



Get Ready 2019 *Information Handbook*

WINTER ADDRESS

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CALENDAR OF EVENTS

April 15	Balance of all Payments Due
May 1	<p>Online Forms Due • Personality Inventory • Health History • Medical Insurance Card • Code of Conduct</p> <p>Email the printed, Physical Examination Form to us as soon as your child has had their doctor's appointment</p>
May 1	<p>Optional Teen Trip & Specialized Program Deadline</p> <ul style="list-style-type: none"> • Horseback Riding • Ice Hockey • Figure Skating • Golf • Montreal Trip • Kennebec Rafting • Apprentice Trip
May 15	Camp Trucking luggage pickup/drop-off online registration form due
June 1	Online Forms Due: • Travel Reservation • Visiting Day Registration
June 19	All Medications due for Full & July campers
June 26	<p>Opening Day for Full & July campers</p> <ul style="list-style-type: none"> • Families driving children to camp must check in between 12:00 pm - 2:00 pm • Buses depart Lexington, MA (I-95) Northbound Rest Stop at 12:00 pm • Buses depart Cross County Shopping Center in Yonkers, NY at 9:00 am • Campers flying to Portland are picked up between 10:00 am - 2:00 pm
July 15	All Medication due for August campers
July 21	<p>Visiting Day: 10:00 am - 3:00 pm*</p> <p>*First-time August families are welcome to attend from 11:30 am – 3:00 pm, but may not check into camp until July 22nd</p>
July 21	<p>Last Day for July campers</p> <ul style="list-style-type: none"> • Families attending visiting day may check out from 12:00 pm – 3:00 pm. • Campers flying home from the Portland Jetport must depart on flights between 10:00 am - 1:00 pm
July 22	<p>First Day for August campers</p> <ul style="list-style-type: none"> • Families driving to camp must check in at 9:00 am • Campers flying to Portland are picked up between 10:00 am - 2:00 pm
Aug 14	<p>Last Day for Full & August campers</p> <ul style="list-style-type: none"> • Families picking up children must check out at 8:30 am • Campers flying home from the Portland Jetport must depart on flights between 10:00 am - 1:00 pm

ONLINE FORMS

All families must complete the following **ELECTRONIC** forms by logging into the Camp Modin Get Ready Portal with their email and password at: www.modin.com/getready

FORM	DUE DATE
Health History	May 1 st
Medical Insurance Card/Coverage	May 1 st
Personality Inventory	May 1 st
Code of Conduct	May 1 st
Travel Reservation	June 1 st
Visiting Day Registration	June 1 st

PRINTED FORMS

Download the **Modin Physical Examination Form** at the link below, and give it to your pediatrician to complete. Please mail the form to our office or scan and email the signed, completed form back to: modin@modin.com

<https://www.modin.com/GetReadyCenter>

PHOTO OF YOUR CHILD

- It is imperative that you send us a clear, current, forward facing (no hat) photo of your child.
- We need it for our online system, and we want the counselors, medical & office staff, and administrative team to recognize your child upon arrival at camp.
- Please email a **CURRENT PHOTO** of your child to: jenny@modin.com

TRAVEL: CHAPERONED BUS SERVICE

- Modin offers bus service from the Cross County Shopping Center in **Yonkers, New York** (15 minutes north of NYC) and the **Lexington, Massachusetts** Route-128/I-95 Northbound rest stop (about 30 minutes outside of Boston).
- Modin offers bus service on opening day (**Wednesday, June 26, 2019**) and closing day (**Wednesday, August 14, 2019**).
- There is no pick-up or drop-off service on **Monday, July 22, 2019**, as the majority of July and August families choose to pick up or drop off their children at camp. Families not planning on coming to Maine can fly their children in and out of the Portland Jetport.
- 4-5 buses service the Cross Country Shopping Center.
- There is one bus (or 2-3 vans) that service Lexington, Massachusetts.
- All buses are charter coaches. Vans are 12-15 passenger vehicles.
- The New York fee includes lunch and snacks. The Boston fee includes snacks.
- Each child is permitted **one carry-on bag**.
- We assign campers to busses according to age and cabin.
- We cannot accommodate requests for siblings to sit together. It is important for campers to assimilate from the start.
- Vehicle assignments will be emailed a few days before traveling.
- You will receive an e-mail when your child arrives at camp.
- **No cell phones are allowed.**

YONKERS, NY: TIMES & DIRECTIONS

DATE	DEPARTURE	CHECK-IN	DEPART	ARRIVAL	TIME	FARE
Wed, June 26	Yonkers, NY	8:00 AM	9:00 AM	Modin	4:00 PM	\$170
Wed, Aug 14	Modin	N/A	7:00 AM	Yonkers, NY	3:00 PM	\$170

Take Exit 3 off the NY State Thruway/Major Deegan. This exit puts you onto Central Park Avenue. Turn right onto South Drive. Take this to the very end and make a right onto Xavier Drive. The Modin Parking area is off Xavier Drive in the Movie Theatre/Cinema parking lot. For GPS, put in **6 Xavier Drive**, Yonkers, New York.

LEXINGTON, MA: TIMES & DIRECTIONS

DATE	DEPARTURE	CHECK-IN	DEPART	ARRIVAL	TIME	FARE
Wed, June 26	Lexington, MA	11:30 AM	12:00 PM	Modin	3:30 PM	\$100
Wed, Aug 14	Modin	N/A	8:30 AM	Lexington, MA	12:00 PM	\$100

Take the Massachusetts turnpike towards Boston. Get onto I-95/Route 128 North. The location for the Boston Area pickup/drop-off is in Lexington, Mass at the Lexington Route-128/I-95 Northbound rest stop, just North of the exits for Route 2 between exits 30A & 30B

TRAVEL: PORTLAND JETPORT

- All children traveling by air should book flights in and out of Portland Jetport (PWM) in Portland, Maine, which is serviced by American, Delta, Frontier, JetBlue, Southwest, and United.
- You **must provide an e-ticket record locator number** to complete online travel forms.
- Luggage cannot be picked up or dropped off at the Portland Jetport. **All luggage must be shipped to/from camp** (except for international campers).
- Please call us **before** booking your reservations, if you need to fly outside of our times.
- Please review your carrier's **unaccompanied minor** policy regarding ages & connections.
- **Register and pay** for your child's unaccompanied minor service when booking and email us proof of payment.
- If the airline requires a name to book the service, please use **"HOWARD SALZBERG"** and the camp address & phone number. You can update the staff member information 24-48 hours before the flight. Email us **48 hours** prior to the flight for the accurate name of your child's chaperone and then contact your carrier to update the reservation.
- The airlines only guarantee our staff access through security to meet your child at the gate when your child registers as an unaccompanied minor.
- We will contact the parents of children flying **to** Portland once they arrive at camp.
- Modin chaperones remain in the airport until all flights take off.

DATE	DIRECTION	FLIGHTS ARRIVING BETWEEN	FARE
Wed, June 26	To Modin	10:00 AM – 2:00 PM	\$80.00
Mon, July 22	To Modin	10:00 AM – 2:00 PM	\$80.00

DATE	DIRECTION	FLIGHTS DEPARTING BETWEEN	FARE
Sun, July 21	From Modin	10:00 AM – 1:00 PM	\$80.00
Wed, Aug 14	From Modin	10:00 AM – 1:00 PM	\$80.00

TRAVEL: PRIVATE AIRPORTS

There are two nearby private airports with available ground services.

WATERVILLE ROBERT LAFLEUR AIRPORT (15 minutes from camp)

FAA	UNICOM	AWOS	RUNWAY	PHONE	WEBSITE
KWVL	122.700	118.375	5500x100	+1.207.861.8013	www.waterville-me.gov/airport

AUGUSTA STATE AIRPORT (30 minutes from camp)

FAA	UNICOM	AWOS	RUNWAY	PHONE	WEBSITE
KAUG	123.000	118.325	5001x100	+1.207.622.1211	www.maineinstrumentflight.com

TRAVEL: DRIVING TO/FROM CAMP

If you are planning to drive your child to and/or from camp, please adhere to the times below:

CHECK IN DATE	SESSION	TIME
Wednesday, June 26, 2019	Full & July	12:00 PM – 2:00 PM
Monday, July 22, 2019	August	9:00 AM

CHECK OUT DATE	SESSION	TIME
Sunday, July 21, 2019	July	12:00 PM – 3:00 PM
Wednesday, August 14, 2019	Full & August	8:30 AM

LUGGAGE POLICY

DUFFEL BAGS

- There is a ***two-duffel bag limit per child***. Purchase bags without wheels. Families that send more than two duffels per child will have items shipped home at their expense.
- All luggage is removed from the cabins and stored immediately after it's unpacked.
- Beginning in February, Modin duffel bags—personalized with your child's name—will be available for purchase at the Modin Online store, <http://www.modin.com/store>.

PACKING BAGS

- Please pack and ship belongings ***for each child in separate duffel bags***.
- Make sure you ***clearly write*** your child's name on the bag.
- Cross out and remove anyone else's information from the bag, including parent/sibling names.
- Remove all Camp Trucking, UPS, FedEx and Modin bar-coded bag tags from previous years.
- ***Label all the contents***.
- ***DO NOT LOCK*** luggage. Ship luggage to camp unlocked. If we do not have access, we will be forced to open the baggage through other means.

