



Family Handbook Summer 2025



Welcome to Camp Kingswood!

Dear Camp Kingswood families,

Welcome to Summer 2025! This Family Handbook provides you with all the information you need for camp this summer. Whether you are new to Kingswood or you've been with camp since you were a camper yourself, please read this Handbook carefully as some policies change from year to year. For your convenience, you can also find this Family Handbook on our website, at www.campkingswood.org/Family-Handbook, both as a PDF to download, or conveniently broken up into web pages by section.

I'm so excited to have your kids with us at Kingswood this summer! While kids experience overnight camp away from their parents, at Camp Kingswood, we consider a camper's entire family part of our camp community, and we deeply value our partnership with you. We are committed to working closely, respectfully, and responsively with our camp families. We take great pride in these relationships, and we appreciate the support we receive from parents both during camp and throughout the year.

Your reinforcement of everything in this Handbook is a great way to show your support. I appreciate your alignment on all camp rules when talking with your campers, especially regarding policies that may feel hard, like our Screen-Free Policy, our No-Package Policy, and our Camper Code of Conduct.

Please read through this Family Handbook together with your camper, especially if they'll be at Kingswood for their first summer. The more campers hear about what camp is like, the more prepared and confident they'll be when they step onto the camp bus. Hold onto this Handbook throughout the summer or bookmark the Handbook on our website, as it's a helpful resource while camp's in session.

Parents and campers will need to acknowledge that they have read, understood, and will adhere to everything in the Family Handbook as a part of their required forms. If you'd like to ask questions to better understand our philosophy and rationale, I'm always happy to chat!

I can't wait to be back on Woods Pond,

A handwritten signature in black ink that reads "Jodi". The signature is stylized with a large, looping 'J' and a cursive 'di'.

Jodi Sperling
Owner & Director

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NEW FOR 2025!

An orange and blue wooden badge appears to the left of the page next to any changes from last summer. To jump right to updated sections:



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Dates and Contact Information

Important Dates

Mon. March 3	Payment Day
Sun. March 30	Florida Family Picnic & New Family Orientation
Tue. April 15	Camper Forms Due
Sun. April 27 (1 pm)	Virtual New Family Night (Recording will be emailed)
Sun. May 4 (4 pm)	Boston New Family Night (JCDS, Watertown, MA)
Mon. May 5	Payment Day
Thur. May 15	Additional options payment due (canteen, linens, tutoring)
Sat. July 19	Visiting Day (for Full Summer campers)

Session Dates

Full Summer	Wed. June 25 - Mon. Aug 11
Session I	Wed. June 25 - Fri. July 18
2-Week Session I	Wed. June 25 - Tue. July 8
Session II	Sun. July 20 - Mon. Aug 11
2-Week Session II	Sun. July 20 - Sun. Aug 3
Mini-Camp	Wed. Aug 13 - Fri. Aug 15
Alumni & Friends Weekend	Fri. Aug 15 - Sun. Aug 17



Contact Information

Summer Address	Camp Kingswood 104 Wildwood Road Bridgton, ME 04009
Summer Office Phone	(207) 647-3969
Emergency Phone	(347) 931-7002
Health Center	nurse@campkingswood.org (207) 647-9495
Jodi Sperling	jodi@campkingswood.org
Owner & Director	<i>Year-round primary parent contact for camp life.</i>
Joelle Kelenson	joelle@campkingswood.org
Associate Director	
Nicole Hults	nicole@campkingswood.org
Assistant Director	
General Questions	info@campkingswood.org

While camp is in session, the camp office is open Sunday through Friday from 8am-8pm. During off-hours the messages are checked sporadically, so please call the emergency line to reach a director quickly if there's an emergency.



Getting Ready for Camp

The months leading up to camp are an exciting time, but can also be overwhelming and stressful. We'd love to help you make the transition to camp as easy as possible. Campers get homesick - parents get homesick - both are normal! :)

Talking to Your Camper Before Camp

For kids, camp is usually amazing, but it doesn't always feel that way instantly. Homesickness is healthy and normal to some degree, and our counselors are trained to talk with kids openly and honestly to help them work through their feelings. Most campers need a few days to adjust to life at camp and being away from home. During this time, signs of homesickness are natural, since many campers miss their home surroundings. Our counselors are trained to provide a strong support system to assist campers in coping with their concerns. Overcoming this adversity is a great thing, and it helps campers gain independence and learn how to overcome challenges.

Please do not be alarmed if a staff member contacts you during camp. We are committed to transparency with our families, so at times we may reach out to give you a heads up or solicit your input so we can create the very best camp experience for your camper.



HERE ARE A FEW TIPS TO PREPARE YOUR CAMPER FOR CAMP:

- Project confidence and excitement for your child as they prepare for camp, no matter how anxious or nervous you may be. Just as we teach our staff that campers "mirror" their words and behaviors, a child's attitude and comfort with leaving home will often mirror that of their parents. When a camper is told by a parent "if you don't like it I'll come get you," that camper is likely to have a much more difficult transition. Please don't tell them you'll come get them if they're homesick! This sends a message that you're not confident in their ability to succeed or in our ability to support them, and they need to hear the opposite message. You want them to know you believe in them, and that they have the resilience to conquer hard stuff. Let your child hear you say how much you trust Camp Kingswood and the camp staff. In a moment of feeling sad or needing

guidance, they'll remember that you trust us, and it will help them trust us too!

- Talk with your camper before camp about communication expectations. Tell them you'll be writing and when you will expect them to write. At Kingswood we don't allow phone calls home. It might seem like a quick phone call with your camper will help with homesickness, but please trust our experience that a phone call home will often make matters worse.
- Talk through different situations they may encounter and help them prepare. What will they do if they can't find their rain jacket? What if they have a disagreement with a bunk mate? What if they're hungry? Practice some basic skills like making a bed and folding clothes. The more campers can talk through scenarios and practice, the more prepared they'll be, and the more empowered they'll be to handle the challenging moments.
- You can help your camper be prepared by packing a few "comfort" items for your camper to take to camp, like photos of family, favorite books, or a small non-valuable item (or a picture of one) that has sentimental meaning. Having photos close by helps campers feel connected even if far away!



Bunk Assignments

Living in a cabin is like a sleepover party every night! At Camp Kingswood, a camper's bunk becomes their family, and campers return summer after summer to be with their best friends at camp. Even at home, campers know they may not always get along with their siblings, but they're still family. At camp too, we teach that living with others is so fun — and it can be hard! Navigating these challenges is part of camp, and it helps campers develop skills like flexibility, problem solving, and teamwork. We remind campers that while not everyone will be their best friend, they can still be kind, helpful, and friendly bunkmates.

Cabin assignments are announced to campers upon arrival on the first day. We do not share bunk assignments with families in advance of camp. Cabins are assigned based on school grade, age, and gender. We also take into account if a camper has attended camp before, where they're from, personalities of campers and staff, and their interests. Cabin assignments balance the best interests of the individual with the best interests of the group, and are done with a great deal of thought and intentionality.

Campers are invited to request two friends on their Bunk Request Form, but lots of campers come without knowing anyone. We do our best to honor bunk requests, but when a request is one-sided it is not always possible to honor, so please discuss this with your camper and encourage them to be open and honest with their friends about requests. Mutual first requests are always honored. If you have a concern regarding bunking, please be in touch.

You can help us create an amazing bunk experience for your camper by:

- Encouraging your child to welcome new campers into their bunk if they've been there before by being friendly and supportive, and helping new campers feel just as home as they do!
- Reminding them that everyone's grown up and changed a ton since camp last year, including them.
- Practicing how to approach new campers and make others feel included. Helping them remember some strategies to manage disappointment — whether it's related to their bunk assignment or anything else throughout the session. Talking through what it's like to live in a shared space with other kids and some of the issues that could arise if it's their first time at overnight camp.
- Reminding them that if they need anything, or could use someone to talk to, their counselors are there for them, and they can go to them anytime. Each bunk has 2-4 bunk staff depending on their age and size of group, so there's always someone to turn to.
- Letting them know that in addition to their counselors and unit head, at Kingswood there are Camper Care specialists living at camp who are social workers, psychologists, or therapists at home during the year. Our camper care team is also available for campers to check in with anytime.
- Being honest and forthcoming with us about how your child shows up with their peers in new situations. If they tend to dominate airspace or seek negative attention, let us know so we can help!

