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# Nicolet Notes

YOUR GETTING READY GUIDE

2022

for  
Parents



Camp Nicolet for Girls  
P.O. Box 1359  
Eagle River, WI 54521 USA



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## **2022 Nicolet Notes for Parents**

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Eagle River, Wisconsin 54521 USA

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# Nicolet Notes for Parents

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## A Message to Parents

Here at Camp Nicolet, our mission is to provide a safe, fun, educational, and inclusive environment in which girls develop and expand upon the appreciation of self, others, and the natural world. Activities, community living, and outdoor adventures contribute to individual growth as campers “learn to live together” with peers, counselors and the natural world. Independence and personal autonomy are exercised through living in the structure of community, balanced with personal choice as campers experience the beauty surrounding them.

In selecting Camp Nicolet for your daughter, we trust that you place faith in the guidance your child will be provided with. As we wish to make the adjustment to camp life a rich and meaningful experience, we ask that you develop an awareness of the guidelines and policies that are fundamental to the operation of Camp Nicolet. These tried and true policies developed throughout the years provide for the well-being and enrichment of our camp family.

Please read this guide. It will help bring you closer to the camp experience. Many of your questions regarding the logistics of preparing for camp, leaving for camp, and everything in between are answered here.

COVID-19 poses a challenge to all of us in our daily lives. Camp Nicolet always works to manage risks associated with summer camp, and in spring 2020 we released the first version of the Camp Nicolet COVID-19 Operations Guide. This document is still downloadable at [campnicolet.com](http://campnicolet.com), details our plans for keeping the camp community safe and healthy, as well as outlines measures to be taken should the virus present while camp is in routine operation. It’s important to note that; while every effort is being made to keep COVID-19 out of camp, we cannot guarantee the complete absence of the virus. Catching “a bug” or two during the course of the summer is normal in the camp environment and community living generally. With that understanding in place, please know that we will do our best - and will work together - to prevent the introduction and the spread of the virus. Safety and good health for all remains our priority.

Occasionally, references to the Camp Nicolet COVID-19 Operations Guide are made in the Nicolet Notes for Parents. Something discussed in the Notes may tie into our operating plans, supplementary details for which are found in the Operations Guide. As always, please feel free to contact us with any questions. The Operations Guide has been updated for the 2022 season. Camp’s Leadership Team continues to monitor the COVID-19 pandemic, and operational decisions are made with the most recent information relevant to a summer camp environment. We believe the Operations Guide continues to provide a sound foundation for decision-making.

Thank you so much for choosing Camp Nicolet - a North Woods camping tradition for 78 years!

Thinking sunshine!

*Georgi and Jeremy Starz*

Camp Nicolet Co-Owners

## Preparing for Camp

Congratulations on registering your daughter for a summer at camp! You have just given her one of the greatest gifts she will ever receive. To help you, we want to provide the following tips as you prepare for the summer:

1. Send your camper on sleepovers. The more experience she gets, the more prepared she will be. The more you get used to going to bed without checking on her one last time, the better you will feel when she boards that bus, catches that flight, or you drive away after dropping her off at her summer home.
2. Involve her in the decision-making process. Kids benefit from being able to have a say in their daily lives. Kids who feel they do not have a choice as to attend or not attend often rebel. This can manifest itself in refusing to let go and have a good time. Give them information to reduce the fear of the unknown. Let them choose optional activities and trips. Include them in supply and clothing shopping. Ownership of their experience develops a sense of accomplishment and teaches valuable lessons.
3. Make sure you both have realistic expectations. There will be highs and lows at camp. Our goal is to help campers enjoy the great times and learn from the difficult times. Talk about your expectations of each other. How often will you each write? Encourage your child to write you about their favorite activities, favorite days, campfires, celebrations, events, friends, or anything they like! Younger children especially are not yet experienced in conveying their feelings. Camp is a great time to help them develop their use of the written word to convey their thoughts and feelings, both good and bad.
4. Homesickness is completely normal. Talk with your camper about that. Help her to make a plan as to handling feelings of homesickness. Give her options. Will she talk to a counselor? Will writing a letter help? Let her know others may be feeling the same way. Tell her about times you felt homesick and what you did to get through it.
5. Please **do not** do the following:
  - i. Promise you will pick her up after trying camp for awhile. This almost always backfires. A homesick camper will hold onto that and will make less effort to become engaged in camp life.
  - ii. Tell her about your own insecurities in sending her away, and how much her pet, sibling, or other family members will miss her. Of course you want to let her know that you love and cherish her, but don't inadvertently lay any sense of guilt on your daughter; children have a high need to care for their families. Stay positive and excited, and don't be afraid to express your pride at their going off to camp. Praise their willingness to take this big step.

6. Get pumped up! Summer camp is an amazing experience. Yes, she will be taken out of her comfort zone, but it will be done in a way that allows her to grow towards her full potential. She is going to have a blast. She will realize her own self-worth and resiliency, whether it is in reaching out to a friend in need, learning a new skill, or sharing her talents with others.
7. You can help create excitement by looking at Camp Nicolet pictures, watching the Camp Nicolet video, or looking at the website with her.
8. Take time to think about yourself. It is okay to allow yourself to enjoy the time apart. Might this be a good time for a vacation, to take a class, or reconnect with an old friend? You might find that your own sense of separation is worse than your camper's homesickness. Give yourself something to look forward to, just as you want your daughter to. We all need ongoing enrichment in our lives. Make the most of your time apart in a positive way!