SHIPPING LUGGAGE

- Except for international participants, everyone that rides the bus or flies into Portland must ship their luggage to camp in advance.
- Sleeping bags in stuff sacks may be shipped separately through Camp Trucking.
- You may not ship any other items to camp, including 3-drawer carts and foam mattress pads.

CAMP TRUCKING

- Camp Trucking provides luggage delivery service from your home directly to your child's bunk.
- Camp Trucking is the preferred method for shipping bags for all domestic families.
- They pick-up from anywhere in the continental United States.
- They schedule the pick-up from your home about a week before your child's start date.
- They will return bags to your home at the end of your child's stay at Modin.
- Families do not need to be home or sign for any luggage being picked up or dropped off.
- There are no weight or size restrictions.
- Camp Trucking luggage for July and full season campers arrive at camp **Monday, June 24th**, and August campers' luggage arrive **Monday, July 22nd**.
- **Beginning January 1, 2019**, Camp Trucking reservations can be made by clicking the link in the online Get Ready Center or at <https://www.camptrucking.com/register.php>.

FEDEX & UPS

- **TO CAMP:** Families may use FedEx or UPS to ship luggage to camp. Please make sure that all bags arrive by **Friday, June 21, 2019** (Full/July campers) or **Friday, July 19, 2019** (August campers).
- **FROM CAMP:** *Modin will NOT ship home bags via FedEx or UPS*, but you can make your arrangements by calling The Mailing Center in Augusta, Maine at +1.207.621.0234.

WHAT HAPPENS TO THE LUGGAGE ONCE IT ARRIVES AT CAMP?

All bags shipped to camp in advance are distributed to the child's cabin and carefully unpacked by their counselors under the direct supervision of administrative staff. **July** and **Full** season campers are unpacked on **Monday, June 24th** and **August** campers are unpacked on **Monday, July 22nd**.

We unpack luggage in advance to facilitate a smooth transition to camp. Opening day is an exciting and hectic time. Campers are tired from the long journey, and we like to focus our efforts on creating a safe, familiar and comfortable environment.

DRIVING TO CAMP

- Families driving may bring luggage with them; most domestic families use Camp Trucking.
- We are happy to unpack your child's luggage for you or assist you with the process.

BUNK REQUESTS & ASSIGNMENTS

- There are numerous factors to consider when assigning bunks, including returnees vs. first-timers, full vs. half session enrollment, geography, schools attended, and most importantly, social dynamics.
- Camp offers children the opportunity to explore relationships outside of school and neighborhood. Camp allows children to broaden their social circles.
- In continuing our ongoing effort to build cohesive bunks and foster community, ***we no longer accept grouping requests in any form—online, phone or via email.***
- There are two bunks per age group that share one physical building, including a shared bathroom and living space.
- Both bunks participate in most activities and camp life together as one bunk.
- All beds are pre-assigned by the camp directors.

PERSONALITY INVENTORY

- The Personality Inventory form has a space for personal information about your child.
- Do not hesitate to provide detailed information about your child's behavior or life events out of fear that a child will be labeled.
- We are committed to using the greatest discretion with all information provided.
- We can more effectively offer sensitivity to a child in need of extra patience, understanding, and reassurance when we know about a learning difficulty, ADHD, bed-wetting, a recent loss or change in the family or child's life.
- In our experience as seasoned camp directors, this valuable information helps us assist children with a smooth transition to camp.
- This form includes an option to request a top or bottom bunk for your child, based on availability and order of request. We cannot make guarantees.
- We do not accept requests for single beds or specific locations within a cabin.

HEALTH HISTORY FORM

This **ONLINE FORM** is completed by a **parent/guardian** and covers your children's health history, insurance documentation, emergency care release authorization, and dietary restrictions. This form is due ***no later than May 1st, 2019.***

PHYSICAL EXAMINATION FORM

- This **PRINTED FORM** must be completed by your child's **physician** and returned to us as soon as possible—no later than one week before their arrival.
- We recommend scheduling your child's appointment as soon as possible.
- Physicians may substitute their form instead of ours provided it includes similar information.
- Please make to list all immunizations and not just the most recent ones.

MEDICAL INSURANCE COVERAGE

- Families are responsible for all medical expenses such as hospitals, off-camp doctor visits, prescription drugs, dental and orthodontic services, etc.
- Please **scan/photograph** a **high-resolution** image of the **front and back** of your child's insurance card and email it to: **jenny@modin.com**.
- If you are a returning family and your insurance card **has not changed** from last season, log into your Get Ready Account and confirm that the card we have on file is correct in your Health History Form.

HEALTH SUPERVISION

- Every precaution is taken to safeguard the health of our campers.
- Our staff includes on-site, full-time registered nurses and local doctors and/or nurse practitioners who visit camp daily.
- Maine General and Inland Hospital are located within 10 miles of camp.
- We notify parents when a child: 1) stays overnight in the camp infirmary 2) sees the camp physician/nurse practitioner 3) requires antibiotics or 4) visits the hospital/specialist.

HEAD LICE AND COMMUNICABLE ILLNESS

- Camp Modin contracts with a professional lice treatment company.
- Camp Modin covers the cost of lice-checks, but does not cover a multi-day treatment program.
- The families of children found to have lice/nits will incur a **\$375 per child cost** for treatment.
- We reserve the right to remove/dispose of personal items that we cannot wash or treat.
- Final say about the treatment rests with the lice professionals, nursing staff, and the directors.
- We encourage you to **conduct lice checks 2-3 days before camp**. If you are unsure as to how to check for lice, we urge you to consult a professional.
- To safeguard our community from risk, please notify us promptly of any suspected exposure before your child's arrival.

MEDICATION POLICY

- Many children at camp take medication for allergies, ADHD, bed-wetting, asthma, etc. It is detrimental to your child's well-being to stop taking medication for the summer.
- If your child successfully takes medication during the school year, we urge you to allow your child to continue while at camp. The notion that a child has less to focus on at camp than in the classroom is false.
- It is not in the best interest of your child to stop taking medication for the summer or to neglect to fully inform the camp of your child's medical history. Camp is the wrong environment to "test" a child's ability to succeed without medication.
- Most children who stop taking medication for the summer, wind up going back on them while at camp due to difficulties that could have been avoided if they stayed on their medication.
- There is no stigma attached to taking medication. It is a misconception that children taking medication at camp will be teased by fellow campers. Please trust us on this.

SHIPPING MEDICATION DIRECTLY TO CAMP

- All families (excluding international) **must ship** all medication to camp **one week before** arrival, including all prescription and over-the-counter medications, pills, liquids, patches, creams, inhalers, and nasal sprays.
- Medication for campers arriving on **June 26** should arrive no later than **June 19**.
- Medication for campers arriving on **July 22** should arrive no later than **July 15**.
- If your insurance only pays for a 30-day supply and your camper attends full season, you should send whatever you can in advance, and mail a second batch when possible.
- Our infirmary can also assist you with refills at our local pharmacy.
- Families who do not ship the medication in advance can expect a **72-hour delay** before their child receives the first dose.
- Ship all medication to camp in original containers.
- Altering labels and/or dosing instructions is illegal and will prevent us from dispensing your child's medication.
- You can track your child's medication and allergies in the Health History Form in the online Get Ready Center.
- All remaining medication will be sent home in your child's carry-on luggage.

SENDING OVER-THE-COUNTER MEDICATION

- Purchase and ship in advance any over-the-counter medication taken daily, such as Claritin, Benadryl, Sudafed, vitamins and/or supplements.
- Camp Modin fully stocks the infirmary with standard medication such as Dramamine for motion sickness, Benadryl for allergies, Tylenol & Ibuprofen for headaches, and Tums for stomach aches. Please do not send these items. For questions, please email our office staff.

KEEPING MEDICATION IN THE CABIN

RESCUE INHALERS, EPI-PENS & DIABETIC SUPPLIES are considered ***lifesaving devices*** and may be kept in the cabin. With rare exceptions, it is ***illegal*** to keep medication inside cabins. All medication must be turned over to our medical staff.

DIETARY SUPPLEMENTS POLICY

- Children requiring dietary supplements (such as shakes, protein or fiber bars) while at camp **must provide a doctor's prescription containing** a detailed report of the exact medical diagnosis and reason for the supplement. (Items such as fiber gummies and Miralax are considered medicine and do not apply to this policy.)
- The infirmary stocks dietary supplements. Due to space limitations, we **do not allow families to ship any supplements.**
- Camp Modin provides supplements for **\$75 per session.**
- If your child is medically required to take a dietary supplement, please **register** for this service on your **Health History Form (2A)** in the **Get Ready Center**, and we will add the charge to your invoice.
 - ✓ **Weight gain** supplements include Ensure shakes, NuGo, Cliff and Luna protein bars.
 - ✓ **Fiber** supplements include: Fiber One bars and NuGo Fiber D'Lish bars.
- All supplements are kosher, contain no nuts in the ingredients list, and gluten-free options are available.
- Dietary supplements are dispensed during the **evening medication** period, after evening activities (around 8:00 PM). Campers must come to the infirmary for their supplement (counselors will escort younger campers).
- Registering for this service means your child is expected to come and get their supplement. ***Nursing staff cannot chase children who do not show up to collect supplements. Please discuss this responsibility with your child before the summer.***
- We do not bring dietary supplements on overnight camping trips.

EPI-PEN POLICY

- If your child has a known allergy that may result in life-threatening anaphylaxis, they **MUST** bring ***TWO EPI-PENS*** to camp.
- All campers (*except international ones*) must ship both epi-pens to camp before their arrival.
- If they are traveling to camp via plane or bus, they should carry an additional epi-pen with them during their travels and must turn it into our medical staff upon arrival.
- For campers that wish to keep an epi-pen **in their possession at all times**, please read the next section regarding this policy.