Screen-Free Policy

At Kingswood we believe in giving every camper an authentic camp experience, which means we are proudly unplugged! Camp is a wonderful opportunity for kids to unplug from technology and develop deep relationships and communication skills without distractions. Technology interferes with our goals of promoting socialization and instilling a love of the outdoors. It also creates unnecessary divisions between

campers who can afford expensive devices and those who cannot.

Please do not send your child to camp with any electronics, especially a cell phone or a watch with phone capacities. **Doing so will result in your camper being sent home early without a refund.** In today's connected world, we know that this can be a challenging break for some campers (and parents!), but we find that campers express gratitude for the break from their electronics. Overnight camp is one of the only places where kids today can have an extended respite from their phones, and kids report feeling less stressed and anxious at overnight camp when they're not tethered to social media. We see this break from devices as being critical for healthy and happy kids and teens.

As a parent, do not knowingly send your camper to camp with a cell-phone, as this puts your camper in a position where they will have to lie to their counselors, and it models distrust in camp and disregard for camp policies. When parents sneak phones in with their kids, it undermines our counselors and impacts their child's ability to attend camp in future summers. If you have concerns about your camper's readiness to be disconnected from their cell phone, please be in touch with a director so we can talk through a plan to help. Without their cell phone, campers are better able to focus on relationships, friendships, and their own problem-solving. Like we say at Kingswood, "there's no reception in the woods, but you get a stronger connection!"

Campers who fly may bring a cell phone with them to contact their parents throughout their journey and upon safe arrival. Once at camp, the cell phone will be labeled and stored in a secure safe in the camp office until the camper's departure from camp. We will make sure they receive their phone back fully charged for their journey home.

Packing

A detailed packing list which has been refined after years of experience for a camp session of any length can be found as an appendix at the end of this handbook on page 38 and in your [CampInTouch account](#). Our packing list is for 10 days and we do laundry once per week. Please include your child in the packing process. When parents and campers pack together, campers can visualize what's where and it makes unpacking at camp much easier!



Families can complete the Additional Options Form to rent camp linens. The rental fee is \$200 and includes 2 sheet sets (flat, fitted, and 2 pillow cases), 1 comforter, 1 pillow, 1 sleeping bag (for the overnight), and 4 towels.

Clothing

Kingswood is not a uniform camp, and campers and staff dress informally. Many of the styles campers are used to won't make sense at camp, so please work with your child to help them choose appropriate clothing. Send only clothes that are comfortable and will hold up in the laundry, rather than clothing that, if lost or ruined, would cause you or your child to be upset. Please do not send clothing that may be seen as provocative or disrespectful. This would include, but would not be limited to clothing that allows underwear to show, or clothing with curse words or drug references. Camp is not responsible for any lost, damaged, misplaced, or stolen items. We do our best to return any labeled items to campers, so please label every item you send with your child to camp, including towels, water bottles, and hats. We recommend using a permanent marker or pre-made labels or stickers, designed for camp. Some of our families recommend Mabel's Labels, affordable and high quality stick-on, iron-on, and stamp-on customizable labels in several sizes and fun customizations.

Shabbat and Special Clothing

Shabbat is a very special time at camp, and on Friday nights campers wear clean, nicer clothes, such as collared shirts, skirts, dresses, and non-athletic shorts. At the end Session's I and II campers also will wear Shabbat-attire for our closing Banquet. Some campers also like to pack a few extra items in anticipation of other special events, such as costume parties, themed programs, or Talent Show acts. An outfit that works for each possible Color War Team (red, blue, green, or yellow) is recommended, although we also sell Kingswood t-shirts in each Color War team color in Canteen.

Music

Music is an important part of camp, and we appreciate the desire for campers to bring their own music to camp. If only cassettes were still a thing! ;-) To prevent the urge to play games or watch shows, we only allow campers to bring small mp3 players, iPods or personal radios without Wi-Fi, cellular, games, or watching capabilities. We can provide sample products that meet our guidelines upon request.

Handheld Devices

Campers are given a grace period upon arrival to turn in any devices that can connect to a Wi-Fi or cellular network, such as iPhones, iPod touches, later generation iPod nanos, smart watches, or any kind of smartphone. They will be labeled and stored in a secure safe in the camp office until the camper's departure.

from camp. Please do not send these with your child, unless they are traveling on a plane. We do not allow these devices, even if they are deactivated or without SIM cards. Campers who knowingly violate this policy will be sent home from camp without a refund.

Books

We strongly recommend sticking to regular old-school books, and we encourage campers to expand their bunk library by sharing! We do allow e-readers at Kingswood, but only without Wi-Fi access or games.

Cameras

Campers may bring disposable cameras, Polaroids, and/or digital cameras without internet capabilities. Phone cameras are not permitted.

Please Leave At Home:

- Technology, including cell phones, smart watches that connect to wifi or cellular service, gaming devices, TVs/DVD players/screens, video games, walkie talkies, devices with touch screens, or any other handheld device with games, internet, or movies.
- Weapons, knives, drugs, alcohol, cigarettes, e-cigarettes, vape pens, pornography, lighters/matches, and fireworks.
- Food, snacks, or drinks.

Luggage

Please pack in a maximum of two duffel bags, making sure all luggage is securely closed and labeled with your camper's name and city. Prior to camp, all campers will be mailed a set of color-coded luggage tags. Please write your camper's full name on the tag and attach it securely to their luggage in a visible location. These luggage tags ensure that nothing gets lost on the first day, and helps our luggage team deliver your camper's luggage right to their bunk.

Luggage can arrive at camp with campers from their drop-off locations, JCDS, or through ShipCamps. ShipCamps is a door-to-door camp luggage service. While most commonly used by campers who fly, all families are invited to use ShipCamps for added convenience. ShipCamps arranges for duffel bags to be picked up and delivered to your home. You sign up with Shipcamps and specify pickup dates, at least 3 days prior to camper arrival, and the rest is arranged with us. Learn more and sign up by April 15 at: <https://shipcamps.com/camp-kingswood> or by calling 855.540.2267.

Forms & Paperwork

Importance of Forms

Regardless of whether this is your 1st or 7th summer, camp requires updated paperwork each year. We know they can be time-consuming, but the detail you provide allows us to provide the best care possible for your child. Please devote the proper time and attention to filling them out accurately in preparation for each summer. A lot changes in a year, and the only way we can be fully prepared for your camper is to have the most up-to-date paperwork. We thank you in advance for taking the time to fill out each form thoroughly.

Full Disclosure

When completing your camper forms, please err on the side of oversharing. Sometimes parents hesitate to share information about their child's behavior or past experiences, out of fear the information may be used to label their child. We understand parents want their child to have a fresh start at camp. Knowing about a learning difficulty, ADHD, social challenges, a death, or a family change makes a big difference in helping us to be sensitive to your child's needs. Information is confidential, and our only goal is to better understand your child, and make the most of their Kingswood experience.

Deadlines

Forms are due by April 15 and are required for each camper. Please note, if you are experiencing difficulties or delays in completing your forms please simply email info@campkingswood.org requesting assistance or an extension. Campers are not allowed on the bus with incomplete forms.

Accessing Forms

Forms live in your [CampInTouch account](#). CampinTouch is the same platform you used to register for camp.

TO ACCESS AND SUBMIT ONLINE FORMS:

1. Go to kingswood.campintouch.com or use the Companion app.
2. Log in with the same username and password used to register.
3. Click on "Forms and Documents."
4. Click on the name of the form you wish to fill out.
5. Form links turn green when successfully completed.