### **Pre-Camp Quarantine and COVID-19 Testing**

Prior to arrival at camp, we ask all campers and staff (and families, if possible) to quarantine for two weeks. This means keeping a distance from others, not attending gatherings where a possibility of contracting the virus exists, and continuing self-monitoring in the interest of good health. The goal is to minimize the risk of introduction of the virus into the camp community when it's time for arrival day!

In 2022, we require campers and staff to obtain a COVID-19 test prior to departure for camp. Results of the test must be in-hand 72 hours prior to boarding the plane or bus for camp, or prior to arrival on the camp grounds. Download and complete the COVID-19 self-screening form, found in your CampInTouch account, and bring affidavit of negative COVID-19 test results with you to camp. These forms/proof are required for admittance to the camp property on arrival day, or arrival for Staff Training. Due to the ongoing nature of the pandemic, there are no exceptions to this policy.

Routine COVID-19 testing is not administered at Camp Nicolet during summer 2022 unless a camper or staff member presents virus symptoms. In such case, the camper or staff member is taken to the clinic or hospital in Eagle River for a COVID-19 test. The cost of this test is billed to the family's account.

## CampInTouch Account

**Important:** CampInTouch (also referred to as “CampMinder”) is the gateway to your Camp Nicolet account. **Access this by selecting the “My Camp Account” link on our website (campnicolet.com).**

- Your login information is the e-mail address and password you created when you registered your daughter for camp.
- You will use this site to complete required forms, make tuition payments, select additional activity options, send your camper e-mails, and confirm her transportation plans.

### Required Forms

There are several forms that must be completed prior to your camper’s arrival at Camp Nicolet. They can be found under the “Forms and Documents” link on the homepage of your account. The following forms are required and must be submitted by June 1st.

Medical forms (marked with an \*) are of the utmost importance and must be received before your daughter arrives. Some forms are submitted online directly into the CampMinder system. Others are printed out, then scanned and uploaded into the system by you. **If you have technical trouble, contact the CampMinder Parent Support Line at (303) 444-2267, extension 3.**

Online forms have a **computer symbol**  next to them in the left margin. The following forms are online:

- Camper Application
- Additional Options
- Transportation (**Must** be filled out by the legal guardian to provide travel info in advance, regardless of type of travel!)
- \*Health History (Completed by legal guardian)

Forms that must be printed out, completed, and scanned and uploaded have a **down arrow** next to them in the left margin. The following forms are printed out, filled out by you and/or your physician, and then scanned and uploaded by you into CampMinder:

- \*Physician’s Exam Form (Filled out and signed by physician)
- \*Immunization Record (Filled out by legal guardian and/or physician)
- \*Parent Authorization Form (This gives us permission to seek or give medical treatment in the event of medical emergencies—**high importance**. The front and back of your insurance card and a parent/guardian signature are provided as part of this form)
- Immunization Exemption Form (if applicable)
- COVID-19 Screening Form (presented upon arrival at camp)
- Proof of a negative COVID-19 test taken 72 hours prior to arrival at camp

Procrastination in dealing with required medical forms may result in last-minute stress for parents. Please plan ahead for medical examinations, immunization records, and allow time for any unforeseen technology problems. Due to COVID-19, it may sometimes be difficult to obtain a camp physical appointment.

### **Additional Options**

In your CampInTouch account you can select additional activities and trips for your camper by logging in, scrolling down to the Forms Dashboard, clicking on “Forms & Documents,” and selecting “Additional Options.” These include the following:

- Double water ski or horseback riding lessons
- Competitive water ski coaching
- Wakeboard lessons
- Northpoint Adventures wilderness trips

Some activities, such as the Northpoint Adventures trips, have age limits or experience prerequisites. Trips are filled on a first-come, first-served basis. If an activity or trip in which your daughter is interested doesn't appear, please contact us.

### **Canteen/Camp Store**

The Canteen is the camp store. Campers visit the Canteen three times per week as a cabin and have the opportunity to select snacks (one food item and one drink per visit) at no additional charge. They may also select clothing items and various other items for purchase such as water bottles, stuffed animals, bug spray, hats, postcards, stamps, and many other items as availability permits. Item prices range from approximately \$1 to \$40.

Canteen purchases are billed at the conclusion of the season. To check your daughter's balance, login to your CampInTouch account. On the home page, scroll down to “Your Family,” then click on “View Accounts.” If you have any questions and/or requests about your daughter's canteen balance, please contact us.

Occasionally parents contact us with concerns about their camper spending too much at the camp store. While we make efforts to monitor excessive spending, we cannot guarantee success in limiting every purchase made at the Canteen. Communication with your daughter prior to camp is very helpful in setting camp store spending expectations. If you are concerned about her spending too much during the summer, please communicate this with her AND with us. At times campers participate in Northpoint Adventures trips and have the opportunity to purchase souvenirs, stickers, or T-shirts at the conclusion of a trip. If you wish to NOT approve such charges, please contact Jeremy Starz, Director of Operations & Finance, so this may be communicated to trip leaders. Thank you for your assistance with these important communications.

