



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PREPARING YOUR CHILD FOR THE SUMMER OF THEIR LIFE

A GUIDE FOR  
YMCA CAMP CONISTON  
PARENTS, CAMPER  
AND ALUMNI

## 2019 Information Handbook

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SLEEP-AWAY CAMP  
ADVENTURE CAMP  
SERVICE TRIPS

**YMCA Camp Coniston**

Located in Croydon, NH

# 2019 Session Dates

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## Two Week Sleep-Away Camp

|           |                  |
|-----------|------------------|
| Session 1 | June 23 – July 6 |
| Session 2 | July 7 – July 20 |
| Session 3 | July 21 – Aug 3  |
| Session 4 | Aug 4 – Aug 17   |

## One Week Sleep-Away Camp

|           |                 |
|-----------|-----------------|
| Session 5 | Aug 19 – Aug 24 |
|-----------|-----------------|

## Adventure Camp

|                            |                   |
|----------------------------|-------------------|
| Acadian Odyssey            | June 30 – July 5  |
| Maine Voyager              | July 7 – July 12  |
| Quebec Quest               | July 14 – July 19 |
| Green Mountain Explorer    | July 21 – July 26 |
| Canadian Coastal Excursion | July 21 – July 30 |
| Northern N.E. Explorer     | July 28 – Aug 2   |
| Coastal Navigator          | Aug 4 – Aug 9     |

## Service Trips

|            |                  |
|------------|------------------|
| Service I  | July 5 – July 16 |
| Service II | Aug 2 – Aug 13   |

## CIT Programs

|                  |                   |
|------------------|-------------------|
| East Coast 1 & 2 | June 23 – July 20 |
| West Coast 1 & 2 | June 23 – July 20 |
| East Coast 3 & 4 | July 21 – Aug 17  |
| West Coast 3 & 4 | July 21 – Aug 17  |

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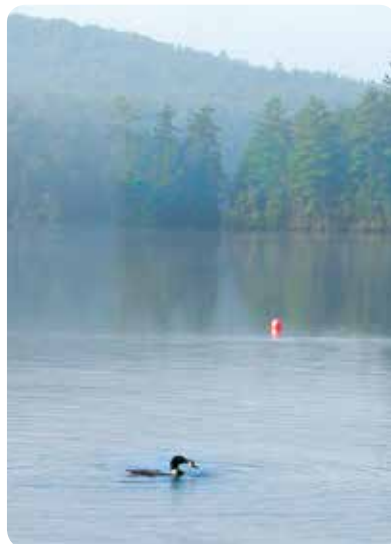


# The Coniston Experience

WHAT MY CHILD CAN EXPECT AT CAMP CONISTON

**T**welve hundred acres of pristine wilderness in the mountains of western New Hampshire are home to YMCA Camp Coniston. Our summer sleep-away camp encompasses a rustic environment nestled along the 3.5 mile shore of the lake from which Camp takes its name. *As a nonprofit social service agency with a focus on youth, our mission is to create experiences that build healthy spirit, mind and body for all.*

Camp is where campers canoe and swim, make fires and friends, try archery and riflery, and explore drama and the arts. But Camp is much more than that. Campers and counselors work together, learn new skills, and build an honest, caring and respectful community where all individuals grow. It is this strong sense of community that translates into an unparalleled loyalty and fondness for Camp Coniston, among counselors and campers alike.



The heart of our programs has much to do with stretching to meet mental and physical challenges, gaining confidence and becoming skilled at teamwork. Our programs incorporate the natural surroundings and require a can-do attitude, cooperation and age-appropriate independence.

Active and successful participation in the sleep-away camp experience at YMCA Camp Coniston entails the ability to independently, safely and cooperatively:

- Live with (i.e. sleep with and create a summer home with) similarly aged and gendered campers in a tent or cabin, and take part in the social and play time of the unit.
- Exhibit suitable behavior without needing more than the usual amount of individual attention.
- Be responsible for personal care, and individual health and safety.
- Follow a varied individual and group activity schedule, and manage free time with minimal supervision.