Completing Forms

There are two types of forms in CampinTouch. You will see a computer image next to forms that can be completed online. You will see a down-pointing arrow next to forms that require you to download and print the forms to complete by hand and then upload. To upload forms, log into your CampInTouch Account, select Forms and Documents from the dashboard, and select the up-pointing arrow on the form you wish to upload.

Please note that our Camper Code of Conduct and Family Handbook Acknowledgement require your camper to review and sign these forms.



This year we are introducing an Additional Options form. This form allows families to opt-in to add-ons that will enhance their camper experience. These include renting linens & towels, scheduling therapy calls with their home therapists and B'nei Mitzvah tutoring. This form only needs to be completed if you are interested in partaking in any additional options.

A licensed medical professional signature is required on the physical exam and immunization form as well as the approval for carrying self-administered medications. These forms must be completed by a licensed medical professional and signed by them within the last 12 months.

Forms requiring a doctor's signature and forms to print and fill out by hand can be scanned with your phone in the Companion app, or uploaded directly from a computer in your CampinTouch account, or scanned and emailed to info@campkingswood.org, subject line "Camper Forms," or mailed to:

Camper Forms
Camp Kingswood
104 Wildwood Road
Bridgton ME 04009

If you need to make edits to any form after submission just reach out to us at info@campkingswood.org and we will assist you with making changes.

Forms Checklist

All forms are required to be submitted by April 15 either by upload to your CampInTouch Account, mail, or email. You can view the forms checklist and the way in which they are to be submitted in our Appendix on page 37.

Camp Life

This section explores everything you need to know about living at camp.

Daily Schedule

SUNDAY - FRIDAY

7:30	Wake Up
8:00	Flag
8:10	Breakfast
9:00	Cabin Clean Up
9:30	First Period
10:40	Second Period
11:50	Third Period
1:00	Lunch
2:00	Rest Hour
3:00	Fourth Period
3:50	Snack
4:00	Fifth Period
5:00	Shower Hour
6:00	Flag
6:15	Dinner
7:00	Chofesh - Free Time
7:45	Evening Program
9:00	Olim Bedtime
9:30	Tsofim Bedtime
10:00	Bogrim Bedtime
10:30	Chalutzim Bedtime

SATURDAY

8:00	Big Swim
9:00 - 10:00	Rolling Breakfast
10:15	Morning Shabbat Services
11:00	Unit Meetings
12:00	All-Camp Clean Up
1:00	Lunch
2:00	Rest Hour
3:00	Special Program Choices (sports tournaments, free swim, play rehearsal, etc.)
5:00	Shower Hour
6:00	Dinner
7:00	Chofesh - Free Time
7:45	Havdallah
8:30	Evening Program
9:00	Olim Bedtime
9:30	Tsofim Bedtime
10:00	Bogrim Bedtime
10:30	Chalutzim Bedtime

Regular schedule variations: Late Wake Ups are 1x/wk with an hour sleep-in and no cabin clean up. Friday's activity periods are shortened before we slow things down as we enter Shabbat.



Activities

Each day, campers experience a combination of bunk activities and electives. Bunk activities are pre-assigned, giving campers an opportunity to experience everything at camp as a bunk. This exposes campers to lots of different activities while strengthening the bonds and friendships within the bunk group — their core “family” at camp. Electives are selected individually each week, and they are a chance for campers to delve deeper into activities to improve skills, work on more complex projects, or specialize in a new interest. Campers can repeat electives space-permitting, so if a camper wants to become a rock star by taking guitar lessons all summer long, they can!

Birthdays

Birthdays at camp are the best! Campers' birthdays are celebrated all day long, with a special birthday cake for their bunk served at a meal and the whole camp singing to them while they 'skip around the room.' We are happy to make birthday cakes according to any specific dietary needs or allergies. Campers with birthdays during their camp session are permitted to have a birthday phone call home and to receive a birthday package, as an exception to our package policy.

The office staff will reach out to you at least 24 hours in advance to schedule the call, but you're welcome to be in touch prior to that time to schedule at your convenience. We're happy to include siblings on a camper's birthday call, but will not extend that invitation without your request. Please note calls take place during downtime so campers don't miss activities for the call.

To send a birthday package, please send the office staff a note to info@campkingswood.org with what you are sending, its anticipated arrival date and any instructions. Packages should be addressed to "Camper Name - Birthday Package." Please allow for more than enough delivery time so the package arrives in advance of the camper's birthday.

B'nei Mitzvah Tutoring

B'nei Mitzvah tutoring is offered to any child whose Bar/Bat Mitzvah is within six months of camp for a fee. Families have the option of being tutored at camp or to continue to be tutored by their home tutor remotely over the summer. Unless otherwise indicated, campers will receive three sessions of tutoring over a 3.5 week session. In camp tutoring is \$200 and the set-up service for remote tutoring is \$100. Payments will be automatically added to your financial ledger and charged on May 15.

To take advantage of either service, you will need to complete the additional options form as well as submit the B'nei Mitzvah Tutoring form in CampinTouch by April 15. Please send all materials with your child, and email copies to info@campkingswood.org by May 15.

Camp Gear

Every camper receives one Camp Kingswood t-shirt at camp and is required for trips out of camp in public places. Lots of other Kingswood gear is available for purchase both at camp at Canteen and at the online camp store. Visit our [online store](#) to find Kingswood clothing and gear for your whole family. You are invited to order camp swag to be delivered to your camper at camp in lieu of sending packages. You can find most items on the camp packing list there too, including great camp duffel bags.

Canteen

Twice a week, campers visit Canteen, where they choose their own special snack (included in the cost of camp) and can purchase games, forgotten toiletries, and seriously cool camp gear. While our online camp store is open all year, every summer we introduce new camp gear only available at Canteen. We stock sunscreen, toothpaste, toothbrushes, postcards, stamps, and other essential items campers can purchase if they forget or run out.

We recommend families provide campers with at least \$60 for a 3.5-week session and \$35 for a 2-week session for Canteen. Families choose their desired canteen amount and the method they want to pay for it on the Canteen Spending Form. All initial canteen funds will be added to your financial ledger and charged on May 15. After the initial deposit which camp charges on May 15, families can then log in to their [CampinTouch](#) or Companion App to add money to their campers' Canteen balance. At the end of the summer, any remaining balance will go toward our Kingswood Camper Scholarship Fund. If you would prefer to request a refund of the unspent balance, please contact us in writing by August 15, 2025.

Food

Good food can make or break a camper's experience, and knowing this, we take food VERY seriously! We work with our awesome food service directors to create menus that are delicious, kid-friendly, healthy, and plentiful. Every meal comes with lots of options, including a full salad bar with choices of proteins and rotating sides and salads. One member of our chef team is solely devoted to special dietary needs and food allergies, making sure our alternative meals are just as tasty and varied as the featured meal. Our team takes pride in making most meals from scratch, and campers working in the garden drop off veggies and herbs to incorporate into

recipes. Bet you didn't know we were farm-to-table! ;-)

Please do not send your camper with any food, snacks, or candy. Food in the bunks, no matter how tightly sealed, will inevitably lead to bugs and critters in the cabins. More importantly, we cannot have a camper unknowingly exposed to a food they could be allergic to. Counselors are instructed to confiscate and dispose of any food sent to camp. Sneaking in food puts counselors in the position of policing, and that doesn't make camp fun for anyone. We have plenty of opportunities throughout the session to eat special snacks, treats, and candy (see above section — Canteen!)

Jewish Life at Camp

Camp Kingswood offers campers the opportunity to experience the warmth and joy of living as part of a vibrant Jewish community. We integrate positive Jewish identity development, Jewish values, and a connection to the land and culture of Israel into our camp experience. We do this through experiential programming, music, keeping Kosher, community rituals like Friday night candle lighting, and the integration of Jewish themes and content in activities, like cooking, art, and nature. Shabbat, in particular, is a beautiful, almost magical experience at camp, with campers each having a turn to take part in leading Shabbat services.

