

est. 1926  
**forest lake camp**  
a brother sister camp in the adirondack mountains of new york

# **Camper & Parent Handbook**

**2024**



# Contacting Forest Lake Camp

## **Address**

Forest Lake Camp  
261 Forest Lake Road  
Chestertown, NY  
12817

## **Phone**

(518) 623-4771

## **Fax**

(518) 557-8891

## **Email**

[info@forestlakecamp.com](mailto:info@forestlakecamp.com)

# Registration Checklist

- ☐ Medical Exam (online through CampInTouch)
- ☐ Medical Forms (online through CampInTouch)
- ☐ Camper Profile on CampMinder
- ☐ \$1500 Deposit
- ☐ Remaining Balance Paid by May 1, 2024



## Payment Options

For payment via credit card, there is a 3% processing fee. Contact us to process the credit card charge manually. Other options are check, wire, or Venmo. If you'd like to write a check, you can make a check payable to "Forest Lake Camp" and mail to:

Forest Lake Camp  
261 Forest Lake Rd.  
Chestertown, NY  
12817

## Refunds

2024 enrollment applications are submitted with a \$1500 deposit and will be considered on a first-come first-serve basis. Deposit is fully refundable with cancellation by January 15, 2024; refundable less the \$1500 deposit with cancellation by May 1, 2024; and non-refundable after May 1, 2024. **No refunds will be granted for late arrival or early departure, unless tuition payment protection has been purchased at time of enrollment.**



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# 2024 Calendar



## Summer Calendar

Forest Lake Camp offers 2, 3, 4, 5 and 7 week sessions for boys and girls ages 8-16. The 2-week option is available as a 'trial' session for new and younger campers with the option to extend as space permits. The difference in tuition will be charged when the request to extend is approved.

## Session Dates and Rates

Session	# of Weeks	Start Date	End Date	Tuition
Full Session	7	June 30th	August 16th	\$10,595
1st Session	4	June 30th	July 26th	\$7,995
Mid-Session	5	July 13th	August 16th	\$8,995
2nd Session	3	July 27th	August 16th	\$6,645
June 2 Week Session	2	June 30th	July 13th	\$4,795
July 2 Week Session	2	July 13th	July 26th	\$4,795
Leader in Training Program	7	June 29th	August 16th	\$8,476

## Location

Forest Lake Camp is located at the end of Forest Lake Road in Chestertown, New York. We are 5 miles north of the hamlet of Warrensburg, NY, in the southern Adirondacks, just off Route 9. We are about 1.25 hours north of Albany, 4 hours from Boston, 3 hours from Westchester County, and 3.5 hours from Manhattan and Northern New Jersey.

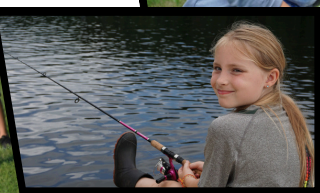


[www.forestlakecamp.com](http://www.forestlakecamp.com) (518) 623-4771 [info@forestlakecamp.com](mailto:info@forestlakecamp.com)

Can you find the six hidden FLC owls?

# Summer 2023 In Review!

Summer 2023 was full of activities, evening programs, special events, and trips! We had staff from all over the world and enjoyed some delicious meals prepared by the FLC kitchen. We can't WAIT for Summer 2024 and are most excited about the NEW Zip Line being installed at camp!



# 2024 Staff

Our staff is the best of the best! We're proud to have a cohort of returning FLC counselors, many of whom were campers for years, went through our LIT program, and are now staff members. We also work with international camp agencies like Camp America to bring in counselors from all over the world, including New Zealand, Mexico, Australia, the UK, and many other countries. Our staff are experienced in working with children, leading activity areas, and creating a fun and safe environment for all of our campers!



# Forest Lake Camp Programming

In the morning, afternoons, and evenings, we have a wide range of activities and program areas for campers to explore! Some days might include an all-camp activity like Capture the Flag or evening Talent Shows on Boys and Girls Camps. Most morning and afternoon activity periods allow campers to sign up for the activity area of their choosing, led by a counselor. Camp activities might include archery, basketball, tennis, arts and crafts, science experiments, or boating on the lake, just to name a few!

