

# Camp Kinderland 2025 Parent Information Booklet

Dear Parents,

Welcome to Camp Kinderland. Inside this booklet you will find information pertaining to your child's stay in camp this summer. Included are various guidelines and policies. Please review all pages carefully.

Contact the camp office with any questions or concerns you may have, 718-643-0771, or you can email Cindy Zingher, Camp Director at [cindy@kinderland.org](mailto:cindy@kinderland.org). We look forward to another wonderful summer and are delighted your child will be sharing it with us!

Sincerely,

The Camp Staff

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## REGISTRATION

Your child's registration is not complete until the full fee has been paid or you have set up a payment plan with us. If you have any questions about your account balance, please call the camp office at 718-643-0771.

## BAGGAGE

Children who come to camp by bus will have their baggage taken to camp by truck from the bus departure point at the same time they leave for camp. Parents must take responsibility for getting baggage to the departure point. All baggage should be clearly identified with your child's full name. Just before your child's session begins you will be receiving by mail luggage tags displaying your child's bunk or area in camp. These should be securely attached to every piece of baggage.

If you are sending a trunk, give one key to your child and keep an extra at home. Keys for younger children may be given to staff at the bus, or mailed to camp—but again, must be clearly labeled with your child's name.

Baggage will be returned in the same manner at the conclusion of your child's stay in camp. Families of children who are not taking the camp bus should make individual baggage arrangements.

\* PLEASE MAKE SURE WE KNOW HOW YOUR CHILD IS COMING TO CAMP!

## LAUNDRY AND NAME LABELS

Camper's laundry will be sent out once a week. Please consult the [CLOTHING LIST](#) (included at the end of this packet) for guidelines on what to send to camp. Children tend to run short of or lose underwear and socks, so please send an ample supply. Also, do not send items that are extremely delicate or expensive. Though our laundry is done with care, we cannot be responsible for damage to or loss of these items.

We will provide your child with two camp laundry bags, labeled to make the collection and distribution of laundry in camp more efficient. You do not need to send any additional laundry bags.

The lost & found situation during and after camp each summer can reach mountainous proportions. You know how hard it is to pick up after one or two children - imagine trying to figure out who belongs to which of the 45 identical sweatshirts or towels left at the waterfront or the sports field every day! IT IS THEREFORE IMPERATIVE THAT YOUR CHILD'S NAME APPEAR ON EVERY ITEM BROUGHT TO CAMP. Use indelible marker or laundry-proof labels. Also, please label all non-clothing items such as baseball mitts, backpacks and water bottles with indelible ink or labels that cannot be easily removed. **Please do not only put your child's initials** - while the detective work is often doable, matching the initials to the correct child is an extra step we'd like to avoid in matching up lost items to their owners. Full names if at all possible, please.

### Arrival/Departure Dates and Timing:

#### By Bus:

Session	Start date	Bus to camp Available?	Please arrive at the bus stop by	End Date	Bus home avail?	Please arrive at the NYC bus stop by:
2 week July A	Sunday 6/29/2025	Yes	11:00 AM	FRIDAY 7/11/2025	No	N/A
2 week July B	Saturday 7/12/2025	No	N/A	FRIDAY 7/25/2025	Yes	4:00PM
4 weeks - July	Sunday 6/29/2025	Yes	11:00 AM	FRIDAY 7/25/2025	Yes	4:00PM
2 weeks Aug/ Dance Adv 2 weeks	Sunday 7/27/2025	Yes	11:00 AM	Saturday 8/9/2025	No	N/A
3 weeks Aug/Dance Adv 3 weeks	Sunday 7/27/2025	Yes	11:00 AM	Saturday 8/16/2025	Yes	1:30PM
CITs	Sunday 6/29/2025	Yes	11:00 AM	Saturday 8/16/2025	Yes	1:30PM

