



KINGSWOOD CAMP FAMILY HANDBOOK 2025 SEASON

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DATES AND TRAVEL

ARRIVAL DATES / TRANSPORTATION TO CAMP

BY CAR

For campers whose session starts on **Sunday, June 22nd** (2-week A, 4- week “First Session”, and 7- week “Full Summer” campers): Campers should arrive between 9am - 3 pm. Sign-ups for arrival times will be done digitally, with preference given to families traveling from further away.

For campers whose session starts on **Sunday, July 6th** (5- week campers): Campers should arrive between 10am-11am or 1:30pm - 2:30pm. Please let us know which time block you plan to arrive so your son’s counselors and cabinmates will be ready to greet him.

For campers whose session starts on **Sunday, July 20th** (2-week B or 3- week “Second Session” campers): Campers should arrive between 9am - 3 pm. Sign-ups for arrival times will be done digitally, with preference given to families traveling from further away.

IMPORTANT NOTE:

- **We love having families on campus for “drop off” day. We know it gives many parents great peace of mind to meet their son’s counselors, and for new families, to be able to see the campus. However, it is in your son’s best interest to limit the length of your stay (under an hour) - once your son is engaged in an activity or interacting with peers and/or counselors, give him a hug or a wave and hit the road.**

BY PLANE

For campers whose session starts on Sunday, June 22nd (2-week A, 4- week “First Session”, and 7- week “Full Summer” campers):

- For international campers or domestic campers who are flying to camp (Boston-Logan Airport) as **unaccompanied minors**: flights must arrive between 2pm - 7pm the day before your son’s session begins - **Saturday, June 21st.**

- For domestic campers who are flying to camp (Manchester - Boston Regional Airport (airport code: MHT)) as **unaccompanied minors**: flights must arrive between 11am - 4pm on **Sunday, June 22nd**.

For campers whose session starts on Sunday, July 6th (5- week session):

- For international campers or domestic campers who are flying to camp (Boston-Logan Airport) as **unaccompanied minors**: flight must arrive between 2pm - 7pm on **Sunday, July 6th**.
- For domestic campers who are flying to camp (Manchester - Boston Regional Airport (airport code: MHT)) as **unaccompanied minors**: flights must arrive between 11am - 4pm on **Sunday, July 6th**.

For campers whose session starts on Sunday, July 20th (2-week B or 3- week "Second Session"):

- For international campers or domestic campers who are flying to camp (Boston-Logan Airport) as **unaccompanied minors**: flights must arrive between 2pm - 7pm the day before your son's session begins - **Saturday, July 19th**.
- For domestic campers who are flying to camp (Manchester - Boston Regional Airport (airport code: MHT)) as **unaccompanied minors**: flights must arrive between 11am - 4pm on **Sunday, July 20th**.

IMPORTANT NOTES:

- Parents of international campers or domestic campers who are flying to camp as unaccompanied minors **must** confirm their travel plans with us.
- There is a \$100 transportation fee for transport from the airport to camp, international campers excluded.

BY BUS (From the NYC area)

For campers whose session starts on **Sunday, June 22nd** (2-week A, 4- week "First Session", and 7- week "Full Summer" campers):

- A 14-passenger van will bring campers and their luggage from the ShopRite parking lot off Story Ave in the Bronx, NY (address: 1994 Bruckner Blvd) to Kingswood.
- The cost is \$150 per passenger.

- The assembly time is 8:00am for a prompt 8:30am departure.
- You can reserve your son's spot through completion of the Transportation Form in your CampInTouch or Campanian account.

For campers whose session starts on **Sunday, July 6th** (5- week campers): There is no bus service available.

For campers whose session starts on **Sunday, July 20th** (2-week B or 3- week "Second Session" campers):

- A 14-passenger van will bring campers and their luggage from the ShopRite parking lot off Story Ave in the Bronx, NY (address: 1994 Bruckner Blvd) to Kingswood.
- The cost is \$150 per passenger.
- The assembly time is 8:00am for a prompt 8:30am departure.
- You can reserve your son's spot through completion of the Transportation Form in your CampInTouch or Campanian account.

DEPARTURE DATES AND TRANSPORTATION

BY CAR

*For the 2-week A session: **Saturday, July 5th*** (please contact us with your expected arrival time)

*For the 4-week "First Session": **Saturday, July 19th***, between 9am - 11am

*For the 2-week B session: **Saturday, August 2nd*** (please contact us with your expected arrival time)

*For the 3-week "Second Session", 5-week session, or 7-week "Full Summer: **Saturday, August 9th***, between 9am - 11am.

* If you have a special arrangement and your son is leaving on a different day, we will coordinate with you on an individual basis.

BY PLANE

If your child is flying home as an unaccompanied minor:

- Flights should be booked for either **Saturday, July 19th** or **Saturday, August 9th**.

- Flights from Manchester-Boston Regional Airport must depart between 11am - 4pm.
- Flights from Boston-Logan International Airport must depart between 2pm - 7pm.
- Kingswood will coordinate transportation to the airport.
- There is a \$100 transportation fee for transport from camp to the airport, international campers excluded.
- A counselor will remain with your son until their plane is in the air.

BY BUS (To the NYC Area)

For campers whose session ends on **Saturday, July 5th**: No bus service is available.

For campers whose session ends on **Saturday, July 19th**:

- a 14-passenger van will bring campers and their luggage from Kingswood to the ShopRite parking lot off Story Ave in the Bronx, NY (address: 1994 Bruckner Blvd)
- The cost is \$150 per passenger.
- The van will depart Kingswood at 8:30am for an approximate 2pm arrival
- You can reserve your son's spot through completion of the Transportation Form in your CampInTouch or Companion account.

