



# Parent/Guardian Handbook

## Camper Information

Dear Parent/Guardian and Camper,

Thank you for choosing Easterseals NH Camp Sno-Mo. We are excited you will be joining us and we look forward to a great summer together!

Staff are busy gearing up for a safe, fun, and successful season. We look forward to meeting you and introducing you to this year's staff. Enclosed is essential information to provide you with a smooth check in process upon your arrival at camp.

Please review the contents carefully and let me know if you have any questions.

Thank you,

Chris Ellis

Regional Director of Camping  
Cell: 603-716-6353  
Camp Phone: 603-364-5818  
Email: [cellis@eastersealsnh.org](mailto:cellis@eastersealsnh.org)

## Camp Sno-Mo

"Where the only disability is a bad attitude."

Easterseals NH Camp Sno-Mo at Hidden Valley  
260 Griswold Lane, Gilmanton IW, NH 03837

## Medications

Camper Medical Record form must be completed and signed by a physician within 12 months of the camper's scheduled check out date. This form must also be signed by the parent/guardian, and must be sent (uploaded via secure upload link, scanned / emailed) no later than May 31<sup>st</sup>.

For solid (non-liquid medications) we request all pill / tablet medication be submitted to camp in Blister Packaging. Blister Packs, or simply Blisters, are terms used to describe several types of pre-formed clear plastic cavities typically used for securely packaging small consumer goods. You should be able to request this from your pharmacy.

In the event that you are not able to obtain Blister Packs of solid non-liquid medication, we ask that medications are submitted in their original containers that are properly labeled with the first and last name of your child. Please provide 1 full week of each medication AND an additional 2 or 3 doses of each medication.

Campers who arrive with medications / medication containers that do not match medication information listed on intake paperwork pages 5 and 6 of *Camper Medical Record* **will not be admitted**. *\*If medications change from the time of submission of the Camper Medical Record to the time of camper drop off, you must provide a separate document which is signed by the camper's prescriber noting changes.* Campers who are not admitted due to discrepancies between the Camper Medical Record (intake paperwork pages 5 and 6) can return during their scheduled session with an updated document which is signed by the camper's prescriber noting changes and will be admitted.

## PLEASE NOTE

- In order for your camper to be admitted to camp, you must have submitted all required forms.

Email paperwork to:  
Email: [cellis@eastersealsnh.org](mailto:cellis@eastersealsnh.org)

## Check in/Pick-up Procedures

Families will receive a link to sign up for a check in time prior to each session. Families can access the link on the Wednesday prior to their camper's scheduled session starting at 8pm and will be open until 8pm the following Thursday. Families will need to sign up for their check in time before Thursday at 8pm.

There will be two links for different types of check in:

- **Non-Medication Check in:** Camper has 0 over the counter or prescribed medications what will need to be dispensed during their week at camp.
- **Medication Check in:**
  - **Type 1:** 1-5 Prescribed or over the counter medications taken during the week. This check in will take 15 minutes.
  - **Type 2:** 6-10+ prescribed or over the counter medications taken during the week and / or Camper receives medication or liquids through a G-Tube. This check in will take 30 minutes

Please arrive 15 min prior to your selected check in time. If you are late for your scheduled check in time, it is likely that you will be rescheduled to the latest check in slot / processed last.

**Check in begins at 2:00 pm on the Sunday of the start of the session.  
Check out is the following Friday 12pm - 2:00 pm.**

Campers will be released only to those individuals indicated on the Pick-up Authorization form (located in the camper intake paperwork). If there is any change in this information, please inform the camp staff during check in or phone the camp director. Individuals picking up campers must have proper identification or will not be permitted to pick up.

## **Programming**

Please see below for a sample list of programming offered by the Scouts at Hidden Valley. These are all merit badges that campers can work to obtain during the week. Please sit down with your camper and talk about what activities they may be interested in participating in during their week at camp.

Your camper may be paired with other campers during the week which may impact activity schedules, so please note all the activities your camper is interested in.