#### By Car:

Session	Start date	Please arrive at camp between:	End Date	Please arrive at camp for pick up between:
2 week July A	Sunday 6/29/2025	2:15PM and 3:15PM	FRIDAY 7/11/2025	10:30 AM and 11:00 AM
2 week July B	Saturday 7/12/2025	2:15PM and 3:15PM	FRIDAY 7/25/2025	1:00 PM - 1:30 PM
4 weeks - July	Sunday 6/29/2025	2:15PM and 3:15PM	FRIDAY 7/25/2025	1:00 PM - 1:30 PM
2 weeks Aug	Sunday 7/27/2025	2:15PM and 3:15PM	Saturday 8/9/2025	10:30 AM and 11:00 AM
3 weeks Aug	Sunday 7/27/2025	2:15PM and 3:15PM	Saturday 8/16/2025	10:30 AM and 11:00 AM
Dance Adv - 2 weeks	Sunday 7/27/2025	1:00 PM and 2:00 PM	Saturday 8/9/2025	10:30 AM and 11:00 AM
Dance Adv - 3 weeks	Sunday 7/27/2025	1:00 PM and 2:00 PM	Saturday 8/16/2025	10:30 AM and 11:00 AM
CITs	Sunday 6/29/2025	2:15PM and 3:15PM	Saturday 8/16/2025	10:30 AM and 11:00 AM

### DEPARTURE FOR CAMP

Please make sure you have a COVID test to do at home for your camper within 24 hours of traveling to camp. (No need to send us a picture or other record.) We also encourage you to check for lice before heading this way. We'll be checking for both on arrival as well.

Please see the charts on the previous page for arrival dates and time for each session.

Buses will depart from **250 Bedford Park Blvd West**, between Goulden and Paul Avenues in the Bronx, in front of Lehman College. Directions follow below. If your child is taking the bus, please arrive at 11 AM. **Pack a sandwich and beverage for your child's trip.**

If you are DRIVING your child to camp for any session, please do not arrive any earlier than the time indicated on the chart on the previous page. Please note: the closest gas station to camp is not close - make sure you fill up before the trip.

### RETURN FROM CAMP

Please see the chart on the previous page for camp departure dates and times for each session.

As in the past, the bus stop will be at Lehman College located at Bedford Park Blvd. between Goulden and Paul Avenues in the Bronx.

**July-B and 4-weekers, please note: These sessions end on a FRIDAY, July 25th.** We do this to give us more time to prepare for the incoming August campers and help ensure they get off to a good start. We know it's less convenient, but that extra day is a big help and we appreciate you working with us.

### DIRECTIONS TO THE NEW YORK BUS STOP

By Car: From Manhattan, Queens, Bklyn.- any bridge to the West Bronx. Take Major Deegan Expressway (I-87) to Van Cortlandt Park South exit. Begin following signs to Herbert Lehman College. Left turn at traffic light. Continue up the hill along Van Cortlandt Ave. West. At the top of the hill, turn right onto Goulden Ave. (Keep following Lehman College signs.) Go two blocks south to Bedford Park Blvd West. between Goulden and Paul Avenues.

From Queens/Long Island - Whitestone or Throgs Neck Bridge onto Cross Bronx Expressway (I-95) to the Bronx River Pkwy North. Exit at Pelham Pkwy Westbound, through Park to Southern Blvd. Turn right. At Bedford Park Blvd. turn left and go about ten blocks to Paul Avenue.

By Train: Lexington Ave. #4 train (Woodlawn-Jerome Line) to Bedford Park Blvd. (200th Street). Walk two blocks west to Paul Ave.

OR

"D" Train to Bedford Park Blvd. Stay in the last car (rear exit) and walk two blocks west to Paul Ave.

### **DIRECTIONS TO CAMP KINDERLAND BY CAR/NEW YORK**

Interstate 684 North into Route 84 (towards Danbury). Follow 84 to Exit 20 (Waterbury/left-hand exit.) Take Route 8 North. (Route 8 as an expressway ends at Winsted, CT., but it continues as a highway.) At the end of the expressway section of Route 8, turn right and continue on smaller Route 8 North approximately 15 miles until intersection with Mass. Route 57 at New Boston (Sandisfield). Take the right turn up the steep hill onto route 57; continue 4 miles to Colebrook River Road. Turn right onto Colebrook River Road for exactly 3 miles to the Kinderland sign on the left. Turn left onto camp road.

