CAMP CALUMET

Information for Campers, Parents and Guardians
www.calumet.org
Resident Camp Office 603 539 3223 x219
boomchickaboom@calumet.org

WELCOME TO CALUMET!

We're excited to have your camper at Calumet this summer.
Please read the information in this packet carefully to ensure the best experience possible for you and your camper.
Feel free to contact us with any questions or concerns.

Calumet is a residential summer camp for campers ages 8 to 18.
For more than 60 summers excited campers have arrived at Calumet to find experienced and well trained counselors waiting for them.
Most counselors were campers themselves and many are certified in CPR, First Aid and Red Cross Lifeguarding.

Calumet is operated on behalf of the congregations of the New England Synod of the Evangelical Lutheran Church in America (ELCA).
Admission is on a first-come, first-serve basis and will be provided regardless of race, sexual orientation, gender identity, color, national origin or religion.

Together we can make this the best Calumet summer ever!

PLEASE NOTE:

Health Exam needed - call and make your child's doctor's appointment now! If your child's status has changed since their last physical, please be sure to provide us with updated info.
Campers are not allowed to have electronics: cell phones, electronic games, tablets, etc.

BEFORE COMING TO CAMP

Calumet requires a completed Health History every year. New Hampshire State Law requires a health exam within 2 years of camp attendance. **An updated signature indicating there have been no changes in health or medications is required yearly.** If your physician does not give out copies of a school/sports/camp/well-child physical form, they will have to fill out Calumet's Physician's Health Care Recommendations form. This form must be completed by a licensed health care provider. Enrollment will be denied to campers who do not have their Health History, proof of physical, and immunization record completely filled out and properly signed.

IMPORTANT INFORMATION

CABIN ASSIGNMENT:
Campers and their counselors live in rustic cabins with bunk beds and limited space for personal belongings. Cabins are assigned by camper age. Cabin groups are decided based on the needs of the whole camp community. **Mutual** requests from your child and **one** friend for the same cabin will be honored if they are the same age and attending the same session(s). **The request must be made on the registration form.** Additional requests cannot be guaranteed.

FOOD ALLERGIES:
The Calumet kitchen staff will work with your child to accommodate food allergies. If your child has a food allergy, please be sure that your child is aware of this allergy, the types of food that may contain this allergen, and the symptoms related to consuming this allergen. Your child should feel comfortable advocating for themselves in regards to communicating with the kitchen staff about which foods potentially contain the allergen. If your child's allergies significantly limit the types of food your child is able to eat we suggest sending a bag of "safe" prepackaged foods that can be kept in the dining hall and/or Snack Bar. Campers and their counselors have access to a small microwave, if needed. If your child has significant or life-threatening allergies you may want to consider a camp that specializes in food allergies.

EYEGLASSES, RETAINERS, ETC:
Children play hard at Calumet and mealtimes are extremely busy. If your child wears eyeglasses or an orthodontic appliance such as a retainer, please create a plan with your child prior to arrival at camp regarding the care of their eyeglasses and retainers.

MEDICATIONS:

- Any medication that a doctor requires to be administered at camp must be in its original pharmacy container labeled with the name of the person, name of the medication, dosage, and frequency of administration. Please send only the correct amount of medication. Your physician's written authorization to administer medications both prescribed and over-the-counter (including vitamins) must appear on the health form.
- All medicines are kept in the Health Center and administered by our nurses. The exceptions are: off-camp trips when Calumet staff gives medications under the direction of the nurse; and asthma inhalers and epi-pens with the written authorization from your health care provider for self-administration.
- Do not send over-the-counter medications listed on page 2 of the Health Form **unless** prescribed for daily use by a doctor. Our Health Center is well stocked with first aid and other medications for any conditions that might arise. A parent/guardian signature giving permission for your child to have these over-the-counter medications administered if necessary is required. Please cross off any medication that you do not want your child to be given.
- At the end of the camping session, parents should pick up medications at the Health Center before departing for home. All medications not picked up will be destroyed.

HEALTH POLICIES:

Calumet reserves the right to refuse admittance or dismiss from camp any person with a communicable disease, infection, or infestation. The Camp Director, in consultation with the Camp Nurses and/or Health Care Provider, will make this decision. Calumet has a Health Care Provider on call and three nurses in residence. We will call and inform you of any major medical situation. A Health and Accident Insurance Policy covers all Campers. The limits are as follows: Principal sum…$2,500; Injury…$2,500; Sickness…$750; Dental accidents…$500

VISITORS:

Campers are not allowed to have visitors (even parents) during the time of their session at Calumet.