# The Coniston Experience

— CONTINUED —

- Maneuver rugged and steep terrain and distances between activities that are part of the natural surroundings.
- Enjoy overnight excursions which may require challenging hikes and offer little or no shelter.
- Understand and respond to group instruction for most of the activities offered at Camp.
- Join in group activities that build community, such as singing, campfires, and family-style meals in the dining room.
- Act appropriately in case of an emergency.
- Contribute positively to the overall spirit of the Camp community.

YMCA Camp Coniston endeavors to arrange reasonable accommodations to make Camp accessible while preserving the rustic facilities, natural surroundings and a quality camping experience for all.

*ADOPTED BY THE YMCA CAMP CONISTON BOARD OF DIRECTORS, MARCH 25, 2004. UPDATED BY BOARD ON JUNE 7, 2018.*



## Director's 2¢



**Thank you for choosing YMCA Camp Coniston for your child's camping experience!**

For more than a century, YMCA Camp Coniston has brought quality camping and exceptional learning experiences to kids, staff, parents and alumni from New England, the US, and around the world.

It's a responsibility we at Coniston take seriously, and literally, and we hear it from campers and alumni every day ... their experiences at Camp taught them as much, or more, about themselves than almost anything in their lives.

We are here year-round working to ensure that your child has an extraordinary experience.

**John Tilley**, *Executive Director*



# About YMCA Camp Coniston

## GENERAL INFORMATION ABOUT OUR CAMP

**Y**MCA Camp Coniston is a co-ed sleep-away camp located on Lake Coniston, surrounded by 1200 acres of beautiful protected wilderness. Camp is the perfect place for your child to make friendships that will last a lifetime, as well as learn about themselves and the world around them.

Each two-week camping session, Coniston hosts 388 girls and boys ages 8-15. Our cabin staff ratio of 10 to 2 gives your child the attention they need. The Boy's and Girl's Camps are on separate sides of Lake Coniston, and shared facilities, such as the Dining Hall and the Lodge, are located between.

YMCA Camp Coniston's philosophy is to utilize our numerous programs to provide individual participants the opportunity to be vital in a larger community. Through this group work campers grow individually in confidence, connectedness, and sense of purpose. Our experience shows this process creates young people with tools capable of managing the numerous risks of adolescence.

## Camper Ages & Divisions

While we firmly believe in younger and older children learning together, our camps are divided into three divisions that help ensure your child's experience is age appropriate. Our campers range from age 8 (must be 8 by June 24th) to 15.

- Junior Division .... completed grades 2-4
- Middler Division ... completed grades 5-7
- Senior Division... completed grades 8-10
- One Week Sleep-Away Camp grades 2-6
- Adventure Camp .....ages 12-15



## Camp Activities

Your camper will participate in eight instructional activities, which includes swimming instruction, during a two-week camp session (see *pg 14 for activity choices*.) He/she will select program areas from the Activity Sign-Up form available online, and on check-in day will receive a custom schedule based on program availability.

There are four activity periods a day that are scheduled on a M-W-F and T-Th-Sat rotation. While we do our best to schedule your child for his or her top activity choices, it is sometimes difficult to do so because of enrollment limitations. For this reason, we encourage Campers to try new things and enjoy their experiences!



# About YMCA Camp Coniston

— CONTINUED —

Swimming has been an important part of Camp since we began, and every Camper is required to take swimming lessons as one of their activities each session. A swimming test is given to each Camper on check-in day to determine what level swimming class he/she will be placed in.

Campers are allowed to change schedules after attending the activity at least once to try it. Changes will be allowed depending on class size and availability.

In addition to the instructional activities, your Camper will participate in activities with their respective Camp (Boys or Girls), with their Division (age group), and with their cabin group. YMCA Camp Coniston offers almost two hours of independent “free time” daily for Campers to participate in their favorite activities and socialize with other Campers and staff.

We believe this schedule gives Campers a variety of avenues to make new friends and learn from a diverse group of peers.

## COSTS, CONTRIBUTIONS, & YOUR CAMPER

Many people never consider why Coniston costs what it does. For some, the cost of camp is expensive. Compared to other overnight camps, Coniston is a bargain.

Maybe you knew this, maybe not. The Coniston Board of Directors puts a lot of thought into the price of camp. We thought you might like to know, and know *why*.