For campers whose session ends on **Saturday, August 2nd**: No bus service is available.

For campers whose session ends on **Saturday, August 9th**:

- a 14-passenger van will bring campers and their luggage from Kingswood to the ShopRite parking lot off Story Ave in the Bronx, NY (address: 1994 Bruckner Blvd)
- The cost is \$150 per passenger.
- The van will depart Kingswood at 8:30am for an approximate 2pm arrival
- You can reserve your son's spot through completion of the Transportation Form in your CampInTouch or Companion account.

PARENTS' DAY

Parents' Visiting Day occurs on the final Friday of the first session (July 18th) and second session (August 8th) from 2pm - 6pm. This is an opportunity for families to see their sons in their element at camp and to enjoy camp themselves; to swim, take out a boat, enjoy our facilities (tennis, golf, archery, etc), or participate in a parent-camper team sport (soccer, softball, etc.). We love having our families on campus - meeting our staff, our campers, and other families; experiencing the welcoming Kingswood community firsthand; and seeing how comfortable and at home their sons have become.

GEAR

BAGGAGE AND EQUIPMENT

All campers traveling to camp by means other than by car must ship their trunks and duffels prior to the camp session (except for international campers). Our recommendation is to use [Ship Camps](#) - they will pick up trunks and duffels from your home and offer rates 30-40% below FedEx, DHL, and UPS. To be safe, please plan to have the baggage arrive several business days before your son's arrival. You may wish to send appropriate keys or locker combinations ahead of time for safekeeping.

[Everything Summer Camp](#) provides a quality trunk for a fair price. We recommend the “The Happy Camper” - this model fits best under Kingswood beds. Larger items and bulky gear should be packed in a duffel bag. For most boys, a small/medium trunk and a medium/large duffel are appropriate. Refer to our packing list for suggestions on “gear” and what to bring to camp.

Despite everyone’s best intentions, it comes as no surprise that some boys misplace significant amounts of their belongings. We strongly recommend labeling all items with your son’s name - this makes it much easier for us to return missing items to their proper owner. We regularly distribute lost and found, but the fact remains that some items might get left behind on departure day. Our policy is to return to you by mail any expensive items we discover, saving things like shirts and towels until next year and simply tossing out socks and other grubby things deemed not worth anyone’s while. Please call or email us right away if you want us to attempt to track down any specific items.

PACKING LIST

NOTE: *This list can also be found as a separate PDF in CampInTouch and Companion*

Please tape this list on the inside lid of the trunk. The numbers next to each item represent our suggestions. Write the actual number packed in the space provided. A duffel bag is used by most boys as an additional piece of luggage. **ALTHOUGH EACH BOY HAS SOME SHELF SPACE, HE MOSTLY LIVES OUT OF HIS TRUNK.**

Daytime temperatures in New Hampshire are usually pleasant - 70's and 80's. Many evenings a jacket or sweater is needed. It is rare when blankets are not necessary for sleeping. Rainy days require comfortable, practical equipment. For hikes, it is important to have warm clothes that stay dry in wet conditions, such as wool or fleece.

ESSENTIAL CLOTHING	HIGHLY RECOMMENDED ODDS & ENDS
_____ 10 T-shirts _____ 3 long sleeve shirts _____ 2 sweatshirts _____ 1 fleece or wool sweater _____ 7 shorts _____ 3 long pants _____ 4 bathing suits _____ 10 pairs of underwear _____ 14 pairs of athletic socks _____ 1 raincoat _____ 2 pairs of sneakers _____ 1 pair of crocs / flip flops / sandals / tevas _____ 1 pair of rain boots _____ 2 pairs of sleepwear / PJs	_____ backpack (such as a school backpack) _____ 2 water bottles (such as Nalgene bottles - can also be purchased through Kingswood and in your son's cabin on arrival day) _____ Sleeping bag (ideally with stuff sack and compact enough to bring on an overnight trip) _____ flashlight (w/ extra batteries) _____ writing materials _____ pre-addressed envelopes (with campers' name in the return address) _____ books _____ deck of cards _____ sunglasses
ESSENTIAL BEDDING AND LINENS	OPTIONAL GEAR / EQUIPMENT
_____ 2 sets of twin sheets _____ 2 pillow cases _____ 1 pillow _____ 2 warm blankets _____ 4 towels _____ 2 laundry bags	_____ shin guards _____ baseball glove / bat _____ tennis racket _____ lacrosse stick / helmet _____ golf clubs (serious players only) _____ fishing rod / tackle _____ musical instrument _____ camp chair / Crazy Creek chair _____ Changing towel / robe (for younger campers)
OPTIONAL ACCESSORIES	SUGGESTED TOILETRIES
_____ soccer cleats _____ soccer socks _____ wool socks (for hiking) _____ nice shorts and collared shirt	_____ shampoo _____ soap _____ toothpaste _____ tooth brush _____ sunblock _____ insect repellent _____ deodorant _____ nail clippers

* The camp is well stocked with all sports and camping equipment, and a boy does not need to have his own gear in order to participate. However, campers who have favorite personal pieces of equipment may bring them if they have room in packing.

** Camp will provide bedding and linens for all international campers

PACKING TIPS

Packing for camp can seem like a herculean chore. You want your son to have everything he'll need, but knowing that storage space is limited, you want to avoid the dreaded "overpack." Furthermore, when reviewing options online, even seemingly simple choices (such as which laundry bag to choose) can suddenly seem surprisingly complicated!

With that in mind, we hope some of these tips and pieces of advice are helpful.

LABELS:

All clothing and equipment must be labeled with your son's name. This makes items in "lost and found" easier to return. A waterproof permanent marker may be appropriate for some items, but a "self-stick no-iron" label works best in most situations. Please put your son's name on ALL his belongings, including items such as: laundry bags, shoes, towels, backpacks, shampoo bottles, etc. And when possible, please use your son's full name (NOT initials or first name and last initial).