Additionally, Lost & Found package shipping, return luggage shipping (if requested) and prescriptions (if needed during the summer) are charged to camp store accounts and billed at completion of the summer, generally late August or early September. Please be aware these charges are forthcoming at the conclusion of each season.

## **Cash Policy**

Cash is not accepted from campers at Camp Nicolet. Campers should not bring cash unless they are a participant in our Counselor-in-Training program or they are traveling to/from camp via airplane. All cash brought to camp is collected and held in the camp safe.

## **Camp Stamps**

The camp stamp system allows you to send one-way e-mails to your camper while she attends camp. You can purchase stamps for yourself and loved ones. Login to CampInTouch. Scroll down to "Your Account" on the homepage and click on "Camp Stamps." Stamps are purchased in packages of 10-30, with a slight discount for purchasing larger packages.

**Only e-mails that are sent through your CampInTouch account are printed and distributed.** Please do not send camper e-mails to the camp e-mail address or the personal e-mail accounts of our staff.

## **Financial Management**

To view your account balance or make a payment on your account, login to CampInTouch, scroll down to "Your Family" and click on the "Financial Management" link on the homepage. An itemized statement may be viewed or printed, billing information may be updated, and payments can be made within this screen.

**Note:** Only currently enrolled families have access to accounts for the present year.

## Transportation

There are several ways for your camper to get to Camp Nicolet:

- Personal vehicle
- Chartered bus from Milwaukee or Chicago
- Airport shuttle from Rhinelander-Oneida County Airport (RHI) or Central Wisconsin Airport (CWA)

Make sure to complete the “Transportation Form” in your CampInTouch account. This must be done **even if you plan to drive** to/from camp. There is an additional charge for chartered bus or airport shuttle service. This charge is added to your account upon completion of the Transportation form.

### Personal Vehicle

Please make sure the Transportation Form is complete, letting us know you’re driving your camper to Nicolet. Arrival is between 1pm and 2pm on Sunday, June 26th. Earlier that morning, our staff is working hard to prepare for camper arrivals; therefore, early drop-offs are discouraged. To minimize the risk of COVID-19 at camp, we ask the following when dropping off your camper:

- > Complete the COVID-19 self-screening form 24 hours prior to arrival
- > Please wear a mask or face covering upon arrival - both campers and parents
- > Follow one-way traffic signage to Forest Lodge, where campers check in with Leadership Team and Health Staff members
- > One parent is allowed to exit the vehicle with your camper
- > Parents wait while your camper is screened at Forest Lodge - don’t leave yet!
- > At Forest Lodge, camper temperatures are taken, vitals documented, and forms collected
- > Once a camper’s temperature and screening is verified, parents may depart
- > Luggage drop-off is at the Camp Garage as parents exit camp. Don’t forget! Follow signs.
- > Campers proceed to Patches and are screened for lice by Health Staff members
- > Once all screening is complete, campers may remove masks and move into assigned cabins. Cabin counselors assist with this process, & luggage is delivered by Facilities Team members.
- > Campers arriving on the camp buses complete this process as well. Campers arrived by car will help greet the buses - from a distance - with signs and cheers. The buses arrive at approximately 3pm.

On the last day of camp - Friday, August 5th - please arrive to pick up your camper by 10am. The camp buses leave for Milwaukee and Chicago at 8:30am. At the conclusion of camp, you may proceed to your camper’s cabin and load up her belongings. Cabin Counselors are available to assist you in carrying luggage to vehicles.

## Chartered Bus

### Chicago Location:

Parking lot at the Eden's Plaza Shopping Center  
3200 Lake Avenue  
Wilmette, IL 60091  
Pick-up Time: 8:00 a.m.  
Drop-Off Time: 3:00 p.m. - 3:30 p.m.

### Milwaukee Location:

5601 N. Lover's Lane Road  
Milwaukee, WI 53225  
Pick-up Time: 10:00 a.m.  
Drop-off Time: 1:00 p.m. - 1:30 p.m.

Please make sure to arrive on time for the bus! If the bus is running significantly early or late (over 30 minutes), you will be notified by e-mail. Alternatively, if you find yourself running late, please call the camp office at **715-545-2522** so we may relay that information to the bus chaperone.

To minimize the risk of COVID-19 at camp, we ask the following when dropping off your camper at the bus pickup location:

- > Please have everyone in your group/family wear a mask or face covering at drop-off
- > Ask your camper to wear her yellow Camper Polo Shirt and a mask or face covering
- > Luggage is placed in a designated location and loaded by Camp Nicolet staff
- > Campers check in with Nicolet Staff members, who take & log camper temperatures
- > Campers without fever or symptoms are permitted to board
- > Once on board, campers are asked to remain on the bus for the journey to camp.
- > Please choose a seat adjacent to an empty seat when possible
- > Please limit personal contact with others on the bus and during boarding
- > Lunch is ordered and eaten picnic style from McDonalds en-route. Nicolet staff members will take lunch orders from campers along the way.
- > On the return trip, picnic lunch is provided by Camp Nicolet and eaten en-route

When your camper returns from camp, she will need to be checked out with the bus chaperone upon arrival in Milwaukee or Chicago. Please do not leave the bus area until you have checked out with Nicolet Staff members. Please make sure to double check inside and under the bus to ensure you have all of your camper's belongings. It is very difficult - if not impossible to recover items which are accidentally left on the bus.