# Merit Badge Program Schedule

PROGRAM SCHEDULE	<u>BLOCK 1</u> <u>MON &amp; TUES</u> <u>9-10:30AM</u>	<u>BLOCK 3</u> <u>WED &amp; THUR</u> <u>9-10:30AM</u>	<u>BLOCK 2</u> <u>MON &amp; TUES</u> <u>10:45-12:15PM</u>	<u>BLOCK 4</u> <u>WED &amp; THUR</u> <u>10:45-12:15PM</u>
<b>AQUATICS</b>				
SWIMMING	1	3	2	4
SWIM INSTRUCTION			2	4
SMALL BOAT SAILING	1 & 3 (MON-THUR)			
MOTORBOATING	1	3		
LIFESAVING	1 & 3 (MON-THUR)		2 & 4 (MON-THUR)	
KAYAKING	1		2	4
KAYAKING BSA		3		
CANOEING			2 & 4 (MON-THUR)	
<b>SCOUTCRAFT</b>				
CAMPING	1			4
ORIENTEERING		3		
PIONEERING			2	
WILDERNESS SURVIVAL	1 & 3 (MON-THUR)			
GEOCACHING	1			
FISHING	1		2	
COOKING			2 & 4 (MON-THUR)	
<b>SHOOTING SPORTS</b>				
ARCHERY	1	3	2	4
RIFLE SHOOTING	1 & 3 (MON-THUR)		2 & 4 (MON-THUR)	
SHOTGUN SHOOTING	1	3	2	4
<b>ECOLOGY</b>				
FORESTRY		3		4
GEOLOGY & MINING IN SOCIETY			2	
ZOOLOGY (MAMMAL STUDY & NATURE)	1			4
ASTRONOMY			2	
ENVIRONMENTAL SCIENCE	1 & 3 (MON-THUR)		2 & 4 (MON-THUR)	
OCEANOGRAPHY		3		
<b>HANDICRAFT</b>				
BASKETRY	1		2	
LEATHERWORKING			2	4
WOODCARVING	1		2	
ART		3		
DISABILITIES AWARENESS	1			

CHESS		3		4
GAME DESIGN		3		4
BUGLING	After Dinner on Monday			
FINGERPRINTING	After Dinner on Thursday			
FRONTIER				
PUBLIC SPEAKING			2	
CITIZENSHIP IN THE WORLD				4
FRONTIER! FIRST YEAR PROGRAM	1 & 3 (MON-THUR)			
EMERGENCY SKILLS				
EMERGENCY PREPAREDNESS	1		2	
COMMUNICATION		3		
FIRST AID			2 & 4 (MON-THUR)	
SEARCH AND RESCUE	1			4
TRAFFIC SAFETY		3		
STEM				
WELDING	1		2	4
PHOTOGRAPHY		3		
SPACE EXPLORATION			2	4
ENGINEERING		3		
ELECTRICITY & ELECTRONICS			2	4
NUCLEAR SCIENCE	1			
ROBOTICS	1 & 3 (MON-THUR)			
COPE				
CLIMBING			2 & 4 (MON-THUR)	
COPE (NON MB)	1 & 3 (MON-THUR)			

## Clothing & Supplies

The following are the items your camper will need. Pack additional clothing items if necessary. Please make sure all items are clearly labeled with the camper's name.

<u>Clothing:</u>	<u>Toiletries:</u>	<u>Other Items:</u>
Shirts - 6 Shorts - 6 Pants / Sweats - 2 Socks - 6 (pairs) Underwear - 8 Jacket - 1 Sweater / Hoodie - 1 Pajamas - 3 Swimsuit - 2	Soap Shampoo Toothbrush Pull-ups/diapers, if needed (sufficient supply for the entire camp session) Feminine hygiene products Comb / Brush Deodorant	Insect Repellent Sunscreen Sleeping Bag Pillow Water Bottle

### Optional Items:

- Camera (disposable) *\*Staff will take pictures and you will be able to access them from a secure website!*
- Fishing pole
- Swimming devices / personal life vests if preferred *\*camp will provide if you do not have a "preferred" item*
- Money- If your camper would like to purchase snacks or beverages from the camp store. We suggest \$20 is adequate for the week.

