

# Kabeyun

## PARENT HANDBOOK

**Congratulations!** You're about to embark on a fabulous summer adventure. Yes, we know, it's your son who's heading off to camp, but sending your son to summer camp is an experience for you as well, and we know that can be both exciting and (maybe) a little bit terrifying, especially if it's the first time he'll be so far from home for so long.

If you've got questions, we've got answers – lots of them! We hope this guide addresses some of the basic logistics you might be wondering about, without overwhelming you. Here are some of the questions we're asked most often:

- Are we ready? What about forms and paperwork, and tuition payments?
- Do we have everything we need? Are there things he shouldn't bring? What if he forgets or loses something?
- What if he runs out of something? Does he need money?
- Can we visit camp while he's there, and see him in action?
- What's opening day like? Is it scary for him? For us?
- How can I stay in touch with him? What can I send? Will I hear from him while he's away?
- What if he gets sick or hurt at camp?

---

## SORTING OUT THE DETAILS

---

**Get in touch with your CampInTouch account! The link is at the top of every page on the Kabeyun website, just look for the yellow text that reads "Parent/Staff Login."**

### 1. Forms and Paperwork

All the paperwork we need – medical history form, immunization records form, camper questionnaire form, travel plans form, insurance and release form, etc. – is online now. Your CampInTouch account has everything we need to prepare for his arrival. Forms are, predictably, found in the **"Forms & Documents"** section. Some you fill out online, and others need to be printed, filled out, and either scanned and uploaded, faxed, or mailed. Call or email the office if you run into difficulty!

### 2. Tuition Balance Payment

Tuition balances are due by May 15, unless you've made arrangements with the office for a payment plan (or you enrolled after May 15, in which case it's probably due... now!). You can check your balance in your CampInTouch account in the **"Financial Management"** section.

### 3. Camp Store Accounts

Read more about the camp store and how that works further in this handbook, but when you're looking to deposit money into that account, or to see what your son has bought, find it in the **"View Accounts"** section.

The screenshot shows the CampInTouch account dashboard. At the top right, there are links for "My Account | Help | Log Out". Below the header, a welcome message says "Hi John, welcome to your CampInTouch account." with a "Not John? Click here" link. The main content area is divided into several sections:

- Forms Dashboard**: A red circle with the number "1" highlights the "Forms & Documents" link, which says "Complete forms online and print important documents."
- News Bulletins!**: A yellow box with a black background containing text about news bulletins and a "Click here" link.
- Your Camper**: A section with three links: "Camper Application" (Fill out our online camper application.), "Camper Information" (Review and update the information we have on file for your children.), and "Your Family".
- Financial Management**: A red circle with the number "2" highlights the "Financial Management" link, which says "Review and update your financial information for tuition and other payments to camp."
- View Accounts**: A red circle with the number "3" highlights the "View Accounts" link, which says "Review transactions and/or fund accounts."

---

## BEFORE CAMP

---

The following sections are part of Kabeyun's 2021 COVID-19 plan, updated regularly on the website. Please refer to the [kabeyun.org/Summer-2021](https://www.kabeyun.org/Summer-2021) section of the website for the most current information.

This summer, Kabeyun is asking campers, staff, and their families to take all reasonable precautions to avoid bringing COVID to camp. We are relying on you to do everything you can to drop off a healthy, virus-free boy. While we recognize that the CDC has relaxed some masking and distancing guidelines, Kabeyun expects its families to exercise caution and adhere to stricter standards in the ten days before campers arrive. This will greatly reduce the risk of anyone bringing COVID to camp. It also will increase the likelihood Kabeyun can run our camp program with fewer restrictions and give your son an experience that is closer to a normal, non-pandemic summer.

Our goal is to create a COVID-free bubble at the start of each session and then to maintain that bubble during camp. Our two-pronged approach requires 1. a testing regimen and 2. behavior modifications in the period before camp and just after the session begins. While it would be easier to rely on a testing regimen alone, we believe pre-camp behavior modifications are crucial to avoid the incredible disappointment your son will experience if he tests positive and is denied entry to camp or is sent home after testing positive at drop-off.

