase at Kamp**)
- 4 wash cloths or a loofa
- 1 pair tennis shoes
- 1 Pair cowboy boots or equestrian riding boots (REQUIRED FOR RIDING)
- 1 casual outfit for banquet night (2 & 3 week campers only)
- 1 pair flip flops
- 1 pair water shoes that will stay on while playing/running
- 1 flashlight (**available for purchase at Kamp**)
- 1 water bottle (**available for purchase at Kamp**)
- 1 6 to 8 inch clip-on electric fan - (must have clip-on and may not be larger than 8 in.)

Aerosol spray cans of insect repellent are not allowed in the cabins.

We recommend insect repellent wipes.

**For a more extensive list, developed by one of our seasoned campers, Carson, please click on the link below.**

[Put link to PDF of Carson's list here.](#)

**For a printable checklist of items appearing on this list, click here.**

[Put link to printable list here](#)

## **What NOT to bring or send to Kamp**

(They will be confiscated and due to lack of storage space, will not be returned, except for expensive items such as cell phones and iPods)

- Cell phones or two-way radios
- Digital cameras- (see [Digital Cameras at Kamp of this document](#))
- Computers
- Personal DVD players
- iPods with video or internet capability
- Personal game systems with video or internet capability
- DVD's
- Food, Beverages, Candy or gum
- Money
- Silly string-impossible to get out of screens
- Water balloons
- Permanent markers
- Aerosol bug repellent
- Fireworks
- Knives
- Expensive jewelry
- Expensive clothing
- Parental-advisory music or video games
- Shelf or drawer unit for storing clothing
- hair dye/color

- Any other item that your good judgment tells you has the potential to cause a mess or property damage in a camp setting.

**A note about electronics:** We want the girls to be able to listen to appropriate music in the cabin. We know that electronic MP3 devices and personal game players have a place at rest hour. We are asking that you not send personal DVD players or bring movies for electronic devices such as PSP and that you **take all videos off of your MP3 players.** In addition, any device with internet access or the ability to chat across the room, such as I-touch or Nintendo DS, is also prohibited. It is impossible for us to keep up with all of the technology that comes out, but suffice it to say that we want you to have the ability to listen to music and play a personal game, but anything else is not allowed. Kamp is a great time to get away from the world of technology.

**Please understand that it is not possible for us to list every item that may create a problem or has the potential to cause property damage. The final decision about the suitability of an item lies with the director.**

## **Summer Night Activities**

Each day at kamp is lots of fun, and the nights are a blast! Each year we select a theme for the summer, and we plan our evening activities according to the theme. The theme is revealed during January and February, and the kampers who attend Kamp pizza parties are the first to find out what the theme is. Once revealed, descriptions of the major parties are posted on our website home page under a link for "Summer Night Activities." Many kampers bring costumes from home and look forward to dressing up, while some kampers visit the *Costume Room* and create their look on the day of the party.

## **Ordering Kamp uniforms and tribe shirts**

**NEW Kampers** – All new kampers are **REQUIRED** to have a uniform (Kickapoo t-shirt and shorts) and tribe shirt. The order form is posted in the "Forms and Documents" section of your parent account, which you can access through the *Parent Log-in* on the home page of our website, and the charge is automatically billed to your statement. The uniforms and tribe shirts are delivered during the first 2 days of each term.

**RETURNING Kampers** – Kampers who need new uniforms may order them as well. The order form is posted in the "Forms and Documents" section of your parent account, which you can access through the *Parent Log-in* on the home page of our website, and the charge is then billed to your statement. The uniforms and tribe shirts are picked up during the first two days of each term.

Be sure to select the correct quantity and size:

**One Week** – One uniform shirt, one uniform shorts, and one tribe shirt

**Two and Three Week** - Two uniform shirts, two uniform shorts, and one tribe shirt

## **Trading Post Account**

Throughout the term, kampers have opportunities to shop in the "Trading Post" for items such as water bottles, laundry bags, "sit-upons," flashlights, batteries, stationery, stamps, forgotten toiletries, T-shirts, sweatshirts, etc. Many of these items can be viewed or pre-ordered through our online store.

One Sunday of each term, the girls may make a donation of up to \$3 to a regional Children's Home. The money that is donated goes to help children who do not have the same advantages as our kampers.

Each day, after rest hour, kampers have the opportunity to select one beverage from the cold beverage machines. There is a selection of drinks ranging from soda to PowerAde and water. \$0.75 is charged to the kamper's Trading Post Account for each beverage that she selects.

All of these purchases and donations come out of the kamp store deposit. Each kamper has an account sheet with the deposit made by parents and records each purchase the kamper makes. The balance of the account is returned to the parent at the end of the term. There is a minimum deposit amount **included on your statement.**

**No cash is used at kamp.**

## **Flying to Kamp**

Some kamp families prefer for their child to fly to kamp. If you would like this option, please select a flight that arrives in San Antonio between 12 and 2pm. Then, contact *Hill Country Limousine Service* directly at (830) 896-1429 to arrange for your daughter to be met at the airport and driven to kamp. They will provide you with all of the necessary information and forms that are required. All costs associated with transporting your daughter from the airport to kamp will be paid directly to Hill Country Limousine Service.

In most cases, it is possible to coordinate the arrival of your daughter's flight with that of other kampers, and doing so can save you money. If you cannot find a flight that arrives between 12 and 2, please contact Laura. Please let us know that your daughter is flying, so we know when to expect her.

## What to expect on Opening Day

Opening Day is better if you know what to expect. We hope the following information is helpful to you.