Kingswood is a place where anyone, regardless of their background, will feel welcome and encouraged to explore their spirituality.



Laundry

Laundry service is provided for all campers, and laundry bags are provided. Laundry is sent out weekly, and comes back two days later washed and dried. Campers are reminded when to drop-off and pick-up their laundry bags, and counselors help younger campers through the process of putting their clothes away in their cubbies. Campers should bring a laundry bag from home so they have one to use while clothes are being laundered.

The laundry service we use specializes in camps and schools, and has video cameras monitoring their laundry process. When a camper reports an item to be lost or damaged, we contact the company, and they research the issue. Sometimes, when a camper is missing an item, they've lent it to a friend or it's under their bed. :-) When a missing item is investigated and the laundry service is responsible, they will issue a check directly to the family.

Lost & Found

We make every effort to help campers keep track of their belongings, but items still get lost. We recommend labeling everything with a laundry-safe permanent marker or with iron-on labels (see Clothing section above). When items are clearly labeled we can easily get them back to their owners. Once camp ends, we will email families to let them know a labeled item was left, and the family will be responsible for paying to have the forgotten items returned. Please email info@campkingswood.org if you are missing items after camps. All unclaimed items will be collected, saved and donated on August 22, 2025. Camp Kingswood does not assume responsibility for lost or damaged items.

Overnights & Trips

Each unit has one overnight during each 3.5 week session. Staffed by a trained trip leader, overnights are an opportunity for campers to experience the fun of sleeping under the stars, cooking over a fire, and relaxing in a tent. Olim bunks camp in our Kingswood woods, but leave camp during the day for an off-site hiking adventure to introduce them to the Maine wilderness. The other units take advantage of our breathtaking New England surroundings to explore the mountains and lakes in Maine and New Hampshire. Chalutzim campers take their adventure further with a multi-day trip each session.



Please note: Two-weekers may or may not be at camp for their unit's overnight.

In addition to the overnight, we take the entire camp on a field trip to Fun Town Splash Town USA, a waterpark and amusement park, once during each 3.5 week session. Chalutzim campers have additional out-of-camp programs to give back to the local community, explore Maine, and have fun!

Swimming

Camp Kingswood is a waterfront camp, with many activities offered on and around the water. We are located on the shores of Woods Pond, which is actually a 500-acre giant lake. Our swimming program is based at our Swim Dock, which has a shallow section within the docks ("The Crib") and an AquaPark in the deep area, with a water trampoline, a giant slide, an "iceberg" climbing tower, and a water obstacle course. All

boating activities require a life vest.

Upon arrival, all campers and staff take a swim check to assess swim ability. If a camper doesn't pass the swim check, our trained swim instructors can work with them individually to help improve their swimming skills. Life vests are available for swimmers who need or want, pending ability.



Parents of 2nd-5th grade Olim campers can opt in to daily swim instruction for their camper by completing the family questionnaire.

All campers have a daily Waterfront period where they can swim, play on the inflatables, or hang out on the grass by the water (Nine Square and GaGa are favorite waterfront hangout pastimes!)

A wide variety of swimming electives are offered each week by our experienced and dynamic swim instructors. Some past favorites have included snorkeling, lap swimming, junior lifeguarding, swim team, and diving. Avid swimmers love to compete in Inter-Camp Swim Meets and the Kingswood Color War Water Regatta. A long-standing Kingswood tradition is the Big Swim, where campers wake up early on Saturday mornings to complete a distance swim across the lake.

Trip Money

Trip money is spending money sent with campers to camp and turned in on the first day to bus staff. This money is used for purchasing snacks and souvenirs when we go on out-of-camp trips. The amount of trip money provided is at your discretion but we recommend the following amounts for a 3.5-week session:

Olim: \$20
Tsofim: \$30
Bogrim: \$40
Chaluztim: \$50
CITS: \$50



To send trip money, please put your desired amount of cash in a sealed envelope with the camper's first and last name and total amount written on the front. Place the envelope in your camper's backpack to be turned in upon check-in at the bus site or upon greeting a staff member in the airport. Envelopes will be collected and stored in the office safe when not in use. Envelopes will be distributed and

collected by Unit Heads at the start and end of trips. Unspent trip money will be returned to campers upon departure. Parents will specify on the canteen and trip money form the amount of money they are sending and whether their camper will manage their own funds or if they prefer the camp to handle it.

Please note: Campers without trip money at the start of camp will not be given money from camp or their canteen accounts.

Visiting Day

Visiting Day is Saturday, July 19, only for the families of our Full Summer campers. Families are invited to spend part of the day with their camper(s) in Bridgton and part of the day at camp. A Visiting Day schedule and details will be shared separately with our Full Summer families. For parents not able to be in-person, you can authorize them to leave with a friend or our staff will make sure your campers have a great day, and we'll share instructions prior to camp to schedule a Virtual Visit instead.



Families of our Full Summer campers are invited to join us for a very special Intersession Shabbat on Friday night. More details will be shared separately with our Full Summer families.

Visitors

Visitors are only allowed at Camp Kingswood with prior approval from a director. Visitors in camp without permission are trespassing.

Gratuities

Our staff work tirelessly to create the magic of camp, and we know they play a special role in the lives of our campers. We love that families want to show gratitude to our counselors for their hard work, and we invite you to make a donation in their honor to our Staff Enrichment Fund, which goes directly to fund staff programming, training, and special events. Kingswood staff are not permitted to accept gratuities, as this contradicts our values and sends the message to staff that campers from families without the means to tip deserve less attention and love. We want our staff to feel equally appreciated, and our campers to feel equally supported.

When parents write notes of gratitude we share those letters with the entire staff, including shout-outs to individuals. This is a great way for staff to feel recognized and appreciated!



Mini-Camp

Introduced in 2024, we're excited to officially launch Mini-Camp, a 2-night taste of camp for rising 1st-5th graders. In this trial program campers get to explore the best of what Kingswood has to offer—living in a bunk, choosing electives, swimming in the lake, eating in the dining hall, and a bonfire under the stars. In this intimate program, campers learn how to adjust to communal living with individual support and guidance from staff.

While most Kingswood policies extend to Mini-Camp, here are the Mini-Camp specific policies:

1. Mini-Camp buses will depart from JCDS and Portland, following the schedules and locations on page 32. Pick up at camp is also an option on August 15.
2. Mini-Camp families do not pay into Canteen or send trip money. They are not eligible for additional options such as tutoring, therapy calls or linen rentals.
3. Mini-Camp does not leave Camp Kingswood.
4. Mini-Camp families do not use CampMeds. Families send medications in the original bottles, and are required to submit all medical forms.
5. Families who attend Mini-Camp will receive a modified packing list and should pack in one duffle bag which will be tagged with your camper's name at drop-off.



Communication

CampInTouch & Companion App



As a gift to our families, we cover the cost for every family to have access to Companion, the app version of CampInTouch. Everything you need to access as a camp parent before and during camp lives there. To access your account from a computer, visit kingswood.campintouch.com. To access your account from your phone, download the Companion app. When prompted, log in with your CampInTouch details and upload a picture of your camper. The app will use facial recognition software to bring photos of your camper to the top of your feed every day during camp. More detailed instructions are provided in the app.

Each parent requires their own individual account, and your login is your email address. If you don't remember your log-in details, click on "Retrieve/Set Password" and follow the instructions to reset your password.

GUEST ACCOUNTS

You can add guest accounts in CampInTouch for friends and family so they can also view photos and videos and send emails to your campers.

Sending & Receiving Mail

Please write to your camper(s) often! Campers love to receive mail, especially in an envelope with a stamp! The US postal service in Bridgton takes a few days, so please allow plenty of time for snail mail letters to come in and out of camp! Campers are required to send a letter to their home address every Sunday and Wednesday (we check!). Campers can send an email as their Letter Writing Day letter home, as long as it's addressed to a parent or guardian.