These pre-camp expectations apply to everyone, even those who are vaccinated or have had COVID recently. If you anticipate any difficulties with these expectations, please [contact Ken](#) to discuss.

---

### 10 DAYS BEFORE CAMP – DECREASE HIGHER-RISK ACTIVITIES

---

Understanding that COVID can incubate for up to 14 days, please avoid any high-risk activities. Specifically, we ask that campers, staff, and their household members:

- Avoid social gatherings with more than 10 people outside your household. Do not attend family reunions, graduations, birthday parties, funerals, weddings, concerts, unless you can remain outdoors at all times and maintain at least six feet of distance from anyone outside your household, masked or unmasked. Avoid indoor restaurant dining, including restaurant tents that are not well ventilated.
- Do not take part in sleepovers or go into other people's homes. If meeting with friends, do it outdoors and socially distanced.
- Limit participation in sports to the games and practices themselves. If you must travel or stay in a hotel for your sport, do so only with members of your own household. Do not carpool or dine with people from outside your household.
- Take care to properly mask (and consider double masking) for school and sports.
- Avoid non-essential travel, and do not take a cruise or travel internationally.
- Start the daily screening process. This is a series of questions each camper and staff member will answer within CampInTouch each day before camp. More information to come.

If any of these expectations pose a challenge for your family, please [contact Ken](#) to discuss your situation.

In addition, during this time period or before, please begin planning for the required pre-camp COVID test. All campers and staff members must arrive at Kabeyun with a negative RT-PCR test (also known as a molecular test) that is not more than 72 hours old. Use this time to locate a testing facility, make an appointment, and learn how you will receive your results. Many states and/or health insurers are covering testing costs, but not all. Please contact the office if you need assistance paying for the pre-camp test. Once everyone arrives at camp, Kabeyun will cover the costs of the multiple COVID tests we will administer during each session.

Please note: we prefer that Kabeyun families address their sons' pre-camp needs such as haircuts, dental, medical, and other appointments more than ten days before arrival.

---

## 3 DAYS BEFORE CAMP – TEST AND QUARANTINE

---

Get your COVID PCR test. Remember, you must arrive at Kabeyun with a negative RT-PCR test that is not more than 72 hours old. We will accept what are called “PCR” or “molecular” tests, or any comparable NAAT test. You can email the results to the office or bring the documentation when you drop off your son.

Please note, if your son has had COVID in the past 3+ months, he may test positive again. If that happens, please provide Kabeyun dated copies of both positive tests -- the one when he initially tested positive and the test administered just before his camp session. If your son has had COVID just prior to camp, he will need to complete a 14-day quarantine before his arrival.

We ask that once campers are swabbed for a PCR test, they interact only with their household family members and engage in low risk behaviors to prevent COVID exposure between the time of testing and arrival at camp.

Once tested, campers and staff members should:

- Not attend school.
- Not attend sports games or practices.
- Not attend day camps or other child care.
- Be very careful in their contact with family or household members who are working outside the home, attending school, day camp/child care, or sports activities.

If any of these expectations pose a challenge for your family, please [contact Ken](#) to discuss your situation.

---

## TRAVELING TO CAMP

---

It is essential your family continue to follow the pre-camp behavioral expectations and take care to reduce the risk of COVID transmission during your travel to Kabeyun. This includes all safe masking, physical distancing, and hygiene measures.

Try to travel to camp as directly as possible with no or reduced layovers. Please avoid dining in restaurants; consider packing your food. Take care to wear masks while getting gas, using a restroom, etc., and wash your hands afterwards. As a reference, [here are the CDC's guidelines for safer domestic travel](#).

In 2021, Kabeyun is not providing transportation from airports and bus or train stations.

New Hampshire no longer requires travelers to quarantine for domestic travel. Anyone traveling internationally must quarantine in the United States for 10 days prior to arriving at camp. The person has the option of ending quarantine after Day 7 with a negative molecular test collected on Day 6-7.