**WHEN TO ARRIVE:** You should know that although the check-in procedure does not start until 1:30, the line of waiting cars may be very long by that time. Many kampers are very excited about being at kamp and want to be here early to see friends, get their bunk assignment, and get settled. We check kampers in as quickly as we can, but the wait can be long. We usually have all kampers checked in by 2:30ish, so if you don't like to wait in line, come about 2:30! We do ask that you arrive no later than 3:00 though, so we can start our afternoon activities in a timely manner.

**HOW IT WORKS:** As you arrive, line up on the road by the green building and wait near your car until a staff member comes to you with instructions. Please do not unload or allow your daughter to leave the immediate area while you wait in line or get into another family's vehicle during check-in. **KAMPERS ARE NOT ALLOWED TO GO UP THE HILL TO THE CABINS UNTIL THEY HAVE COMPLETED THE CHECK-IN PROCESS WHICH INCLUDES THE FOLLOWING:**

### **CHECK-IN:**

- BUNK TICKET:** When you get to the front of the line, one of our executive staff members will welcome you and give your daughter(s) a Bunk Ticket with her cabin name on it. She will be asked to get out of the car and go to a nearby table where she will draw a number that corresponds to a bunk number in the cabin. We will record her bunk number for our records and write her bunk number on her bunk ticket. Your daughter should hold on to the bunk ticket until she arrives in the cabin, at which time she will give it to the counselor in the cabin. Please note that kampers may not draw a bunk in advance for a friend who has not yet checked in, and kampers may not jump in line to check in by joining friends in a different vehicle other than the vehicle in which they made the trip to Kamp. **After your kamper finishes at Bunk Draw, she should get in line at the Band-aid.**
- TRUNKS:** Trunks and other large items will be marked with your daughter's cabin assignment by a staff person and unloaded by our workboys.
- PARK:** While your daughter is in line at the Band-aid, please park your car on the playing fields on the far side of the tennis courts. You can unload any remaining items from your vehicle when you park, or you can go back to your vehicle after you are finished getting fitted for a helmet. After you park, meet your daughter in line at the Band-Aid.

**Please be sure to do ALL of the following IN ORDER before leaving your daughter at Kamp.**

### **BAND AID**

- After Bunk Draw, your daughter needs to get in line at the Band-aid, and you may join her after parking the car. When she gets to the picnic table outside the Band-aid, she will get her temperature taken. If she has a fever, she will not be able to stay at kamp.
- If you have any Over-the-counter medicine that you are leaving for your daughter, you will need to turn in a form for each medication at the picnic table. If you did not bring forms with you, we will have blank copies for you to fill in.
- If you have any prescription or non-prescription medicine, give it and the corresponding forms to the attendant when you get inside the door of the Band-aid.

**NOTE:** The state requires that any prescription medications to be **ADMINISTERED DURING KAMP BE IN THE ORIGINAL CONTAINERS WITH THE KAMPER'S NAME AND THE DOCTOR'S INSTRUCTIONS ON THE LABEL.** We are **only able to dispense prescription medication according to the original directions** printed on the prescription bottle. If you are sending prescription medication to Kamp for your daughter to take during her stay at kamp, please **make sure that you have carefully entered the information about each prescription medication on page 5 of the Health History form.** We log these treatments digitally, therefore we require that parents enter that information prior to opening day.

- Then have your daughter get in line to get her head checked for lice. After the kamper gets her head checked, she will get a "Helmet Ticket." (If lice or nits are discovered on your daughter's head, you will need to take her with you for treatment and may not return to kamp until she is free of lice and nits.)
- If you need to talk to the First-Aid Attendant, please wait in line with your daughter and speak with the First -Aid Attendant

### **ACTIVITY SHED**

- Take the "Helmet Ticket," and get fitted for a RIDING HELMET.**  
\*\* If your kamper is not riding or has her own helmet, please inform the counselor at Helmets.\*\*

- CABIN** - Here you can meet one of your daughter's counselors. Your daughter will get her bunk. Men are not allowed in the cabins, so if the kamper has a dad or other important male bringing her to kamp, we will get a counselor or Pawnee to help the kamper. If this policy presents a problem, please make a request for special circumstances in advance.

- NEW 2 and 3 week kampers:** Get dressed for Riding and Swimming Placements. Parents may accompany their kampers. We ask that you complete the Riding and Swimming Placement Activity **before** getting your daughter settled in her cabin. (Helpful Hint: Pack a pair of jeans and a bathing suit at the top of your trunk or pack it separately in one of the items you will carry to the cabin yourselves.)
  - Riding Ring:** Here, new 2 and 3 week kampers will have an opportunity to meet a riding kounselor and demonstrate her riding ability and comfort level with horses. Don't worry if your daughter doesn't have much experience. We have lots of beginners!
  - Waterfront:** Here, new 2 and 3 week kampers will meet with a swimming kounselor and demonstrate her swimming skills

and comfort level with swimming in Turtle Creek.

- NEW 1 week kampers:** We find that most of our 1 week kampers are placed in beginning riding and swimming classes, so it is NOT necessary for them to be assessed on opening day. If your daughter meets the following requirements, please make sure she completes Riding and Swimming Placement Activity.
  - She has been enrolled in riding lessons on a regular basis for several months, and/or she owns her own horse and rides routinely.
  - She swims frequently and knows 3 or more of the strokes taught by the American Red Cross. (front crawl, back crawl, breast stroke, elementary back stroke, butterfly, side stroke,)
- Counselors will help kampers get settled/ unpack. Mothers or other females who have accompanied the kamper at check-in may help with this process.
- SAY GOOD BYE!** Give your kamper a big hug! Our goal is for all parents to **depart by 3:30**. Remember to tell her that you are excited for her and that you hope she has a blast. She will spend the rest of the afternoon involved in activities with her cabin, and tonight each new kamper will find out if she is a Cherokee or Choctaw. At tribal meetings, tribe officers will be elected and cheers will be learned. Our first kamper-only activity begins between 4 and 4:30p.m.