**Note:** The camp bus DOES NOT pick up from the Chicago or Milwaukee airports. If your camper is arriving from out-of-state and planning to ride the bus, it is your responsibility to coordinate transportation from the airport to one of the bus locations.

## Airport Shuttle

Camp Nicolet provides shuttle service to/from Rhinelander-Oneida County Airport (RHI) and Central Wisconsin Airport (CWA). Once your flight is booked, please update the "Transportation Form" with flight details. If your camper is flying as an "unaccompanied minor," please contact the camp office the week before her flight to obtain the name and phone number of the staff member who will be picking her up. Please have your daughter wear a mask and her Camp Nicolet uniform shirt, so that she is easily identifiable.

When your daughter arrives, she will be met by a Camp Nicolet staff member just outside the gate doors. For easy identification, they will be wearing a green Camp Nicolet staff polo shirt.

## Transportation Safety

If your camper is riding the bus or being picked up by the airport shuttle, we ask you take some time to discuss safety rules. These guidelines include:

- Staying with you until she boards the bus. Public spaces are utilized for pick-up and drop-off. There will be other vehicle traffic in the area. Camp Nicolet does not assume responsibility for your camper until she boards the bus.
- Staying with the airport shuttle driver at all times.
- Choosing a seat and staying in that seat the entire duration of the trip
- Using an "inside voice" so the driver may concentrate on the road.

## Baggage

If your camper's baggage is shipped to camp via FedEx or UPS, please make sure it is sent at least one week prior to her arrival to our physical street address:

**Camp Nicolet  
Camper Name  
16040 Highway 70 East  
Eagle River, WI 54521 Phone: 715-545-2522**

If you would like her baggage shipped home at the end of camp, please provide return shipping labels for each item. These may be sent with your camper or mailed to the camp office. Return shipping fees are billed to your Canteen (camp store) account.

For those who are arriving on the bus or via airport shuttle, transportation of baggage to camp is included in the transportation cost (excluding airline baggage fees). **Please limit the number of bags to two large soft-sided duffels.** Help us ensure bags get to your camper in a timely fashion upon arrival by clearly labeling the outside of luggage with your camper's full name. If bags are locked, please don't forget to send the keys!

If your daughter flies to or from camp, please provide us with a method by which to pay airline baggage fees at flight check-in. Families without a payment method are billed for incurred airline baggage fees (including those for overweight bags!). This charge is included on the final camp store bill.

## Financial Policies

There are various payment options for Camp Nicolet tuition and fees. We accept personal checks, e-check accounts and credit cards (Visa and MasterCard). We also accept wire transfers from international families. Families may choose to pay in full or opt to make installment payments.

Payment options are selected upon registration and are listed below:

- **Full Payment**—Please charge the card on file for the entire balance of tuition and fees at time of enrollment. This option is eligible for a \$350 Pay-in-Full discount until May 31, 2022.
- **Credit Card Monthly** - Please charge equal installments to the credit card on file until tuition is paid in full. Charges incurred while at camp remain billable at the conclusion of summer.
- **E-Check Full Payment** — Please charge the e-check account on file for the entire balance of tuition and fees at time of enrollment. This option is eligible for the Pay-in-Full discount.
- **E-Check Monthly** - Please charge equal installments to the e-check account on file until tuition is paid in full. Charges incurred while at camp remain billable at the conclusion of summer.

Monthly payment plan installments are charged to cards on file near the beginning of each month. While it is our goal to be flexible with payment arrangements, we require all tuition and additional charges for transportation, extra activities, etc. be paid in full by July 1st.

**Registrations accepted after June 15th are charged July 1st for Full Payment.**

There is no reduction in tuition for late arrivals or early departures. In the event your camper is unable to attend after registration is accepted, there is a \$300 non-refundable cancellation service fee. **If cancelling after June 15th, there are no tuition refunds.**

If your camper opts to participate in additional paid activities, such as double water ski and horseback riding, which are cancelled due to inclement weather or other unforeseen circumstances, we do our best to make up missed lessons, but do not issue refunds.

We ask you please place a valid credit card on file in your family's CampInTouch account so a payment method exists for any charges billable at the conclusion of the summer. Accompanied by an End-of-Season Invoice, we will ask your authorization to bill outstanding charges to this card unless you've chosen the Credit Card Full Payment or Credit Card Monthly payment options - in which case your card is charged automatically in September for any balance due.

We expect outstanding end-of-season charges be settled with us by September 15th by check, e-check, or wire transfer for families not choosing a card-based payment plan. Cards on file are charged for outstanding balances after September 15th. We are unable to accept registrations for the following summer (registration typically opens October 15th) for families with outstanding balances from the prior season.

