



IMPORTANT INFORMATION FOR PARENTS

Medical Health Form - This form is completed at the time of online registration. It can be updated with any changes prior to camp or at check in with the camp nurse on arrival at camp.

Camp Tuck - Campers may spend .50 on treats at “tuck” time each day after lunch. Included in the camper fee.

Ryde Lake clothing, songbooks/other items - Items are available for purchase on arrival / departure days.

Camp Photo / T-shirt - Each camper receives a camp photo and T-shirt. The cost is included in the camper fee.

Lost and Found - All unclaimed items are stored until the end of August, at which time they will be donated to a charity. Please call if you have lost an item and we will attempt to locate it.

Labels – Please label all belongings.

Mail - Campers look forward to receiving a few letters during the week!

Due to our location, it may take more than a week to receive mail.

We recommend dropping off mail on arrival day into the “red mailbox” and we will be happy to distribute it during the week. Or mail your letters at least a week before your camper arrives. Please no edibles or gum.

Be sure to pack stamps and envelopes (pre-addressed/stamped envelopes are a great idea for younger campers).

Summer mailing address: Ryde Lake Camp, 1124 CGIT Camp, Rd RR#3 Gravenhurst ON P1P 1R3

Contact Information during July/August - Please contact us directly at the summer phone number: 705-687-2912 or email at office@rydelakecamp.com

Campers and the phone - Campers do not normally have access to the phone. Campers may become homesick after talking to their parents, even if they haven't been experiencing any homesickness. If you would like to know how your camper is doing, feel free to call and speak with the camp director at any time. If a message is left, we will return your call before day's end.

Homesickness - This is a normal reaction to being away from the comforts and routines of family life. Many campers experience some degree of homesickness, usually quite mild. It is not only restricted to younger campers but also older campers as well. *There are a few things that you can do to help:*

- Talk about the possibility of homesickness before camp, mention it in a positive way, ie. that it is normal and reassure your camper that with the help of the staff, you are confident they will be able to cope with it.
- Send along a familiar source of security, ie. blanket, stuffed animal, pictures.
- When you write letters to your camper, make sure you do not stress how much you miss them but rather make your letter positive with specific questions about their cabin mates, friends, and activities.
- Don't tell your child that she can call and come home if she doesn't like it. Campers who are told this have an extremely hard time getting over their homesickness and fun and independence are rarely gained.
- Be positive in your message. ie. Do not say before they leave, “I don't know what I'll do without you”. But rather reinforce how proud you are of them attending camp and will look forward to hearing about it soon.
- Be sure to speak to the camp director about any concerns at any time

Campers arriving rested: The camp routine is physically demanding. Your camper needs to arrive well-rested and healthy to ensure she will have a great week. Those few nights before camp are not the time to have a sleepover!

Food/Treats are not allowed in the cabins . . . and for some very good reasons: it attracts critters (large and small), can create competition and exclusion, and spoils appetites. Campers are provided with hearty meals, snacks and daily tuck.

No Electronics / “Unplugged” Policy: Includes **cell phones**, iPods, CD players, walkmans, radios, gameboys, e-readers, hairdryers, etc. Camp is about simplicity and enjoyment without the high-tech gadgets. Electrical devices are just not part of the Ryde experience.

Parents, we appreciate your support in all of the above. If you have any concerns, please contact the camp director.