

MEDICATION

In our on-going commitment to meet the needs of our campers as well as comply with strict state regulations, we work with Pack My Rx, a pre-packaging medication program founded by a former camp nurse and pharmacy owner. Pack My Rx specializes in packaging medication for summer camps and works exclusively with an in-house pharmacy to fill all prescriptions

Our policy and procedure for dispensing and administering medicine requires camp families to have ALL of your child's daily medicine dispensed by Pack My Rx and sent to camp prior to their arrival. There is a \$50 fee for this service.

Pack my Rx 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 Pack my Rx 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 Pack my Rx, you can find them at packmyrx.com.

SPENDING MONEY

One of the goals of Beyond Akeela is to help campers manage their money independently. 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 families prefer to send their camper with a prepaid debit card rather than cash to mitigate the risk of loss. We also suggest not sending your camper with a credit or debit card with access to more than \$200. All meal and activity expenses for the summer will be covered by Beyond Akeela.

ELECTRONICS POLICY

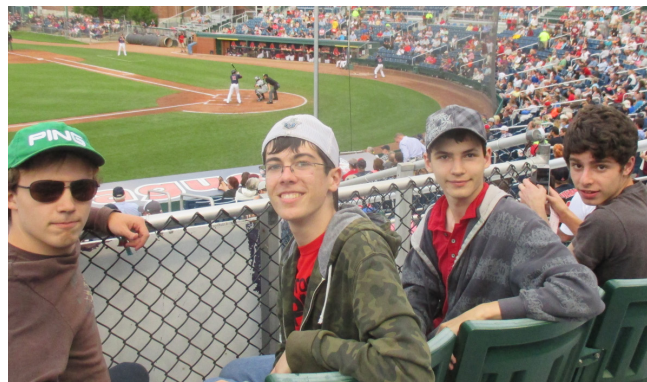
Camp provides a wonderful opportunity for our teens to "un-plug". A "tech-free" environment is an important part of the camp experience that helps Beyond Akeela teens develop stronger bonds with one another. Please reinforce the following rules with your teen before camp begins.

THIS POLICY ALSO APPLIES TO THE RIDE TO CAMP.

- No cell phones*
* Campers who fly to camp independently are encouraged to bring cell phones to communicate with staff picking them up. Staff will collect phones from campers, store them in camp safe, and return them at the end of the summer.
- No walkie-talkies
- No iPads, iPod touches, tablets or laptops
- No "smart watches"
- No PSP's, Gameboys, or any other electronic video game systems

Any of these prohibited items will be held safely in the director's office and returned at the end of camp.

Music is an important part of our camp culture. Campers are allowed to bring a basic MP3 player (e.g. iPod Nano or Shuffle) with no video or game capabilities. Reading is also an important part of camp; e-readers with no WiFi or gaming capabilities are allowed.



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 Family 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,

Ken & Kristin



MEET THE DIRECTORS



KEVIN TRIMBLE, Akeela's Assistant Director, and **KRISTIN TRIMBLE** live in Philadelphia, PA with their twin boys, Arlo and Simon, and their dog, Laney.

Kevin has worked at Akeela for ten summers, he started in 2009 as an accounting intern, and has spent his other summers as a Program Director, Head Counselor, and Beyond Akeela Director. In October 2013, he joined Akeela's full-time staff as Assistant Director. He is responsible for everything Akeela in Wisconsin, including camper and staff recruitment, program planning, staff training, and family communication. When he's not working on camp stuff, Kevin enjoys playing basketball, golf, and traveling to see friends.

Kristin joined the Akeela team in 2015 as a counselor, and has spent every summer since engaged in the Akeela community, including a role as the Beyond Akeela Head Counselor. When she's not at camp, Kristin is a school & mental health counselor at a performing arts high school in Philadelphia. She obtained her graduate degree in Counseling Psychology from Temple University, and has focused her career on high school aged students. When she's not focused on camp, Kristin enjoys playing in a local volleyball league (with Kevin!), exploring Philadelphia, and finding new recipes to try at home!

2020 Camp Dates

FIRST SESSION

Monday, June 29 – Friday, July 17

SECOND SESSION

Monday, July 20 – Friday, August 7

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)
- ☐ 6 additional short sleeved t-shirts
- ☐ 2 long-sleeved t-shirts
- ☐ 1 sweatshirt or light fleece
- ☐ 1 medium weight jacket or fleece
- ☐ 4 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
- ☐ 1 twin XL set of sheets (flat, fitted, pillow case)

SHOES

- ☐ 1 pair of sneakers, sturdy enough for hiking
- ☐ 1 pair of sandals, comfortable for walking

CAMPING GEAR

- ☐ 1 camping pillow (e.g. compressible foam) (optional)
- ☐ 1 sleeping bag, rated approximately 30°
- ☐ 1 compression stuff sack (to minimize size of sleeping bag)
- ☐ 1 thin camping sleeping pad (self-inflating or foam) (optional)
- ☐ 1 small, lightweight flashlight (optional)

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
- ☐ 1 laundry bag
- ☐ 1 water bottle or canteen
- ☐ Watch
- ☐ Camera (optional)

A NOTE ABOUT LINENS

PLEASE PACK: one twin XL set of sheets (flat, fitted, pillow case) and two thin bath towels. Bed size at Lawrence University is 36”W x 80”L x 7”H. Camp will launder linens half-way through each camp session.

CAMP PROVIDES: one blanket, a pillow, two bath towels, and a washcloth (while at Lawrence University). All towels are refreshed once a week. All bedding is provided for campers during the last week of travel.

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/>

FAMILY 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 families. We regularly call families 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 FAMILIES

We will provide you with a specific email account to send emails to your campers. On a daily basis campers will have the opportunity the 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

Families 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/guardians are living separately, each parent/guardian 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 and Kristin are always available to speak with you over the phone. Don’t hesitate to give him a call!