## **Camp Policies**

Summer camp is a fun and potentially transformative experience for all who attend. To ensure safety and consistency for all families, we ask you familiarize yourself with the following Camp Nicolet policies.

### **Cabin Placement**

Our cabins house 8 to 12 campers and 2 counselors each. They are fully equipped with bunk beds, dressers and drawers, table and chairs, fireplace, screened porch and bathroom with a sink (cold water only) and toilet. Showers are taken in our nearby shower house facility.

Each camper may request two bunk mates on the Camper Application. We do our best to honor these requests, however we make no guarantees. In an effort to encourage age-appropriate interactions and placement with developmentally similar girls, campers are typically placed by age and grade completed.

### **Camp Program**

The Camp Nicolet program consists of “Core Activities,” foundational to our recreational-educational philosophies, and Elective Activities. Core activities include Horseback Riding, Water Skiing, Smallcraft, Swimming, Tennis, Sports, and Arts & Crafts. Smallcraft is divided into two areas of focus; wind sports and paddle sports. Horseback Riding, Water Skiing, Swimming, and Tennis all have “levels,” whereby beginning through advanced instruction is offered in each activity. In all of these activities, except Arts & Crafts and Sports, campers can work to earn patches, recognizing their achievement in passing a certain level of the activity. About 2/3 of a camper’s schedule is comprised of Core Activities.

The camp program also consists of Elective Activities, some traditional to camp (think Choir, Mountain Biking, Archery, and Trampball) and some which evolve annually based on the talents of the camp staff (think Cheerleading, Gymnastics, or Lacrosse). The elective activities introduce an element of choice into the camper’s experience. About 1/3 of a camper’s schedule is comprised of these activities.

Traditional to Camp Nicolet, we also feature special All-Camp activities; including the 4th of July Celebration, Marathon Day (Green vs. Buff), and the Nicolet Olympics (which are held once every 4 summers - concurrent with the worldwide Olympic games). All-Camp activities typically take place on Sundays and are a fun “break” from the regular activity routine. We encourage campers and staff to bring a variety of fun and festive clothing to camp in anticipation of All-Camp activities - including patriotic T-shirts, green and yellow clothing, and fun costumes (think talent shows, Dining Hall events, etc.) While some of camp’s special activities are determined and planned by our enthusiastic staff, it’s always great to be prepared with fun clothing, hats, costumes, and more! All-Camp and special activities add an extra element of fun to our in-camp programs.

The typical camp program runs four 60-minute activity periods M-W-F, rotating with four 60-minute activity periods T-R-S. Sign-ups for Elective activities are held once each week. The Program Director initially visits with each cabin group to determine Elective choices. Showers & Canteen are automatically built into the cabin's schedule and occupy one of the activity hours every other day.

Two important things to note; if you would like your daughter to participate in a certain kind of activity while at camp (for example, sailing), please communicate with both her AND us before she arrives at camp. During the activity scheduling process, we can work together to ensure parental requests are honored, as reasonably as possible.

Second, it is important your daughter communicate to Camp Nicolet Staff (activity instructors) her honest ability/skill level in a given activity. For example, if she is an advanced horseback rider, she must indicate such to the Riding Staff members instructing her cabin. Not all instructors may teach at the advanced level, so we may need to adjust staffing slightly to adequately instruct a lesson. Conversely, if she is a beginning rider, and the instructors are primarily teaching advanced techniques, we want to make sure she is being instructed properly at a beginning level. No matter the activity, it's all about communication - one of the "learning aspects" of being at camp. We mention this here because we strive for the best activity experience possible for your camper.

Camp activities and programs, as well as implementation methods, are subject to change throughout the summer. The Leadership Team and Camp Owners reserve the right to modify routine operation in the best interest of the health and safety of the camp community.

We consider Northpoint Adventures wilderness trips an important part of the Camp Nicolet program, and encourage pre-registration for trips when completing the Camper Application. Trips are included in tuition, and are filled on a first-come, first-served basis. If space remains, a camper may sign up for a trip after she arrives at camp. If signing up after she arrives, we will call you to obtain permission before she is allowed to participate in the adventure. Find more information at [npadventures.org](http://npadventures.org).

## **Technology**

Camp Nicolet is a "tech-free" campus. We believe that our campers (and staff) benefit from time to disconnect from our electronic devices in order to reconnect with ourselves and others face-to-face. Campers may not bring electronic devices including (but not limited to) phones, laptops, tablets, video games, e-readers (Kindles), video cameras, or smart watches. If your camper has any of these items, they will be collected and stored in the safe until her departure. In an effort to lead by example, our staff are also not allowed to use the above items outside of their time off. We do allow the use of digital cameras.

## Photos and Social Media

We do our very best to upload photos to our SmugMug gallery three times per week (Tuesday, Thursday, and Saturday). Social media posts on our Facebook, Twitter, and Instagram accounts are posted routinely with updates from camp, announcements of new photos being posted, and newsletters created by campers. Please know that our first priority is the experience your camper is having at camp, in the moment. Photos and social media updates are always secondary to that. We encourage campers to bring their own digital cameras to capture the moments they hold dear and share those with you upon their return home.

Stay connected with us!