LAUNDRY BAGS:

The laundry is done once a week off the property with a one day turnaround time. When the laundry is returned to camp, it is much easier to return laundry bags when names are clearly visible on the bag. Since it is much easier to write your son's name on a nylon bag, we strongly recommend nylon laundry bags over mesh bags.

WARM CLOTHES:

Daytime temperatures in New Hampshire are usually pleasant - in the 70's and 80's. However, many mornings and evenings are cooler and a jacket or sweater is needed. And once in a while we get a particularly cool, wet day, where temperatures never make it out of the 60's. Therefore, even though it's summer, we encourage boys to have several warmer options.

FLEECE OR WOOL CLOTHING:

Cotton sweatshirts should never be worn on a hiking trip. If a cotton sweatshirt gets wet, it gets heavy and clings to whomever is wearing it. And if it is even a little bit cold, that wet layer will steal away body heat, dramatically increasing the risk of hypothermia.

Fleece and wool do not hold moisture in the same way, so sweatshirts or jackets made from these materials can keep someone warm, even in adverse conditions. [The Kingswood Store](#) has great fleece jackets for all sizes.

FOOTWEAR:

One topic of particular importance is footwear. Blisters can significantly impact your son's experience at camp - making every step uncomfortable and potentially sidelining him from activities he'd normally love to do - playing in a soccer tournament, going water skiing, or trying a new hike.

Blisters are usually the result of "new" or "poor fitting" shoes. **The most common cause of blisters are hiking boots, especially pairs that have not been broken in.** That is why we generally advise campers to just wear their normal sneakers for hikes.

We also recommend campers bring a pair of water shoes that can be fastened to the foot and will not come off when walking or swimming in the water, such as Crocs, Tevas, closed-toed sandals, or aqua socks. These are essential for off-campus swim trips, where the current would take flip-flops for a ride!

Many campers find Crocs to be the best all-around footwear option for low-key activities and for short walks around campus (ex. To the bathroom, to the waterfront, to meals) - they are easy to put on and take off, and they provide greater protection than flip-flops. Flip flops are fine, but if campers become too dependent on them, they might get blisters in the webspace between the big toe and second toe, and it is not uncommon for the strap between the toes to break.

We also recommend two pairs of sneakers and a pair of rain boots. Wet conditions - morning dew, muddy trails, and rainy days - are an unavoidable reality at camp, even in dry summers. Having two pairs of shoes means your son will always have a dry back up, and a pair of rain boots will reduce the times his sneakers (and socks) get wet.

Finally, boys who are planning on playing competitive sports such as soccer, lacrosse, ultimate frisbee, or even the Kingswood intramural football tournament will want to bring a pair of cleats.

BACKPACKS:

The camp has a large inventory of hiking backpacks for overnight trips. If your son already has a hiking backpack and plans on going on many overnight trips, he can certainly bring his pack to camp. But most campers just use the packs provided by the camp.

We do, however, encourage campers to bring a simple school backpack that can be used for day hikes. These packs will contain items like a water bottle, a raincoat, a warmer layer, and a snack / lunch. Given that amount of gear, please no drawstring backpacks.

WATER BOTTLES:

The best sort of water bottles for camp have the following characteristics: hard exterior (plastic or metal), wide mouth (easier for filling and cleaning), and screw top (far less likely to leak). The worst type of water bottles are squeeze "sports" water bottles with easy push/pull open tops (the sort of water bottles you'd imagine a professional athlete using on the side lines). For hikes, we recommend having two water bottles - staying hydrated is very important!

When we get closer to camp, we will be selling Kingswood Nalgene bottles in the Camp Store (the link is on our webpage). Rather than sending them to your house, we will have them waiting for your son at camp (with his full name already Sharpied on the bottle).

SLEEPING BAGS:

If your son plans on going on overnight trips, an important consideration when selecting a sleeping bag is its "stuff size" or "compression size." When going on an overnight trip, you don't want your son's sleeping bag to take up all the room in his pack! Instead, he'll need something that can compress to a very manageable size. Please look for that information when choosing a sleeping bag! Our "gearhead" at Backcountry.com has recommended the following bags:

For younger / smaller campers: [Wasatch Pro 20 Sleeping Bag: 20F Synthetic - Kids'](#) or [Mistral Sleeping Bag: 20F Synthetic - Kids'](#)

For older / bigger campers: [Cosmic Sleeping Bag: 20F Synthetic](#) or [Trestles 15 Sleeping Bag: 15F Synthetic](#) or [Cosmic 20 Sleeping Bag: 20F Down - Men's](#)

It is also worth mentioning that Kingswood has several compact sleeping bags campers can use, and campers can always borrow from a friend.

PRE-ADDRESSED ENVELOPES:

Make it as easy as possible for your son to write to you (and others) by providing them with pre-addressed envelopes. You'd be amazed (or maybe not?) at how many campers do not know their mailing address or how to format an envelope so the letter arrives at its intended destination! Also consider providing pre-addressed envelopes to other family members or friends he might want to write (or at least provide a print out with names and addresses).

BOOKS / MUSIC:

While the camp has a "no screen policy," it does make an exception for Kindles or other reading devices. Cabins have plenty of outlets, so if your son is a voracious reader, e-readers are definitely an option.

As for music players, we do not want campers bringing any electronic device with internet capabilities or with built-in cameras. I-pod Shuffles used to be a good option, but depending on how your child listens to music (e.g. via Apple Music, streaming services such as Spotify, etc.), it may be outdated. If your child really likes to listen to music (to calm down before bed, for instance), consider [Mighty](#), which plays Spotify and Amazon Music without internet. We've never tried it...but it might meet your needs and our rules!

