



Parents' Guide

SUMMER 2014



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CAMP O-AT-KA

Dear Parents,

We are so pleased that your son will be with us at camp this summer.

Camp O-AT-KA is a magical place where boys have the opportunity to try new things, meet a diverse and interesting group of campers and counselors, and develop a sense of independence and maturity under the watchful eyes of a dedicated and talented staff. Parents frequently comment on the positive changes they see in their sons after a summer at camp. While we cannot promise that cabin inspection winners will keep their rooms at home as tidy as their cabins, we do know that living in a cooperative community fosters lifelong skills and friendships.

Whether your son's interest tend toward team sports, wilderness trips, the fine and performing arts, or what we call the beach, boat, and canoe club, O-AT-KA has the activities and staff to make the most of his summer. It is an awesome responsibility to take care of your boys. We care for them as if they were our own, which works out well, since five campers this year are the children or grandchildren of staff members. We have three generations on our staff as well.

This parents' guide is designed to answer questions and prepare you and your son for his camp experience. If you have any other questions or concerns, please do not hesitate to call or e-mail at any time. You can reach the camp at:

(207) 787-3401 camp office

info@campokatka.com email

We look forward to seeing you at camp.

Yours truly,

Kyle Tong
Executive Director

CONTACT INFORMATION

The camp office is open daily during the summer from 9 a.m. - 6 p.m. except during lunch (12:30-1:30). We also check messages during the evening hours.

(207) 787-3401 camp

(207) 787-3930 fax

bungalow@campoatka.com email

(207) 787-3534 after hours emergency

(207) 787-3292 or infirmary@campoatka.com camp infirmary

www.campoatka.com web

MAIL AND E-MAIL

Printed e-mail messages, U.S. mail, and packages are delivered once a day.

Your Son's Mailing Address at Camp O-AT-KA:

[Your Son's Name]

[His Cabin Name]

Camp O-AT-KA

PO Box 239

Sebago, ME 04029

Your Son's E-mail Address:

We use Bunk1.com for email communication. More information will be distributed at check-in.

TELEPHONE

Camp is about learning independence and self-reliance, and building community with neighbors. **For this reason, campers are not allowed to bring cellular phones to camp nor do they have access to the camp telephone during their stay.** The boys are encouraged to write home at least twice a week. Members of the camp staff are always available to assist you should you have an urgent matter to discuss with your son. Birthday boys will have the opportunity to call home on their special day. **Please help support this policy by not sending mobile phones to camp.**

STAFF TRAINING

We know the most important consideration in choosing a camp is its safe environment and qualified staff. Parents nationwide recognize the importance of accreditation by the American Camp Association when choosing a camp for their child. O-AT-KA is ACA accredited, which means we meet industry-accepted and government-recognized standards from staff qualifications and training to emergency management.

PARENT NOTIFICATION

Parent or guardians will be notified by the Camp Nurse or Director if an overnight stay in the infirmary is required. In addition, parent or guardian will be notified for illnesses lasting more than 24 hours, emergency medical care, doctor's visits, and medication questions or refills.

PACKAGES

Boys love to receive occasional “care packages” from home during their stay at camp. In an effort to keep our cabins free of critters, we ask that you please send only nonfood items*. In addition, many more children have allergies these days. We need to ensure that the only food served is safe for all of our campers. Comic books and magazines are great. Please do not send gum, candy, or snacks no matter how much your son may plead for them. Rest assured that meals at camp are nutritious and plentiful. Your son will get a candy bar of his choice after lunch twice a week in exchange for a letter home. If your son has a summer birthday, he will receive a birthday cake to share with his cabin mates.

* as many parent and well-meaning relatives seem to forget this policy during the summer, we remind you that all campers will open packages in the presence of office staff, who will confiscate food.