- **Your CampInTouch account**
- **Facebook:** <https://facebook.com/campnicolet44> and [facebook.com/npadventures](https://facebook.com/npadventures)
- **Instagram:** <https://www.instagram.com/campnicolet/>
- **Twitter:** @campnicolet

**SmugMug** photos are accessed at [campnicolet.smugmug.com](http://campnicolet.smugmug.com) using the password Camp2021.

We have a simple staff social media policy: no contact with campers under the age of 18 on social media as long as they intend to remain on staff in subsequent seasons. While we believe in fostering relationships among our staff and campers, we are not able to monitor the content of personal social media posts outside of the camp season. We instituted this policy as a means of protecting your camper from anything that may not be age appropriate. Please make sure your camper understands this policy, which will make this easier on our staff. If your camper wants to maintain contact with a favorite counselor, please encourage them to use good old-fashioned letter writing.

## Mail and E-Mail

Mail is picked up at the post office in Eagle River Monday through Saturday with distribution to campers each day. Please be aware that mailing time is slightly longer to/from our location in northern Wisconsin. We encourage all campers to write home at least three times per week. Mail should be sent to the following address:

Camp Nicolet  
Camper Name - Cabin Name (when known)  
P.O. Box 1359  
Eagle River, WI 54521

In addition to regular mail, campers can receive one-way e-mails from anyone who has purchased camp stamps through their CampInTouch account. International campers and those campers whose parents are traveling extensively during the summer are allowed to send return e-mails.

## **Packages**

By following the packing list, your daughter should arrive at camp with everything she needs. In an effort to eliminate competition among campers and increased homesickness, we do not allow “care packages” of any kind, with the exception of those for a camper who has a birthday at camp. Small padded envelopes with books and magazines are allowed. Any large packages will be returned to the sender and the cost billed to your Canteen account. Our close connection with nature includes close proximity to our friendly furry friends who hang out in the woods. For this reason, food of any kind is not allowed. Candy and food sent in packages is confiscated and disposed of.

If your camper needs replacement eyeglasses, retainers, or other essential items, please contact the camp office to make arrangements so these packages are not returned.

## **Phone Calls**

Part of the importance of the summer camp experience is fostering independence by learning how to be away from home. While many people believe that contact with home helps their camper settle in and ease homesickness, it is our experience that the opposite is true. Calls home tend to increase the length and severity of homesickness. For this reason, we do not allow phone calls at camp. The only exception is for campers who have a birthday during the summer.

## **Visitation**

As of October 2021, Parent Visitation remains suspended for the 2022 summer season. This is, however, subject to change based on the evolution of the COVID-19 pandemic. Should national and local conditions improve, parent visitation will be reinstated. Please monitor the camp website or contact the camp office for the most up-to-date information regarding summer visitation.

Should visitation be reinstated, please know that campers are allowed one full day away from camp with a parent, grandparent, or legal guardian. Campers may spend 1/2 of a day with each parent in the event of a split household. Please do not be offended if a staff member asks for identification upon your arrival - this is for community safety and security. You are asked to wear a nametag while on camp property. Additionally, we ask visitation be pre-scheduled by using the Visitation Form in your CampMinder account. Visitation is allowed following camp’s preset hours (8:45am to 5:45pm) and schedule only. Please contact us for details.

During summer 2022, we do not allow “visitation phone calls.” After a trial-basis of this in 2021, we believe it hindered the adjustment to camp for many and detracts from the overall camp experience. We sincerely apologize for any inconvenience the change in this policy may cause.

## **Birthdays at Camp**

Having a birthday at camp is a special occasion! Your camper receives a special birthday cake (flavor combination of her choice!) and our traditional birthday song is sung to her. A birthday care package and a phone call from home are at your option.

## **Lost and Found**

We do our best to make sure that everyone leaves with everything they arrived with. Please label your camper's belongings. Items are held for two weeks after the camper's departure and then donated locally if we have not received an inquiry about misplaced items. Please contact the camp office if you are looking for specific items. If we are able to locate them, items can be shipped to you. There is a \$25 minimum fee for shipping billed to your Canteen account. Should shipping be more, your account is billed accordingly.

**Note:** Camp Nicolet does not assume responsibility for lost, missing, or damaged items. Please keep expensive belongings at home.

## **Tobacco, Alcohol, Drugs, and Firearms**

Tobacco, alcohol, drugs, and firearms are not allowed on camp property. If such items are found, items will be confiscated, legal guardians are contacted, and campers in violation are asked to leave.

## **Right to Search**

Camp Nicolet reserves the right to search personal property in the event of suspicion of contraband material. Searches are conducted in the presence of a Leadership Team member and/or Camp Owners. The legal guardian is notified.

## **Health Policies**

Patches, our on-site health care center, is staffed with qualified personnel to care for your daughter in the event of illness or injury. In addition to our Health Staff, all Camp Nicolet personnel are certified in CPR, First Aid, and AED use.

## **COVID-19 Protocol**

The Camp Nicolet COVID-19 Operations Guide discusses camp's COVID-19 protocol in relation to our Health Policies beginning on page 35 through its conclusion. Please use the Operations Guide to familiarize yourself and your camper with the protocol adapted to operate camp safely in the context of the pandemic. The protocol outlined are generally "in addition to" Camp Nicolet's already high standards for community health and our usual Health Policies. As always, should you have any questions or feedback, please contact the camp office.