SELF-ADMINISTERED LIFE-SAVING MEDICATIONS

The State of Maine has passed a law that affects all campers who must **keep in their possession (carry)** and **self-administer** emergency medication while at camp. These include rescue inhalers, epi-pens, and diabetic supplies. If your child needs to ALWAYS keep any of these items on his/her person—rather than with our nurses in the infirmary—you need to do ***two things***:

1. The parent/guardian must complete the **online SELF-ADMINISTERED EMERGENCY MEDICATION PERMISSION FORM**, included in the online Health History Form.
2. Your child's doctor must complete, sign and mail or fax back a **written PRIMARY HEALTH CARE PROVIDER APPROVAL FORM**, which you can **download** from within the online Health History Form.

FOOD ALLERGIES AND DIETARY RESTRICTIONS

- Camp Modin takes reasonable steps to accommodate children with food allergies and gluten intolerances and to identify ingredients that may cause allergic reactions.
- We educate our food production staff on the severity of food allergies.
- Gluten-free options are available for children with medically diagnosed conditions, such as celiac disease or wheat allergy.
- Camp Modin labels items with possible allergen-containing ingredients, but there is always a risk of cross-contamination. It is also possible for our commercial food manufacturers to change the formulation of any food product or substitute ingredients at any time, without notice.
- **We cannot guarantee** the accuracy of the contents of each food item, or that any product is free of all traces of any allergen, or that consumption of a food product will not result in some form of allergic reaction, or that your child will not come in contact with any allergens. Camp Modin does not guarantee an environment free of allergens.
- Camp Modin accepts products into our dining services with warning labels on the packaging such as, but not limited to, "**manufactured on shared equipment and/or processed in a facility that uses milk, eggs, peanuts, tree nuts, soy, fish, wheat, and gluten.**"
- Camp Modin will not assume any liability for adverse reactions to foods consumed, or items your child may come in contact with while attending camp.
- Parents of campers with food allergies are encouraged to contact the directors, Howard, Lisa & Samara, at +1.212.570.1600 to discuss food allergy policies and protocols.
- If your child is a vegetarian, please indicate so in the Dietary Restrictions portion of the **Health History & Examination Form**.

VISITING DAY

- Visiting Day will be held on **Sunday, July 21, 2019** from **10:00 AM - 3:00 PM**.
- The last day of the July session will also be **Sunday, July 21, 2019**.
- July session families may sign out their children at any time between **12:00 PM - 3:00 PM**.
- Check-in for August session campers takes place on **Monday, July 22, 2019**.

VISITING DAY: WELCOME & SCHEDULE

Visiting Day is an open day, with most major activities available for families to view and participate. You are welcome to swim, play tennis, talk with staff members and participate in any activity taking place during your visit. Remember to bring a bathing suit and a towel. If you enjoy tennis, bring a tennis racquet. We do not organize "special" activities for your visit. You will see the 'real' everyday Modin experience that your children enjoy throughout their stay at camp.

TIME	SCHEDULE
9:45 AM	Parent's begin arriving and checking in
10:00 AM	Gates Open!
10:30 AM	Activities Begin!
12:30 PM	Buffet Lunch
2:30 PM	Activities Close
3:00 PM	Visiting Day Ends

VISITING DAY: PLANNING YOUR TRIP TO MAINE

The **Parents** section of the Modin website has an extensive list of hotels—in the Augusta/Waterville area, and throughout Maine—along with great suggestions on places to dine and exciting things to do. There are also links to many fantastic tourist sites and attractions. Check out: **www.modin.com/Parents**

VISITING DAY: POLICY

- Visiting Day is open to ***immediate family members. Parents and siblings only.***
- As much as we would like to entertain grandparents, aunts, uncles, and nephews, the size of our guest list would be too large.
- First-time August families should arrive after 11:30 AM. August campers who come on visiting day can meet the counselors and get a feel for the camp. We find that the experience makes transitioning to camp life much easier.
- It is our goal to keep the Modin flavor of an intimate nature. Your cooperation is appreciated.
- Pets are **not allowed** on campgrounds. Because it is often hot on visiting day, we strongly advise against planning to leave pets in your car.
- Children may not leave camp on visiting day. When you visit, the camp is yours. We encourage parents to spend time with their children enjoying all the available camp facilities.
- All guests are invited to enjoy an outdoor buffet lunch. We request that you do not bring outside food to camp. We confiscate all food items brought into camp at the end of visiting day.
- Visiting day ends promptly at 3:00 PM. We will begin announcing departure reminders at 2:00 and again at 2:30 pm. Saying goodbye at the end of Visiting Day can be emotional for everyone. Please support our effort to get the children settled down and back to a normal camp routine by respecting the 3:00 PM departure time.
- The directors, head counselors, nurses and key staff will be “out and about” during visiting day. They will make every effort to speak with every family, but it is simply impossible to engage in lengthy conversations with more than 600 guests. If you have any issues that you would like to address with us, please contact us before visiting day.

GRATUITIES/TIPPING POLICY

- Camp Modin staff is not permitted to receive any gratuities, monetary or otherwise. We assure you that staff members do not anticipate receiving tips.
- ***Accepting gifts of any type is grounds for dismissal.***
- We ask that you respect this policy and refrain from tipping.
- A letter of thanks is the nicest way to show your appreciation.

CODE OF CONDUCT FORM

Camp Modin requires all campers and parents/guardians to carefully read and sign the online Code of Conduct, which details the **rules and behavior expectations** of every camper. We strongly urge families, especially those of teenage campers, to have a serious discussion about all the topics addressed in the Code of Conduct Behavior Agreement before their arrival at camp.

PROPRIETARY INFORMATION POLICY

Publishing or disseminating of the Camp Modin name, logos, photographs or video of campers or staff members, or photographs of Camp Modin buildings or premises, or use of any advertising or promotional materials on any blogs, websites or social media sites (including but not limited to Facebook, Twitter and YouTube), or in any other manner or for any purpose, is strictly prohibited without express written consent.

SOCIAL MEDIA & INCLUSIVITY POLICY

Our goal is for all campers to feel connected and included in the Modin family. We are asking our parent-body to work with us at home to build and support this sense of **year-round community**. Camp should be a place for children to grow and reinvent themselves. We strive to create an environment free from typical school social dynamics, but we recognize the new challenges of attending sleepaway camp in the digital age.

We have witnessed the use of social media to document camp friendships, but we have also seen it used to make people (either deliberately or inadvertently) feel excluded. The latter is very challenging for us because it impacts the dynamics of a bunk. The ability to connect year-round changes how campers come to camp, and it has transformed how we navigate the "transition to camp" process. As the summer draws closer we encourage you to help your children be mindful about how they use social media. We want bunks to be cohesive units.

Please talk to your children about inclusivity—**at camp AND during the off-season**—when planning get-togethers, birthdays, Bar/Bat Mitzvahs, sleepovers, reunion parties and the like. Often, we don't realize when our child is the one being excluded, not including others, or both. We don't expect every camper to be best friends with their entire group, but we want to be mindful of how a child might feel if their bunkmates post or tag photos on social media with comments or "likes" that deliberately exclude them from an experience. This isn't a new phenomenon, but social media makes things exponentially more complicated because a child has access to instant, visual evidence that they were left out.

Camp is a place of unity, and we appreciate any efforts you can make with your children at home to foster Modin's values and camp spirit. We cannot assume that our children are always inclusive; kids make mistakes. It is up to all of us to help them to create a welcoming and inclusive camp experience for everyone; a sense of community—and of bunk unity—that carries on throughout the year.

CURFEW POLICY

Camp Modin has a curfew policy for campers, which varies by age, day and evening program.

GRADE ENTERING	AGE	CURFEW
3 rd – 5 th	7 - 10	8:30 PM
6 th – 7 th	10 - 12	9:15 PM
8 th – 9 th	12 - 14	10:00 PM
10 th	14 - 15	10:45 PM
11 th	15 - 16	11:30 PM

- Directors set the curfew, and the time is non-negotiable.
- The camp has a strict enforcement policy for those who break curfew.
 1. The **first time a camper is caught** out of their cabin, they will receive a warning and be required to call their parents.
 2. **The second time they will be sent home.**
- We strongly recommend that parents, especially those with teenage campers, have a serious discussion about this policy before the summer.

DRESS AND APPEARANCE POLICY

Modin seeks to provide children with a healthy self-image and ensure that campers are focused on friendships and personal growth. The following items are prohibited at camp:

- **NO Bikinis**
 - Monokinis/Tankinis are acceptable, provided they are **modest** and **non-revealing** (*Modin reserves the right to determine what is considered revealing*).
- **NO High Heels** or **Wedge Type Shoes**
- **NO Curling** or **Hair Irons**
- **NO Makeup**
 - (permitted **only** for campers entering **grades 8 and above** to be worn on a limited basis for special occasions like Shabbat)

All members of the Modin community must dress appropriately at all times. Clothing that is overly revealing or contains offensive, vulgar and inappropriate language, phrases, suggestions or images is not permitted. **Camp Modin, in its sole discretion, reserves the right to confiscate any items that are deemed inappropriate or are considered prohibited.**

ELECTRONICS POLICY

- Camp Modin strictly prohibits any device with Wi-Fi or cellular capability.
- Camp Modin reserves the right to dismiss campers in violation of our electronics policy without a refund or second chance.
- Prohibited items discovered in cabins will be confiscated and **not returned**.
- Campers traveling to camp with prohibited electronic devices must turn them in upon arrival.