---

## ARRIVAL AT CAMP – OPENING DAY!

---

While we are still working out the precise details of our drop-off procedure, parents and campers should plan to say goodbye at a central drop-off area, rather than the camper's cabin, to reduce the risk of COVID entering camp. Staff members will help campers bring their items to their cabins and get settled there. We suggest families limit the number of people (and pets) who travel with their camper to Kabeyun this year.

We will ask that each camper arrive during a specific, pre-determined one-hour window. We soon will create and share a way for families to sign up for time slots. More to come soon.

---

# PACKING LIST

---

Please follow this list as you prepare your son for his summer at camp. Experience has taught us that having enough (but not too many) of certain essential items can make a significant difference between a comfortable summer and one spent scrounging and wanting.

**Your son's name should be on EVERY item he brings.** Whether you hope it returns home with him or not, the important thing is that he still has it after the first few days of camp. Sharpies and permanent makers bleed and fade, so use a laundry marking pen, or labels or a clothing stamp. Cool tools for getting his name on his things here: [everythingssummercamp.com/name-labels](http://everythingssummercamp.com/name-labels).

## What to Pack

### Basic necessities

- 2 sets of **twin-sized sheets** & two **pillowcases**
- 2 **blankets** and a **pillow**
- 4 large **towels**
- 2 **laundry bags**
- 1 pair of **sandals** (Chacos, Texas...) or water shoes  
\*\*\* **NO** flip-flops, sliders, or Crocs – they don't stay on the feet. sandals must secure around the back of the heel.
- 2 pairs of **sneakers**, or 1 pair and a pair of **light hiking shoes**  
\*\*\* smooth-soled tennis shoes are encouraged but not required on our clay courts
- 10 pairs of **socks**, 10 pairs of **underwear**  
\*\*\* for 7-9 year olds, we recommend **MORE, LOTS MORE...**
- 2 – 3 pairs of loose-fitting **pants**, 6 pair **shorts**
- 3 pairs of **swim trunks**
- 10 **t-shirts** and 2 **long-sleeve tees**
- 2 **sweatshirts** or flannel shirts... something warm
- 1 wool or fleece **sweater** (non-cotton)
- 1 **waterproof rain jacket** with hood (preferably no ponchos)
- wool or fleece **hat**
- sun hat** or ballcap
- water bottle** (2 is better than 1)
- toilet articles** (shampoo, soap, toothbrush, toothpaste, etc.) and carrying case
- headlamp** or flashlight & extra batteries
- stationery and stamps**, pens

### Recommended, but not necessary

- pajamas, bathrobe & slippers, stuffed animal
- musical instrument, playing cards, books, small board games
- mask & snorkel, baseball glove, fishing tackle, tennis racket, badminton racket, Frisbee
- 1 pair hiking boots, 2 - 3 pairs heavy socks, sleeping bag
- folding camp chair (Crazy Creek)

## What to Leave Behind

Camp is FULL of tools and toys for campers – kayaks, sailboats, ropes courses, etc. Some items that we're used to playing with as part of our everyday lives are things that detract from the Kabeyun experience. **Please help us keep his attention on camp by leaving the following at home:**

- ⊙ **all electronics**  
iphone, ipod, cell phone of any sort, smartwatch, radio, cd player, gameboy...
- ⊙ **digital cameras**  
including GoPros, Flips, etc.
- ⊙ **knives** of any shape or size
- ⊙ skateboard, skates, bike...
- ⊙ **money, candy, food...**
- ⊙ **vaping devices, e-cigarettes, tobacco, alcohol, drugs...**
- ⊙ **money** (really! seriously! for real!)

---

## Special Notes

- ★ **FOR 2021 – everyone should bring 10 washable, re-usable cloth face masks!**
- ★ If you pack bug repellent, sunscreen, or deodorant, **no aerosol sprays, please!**
- ★ **For out-of-camp trips...** we have packs, tents, stoves, and utensils. He should bring his own sleeping bag, and it can double as a comforter when he's in camp.
- ★ **Don't forget to pack bedding!**  
2 sets of twin sheets & pillowcases, blankets, pillows.
- ★ **PLEASE LABEL ABSOLUTELY EVERYTHING WITH HIS FULL NAME!!! NO EXCEPTIONS!**

---

## THE CAMP STORE

---

Kabeyun's camp store is a source while your son's at camp for basic incidentals, such as toothpaste, batteries, stamps, etc. If he runs out of any of these items, we can supply them from the camp store instead of his having to write a letter home and wait for you to send them as a package, which of course we don't permit! We also have shirts, sweatshirts, hats, and other higher-price items that, if he wants, he will need your permission to purchase.

