

MEDICATION

In our on-going commitment to meet the needs of our campers as well comply with strict state regulations, we work with CampMeds, a pre-packaging medication program founded by a former camp nurse. CampMeds has been packaging and shipping medications directly to summer camps for over 10 years.

Our policy and procedure for dispensing and administering medicine requires camp families to have ALL of your teen's daily medicine dispensed by CampMeds and sent to camp prior to their arrival. There is a \$55 fee for this service.

CampMeds will fill:

- Prescription medication in pill form (daily)
- Prescription medication in liquid form (daily)
- Prescription nose sprays, eye/ear drops, inhalers and creams/ointments
- Non prescription items (OTC) such as allergy medication (daily)
- Vitamins and supplements (call CampMeds to confirm they can provide)

The exceptions are: Accutane, growth hormone, insulin, injections, & birth control pills.

More information about registration will be including in our Spring mailing. In the meantime, if you'd like to learn more about CampMeds, you can find them at campmeds.com.

SPENDING MONEY

We recommend campers bring spending money with them for personal purchases, such as souvenirs or gifts for family. We suggest families send their teen with no more than \$200 in camper spending money. Some parents prefer to send their camper with a prepaid debit card rather than cash to mitigate the risk of loss. All meal and activity expenses for the summer will be covered by Beyond Akeela.

ELECTRONICS POLICY

Beyond Akeela provides a wonderful opportunity for our teens to "un-plug". A "tech-free" environment is an important part of the camp experience that helps Beyond Akeela teens develop stronger bonds with one another. More specific details about our electronics policy will come in the spring.



WELCOME TO... Beyond Akeela

Thank you for choosing to send your teen to Beyond Akeela this summer. We know that in doing so, you are trusting us with the physical and emotional safety of your most prized possession. Camp is a wonderful gift that you are giving to your camper and we truly believe that Beyond Akeela is a great place for growth, independence, and fun!

This spring, you will receive our Parent Handbook and instructions about how to access our online forms. In the meantime, this flyer will help your family feel more prepared for camp. Don't hesitate to contact us with questions or concerns at any time.

Warmly,



MEET THE DIRECTOR



Kevin Trimble, *Beyond Akeela* Director

Kevin Trimble lives in Philadelphia and has worked at Akeela for eight summers. He started in 2009 as an accounting intern, and has spent his other summers as a counselor, Program Director and Head Counselor. In October 2013, he joined Akeela's full-time staff as

Assistant Director. He is responsible for everything Beyond Akeela, including camper and staff recruitment, program planning, staff training, and parent communication. He spends his summers in Wisconsin directing the Beyond Akeela program, and returns to our Vermont camp at the end of summer to run our post-camp operations.

Favorite Book: *The Book of Basketball* by Bill Simmons

Place I'd Like To Visit: Greece

Favorite Camp Food: Pizza from Jim's Italian Pie Shop

2018 Camp Dates

FIRST SESSION

Monday, June 25 – Saturday, July 14

SECOND SESSION

Tuesday, July 17 – Sunday, August 5

TRANSPORTATION

Beyond Akeela campers come to camp from all over the US (and world!). We will have a designated pickup location near Chicago O'Hare airport and will also meet campers flying into O'Hare on arrival day at the airport. We ask that flights on opening day arrive as close to 11:30am as possible.

As our camp session ends in Chicago, we will have a designated meeting point at Chicago O'Hare airport, and can help campers to their flights if flying home independently. Please contact the office before booking your flights.



WE CAN'T WAIT TO SHARE THE SUMMER
OF A LIFETIME WITH YOU!

BeyondAkeela.com

Summer: c/o Lawrence University, 711 E. Boldt Way, Appleton, WI 54911

Winter: 314 Bryn Mawr Avenue, Bala Cynwyd PA 19004 • 1-866-680-4744 • BeyondAkeela.com

PACKING LIST FOR BEYOND AKEELA

Due to the nature of the program, campers will be packing and transporting their luggage on several different occasions; please do your best to follow our suggested packing list and avoid over-packing! Of course, substitutions can be made for individual preferences. We recommend sending your camper with a list of everything you've packed. This will help him/her keep track of things as the group travels from place to place.



All items should be clearly marked with the camper's name. Beyond Akeela is not responsible for any lost property.