## Daily Schedule

7:30 - Reveille  
 7:50 - Assembly/Hoppers Call  
 8:00 - Breakfast  
 8:30 - Cabin Cleanup and Camp Chores  
 9:15 - Assembly and Morning Activity Sign-Ups  
 9:30 - First Period Activities  
 10:45 - Second Period Activities  
 12:00 - Free Time  
 12:10 - Assembly/Hoppers Call  
 12:15 - Lunch  
 1:00 - Rest Hour  
 2:15 - Assembly and Afternoon Activity Sign-Ups  
 2:30 - Third Period Activities  
 3:45 - Afternoon Snack  
 3:45 - Fourth Period Activities  
 5:00 - Free Time  
 5:55 - Assembly/Hoppers Call  
 6:00 - Dinner  
 7:15 - Evening Activities  
 8:45 - Call to Quarters  
 9:00 - Taps  
 9:15 - Junior Camp lights out  
 9:45 - Senior Camp lights out

## What's a Brother-Sister Camp?

Forest Lake Camp is a "Brother-Sister camp" with separate camps for Boys and Girls which gives our campers the chance to thrive in our unique setting. On certain occasions, Girls Camp and Boys Camp will come together, such as at our weekly Campfires and for special events like July 4th.



## Additional Activity and Program Options

Activity	Details	Cost
Horseback Riding	Lessons and trail rides available. Most campers choose to ride on average 2 to 4 times per week while they are at camp.	\$85 per lesson
Waterskiing/Wakeboarding (Pending for Summer 2024)	We offer half day clinics for waterskiing and wakeboarding. Each camper is allowed to do up to 1 clinic for each 2-week session.	\$135 per clinic
White Water Rafting	We offer a full day rafting trip down the Hudson River with local expert guides. We recommend 1-2 rafting trips for each camper.	\$150 per rafting trip

Before arrival to camp, parents can sign their child up for Horseback Riding Lessons, Waterskiing, and White Water Rafting for an additional fee on the CampMinder portal. If your camper would like to sign up for additional activities while they're at camp, we will contact you!



## Additional Options

Option	Details	Cost
English Immersion Program	We are very proud of the diversity at FLC with campers and staff members attending from around the world. Our English immersion program is available for those campers whose primary language is not English. Sign up is on a first come first serve basis.	\$75 per lesson
One on One Tutoring	Tutoring on a variety of subjects.	Please contact us about rates and available subjects.
Camp Linens	This service is convenient for our international campers and those coming by flight. Linens will be laundered once per week at camp. Your linen packet will be waiting for you at camp when you arrive. Extra blankets are always available for cold nights! Single Bed Sets include 1 Top sheet, 1 Fitted sheet, 2 Towels, 1 Blanket, and 1 Pillow and Pillow case. You can sign up for this service on your CampInTouch account.	\$15 per week
Camp Photos	You will receive a cabin picture (5x7) and a camp photo of the girls or boys camp (8x10).	\$30 per package

Health Insurance	It is required that all campers are properly insured in the US and proof of insurance will be required. We do offer health insurance on a weekly basis for each camper and require all foreign based campers to purchase unless proof of insurance in the US is shown.	\$40 per week per camper
Payment Protection	With the Payment Protection plan, you are covered until the day before your camper is set to arrive at FLC.	6% of gross tuition before discounts

## Camp Procedures

### Arrival Time

For the start of 1st session (June 30th) and 2nd session (July 27th), arrival to camp is between 9:00am and 12:00pm on Opening Day.\*

*Please note that for Mid-session on July 13th, arrival time is between 2:00pm and 5:00pm on Opening Day to allow our departing two week campers to leave camp in the morning.\**

### Departure Time

Pickup at camp is between 9:00am and 12:00pm on your child's departure date.\*

*\*If you think you will be considerably later or earlier than any of the windows listed above, please contact our main office with your arrival/pickup information.*

## Transportation

For an additional cost, Forest Lake Camp can provide transportation to or from nearby train stations, Albany airport, or JFK airport for campers. **Space is limited for transport to/from each location and it is offered on a first come, first served basis by filling out the Transportation Form.** Forest Lake Camp picks campers up in one of our camp vehicles. FLC staff always accompany campers.

We ask that you try to schedule your arrival and departure times within the time frames we offer below. There will be an additional charge when campers arrive outside of the “standard” time, because we will have to hire an additional staff and vehicle to arrange for that special pickup.