Below are some of the items that can be acquired at the camp store:

- |                      |                             |                             |
|----------------------|-----------------------------|-----------------------------|
| → Afterbite          | → Swim Goggles              | → Pencils/Pens              |
| → Batteries          | → Kabeyun Ballcaps          | → Playing Cards             |
| → Dr. Bronner's Soap | → Kabeyun Sweatshirts       | → Postcards                 |
| → Bug Nets           | → Kabeyun T-Shirts          | → Shampoo                   |
| → Bug Repellent      | → Kleenex                   | → Soap & Soapbox            |
| → Chapstick          | → Laundry Bags              | → Stamps                    |
| → Envelopes          | → Nail Clippers             | → Sunscreen                 |
| → Flashlights        | → Nose Plugs (For Kayaking) | → Toothbrushes & Toothpaste |
| → Fleece Hats        | → Pads Of Paper             | → Water Bottles             |

**The camp store doesn't require any cash**, so please don't send him with any money – he won't need any while he's at camp. We ask that you deposit however much money you think he might need for his time at camp in advance, which will help to give him a budget to work with. Depositing money in his store account is something you do in your CampInTouch account, and throughout the season you can log in and see what his balance is and what he has purchased. If his balance gets low, you have the option of replenishing his account or cutting him off – entirely up to you. If he has a remaining balance in his store account at the end of the summer you can choose to donate it to the Kabeyun Annual Fund, carry it over to next summer, or we can issue you a refund.

---

## SENDING HIM MAIL WHILE HE'S AT CAMP

---

Getting mail at camp isn't just a nice way for campers to feel connected to home while they are away, it's an essential part of the experience of being away. You are our partner in making this experience a positive one, because without care and thought, mail from home brings with it the risk of triggering or exacerbating homesickness. Please be thoughtful in your approach to communicating with your son or sons while they are at camp. Do send mail – send lots! – and try to keep the following in mind when you sit down to write:

- Sometimes the first few days are the hardest, and it takes time for mail to make its way to camp. **Consider sending out a few letters in advance of opening day**, so he'll have some notes from home right away.
- **Ask lots of questions about camp life.** This will give them motivation to write back! **"What activities have you tried?" "Which are your favorites?" "What's your favorite camp meal so far?" "Tell us about the other kids in your cabin?" "Have you been out on any trips?"** You're reminding him that you're excited to hear about what he's been doing, that you're proud of him, that you hope he's learning new skills. It's a comfort to him – it reminds him that you're happy about sending him to camp.
- **Don't talk too much about what's happening at home.** Doing so can be a reminder of things he may feel as though he's missing – **"We had the neighbors over for dinner last night"** or **"We had a great day at the beach yesterday"** – and believe it or not, if you tell him how much you miss him – **"It's so quiet here without you"** or **"The dogs can't wait for you to get home"** – it can trigger feelings of guilt and concern. Even **"Be glad you're at camp, it's so boring here at home"** is an invitation to a wave of emotions that can make things harder for him, so steer clear. And if you've got bad news – **"The family fish isn't doing so well"** – save it for when he gets home.

- **Stick to letters.** Kabeyun has a strict no-package policy, and as fun as it can be to get a box full of knick-knacks and toys to share with his cabin-mates, we've got lots of toys at camp, like archery bows and paddleboards, so it's just not necessary. Magazines, the sports page from the local paper, those things are fine. And of course, no food of any kind, including chewing gum and candy. Our reasons for this are two-fold: goodies can end up being a divisive element in the cabin (who gets to share in the loot and who doesn't?), and while they make the guy receiving it feel awesome about his parents sending him cool stuff, it makes the others whose parents aren't sending those things feel lousy.
- Sometimes there's a need to send a necessary item, like a toothbrush or replacement batteries or those hiking boots he forgot to pack. If so, contact the office, and we'll either acquire those items for him from the camp store, or ask you to send them directly to us so we can make sure he gets them.
- If you have extended family or friends who would like to send him mail while he's at camp, share these recommendations with them. Remind them of the no-package and no-food-or-candy policies.