DEVICE	ALLOWED
Cellular/Mobile phone	No* (<i>*except as defined in next section</i>)
Laptops	No* (<i>*except as defined in next section</i>)
Tablets (such as iPads, Chrome Books, etc.)	No* (<i>*except as defined in next section</i>)
iTouch	No
Portable, electronic handheld game console or devices	No
E-Reader (Kindle, Nook, etc.)	No
E-Watches (Apple or Samsung watch, etc.)	No
Portable video players	No
Virtual reality glasses	No
MP3 Players (iPod Nano, iPod Shuffle, etc.)	Yes
DSLR cameras	Yes
GoPro camera (or similar)	Yes

INDEPENDENT STUDY & E-TUTORING: NEW POLICY

Some campers have independent study or tutoring obligations, such as Bar/Bat Mitzvah tutoring with a cantor, SAT/ACT prep or summer homework that require access to the internet. While we do permit this, there are strict guidelines that must be adhered to:

- All children must be registered for this service in advance of the summer through the Get Ready Portal **no later than June 1st**.
- Bar/Bat Mitzvah tutoring is limited to children who's date falls before December 31st of the current summer calendar year.
- Academic independent study is limited to campers in the Pios, Mots & Apprentice groups (*children entering grades 10 and 11 in the fall*).

- Academic independent study will be limited to specific subjects pre-approved by the Modin administration, which must be accompanied by a letter from your child’s school documenting the need for summer study.
- Except in rare circumstances, campers will be required to use Modin supplied devices for their work and communications. Personal phones and laptops are prohibited.
- Any face-to-face tutoring sessions must be conducted using Modin provided tablets via Skype or Facetime, as personal cellular/mobile communication is prohibited.
- Closer to the start of camp, Modin will provide instructions and other details for setting up cloud-based accounts for homework storage.
- Campers are responsible for keeping and maintaining their own work papers and materials while at camp. We recommend keeping a backup copy at home as well.
- The Modin administration reserves the right to monitor and/or record all communications and internet traffic your child engages in to ensure that all internet access is appropriate and compliant.
- Any violation of this policy, including web surfing, texting, checking email, communicating with friends and parents, sharing devices with non-registered campers, or engaging in any activities outside the limited scope of the camper’s study assignment, will result in the immediate suspension of independent study privileges.
- Independent study takes place Monday through Friday during rest period, which is from 12:15 PM through 2:00 PM, except during their 25-minute lunch period. During this time the main room in Kadison Lodge is available for academic study. It is a shared space.
- Camp Modin does not monitor academic progress or speak directly with your child’s tutor or advisor. Please make sure your child knows and understands their academic responsibilities regarding independent study in advance of the summer.
- Camp Modin is not responsible for any missed sessions due to camp schedule changes, weather, out-of-camp trips, etc., nor will the camp notify a tutor in advance of a conflict.

GAMBLING POLICY

- Playing cards is acceptable, but gambling of any kind is **strictly prohibited**.
- Poker chips and other gambling items are not permitted at camp.

PROHIBITED ITEMS POLICY

The Modin administration searches each bag and inspects every item entering camp, whether shipped in advance, driven in or brought as carry-on. To expedite this process, please review the list of prohibited items. Do not bring any of these items into camp, or we will confiscate them.

<ul style="list-style-type: none"> • Tobacco products • Alcohol & Illegal Drugs • Drug paraphernalia • Weapons of any kind • Pornography • Fireworks • Matches or lighters • Knives of any type • Swiss army knives • Hair clippers • Hot Plates • Flushable Toilet Wipes 	<ul style="list-style-type: none"> • I-Touch/Wi-Fi Devices • DVD/Video Players • Tablet Devices • E-Readers • Mobile/Cellular phones • Laptop computers • Video/Electronic Games • Walkie Talkies • Water guns & balloons • Laser pointers • Oversized chairs • Tools or lock boxes 	<ul style="list-style-type: none"> • Food products including water • Gum or Candy • Scooters or skateboards • Bikinis or revealing swimwear • Poker Chips/Gambling Items • Bunk Clothing/Uniforms • Silly String • Hair dyes or colored spray • Curling or hair irons • Wedge or high heel shoes • Makeup (<i>grades 7 and below</i>) • String or any electric lights
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ADDITIONAL POINTS

- **Spirit Wear:** Silly string, hair dye, and colored hairspray are prohibited. Please be aware of this policy when packing spirit wear apparel. Approved items for Color War (*August and Full only*) may be purchased at the Modin Online Store.
- **Folding chairs:** Popular and welcome, but trampoline/ bungee style chairs are not allowed. Compact stadium-style chairs are acceptable and may be purchased online at the Modin Store.
- **Flushable toilet wipes:** Not allowed because they damage our septic system.
- **Bunk clothing:** Campers (*except our Apprentice bunk, age 16+*) may not design and order bunk shirts, hats, hoodies, pants, etc.
- **"Cliques" clothing:** Items designed or collectively purchased that a small group of campers order separately to the exclusion of their bunkmates is also prohibited.

DESTRUCTION OF PROPERTY AND GRAFFITI POLICY

- No graffiti of any kind is permitted at camp.
- The parents/guardians of a child who destroys or defaces (graffiti) camp equipment, facilities, or the property of another individual, will be liable for damages, repairs or replacement costs.
- Repeated occurrences may result in the camper's dismissal from camp.
- **Camp Modin takes no responsibility for damage to personal possessions.**

PERSONAL SPENDING/POCKET MONEY

The only time when campers may need to make purchases include: Powerade/water from our vending machines, popcorn at the movies or personal spending/pocket money at the amusement park (*lunch, admission, and rides are all paid for by the camp*). The average parent sends:

GRADE ENTERING	AGES	JULY OR AUGUST	FULL
2 nd - 7 th (USA)	7 - 12	\$100	\$200
8 th (USA)	12 - 13	\$200	\$400
9 th - 11 th (USA)	13 - 16	\$250	\$500
TEEN TRIP (SIGN UP)	GRADE ENTERING	ADDITIONAL AMOUNT	
Montreal Trip (3 days)	8 th (USA)	\$150-\$200	

- It is not mandatory to send your child with personal spending/pocket money.
- Campers keep their money in the office and then sign out funds from their account, as needed.
- Money can be mailed to our summer office after June 1st.
- Write a **separate check** made out to **Camp Modin**. In the memo box, write "spending money for camper xxx".
- International families may contact us to arrange wire transfers.
- Modin does not accept credit cards, PayPal, Venmo, etc., for camper spending money
- Unused funds are returned to the child at the end of their stay.

BIRTHDAYS AT CAMP

If your child celebrates a birthday during their stay with us, here's what to expect:

- Your child's birthday will be acknowledged during a meal (we sing "Happy Birthday")
- Their bunk will enjoy a camp-sponsored ice cream party after the meal.
- The birthday child has a telephone call with their parents.

BIRTHDAY CALLS

- Call the office **one week in advance** of your child's birthday to schedule a call.
- A birthday call does **not** replace the one per session call.
- Campers are not permitted to make calls or receive calls from **PARENTS** or **RELATIVES** celebrating birthdays.
- Siblings and relatives attending camp will not take part in the birthday call.

BIRTHDAY PACKAGES

Campers celebrating birthdays at camp are permitted **one** birthday package per child celebrating. Please contact our office managers to arrange. The package should be shipped to the office manager's attention, and it will be held and then distributed on your child's birthday. ***Please contact our office manager in advance, so she knows to expect your package.***

LETTERS: TO YOUR CHILD

Correspondence with your children is a critical aspect of the camp experience. It is important that your children receive letters from you. Here are some practical tips for letter writing:

- Keep your letters positive and upbeat.
- Send letters in advance so that campers receive at least one on their first day at camp.
- Three to four letters each week is plenty. Too many letters can make a camper homesick.
- Avoid phrases like "I miss you" and "The house is so empty without you."
- Letters ***cannot*** include gum, candy or items hidden in them.
- Make sure to put your child's full name and cabin on the letters.

LETTERS: FROM YOUR CHILD

Although we encourage children to write home at least one to two times a week many children simply don't write. The reason is simple: happy campers don't write home—they are too busy climbing new mountains and making new friends. Getting happy campers to write home is often like getting children to come inside on a sunny day to do their homework.

We cannot police letter writing. You should discuss this subject with your children and clearly set the ground rules, such as establishing a contract for two letters a week. ***Please do not bribe children with rewards (such as money) for writing letters.***

Some children write volumes of information on their camp experience while others write very little. We realize that you want to get a good picture of your child's Modin experience, which is why we send regular email correspondence throughout the summer. We also post thousands of photos and weekly video clips on our website so you can enjoy the camp experience as well. We also post updates on our blog at <http://campmodin.blogspot.com>.

LETTERS: ADDRESSING AND PRE-STAMPING

Many times, letters don't reach home because they are poorly addressed. For lots of campers, this may be the first time they have ever addressed and mailed a letter. Provide your children with pre-addressed, pre-stamped envelopes, especially to grandparents, aunts, uncles, cousins, etc. Campers might wish to invest in "camp" stationery and postcards, which can be purchased from the ***MODIN ONLINE STORE***. Be sure to send your children with plenty of stationery, pens, envelopes, and stamps.