### Non-Airport Pickup Options

Fee: \$110 one way, \$220 round trip

Pick up time: 11:15am

Drop off time: 11:15am

**Paramus Park Mall\***  
100 Paramus Park Mall  
Paramus, NJ 07652

**OR**

**Croton-Harmon Train Station\***  
1 Croton Point Avenue  
Croton-on-Hudson, NY 10520

*\*We meet outside of Macy's at light pole #10*

*\*We meet in the parking lot*

### Airport Pickups

Standard Arrival = Flight time between 10am  
and 2pm

Standard Departure = Flight time between  
1pm and 5pm

Special = Flight time outside these windows

Pickup Location	Fee
Standard JFK Pickup	\$150 one-way
Standard Albany Airport Pickup	\$100 one-way
Special JFK Airport Pickup	\$200 - \$300 one-way
Special Albany Park Airport Pickup	\$150 - \$250 one-way

## Packing List

### Dress Code/Clothing

Campers should bring clothing that makes them feel comfortable at camp. This includes clothing for outdoor activities (sometimes in rainy weather), sports, and off camp trips. Please label ALL ITEMS AND ARTICLE OF CLOTHING your child brings to camp. Unlabeled items will likely be lost and unable to be returned.

### Laundry

As of 2024, we have a brand new laundry facility on camp! We have a rotating laundry schedule which allows for each group of campers to get their laundry washed once a week. To ensure campers do not lose articles of clothing, **please clearly label everything!**

### Clothing

- FLC shirt (you can pick yours up on drop-off day at Camp Store!)★
- 7-10 t-shirts/tank tops
- 4-5 shorts
- 3-4 pants or jeans
- 10 underwear/bras
- 10-12 pairs of socks
- 2 sweatshirts★
- 1 jacket or fleece
- 2 sets of pajamas
- 1 rain jacket
- 2 swimsuits
- 2 pair of sneakers
- 1 pair of sandals (closed-toe)
- 1 pair of sturdy boots (for horse riding)

### Wilderness Trips (optional)

- Sleeping bag\*
- Headlamp or flashlight★
- Extra water bottle\*
- Hiking boots/shoes
- Hiking socks
- Bug repellent★
- Backpacking pack\*

### Toiletries★

- Brush/Comb & hairbands
- Shampoo/Conditioner
- Soap
- Toothbrush & paste
- Deodorant
- Feminine Products
- Sunblock
- Bugspray
- Shaving supplies
- Lip Balm

### Optional

- Nice outfit (for occasional formal events)
- Personal sports equipment, like tennis racquet, riding boots, or baseball glove
- Costumes, silly accessories, and goofy clothes for dressing up!

### Camp Life:

- Two bath towels
- One beach towel
- Flashlight &★ batteries
- Writing paper, self addressed★ envelopes, stamps
- Water bottle★
- Camera
- Mouth guard
- Sunglasses
- Baseball Cap★
- Books/Magazines
- Bedding (or sign up for linen package when enrolling)

### Lost & Found

Following the last session of summer camp, FLC will hold on to items for 1 week for parents to contact camp and request items to be mailed. Any remaining items after the 1 week will be donated to a local charity.

### Do NOT Bring (they will be confiscated)

- Cell phones
- Laptops
- Gaming systems
- Knives
- Expensive Jewelry
- Lighters, matches
- Cash

\*can be borrowed at camp

★ Can be purchased at Camp Store!

## Camper Life

### Cabin Assignments

Campers are placed in cabins based on grade level. Campers live in a cabin with other campers of the same grade level along with 2-4 counselors. New campers and veterans are grouped together. We cannot guarantee cabin placement requests and do our best to give campers the opportunity to form special bonds and friendships with campers from their grade.



### Settling into the Cabin

Opening Day is an opportunity for campers to meet and bond with their bunk-mates and their counselors! To ensure the smoothest transition into camp life for campers, we ask that parents drop off their campers with their things, meet their counselors, and do not spend too long in the cabin before heading out. The quicker your camper can start playing games and getting to know other campers, the better!

It is normal for campers to get homesick. To keep this to a minimum, we suggest not lingering on Opening Day and letting your camper dive into camp. Letters are a helpful way to keep in touch with your camper - we reserve Sunday afternoons specifically for writing letters home!

### Notes From the Camp Nurse

Every camper meets with the Camp Nurse on arrival day to review health procedures and to be checked in with a general health screening and lice check.\* Please do not bring your child to camp if they are not feeling well. Instead, please keep them at home until they are feeling better and contact us to talk through your camper's later entry to camp. Campers will be health screened once a week during their stay at camp. Additionally, the counselors check with each camper every morning to see how they are feeling and report directly to the Camp Nurse should one of our campers be feeling unwell.