Need to know how to address a letter to him at camp? Here's an example – you'll find out what cabin he's in on opening day, and if you send a few early letters before knowing his cabin, don't worry. We'll get it to him.

**Johnny Porter**  
**Kabeyun – Lions Cabin**  
**PO Box 325**  
**Alton Bay, NH 03810**

We do not have a system for receiving emailed letters for campers, unless you are an international family or traveling abroad while your son is at camp, in which case you can send letters to [office@kabeyun.org](mailto:office@kabeyun.org). We encourage you to hand write, scan, and attach your letters rather than typing out an email, so his letters look and feel as personal as his cabinmates get.

---

## RECEIVING MAIL FROM YOUR SON

---

We make a promise that every camper will send a letter home at the end of each week. That means if your guy is a single-session camper, you should expect to get no fewer than three letters, since the end of the fourth week is the end of the session. Some guys write a lot more, some a lot less. Getting a lot of letters isn't always a good thing, and getting the bare minimum isn't always bad! If he's too busy to write, he's probably having a ton of fun. And if he's mailing out multiple letters every day, it may be a sign that he's having trouble getting settled and engaged.

- **If you get a homesick letter**, take a moment to consider the following:
  - + Time flies – it's probably already been at least two or three days since he sent it, so unless you've heard from us that he's struggling, the landscape probably looks very different already than it did when he put the stamp on that envelope.
  - + Letters are written during down time, like rest hour and bedtime. Otherwise, he's out and about, running around camp, getting down to activities, having a great time. Trust that. We're paying attention, and if he's struggling, we're helping him, and if he's really struggling, we'll contact you ourselves.
  - + If you're convinced there's a concern, reach out to us first, either by calling the office or emailing the director. Let us know what the letter says and give us a chance to look into it further. In many cases we can quickly tell you all about the awesome day he's having and reassure you.
  - + In your response, don't ignore what he's said, but stay measured. Empathize with what he's feeling and remind him of the things that are positives – activities, trips, friendships, new skills, etc. Don't make bargains, like **"If you're still feeling this way in a few more days, we'll come and get you."** Let us do the negotiating – we focus on short, attainable objectives and work towards a resolution that gets him out

of the homesick cycle and into having a great time. Showing him an “out” generally doesn’t give him a reason to try and have fun, it encourages him to stay sad so he can expedite getting home.

- **Short and sweet.** The three-line letter that says “**Camp’s good. See you soon. Bye!**” and that’s all is a GOOD thing. Don’t be offended! We’d love to have kids go into great detail about what they’re doing and express their adoring appreciation for your sending them to camp, but they don’t have time for that – there’s too much to do! If you’re craving more information, ask open-ended questions when you write back, questions that invite descriptive responses. Remember, though, you’ll hear all about everything and then some when he gets home.
- **Snail mail is putting it mildly.** We collect the mail every morning, and bring it to the tiny post office in Alton Bay. It doesn’t leave Alton Bay until the next business day, and from there it’s at the mercy of the US Postal Service. If he put the letter in the box on Thursday afternoon, it probably doesn’t even leave Alton Bay until Monday morning. So, yes, it can take up to a week for a piece of mail from your son to reach you.
- **No news is good news.** Really, it is. We’ll reach out to you if we’ve got reason to be concerned, and if you’re worried he’s hiding his discomfort from us, call or email the office. But seriously, keep telling yourself: **no news is good news, no news is good news...**

Campers do not have access to email. However, if you are an international family or traveling abroad while your son is at camp, we will scan and email his letters to you as attachments.