\*After check-in, all of this should take less than 2 hours!\*

## Keeping in Touch during Kamp

### Kamper Mail

Kamper mail is delivered to and picked up from Kickapoo daily. Address kamper letters to:

**Kamper's Name, Cabin Name**  
**304 Upper Turtle Creek Rd.**  
**Kerrville, Texas 78028**

Mail from home and friends is essential to a positive kamp experience. Nothing takes the place of a handwritten letter from a loved one. We suggest you mail the first letter the week before the kamp term starts so that your daughter receives mail at the very first mail call! Don't worry that you do not know the name of her cabin yet; we will still make sure that she gets it.

### Packages

Packages are especially treasured by our kampers, but please avoid sending an item on the "What **not** to Bring to Camp" list. These items will be confiscated, and due to lack of storage area, they cannot be returned. We suggest that you limit packages to no more than 1 per week, including packages from relatives and friends. A large number of packages could interfere with your daughter's involvement in kamp activities.

**Please be aware that we will not be able to allow families to leave packages at kamp to be delivered on designated days during the term.** Unfortunately, we just do not have the space required to store these packages securely. If you need to mail a package in town for a quick delivery, there is a 24 hour self-serve automated postal center at the post office in Kerrville. Also, both FedEx and UPS deliver to kamp!

### Faxing for International kampers

Kamp families are responsible for all fax expenses of their kamper. All incoming faxes are charged at a rate of a \$1 for the first page and 50 cents for each page after that. Only international kampers may send outgoing faxes. The charges will vary by country, and this option is only available on a limited basis.

### Emails, Photos and Daily News from Kamp

Thanks to our partnership with **CampMinder**, kampers may **receive emails** while they are at Kickapoo.

Once the summer begins, you will be just a few clicks away from the latest Kamp news and photos and the new system to email your kamper.

When you enter your account via the "Parent Login" on the Kickapoo website, the "**Online Community**" section will move to the top of the page and include a number of new icons to help you stay in touch this summer.

**In the Online Community section, click on:**

#### **Email**

Write the email and select your recipient(s) in the email program, and then add a game or stationary to give it some pizzazz. Each email recipient, as well as a game or stationary, costs one *CampStamp*, the currency for the email section.

Parents can purchase *CampStamps* for personal use or to share with family and friends. A credit card must be on file in the "Credit Card for Email & Photos" section of the Online Community to buy *CampStamps*:

10 CampStamps \$10.00

15 CampStamps \$14.00  
20 CampStamps \$18.00  
30 CampStamps \$25.00

### **News**

From favorite meals to the evening activity, you can read about the daily adventures at Kickapoo!

### **Photos**

You can view daily photos of Kamp life to get a glimpse of memory-making in action. Select favorites to email to your kamper (They will be printed in black and white) or purchase downloaded photos, prints, or gift items.

A credit card must be on file in the "Credit Card for Emails and Photos" section to make any purchases.

### **Cart**

You can purchase prints, downloaded pictures, or photo gifts.

### **Guest Access**

If you want the grandparents or other family members to see the pictures, read the news, or send emails to your kamper? "Guest Access" enables you to grant access to the areas you choose.

All it takes is clicking on the "Guest Access" icon, and entering the name and email address of those to be invited, as well as the sections of the "Online Community" you want them to see. The guests will receive an email with a link to create a special account for use in the summer.

Guests must also have a credit card on file in "Credit Card for Emails and Photos" in order to purchase any photos or *CampStamps*.

### **Credit Card for Emails and Photos**

Both parents and guests enter their credit card information for CampStamp and photo purchases. Your information is stored via the secure site.

### **Telephone**

Kickapoo has one telephone line for business purposes. Phone calls to kampers are not allowed, and kampers do not have access to a phone to call home. If you want to check on your daughter, you are more than welcome to call the office. The assistant director will be happy to answer your questions and check with your daughter's cabin counselor and the first-aid attendant if necessary. Please feel free to call as often as it takes to make you feel comfortable with your daughter's camp experience.

### **Digital Cameras at Kamp**

Kickapoo Kamp does not allow our kampers to bring digital cameras to kamp. This policy includes any device that captures digital photos or video, such as the video Nano and the iPod touch.

Specifically, we are concerned with how and when digital photos are taken with digital cameras. As you know, before digital photography, film had to be developed in a photo lab. This step put serious limits on anyone who thought of taking inappropriate photos. Today, photos can be taken and loaded on the Internet for the world to see in just a few minutes.

For example, a compromising photograph taken by one kamper of another, such as someone in the shower or getting dressed, may begin as a prank. But once that photo makes its way onto the Internet, it will become a nightmare for the parents, the child and the camp.

Kickapoo Kamp staff will continue to take photographs during many group activities and post them to our website so you can enjoy seeing your daughters and other kampers. The girls can bring disposable cameras, 35mm film cameras, or Poloroid cameras that do not have a digital backup.

We feel that our policy helps to create a positive camping experience. As you know that experience is based on the friendships our kampers make, the activities they participate in and the bonds they share.

### **eReaders**

Due to the popularity and convenience of e-readers, we are going to allow e-readers such as Kindles and Nooks with the following guidelines.