Incoming: Many parents write their first letter before the camper leaves home, so it's received in the first days of camp. Mail is distributed every day at Rest Hour except Saturdays.

To send a letter to your camper, please send it to:

Your child's full name
Camp Kingswood
104 Wildwood Road
Bridgton, ME 04009



Outgoing: Campers are encouraged to write letters during Rest Hour and other down times. Please send stamps, stationery, and pens with your camper, but if they run out, we sell these items in Canteen. To make letter-writing as easy as possible for your camper, please consider sending pre-addressed envelopes, or print labels for them to bring. You can include one sheet of labels with the camp return address, and another with multiple labels for family and friends. These can be kept in a folder with stamps, and maybe even a few fill-in letters for younger campers!

Sending & Receiving E-mail

As an alternative to sending letters through the U.S. mail, we offer families the service of emailing back and forth with campers, using CampInTouch or Companion. With the exception of Saturdays, every day we print emails at 11 am to distribute with the mail at Rest Hour. Each email sent costs one 'CampStamp' which is the equivalent of \$1, but Kingswood offers complimentary unlimited camper emails home. CampStamp packages rollover from year-to-year and can be purchased directly through your [CampInTouch account](#).

When you send an email through this system, you can check a box to have a blank page of coded stationery printed and stapled to your camper's email for them to write you back. They write you on this page and our office staff scans it and sends it to you as an email. We scan camper emails to be emailed home around 3 pm.

We recommend pre-printing a set of these blank coded pages, called 'Letter Stacks' from your CampInTouch account to send with your camper to camp. The Camp Office will print more if they let their counselor know they ran out. Letter stacks are the only way campers can email. Please also still send physical letters through the mail, because really, nothing beats the feeling of getting a real-life envelope from home!

Note: Please contact info@campkingswood.org to discuss an alternate way to send non-English letters. The CampInTouch system only supports English characters, so e-mails in Hebrew, Russian or another language using non-English characters will show up as garbled in the email.

No-Package Policy

Camp Kingswood does not deliver packages to campers. Campers may only receive flat envelopes, but no boxes or padded packages. Items such as photographs and magazines can fit in a flat envelope, but larger items and boxes will be returned to the sender at your expense. Please make sure to share this with any friends or family - especially grandparents! - who may want to send a package to camp this summer.

Exceptions are made only for forgotten items with prior approval from the camp office and for birthday packages. If you need to send a lost item to a camper, please send an email first to info@campkingswood.org, with "Camper Full Name Forgotten or Lost Item Package" in the subject line. We'll know to look out for it, and we will make sure to get it to your camper as soon as it arrives. Otherwise, we may inadvertently send it back to you.

Please see the 'Birthday Section' on page 15 for more details about birthday packages.



Phone Calls/Phones

Please explain to your camper that they will not have access to phones while at camp, and that instead there will be friendly and trustworthy counselors to talk to in camp. Campers are generally not allowed on the phone unless there is an emergency or it's their birthday.

In the weeks leading up to camp, every camper will receive a welcome call from their unit head, providing a chance to ask any last-minute questions. Within the first week of camp, parents of new campers will receive a call from the unit head or a member of our Camper Care team for an update and check-in. From then on, the unit head will be someone you may hear from throughout the summer for basic

day-to-day questions, such as if your camper breaks their glasses or if you call with a general, "How's my camper doing?" question.

During camp, please call the camp office or email info@campkingswood.org with any questions. Our office staff will route your call or email to the appropriate member of our team, and they will get back to you within 24 hours. Our directors and camp staff are not immediately available because they're out in camp. :-) Depending on the nature of your call, it could be returned by a unit head, a director, a nurse, or a camper care specialist. When you request an update on your child's well-being, we're going to want to take some time to observe and collect honest feedback before getting back to you, so thanks in advance for your patience. If there's an urgent matter or emergency, Jodi's cell phone is the emergency line for camp, and you can reach her by text or phone 24/7 while your child is at camp at 347-931-7002.



Photos & Video

We upload pictures every day to CampInTouch to provide a peek into life at Kingswood, and we post a "Top 20" of the daily photos on Facebook and Instagram. We post cabin photos in the first 24 hours of each session so everyone can see their child. We post a number of videos throughout each session, including full viewings of the Musicals and Gym & Dance Shows.

We understand how exciting and reassuring it feels to see your child in photos, but please remember, we're a camp that specializes in taking care of kids, not taking pictures! :) We do our best to capture the excitement of the summer, and most often, parents will see images of their child every few days. Please don't let photos be a measure of your child's happiness at camp! When parents judge their child's

success on whether or not they see them in photos, or if they're in the front or back of the group, or if they're wearing a shirt two days in a row, or if it looks like they're not smiling - it's a slippery slope! Please trust if there's a reason for concern we'll call you. Please also refrain from sending letters requesting (or bribing!) them to "find the photographer and jump in front of the camera!" This makes kids feel bad, and that's the last thing we want when they're at camp.

Kingswood Blog and Social Media

We post to the [Kingswood blog](#) each week, sharing highlights, insights into life at camp, and a summary of what's been going on. The blog is a great way to find out what's been happening to inform your letters to your camper! We also post on [Facebook](#), [Instagram](#), and [YouTube](#) throughout the summer, and invite you to follow us online.

Health and Wellness

While most campers stay healthy throughout the summer, occasionally campers become ill or injured at camp. When that happens, they're in great hands with our Health Center team! Our Health Center is staffed 24/7 by experienced nurses, and our team of camp doctors are available around the clock to consult and advise.

Illness and Emergency

Treatment at the Health Center in 2025 will be based on our Camp Kingswood Standing Orders (detailed standardized and approved treatment protocols for ailments, injuries, and illnesses) which are reviewed and approved annually by our overseeing doctor. This results in quality and consistency of medical care.

You WILL be notified if:

Your child spends the night in the Health Center, needs to be taken to an out-of-camp doctor, emergency room or clinic, or has been prescribed any type of medication. In these situations, your insurance is the primary insurance provided. We provide camper medical insurance that can be applied in tandem with your family's insurance plan for coverage.



You will NOT be notified if:

Your child spends less than 24 hours in the Health Center, or if your child has a headache, minor cuts or bruises, insect bites, sore throats or upset stomachs. While we won't notify you in these situations, if you have any reason for concern or want to check in with our nurses about something your child shares in a letter home, we welcome parent outreach to check in.

Forms

The Physical Exam and Immunization Form is available in your CampinTouch account to print. A physician is required to complete and sign the form to be uploaded by April 15. If your child can carry and administer their own emergency medications, your physician must also sign that form. **The State of Maine requires a current medical form be completed within the calendar year from the first day of camp.**

The Health History Form is an online form filled out by parents attesting to the complete medical history of the camper.

Medications

The State of Maine has strict ordinances in place about what summer camp nurses can and cannot do in regards to children's prescription medications. For this reason, we are required to partner with a pre-packaged medication service, even though we understand this adds an additional and annoying step for our families. Because this is required by law, we cannot ask our nurses to break the law by making an exception for your child. Using a service like CampMeds allows our nurses to dispense medications safely and quickly, minimizing the time campers need to wait in line, which allows them to return to their camp day faster.

Medications are dispensed 4 times a day at camp. After breakfast, after lunch, after dinner and after evening program. If your camper requires medications to be taken at different times, please reach out to us to let us know.

CampMeds

All prescription medications over the counter medications taken daily must come through **CampMeds**. The ONLY exceptions are: epi-pens/Auvi-Q or other injectable medications, rescue inhalers, nasal inhalers (Flonase), birth control pills, Accutane, topical creams, eye drops, and any short-term antibiotic (started within the week prior to camp) which will be accepted on opening day.

The one-time CampMeds registration fees are now tiered based on when families



register for CampMeds. **We encourage ALL families whose campers take medications to register through CampMeds at www.campmeds.com by February 28 to take advantage of the lowest cost registration fee of \$65.** Families who register for CampMeds between March and May 15 will have a one-time registration fee of \$85, and after May 15, the fee rises to \$105. We apologize this was a CampMeds change.