You may also take the Hutchinson River Parkway to the Merritt Parkway to Exit 52-Route 8 North. Follow directions above from Route 8.

Please note: the closest gas station to camp is not close - make sure you fill up before the trip.

### **DIRECTIONS BY CAR/MASSACHUSETTS AREA**

I-91 through Springfield to Exit #3 (to Westfield). Follow signs for route 202 west through Westfield and into Southwick. In Southwick, turn right onto route 57 west and follow it for 15 miles. Just after Tolland General Store, which is on the right-hand side of the road, look for Colebrook River Road on the left. Turn left onto Colebrook River Road, go exactly 3 miles to the Kinderland sign.

Please note: the closest gas station to camp is not close - make sure you fill up before the trip.+

**VISITING DAY - SATURDAY, JULY 19, 2025; 12:00-5:00pm**

One day per summer is set aside as the official Visiting Day when all parents and visitors are welcome. This includes siblings, grandparents, etc. **SORRY TO SAY IT DOES NOT INCLUDE FAMILY PETS.**

Visiting begins at 12 noon and ends at 5 PM. We ask you to arrive at camp as close to noon as possible. Earlier arrivals create problems by interfering with regular activities and clean-up. Late arrivals cause undue anxiety for campers.

You will be able to informally meet your child's supervisor and counselors. However, this is not the ideal time for a detailed conference regarding your child's experience in camp. We will arrange for a telephone conference or a post-camp follow up for any parent who requests it.

There are no structured activities for Visiting Day. **DO bring a family picnic** to share with your child. The canteen will be open for snacks and beverages. Bring along a bathing suit if you would like to swim with your child during special hours set for each group. Sometime during the day the community gathers for a sing-along and folk dance, and we hope you'll want to join in. **PLEASE NOTE THAT CAMPERS MAY NOT LEAVE THE CAMP GROUNDS ON VISITING DAY.**

Certain items are offered for sale on Visiting Day, including Kinderland sweatshirts and t-shirts.

Please make every effort to have someone visit your camper on Visiting Day. If you are not able to have someone visit, it is important to let us know.

By Visiting Day many campers are interested in staying in camp for the entire 7 weeks. In some cases, parents may extend registration for the additional 3 weeks on Visiting Day. However, please do not assume there will be space available in your child's group for the August session. If you think your child may want to stay on, check with the office NOW about the likelihood of space in the second session (718-643-0771).

Most parents of AUGUST campers do not visit, as it is a short session. Any visiting is arranged on an individual basis. You are welcome to visit but you must call to set a date and time. **CAMPERS MAY NOT LEAVE CAMP GROUNDS DURING VISITS** and you should plan to spend no more than 3 hours in camp, preferably with a picnic lunch and plan to leave by 3 or 4 PM. PLEASE NOTE that August visiting is not for full season campers to have a second visit. IT IS ONLY FOR 3 WEEK CAMPERS.

## HEALTH AND SAFETY

You will receive our full medical policies and procedures by email. Please make sure to read and familiarize yourself with these medical policies instituted by the Massachusetts Department of Health and our medical consultants.

1 - Have you arranged for a medical exam for your child? Please take care of it now if we do not have an exam from the last 18 months (since Jan 2024).

2 - Have you filled out all the medical information in CampMinder, including listing any medications your child will be taking?

3 - Are you aware that medication must be sent to camp prior to the season? Therefore, you must ship any medications to our Easthampton, MA PO Box by June 18<sup>th</sup>, or to our Tolland address thereafter.

4- Have you communicated in writing any medical situation of which our infirmary or bunk staff should be aware?

- Please contact the camp office with any questions or concerns.