SPORTS EQUIPMENT:

The camp is well stocked with all sports equipment, so campers do not need to have their own gear in order to participate. However, campers who have favorite personal pieces of equipment may bring them if they have room. Typical sporting items brought to camp include: soccer shin guards and socks, baseball gloves and bats, tennis rackets, and lacrosse sticks. Again, we have all of those items - so if space is limited or your son doesn't intend to participate in those activities with great frequency, don't pack them.

WHAT NOT TO BRING:

This is not an exhaustive list. Please use common sense regarding acceptable items at camp. Campers and parents must understand that Kingswood has a zero tolerance for anyone's possession of illegal substances and weapons. Campers may not possess inappropriate items such as pornography, flammable materials, e-cigarettes / vape pens, or "play" weapons such as slingshots. Nuisance items such as silly string, water balloons, squirt guns, or noisemakers have no place at Kingswood.

ELECTRONICS: We feel it is very important that our campers are "unplugged" for the summer so cell phones, computers, and other devices that can make calls, send emails, and

have internet capability are not allowed. In addition, any devices that can play games, videos and movies are not allowed.

FOOD, CANDY, AND DRINKS: Food and beverages of any kind (including candy and gum) are not allowed at Camp. Kingswood provides an abundance of tasty and healthy food and drink at meal and snack times so your boys will not go hungry. Food at camp attracts animals and can also create peer related issues. Please do not allow your child to bring food and drink—and do not send it to them! Food that is discovered will be confiscated and not returned.

If your son has a specific dietary need for additional food (beyond meals and snacks), please communicate that information to the nurse, who will keep the additional items in the infirmary refrigerator and pantry.

If you have additional questions (or additional tips!), please let us know!

CAMP APPAREL

Kingswood does not have a camp uniform for everyday use. On the first day of camp we will give each camper a white Kingswood T-shirt - this is the “uniform” for intercamp competitions. Additional camp “swag” can be purchased through the [Kingswood Camp Store](#). During the off-season months we offer a limited inventory, but starting in June we will have our whole apparel line available (short sleeve shirts, long sleeve shirts, sweat shirts, hats, winter hats, shorts, water bottles, etc.). While we can ship items to you at home, our preference is to take pre-orders before the start of your son’s session so we can have them ready for pickup upon arrival. Since sizes vary between items and brands, this makes it much easier to make exchanges if the size isn’t a good fit. And we will have Sharpies available so we can label each item!

COMMUNICATION

GETTING IN TOUCH WITH US

The best way to get in touch with us is via email. Please contact wipfler@kingswoodcamp.com if you have any questions, concerns, or need to connect with a director. During the camp season, office@kingswoodcamp.com is viewed by our veteran staff manager Audrey Sabiston who is able to answer most commonly asked questions.

From June 1 through August 31, the directors may be reached at camp. Except for an emergency, please call us during office hours: 9 A.M. to 12:30 P.M. and 2 P.M. to 5 P.M. - Monday through Saturday at 603-989-5556. In case of an emergency, please call Rob's phone (603) 667-8578.

COMMUNICATING WITH YOUR SON

BY LETTER

The principle form of communication at camp is old-fashioned letter writing. Campers, regardless of age, love getting letters from home. They love updates on what's happening at home, but be careful to not make it sound like they are missing out on the most epic family summer ever. Also, remember to tell them how proud you are of them!

Boys' write home at least once a week (it's their entry ticket to our weekly ice cream party). To get your son to write to you more often, arrange a "one-for-one" letter writing bargain. ***Please take any sad letter you receive with a grain of salt.*** Boys only write letters during the few slow times of the day- precisely the time when a bout of homesickness is most likely to rear its ugly head. Most of the time the boys are active and having a blast, we guarantee you.

Also remember that there is a significant lag time (two or three days at least) on letters, so it is likely that any sad letter you receive is outdated and not an accurate portrayal of how

your son is doing when you read the letter! If you do receive a sad letter, please let us know so we can give you a status update.

Please send your son to camp with stamped, self-addressed envelopes. **International families may send an email to office@kingswoodcamp.com to be delivered with the US postal mail to international campers.

Campers may receive packages, but **packages may not contain food items of any kind** (including candy, gum, drink mix, etc.) or “nuisance items” such as squirt guns, silly string, or noise makers. Appropriate items include: magazines, card games, forgotten / replacement clothing, and anything else that might make your son smile.

If you have a summer address that is different from your regular address, please provide this information in CampInTouch. Itineraries of trips involving parents are appreciated too.

BY PHONE

After the first 7 full days of camp have passed (giving boys time to adjust), each camper may receive one phone call from home (excluding birthday calls) per session. **Many families elect not to call their sons, and in many cases no phone call is the best strategy.** While it is nice to hear your son’s voice, it can be hard for campers to hear their parent’s voice(s), even if they are having a great time at camp.

We understand that some of you will feel more comfortable if you are able to speak with your child while he is at camp. Therefore, please read the instructions below to reserve your call, if needed.

1. Log into your ‘Camp In Touch’ account; select “phone reservation”.
* **We will activate this system near the start of camp**
2. For each boy, you may select one day and time from the available slots.
3. Select the phone number you wish for us to call.
4. An email confirmation can be sent to confirm your reservation.

Our office manager will facilitate the call. Phone calls may last from 7-10 minutes. Please be mindful of this time frame in fairness to other campers waiting their turn. Keep in mind your son might not be there if he is off campus at a tournament or hike (or having too much fun and forgets the time of his phone call). If this happens, do not worry; e-mail the office and we will work together to reschedule. Also contact the office if you would like to set up a special birthday phone call.