First, we do everything we can to hold the price down. We think it is best if as many families as possible can simply afford camp. One of the ways we keep the price down is by not charging the total amount that is spent every year. Last year, we spent \$237 more per camper than we charged. That is \$237 for each of the 1600 campers!

In addition to keeping the price down, camp offers financial assistance and camperships to over 350 of its total participants! This is why we fund raise—to enable this to happen, balance the books, and grow camp!

These strategies literally makes the Coniston Community reflective of the NH communities in which we operate. Having campers from every walk of life is what makes Coniston—well, Coniston. The magic of Coniston is made by the fact that any camper can attend, not just one type. Years of experience show that making certain Coniston is open to *any* camper, makes Coniston better for *every* camper.

We hope you’ll agree and support us by spreading the word, being an vocal advocate, and supporting our efforts at keeping Coniston open to all.

**Our Staff** is comprised of young adults who have completed at least one week of specialized training each year ... most were Coniston campers themselves. Staff are chosen for maturity, commitment to children’s growth and a love of the community. Each session includes 3 registered nurses, a minimum of 70 lifeguards, and more than 80 first aid/CPR certified members.

### Camp is year-round education.

It is not academic, but your child may learn more in two weeks about themselves than in the remainder of the year.



# Before Camp Begins

THINGS YOU NEED TO KNOW  
BEFORE YOUR CHILD APPLIES TO CAMP

## Application & Fees

- **Application** is easy. Simply apply online, and **submit a \$300 non-refundable deposit** (see Cancellation Policy) to Camp for each session (\$600 for two-session campers.) Fees for each program are listed on the application form.
- **Financial Aid is available** please contact the Registrar for more information at [office@coniston.org](mailto:office@coniston.org)
- **Order of Admissions Priority:**
  - Beginning July 1st*, returning Campers (from 2018) and siblings are registered as space allows, upon receipt of their application.
  - On October 16th*, all Wait List Campers from the previous summer who have submitted their application will be admitted as space allows.
  - On October 17th*, New Campers will be admitted as space allows. You are encouraged to submit an application quickly after July 1st, as we register new campers in date-received order.
- **Cancellations made before October 15th** forfeit half their deposit for the session cancelled. **Cancellations made after October 15th** forfeit the entire deposit (this includes dropping from two-session to one). **Cancellations made after February 1st** will forfeit all amounts paid.
- **Cancellations for documented medical reasons** within two weeks of Camp will be given a refund minus the deposit, as long as the spot is filled. No refunds will be given for medical reasons once a camper has checked into Camp for their session.
- **Refunds** are considered only with medical documentation.
- **Payments** must be made in US Dollars.
- **Payment Schedule:**
  1. Deposit is due *upon application*. Deposits can be made online by credit card or by mailing a check. We encourage you to submit the deposit electronically.
  2. 50% of balance is due *on February 1st*. An invoice will be e-mailed to you in January.
  3. Remaining balance is due *on April 15th*. Accounts unpaid on April 15th will be assessed a \$50 late fee and will be subject to cancellation.
- **Dropping from two sessions to one** will lose the \$300 deposit for that session after October 15th. Please keep this in mind when applying.
- **Wait Lists** are active and utilized into June every summer. To sign up, fill in an application online, mail in your deposit, and indicate your preferred session(s). Our registrar will call to verify your interest when a spot opens. Your deposit will not be cashed until that time. In the event you do not get into Camp your check will be returned to you.
- **Returned checks** are charged a \$25 fee.





# Before Camp Begins

— CONTINUED —

## For the Four Week Camper

- **Optional stayover** is offered between sessions 1 & 2 and 3 & 4 only. Stayover fee is \$200, and includes meals, laundry and activities.
- **Laundry** can be sent out between sessions 1 & 2 and 3 & 4 for a \$50 fee. Clothes must be tied in a one-load-size cloth or mesh laundry bag, with camper's name clearly printed on outside.



## Special Needs and Accommodation Policy

YMCA Camp Coniston will provide services to children with disabilities or any special needs in the same manner as services are provided for other children of comparable age. Camp will make reasonable accommodations that do not fundamentally alter the nature of the sleep-away camp experience as described in the "Coniston Experience Statement." Requested accommodations shall be reviewed on a case-by-case basis as outlined in the "Policy and Procedures for Accommodations for Special Needs" (*available upon request*).