---

## WHAT IF HE GETS SICK OR HURT WHILE HE’S AT CAMP?

---

Safety and staying healthy are **the** priorities at Kabeyun. Common ailments at camp range from bug bites and poison ivy to infections, from “the sniffles” to strep throat, from bumps and bruises to a broken bone. Whatever the case, we’re prepared – the staff is trained to recognize day-to-day maladies and get them the help they need, nurses have stocked the Health Center with remedies and are caring and professional, and camp systems are in place to handle the unexpected and unfortunate.

- **If he’s feeling run down, or he’s got something minor that needs attention...**
  - + Cabins and activity areas all have first-aid kits. Often, a counselor can take care of what comes up.
  - + The Health Center is available 24 hours a day, 7 days a week, and one of our nurses is always in camp. If he needs to be seen, he can ask any counselor to take him to the Health Center, and if the nurse is out and about in camp, they’re always reachable via our walkie-talkie network.
  - + The nurse will do those things that a parent would do – get him some water, take his temperature, disinfect and bandage a cut, treat with over-the-counter medications, etc. If he needs to take it easy for a bit, the Health Center has beds so he can rest until he’s ready to get back out there.
- **If he’s coming down with something...**
  - + The Health Center’s set up for extended stays, usually a matter of getting a good night’s sleep. The nurse will make him comfortable, arrange for a counselor from his cabin to bring down a toothbrush, a water bottle, a book to read, and whatever else will help him to relax and recuperate.
- **If he needs to be seen by a pediatrician...**
  - + Kabeyun has a standing relationship with **Wolfeboro Pediatrics at Huggins Hospital – (603) 569-7620**. If the nurse determines he needs a doctor or prescription to help him heal, we can make same-day appointments throughout the week. We also schedule appointments with local dentists and orthodontists, if necessary.
- **If it’s the weekend and the doctor’s office is closed, or if it’s an emergency...**
  - + The Huggins Hospital emergency department is just eight miles away. For non-emergencies, a Kabeyun staff will transport him to the local urgent care clinic or hospital. Otherwise, we’ll call an ambulance.

→ **If he's out of camp on a trip...**

- + Trips staff hold at least Wilderness First Aid certification, and many are First Responders or EMTs. They'll have his medical, insurance, and contact information, and they'll get him to help. They carry a first-aid kit and are capable of providing meaningful care. As soon as they return to camp he'll go straight to the Health Center to be evaluated.
- + Trips always have evacuation routes and the nearest hospitals mapped out in advance. In an emergency, they're ready to take swift action.

→ **We'll contact you...**

- + **If he stays overnight in the health center**, with an email if it's not serious, or a phone call if the nurse wants to discuss his condition.
- + **If he needs to be seen by a doctor**, with a phone call before the appointment and a follow up when he's back at camp.
- + **If he's seen at the emergency room**, with an immediate phone call and updates along the way until the situation is resolved.
- + **If an issue arises for him on an out-of-camp trip** that necessitates cutting the trip short and returning to camp or evacuating to a hospital, again with an immediate phone call and updates throughout.
- + When we contact you by phone, it's natural for you to want to talk directly with him, and just as normal for him to want to talk to you. That's fine, and often helpful. Remember, though, that while sometimes your voice and encouragement will help, it can also add homesickness to whatever else he's struggling with. It will be important to stay upbeat and positive, remind him that the nurse is giving him the same help that you would be, and avoid making promises like "if you're not feeling better soon we'll come get you." Let us be the ones to tackle that question if it comes up, though we'll definitely consult with you first in that case.

The bottom line is this – our program is designed for adventures that are both fun and safe. If he's not healthy, he can't have those fantastic experiences! If things come up that need attention, rest assured, we'll be on it and keep you in the loop.

---

## WHAT ELSE?

---

At the risk of overwhelming you with information, let's tackle some other common questions that don't necessarily require long and involved responses.