LETTERS: RECEIVING DIFFICULT ONES

It is completely normal—especially from first-time campers—to receive a homesick letter. Please know that by the time you receive the letter, respond or even call us, the situation may have been resolved. Understand that letters are often written as an impulse reaction to an event or momentary feeling of unhappiness or frustration that quickly subsides or disappears. One or two negative letters over a period of a few days probably aren't serious. Please alert us if you receive continuously negative letters. If your child addresses a problem or issue, it is okay to acknowledge it when you communicate with them. Focus on the positive, and try something like, "It sounds like things are tough right now, but I bet you can work through this. You are great at compromises. Remember, you can always ask your counselors for help."

E-LETTERS: NEW POLICY

Modin E-Letters is an optional service that allows you to receive a hand-written letter from your child via email. Here's how it works:

- To register for E-letters, log into your **GET READY ACCOUNT** and click on **CAMPER CORNER** and choose **E-Letters**.
- Alternatively, visit: <https://www.modin.com/getready/eLetters.php>.
- Once logged in, click the **PURCHASE** button and follow the steps to complete your transaction.
- The cost for this service is \$25 per child.
- Once at camp, **we will deliver** custom stationery to your child.
- Letters are deposited into the e-letter mailbox outside our office.
- On Monday, Wednesday and Friday afternoons, our IT department will scan and email letters to the email addresses we have on file in your Get Ready account.
- A copy of the letters will be stored in your Get Ready account.
- This new service is **in addition** to the one-way emails that parents can already send to their children via their bunk email accounts.
- E-letters should be considered a more convenient form of regular mail and not two-way instant messaging between you and your child.
- Emails are scanned and distributed in a large batch process. If your children write multiple letters, please understand that we have no ability to email them in chronological order.
- This is an **optional service** and does not replace standard letters your campers can mail you via the post office.

INCOMING EMAIL POLICY

Children love receiving letters in the mail. Emails are just not the same. Here is an explanation of our email policy:

- Campers should not receive more than **five** emails per week, as it tends to overwhelm them.
- Emails will only be accepted from **parents**.
- If you have more than one child at camp, please email them **individually**.
- Emails with multiple names in the subject line will be given to the **oldest child only**.
- Attachments, photos, electronic greeting cards, and clippings from magazines **will not be downloaded or distributed**.
- Emails will be delivered within **24 hours**.
- Emails that come in after 12:00 PM on Friday are distributed on Sunday (unless the camp is out on a full camp trip, in which case they are distributed on Monday).
- There is no mail or email delivery on Saturdays/Shabbat.

HOW DO I SEND AN EMAIL TO MY CHILD?

- Emails must be sent to an account for your child's specific bunk.
- For example, if your child is assigned to the '**EAGLES**' bunk, you will be sending emails to **eagles@modin.com** and in the subject line, you should list, "Attention, Camper's Name".
- The name of your child's bunk is available in your **GET READY CENTER** under the **CAMPER CORNER** section.
- Do not send emails to campers at **modin@modin.com**.

PACKAGE POLICY

- We have a strict **NO PACKAGE POLICY**.
- Packages or gifts of any kind placed inside luggage are not permitted. This includes packages sent to counselors, "bunk gifts," "weekly gifts," or "Shabbat gifts."
- All packages will have the contents destroyed or, where appropriate, donated to charity.
- Items will not be held in the office or returned.
- Please **notify** your **friends** and **relatives** of this policy.
- Flat envelopes, such as 8"x10" or 9"x12" mailers, FedEx, UPS or USPS envelopes and the like will not be accepted into camp, even if it is just to send reading material.
- **Only letters may be mailed to camp, which includes postcards or anything up to and including #10/A4 envelopes. Anything larger is considered a package.**

EXCEPTIONS

- If your child needs a replacement for a broken pair of glasses or a lost retainer, please contact our office manager, and she will arrange for you to ship the replacement item directly to her for distribution.
- Please make sure your child has everything else they will need for the summer. We have seen a rise in the number of families asking to send "emergency" packages with items their child "desperately needs."
- These "emergency" packages are being filled with the latest in trendy sneakers, clothing, and other non-essential items and are turning out to be nothing more than a way to bypass the "no package policy."

OFFICE HOURS AND COMMUNICATION

We take pride in our excellent reputation for communicating with our parent body. If you have questions or issues, we welcome you to contact us. Please keep in mind that the senior staff and administrators spend most their time out of the office, "in the field" with the children. We strive to deal with any questions or issues as quickly as possible. Here are our office hours:

DAYS	HOURS	EXCEPTIONS
Sunday – Thursday	9:00 AM – 5:30 PM	Our office may be closed during normal operating hours due to full, out-of-camp trips, special camp events and weather conditions.
Friday	9:00 AM – 5:00 PM	
Saturday	Closed	
CALLS OUTSIDE OF NORMAL HOURS		
Phones are monitored 24/7. In the event of a <i>serious or life-threatening emergency only</i> , please leave a message and an administrator or medical staff member will return your call.		

HOW LONG DOES IT TAKE FOR SOMEONE TO GET BACK TO ME?

Please allow us **24 hours** to return phone calls or respond to email. Additionally, families that leave a message late on Friday most likely won't hear back from us until Sunday—or Monday if there is an out-of-camp trip.

IS IT BETTER TO CALL MULTIPLE PEOPLE OR CALL AND EMAIL?

The admin team meets continuously to share pertinent information. Please only call or email once with a concern. If you do not hear back **after 24 hours**, you should call or email (but not both) the directors for follow up. ***Calling or emailing more than one person on an issue delays our response time.***

WHO WILL CONTACT ME WHEN I HAVE AN ISSUE?

The camp directors, head counselors, social worker, medical personnel and a limited number of senior staff return calls. We do not put counselors on the phone with parents, as their responsibility is to be out supervising the campers.

DO YOU CONTACT FIRST-TIME PARENTS?

YES. We will contact all first-time families on their child's **FIFTH** day at camp to provide you with an update **unless you have already spoken with someone**. We do not have the manpower to do this for return campers. If there are major issues with any child, parents will be contacted.

CAN I GET RECURRING REPORTS FROM THE SOCIAL WORKER OR MEDICAL STAFF?

NO. We do not have the manpower or hours in the day for "daily" check-in calls. Please do not call for daily updates. Our medical staff, social worker, and administrators need to divide their time equally among the entire camp population.

YOUR WHEREABOUTS

If you are traveling, even overnight, while camp is in session, please make sure to **email** your itinerary so we can reach you in an emergency. Please email it to ***modin@modin.com***.

TELEPHONE CALL POLICY

- Each child has one pre-scheduled telephone call per session.
- Families of divorce/separation have two separate calls.
- Your child's phone appointment date(s) and time(s) can be found in the **Get Ready Center** in the **Camper Corner** section.
- Your children will call you **directly**.
- In the interest of fairness, calls are limited to five minutes.
- A detailed email explaining the process is sent out a few days prior to your scheduled call.
- Any changes to your scheduled phone call date and time should be addressed to the summer office staff **after June 15th**.

WHAT IF MY CHILD SEES THE NURSE?

- Except for serious medical situations, **we do not put children on the phone** every time they come to the infirmary.
- **We do not call families** for **minor** infirmary visits such as: headaches, scrapes, bumps, etc.
- If a child has an ongoing medical condition, is treated by the camp doctors/nurse practitioners (such as being prescribed antibiotics) or taken off-site to an appointment or hospital, then our medical staff will contact you with an update.
- We will call your mobile phones first, followed by home numbers. We will leave messages, and if we do not reach someone, we will send an electronic message to all email addresses on file.

EMERGENCY ALERT POLICY

In the event of a catastrophic situation, we have a system in place to keep the lines of communication open. Should we need to communicate with our parent-body, we will begin by emailing everyone. Shortly afterward, we will begin calling families, as needed, starting with affected areas first. To accomplish this task, we insist that families, where possible, email us with their current status and provide any pertinent information and contact details. Families that are not in affected areas should refrain from calling the camp and tying up phone lines. We will work as quickly as possible to make contact with everyone.

LABELING YOUR CHILD'S BELONGINGS

- You **must label every item** that your child brings to camp.
- At the end of every summer, we find tons of unmarked and unclaimed clothing.
- Please label your child's belongings—items and clothing—with their **FIRST** and **LAST** name.
- We **URGE** you label using durable labels and stickers as opposed to markers or Sharpies.

Links to these websites can also be found in the **NAME TAPES** section of the Get Ready Center.

LOVABLE LABELS <http://www.modin.lovablelabels.ca>

LABEL DADDY <http://www.modin.labeldaddy.com>

Label Daddy offers a 10% discount with the promo code "modin."

PACKING LIST

- The packing list in this document serves as a guide.
- The list of items and required Modin apparel **is the same** for **July, August** and **Full** season campers.
- Laundry is picked up once each week and returned within 36 hours.
- Do not over-pack unnecessary clothing
- Please do not send valuable clothing items that may get lost at camp.

MODIN ONLINE STORE

- Modin is not a uniform camp, but campers are required to wear Modin clothing when we venture out for inter-camp sports and off-site trips and excursions.
- The list of required "Modin" items can be found on the packing list.
- For safety reasons, campers without official "Modin" items won't be allowed to go off camp.
- The brand-new 2019 line of Modin apparel will be ***available beginning in February.***
- For access, go to <http://www.modin.com/store> and enter your login ID and password.
- ***Orders begin shipping the week of May 12th.***

BEDDING AND LINEN

- Please pack **two** sets of **twin size** sheets (one flat and one fitted sheet works best) and **two** pillowcases per child. *(if your child is a bed-wetter, please review our policy below).*
- All campers, including international ones, must bring a **sleeping bag**, which you can order at the **Modin Online Store**.
- While all campers must have a sleeping bag for trips only, Maine state health regulations prohibit using a sleeping bag in place of bedding.