PACKING LIST

This packing list is based upon the experiences of generations of campers. It fits the needs of the boys and reflects the limited storage space available in our cabins. O-AT-KA will issue one camp t-shirt to each camper upon arrival. Camp shirts are worn for all inter-camp athletic matches. Additional camp shirts and clothing may be purchased through our catalog or online at www.LandsEnd.com.

Please clearly mark all items, both large & small, with your son's full name

Clothing List

- | | |
|--|--|
| <input type="checkbox"/> 1 camp t-shirt (provided) | <input type="checkbox"/> 12 pairs of socks |
| <input type="checkbox"/> 1 O-AT-KA polo shirt | <input type="checkbox"/> 2 pairs of pajamas (1 warm) |
| <input type="checkbox"/> 8 appropriate t-shirts or jerseys | <input type="checkbox"/> 3 swimsuits |
| <input type="checkbox"/> 2 long-sleeve shirts | <input type="checkbox"/> 2 pair sweatpants |
| <input type="checkbox"/> 3 pairs long pants or jeans | <input type="checkbox"/> 2 sweatshirts or fleece jackets |
| <input type="checkbox"/> 6 pair of shorts (any style) | <input type="checkbox"/> warm jacket |
| <input type="checkbox"/> 10 pair underwear | <input type="checkbox"/> raincoat or poncho |
| <input type="checkbox"/> non-athletic shorts & collared shirt for dances and Sundays | <input type="checkbox"/> hat |

Footwear

- | | |
|---|--|
| <input type="checkbox"/> 2 pairs of sneakers (smooth-soled for tennis optional) | <input type="checkbox"/> lightweight hiking boots (suggested for Middlers and Seniors) |
| <input type="checkbox"/> teva-type sandals (with straps) | <input type="checkbox"/> cleats (optional) |

Trip Equipment (for all campers)

- | | |
|---|--|
| <input type="checkbox"/> sleeping bag | <input type="checkbox"/> frame pack (if planning to go on a wilderness trip) |
| <input type="checkbox"/> insect repellent w/ DEET (please, no aerosol cans) | <input type="checkbox"/> water bottle (available for purchase at camp store) |
| <input type="checkbox"/> daypack for trip days | |

Bedding & Linens

Camp O-AT-KA provides sheets, pillowcases, and a laundry bag for campers. We provide pillows and blankets for international campers and, upon request, for those traveling by air. For reasons of hygiene, campers sleep in sheets, not sleeping bags, while in camp.

- | | |
|--|--|
| <input type="checkbox"/> 1 pillow | <input type="checkbox"/> 4 towels (2 bath & 2 beach) |
| <input type="checkbox"/> 2 warm blankets (for those cool Maine nights) | <input type="checkbox"/> 2 washcloths |

Miscellaneous Required Items

- | | |
|---|--|
| <input type="checkbox"/> trunk or sturdy storage tub | <input type="checkbox"/> toilet kit & toiletries |
| <input type="checkbox"/> flashlight w/extra batteries | <input type="checkbox"/> sunscreen |

Optional Athletic Equipment

- | | |
|--|---|
| <input type="checkbox"/> tennis racket and balls | <input type="checkbox"/> athletic cup & mouth guard |
| <input type="checkbox"/> fishing rod & tackle | <input type="checkbox"/> lacrosse stick, pads, helmet, gloves, & ball |
| <input type="checkbox"/> baseball mitt & ball | |
| <input type="checkbox"/> swim goggles | |

Other

- | | |
|--|---|
| <input type="checkbox"/> camera & film (single-use cameras are ideal. Please, no digital cameras.) | <input type="checkbox"/> musical instrument(s) – a keyboard is available in the Chapel. |
| <input type="checkbox"/> quiet games, summer reading books | <input type="checkbox"/> stationary, envelopes, pens, & stamps |

CAMP STORE

Campers can obtain sundries such as toothbrushes, toothpaste, soap, postcards, stamps, insect repellent and batteries at the camp store. Purchases are charged to the boys' camper accounts.