### Lice

As you are aware, the incidence of head lice is epidemic in many schools. Lice presents a tremendous problem in a residential setting, one which is difficult to contain and impossible to completely control. **EVERY CAMPER MUST BE CHECKED FOR LICE BEFORE THE CAMP SEASON.** Please understand that **NO CAMPER WITH LICE OR NITS** will be allowed to board the camp bus or remain in camp at drop-off.

### Lyme Disease

Lyme and other insect-borne diseases have been of concern in all summer camps and communities in recent years. We ask you to join us in enforcing certain precautions. Your child should arrive in camp with a supply of insect repellent; also, enough pairs of long pants for hikes and walks (lightweight, light colored pants are ideal). We will also have supplies of repellent, and will be talking to the campers about safety measures.

### Sunscreen

Our campers spend most of the day outdoors, and we recognize that prolonged exposure to the sun can cause harm including sunburns and skin cancer. Please send your child to camp with a generous supply of a sunscreen that is SPF 30 or higher, is water resistant, and provides broad spectrum protection from UVA and UVB rays. Our staff will remind campers to apply sunscreen and will assist them as needed.

### **MEDICATIONS AND MEDICAL PROCEDURES**

*All medications (prescription and over-the-counter) that you send from home must be listed on your Health History form in CampMinder- your electronic sign-off on that form will serve as our authorization to administer meds.*

*All medication must be in the original pharmacy labeled bottle. Do not transfer medication to another container or send medication that was prescribed for someone other than your child, even if it is the same medication in the same dosage that your child takes.*

SHOULD SPECIAL MEDICAL OR SURGICAL PROCEDURES BE REQUIRED, EVERY EFFORT WILL BE MADE TO REACH AND CONSULT WITH PARENTS IN ADVANCE. Camp will also routinely inform parents in the case of any camper who is confined to the infirmary for more than 48 hours.

### **OPTICAL-DENTAL NEEDS**

Campers who wear glasses or contact lenses should have an extra pair in camp. Campers should also have a dental check-up before camp; name and number of orthodontist should be listed on the medical form for campers who wear dental appliances. Charges for repair of glasses or dental work will be billed directly to the parents.

Pre-existing conditions such as allergies or chronic situations will be billed to parents in all cases.

### **SAFETY AT THE LAKE**

We take safety at our lake very seriously. Toward that end, along with several lifeguards watching the water, any staff member who is on duty with their kids during swim will either be in the water playing with the kids, or standing on the dock watching to make sure, among other things, that every head that goes down under comes back up.

Every camper is assigned a number, and several times throughout free swim, everyone stops to have a count-off. In this way, we make sure every child is accounted for.

In order to make sure campers can handle the deep water, and be able to tread during those count-offs, every camper who wants to swim in the deep water must pass a swim test. Campers who do not want to take a swim test or do not pass can still swim and play in the shallow water. The swim test includes swimming several laps and treading water for several minutes.



## **BEARS IN CAMP**

In the last two summers we have had more bears at camp. We have been in communication with the Western MA Dept of Wildlife, and have been assured that black bears are neither aggressive nor dangerous. However, as long as we have any food at camp it will be impossible to keep them out completely. We work with our campers and staff on how to stay safe when they see a bear. We have purchased bear-proof boxes for our trash, and will continue to adopt recommended measures to discourage bears. You will receive an email in the spring as we continue to solidify our policies.

## **DRUG AND ALCOHOL POLICY**

### **DRUG AND ALCOHOL POLICY**

*Possession, distribution and use of drugs and alcohol are prohibited at Camp Kinderland. Campers or CITs found in violation of this policy will face disciplinary action up to and including being asked to leave camp. Use of tobacco products by people under the age of 18 is illegal and is considered an infraction of camp rules. Campers and CITs are expected to refrain from using tobacco products in camp. Any campers or CITs found to be in violation of this policy will face disciplinary action, up to and including being asked to leave camp.*

*Families of campers who are sent home for an infraction of our Drug and Alcohol policy will NOT receive a tuition refund.*

## COMMUNICATION WITH CAMPERS:

### MAIL FROM CAMPERS

Campers are encouraged to write home at least twice a week; however, this policy can be difficult to enforce strictly, especially among older campers. If you expect to receive mail from your child, **please discuss this before camp, and make your expectation clear.** Please be sure to send your camper with postage stamps. Send self adhesive stamps and envelopes, as the lick-and-stick type do not fare well in the humidity at camp.