- The primary purpose of the device must be to read books (NO iPads or Tablets).
- The device must not be equipped with 3G or 4G capabilities.
- The device must not have a camera
- The e-reader must come to kamp pre-loaded with all books that the kamper plans to read while at kamp.
- The e-reader must stay in the cabin, in the kamper's personal area.
- The kamper is responsible for the security and care of her e-reader.
- The kamper will be asked to sign an oath stating that she will only use the e-reader to read books.

We hope this policy is helpful to our campers who love to read during rest hour and before lights out. Please know that our intent in restricting the use of the e-readers is to maintain the camp experience as one that helps us escape from the “real world” and enjoy living in community and appreciating the great outdoors.

### **Handling Homesickness**

Imagine this: It’s been 3 days since you dropped off your daughter at camp. You get a letter from her saying, “I hate it here! I miss you soooooo much! There are bugs! It’s hot, and did I mention that I miss you? All I want to do is give you a great big hug! PLEASE COME GET ME!!!!!! PLEASE!!!!”

Now what?

First of all, take a deep breath and realize that it’s quite normal for campers (and counselors) to experience some degree of homesickness during camp. Most campers write letters during rest hour or before bed, which are times that campers tend to experience the most homesickness. While there can be moments when homesickness arises, these are rarely evidence of a true dislike of camp. Typically, these feelings are infrequent throughout the day, and will go away after a day or two. Usually by the time you receive these letters, she will most likely be just fine.

**If you do receive a homesick letter, please take a moment to write a very positive and encouraging response.** An email is the most expedient choice. Tell your daughter that you are confident in her ability to cope with her new adventure and that you are proud of her. Tell her that you understand her feelings, and share a story of a time that you felt the same way! Ask her about camp, her activities, her counselor and friends. And, remember not to tell her you miss her or cannot wait for her to come home.

Here is a sample of a great letter a real parent wrote:

Dear Susie,

*I just spoke with Myrtle/Aimee from Kickapoo. She said that she promised you that she would call me and tell me everything you told her and how you hoped I would pick you up from camp. She told me that you are homesick and that you cried because you miss me so much. My heart is very sad that you’re feeling this way and I want you to know how much I love you and that I will always love you.*

*Also, you need to know that I totally understand how you are feeling. Although I didn’t go to camp, I did leave my family and friends for several months when I backpacked around Europe! I missed my mom, dad and friends so much. But I decided I had a choice – I could either swallow my homesickness and make a huge effort to enjoy things, or I could give up and go home. I realized that if I did go home, I would never get to experience what it felt like to conquer my fears and meet new friends, try new things, and see exciting places.*

*I’m not going to pick you up. You are a strong, independent, fun loving, kind girl. You will get through this and I am SURE that within a day or so, you will love every second of camp. Remember - the best way to get over feelings of homesickness is to stay as busy as you can. Try every activity that you can and remind yourself that this is such a wonderful opportunity for you.*

*Plus, it is HOT (much hotter than at Kamp) and boring right now here. Most of your friends are away and you’d be bored silly if you were here.*

*I’m also so thrilled that you’ve been able to try Canoeing. Did you enjoy that? Please let me know every fun activity you do and all about your new friends and counselors you’ve met. I promise to write you every day. You will have a whole slew of letters coming! Be strong, have fun and know that I am so very proud of you and love you very much!!!! Now...chin up, big smile and get to your next activity! I will see you on closing day.*

*I Love you,  
Mom*

**Of course, you are welcome to call our office to check on your daughter’s progress.** We strongly discourage a phone conversation with your camper, as this can often make the homesickness worse.

**Think of camp as a learning experience.** Sending your child to camp offers a wonderful opportunity for both you and your child to practice “letting go.” Learning to let go allows children to develop autonomy and a stronger sense of self, make new friends, develop new social skills, learn about teamwork, be creative and more.

## **Kamp-Life**

### **Cabins**

Each cabin is self-contained with a central area for the bunk beds and separate rooms for the sink, shower, and toilet. The cabin for our youngest campers houses 6 girls with 2 counselors while the others hold from 8 to 12 campers with 2 counselors. Each cabin has a large fan, but air-conditioning is not available at our facility. Our evenings are cool and days are comfortable so it is not really necessary.

Kampers are placed in cabins by grade or age. A kamper can request to be in the same cabin with a friend as long as they are in the same grade or are the same age. Please make this request in writing on the application, or email the director. Final responsibility for confirming cabin request confirmation lies with each kamper's parents. Kickapoo tries to meet every request, but the director makes the final decision.

## **Age Divisions**

There are three age divisions at Kickapoo. These divisions are used for competitions as well as honors. When a kamper moves into a new age division, they must once again earn all honors such as firefighter and club membership.

The age groups are as follows:

Junior-Juniors	10 and under
Juniors	11-12
Seniors	13 and up

## **Tribes**

All kampers are divided into two tribes at Kickapoo – the Cherokees and the Choctaws. New kampers are inducted into their tribes on the first evening of kamp. Kampers who have relatives who have attended Kickapoo will be placed in the same tribe as their family members. We try to honor parent requests if made in writing.

Each tribe elects officers as follows:

Seniors-chief, medicine man, scribe, assistant scribe, head scout, and 2 senior scouts. (7 total)

Juniors- 2 junior scouts

Junior- 2 junior-junior scouts and one mascot (the youngest member of the tribe)

During the term, the youngest kampers and the oldest kampers are paired as “big and little sisters.”

Holding an office in the tribe and being a “big sister” to a younger tribe member are two of the ways that Kickapoo helps build leadership capacity in our campers.

The competition between the tribes is a friendly rivalry. The girls compete in sports, relays, and table manners. Competitions take place within each age division.