THINGS TO LEAVE AT HOME

In order to promote the healthy social and community aspects of camp life and to maintain an “unplugged” camp environment, we require that cell phones, iPhones, televisions, radios, stereo systems, computers, PDAs, BlackBerrys, hand-held electronic games, and other electronic devices be left at home. Any camper who brings electronic devices to camp in violation of this policy will have them held in the office for the balance of his stay. In addition, in view of the limited electrical supply in our cabins, we ask that campers not bring fans and plug-in lamps to camp.

Middle and Senior unit campers are allowed to have non-video and non wi-fi iPods and other MP3 players for use during quiet times (siesta, lights out). They may not be used outside of the cabins at any time. Unauthorized use of wireless connections at camp is not permitted and will result in confiscation of the device. As with any personal property, campers bring them to camp at their own risk.

ILLEGAL ITEMS

Please discuss the serious ramifications of possession or use of illegal drugs, alcohol, tobacco, fireworks, and firearms with your son prior to his arrival at camp. Possession or use of these items by your son constitutes grounds for immediate dismissal from camp without refund.

TRAVELING TO CAMP O-AT-KA

Travel north on I-95 (Maine Turnpike) to Exit 42. Turn left on Payne Road and head north to Route 114 (about 2 miles), turn left and follow Route 114 north about 25 miles to Sebago. Camp O-AT-KA is located 1.5 miles north of the Sebago Elementary School – look for the big brown O-AT-KA sign on your left. From the north, Route 302 in Naples, take Route 114 south for 8 miles. The main entrance will be on your left, just past the tennis courts. GPS devices are occasionally unreliable in Maine, so check your route carefully.

NOTE: For campers arriving by plane, fees charged to O-AT-KA by the airlines will be included on the camper's invoice. Transportation to or from the Portland Jetport is \$50 each way, while transportation from Boston Logan International Airport is \$150 each way.

OPENING DAY ARRIVAL & CHECK-IN PROCESS

Plan to arrive at Camp O-AT-KA between 12-4 p.m. on opening day. Please do not arrive before 12:00 noon.

NOTE: Second two-week campers, please arrive on Sunday, July 10 between 2 and 4pm.

When you arrive at camp, you will be directed to the Bungalow office to begin the check-in procedure. The registrar will review your account and give your son his cabin assignment. Our staff will guide your son to his cabin, assist with unloading his trunk, and take you to the infirmary to check in with the camp nurse. A lunch buffet is served from 12-2 p.m. (excluding Session 1B) in the Commons. Everyone at camp is invited to attend.

It is important that your son arrive by 4 p.m. to ensure that he has adequate time to

complete the check in process, meet his counselor and the other boys in his cabin group, and to get settled in before supper and the evening program.

We hope that you will take some time to tour camp, speak with the camp director, staff members, and other parents. Parents and guests are requested to depart before supper. Before you leave, you will be given your son's counselors, cabin, and unit head's names and contact information. After supper, the campers will participate in an orientation to the camp's programs and staff, followed by unit and cabin meetings. Our regular activity schedule will begin the next morning.

HEALTH SERVICES

Registered Nurses and Nurse Assistants are available 24 hours a day to provide first aid, assessment, and referral of medical problems for your son. The infirmary supplies and distributes most over-the-counter (OTC) medications per the camp physician's protocol. Therefore, we request you do not send typical OTC medications with your son. No medication will be allowed to stay with campers in cabins with the exception of inhalers and Epi pens.

If your son requires an Epi Pen or inhaler and you would like him to carry it while at camp you must meet the following:

1. Epi Pen/Inhaler must be in a clearly labeled pharmacy container showing child's name, physician's name, name of medicine, dosage, and expiration date.
2. If your son needs to carry an Epi Pen or inhaler at all times, a second Epi Pen/inhaler must be provided to the infirmary to ensure access during out-of-camp trips.