Prescriptions are not required at the time of registration but must be submitted 30 days prior to your camper's first day of camp (**May 25 for Session I and June 20 for Session II**). No prescriptions will be accepted by CampMeds within 15 days of the first day of your camp session. Please be sure to have your doctor sign off on all prescriptions and OTC medications, and let us know of any last-minute changes in writing. Medication lists can be updated after registration if needed. Medications won't be processed through insurance until the first day of camp.

Non-compliance with this policy will result in a \$200/medication penalty and campers being unable to receive their meds in a timely fashion upon the start of camp.

If you are encountering difficulties with CampMeds or have questions about using it, please contact info@campkingswood.org to discuss.

No Drug-Free Vacations

Occasionally, parents choose to discontinue medications for their child while they're at camp. The thinking is that if camp is a more relaxed environment than the structure of school, it's a good time for a break. In our experience, the opposite is true. While many children with behavioral challenges or attention difficulties thrive at camp, campers need their skills such as impulse control and focus just like at school, and not having the tools they rely on can put campers at a deficit, impacting their ability to make friends, follow directions, and participate successfully in communal cabin life.

Consult your child's physician prior to any medication changes for the summer. If there has been a change in medication within three months of attending camp, please make us aware of these changes so we can work collaboratively in support of your child's successful camp experience.

Eye Care

If your child wears glasses they are required to come to camp with a second pair. Glasses are sometimes broken or misplaced at camp, and even a day without

glasses at camp can feel isolating and scary for a camper. If your child wears contact lenses, please send them with extra lenses and cleaning solution.

Orthodontics

We are equipped at camp to handle minor repairs to braces. Should emergency attention be needed, we will bring your child to a local orthodontist unless we're instructed otherwise on your child's medical form.

Lice

Please check your child's head for lice in the days leading up to camp and treat, to be sure your child is completely lice-free before camp. All campers and staff are checked for lice upon arrival. Any children found with lice will be treated by professionals, with the family billed for the cost of treatment.

Bedwetting

Each child develops at their own pace, and for some campers, bedwetting can be a challenge, regardless of their age. We understand this can be a source of embarrassment for some campers, and we handle bedwetting sensitively and confidentially, with an individualized proactive plan that allows campers to feel empowered and comfortable while at camp. If you anticipate that your child will wet their bed while at camp, please be in touch so we can make a plan with you and your child.

Food Allergies and Dietary Needs

We make every attempt to accommodate campers with a range of food allergies and dietary needs, and one member of our chef team is solely dedicated to special meals and dietary accommodations. We are a nut-aware camp, and we do not cook with nuts or use nut products. We do not serve food in the dining hall that is processed in a facility that uses nuts or that contains nuts.

If your child is coming to camp with a life-threatening allergy, we require that they come to camp with two Epi Pens – one to keep on themselves or for the counselor to hold, and one to remain in the Health Center. Please be explicit in communicating the details of your child's allergy, even if you think we already know about it. If their allergy is food-related, we invite you to schedule a meeting with our food service directors so we can be best prepared to meet your camper's needs upon arrival.

Mental, Emotional and Social Health

Camp Kingswood employs a team of mental health professionals who live at camp 24/7 and who are responsible for ensuring the mental, emotional, and social health of our camp community. The camper care team works with our counselors and unit heads to support the emotional, psychological, and social needs of campers, helping them thrive while at camp. They work under the direct supervision of owner and camp director Jodi Sperling and associate director Joelle Kelenson, who are both social workers themselves.

Some children may meet with a camper care specialist during their session if we think it could help them have a more successful camp experience, or if a camper makes the request. If your child sees a mental health professional at home, it's helpful for us to know the reasons for treatment, medications used, and to have the name and phone number of the treating therapist. Since COVID, we have had a few requests from parents asking for their child to continue seeing a home therapist while at camp. If you have discussed this with your child's therapist and think this could be in the best interest of your child, please reach out to discuss this with us. There is an opportunity to provide camp with these details when filling out the Family Questionnaire. Privacy will be strictly maintained by Camp Kingswood, and this information will only be shared with the appropriate staff to ensure your child's safety and success at camp.

Camp Kingswood allows campers to connect with their home therapist on an as-needed basis, based on what is needed for the camper to be successful. Families who are interested in using this option should indicate that on the Family Questionnaire and complete the additional options form. Setting up digital connections to your home therapist will be \$100 and will appear on your financial ledger with payment due by May 15.



Transportation

At Camp Kingswood, all campers arrive on buses. We have found this to be the best way for campers to arrive - starting the journey with their peers, having already gone through the emotions of separation from parents. When buses pull into camp, our staff are cheering and jumping up and down with excitement, greeting them together and bringing them as a group to their first unit meeting, where they find out their bunk assignments and meet their counselors.

There are several options for campers to get to and from camp. Bus service is provided from the New York, Boston, and Portland areas. Our primary drop-off location is the Jewish Community Day School in Watertown, MA. From there, campers ride on buses by age-group, meeting other kids and counselors from their unit before arriving to camp. From all other departure locations, campers will ride to camp on one bus with campers of mixed grades. Families who live beyond a bus location can choose to fly their campers to camp either with a parent or as an unaccompanied minor, or on a chaperoned flight from Florida (not offered for the end of 2-week sessions). Staff will be at all bus sites and airports to greet campers upon arrival. Please note, while we welcome parents to come at the end of a 3.5- or 7-week session to pick up their campers, there is not an option to drop-off campers at the start of the session.

There is a \$200 round-trip transportation fee for all campers that will be added to your balance in your CampInTouch account in time for the March payment date. This transportation fee includes all busing during the camp session, and is the same charge regardless of whether a camper flies, drives, or is picked up at camp. Please complete the Camper Transportation Form available in your CampInTouch account by April 15.

At the end of the session, campers can take the bus to one of the designated bus sites in the Boston, Portland or New York areas, or they can take the bus to the airport, where they will be escorted by our staff who will wait with them at their gates. At the end of each 3.5-week session, you also have the option to pick up from camp. Campers will only be released to a parent or guardian with whom camp has had previous contact. If a family requires pick-up by a different adult, the request must be made in advance, in writing. Prior approval with photo ID is required one week before the pick-up date.

Arrival Days: June 25 and July 20, 2025

BY BUS

Arrival to the Boston bus drop-off location is **25-40 minutes prior** to departure, and includes waiting in your car while our staff load your campers' luggage onto our luggage truck before you park and sign-in.

Arrival to Portland and New York bus drop-off locations is **15-30 minutes** prior to bus departure.

Boston
(2.5 - 3 hours from camp)

Buses pull out at 10am

Location

Jewish Community Day School
57 Stanley Avenue
Watertown, MA 02472

Portland
(1 hour from camp)

Buses pull out at 12pm

Location

Congregation Bet Ha'am
81 Westbrook Street
South Portland, ME 04106

New York
(5.5 - 6 hours from camp)

Buses pull out at 7am

Location

Showcase Cinema de Lux
Cross County
2 South Drive
Yonkers, NY 10704

BY PLANE

Please do not book any plane tickets outside of these time windows without speaking with us first. We're happy to help figure out the logistics of getting to and from camp. If a camper's flight is booked without consultation and requires a ride to an airport at a different time, the family will be responsible for the expense.

PORTLAND

Campers flying into Portland should land close to but no later than 12 pm at the Portland International Jetport (PWM - please make sure not to book to Portland, Oregon!). Our staff will greet campers as they come off their flights, help them with luggage, and take them to camp directly.

BOSTON

Campers flying into Boston should land close to but no later than 10:30 am. Unaccompanied campers will be greeted by camp staff at their gates, and everyone will gather at a designated meeting spot, selected based on the flights and terminals of the campers flying.