Each week the tribe with the most points for that week is awarded the privilege of flying their flag under the American flag for the week. At the end of the term, the winning tribe is awarded the Blanket.

In order to increase the fun factor at kamp, there are two other tribes at kamp. The Pawnee tribe consists of our kampers in leadership training. These girls are no longer kampers and are learning the leadership skills that will help them to become outstanding counselors. The Mohican tribe is for the counselors. Pawnees and Mohicans are not eligible to win the Blanket (but don't tell them that!)

## **Honors and Awards**

### **Firefighter**

A Firefighter is chosen because of her ability to put others first and her enthusiasm for participation and inclusiveness. The highest honor at kamp is that of Firefighter. Firefighters for each age division are selected by the staff each week through a voting process.

At the end of the term, the Honor Camper Trophy is awarded to the junior-junior, junior, and senior firefighter who receives the most counselor votes.

### **Clubs**

Swimming and Riding are the most popular activities at Kickapoo. In order to recognize the kampers who are the best among their peers, we have clubs in each age division for 2 and 3 week kampers.

2 week kampers are eligible for the Swim Club and the Ride Club for their age division. Kampers are selected to become members of the club based on their performance in class, compared to others within their age group. Kampers who are selected as the new members of the Swim Club and Ride Club receive a charm with an “S” or an “R” in their awards envelope.

3 week kampers are eligible for the Turtle Club and the Horseshoe Club for their age division. There is a process in which kampers have an opportunity to try-out for the clubs by showing their knowledge and prowess in comparison with their peers. Kampers who are selected as the new members of the Turtle Club and Horseshoe Club receive a charm with a turtle or a horseshoe in their awards envelope.

### **Ribbons**

Each kamper is awarded ribbons based on her performance in Sunday's swim relays as well as her participation in her classes/activities. These ribbons are placed in each kamper's awards envelope.

## **Signing up for Activities**

Each kamper signs up for the individual activities that interest her. On arrival day at kamp, new kampers go to horseback riding and swimming for an evaluation of their skill level. These activities are scheduled for each kamper based on the evaluation. If it is later determined that the placement is wrong, the appropriate change will be made. The first morning of kamp is devoted to selecting the remaining activities. Classes meet every other day except for horseback riding and swimming, which meet every day. With five classes per day, each kamper can select six other activities. Note: Kampers have the option of taking horseback riding every other day or not at all. This would increase the number of other activity selections available.

Two week campers who attend Kickapoo during a 3 week term will sign up for their activities on the afternoon that they arrive. As each girl is settled and her parents have departed, she comes in to Lodge to sign up for her activities.

## **Birthdays at Kamp**

When a kamper has her birthday at Kamp, it is lots of fun! The whole kamp sings "Happy Birthday" to the birthday girl, and she is given a tiara to wear throughout her special day. After lights-out, she and her cabin come down the hill for a birthday party – complete with decorations, cake and ice cream hosted by the executive staff with the support of the Pawnees (when possible). Her photo is taken in the morning when she gets her tiara, as well as during her party. We post these pictures on line so the birthday girl's adoring fans at home can see her on her special day.

Parents may send gifts for their daughter to open at the party. Please indicate that this is your preference by writing "Hold for Birthday Party," on the outside of the package.

## **Trading Post/ Beverages**

Each day, after rest hour, kampers have the opportunity to select one beverage from the cold beverage machines. There is a selection of drinks ranging from soda to PowerAde and water. \$0.75 is charged to the kamper's Trading Post Account for each beverage that she selects.

## **Typical day**

A Typical Daily Schedule at Kickapoo can be seen below. Sundays are different in that there are no classes. Sundays include a longer cabin clean-up time, a non-denominational church service (or mass for Catholic kampers) and an evening Vesper Service.

7:15	Wake-up Bell
7:40	Flag Raising
7:45	Breakfast
After Breakfast	Cabin Clean-up
8:45	Head to 1 <sup>st</sup> period Activity
9:00-9:45	1 <sup>st</sup> Period Activity
10:00-10:45	2 <sup>nd</sup> Period Activity
11:00-11:45	3 <sup>rd</sup> Period Activity
12:30	Lunch
1:30-2:00	Song Practice & Mail Call
2:00-3:30	Rest Hour
3:30-4:00	Cold Beverages/Packages
4:00-4:45	4 <sup>th</sup> Period Activity
5:00-5:45	5 <sup>th</sup> Period Activity
6:30	Dinner
7:30-9:00	Evening Activity
9:00-10:00	Get Ready for Bed
10:00	Lights Out!!

## **Your Kamper's Health**

### **First-aid Attendant**

Kickapoo has a first-aid attendant living on-site while kamp is in session. She is certified by taking a class through the Red Cross in line with the Texas Department of State Health Services' rules and regulations. The First-Aid Attendant organizes and dispenses all kamper medications, including PRNs, over-the-counter remedies and vitamins. In addition, she cares for kampers who have a minor injury or a temporary illness, checks for lice, and inspects cabins for cleanliness. If a kamper has a more serious injury or illness, the First Aid Attendant will transport the kamper to the doctor with whom we have a partnership or take her to the hospital, which is less than 8 miles away. Of course, in case of an emergency, we will call 911.

The first-aid attendant will contact you if your daughter has to spend the night in the Band-aid, if she needs to see the doctor, or if she receives any medical attention outside of kamp.