*\*Additionally, we ask all parents to conduct a routine lice check 2 weeks before arriving at camp. If signs of lice are found, the camper will have ample time to treat their hair and arrive to camp healthy and lice free.*

## Notes/Special Instructions

There is a space on the “Camper Profile” form in which parents can convey important information and instructions to the camp administration. It is helpful for the staff and to the camper for FLC to be informed of any health information, educational concerns, or personal history that will enable the camp to best support your camper. This information is kept confidential and given only to the appropriate personnel.

## Medications

Please list ALL medications (over-the-counter and prescription) that the camper will be bringing to camp (including vitamins) on the “Health History” form. Per NY Department of Health regulations, ALL medications MUST be stored in the infirmary in their original containers with instructions. Our nurses have standing orders to administer certain medications. It is NOT permitted to send any medication to camp to leave in the cabins (including acetaminophen, ibuprofen, Benadryl, cold medications, etc.). If you are sending medications to camp to leave with the nurses, please note the following:

- **ALL medications must be in the ORIGINAL container. Do not send them in pill dispensers or plastic bags.**
- Label all medications including nasal sprays and inhalers (not just the boxes) with the camper’s name.
- Send enough medication for the entire camp stay. Arrange to send refills, if necessary, in advance of running out of medication.
- Check expiration dates on medications, especially inhalers.

## Dietary Restrictions and The Kitchen

We have a fantastic kitchen team and in-house food service! Our Chef and Kitchen Crew are focused on serving filling, healthy, and delicious food for campers and staff to enjoy. Vegetarian meals are available to campers who request ahead of time. A camper must opt for either regular or vegetarian for his/her entire stay. If your camper has a dietary restriction or allergy (related to diet or not), please report that on the “Health History” form and our kitchen staff will accommodate. We take allergies very seriously, and are a NUT SENSITIVE ENVIRONMENT, meaning no peanuts, tree-nuts, peanut products, and foods prepared with peanut-based oils are neither served nor permitted in our dining facilities at camp.



## Bed Wetting

If your camper wets the bed, please make a note of it on the “Camper Profile” form so we can handle any accidents discreetly.

## Immunizations

Please ensure that your camper has had a tetanus booster shot within the past ten years.

## Communications From the Nurse

If a camper needs the attention of a physician or is kept in the infirmary overnight, the Camp Nurse will inform the parents by phone. In the event of an emergency, the Camp Nurse will call the parents immediately. Parents will not be notified for minor instances.

An Urgent Care center is within a 10-minute drive (Hudson Headwaters of Warrensburg) and a Hospital is within a 25-minute drive (Glens Falls Hospital).

## Special Needs and Other Circumstances

Forest Lake Camp and its staff are neither trained, certified, nor equipped to handle children with extensive physical, emotional, or educational needs. In order to provide the best possible experience for your child and for all the other members at FLC, we require that all special considerations be reported in the “Camper Profile” form and brought to the attention of the Camp Director and Assistant Director before a child is enrolled.

## Behavioral Policy

Forest Lake Camp is a safe and welcoming environment to all campers and staff. All families must read through and sign our Code of Contact on CampMinder. We do not tolerate harassment, discrimination, bullying, or violence. If a camper or staff member exhibits inappropriate behavior, the Camp Directors will address accordingly. If necessary, the Camp Directors will contact the camper’s parents.



## Contact With Campers

### Phone Calls

Besides birthdays and emergencies, **we do not allow phone calls for campers during camp sessions.** Campers who are at camp for 5+ weeks are allowed one phone call home during session changeovers - phone calls must be scheduled at least 24 hours in advance. To schedule a phone call, email [info@forestlakecamp.com](mailto:info@forestlakecamp.com) and if your camper is eligible we will respond with available dates and times for a 15-minute call.

### Mail, Email, Packages

We encourage parents to send letters to their campers - nothing beats receiving a letter at camp! We suggest campers arrive at camp with self-addressed, stamped envelopes and writing paper. We carry envelopes and stamps in our camp store if needed.

Outgoing mail is given to the office each morning at breakfast. Incoming mail is delivered to the cabins following lunch. We encourage care packages - please honor our care package policy and do not send perishable items for a child.