CORRESPONDENCE:

- **WRITE LETTERS and send cards to your child**. Campers love to receive mail. Address letters to:
  Camp Calumet
  Camper's Name
  PO Box 236
  West Ossipee, NH 03890
- **Do NOT send packages**. All packages are opened by the camp directors. Necessary items (not candy or food) will be delivered to your camper. Other items may be picked up in the office upon departure. Please notify friends and family of this policy.
- You may send a fax to your child at 603 539-5343. Campers are not allowed to send faxes. Please include your camper's name and cabin assignment.
- Campers are encouraged to write home at least once a week. It helps if your child comes to camp with pen, paper, and pre-addressed, pre-stamped envelopes.

- Campers are not allowed to make or receive phone calls. When children come to camp, they - and you – are making a leap of faith, transferring their primary care from you to us. This is one of the growth-producing, yet challenging aspects of camp. As children learn to trust other caring adults, they grow and learn, little by little, to solve some of their own challenges. We believe this emerging independence is one of the greatest benefits of camp. It is one important way our children learn to become resilient. You can help by talking with your child before they leave for camp and explaining that there is always someone available to help them solve a problem – their cabin counselor, the unit leader, or any staff member they trust.

TO PREVENT HOMESICKNESS:
Campers don't often stay homesick for very long at Calumet; they are too busy! You can help in the following ways:

- Assure your child that you want them to be able to go to camp because you love them so much.
- Write cheerful letters. News of what is happening to you is okay; talking about how much you miss your child or what your child is missing by being at camp is not a good idea. Please don't write to your child to report family tragedies.
- Let your child know ahead of time that they will be at camp for the whole week or two. It encourages homesickness if you say you will come get your child if they do not like camp.
- Please call if you have any questions or concerns during the time your child is at Calumet.

T-SHIRT:
Calumet has a special yearly t-shirt. This t-shirt may be ordered on the online registration site *or* it may be purchased at the Snack Bar Store on pick up day. There is a large selection of souvenir items at the Snack Bar Store.

OUR PROGRAM: Subject to NH State and CDC guidelines and recommendations in 2026
Our program is based on a few simple principles - friendship, fun, responsibility, and faith in God. A good deal of time is spent doing activities with the cabin group. They do all kinds of enjoyable activities together. Water games in the swimming area, canoe and sailboat trips, capture the flag, or any number of wild and zany group games we have invented - games that don't necessarily depend on athletic ability. We have a super group-challenge obstacle course, as well as traditional games like soccer, softball, basketball, and volleyball. Cabin groups sometimes hike to Jackman's Ridge or have a cookout in the picnic area. Sometimes they have a meal on the pontoon boat or sleep under the stars around a campfire on the beach. They talk with each other about typical concerns of their age group; the counselor guides Bible Studies and inspirational devotions. They enjoy evening programs together - our games have become famous because they are fun and full of adventure. Afternoons at Calumet are great! After orientation on Sunday afternoon, campers choose three activities in which to participate for the week. There is no shortage of choices, with each of our departments offering great activity options during each period. We have program departments including arts and crafts, swimming, boating, field sports, photography, planet earth and music & dramatics.

Swimming is a required activity for our younger campers. There are lots of choices - every one of them fun and educational.
Two-week campers may go on trips over the weekend and campers age 12 or older may go on overnight trips. Campers on these trips will be transported on Calumet vans or buses. **All two week campers must bring a small day pack and water bottle.**
Our oldest campers have a slightly different program. We find they need a different kind of structure, consisting of more time with their own age group and time doing "small-group" activities. Their "lights out" time is extended, although quiet time is strictly enforced. Older campers often participate in overnight hikes or canoe trips. It is important that they bring sturdy shoes or boots, well broken in for hiking.
Please feel free to send along any sports safety equipment you want your child to use (like knee pads or mouth guards). Every camper may expect to participate in any number of activities like: soccer, basketball, baseball, volleyball, tennis, archery, capture the flag, and similar active sports.
Calumet is unable to accommodate campers with significant behavioral and /or emotional difficulties. If your child requires additional support in these areas in the school/home setting and other recreational programs we suggest looking in to camps that are more therapeutic in nature. If a child's behavioral or emotional needs are upsetting to other campers, too challenging for our high school and college aged counselors to manage, or deemed unsafe by the camp staff you will be contacted by a camp director for early pick up.

LAUNDRY:
Campers should come with enough clothes to last for the whole session. Sorry, but we do not have laundry service available to campers.

CLOTHING AND OTHER LUGGAGE:
Your child does not need a new wardrobe! Clothing your child would normally play in is sufficient. Two week campers may want to bring an outfit suitable for church on Sunday morning. Please be prepared for a wide range of temperatures and weather conditions. New Hampshire is known for unpredictable weather: be prepared for hot, cold, wet, dry and everything in between. A packing checklist is included in this packet.
If your child is a bed-wetter, we request that you send your camper with nighttime pull-ups/Depends and/or an extra sleeping bag to accommodate nighttime accidents.