## Medication

The state requires that any prescription medications to be ADMINISTERED DURING KAMP BE IN THE ORIGINAL CONTAINERS WITH THE KAMPER'S NAME AND THE DOCTOR'S INSTRUCTIONS ON THE LABEL. We are only able to dispense prescription medication according to the original directions printed on the prescription bottle. If you are sending prescription medication to Kamp for your daughter to take during her stay at kamp, please **make sure that you have carefully entered the information about each prescription medication on page 5 of the Health History form.** We log these treatments digitally, therefore we require that parents enter that information prior to opening day.

Our first aid station, the Band-aid, is stocked with commonly used over-the-counter medication such as children's and adult strength Ibuprofen, Acetaminophen, Robitussin, Pepto-Bismol etc., but if your child requires specific medication, please give these to the first-aid attendant during the check-in procedures. Any instructions concerning over-the-counter medications must be in writing and presented to the first-aid attendant. The forms for instructions regarding over-the-counter medication are available in the kamper health history section under forms and documents. We will also have forms available outside the Band-aid during check-in.

While you are welcome to send over-the-counter medicine for your daughter to use on an as-needed basis, please know that we stock most of these medications.

Here's a note from the American Camp Association about the use of long-term psychotropic drugs (Ritalin, Adderall, Concerta, etc.):

"Children should avoid elective interruption of these medications while in a camp environment. Most children treated with medication for behavioral or emotional problems benefit from continued use of medication at camp. Learning new skills, listening, following directions, building relationships, and having the same opportunity for success is paramount for these campers."

## Special Dietary Needs

At Kickapoo Kamp, we dine in a family style atmosphere. Our cooks work hard to prepare well-balanced kid-friendly meals. We do not profess to be gluten-free, dairy-free, or vegetarian. We strive to have more than one source of protein at each meal.

If your daughter has special dietary needs, which are supported by a physician's examination, make sure that you have contacted, Laura Hodges, to discuss the details well in advance of your daughter's arrival at kamp. Additionally, please make sure that the information is included in the camper's health history and that you discuss any issues with the First-Aid Attendant on opening day.

**If your daughter has a food allergy it is important that you educate her about what foods to avoid, symptoms of the allergic reactions, and how and when to tell an adult about a possible allergic response.**

## CPR

All of our counselors receive CPR training during Pre-kamp training.

## Preventing Lice

Your child's health and safety is our number one concern. To inform ourselves about the facts regarding head lice, we have checked with the National Pediculosis Association, Inc., and the Centers for Disease Control and Prevention (CDC). We are following their guidelines for treatment and prevention of future outbreaks.

We urge all families to check their daughter for lice within 24 hours of bringing her to kamp. This is the best way to prevent the spread of lice at kamp. If you find and treat your daughter for lice, please inform the first-aid attendant so that she can follow up. Some parents may choose to shampoo their daughter's hair with preventative shampoo or use a professional service prior to her arrival at kamp.

As part of the check-in process day on opening day of kamp, each kamper's head will be checked. If it is determined that your daughter has nits or lice, the parent will need to take the kamper home, or into town for treatment. After she is free of nits and lice, she may return to kamp and complete the check-in process.

Please educate your daughter about the risks of sharing brushes etc. Head lice can be spread whenever there is direct contact of the head or hair with an infested individual. Lice can also be spread through the sharing of personal articles like hats, towels, brushes, hair ties, etc. Please know that head lice do not jump or fly and generally cannot survive longer than 24 hours off the host.

We anticipate that we have the situation under control.

## Required Health Forms

The required health documents are available in your Parent Account. When you enter your account via the “Parent Login” on the home page of the Kickapoo website, click on “Forms and Documents.” At the top of the page you will find all of the necessary forms for the summer.

**Camper Health History** – this online form is to be completed or updated each year.

This is the parent health history document and includes places to enter insurance information, allergies, any **prescription medications**, etc. in addition to the health history. All information is entered **online** and can be updated at any time. **You may enter information about your daughter’s immunization history here. If you do so, it will carry over to the next year. If not, you will have to fax back an Immunization Form each year.**

**Physician’s Examination and Immunization** – print the forms and fax in

We are aware that insurance companies require you to wait 365 days before paying for a new physical, but our policy is that the physical should be completed within 3 months of your daughter’s arrival at kamp. Walk-in clinics can offer an inexpensive option if you find yourself in this situation. Waiting until the last minute can make it difficult to get an appointment.

**Don’t forget to go to the web site to download and print the Physician’s Examination form and the Immunization form.**

We have a system for submitting these forms - **Faxback**. Print the “Physician’s Examination” and the “Immunization” form and take them to the doctor’s office. After it is filled in, **fax it to (866)326-5319**, and it will update to your daughter’s file automatically. Again, the parent may complete the immunization record in the Health History (which will roll over each year that your daughter comes to kamp) **OR** use the form and fax it to number. The unique barcode on the documents links the information to your kamper. Please do not take a picture of the form and email it to us. It must be faxed in with the barcode on the front page or scanned and saved as a PDF and emailed to us.

**If your physician does not complete the form printed from your Parent Account, you will still need to print the form and use as the first page when faxing each document.**

### **Insurance**

We have a camp insurance available with 100% coverage up to \$3,500/accident and \$1000/sickness at a nominal cost. If you choose this coverage, you won’t have to worry about co-pays associated with your own family insurance. If you choose not to take this insurance, deduct the fee from your statement, and we will have the doctor or hospital bill you directly in case of accident or illness

### **Visiting the doctor/ hospital**

If a kamper has a serious or persistent injury, illness, or condition the First Aid Attendant will transport the kamper to the doctor with whom we have a partnership, or take her to Sid Peterson Hospital, which is less than 8 miles away. Of course, in case of an emergency, we will call 911.