OPTIONAL LINEN SERVICE

Modin offers optional linen service for \$350 per session. This is primarily beneficial for our international families with space limitations in luggage. Optional linen service does not include sleeping bags or beach size towels. It does include the following:

- **4 Sheets**
- **2 Blankets**
- **1 Pillow**
- **2 Pillow Cases**
- **4 Bath Towels**

BED WETTING

- Bed wetting is nothing to be ashamed of but always becomes an issue when families, fearing embarrassment, fail to notify us in advance.
- If you know that your child may experience an episode of bed wetting, it is **imperative** that you inform the camp.
- We have specific suggestions and requirements to ensure that your child has a successful summer.
- **Occasional** bed-wetter's (no more than 1-2 times a week) must ship us at least **four sets** of linens because we cannot wash linen every day.
- Children with **known, regular and/or daily** bed-wetting issues must contact the camp office and speak with a director before the summer to discuss.

FOAM MATTRESS PADS

- Foam mattress pads add comfort and support for the camp mattresses.
- All mattress pads coming into camp **must be ordered** from the **Modin Online Store**.
- We **will not accept** mattress pads **shipped to camp**.
- Due to storage limitations and hygienic reasons, we **cannot store** foam mattress pads purchased in previous seasons.

THREE-DRAWER CARTS

- Plastic drawers, though not required, are extremely popular and a convenient way to store small, loose items.
- You **may not ship** plastic drawers to camp, either full or empty. This includes orders placed online directly from Amazon, Wal-Mart, etc.
- You **may only purchase** plastic drawers at the **Modin Online Store**.
- They will be labeled and delivered directly to your child's cabin.
- At the end of the summer we will store your child's drawers for the following season.

LAUNDRY SERVICE

- The cost of tuition includes laundry service.
- A private service picks up laundry once a week, beginning the second week of camp.
- The laundry is returned approximately 36 hours later.
- The company washes one bag per load and returns the clean laundry to the same bag.
- The laundry service only accepts laundry in **MODIN LAUNDRY BAGS**
- You must purchase **TWO MODIN LAUNDRY BAGS** from the **Modin Online Store**.

SPORTING EQUIPMENT

- Every child **must** bring a **tennis racquet** to camp (*excluding international campers*).
- Avid soccer players are **encouraged** to bring **soccer cleats** and **shin guards**.
- We strongly recommend children bring a **softball/baseball** mitt to camp as well.
- Campers are permitted—but not required—to bring other items, such as lacrosse sticks and fishing rods.
- Should your children choose to bring additional sporting gear to camp, they are personally responsible for their safe use and care.

ADDITIONAL REQUIRED ITEMS

- Every child **must** have **two water bottles**, a **sleeping bag**, a **flashlight** and a **shower caddy/organizer**, all of which can be purchased from the **Modin Online Store**.
- Every child **must** have a **raincoat** and **backpack**.
- If your child plans to have a personal **fan** at camp, please note that **only one fan per child is allowed**. This includes plug-in, battery operated and clip-on fans. Any extra fans will be discarded. Fans can be purchased from the **Modin Online Store**.
- **Please note that tower fans, floor model fans or any type of oversized fans are prohibited**. We will store one fan (*plug-in, not battery-operated kind*) per child over the winter for the following summer.

PACKING LIST AND REQUIRED ITEMS

The list of required items is the same for July, Full & August campers, as laundry is done on a weekly basis. When packing, do not send anything of value. Despite everyone's best effort, items of clothing get lost at camp. Many items—including those marked **[STORE]** can be purchased at our online store at www.modin.com/store.

✓	#	REQUIRED ITEMS
<input type="checkbox"/>	5	Modin Tees/Tanks [STORE]
<input type="checkbox"/>	2	Modin Shorts [STORE]
<input type="checkbox"/>	2	Modin Sweatshirts/Hoodies [STORE]
<input type="checkbox"/>	2	Modin Laundry Bag [STORE]
<input type="checkbox"/>	2	Modin Water Bottle [STORE]
<input type="checkbox"/>	1	Shower Caddy [STORE]
✓	#	NECESSARY ADDITIONAL ITEMS
<input type="checkbox"/>	10	Tees/Tanks [STORE]
<input type="checkbox"/>	3	Longsleeve Tees
<input type="checkbox"/>	6	Shorts [STORE]
<input type="checkbox"/>	2	Sweatshirts/Hoodies [STORE]
<input type="checkbox"/>	3	Sweatpants/Leggings [STORE]
<input type="checkbox"/>	3	Long Pants/Jean
<input type="checkbox"/>	2	Hats [STORE]
<input type="checkbox"/>	3	Shabbat Attire: (<i>collared short sleeve polo shirt dress shorts, sundress or skirt & top</i>)
<input type="checkbox"/>	1	Banquet Outfit: (<i>full/august campers only, dress shirt & pants, dress, or skirt & top</i>)
<input type="checkbox"/>		MO & DIN Spirit Wear (<i>optional, full/aug</i>) [STORE]
✓	#	UNDER GEAR
<input type="checkbox"/>	24	Pair of Underwear
<input type="checkbox"/>	24	Pairs of Socks
<input type="checkbox"/>	4	Pairs of Pajamas
✓	#	FOOTWEAR
<input type="checkbox"/>	2	Pairs of Sneakers (<i>consider 3 if full season</i>)
<input type="checkbox"/>	2	Pairs of Flip-Flops/Sandals
<input type="checkbox"/>	1	Rain Boots or Waterproof Shoes
<input type="checkbox"/>	1	Soccer Cleats (<i>optional</i>)
<input type="checkbox"/>	1	Pair of shin guards (<i>optional</i>)
<input type="checkbox"/>	1	Shoes/Sandals (<i>for Shabbat/Banquet</i>)
✓	#	OUTERWEAR
<input type="checkbox"/>	1	Hooded Rain Jacket
<input type="checkbox"/>	1	Heavyweight Jacket/Fleece
✓	#	WATERFRONT
<input type="checkbox"/>	4	Bathing Suits (<i>non-revealing, one-piece/tankinis</i>)
<input type="checkbox"/>	2	Sunscreen SPF 30+ (<i>3 for full season</i>)
<input type="checkbox"/>	2	Sun Shirt (<i>optional, but recommended</i>) [STORE]
<input type="checkbox"/>	1	Goggles (<i>optional</i>)

✓	#	CAMPING GEAR
<input type="checkbox"/>	1	Sleeping bag [STORE]
<input type="checkbox"/>	1	Backpack (<i>standard school type is fine</i>)
<input type="checkbox"/>	2	Flashlights/Extra Batteries [STORE]
<input type="checkbox"/>	2	Cans of Insect Repellent
✓	#	BED & BATH
<input type="checkbox"/>	2	Sets of Twin Sheets (<i>one fitted, one flat</i>)
<input type="checkbox"/>	1	Rubberized Sheets (<i>if necessary</i>)
<input type="checkbox"/>	1	Pillow
<input type="checkbox"/>	2	Pillow cases
<input type="checkbox"/>	1	Blanket or Comforter
<input type="checkbox"/>	1	Bathrobe (<i>optional</i>)
<input type="checkbox"/>	4	Bath towels
<input type="checkbox"/>	4	Beach towels
✓	#	TOILETRIES
<input type="checkbox"/>	2	Hairbrush and/or Comb
<input type="checkbox"/>	2	Soap/Body Wash
<input type="checkbox"/>	2	Shampoo (<i>and conditioner, if used</i>)
<input type="checkbox"/>	2	Cans/Sticks of deodorant
<input type="checkbox"/>	2	Toothbrushes
<input type="checkbox"/>	1	Toothbrush holder
<input type="checkbox"/>	2	Toothpaste
<input type="checkbox"/>	1	Nail clipper
✓	#	MISCELLANEOUS REQUIRED ITEMS
<input type="checkbox"/>	1	Tennis Racquet (<i>excluding international campers</i>)
<input type="checkbox"/>	1	Baseball/Softball Glove (<i>excluding internationals</i>)
<input type="checkbox"/>	1	Pair sunglasses (<i>if worn</i>)
<input type="checkbox"/>	2	Pairs of eyeglasses (<i>if worn</i>)
<input type="checkbox"/>		Contact lenses and solution (<i>if worn</i>)
<input type="checkbox"/>		Stationery [STORE]
<input type="checkbox"/>		Pens & Pre-Addressed Stamped Envelopes
✓	#	OPTIONAL ITEMS
<input type="checkbox"/>	1	Folding Camp Chair [STORE]
<input type="checkbox"/>	1	Fan (<i>plug-in style recommended</i>) [STORE]
<input type="checkbox"/>	1	Extension Cord (<i>small one for fan</i>)
<input type="checkbox"/>	1	Foam Mattress Pad [STORE]
<input type="checkbox"/>	1	3 Drawer Cart [STORE]
<input type="checkbox"/>		Books & Reading Material, Diablos, etc.
<input type="checkbox"/>		Camera (digital or disposable)

SPECIALIZED PROGRAMS: GOLF, ICE HOCKEY, FIGURE SKATING & RIDING

These programs require advance registration and are open to campers of all ages. Instruction tailored for each child based on his or her ability level.