LOST AND FOUND:
Please label all clothing, sleeping bags, towels, everything! We will return any items we find only if you call or e-mail within one week and ask us. Please do not send valuable items with your child. **We are not responsible for lost items.**

TIPPING OUR STAFF:
Counselors are not allowed to accept tips. If you wish to show your appreciation, please make a donation to the annual fund in honor of the counselor.

ACCEPTANCE:
Campers are enrolled on a "first-come, first-serve" basis. Rules for acceptance and participation are the same for everyone, without regard to gender, race, national origin, sexual orientation or religion. Non-Lutherans are advised that our programs are consistent with the heritage and practices of the Lutheran tradition. Participation in worship and Bible Study activities is expected of everyone. We do not provide for attendance at worship services of other denominations.

CAMP RULES:
Camp rules are designed for the safety of everyone. The Camp Director may require parents to remove any camper who does not comply.

Questions? Please call:
Registrar's Office - 603 539-3223 x 219
Resident Camp Office – 603 539-4773 x 212

DIRECTIONS TO CALUMET
From Boston, MA: Rt. 128 to 95*
From Hartford, CT: Rt. 84 to Rt. 90 to Rt. 290 to Rt. 495 to Rt. 95*
*Continue on Rt. 95 North toward Portsmouth. Follow signs for Rt. 16 and the Spaulding Turnpike (Exit 4 – left exit). Continue north on Rt. 16 until you come to West Ossipee at the junction of Rt. 25 W (Watson's General Store is on the left, McDonald's is on the right). Take your next right at the blinking light, which is Rt. 41. Go ½ mile and take a right onto Ossipee Lake Road. Calumet is 2½ miles down the road.
From Portland, ME: Rt. 25 W to Rt. 153**
**Turn right off Rt. 25 at Rt. 153 North in Effingham Falls/Freedom, NH. Travel less than a mile and take your first left onto the Ossipee Lake Road. Continue on the Ossipee Lake Road to the stop sign and bear left down the hill. Calumet will be 3 miles down the road.
From Burlington, VT: Rt. 89 to Rt. 4 to Rt. 104 to Rt. 25***
***At the junction of Rt. 25 and Rt. 16 in W. Ossipee, turn left (North on Rt. 16). Take your next right at the blinking light, which is Rt. 41. Go ½ mile and take a right onto the Ossipee Lake Road. Calumet will be 2 ½ miles down the road.

DROP OFF AND PICK UP:
Drop off begins at 2:00 pm on the first day of the session. Pick up is from 9:30 am to 11:00 am on the last day of the session. Drop off and pick up procedures will be emailed prior to your camper's session.

CAMPER PACKING CHECKLIST

Camp is all about being in and playing in the outdoors. Campers need to bring comfortable clothes that they are able to have fun in and not worry about damaging. Please **LABEL** your child's belongings, including clothes, for easy identification. We will return any items left behind only if you call or email within one week. Campers should come with enough clothes to last the whole session. Sorry, but we do not have laundry service available to campers.

Note especially the **"DO NOT BRING"** list, which applies to all campers.

Calumet is not responsible for lost items.

Clothing

❑T- shirts

❑ Long-sleeved shirts

❑Sweatshirts or Sweaters or Fleece

❑Shorts

❑Pants

❑Underwear

❑Pajamas

❑Bathing Suits

❑Raincoat or poncho

❑Sneakers – every camper must bring sneakers

❑Socks

❑Sandals – campers must wear footwear at ALL times

❑Clothes that are good for layering—New Hampshire nights can be chilly!

Bedding

❑Sleeping bag/sheets and blankets

❑Pillow

Other Items

❑Bible

❑Towels (for swimming and bathing)

❑Toiletries: soap, toothbrush, toothpaste, shampoo, etc.

❑Water Bottle

❑Sunscreen

❑Old Cotton T-Shirt or Pillowcase for Tie-Dye

❑Laundry Bag for dirty clothes

❑Stationery, pen/pencil and pre-stamped envelopes

❑Flashlight

❑Small Day/Back Pack

Items to consider

❑Musical instrument

❑Sports equipment: glove, racket, lacrosse stick, etc.

❑Camera

❑Book (for rest hour)

DO NOT BRING:

Any electronics including:
Cell phones, tablets, games, computers.

Also no:
Food, money, over the counter medication (all medications must be given to the nurses upon drop off), valuable jewelry, knives of any kind.

These items will be confiscated and returned to the camper upon their departure from Calumet

*Two-week campers age 12 and older might go on overnight trips (subject to change). These campers will need the following items:

❑Good sneakers

❑Sweatshirt

❑Raincoat/poncho

❑Water Bottle

❑Small Backpack