If you need assistance acquiring any of the required items above, please let camp administration know ASAP and we will be glad to assist you in order to make your camper's experience the best week ever!

## Lost and Found

Unclaimed, unmarked clothing / personal items will be collected and stored for the summer. If you notice items are missing, please call the camp as soon as possible.

## Electronics

Keeping with the traditional camping experience, we discourage campers from bringing any electronic items such as cellphones, iPads, or MP3 players UNLESS they are used as a communication device or necessary for self-soothing / de-escalation.

*\*Easterseals NH is not responsible for lost or stolen items*

## **Dismissal from Camp**

When possible, camp administrative staff will make every effort to contact parents / guardians prior to deciding to dismiss a camper. The camper may be dismissed from camp for any of the following reasons but not limited to:

- Refusal to take one dose of medications
- Inability to adapt to the environment within 36 hours
- Behavior, i.e. refusal to eat or drink, aggression towards objects, aggression towards people, disruptive behavior (excessive inappropriate language / outbursts), etc.
- Symptomatic of potentially contagious illness, i.e. flu, chicken pox, conjunctivitis, head lice, COVID, etc.)
- Injury deemed worthy of dismissal by the medical staff or camp director

## **Payment Guidance**

### **Registration Deposit:**

Parents / legal guardians registering a camper will be responsible for a non-refundable deposit(s).

For New Hampshire residents, a \$500.00 non-refundable deposit per camper, per session is due at the time of registration within the CampBrain portal. *\*see refund exceptions on page 2.*

For non-New Hampshire residents a \$750.00 non-refundable deposit per camper, per session is due at the time of registration within the CampBrain portal. *\*see refund exceptions on page 2.*

The non-refundable deposit(s) will be subtracted from the tuition fee.

### **Paying Tuition:**

Payment of tuition, or a promissory agreement from a third-party payor confirming future payment, is due 15 business days after the completion of registrations. The parent / legal guardian assumes responsibility for the outstanding balance if a third party does not submit any part of payment.

If tuition is not paid or a promissory agreement is not received within 10 business days after completion of registration, the camper will be put on a waitlist until tuition is paid, or a promissory agreement is received.

Inclusion on the waitlist does not guarantee a spot at camp. Tuition or a promissory note must be received before a camper may be moved from the waitlist and confirmed to attend.

### **To pay via credit card online:**

Credit card payments can be made online through the CampBrain portal. For any questions, please call Assistant Billing Manager Lynda Matthews at 603-621-3447 or Accounts Receivable Department at 603-621-3401.

## ***Payment Guidance Continued***

### **To pay via credit card over the phone:**

Please call Assistant Billing Manager Lynda Matthews at 603-621-3447 or Accounts Receivable Department at 603-621-3401.

### **To pay by check:**

Checks must be payable to Easterseals NH and the camper's name(s). Camp Sno-Mo must be noted in the memo section of the check. Checks can be mailed to:

Attention Camp Sno-Mo  
Easterseals New Hampshire  
555 Auburn St.  
Manchester, NH 03103

### **Non-Refund of Camp Deposit or Tuition**

1. Campers who are sent home due to illness, injury, or poor behavior (including within the first 24 hours), will not receive a refund of deposit or tuition.
2. Campers who arrive with medications / medication containers that do not match medication information listed on intake paperwork pages 5 and 6 of *Camper Medical Record* will not receive a full refund of deposit or tuition. *\*If medications change from the time of submission of the Camper Medical Record to the time of camper drop off, you must provide a separate document which is signed by the camper's prescriber noting changes.*

### **Refund of Camp Deposit**

1. Deposits are non-refundable with the exception that:
  - a. A third party pays in full.
  - b. Easterseals NH determines during review of intake paperwork that they cannot safely support / accommodate the camper.
  - c. Easterseals NH closes the camp in its entirety for a public health emergency, municipal declaration, or necessary business decision.