Parents of international campers may email their campers. You can email your camper by going to the parent section of the website and using our email system. Campers are not able to email back, but we will always encourage letters!

### Birthdays

We love celebrating birthdays at FLC! When a camper's birthday occurs during camp, they receive a special cake and the entire camp sings the Forest Lake Camp version of "Happy Birthday". If you would like to send a package or bring extra decorations for the counselors to arrange on the morning of your camper's birthday, just let us know!

### Brother/Sister Time

Every Sunday we have a specific time set aside for family members of each camp to get together. This time is often precious to brothers and sisters because they can check in with each other and share their experiences so far at camp.

### Visiting Your Camper

Camp does not hold visitors days, but we do allow 7-week campers to see their families on changeover day between 1st and 2nd session. Campers can leave with their family after lunch and must return the following day before lunch.

Mail and packages sent to campers should be addressed to:

Forest Lake Camp  
Camper's Name and Cabin  
(if you know it)  
261 Forest Lake Rd.  
Chestertown, NY 12817



### Communication and Photos from FLC

We send out email updates to parents and families at least once every two weeks during the summer to give updates on Girls Camp and Boys Camp. We also post photos to Waldo (you will receive the photo link upon your camper's drop-off) as much as we can!

## Cell Phones/Electronic Devices

Campers are not permitted to have cell phones. FLC is a technology-free environment to allow for the best camper and staff experience. Please help us by not sending your camper to camp with a cell phone. Any phones brought to camp will be confiscated and held in the camp office until the end of the camper's stay. If your child is traveling alone and you would like them to have a phone for this purpose, please let us know, so we can be sure that the phone is turned in immediately upon their arrival. Upon their departure, the phone will be returned to them. Campers are permitted to listen to music during Rest Hour. An mp3 playing or a reading device is permissible so long as they do not have internet access and all apps are removed.

## Waterfront and Swimming Tests

All campers at Forest Lake Camp are required to take a swim test which includes swimming a length in the shallow end and treading water in the deep end. This is necessary to determine a camper's ability and safety in the water. If a camper passes the swim test, they are able to swim in the outer swim areas, attend all off camp trips, and are able to participate in all boating periods. If a camper does not pass the swim test, they can take swimming lessons, practice with their cabin mates or a counselor, and retake the swim test at a later time.



## Off Camp Trips

Campers can sign up for off camp trips to go hiking, do local activities, and even go on an overnight backpacking trip. Being in the Adirondacks, there are lots of amazing places to explore beyond the FLC campus! If your camper is participating in an off camp trip, you can expect your camper's emergency medical card is with them, a minimum of two counselors are with the campers at all times, and that the driver has been properly tested and is insured as a Driver through Camp's insurance policy.



## Extending Sessions

If your camper would like to extend his or her stay beyond the originally scheduled date, all you need to do is ask! Conditional on space availability, your camper may extend his/her stay and all you will need to do is pay the difference. Many 2 week campers will choose to extend!

## Tipping Counselors

We frequently get asked about the policy for tipping counselors. *Tipping counselors is appreciated, but not expected.* If you feel like your camper's counselor did a great job and you'd like to give them a tip, we suggest putting it in an envelope and giving it to them directly on pick-up day, or giving the envelope to Brenda when checking out. Tipping is completely optional and counselors will be appreciative!

## Camp Store and Camper Accounts

Camp Store is a well-loved part of camp by both campers and staff! Each camper has their own set balance in their Camp Store account which parents can deposit money into on CampMinder in advance, on drop-off day, or during the session. Campers will have the opportunity to visit Camp Store once per week where they can buy things such as FLC t-shirts, hats, basic toiletries like shampoo, a toothbrush, candy, and drinks. Campers are limited to one candy and one drink per Store visit. Parents must create a Store credit for each camper, which will be used throughout their stay. The recommended amount is \$30-\$35 per week. At the end of the summer, any leftover money can be returned, rolled over to the next year, or can be donated to the FLC Campership Fund.

## Camp Store Inventory\*

*\*Orders can be made in advance and purchased items can be ready for pickup upon arrival.*

- T shirts
- Long sleeve shirts
- Crew neck sweatshirts
- Hoodies
- Baseball caps
- Flannel PJ pants
- Jogger sweatpants
- Beanie hats
- Travel mugs
- Cinch backpacks
- Sunscreen
- Sports Shorts
- Candy!
- Crop top shirts
- Bucket hats
- FLC water bottle
- And MORE!