For younger campers, pre-stamped and addressed envelopes and postcards make writing home that much easier. If not, please go over with them the proper way to address an envelope. Shockingly, the post office has trouble delivering a letter to Mommy and Daddy in Brooklyn.

### MAIL FROM HOME

Mail from home makes children happy; no mail makes them **miserable**. PLEASE WRITE OFTEN. Brief mail every few days is better than a long letter once a week. Avoid sending sad news! If you must communicate an emergency situation to your child, call the office (see below) and we'll help. Of course you'll want to express your affection in your letters, but please avoid frequent statements of how much you miss your child, or how much they may be missing events at home. Such statements encourage homesickness and discourage adjustment to camp. The camp address is:

**CAMPER'S NAME and BUNK  
CAMP KINDERLAND  
1543 Colebrook River Road  
Tolland, MA 01034**

### EMAIL

We are no longer using BunkNotes - the system we've used in the past to enable you to send emails to your children that we then print out and deliver daily. But CampMinder has a similar system. More information about that will be sent out later.

### PACKAGES FROM HOME

In the spring, you will be receiving an email from Cindy regarding our new "Kassa" policy (Kassa means treasure, and that's what we call food sent to campers in packages). Kassa is shared by everyone in the bunk. In recent years, the amount of treats that have been received by our campers has gotten out of hand. Therefore, we request that you send only one package per session.

## TELEPHONE POLICY

In past years, we have banned calls all together for the first few days of camp. We've found that having a period during which campers are not in communication with parents at the start of a session helps them to settle in and feel at home in camp. This will be the case again this summer. **Campers will not be allowed to make phone calls home until Saturday of the first week of each session.**

However, historically, after those first few days, we didn't have much in the way of guidelines for phone use. We have found, and many parents agree, that some campers call home quite often and it can be disruptive to the campers' summers. Campers often feel sad after speaking with their parents, and it can jar them out of a level of comfort in camp, which it can take some time to reestablish. We want campers to feel a part of the camp community and to feel invested in the camp experience, and frequent phone calls home can undermine the feeling of belonging. **As a result, we now have campers call on a certain scheduled day of the week.** This way we will limit the number of calls, and as an added bonus, you'll know which day your child might be calling. Cindy will send out the phone policy closer to camp which will tell you what day your child will call starting week 2.

We hope that you'll talk with your children about this policy before camp starts to help them understand the policy.

Please keep in mind - if your child's group is assigned a certain day, that in no way guarantees you will get a call that day. They have the option to call, but are not required (or even really encouraged) to do so. If you don't get a call, it's probably because your child is having fun.

Also, please don't insist on a call on a particular day or a specific time. You can reach us at the camp office at 718-643-0771. We can take messages for individual children, but we will not be able to locate your child immediately to take your call. We will be pleased to discuss with you your child's progress, and will absolutely contact you if your child is having difficulties and we need your help.

***Your child may not bring an active cell phone to camp. We allow campers to keep their phone to be used to listen to music and take pictures, but any cell or internet service MUST be deactivated. Otherwise, cell phones will be confiscated and stored in our safe, and parents will be notified.***

One way to deactivate some phones is to remove the SIM card. If you are going this route, please do it at home before you come to camp. We often end up removing the SIM cards at camp, and do pretty well keeping track of them, but they are tiny and on occasion they get lost. We'll do our best, but we can't guarantee you'll get them back.