And if your son does get a little weepy on the phone, remember to:

- Be empathetic - let him know you hear his distress and understand how hard being away from home can be.
- Let him know you believe in him and his ability to overcome his homesickness.
- Get him to talk about the things he's done and is excited about doing
- And tell him how proud you are of him

COMMUNICATIONS FROM KINGSWOOD (GENERAL)

Even though your children might be many miles from home, we know that they are never far from your mind. To that end, we try to give you a good sense of what's happening at camp each day, posting photo reports and blogs daily and videos weekly. The easiest way to access these photos and daily reports is to download the Companion App on your phone, though you will also be able to find them through your CampInTouch account on your computer.

Additionally, we try to be proactive in our communications. For new campers, we will be in touch (typically by email) within the first week of camp to give you an update on how your son is doing. And if your son is having a difficult time settling into camp, whether this is his first or fifth year, we will reach out to you.

While we are very proud of the cooperative boys we have at Kingswood, occasionally campers get into verbal or physical altercations, or behave in ways that are inappropriate and significant enough that directorial involvement is required. In these rare instances, we will call you to let you know what happened / is happening and the steps we are taking to remedy the situation.

COMMUNICATIONS FROM KINGSWOOD (HEALTH)

In case of emergency, we will contact you as soon as possible. Parents will be notified under the following circumstances:

- A camper requires medical treatment off the camp premises.
- A camper spends the night in the infirmary.
- A camper sustains an injury or illness deemed significant enough to require phone consultation with local health care providers (head injuries and possible bone fractures).
- A camper is advised by the nurses to rest and forego camp activities due to a fever or other illness.

- Parents request a consultation regarding any ongoing health issue.
- The director asks the nurses to contact the family out of courtesy or other reason deemed valid, or if the nurses make the same determination without directorial guidance.

Kingswood nurses and directors generally will not contact parents if a camper is seen in the infirmary for routine problems (e.g., skinned knee, headache) that do not require a physician referral. The decision to consult you in these situations is determined on a case-by-case basis by the camp nurse. If this notification protocol does not meet your needs, please contact us at wipfler@kingswoodcamp.com or (603)667-8578, or you can contact the health center starting on June 13th at kingswoodcampnurse@gmail.com or 603.989.0090.

PRE-CAMP FORMS

Prior to the start of camp, parents need to complete a variety of forms. We know it's not a lot of fun, but it is a necessary piece of the parent-camp partnership and allows us to do our job - to keep your son(s) safe, healthy, and happy.

There are two ways to complete these forms:

Option #1 (strongly recommended): Companion (an app on your phone). It is a free app, available in your app store. In the upper lefthand corner will be three lines. If you click on that, it will open up a menu of options, including "forms." The "forms" associated with your son(s) must be completed by the due date listed; the items listed under "documents" and "family forms" are purely informational. *One of the prime benefits of using Companion is that you can take a photo of required documents, eliminating the need to scan and upload documents- making the whole process much easier.*

Option #2: CampInTouch Account (via your computer). Log on to your CampInTouch account by using the link provided or by "Logging In" on our website. Once you've entered your email and password, you will see a section entitled "Forms and Documents." The forms with due dates are required (the others are purely informational). Some of these forms are web-based; others require you to upload PDFs.

Additional Information Regarding Required Forms

HEALTH HISTORY:

The health history is an online form completed by a parent. It includes topics such as physical health, allergies, dietary restrictions, prescriptions, etc. Please note that our nurses

can only dispense the prescription medications listed on the health history form, and that the dispensing directions on the health history form must match the directions found on the medication.

PHYSICIAN'S EXAM:

This document is to be completed by your health care provider. **Physical exams are required to be completed within 24 months of attending camp.** Upload the form when complete. If your health care provider has a different form he or she uses, that is fine too, so long as it includes the required information found on the camp-provided exam form.

IMMUNIZATION RECORD:

Required immunizations are: DTap, Polio, Hepatitis B, MMR, Varicella, Tetanus (Tdap).

PARENT AUTHORIZATION AND INSURANCE:

This document asks for two important pieces of information: your insurance information and your authorization to allow the camp to provide medical care (and serve as in loco parentis in regards to medical treatment if you can not be reached).

To complete this form, you need to:

- 1) Print out the document provided
- 2) Read and sign the authorization statement
- 3) Scan / Take a picture of the signed form with your insurance cards (front and back) visible.
- 4) Upload the form via Companion or CampInTouch.

PERSONAL AND CONFIDENTIAL FORM:

This is an online form to be completed by you. The purpose of this form is to help us know more about your son prior to his arrival, so that we are able to meet his needs and help him have a happy and successful camp experience. The information you provide on this form is reviewed by the camp directors and given to cabin counselors before your son arrives at camp.

Questions ask about your son's school year (both academically and socially), his interests, personality, strengths, areas for growth, and excitement level about camp.

TRANSPORTATION FORM:

This is an online form to be completed by you, which helps us know if you need any assistance getting to camp (if your son is flying as an unaccompanied minor, for instance)

PHOTO RELEASE FORM:

Photos from camp can be incredibly reassuring to families and also serve as a great way for Kingswood to showcase the value of a camp experience and our unique strengths - our community, our location, and our program. This form explains how we use photos and what safeguards are in place to protect your child's privacy.

CAMPER PHOTO:

Please upload a current picture of your son - our staff prides itself in knowing everyone's name and they will study these pictures before camp starts! If you are using the Companion App, consider waiting until closer to the start of camp to upload a picture (this will increase the accuracy of the FaceFinder technology).