FLORIDA

Campers flying from the Miami/Fort Lauderdale area have the option of joining a chaperoned flight from camp. To join the group flying together, please book a ticket for your camper on the following flights:

On both June 25 and July 20, 2025

JetBlue flight B6 690 departing FLL at 6:30am, arrive to BOS at 9:46am



Departure Days: July 8, 18, and August 3 and 11, 2025

BY BUS

Please arrive at the bus site locations 15 minutes prior to arrival times.

Boston
(2.5 - 3 hours from camp)
Buses arrive at 12pm

Location
Jewish Community Day School
57 Stanley Avenue
Watertown, MA 02472

Portland
(1 hour from camp)
Buses arrive at 10:30am

Location
Congregation Bet Ha'am
81 Westbrook Street
South Portland, ME 04106

New York (only July 18 and
August 11)
(5.5 - 6 hours from camp)
Buses arrive at 4pm

Location
Showcase Cinema de Lux
Cross County
2 South Drive
Yonkers, NY 10704

BY PLANE

PORTLAND

The bus will arrive at the Portland International Jetport at 10 am. Please book flights that depart between 11:30 am and 2:30 pm. Campers will be with camp staff until they are checked in and greeted by a parent or an airline agent for unaccompanied minors.

BOSTON

The bus will arrive at Logan International Airport at 11:30 am. Please book flights that depart between 1:30 pm and 3:30 pm.

FLORIDA

Campers flying to the Miami/Fort Lauderdale area have the option of joining a chaperoned flight from camp. To join the group flying together, please book a ticket for your camper on the following flights:

On both July 18 and August 11, 2025

Delta Airlines 2196 departing BOS at 3:30pm, arrive to FLL at 7:04pm

Please note that there is **not** a chaperoned flight option on July 8th and August 3rd.

PICK-UP AT CAMP

Families who wish to pick up at camp on July 18 or August 11 should arrive to camp between 9:30am and 9:45am. You will be greeted by staff and directed where to park to gather luggage and greet your campers. This is not an option at the end of the 2-week sessions.

The Kingswood & Family Partnership

At Camp Kingswood, we cherish our relationships with our camp families, and we consider you part of our Kingswood family for life. Because of this, we invest deeply in these relationships, working in partnership to solve challenges, celebrate camper successes, and be available for any questions or conversations during the summer and throughout the year. On a very rare occasion, there could be a time when we determine we have reached an impasse with a parent, such that it undermines our ability to work effectively with the family. Should this occur, we reserve the right to ask for a child to be picked up at camp without a refund.

Please show your child that you support and understand our policies and practices. If there's something that doesn't make sense to you, please be in touch so we can talk further to provide the philosophy and reasoning behind our very intentional ways of doing things at Camp Kingswood!

Overnight camp has a powerful life-changing impact for so many reasons, but one of the most valuable is the lessons kids gain about being a part of a community. At Kingswood, communal living teaches kids to care about others, to value and tolerate differences, and to treat others with respect. Navigating differences promotes teamwork and problem-solving, and helps kids to be empathetic friends. At camp, it is important that we all operate according to the same expectations so we can all live together and treat others in a way that feels good and safe for everyone.

Please review our Code of Conduct with your camper here, or find it in CampInTouch. A copy of the Camper Code of Conduct signed by a parent/guardian and by the camper is due by April 15.

Camper Code of Conduct

PARENTS, PLEASE READ THIS SECTION WITH YOUR CAMPER.

We encourage campers and staff to respect themselves and others, our camp and facilities, and our earth and environment. Camp Kingswood is committed to providing a safe camp environment in which relationships are characterized by dignity, respect, and fair treatment. Any behavior in violation of the following policies or practices will be discussed with the campers and parents, and will result in an early termination of the camper's session.

BULLYING

Our definition of bullying is unwanted, aggressive, repeated behavior involving a real

or perceived power imbalance. Campers must not bully, threaten, or intimidate other campers or staff. This behavior is not tolerated, and stands in contradiction to the values of Camp Kingswood.

APPROPRIATE BEHAVIOR

To demonstrate respect for others and ourselves, only appropriate language is acceptable, in words and in music choices. Threats or physical violence toward campers or staff members is not permitted. Campers are expected to dress appropriately at camp at all times. This includes wearing the proper attire to activities, such as sneakers to sports, and a bathing suit to swimming. Clothing with lewd or suggestive language or references to alcohol or drugs is prohibited, as is any clothing with messages of hate.

GRAFFITI

Graffiti is not permitted, as it shows disrespect to the property and environment of camp. Throughout the summer there will be director-approved opportunities for campers to leave their mark at camp. Unapproved graffiti will result in a \$50 removal fee per location.

SAFETY

Campers may not possess or use any kind of tobacco products, matches, lighters, fireworks, or open flames for any purpose at camp. Weapons are not permitted at camp or off-site programs. In addition to all assumed weapons, a weapon also includes any items, body parts, or words used in an inappropriate way, which may cause threat, harm, or intimidation to others or yourself. If there is any suspicion that a camper is harming themselves in any way, we reserve the right to send the camper home for their own safety, to receive the attention and supervision required. Possession, consumption, or use of alcohol, illegal drugs, or the illegal use of legal drugs is prohibited at camp. This includes edible marijuana, vape pens, and any drug paraphernalia.

BOUNDARIES

Campers must stay with their assigned group with appropriate supervision. Campers may only leave the campgrounds on supervised trips. Campers must attend all scheduled activities, meals, and programs, unless excused by a staff member, and then only if supervised. Campers must follow the assigned curfew and may not "sneak out" of their cabin. Campers are only allowed in their own cabin and bathroom facilities. Entrance in other camper living spaces is only allowed with staff permission and supervision.

OUT-OF-CAMP TRIPS

As a camp community, it is important to remember that when we are out of camp on field trips and overnights





we are representing Kingswood and should conduct ourselves in a way that makes us proud. This means being respectful, kind, safe, and responsible at all times. We expect campers to be ambassadors of Kingswood and to uphold our values and standards even when off camp property. This includes not engaging in behaviors such as shoplifting, cursing, or any other actions that could reflect poorly on Kingswood. Any campers who are found to be engaging in these behaviors

will be subject to disciplinary action, which may include being sent home. By being mindful of our actions and behavior, we can ensure that we are always upholding the Camp Kingswood values and standards.

YEAR-ROUND ONLINE COMMUNICATION

We support campers' desires to connect with their camp friends virtually, but we ask that it be done in a safe and respectful way. If you reference Camp Kingswood online, another camper or future parent is just as likely to find your content as they are to find the official camp website. In light of this, we require that all campers and parents observe the following guidelines when referring to Camp Kingswood, its programs or activities, or its campers or staff members online. Violation of the Camp Kingswood Year-Round Communication Policy by a camper or a parent, will impact a camper's ability to attend Kingswood in future summers.

Be respectful in all online communications related to or referencing Camp Kingswood or any member of the Camp Kingswood community. Do not use obscenities, profanity, or vulgar language related to Camp Kingswood or any member of the Kingswood community. Do not use the internet to harass, bully, or intimidate other campers or employees of Camp Kingswood. Behaviors that constitute harassment and bullying include, but are not limited to, comments that are derogatory with respect to race, religion, gender, sexual orientation, color, or disability; sexually suggestive, humiliating, or demeaning comments; and threats to stalk, haze, or physically injure another person.



Forms Checklist

The following forms must be completed and uploaded or submitted by email to info@campkingswood.org, subject line "Forms," by April 15, 2025:

To be completed online:

- Family Questionnaire
- Bunk Request Form
- Transportation Form
- Canteen Spending and Trip Money Authorization
- Camper Code of Conduct
- Family Handbook Acknowledgement
- Health History Form
- CampMeds Acknowledgement
- Zohar Questionnaire

Optional forms to be completed online:

- Authorization to Release Information
- Additional Options Form: This form will give you the option to select if you camper would like to rent linens or participate in B'nei Mitzvah Tutoring or schedule calls with their home therapists.
- B'nei Mitzvah Tutoring Form (only if applicable)

To be printed and uploaded upon completion:

- Note To My Counselor
- Physical Health Examination and Immunization Form
- Approval for Carrying and Self-
of Emergency Medication (only if
applicable)

Forms requiring a doctor's signature and forms to print and fill out by hand can be scanned with your phone in the Companion app, or uploaded directly from a computer in your CampinTouch account, or scanned and emailed to info@campkingswood.org, subject line "Camper Full Name - Forms," or mailed to:

Camper Forms
Camp Kingswood
104 Wildwood Road
Bridgton ME 04009

Administration





Packing List

Please note, laundry is done once each week, and is out for two nights, so this list is designed for 10 days. It's just the right amount for 2 or 3.5 weeks!