No refunds after May 15, 2019

Register at www.modin.com/getready click on the **SPECIAL PROGRAMS** link.

ACTIVITY	SESSIONS	LENGTH	COST	MEMO
Golf	4	2 hours	\$475	Includes golf club rentals
Ice Hockey	4	1 hour	\$475	
Figure Skating	4	1 hour	\$475	
Riding	6	1 hour	\$495	Includes riding equipment

GOLF

Belgrade Lakes Golf Club—conveniently located 15 minutes from camp—offers individualized golf instruction. Belgrade Lakes Golf Club is recognized as one of the country's premier golf courses. Golf Digest awarded the course a coveted five-star ranking. Belgrade Lakes has been named amongst Golf Magazine's top 100 public courses in the U.S. and has been named the #1 course in Maine. General knowledge of golf, preferably previous experience is recommended.

RIDING

Ballard Farms—conveniently located 10 minutes from camp—offers individualized riding instruction. Ballard Farms has been raising horses for generations, and their facility is currently home to 60 horses. The Ballard family has been running horse camp programs for many years and has experience instructing everyone from beginners to experienced riders. Participants can learn English, Western or English/Jumping styles of riding.

- All lessons are exclusively devoted to riding instruction (not grooming or stable work).
- Campers must wear long pants and closed-toe shoes.

ICE HOCKEY

Bank of Maine Ice Vault—a state of the art ice arena conveniently located in the neighboring town of Augusta—offers ice hockey clinics. The entire facility will be exclusively available to Modin during these clinics. The ice hockey coaches have decades of experience both as players, as private instructors and youth hockey team coaches. All coaches are currently registered through the United States Hockey Association. This program is designed so campers can both maintain current level of play as well as develop new skills. Sessions will provide campers with a strong hockey foundation, incorporating skating speed and acceleration, hockey specific drills and a scrimmage.

- Prior participation in organized team hockey required; this is not a "learn-to-skate" program.
- Instructors will be available to help suit up younger campers needing assistance
- Each child is responsible to bring all necessary equipment, including hockey skates, hockey bag, stick(s), helmet, padding/protection, gloves and clothing/jerseys to camp.
- The equipment will be securely stored at The Bank of Maine Ice Vault facility.
- If using Camp Trucking for your luggage they will transport hockey gear free of charge.

FIGURE SKATING

Bank of Maine Ice Vault—a state of the art ice arena conveniently located in the neighboring town of Augusta—offers figure skating clinics. The entire facility will be exclusively available to Modin during these clinics. The figure skating coaches have over 20 years of teaching and coaching experience, including group classes and private lessons, as well as Senior Moves In The Field and Freestyle. All coaches are currently registered with the United States Figure Skating Association. This program is designed so campers can maintain their current level of skating as well as develop skills to progress to higher levels, working towards jumps, spins, and Moves In The Field. Instructors are available to speak with participants' current coaches to ensure that all training is consistent.

- Participants must have some figure skating experience; this is not a "learn-to-skate" program.
- Each child is responsible for bringing all necessary equipment, including skates.
- Gear will be securely stored at The Bank of Maine Ice Vault facility.
- Instructors will be available to help younger campers with skates.

ROLLER HOCKEY & ROLLERBLADING

Camp Modin has an outdoor sports arena for **ROLLERBLADING/ROLLER HOCKEY** enthusiasts to use during our afternoon free choice elective program.

- Roller hockey and rollerblading will be offered as a free choice elective 2-3 times a week.
- Because of the limited number of participants in these specialized activities, they will be open to campers of all ages simultaneously.
- These activities are only recommended for campers who currently participate in rollerblading at home (*and own skates*) or for campers who currently play on an ice hockey team.
- **MANDATORY EQUIPMENT:** rollerblades, elbow pads, wrist guards & knee pads.
- All participants must wear a helmet. Modin provides hockey helmets with face shields (cages) for roller hockey.
- Rollerblading participants may use a Modin hockey helmet or bring their own helmet provided it is a proper rollerblading inline skating type.
- Roller hockey participants may use the Modin hockey gloves as a substitution for bringing wrist guards. Modin provides the hockey sticks as well.
- Gear must be labeled and arrive in a small sports bag that is stored in our hockey shed.
- Campers participating in the Modin ice hockey program cannot use the same gear for roller hockey, as ice hockey gear is stored at the ice arena in Augusta.
- **If any required items are missing your children will not be allowed to participate.**

MODIN TEEN TRIPS

To register for these trips, log into the **GET READY CENTER** at www.modin.com/getready and click on the **TEEN TRIP** link.

Trip	Session	Days	Entering Grade	Cost
Montreal Excursion	July	Three	8 (USA)	\$795
Kennebec Rafting	August	One	8 (USA)	\$195
Apprentice River Trip	August	Four	11 (USA)	\$250

- The **Montreal** and **Kennebec Rafting** trips are **optional**, and space is first-come, first served.
- The **Apprentice** River Trip is **mandatory** for all campers.
- If your child is entering USA grade 9 or 10, there are a variety of free teen trips and excursions included in the program.
- Participants for the Montreal & Apprentice River trips **must have a valid passport**.

BAR/BAT MITZVAH TUTORING

To register, log into the **GET READY CENTER** at www.modin.com/getready and click on the **TUTORING** and then the **BAR/BAT MITZVAH** link.

- This type of tutoring is **free**, but we cannot teach new material. We provide **review service only** for children becoming a Bar/Bat Mitzvah.
- Because of the high number of campers who need tutoring, we cannot provide this service to anyone celebrating after **December 31, 2019**.
- Tutoring is once a week on Fridays or Saturdays and is conducted by our Judaic Director.
- We will not chase down your child for a lesson, so discuss with your child before the summer.
- Mail copies of all materials to the summer address **around June 15th**.

ACADEMIC TUTORING

To register, log into the **GET READY CENTER** at www.modin.com/getready and click on the **TUTORING** and then the **ACADEMIC TUTOR** link. Select the number of tutoring slots per session desired and then click **REGISTER & PAY**.

- Elaine Breton, our academic tutor, has worked one-on-one with hundreds of campers during her 15+ years at Modin. Elaine has more than 30 years of teaching experience (K-12) and has worked with many types of learning styles in mainstream education and special education. She holds a Bachelor's Degree in child development and Master's Degree in education and literacy.
- Elaine's rate is **\$95 per hour**. Tutoring is available in 2, 4, 6, 8, or 10-hour blocks per session; the hours are spread out evenly across the session. Full season families may register for one or both sessions.
- Tutoring slots are first-come, first served and quickly fill up.
- If you have questions about tutoring, please contact Elaine directly at ebreton@aos92.org.

SWIM INSTRUCTION

We believe that learning to swim is an important life skill. We started to hear complaints such as: "my child doesn't like swimming" or "the lake is too cold." We received requests from parents, to allow their children to opt out of swim lessons, which are mandatory for campers entering US grades 7 and below and take place approximately three-times per week.

We cannot allow an à la carte system where children say "yes" to the Modin Aqua Park and waterski, but "no" to swim lessons. **A child that refuses to participate in swim lessons will lose the privilege to participate in all water-based activities.**

ONLINE PHOTO & VIDEO GALLERIES

Camp Modin works hard to capture and share the exciting moments and images of our summer experience. Our team posts over 25,000 photos on the camp website each summer for families to enjoy. They provide a beautiful window through which to view the Modin experience, but The downside is that families tend to examine and over analyze photos. **PLEASE REVIEW THESE IMPORTANT POINTS:**

1. Please do not call or email the camp asking our team to take more/specific photos or video clips of your child.
2. Do not read too much into photos or videos. Although we do our best to capture everyone, many children run from the cameras, and we can't force them to be photographed or videoed.
 - If your child happens to be in a photo by themselves, it does not mean that they have no friends.
 - If your child is all the way on the right side of a photo with five campers, it does not mean they are on the "outside" of the social group.
 - If we post photos at mini golf and there are none of your children it does not mean we have lost them. They may have been in the bathroom, or over somewhere else eating an ice cream cone with friends.
3. Please do not offer your children bribes, such as money, for every photo (or video clip) they are in. We do not want campers asking us to photograph them as an incentive for some earnings or reward program back at home.
4. Please do not diagnose medical conditions through the photos in our gallery.
5. Please do not call or email the camp asking us when the next batch of photos will be put online. We release them as quickly as we can, but not every day. ***We post 2-3 batches of photos at various times during the week and one weekly video at the end of each week.***
6. The Modin Photo Gallery offers **FACIAL RECOGNITION**. This amazing add-on option allows you to tag your child(ren) and then search for new pictures without having to scroll through tens of thousands of photos. To order this option, log into your online gallery and click the **UPGRADE YOUR ACCOUNT** link at the top of the page.

AS THE SUMMER APPROACHES

Going to sleep-away camp for the first time is a daunting task for a young child. It is normal for a child to worry about making friends, fitting in and the unknown. In fact, these fears are often on the minds of not only first-time campers but returnees as well. As camp approaches, the anxiety level often increases. It is common for a child who was all set for a memorable summer to suddenly get cold feet. As parents ourselves, we recognize that you want to do whatever possible to alleviate their fears. Here is a handy list of the Dos' and Don'ts:

DO...