## Medical Forms

All medical forms are submitted by June 1st. Please see the “CampInTouch Account” section of this handbook for more information.

## Check-In/Check-out

In addition to arrival screening at Forest Lodge described earlier, each camper checks in at Patches, the Camp Nicolet Health Center. During this check-in, our Health Staff take height, weight, and temperature. They also check for signs of lice and feet for signs of athlete’s foot. Campers are treated immediately if either of these conditions is present. At this time, they also review your camper’s medical history and collect medications. All medications are turned in and stored in Patches.

The day before campers leave, they return to Patches for check-out. The same measurements are taken and lice checks are redone. Medications are returned to the campers to be packed with their belongings.

## Medications

All medications must come to camp in original prescription bottles with your camper’s identifying information. We are unable to give medications that have been prescribed to someone else; please do not send those. All medications are stored in Patches including those that are over-the-counter. Health Staff bring medications to each meal and have them available before bedtime so that campers stay on dosage schedule. If your camper needs a refill while she is at camp, we will obtain those from the local pharmacy. The charge is billed to your camper’s account.

## Special Dietary Needs

At Camp Nicolet, we are able to accommodate special dietary needs, including nut-free, lactose-free, gluten-free, and vegetarian. Please help us to provide a well-rounded menu for your camper by disclosing such needs on the medical forms. If your camper has certain things specific to her diet that she dislikes, please contact the camp office with this information so we may take that into consideration when creating menus.

## Mental and Behavioral Health

Camp Nicolet is an inclusive community that seeks to ensure that all campers’ needs are met during their time at camp. In order for us to do that, we must have a complete background of health information, **including mental and behavioral health concerns**. Many times, camp families fear their camper will be denied enrollment or treated differently at camp if such concerns are shared. Please rest assured this is not the case. We want what is best for your camper. Having information about what to expect and how to assist are of the utmost importance. This information is only shared on a need-to-know basis with staff members who have direct contact with your camper.

While time at camp emphasizes fun and skill-building, the nature of our schedule is quite structured and safety is always a priority. Campers who are on medication for ADD/ADHD often have a more successful camp experience if they remain on their medication while at camp.

## **Health Notification**

Parents and guardians are contacted if a camper requires an overnight stay in Patches exceeding two days as well as in the event of a clinic visit or emergency. Minor health-related concerns are dealt with in-house, and notification is not given. Please feel free to contact the Leadership Team or Health Staff members at any time if you have concerns.

Please see the Camp Nicolet COVID-19 Operations Guide for information regarding parent communication surrounding suspected virus cases, quarantine, and - in worst case scenario - dismissal from camp due to COVID-19.

## **Camp Critters**

Critters are a fact of life in the Northwoods. Campers will come home with mosquito bites and stories of spiders, mice, squirrels, and snakes. When a camper presents to Patches with bug bites or stings, the site is evaluated for source and possible allergic reactions and treated accordingly. Most often, this means a cold compress and antibiotic/anti-itch cream. If signs of severe infection or allergic reaction are present and medical care is required, the camper is taken to the clinic in town for evaluation and you are notified. Campers are encouraged and reminded frequently to use their bug spray.

At Camp Nicolet, we are familiar with the identification, removal, and treatment of a tick bite. Campers are taught how to complete full-body tick checks and are encouraged to do so at least twice a day. When a tick is found on a camper, it is removed and cataloged with the camper name, date, and location. The camper is then monitored for symptoms of Lyme disease, including a bullseye-shaped rash, fever, and other flu-like symptoms. If these symptoms are present, the camper is taken to the clinic in town for evaluation and treatment, and families are notified.

## **A Safe Environment**

Creating an emotionally and physically safe environment at Camp Nicolet is of utmost importance to our staff and Leadership Team. Bullying and emotional abuse of campers and staff is not tolerated. This includes camper to camper interactions, camper to staff interactions, and staff to staff interactions. Reports of bullying, cliques, cyber-bullying, discrimination, exclusivity, physical contact against another, and actions deemed unsafe and/or against our philosophy of equity and inclusivity in the camp community are taken seriously and addressed. As a Leadership Team we do our best to hear and understand viewpoints involved - however, we have a zero-tolerance policy for emotional and physical abuse. Sustained bullying and forceful physical contact are both grounds for immediate dismissal. Campers and staff involved in non-physical situations may be asked to depart camp at the discretion of the Camp Owners and/or Camp Director, depending on severity. Creating a safe environment at camp is everyone's responsibility.

## Packing List

Please use this information as a guide. All items are optional unless otherwise noted and must be labeled clearly with your camper's first and last name. Camp Nicolet is not responsible for lost or damaged items. All items should be brought to camp in soft-sided duffels. We do not have the ability to store hard-sided suitcases or camp trunks.

A partial packing list is also found on our website. Select **CAMP GEAR** at the bottom of each page.

### Clothing

The camp uniform consists of a yellow Camp Nicolet polo shirt from Land's End, khaki/tan shorts or pants, and white shoes. Campers are required to purchase these items as they are worn for photo day, a weekly Vespers ceremony, and other special times.