Prescription Medications

Camp O-AT-KA uses the CampMeds pre-packaged medication program. Every camper who will be taking medication while at camp, with the exception of short-term antibiotics, dissolving tablets (e.g. Reditabs), or injectable medications must register with CampMeds at www.campmeds.com or by calling (954) 577-0025. CampMeds will send pre-packaged doses of your son's medication directly to the camp infirmary for administration.

Families will pay a \$40 processing fee for the program if registered by May 15. An additional \$25 charge will be incurred for families who register after May 15. Families arriving on-site with a camper requiring daily or long-term medication and who have not pre-registered with CampMeds will be charged a \$65 packaging fee.

The only exception will be families whose insurance is not accepted by CampMeds or those for whom CampMeds was unable to provide a particular product.

Any camper needing daily vitamins or over the counter (OTC) medications will incur a fee of \$40 if not packaged through CampMeds.

VISITING DAYS

You are encouraged to visit your son during one of the visiting days during the summer. The scheduled visiting days for non-CIT campers in 2014 are Saturday July 12 for the first session, and Saturday August 9 for the second session. Please note the change in date from prior seasons.

Since one important goal for your son's summer camp experience is for him to develop greater independence, we ask that you please refrain from visiting your son at other times. For similar reasons, we also encourage parents of two-week campers to refrain from visiting during their son's stay at camp.

This year, visitors will have the opportunity to follow a normal daily craft schedule with their son. On visiting day, visitors are invited to check-in at the Bungalow starting at 9 A.M., where staff and CIT's will guide you to your son's location. Your son will enjoy showing you the activities and camp through his eyes. You are welcome to join us for lunch and sit with your son; following lunch, while your son returns to his cabin for Siesta, visitors are invited to a special presentation in the Great Hall. After Siesta ends at 2:30, you will have the opportunity to attend your son's afternoon activities. The last period of the day at 4:30 is free time, and you may choose to participate in a number of scheduled activities with your son, or you may "take it easy" with some unstructured time. We ask that all visitors please depart camp by the evening meal at 6 pm.

Campers are due back in camp before the evening meal at 6 pm. If you wish to take one of your son's friends along for an outing, the camp will need to have prior written consent from that boy's parents or guardians. Likewise, if you would like your son to be able to leave camp with another parent, your prior written consent is required.

Please be aware that pets, smoking, and the consumption of alcoholic beverages are not permitted on camp property.

CLOSING DAY EVENTS

Parents are also invited to attend the closing day ceremonies at the end of the first session and the candlelight service at the end of the second session. On Friday, July 25th, a lunch buffet followed by an open house, awards ceremony, and colors marks the end of the first session. The Friday afternoon activities run from approximately 12:00 to 3:00 p.m.

On Friday, August 15th, a candlelight service will be held in St. Andrew's Chapel following the dinner banquet and awards ceremony that mark the end of the season. These activities run from approximately 4:30 to 9:00 p.m.

You and your family are welcome to attend these important events. Reservations should be made during check-in. You may pre-pay your banquet fees or apply them to your son's camper account. The banquet costs \$10.00 per person, while children age 6 and under may attend at no charge.

DEPARTING CAMPERS

Many boys leave camp with their parents following colors on Friday, July 25th or the candlelight service on August 15th. If your son will be staying over until Saturday morning, please plan to pick him up between 8:00 and 10:00 a.m. Those boys traveling by air will leave early in the morning on Saturday. It is essential that you check out with the office to ensure the safety of the campers and that nothing is forgotten.

SHIPPING TRUNKS

If you choose to ship trunks to camp in advance of your son's arrival, please be certain to

allow sufficient travel time. The UPS weight limit is 150 lbs. per trunk.

CABIN & UNIT ASSIGNMENTS

Cabin life is a key ingredient of the camp experience. The cabin is your son's home away from home and his cabin mates and counselors will become a significant part of his extended camp family. O-AT-KA alumni attest that cabin friendships really do last a lifetime! Unit & cabin assignments are based upon grade in school. The camper population is divided into three units; the Senior unit is for boys entering 9th and 10th grades, the Middle unit is for boys entering 7th and 8th grades, and the Junior unit is for boys entering 3rd through 6th grades.