PAYMENT AND REFUND POLICY

Half of the balance of the tuition is due January 15th. If this represents a hardship, please communicate your concerns to us prior to the deadline. The remaining balance of the tuition is due May 1st. We must have payment before your son may attend. Kingswood's refund policies are as follows:

- A full refund is available until March 1st of the current year and thereafter applied to next summer's tuition.
- No refund is made after May 1 and before camp begins.
- In the event of a withdrawal for health reasons (upon the recommendation of the camp doctor), the financial loss will be shared equally between camp and parents.
- No refunds or reductions can be made if parents choose to withdraw after camp begins OR withdrawal by decision of the directors.
- **If camp does not open in 2025**, families will be entitled to a full refund or may choose to rollover any funds already paid to the following summer. Refunds will be made within a year of the decision to close.
- **If Kingswood must close during a session:**
 - If the closure occurs in the first half of your son's session, Kingswood will offer to refund 50% of tuition.
 - If the closure happens in the second half of your son's session, there will be no refund.

HEALTH

FACILITIES AND STAFFING

Kingswood has two full-time nurses in residence. They are very knowledgeable and develop great connections with our campers. The health care center (e.g. the infirmary) is centrally located in the heart of campus and is open to visitors at any time of day.

Kingswood works in partnership with Upper Valley Pediatrics, which is located in Bradford, VT (about 20 minutes away). In the event of an emergency, Dartmouth Hitchcock Hospital (35 minutes) and Cottage Hospital (20 minutes away) are the nearest hospitals.

MEDICATION

All prescription medications need to be listed on the camper's health history and must match the dispensing instructions found on the medication. The nurses will package each child's medication in blister packs and dispense the medication at meal time or according to the provided instructions. Many Kingswood campers (and staff) take daily medications, so there is no stigma around taking medication while at camp.

Inhalers and epipens need a physician's authorization form. These will be kept in the infirmary while your son is on campus; if he leaves campus (for a game or trip, for instance), his inhaler and/or epipen will be added to the first aid kit that goes along with that trip.

The infirmary is well stocked with over the counter medicines. Our nurses will dispense over the counter items from our camp stock on an as needed basis. On your son's health history form, you must indicate which medicines he may be given.

No medications of any kind can be kept with a camper or counselor in his bunk or in his possession.

FOOD ALLERGIES AND SPECIAL DIETARY NEEDS

Kingswood takes great pride in being able to provide tasty and nutritious food to all members of our camp community, including campers and staff with food allergies, sensitivities, and dietary restrictions. Our kitchen can accommodate any special request and is accustomed to providing vegetarian, vegan, dairy-free, and gluten-free meals. All of our kitchen staff are trained on best practices (reading labels, cross-contamination), but we have one staff member who focuses primarily on preparing specialty meals.

Additionally, we are a nut-free camp, and we do not allow any outside food (e.g. care packages) on camp premises. We do take trips to Moose Scoops, a local ice cream shop, which has ice creams with nuts. We let the servers know of any allergies, and we make sure campers with nut allergies only order nut-free ice creams.

PROGRAM

DAILY SCHEDULE

7:30 a.m.	Reveille – music over the PA system
8:00 a.m.	Breakfast
8:45 a.m.	Clean-up
9:30 a.m.	Team sport clinic instruction – by age
10:30 a.m.	Waterfront clinic instruction – by age
11:30 a.m.	Individual activity clinic instruction – by age
12:30 p.m.	Supervised free time
12:45 p.m.	Lunch
2:00 p.m.	Rest hour
3:00 p.m.	A Block: Afternoon Choice <ul style="list-style-type: none">• team sports (practices and intercamp games)• nature (projects and day trips)• creative games (enormous variety)
4:30 p.m.	B Block: General Swim, Supervised Free Time
6:00 p.m.	Dinner
6:45 p.m.	Sponsorships
8:15 p.m.	All Camp Special Events
9:00 p.m.	Lights out for younger boys
9:30 p.m.	Target time for lights out for older boys

ACTIVITY INFORMATION

Every Kingswood activity, including off-campus trips, is completely supervised by qualified camp personnel. Most activities, including morning clinics, special games, trips, and all-camp events, are guided by specific written procedures. These procedures are welcome to be reviewed by any parent who requests them.

All aquatic activities are done under the supervision of trained and certified lifeguards. At least one counselor on every hike will be trained in wilderness first aid. Nearly every staff member will receive first aid and CPR training. All van drivers will be over 21, will have their driving record reviewed and approved by our insurance company, and will participate in our van driving training program. All boat drivers must earn their commercial boat license through the state of NH, must participate in our boat safety course, and must demonstrate proficiency to the camp directors.

AGE GROUPS

Kingswood campers range in age from 8-15. For morning instructional activities, campers are divided into three age brackets of roughly the same size: Juniors, Intermediates, and Seniors.

	9:30 - 10:30	10:30 - 11:30	11:30 - 12:30
Juniors	Choice Activity	Team Sport	Waterfront
Intermediates	Team Sport	Waterfront	Choice Activity
Seniors	Waterfront	Choice Activity	Team Sports

For A-block (3-4:30pm) and evening activities, some activities are designed for specific age groups (example: 10 and under soccer; 13's basketball), but most activities are open to all ages (example: landscape painting, tennis, capture the flag, kayak trip to the rope swing). And B-Block (4:30-6pm), which is unstructured free time, is the same for all age groups, with opportunities to swim, tube, check out boats, play frisbee golf or ping pong, and much more.

Our decisions on age groups is based on two beliefs: 1) that instruction and competition is best done with campers of similar ages and abilities, and 2) that our community is

strengthened when boys of various ages have opportunities to interact and develop friendships through shared experiences.

COMPETITION

While Kingswood is generally a very low-key, relaxed camp environment, there are also many opportunities for competitive play. And while our coaches and players want to win and compete hard throughout all matches, all players play meaningful minutes, and sportsmanship and instruction are always our top priorities.