- Be positive about the camp experience.
- Talk about all of the wonderful opportunities that await your child at camp where they can do things and try things that they have never done before.
- Convey the fact that while it is normal to be nervous about going away, there will be a tremendous number of adults, administrators, and counselors whose sole mission is to nurture, guide and comfort them. Also, help them to get used to the fact that they will not be talking to you by phone, other than their scheduled phone appointment.
- Reinforce the fact that they will not be forced to do anything that makes them uncomfortable such as getting up on stage in front of a crowd of people.
- Make sure they understand that no one will be allowed to hurt, bully, exclude, intimidate or pick on them. Modin is an environment built on compassion and community.
- Encourage your child to come to camp with their security blanket, doll, stuffed animal, etc.

DON'T...

- ***Do not*** tell your child how much you, grandma and the family pet will miss them (even though it is true). Often this makes children feel guilty and inhibits their ability to relax and have fun. Just say, "I love you and can't wait to hear about your new friends, the activities and your counselors."
- ***Do not*** promise to take them home if they are unhappy. This is a ***recipe for failure***. Children who have anxiety about camp or experience homesickness are always reluctant or unwilling to make an effort, if they have been promised an out. Don't get backed into a corner where your child gets you to promise that they can come home after a week of trying it out. All this does is put a negative idea into their heads. Your child will never make an effort, and it is guaranteed that they will demand to come home, no matter how good of a time they are having. Instead, say, "I am sending you because I know you will love it. If after the summer you do not want to return the following year, we can talk about it."
- ***Do not*** give a child enrolled for the full season the option to leave after the first session. This 'choice' will weigh heavily on them all summer. A perfectly happy and well-adjusted child will decide that they want to leave on visiting day just because they were given the option. Parents, realizing that camp is the best place for their happy child, will often ask us for help in trying to get out of this promise and convince their children to stay.

THE MODIN TEAM: FULL-TIME STAFF

Howard & Lisa Salzberg: Executive Directors

Howard & Lisa Salzberg are the full-time Executive Directors of Camp Modin. Ultimately, all responsibilities relating to Camp Modin fall to them. Howard first began his camping "career" in day camp at age four. He graduated to overnight camp at age nine by coming to Camp Modin and joining the "Beavers bunk." He was a camper for seven years, then he joined the Modin staff as a counselor, and then Head Counselor. Working closely with the owners, on a full-time basis, Howard was promoted to the position of Assistant Director. In 1991, Howard became the full-time Director of Camp Modin and remained in this position until he purchased the camp in November of 1992. Howard's combined camping experience, both as a camper and staff member add up to over thirty years. His family was part of the first enrollment class dating back to 1922.

Lisa joined Modin in 1991, where she first met and later married, Howard. She began her Modin career first as a Counselor, then as a Head Counselor, Assistant Director and finally, Director. Her background is in elementary education and she has taught first, fourth and fifth graders. Together, they are responsible for all administrative functions, staff development and the well-being of the entire community. They know each and every camper personally and spend the bulk of their time with the kids—at meals, on the waterfront, at campfires, etc. They like to operate "out in the field" and not behind closed doors. Their mission is to provide children with a healthy, safe and memorable summer experience. Lisa and Howard are the proud parents of a son named Jack, a proud Modin camper.

Samara Lender: Director

Samara is a native of Rockland County, New York and has been with us for almost twenty years, first as a camper, then as a counselor, our Girls' Head Counselor and then as the Assistant Director for eight years. Samara now serves as our full-time Camp Director in both New York and Maine. During the winter months, she spends much of her time marketing the camp, helping us to recruit new campers, interviewing staff, attending to the needs of current community members, and generally assisting Howard and Lisa with the various administrative details and all facets of camp.

Jenny Feldman: Communications Director

Jenny grew up in South Florida, but for the past 20 years has called New York City her home. Jenny joins us as a full-time Communications Director. During the winter, she oversees our New York operations—helping with administration and planning of the exciting programming at camp this summer. During the summer, she serves as our Communications Director—working directly with the camp directors focusing on the well-being of the campers and staff. Jenny has a background in the entertainment industry. As a child, she spent all her summers at Jewish sleepaway camp. Jenny and her 11-year-old daughter, Hope, are excited to join the Modin family and spend their second summer in Maine.

Warren Wulkan: Camp Administrator

Warren is the Camp Administrator and works closely with Howard and Lisa to manage the operations at Modin. He has been with Modin since 1992 and works for the camp on a full-time basis. As the Camp Administrator, Warren directly supervises all major department heads and most support staff. In addition, Warren also supervises and coordinates all building and maintenance work performed on-site, as well as functioning as the primary purchasing agent for the camp. Finally, Warren works closely with Howard, Lisa and Samara in dealing with numerous camper-related issues, ensuring that the emotional needs of the community are being attended.

Dave Corcoran: I.T. Director

Dave Corcoran first joined the Modin community in 1992 as a counselor and then as an administrator. Dave is responsible for virtually all promotional and media-related aspects of Camp Modin. He designs and manages Modin's website and produces our online forms and materials. Dave oversees all video and photography related aspects of camp, including promotional materials, photo galleries, and video clips. Additionally, he helps staff our New York office. All questions regarding any technical aspects of Camp Modin, including access to online forms or website galleries should be addressed to dave@modin.com.

THE MODIN TEAM: SUMMER STAFF

Wendy Weinger: Social Worker

Wendy Weinger returns to Modin for her 18th summer as Social Worker and senior administrator. Wendy has her BA in Social Work from San Diego State University, MSW from the University of Southern CA and is a Licensed Clinical Social Worker working full time in the Chicago school district. Wendy meets with campers and staff on a daily basis, speaks with parents, and assists the directors in dealing with the issues of daily life.

Carly Eiduson: Girls Head Counselor

Carly Eiduson is returning for her 11th summer, the previous nine of which were spent as a camper and then counselor. Carly currently attends Tufts University, double majoring in Biology and Community Health. She currently serves on the board at Tufts EMS as an active EMT and plans on attending medical school.

Tom Wright: Boys Head Counselor

Tom Wright, a native of Stafford, England returns for his 5th summer. Tom was a counselor and fitness specialist for two seasons, followed by one season as our Athletic Supervisor. Tom holds a bachelor's degree in Sports Science.

Ashlynn Rempel (RN): Head Nurse

Ashlynn Rempel is a native of Calgary, Canada, returning for her 11th summer. She and her team run our infirmary and are responsible for the health and well-being of the entire Modin community.

Philippa Oxford: Office Manager

Philippa Oxford, a native of Surrey, England, returns for her 5th summer as our office manager. Philippa is responsible for handling multiple aspects of our operations and is one of the main points of contact for families calling our summer office.

Matt Burton: Operations Manager

Matt Burton, a native of Auckland, New Zealand returns for his 6th summer. Matt was a counselor for three seasons as well as a tennis supervisor. Currently, Matt works as our Operations Manager. In this role, he works with our full-time team to oversee and implement many aspects of the day-to-day program and to organize and execute our complex schedule.

Matt Jopson: Logistics Manager

Matt Jopson, a native of New Zealand, returns for his 5th summer. Matt served as a counselor, waterski specialist and flyboard supervisor. He currently serves as our Logistics Manager, running camp operations directly with Matt Burton and Howard Salzberg.

Molly Lynch: Program Director

Molly Lynch, a native of Perth, Australia returns for her 5th summer. Molly was a counselor and pioneering specialist for two seasons. She returns for her second season as our Program Director, working closely with our full-time team to supervise the smooth operation of the Modin program.

Bob Morison: Senior Aquatics Director

Bob Morison, a native of Sydney, Australia and now a resident of Sydney, Maine, serves as our longtime Senior Aquatics Director. Bob works in the local school district and has been with us for 25+ years. He is also our Transport Coordinator, and in this role he works with our Operations Manager to organize and schedule the fleets used throughout the summer.

Will Dempsey: Pioneering Director

Will Dempsey, a native of the United Kingdom, returns for his 7th summer. Will served as a counselor, pioneering specialist, and pioneering supervisor and returns this summer as our pioneering director.

Alec Sharpley: Waterfront Director

Alec, a native of the United Kingdom is our Waterfront Director and is returning to camp for his 4th summer. He runs our day-to-day waterfront operations, including staff training, supervision and swim instruction.

Alex Berard: Athletic Director

Alex is our Athletic Director and is returning to camp for his 5th summer. Alex supervises our land-based sports and inter-camp programs.

Cantor Sheera Ben-David: Judaic Director

Sheera Ben-David is herself a long-time Modinite camper, counselors and theatre director. Sheera was a longtime cantorial soloist at a variety of synagogues including Temple Israel and Central Synagogue in New York City. Following in her father's footsteps—who served as the longtime Cantor of Scarsdale Synagogue—Sheera graduated from Hebrew Union College's Cantorial program and now serves a large congregation in Chicago. Sheera will be in attendance for several weekends this summer. She is the proud parent of Baxter—a second generation Modinite and Shadow who will follow in his brother's footsteps.

Ed Martin: Head Chef

A native of Maine, Ed returns for his 12th summer as our Head Chef. He works with our Camp Administrator to supervise our dining services and prepare some 80,000+ meals a summer.

AND FINALLY...

We recognize how hard it can be sending off your children to summer camp. It can be a time of great anxiety, both for campers and parents, especially during those first few days. We are here to help. If you have any questions or concerns, please feel free to contact us at any time. It is our goal to provide a meaningful and memorable summer experience for your children, and we want you to take comfort in the knowledge that they are in loving, capable and dedicated hands.

See you in Maine!