Campers may request ONE other boy to be in their cabin provided the requests are mutual. We make every effort to honor requests, but please understand it is not guaranteed. Please complete the Camper Information/Cabin Mate Request Form to make a request.

DAILY ACTIVITIES

When you receive the information on activity selection, please help your son complete it and submit it on line as soon as possible. Some programs are age or resource-limited and are filled on a first-come, first served basis. Every two weeks, a new schedule of activities will be developed for your son based upon his interests. We make every effort to ensure campers get as many of their top picks as possible. Campers whose information is not complete by May 15 may not get their top activity choices.

TRIPS

All 3, 4, and 7-week session campers have the option to go on at least one overnight trip each session. Cabin groups may spend the night at a remote campsite on the camp's property, camping along a local river, state park, or at O-AT-KA's outpost on Outer Island. Middlers and Seniors may choose to participate in the elective wilderness trips program, which includes outings to Knight's Cove, in mid-coast Maine and the lakes and mountains of Maine and New Hampshire. More information and registration information will be available both on the camp website and once the boys arrive at camp.

SPECIAL CLINICS

O-AT-KA offers specific clinics in riflery and stained glass. Campers in both sessions are eligible for the clinics, with preference given to campers staying at camp for seven weeks. The clinics require a level of commitment that may be more appropriate for older campers. For instance, it would not be appropriate for a camper to schedule a wilderness trip or other team participation during the clinic weeks.

STARTER PROGRAM

The two-week starter program is designed for the first-time camper as an introduction to overnight camping. O-AT-KA's program is designed to unfold over a longer term so two-week campers may not experience everything the camp has to offer. The number of spaces in the starter program is limited. Please call the camp office to check availability.

Campers who come for two weeks have the option to extend for the balance of the

session – two weeks during the first session and one week during the second session. If a boy indicates an interest in extending his stay while he is at camp, he and his unit head will call home to discuss his options. For the boys who elect to go home, pick-up is between 8 a.m. and 10 a.m. on the final Saturday.

HOMESICKNESS

Homesickness is something that affects nearly every boy who goes away from home, especially for the first time, even if it's only for one night. It is a normal phase of development that is usually dealt with by preparing your son for the experience. It is important to encourage your son's growing sense of independence throughout the year. One effective way to do this is with practice separations, such as sleepovers at a friend's house. By filling out the Parent Inquiry Form, you will let us know about your son – including any medical conditions, fears, favorite activities, and food preferences. This enables his counselors to help your son be more comfortable once he arrives at camp. Letters home from campers are often written during down time and bedtime when campers are not as active and homesickness surfaces more.

We suggest you respond to letters that indicate some degree of homesickness with short supportive letters focused on the activities that your son is involved in at camp; it is best not to write about what is happening at home. While we do not want any boy to be sad or homesick, we know that these feelings can teach self-reliance and important coping mechanisms that are invaluable. Our staff is trained in many strategies that work well to combat feelings of homesickness.

LINENS & LAUNDRY

Personal laundry service is arranged by the camp and is included in your son's tuition. We send personal laundry out each week and get it back one day later. A laundry bag is provided to each camper. Please mark every piece of clothing with his full name. Please label all items using full names, as there may be several boys at camp with the same initials. Sheets and pillowcases are provided and are changed weekly.

TUITION

Tuition, while not all-inclusive, includes most aspects of camp life. Not included, and billed separately, are optional expenses such as wilderness trips, transportation to and from camp, any major fees incurred by the airlines, major shop and crafts projects, fishing equipment, prescription drugs, and advanced swim course materials.