### **Meals at Kickapoo**

Mealtime is a favorite time of day at Kickapoo. EVERYONE gathers in the dining hall at the same time for breakfast, lunch, and dinner. It is a time for conversation and connection, and a time for eating delicious kamp food. Kampers and kounselors enjoy listening to and participating in lively discussions during the meal and singing songs during dessert after lunch and dinner.

We change tables each week by drawing table numbers as we enter the dining hall. This random grouping allows kampers and kounselors to meet new people who may not be in their cabin or classes. Seven to ten kampers sit at a table with one-two kounselors. The kounselors reinforce table manners such as chewing with mouth closed, placing napkins in lap, proper use of utensils, posture, passing food to the right, and consideration of others. All meals are served by our table-aids, senior kampers who are selected for this leadership position.

We always have questions about the food we serve. We are not the best choice for girls with serious food allergies or food-related medical conditions or vegans. Kampers with dietary allergies or preferences, such as eating a gluten-free diet, or being lactose-free can probably manage without too much trouble. If a kamper has special dietary needs, a discussion with the director is advised.

Please read the description of the food we serve to make sure that your daughter will be able to eat a balanced diet while at kamp. We encourage you to look at the **sample menu** to determine if Kickapoo can meet your daughter’s nutritional needs.

We serve three high-calorie meals a day and do not have snacks. We find that kampers eat heartily at meals when they don’t have snacks. Breakfast consists of two courses. The first course is cereal and milk. Almond milk is available for those who are lactose intolerant or have a milk allergy. Some examples of the cereals that are served are Honey-Nut Cheerios, Lucky Charms, Captain Crunch, Froot Loops (1 type is served each day). The second course includes a protein such as eggs, bacon, or sausage, and a bread item such as pancakes, biscuits, tortillas, blueberry muffins, or rolls. Yogurt is also available. Fresh fruit or juice is served at every breakfast.

Lunch and dinner are somewhat interchangeable. We serve one entrée, one side dish with starch such as potatoes, macaroni and cheese, or rice, one vegetable dish, a salad, and one bread item such as rolls, tortillas or buns. After both lunch and dinner, dessert such as cake, ice cream, cookies, cobbler, or pudding is served.

After rest hour, there is a time during which kampers can get a beverage such as soda, sports drink, lemonade, or water if they so choose. The cost of the drink is deducted from their Trading Post (camp store) account.

On Saturday and Sunday nights, we serve buffet style. Either barbecue on a bun, lunchmeat and cheese sandwiches, hamburgers, or hotdogs are typically served. Options that are included in each buffet are peanut butter and jelly (mixed together), tuna salad, pasta salad, watermelon, and punch.

**A special note about vegetarians** – If there is not a meatless selection that can provide protein at a meal, we have a microwaveable protein substitute to serve vegetarians. These are frozen items such as black bean burgers or “chicken” nuggets.

## Picking up Your Daughter from Kamp

**Closing Activities for ONE WEEK KAMPERS** (Not to be confused with term one kampers who are at kamp for two weeks)

While we do not have any formal closing activities for our one week kampers, we invite parents to arrive **Sunday between 1:00 and 1:30**. Kamper's belongings will be in the activity shed, organized by cabin. Starting at around 1:10, a cabin counselor will be in the activity shed to help you locate all of your daughter's things. The first-aid attendant will also be there to return all medication that was dropped off. You may load your daughter's belongings before the kampers come out of lunch, or you may load them after greeting your kamper. At about 1:30, you will get to experience our tribe pep rallies. Following the pep rallies, you can greet your kamper and pick up your daughter's envelope containing the remaining balance of your trading post account and the ribbons that your daughter earned during her week at kamp. You may also come in the office to sign your kamper up for our next summer before leaving.

**Closing Activities for TWO and THREE WEEK KAMPERS** (This includes term one, two and three, except for kampers who are only here for one week.)

Kickapoo's closing activities provide a variety of opportunities for your daughter to share her summer kamp experience with you. The girls are always excited to have you experience all of the festivities, and we hope you will enjoy this special time together. We welcome siblings and extended family members, but request that you **do not bring pets**. Unfortunately, due to insurance restrictions, only kampers can participate in class activities. **We request that parents bring NO ALCOHOLIC BEVERAGES on the premises.**

Our **closing activity schedule** is as follows:

### **Friday Afternoon –**

1:15 p.m. Pick up a copy of your daughter's schedule.  
1:40 p.m. Class demonstrations  
4:00 p.m. Dinner in town with your daughter  
7:45p.m. Have your daughter back at kamp in line for Final Sing Song  
8:00 p.m. Final Sing Song and Blanket Award

### **Saturday Morning-**

10:00 a.m. Load Kampers' Trunks  
11:00 a.m. Final Awards Ceremony

We welcome all parents and family members to each event. Please wear comfortable, low-heeled shoes and clothing for hot summer weather. Please park in the area adjacent to the tennis courts (where you parked on opening day). We feel that an organized parking plan adds to kamper safety, and we appreciate your cooperation in this matter.

Please understand that **no men are allowed to go inside the cabins** during any of the closing events, as girls will be changing clothes and need privacy.

**After** you have enjoyed the class demonstrations on Friday, you should stop by the office to clear your daughter's account. We will be available in the office between 2:30 p.m. and 4:30p.m. The cost of the kamp yearbook is included in the fee and will be mailed to your daughter in the fall. Most families pre-order a kamp DVD, but if you did not do so, and you would like to, you will be able to do so when you clear your daughter's account after class demonstrations on Friday.