REQUIRED:

- 1 white or grey Beyond Akeela t-shirt (ordered through Land's End)
- 5 additional short sleeved t-shirts
- 2 long-sleeved t-shirts
- 1 sweatshirt or light fleece
- 1 medium weight jacket or fleece
- 3 pairs of shorts
- 2 pair jeans or pants
- 6 pair underwear
- 8 pair athletic socks
- 1 bathing suit (GIRLS: one-piece suits only)
- 1 pair of pajamas

SHOES

- 1 pair of sneakers, sturdy enough for hiking
- 1 pair rain boots or truly waterproof shoes
- 1 pair of sandals, comfortable for walking

CAMPING GEAR

- 1 camping pillow (e.g. compressible foam)
- 1 sleeping bag, rated approximately 30°
- 1 compression stuff sack (to minimize size of sleeping bag)
- 1 inflatable sleeping pad
- 1 small, lightweight flashlight
- 1 water bottle or canteen (required)

TOILETRIES

- Shampoo/Conditioner
- Soap or body wash
- Toothbrush and toothpaste
- Deodorant
- Hair brush or comb
- Shaving supplies
- 2 washcloths
- 2 thin bath towels

PROTECTION FROM THE ELEMENTS

- 1 hat with brim
- 1 hooded rain jacket/poncho (lightweight, rolls easily into small bundle)
- Sunglasses
- 1 bottle insect repellent
- 1 bottle sunscreen

OTHER

- Book or other reading material
- 1 small daypack/backpack
- Camera (optional)

PARENT COMMUNICATION AT BEYOND AKEELA

FIRST DAY CALLS

If this is your teen's first summer with Beyond Akeela, you will receive a call from the Beyond Akeela Director within the first 24 hours of camp. We'll let you know how your teen is adjusting to camp and answer any questions you have about his/her arrival. Be aware that we have many calls to make on just a few phone lines. We may not reach you until late in the evening.

ONGOING COMMUNICATION

We believe strongly in partnership and open lines of communication with parents. We regularly call parents to share information and ask for advice. You can expect to hear from the Beyond Akeela Director at least a couple of times during the camp session.

ONLINE PHOTO GALLERY & DAILY NEWS

We post as many photos as we can each day and do our best to get pictures of each camper as often as we can. We will also do our best to send out quick blurbs with recaps of each day of camp, along with previews of the upcoming day via email. Please note the Beyond Akeela team does not have a dedicated photographer or office administrator, so there may be a delay in photo uploads on some days.

HEALTH CARE AT CAMP

The Beyond Akeela team includes one registered nurse who cares for the campers for the duration of the program. The nurse will administer medication and basic care to Beyond Akeela teens. The Beyond Akeela nurse will communicate with you if he/she contacts a doctor on your teen's behalf or for other situations outside of routine care (e.g. headaches, minor skin abrasions, colds, etc).

EMAIL REMINDERS FROM CAMP

Please check your emails from camp! We send information reminders prior to and throughout the camp session. If you aren't receiving emails from camp, please be sure to check spam and/or contact our office!

E-MAIL SYSTEM FOR PARENTS

We will provide you with a specific email account to send emails to your campers. On a daily basis campers will have the opportunity to check emails from this account and reply to your emails. There may be some days when access to email is limited based on connectivity availability.

CAMPER CALLS

Parents may elect to schedule one (1) phone call with their teen during the camp session. We ask that you allow 4 to 5 days for your camper to settle into the routine of camp before scheduling the call. Calls can be scheduled through the Beyond Akeela Director.

If your teen has a birthday at camp, you will be able to schedule an additional phone call on that day. In families where parents are living separately, each parent will have an opportunity to schedule a phone call.

COMMUNICATION AFTER CAMP

In the fall, you will receive a brief report from us summarizing our staff's feedback of your child's time at Beyond Akeela.

*** PLEASE CALL! ***

If you have any questions leading up to the summer, during the camp session, or even after your teen has returned home, please know that Kevin is always available to speak with you over the phone. Don't hesitate to give him a call!



Lands' End is our official camp outfitter!

Feel free to take a look at the online catalogue for any optional Akeela gear!

<https://business.landsend.com/store/campakeela/>