RATES & DATES

FULL SEASON	June 29 - August 16	\$9,075
FIRST SEASON (I)	June 29 - July 26	\$5,775
SECOND SESSION (II)	July 27 - August 16	\$4,500
STARTER (IA)	June 29 - July 12	\$3,400
STARTER (IB)	July 13 - July 26	\$3,400
SECOND STARTER	July 27 - August 9	\$3,400

Space in two-week sessions is limited and reserved for first-time campers only.

NOTE: Enrollment in the two-week session (IB) must be approved by the Camp Director.

CAMPER ACCOUNTS

In addition to the tuition, a camper account is used in place of cash for miscellaneous expenses, including purchases at the camp store and spending money for trips. Large purchases require parental permission. At the end of the session, any balance may be refunded, applied to next year's account, or donated to Camp O-AT-KA's scholarship fund. An invoice will be sent if your son's account exceeds the initial deposit.

PAYMENT POLICIES

A \$500 deposit is required with each boy's camp application and 75% of the deposit is refundable until January 1, 2014. The deposit is applied to the balance due. After January 1, 2014, the deposit is not refundable. Four equal tuition payments are due the 15th of November, January, March and May and are refundable, less the deposit, until May 1, 2014. Alternately, tuition may be paid monthly, starting in September. Checks may be made payable to Camp O-AT-KA. Major credit cards are accepted. All payments must be made in U.S. Dollars. Payments received from outside the United States of America may be remitted by international money order or as drafts channeled through a U.S. "corresponding bank" or Federal Reserve Bank. Checks returned for insufficient funds or otherwise deemed uncollectible are assessed a \$35 administrative fee. Unpaid balances after June 1 are assessed a late fee at the rate of 1.15% per month.

Refunds are not granted to campers who are asked to leave camp for disciplinary reasons. Campership aid is not directly refundable to families. In keeping with the tradition of making O-AT-KA affordable to as many boys as possible, a limited number of campers whose families demonstrate financial need are given camperships each year. Financial aid forms are available upon request.

OVERNIGHT ACCOMMODATIONS

The camp has a small number of rooms available for overnight visitors in the Bungalow. Reservations may be made through the camp office for a fee of \$50.

In addition, there are a variety of local lodging options. We suggest that families wishing to stay in the Sebago area make reservations as early as possible.

Augustus Bove House (207) 693-6365	11 Sebago Road, Naples augbovehouse@adelphia.net
The Inn at Long Lake (207) 693-6226	15 Lakehouse Road, Naples info@innatlonglake.com
Maplewood Inn & Motel (207) 655-7586	549 Roosevelt Trail, Casco www.shindamen.com
Migis Lodge (207) 655-4524	Highway 302, South Casco www.migis.com
Romah Motor Inn	310 Roosevelt Trail, Naples

(207) 693-6690

www.romahmotorinn.com

Sebago Lake Lodge & Cottages
(207) 892-2698

White's Bridge Road, North Windham
www.sebagolakelodge.com

Windham Way Motel
(207) 892-4762

1111 Roosevelt Trail, Windham
www.windhamway.com



CAMP O-AT-KA

Dates To Remember

2014 SEASON

May 23-25	Spring Work Weekend
Sunday, June 29	Camp Opens/Campers Arrive
Saturday, July 12	Visiting Day
Friday, July 25	First Session Awards & Festivities
Saturday, July 26	End of first session
Sunday, July 27	Second session begins
Saturday, August 9	Visiting Day
Friday, August 15	Awards Banquet & Candlelight Service
Saturday, August 16	End of camp season
Sunday, August 17	Dennen Week begins
Saturday, August 23	Dennen Week ends

2014 TWO-WEEK STARTER SESSIONS

Starter (IA)	June 29 - July 12
Starter (IB)	July 13 - July 26
Second Starter	July 27 - August 9

NOTE: Please remember to have your activity selection, health, travel and all other forms submitted to camp by May 15th.

593 Sebago Road, PO Box 239 | Sebago, ME 04029 | info@campoatka.com |

phone (207) 787-3401 | fax (207) 787-3930

www.campoatka.com