- Intercamp Competition (Baker Valley Tournaments and Games)
 - Voluntary (just listen for when games and practices are offered and make sure to sign up if you are interested)
 - Organized by sport and age group (example: 10 and under soccer; 13 and under basketball; 15 and under tennis); priority is given to campers of the appropriate age group, but if space is available, some campers can “play up” if their skill and size allow it (a gifted 10 year old soccer player might also be able to play on the 11 and under soccer team)
 - Tournaments usually consist of four teams (Kingswood, Camp Pemigewasset, Camp Moosilauke, and Camp Walt Whitman) and are played in a round robin format.
 - Tournaments and games are played on weekday afternoons and Saturdays.
- Intramural Leagues / Tournaments (Flag Football, Basketball, Soccer, Volleyball, Ping Pong)
 - Voluntary (just sign up if you are interested in participating)
 - Organized by age / age group (junior, intermediate, senior)
 - Flag Football is a session-long tournament with a regular season and playoffs; all others are single day events.
- Bow and Arrow (Kingswood’s version of Color War)
 - Bow and Arrow is 2-day event in the last week of our Second Session.
 - The camp is divided into two teams - the Bows and the Arrows.
 - Each team is divided into age groups.
 - Each age group competes in a track meet, a boat meet, a relay race, and select other activities (varies by age group).
 - Each team also creates, rehearses, and performs two songs - an Alma Mater and a Pump-Up Song.

HIKING AND OTHER TRIPS

Given our location in the White Mountains of New Hampshire, hiking is a central feature of our program. We offer opportunities to hike nearly every day of the summer. Hikes range in difficulty from mile long walks along the shore of our lake to overnight trips tackling the tallest and most rugged peaks in New England. While no one is required to hike while at Kingswood, we strongly encourage campers to give it a try. Hiking is hugely popular among our staff, which sparks an interest among our campers, as does their desire to join our hiking club (The Varsity Club). Here are a few additional details about hiking at Kingswood:

- All trips include at least one staff member with Wilderness First Aid certifications.
- All trips include at least two counselors and never exceed a 5:1 camper to counselor ratio.
- All trips bring a cell phone and a satellite phone with an SOS transmitter and location sharing technology.
- Most hikes are open to anyone, but we want to make sure each hiker is climbing mountains that are a good match for the fitness and ability level, so we ask campers to start with shorter, easier hikes and work their way towards our more challenging hikes (we provide a lot of guidance on this).
- For overnight hikes, Kingswood has dozens of internal frame packs and ground pads campers can use. However, if your son is an avid hiker and has his own, please feel free to bring it.
- For day trips, we ask all campers to bring a basic school backpack to hold gear like warmer clothes, snacks, bug spray / sunblock, and water bottles.

Kingswood also offers regular swimming trips to nearby mountain streams and weekly fishing trips to nearby lakes, ponds, and rivers. Senior counselors and lifeguards lead the swimming and fishing trips, where we always go to the same site and have very clear safety procedures.

DAILY LIFE

ADJUSTING TO CAMP LIFE

Many boys require several days to fully adjust to camp life. Do not be too concerned if the first letters home contain several negative thoughts. Letter-writing takes place during “down” time, the most likely moments for pangs of homesickness to creep into one’s conscience. Rest assured that we have identified homesick campers and are in tune with their needs. Keep in mind that you might receive unhappy letters early in your son’s stay at camp- but by the time the letter arrives in your hands he has become much more positive about how things are going.

Before your son leaves for camp, you can lay the groundwork for a quick adjustment to life away from home. Rather than reassure your son that he will probably not be homesick, acknowledge that it could happen but he will overcome it. When preparing for camp, keep the dialogue positive and under no circumstances tell him that if he is homesick or does not like camp he may leave. Instead, remind your son that homesickness is like a headache – it surely is unpleasant, but short in duration and rarely disabling. Thus prepped by you, a boy who experiences temporary and expected discomfort will face a much less difficult adjustment to camp.

For more information about homesickness, please review our [“Parent’s Guide to Homesickness”](#) on our website. Another excellent resource for parents is the book by acclaimed child psychologist, Michael Thompson, *Homesick and Happy: How Time Away From Parents Can Help a Child Grow*.

BIRTHDAYS

Camper birthdays taking place during the summer are celebrated by the whole camp with a cake, a song, and a skit. Please feel free to contact the camp office (office@kingswoodcamp.com) to set-up a birthday phone call with your child(ren) should their birthday occur while they are at camp.

CABIN ASSIGNMENTS

The difference between a “good” summer and a “great” summer is often determined by the friendships and connections your son makes with the other boys in his cabin. With this in mind, we spend a great deal of time thinking about cabin and bunk assignments. Cabins are composed of campers of the same approximate age (grade in school). When making cabin assignments there are many factors we consider: personalities, interests, the balance of new and returning campers, and the number of friends (from home or previous summers) placed in one cabin. Because Kingswood campers come from many different states (and countries), many, if not most, new campers come to camp not knowing anyone. These campers will only feel comfortable at camp once they feel connected to their peer group, so it is our top priority to create a warm, welcoming, inclusive cabin environment where everybody is looking to expand their friend circle.

For campers who are coming to camp with a friend, we recognize that part of the appeal of camp is sharing the experience with a friend; furthermore, we understand that having a friend from home can reduce pre-camp jitters (already having one established friend). However, the best part of camp is making new friends, so we work to avoid having large cliques or groups of friends from home in the same cabin (three or more). With the way the Kingswood schedule and program works, your son will have plenty of opportunities to play, compete, and hang out with whomever he wants, whether they are in the same cabin or not!