→ **Will you be posting photos online during the summer?**

Nope. It seems like it would be an awesome way to peek in on him, see him surrounded by friends with a big smile on his face, doing all the things he was excited to do. The live-stream of pictures from camp, however, isn't something we've done and we have no plans to do it. We're focused on the here and now of camp, and committing to regular updates of the photo gallery means dedicating resources where they could otherwise be applied towards safety, activity, and fun. We do employ a photographer, who will discreetly document the summer so we can share thousands of pictures at the end of the summer. At that point you can look through them together, and he can add the color and context that helps you understand what's happening in each photo. Trust us – if we post pictures during the summer, you'll spend the time he's away glued to the website, poring over each upload, debating how to interpret what you're seeing, concerned that his shirt looks dirty, or wondering why you're not seeing more of him. Relax, enjoy your summer, and look forward to letting him tell you about his adventures when he gets home.

→ **He loves to read and we're sending him with books, but what what if he runs out?**

We've got a library! It's a mish-mash of books that have been donated over the years, and if he's into the Hardy Boys, we've got a world-class collection. If he gets through all of the books he packed and needs more, he can



grab whatever he needs from the library and return them... whenever. He can even bring a book or two home with him at the end of the summer if he wants, and return it next year.

→ **What about phone calls? Can we call and talk to him? Can he call us?**

Phone calls aren't encouraged, but they aren't prohibited. The camp phone rings at the dining hall during meal times (8 a.m., 1 p.m., and 6 p.m.), so if you call and he's not out on a trip, he can come to the phone. The counselor who answers the phone will check with the director or assistant director first, and in some cases where we know a phone call might be disruptive or upsetting, we'll let you know. What we recommend is this:

- + Check with Ken by calling or emailing him in advance, to make sure a phone call's a good idea.
- + Don't overdo it. One phone call during the summer, that's okay. But once a week? That's too much. Remember, there are lots of kids at camp at any one time, and we only have the one line. Keep the conversation brief – he's missing the meal and potentially activity choosing while he's on the phone.
- + Be prepared for homesickness to set in while he's on the phone and afterwards, and recognize that sometimes a sudden and unexpected live connection to home can throw him off. Trust that it's not necessarily representative of how things are going, and know that we'll anticipate the potential fallout and work to set things right, quickly.

→ **Can we arrange to have him catch a ride to camp with another family we know that lives close by? Can his grandparents pick him up on pickup day? Can he go out on visiting day with another camper's family?**

Only a parent or legal guardian can transport him to and from camp, or take him out of camp on visiting day (for 7- and 8-week campers). However, if you need to make other transportation arrangements or you would like for someone else to have your permission to take him off-site for any reason, please contact the office – we have a simple form to authorize this. Please give us at least 24 hours' notice, so we have time to get the paperwork in order.

→ **We know about the no-package policy, but what if he has his birthday while he's at camp?**

Okay, birthdays are different. If you want to send him something special, we'll happily make an exception to the no-package policy. BUT, please don't send food of any sort, and consider sending something he can enjoy with his cabinmates, like a game. Let us know ahead of time that you're sending it and give us a clue as to what it is, so we have the opportunity to steer you away from things we know to be... problematic. We do celebrate his birthday if it falls during the camp season, with a birthday cake in the dining hall, lots of chanting and banging, and he gets first-pick priority for activities on his special day.

---

## STILL HAVE QUESTIONS?

---

Thanks for taking the time to familiarize yourself with some of the essentials for camp parents. If this is your first time sending your son to camp, or even if it's not and you have questions or concerns that haven't been addressed here, don't be alarmed! There's a TON of information on the Kabeyun website, [kabeyun.org](http://kabeyun.org), so if we haven't covered it here, browse around online and see if you can find guidance there. There's a "Common Questions" section that can be helpful, and there are posts in the "Blog of the West Wind" that include thoughts on the zero-technology policy and our philosophy on tipping counselors at the end of the summer (hint – please don't).

If you've read this handbook end-to-end and still have questions or concerns and want to talk, absolutely reach out by email or phone at any time. It's full-on spring now, so we're all camp, all the time, and we always love hearing from you!

**Ken's Email – [ken@kabeyun.org](mailto:ken@kabeyun.org)**

**Office Phone – (603) 875-3060**

forwards to Ken's cell phone during the off-season