IF YOU HAVE ANY QUESTIONS ABOUT THIS POLICY,  
PLEASE CALL CINDY AT 718-643-0771 OR EMAIL HER AT [cindy@kinderland.org](mailto:cindy@kinderland.org)

## **GENDER IDENTITY AND HOUSING POLICY**

Camp Kinderland strives to create a fully inclusive culture and environment that values equality and fosters respect for all people. In alignment with our values, vision and mission, we welcome all people, regardless of their sexual orientation or gender identity. It is our goal to encourage our campers to develop self-confidence, embrace their creativity, explore their surroundings and create relationships with those that may be different from them. During childhood and adolescence, deeply held aspects of identity like one's gender or sexual orientation can be questioned. Children and youth's exploration of their identities and interests is a normal part of their development. That's why we believe that it is essential to allow children to consider different identities in a safe and affirming environment. We embrace diversity and we welcome all children to camp and hope that through their experience, they will discover more about the person they want to become.

At camp this summer, our youngest two groups will be living in mixed gender housing:  
 In July: the Inters (ages 9-10), and Lower Seniors (age 11)  
 In August: the Inters (ages 9-10), and the combined Senior group (ages 11-12)

Children in our older groups will still live in bunks according to gender. We feel that it is important for you to communicate with your child about their needs for us to create the best housing solution for them. We are happy to house your child in the bunk that correlates with their identity, rather than their biological sex. Therefore, we ask you, the parent or guardian, to identify the preferred gender identity of your child as you register them and to let us know which bunk they would feel most comfortable in.

Staff will not discuss the gender of our campers in any situation where it is not pertinent or appropriate to do so. We value confidentiality. The Director, nurses and group leader will be informed and if the camper wishes, the bunk staff will be informed as well.

Staff training will include a session regarding transgender staff/campers. Our policies will be discussed, along with training for providing everyone with an emotionally and physically safe environment.

## SUGGESTED CLOTHING LIST

This is a suggested list of articles, worked out over many years of experience. Use your discretion about sending more, but try not to send less. Identify all items with indelible marker or laundry-proof labels.

- 2 white all-cotton T-shirts for tie-dying
- 8-10 T-shirts
- 5 pairs long pants (jeans, sweats; several light colored)
- 8 shorts
- 3 bathing suits (kids swim 1 -2 times daily)
- 12 underwear
- 12 pairs socks (CLEARLY labeled; the more distinctive the better!)
- 4 pajamas/sleepwear
- 1 medium jacket
- 2 lightweight sweater/jacket/sweatshirt
- 1 slippers or flip-flops
- 1 waterproof shoes (such as Keens or Crocs)
- 2 pairs sneakers
- 1 pair rain boots (absolutely necessary)
- 1 full length raincoat with hood (absolutely necessary)
- 1 sunhat (baseball cap or visor)
- 2 sheet sets - cot size if available
- 1 pillow + 2 pillow cases
- 2 blankets (1 lightweight - bunks can get quite hot at night)
- 10 towels, clearly labeled (first quality not required!)
- 2 washcloths
- 1 box tissues
- 1 comb/brush
- 1 toothbrush and holder, toothpaste, plastic cup
- 1 shampoo and conditioner in unbreakable containers
- 2 bars soap and soap holder (or body wash)
- 1 plastic toiletries bag for above items
- 1 sunscreen and insect repellent
- 1 water bottle (CLEARLY LABELED - these are the most often lost item)
- 2 inexpensive flashlights plus extra batteries
- 1 SLEEPING BAG (necessary for all age groups)
- 1 Small backpack or bag for day trips
- 3-4 high quality well fitting masks (N95/KN95/KF94) - used in case of poor air quality conditions

Pens/pencils; stamped stationery and postcards (pre-addressed for younger campers)

Any or all: favorite toy, books, games (cards, chess, travel Scrabble, etc.), small musical instrument, inexpensive camera, baseball glove. **Battery operated clip-on fans** are a very popular and useful item.

**CITs: IMPORTANT - PLEASE BRING A WATCH!**

**DO NOT SEND:** expensive or delicate items of clothing; expensive video games; elaborate or expensive audio equipment. Small appliances (clocks, radios) **MUST** be battery operated.