In your CampInTouch / Companion account there is a form entitled “Bunk Requests.” If your son is a returning camper or is coming to camp with a friend or group of friends, please talk to your son about whom he would like to have in his cabin AND talk to him about the value of meeting new people and making new friends while at camp.

MEALS AT CAMP

Food at Kingswood is both excellent and plentiful. We know that being well fed is crucial to a boy’s happiness at camp and that active boys need to refuel at mealtime. A main course and sides are brought to the table. Additionally, at breakfast there is always a buffet which includes yogurts, granola, fresh fruit, oatmeal, a variety of cereals, and often bagels, cream cheese, and lox; at lunch and dinner, there is always a large salad bar with fresh salad, dozens of toppings (vegetables, dried fruit, beans, eggs, croutons), and multiple dressings, plus vegetarian options, special dishes from the kitchen, and alternative options (sometimes for more sophisticated pallets, sometimes for more selective eaters, sometimes

for both!). We partner with local farms so we get fresh produce and high-quality meats...we eat incredibly well at Kingswood!

We eat family style, with two counselors and six to eight campers at a table. Counselors help facilitate the meal and will work with selective eaters (and the kitchen) to make sure every camper is getting enough to eat. During the first week of camp, campers eat with boys from their cabin. In succeeding weeks, campers are assigned to tables of mixed age campers so that campers have opportunities to meet more campers and develop friendship with younger and older campers.

Kingswood also provides healthy, grab-and-go mid-morning and mid-afternoon snacks (typically fruit).

LAUNDRY

Campers' laundry is professionally washed once a week and returned the next day. No additional fee is charged for this service.

MONEY AT CAMP

Campers should not bring any money to camp. Replacement items such as soap, toothpaste, writing materials, batteries, and insect repellent are available to the boys at no cost as the need arises. Naturally, your assistance in packing an initial good supply of these items is appreciated. If a camper is traveling to camp (or home from camp) as an unaccompanied minor and would like to carry money for spending cash in the airport, we are happy to store that money for safekeeping (so that it doesn't get misplaced over the course of the summer).

CODE OF CONDUCT

In order to ensure a positive experience for your child, it is essential that all campers obey the following rules while at Kingswood:

- Campers will not have in their possession, or partake of, any illegal drugs, alcohol, or tobacco products.
- Campers will not have in their possession any weapons, lighters/matches, or pornographic material.
- Campers will not have in their possession cell phones or other electronic devices that can make phone calls, send emails, or have internet capability.
 - If a camper is traveling to camp (as an unaccompanied minor, for instance) and has his phone for communication purposes during travel, we will hold on to the phone during his stay at camp and will return it when he leaves. Devices will be collected, labeled, and stored upon arrival.
 - While boys are free to keep their possessions under personal lock and key, they can expect us to ask them to show us what they have brought to camp. Beyond that, the camp maintains the right to order searches and seizures whenever probable cause or appropriate suspicion warrants. Our advice is that parents supervise the boys' packing and know what they are bringing to camp.
- Campers will not leave the campus without permission
- Campers will not skip meals, clinics, or all-campus activities. They will fully participate in the camp program and will not leave the supervised parts of camp without explicit permission.
- Campers will not steal or harm camp property, the property of other campers or staff, or the property of others when off campus.
- Campers will not undertake any actions that threaten the health or well-being of another camper, a staff member, or any other individual.
- Campers will not be disrespectful to their peers or their counselors; they will willingly follow all the rules and expectations of camp, including always using respectful and appropriate language.

The Directors reserve the right to dismiss any camper whose conduct warrants such action. This enables us to maintain our high standards and ensures you that your son will be camping with boys of fine character.

THE KINGSWOOD WAY

Kingswood's number one responsibility is to create a physically and emotionally safe environment for every member of our camp community. In order to create the best camp experience for everyone, we expect staff and campers to follow a few simple ideas and rules:

- **Be kind** - There are so many opportunities at camp to be kind...take advantage of all of them. Here are a few examples:
 - Inviting a new cabin mate to join you for B-Block swimming and tubing
 - Helping a cabin mate clean his area or look for his missing sweatshirt
 - Supporting a peer as they try something new or challenging (such as playing guitar in front of the camp or working to pass their swim test)
- **Act with integrity** - This means being honest and choosing to do the right thing, even when it's difficult. At camp, this means respecting other people's possessions and personal space, and respecting and following all the camp's rules.
- **Treat your camp and its surroundings with respect** - Kingswood and the White Mountains are beautiful places. But we need your help keeping it that way!
- **Take pride in your sportsmanship** - The desire to win is a powerful force which can propel athletes to great results; but the best sportsman can be fiercely competitive while also being supportive teammates, gracious winners and losers, and respectful players.
- **Try something new and don't give up** - Camp is a great opportunity to get out of your comfort zone and try something new. It might be hard, and you might not succeed right away, but that's okay! Nobody is great at everything, especially the first time around. One of the greatest feelings in the world is accomplishing something really difficult (such as climbing tall mountains or getting up on waterskis)...don't miss out on that feeling by only doing the things you already know how to do.
- **Be open to new friendships and opportunities** - The best part of camp is all the friends you can make. The more friendships you form and connections you make, the better your summer will be!
- **Be your best self** - Kingswood is a place where it's cool to be nice to everyone. Teasing will not help you make friends and will not be tolerated. Instead, we expect our campers and staff to respect others and their opinions, and to make sure that everyone in the community feels known and valued.

So we ask: **Are you ready to live the Kingswood Way?**

- With **Kindness and Integrity**
- With respect and appreciation for the **Natural world**
- With **Great Sportsmanship**
- With a **Willingness to persevere**
- With an **Open Heart and an Open Mind**
- With **Determination to be your best self**