Then you may take your daughter to Kerrville to dinner with you. **This is also a good time to buy some snacks for the cabin parties Friday night. In addition, many kampers like to shop for a small gift for their big or little sister in the tribe and their cabin counselor.** However, please return to Kamp by 7:45 p.m. for the Final Sing Song and Blanket Award. It is important to return to Kamp **on time**. You may want to bring a portable chair with you.

On Saturday from 8:00-10:00 a.m., your daughter will be BUSY packing to go home. **Please** do not arrive before 10:00 a.m., as we will be **busy!!!** AT 10:00 you may load your car with all of your daughter's belongings. As soon as all cars are loaded--around 11:00 a.m.--we'll hold the Final Awards Ceremony under the trees by the Lodge. During the Final Awards Ceremony, each kamper receives ribbons, certificates, and activity charms. Plaques and trophies are awarded to the outstanding kampers in several categories. Kampers and parents are on their way home by 1:00pm.

## Snacks and gifts

During Friday's trip into Kerrville, your daughter will ask you to get some food for Friday night's cabin party. Please keep in mind that 8-12 girls can only eat so much food! While junk food is popular, so are fruit and other healthier options. Please note that Kickapoo does not supply ice, plastic ware, cups, etc. If you think you may be in charge of drinks, you may want to bring a cooler.

While in town, your daughter may also wish to buy a small gift for her counselors and/or her big/little sister in the tribe. We prefer that you not give counselors cash, but gift cards to Wal-Mart, Starbucks, and iTunes are greatly appreciated. You may prefer to buy a more tangible gift. That is fine as well. Popular gifts include jewelry, picture frames, beach bags/ towels etc. These also make fun gifts for big/little sisters, perhaps incorporating her tribe's colors. We have found that our parents and campers are more creative than we are! Gifts are not required. It is up to each family to decide. A nice card is another gesture that is greatly appreciated.

### **Accommodations**

The following links can help you in planning your stay in the Kerrville area.

Kerrville Accommodations

<http://www.kerrvilletx.com/en/kerrville-lodging.html>

### **Kerrville Restaurants**

[http://www.tripadvisor.com/Restaurants-g56079-Kerrville\\_Texas.html](http://www.tripadvisor.com/Restaurants-g56079-Kerrville_Texas.html)

### **Kamper Pick-up Authorization Form**

If a custodial parent is unable to pick up his/her daughter from camp, he/she MUST complete the *Kamper Pick-up Authorization Form* in the forms section of your parent account, which you can access through the *Parent Log-in* on the home page of our website. No kamper will be allowed to leave camp unless we have this completed form.

### **Tips from Parents**

Stacey – mother of an 11 year old camper

- My daughter wished that she had brought an extra fleece blanket.
- I bought an ink stamper to label clothes. It was especially great for socks, underwear etc. <http://www.everythingsummercamp.com>

Karen – mother of an 11 year old camper

- Bring counselor gifts and goodies for cabin parties from home instead of buying them in town. Then you can spend your free afternoon lounging by the pool, listening to camp stories.

Bonnie – mother of a 12 year old camper

- Bring a shower caddy to hold your soap, shampoo, conditioner etc. It makes it easy to keep all of your toiletries together, and it is easy to grab it at shower time. [http://www.amazon.com/InterDesign-Small-Zia-Basket-Pacific/dp/B0000OK7VY/ref=pd\\_sim\\_sbs\\_hg\\_4](http://www.amazon.com/InterDesign-Small-Zia-Basket-Pacific/dp/B0000OK7VY/ref=pd_sim_sbs_hg_4)

Angela – mother of a 10 year old camper

- Bring bottled water, lawn chairs, and wrapped counselor gifts, as it makes for an easy pick-up time.
- Send a care package ahead of time in order to get it there early in the term without worry.

Misty – mother of a 10 year old camper

- Send your camper with a shower caddy
- Parents should bring a flashlight for closing ceremonies.

Stephani – mother of a 9 year old camper

- Attend Mother-Daughter weekend!

Laura - mother of a 10 year old camper

- Bring cold soft drinks and water in a cooler to closing.
- We order pizza and eat around the pool at the hotel. The girls love being able to spend more time at the hotel and pool and less time at a restaurant.
- Make sure your daughter brings a sleeping bag for her overnight.

Carol – mother of a 13 year old camper

- Pack outfits for each day in Zip-lock baggies
- Pack sheets for bed, sleeping bag, fan, boots, and swimsuit in laundry bag so you can make up beds before your trunk arrives, and then go directly to riding and swimming skills assessment
- My daughter uses a bunk organizer that hangs from the end of the bunk, and she likes to take 3M hooks to hang on the wall around her area. <http://www.everythingsummercamp.com>
- She likes to use a lap-desk organizer to write letters. <http://www.everythingsummercamp.com>
- When she writes to us, she tells us all about her counselors and her big/little sister in the tribe, so we can buy gifts at home and bring them with us when we come to closing ceremonies.
- We make snacks for the party at home and bring them with us when we come to closing.

Kathy – mother of a 15 year old camper

- Send packages with items that your daughter can definitely use at camp. When my daughter was younger and I sent packages with little games, puzzles, card games etc., I found them untouched in her trunk. Now I send items such as beach towels, t-shirts, magazines, etc. It's

fun to send items for the whole cabin such as glow sticks or something to wear to one of the night activities. I like to include items in her tribe colors.

- I put a “Color Catcher” (made by Shout) in her laundry bags. They keep colors from bleeding in the laundry.
- When my daughter was younger, I created fill-in the-blank stationery for my daughter so it was easier for her to write home.
- Send pre-addressed envelopes or teach your daughter to address an envelope.