Luggage

- Please pack in a maximum of two duffel bags, making sure all luggage is securely closed and labeled with your camper's name and city.

General

- 10 - 12 short-sleeve/tanks
- 3 long-sleeve shirts
- 2-3 sweatshirts
- 3 pairs of sweatpants/leggings
- 2 pairs of jeans/long pants
- 5 pairs of shorts
- 2 pairs of sneakers
- 2 nicer outfits for Banquet and Shabbat

Underwear

- 10 pairs of underwear
- 10 pairs of socks
- 3 sets of pajamas (with options for cold or hot nights)

Swimwear

- 3 bathing suits
- 2 - 3 beach towels
- 1 pair of flip flops, sandals or water shoes

Outerwear

- 1 raincoat with hood
- 1 fleece
- 1 pair of rain boots

Outdoor Gear

- 1 sleeping bag
- 1 flashlight or headlamp & batteries
- 1 pair of sneakers or hiking shoes
- 1 hat
- 1 backpack that can be used as a day pack for field trips or carrying around camp (not a rolling case)

Bed & Bath

- 2 sets of sheets (twin-sized)
- 2 pillowcases
- 1 pillow
- 1 - 2 blankets
- 2 - 3 bath towels
- 1 pair of shower sandals
- 1 shower caddy or toiletries kit
- Soap dish and soap / body wash
- Collapsible cup or waterbottle
- Toothbrush
- Toothpaste and floss
- Lotion
- Deodorant or antiperspirant
- Lip balm
- Hair brush
- Hair ties/scrunchies/headbands
- Feminine hygiene products
- 1 - 2 tubes of sunscreen
- 1 can of insect repellent

Other All items are required unless otherwise noted.

- Water bottle (*if campers come without it or lose it, a replacement bottle will be given from Canteen and your account will be charged.*)
- Battery-operated clip-on fan
- Digital Watch - No smart watches
- 1 Laundry Bag (for when camp provided laundry bags go out)
- Stationary and envelopes
- Pens and pencils
- Stamps
- Letter Stacks (printed from your account for your camper to email you)
- Extra pair of glasses/contacts (if your campers wears glasses)
- Musical instruments - *optional*
- Sports equipment (some kids bring baseball mitts, tennis racquets, lacrosse sticks, cleats, etc.) - *optional*
- Stuffed animals - *optional*
- Photos to hang by bed - *optional*
- 1 bandana - *optional*
- Books and games - *optional*
- Music player (see above section for appropriate music players) - *optional*

Camp Map



Camp Kingswood Dictionary

A & C: Arts and Crafts, where you can always find creative, artistic, inspiration, and where all art and ceramic electives take place.

Birkat Hamazon: The blessing after meals that is said after every meal we eat at camp.

Bogrim: Rising 8th and 9th grade unit at cam, it means "graduates" in Hebrew.

Boker Tov: Good morning in Hebrew.

Bowie: Jodi's dog. Named after David Bowie and two Phish songs.

Camping Trip: Every unit has a different camping trip they go on during the summer. The camping trips get more intense as a camper gets older.

Canteen: The camp store where campers can buy snacks, toiletries, and Kingswood swag.

Chalutzim: The Hebrew word for pioneers. Our oldest unit made up of campers going into the 10th and 11th grades.

Chapel: The beautiful outdoor amphitheater where we have Shabbat services.

Chofesh: Everyday after dinner all of camp has free time together on the waterfront. This magical hour while the sun is setting over the lake is the perfect time for some gaga or 9-square, or chilling with friends in hammocks by the docks.

CIT: Counselor-in-Training. This is our rising 11th grade leadership and training program. CITs learn what it's like to be a counselor, work in specialty areas, serve lunch, plan all camp events, and serve as Color War Captains.

Color War: A two-day long program where the entire camp is split into four teams. Highly anticipated every summer, we always have sick themes, epic competitions, and tons of ruach.

Farm: The area up near the Upper Fields where nature activities like farming, outdoor cooking, and wilderness skills happen.

FunTown SplashTown: A super fun amusement and waterpark located one hour from Bridgton. Each session we take a day trip with all of camp and spend the day riding roller coasters, waterslides, and playing games.

Gaga: A mash-up of dodgeball and volleyball, but there aren't any teams, and you play in a pit. Absolute madness. The best game you'll ever play.

Hamotzi: The Jewish prayer over bread that we say before every meal.

Health Center: Where you can find a camp nurse, and where you go if you're injured or sick.

Havdalah: The service that ends Shabbat. This is always a very special time at Camp Kingswood.

Ivrit: The Hebrew word for Hebrew.

Letter Writing Day: On Sundays and Wednesdays during Rest Hour campers are required to write a letter home to their parents.

Lila Tov: Good night in Hebrew.

Lost and Found: You lost it, we found it! Lost and found can be brought to the dining hall or the office. To retrieve your item a silly, 'Hey, that's mine!' is required.

Meds: Short for medications. The nurses give campers their medications at various times in the day (after breakfast, after lunch, after dinner, before bed). Camper's meds are confidential, and information will never be shared with other campers or staff about which campers take what meds.

Mensch: A Yiddish word that basically translates to an all-around good, caring, considerate person who looks out for other people and does the right thing.

New Rec: The rec hall closer to the Girls' Side, this is the building where dance, gymnastics, martial arts, and yoga is based.

OD: The counselors "on duty" every night in each cabin to help if you need anything.

Old Rec: The large rec hall closer to the Boys' Side, this is where most performing arts and music activities and electives happen, as well as some important full camp programs like talent shows, Color War Creativity Night, and the camp

Olim: Our youngest unit at camp, made up of campers going into 2nd, 3rd, 4th, and 5th grades, "Olim" translates to "newcomers" or "immigrants."

Opening/Closing Campfire: The all-camp evening program on the first and last nights of the session. At opening campfire we introduce all the areas and supervisors, and at closing campfire we celebrate campers' years at camp and watch a slideshow of the session. Both campfires feature lots of singing and ruach!

Peaches: Joelle's dog, a sheepdog poodle mix.

Rest Hour: Rest hour is a time for campers to hang out and rest in their bunks, play cards with their friends on their porch, or throw a ball by their cabin.

Ruach: Means spirit in Hebrew, and is one of our camp core values. This is the energy and positive spirit that we have at Camp Kingswood. "Ruach" can also refer to the epic Friday night song sessions in the Old Rec.

Shabbat: Hebrew for "Sabbath." The Jewish day of rest. Shabbat starts Friday night at sundown and ends Saturday at sundown. On Shabbat we have a special schedule with more free time and a late wake up.

Shabbat Walk: Every Friday before dinner everyone assembles at Flag wearing nicer, clean clothes all ready for Shabbat. We walk together to the Chapel while singing Shabbat songs.

Shalom: A traditional Hebrew greeting. Literally translated to mean peace, hello, and goodbye.

Tafkati: The area between the Health Center, the Office, and the Dining Hall. Come to camp to learn to camp to learn what it stands for.

Tsofim: The Hebrew word for "scouts," this is our unit made up of campers going into the 6th and 7th grades.

Unit: This is what we call each age group division.

Upper Fields: The area where most sports programming happens. This area is made up of the soccer field, hockey, tennis, and basketball courts, lacrosse field, baseball diamond and archery range.