### **Refund of Camp Tuition**

2. The credit balance of a tuition fee will be refunded provided one of the following conditions is met:
  - a. A third party pays in full.
  - b. Easterseals NH determines during review of intake paperwork that they cannot safely support / accommodate the camper.
  - c. Easterseals NH closes the camp in its entirety for a public health emergency, municipal declaration, or necessary business decision.

## **Emergencies**

In the event of a medical emergency, every effort will be made to contact the parent / guardian immediately; however, medical attention will be provided as deemed necessary by the medical staff.

If you need to contact the camp regarding emergency issues, please contact:

Chris Ellis  
Camp Director  
(603) 716-6353  
[cellis@eastersealsnh.org](mailto:cellis@eastersealsnh.org)

Camp Landline Phone: 603-364-5818

Benjamin Adams  
Senior Director of Programs  
(603) 748-0071  
[badams@eastersealsnh.org](mailto:badams@eastersealsnh.org)

## **Homesickness**

Homesickness is common, especially if it is the camper's first time away from home. There are several ways to minimize the occurrence of homesickness and make the camp experience successful.

1. If possible, please visit the camp during our open house or prior to your scheduled session. This will assist with the transition on the day of check in.
2. Set up a private tour to see camp in the off season.
3. Send mail or a care package! Campers love to know they are thought of while away from home. You can hide a letter in their suitcase or mail it a few days before they leave for camp, that way it will arrive early in the week.

(Camper Name) Easterseals NH  
Camp Sno-Mo  
260 Griswold Lane At Hidden Valley  
Gilmanton Iron Works, NH, 03837

Please discourage your camper from calling home. Tell them to write to let you know how much fun they are having! Pack addressed, stamped envelopes to make this easier. If your camper is not adjusting to the camp environment, you can be assured that the camp director or the assistant director will contact you.

## **Special Considerations**

If your camper has a special physical or dietary need, please inform the medical staff and the camp director at least two weeks prior to your camper's session. If your camper has a strict diet, significant food allergies, or is a finicky eater, please supply specific items they will eat.

Please feel free to bring any specialized equipment, sleeping, or eating devices to assist with the adjustment to camp and to better serve the camper. This may include bed rails, a flotation device, seats, a favorite stuffed animal, adaptive utensils, etc. Any questions, comments, or notes you may have for us at registration please feel free to write them below and bring them to check in.

Thank you for choosing Easterseals NH Camp Sno-Mo for your child's overnight camping experience.

## **Directions to Camp Sno-Mo @ Hidden Valley**

### Directions- From Interstate 93:

- Follow 93 North or South to Exit 20 (Tilton, NH).
- Go straight at the exit light and follow the signs to Rt. 140 through Belmont, Gilmanton and Gilmanton IW \*Approximately 5 miles from the intersection of 107 and 140 look for a Crystal Lake Rd sign on the left
- Turn left onto Crystal Lake Rd.
- Bear left immediately at the fork and follow the road for 3 miles.
  - Take a right at the Hidden Valley sign (on to a dirt road). Places Mills Rd Follow the road for V4 mile and take a left onto Griswold Road (Boy Scout Reservation.) This is the camp road. Drive approximately 1-mile back and look for signs to the Easter Seals Lodge.

### Directions- From Route 28:

- Follow Rt.28 North to Route 107 towards Gilmanton,
- Turn right at the intersection for Rt. 107 and Rt. 140
- follow directions from above.

**Important:** When using GPS, please enter “Easterseals NH” instead of the camp’s name to ensure accurate directions.

A huge thank you to the New Hampshire Snowmobile Association for more than four decades of support and for over \$3.5 million raised for Camp Sno-Mo! It is with their continued dedication, generosity, and support that help make Camp Sno-Mo "the Best Week Ever" for our Campers!



**THANK YOU NHSA!**

For more information please contact:

Easterseals NH Camp Sno-Mo  
260 Griswold Lane, Gilmanton Iron Works NH, 03837  
603.364.5818 [cellis@eastersealsnh.org](mailto:cellis@eastersealsnh.org)