Click on **CAMP GEAR** on the bottom of the home page of the camp website to order the camper uniform shirt and other optional Camp Nicolet logoed clothing from Land's End.

Please send a variety of camp-appropriate shirts, sweatshirts, shorts, jeans, sweatpants, bras, underwear, socks, sneakers, and sandals that will get your camper through at least ten days. Laundry is sent to town once per week. Your camper may also want to have an assortment of colorful clothing and costumes for special days. There are other items that will help ensure your camper has an enjoyable summer. These include: a Crazy Creek-style camp chair, musical instruments, stationery and stamps, pre-addressed envelopes and/or address book, a digital camera, books or non-electronic games, sunglasses, and a watch.

### Outerwear

Weather at camp can be cold and rainy at times. Please send a rain jacket/poncho, a heavy-weight jacket, and/or a fleece jacket. We also recommend sending a pair of rain boots. The forest green Charles River Classic Solid Pullover jacket can be ordered online at <https://www.charlesriverapparel.com/> or via Amazon. Youth #8905 or Adult #9905. These are excellent all-weather official camp jackets suitable for displaying all the camp emblems!

### The Nicolet Spirit Shop

A great online source for branded Northpoint Adventures and Nicolet camp gear including sweatshirts, T-shirts, mugs, camp chairs, and so much more! 20% of all sales are donated to the Camp Nicolet Foundation Campership Fund. [nicoletfoundation.com](http://nicoletfoundation.com)

## Swimwear

Please send at least two swimsuits with your camper. These can be of any color (EXCEPT RED) and style, but must be comfortable and provide enough coverage to wear during activities such as water skiing. Other useful items are: two beach towels, water shoes, sunscreen, nose clips, ear plugs, swim goggles, and UV protection shirts. We have wetsuits available for camper use, but you may send one if you choose.

## Camping Gear

If your camper is participating in a Northpoint Adventures trip, please visit [npadventures.org](http://npadventures.org) to obtain a complete packing list for your camper's specific trip. If your camper is not participating in a Northpoint Adventures trip, she should still bring the following: a sleeping bag with stuff sack, a backpack/daypack, a flashlight or headlamp with extra batteries, at least one 32-ounce water bottle, and insect repellent.

## Linens

Please send the following with your camper: a mattress pad (not egg-crate style), two sets of twin or twin XL sheets, one pillow, at least two blankets of varied weights to accommodate multiple temperatures, two bath towels, two washcloths, and a laundry bag. The laundry bag is used every Wednesday to send dirty items out and must be labeled with your camper's first and last name. Linens are provided for all international campers (except the laundry bag).

## Bath Items

We recommend sending a bathrobe, as well as a bathroom organizer caddy to transport shower items easily to the shower house. In addition, don't forget shampoo and conditioner, body wash/soap, lotion, a toothbrush and toothpaste, a hair brush, deodorant, and sanitary supplies.

## Sports Gear

If your camper is participating in horseback riding while at camp, we require that you send an ASTM/SEI-approved helmet, riding boots or smooth-soled shoes with a defined heel, and riding jodhpurs or jeans. Shorts, leggings, flip-flops, and sandals are not allowed in the riding area. We do have a limited supply of helmets and boots for use by international campers.

All other sports equipment, including tennis racquets and balls, soccer uniforms, softball gloves, and bike helmets are provided by Camp Nicolet. However, if your camper prefers to use their own personal items, they may choose to do so. Personal items are stored in a camper's cabin and are their responsibility.

## **PLEASE DO NOT SEND. . . . .**

Electronics of any kind, hair dryers/straighteners/curlers, expensive jewelry or clothing, pets, food or beverages, drugs, alcohol, tobacco products, fireworks or other flammables, or weapons of any kind.



This map is included here to help familiarize you with the camp property. Please see the Transportation section of this guidebook for specifics on dropping off and picking up your camper.

For summer 2022, follow the yellow line down the “back road” and stop at Forest Lodge for camper check-in and screening. After your camper is screened and cleared, she will proceed on foot with a Nicolet Staff member to her cabin. Parents proceed by car toward the Camp Office, along the “front road” and stop at building #3, which is the Main Camp Garage on their way out of camp. Don’t forget! - Luggage is dropped off at the Garage and is delivered to cabins by Facilities Team members.

In minimizing the risk of COVID-19 during summer 2022, we are suspending any parent/family visitation and walking tours of camp on Opening day. Thank you for your understanding and for working with us to keep our camp community safe and healthy!

***We can’t wait for June 26th, and we’re very much looking forward to welcoming your daughter to the sandy shores of Franklin Lake and Camp Nicolet this summer! Thank you for your continued support of Camp Nicolet & Northpoint Adventures!***

CATCH THE

# Nicolet Spirit

## STAY CONNECTED

- order camp gear from Lands' End
- view summer photo galleries, print or order photos of your camper.
- stay updated with Nicolet blogs and camper podcasts
- send e-mails to your camper
- [www.campnicolet.com](http://www.campnicolet.com)  
[www.npadventures.org](http://www.npadventures.org)