## Expectations of Privacy

While your child is at Coniston, Camp management acts *in loco parentis* — this means that we are legally acting as the underage child's parent while they are at Camp.

Because of our close shared living quarters and bath houses within boys and girls Camp, Campers and staff should have limited expectations of privacy. As always, our Camp community expects considerate, respectful, and safe behavior by all as outlined in the Coniston Experience.

### Cabin Mate Requests

There are many factors that go into cabin placement, and every effort is made to honor requests. However, **first year Camper requests are the only ones guaranteed, as long as campers request each other, and are in the same grade.** Only one request per Camper is allowed.

### Camper Forms

You will be able to access and fill out all your Camp forms through your account that you created when you submitted your online application. We will send you an e-mail when the forms are available.



# Before Camp Begins

— CONTINUED —

## Camp Health Policies

- Completed health forms must be signed by your physician **within 1 year prior to Camp**. Medical exams must be no more than two years old. Any camper coming to Camp without properly signed forms will not be allowed to move in. If needed, please attach the epi-pen/inhaler release to the health form. **Completed health forms need to be submitted by April 15th.**
- All Campers with pre-existing conditions such as allergies, chronic ear and/or throat infections, asthma, etc. must bring necessary medication in sufficient quantity for camper's stay. All medication must be properly labeled in its original container with complete doctor's instructions for dispensing. Any medication not properly labeled WILL NOT be administered. Please do not bring vitamins for the campers.
- Campers are responsible for going to the infirmary for their medication if needed outside the normal med call at meal times. Nurses do not deliver medication to Campers.
- Nurses cannot assume responsibility for giving allergy shots. If shots are dispensed during a Camper's stay, an appointment will be made with the local doctor and all charges will be billed to the parent including transportation to and from the doctor.
- Pharmaceutical charges incurred by a Camper while at Camp are the responsibility of the parent.
- Your personal health insurance is the insurance in effect while your child is participating in a Camp program.
- All dental problems, including orthodontic appliances, are the parents' responsibility.
- If a Camper is unable to participate in activities for more than 24 hours due to illness, arrangements will be made for the Camper to return home, **or to the home of the emergency contact.**
- Parents will be notified of serious accident or illness of their Camper.
- Camp Coniston has a pediatrician on call and utilizes New London Hospital. The parent must assume any other medical arrangements desired.



# Two Week Sleep-Away Camp: Check-In

THE WAY TO A SMOOTH CHECK-IN!

## Two Week Sleep-Away Camp: Check-In

### Sunday, Noon – 2 PM

1. To receive a cabin assignment on check-in, your Camper must have the following completed and uploaded to your online Camp In Touch account:
  - Health History and Examination form, with a copy of your health and prescription insurance card (*note: both front and back of card must be copied*).
  - Activity form.
  - Letter to My Cabin Leader form.
  - Payment in full.
2. Check-in: Campers should arrive *between Noon and 2 PM*. Lunch will not be served on check-in day, so please be sure to eat before arriving at Camp.
3. Cabin assignments will be given out *starting at Noon* on check-in day. *Please DO NOT arrive early*: our staff will not be ready for you, and your wait time will only increase.
4. Parking is on the Athletic Field, where you will meet our staff.
5. Swim tests, tours, etc. for all Campers will begin **at 2:30 PM**. *All parents should leave Camp at this time*, so their children can begin making new friends.
6. Anyone with missing health forms will need to meet with the nursing staff in the Infirmary, before they can receive their cabin assignment.
7. Anyone with other missing forms will need to visit the Camp Office, before they can receive their cabin assignment.
8. If you have any medications (prescription and over-the-counter), proceed to the Pavilion *with your child and their medications* for a quick check-in with the nurses regarding dosage. If there is a long line, you may check in at the Health Check Area first. All medications must be in their original containers, with instructions printed on the bottle.
9. Campers who have no medications can proceed directly to the Health Check Area with a parent, for a quick general health and head lice check. Once your camper is cleared at the Health Check Area, he/she will receive a pass to move into their cabin.



# Two Week Sleep-Away Camp: Check-Out

SEE YOU NEXT SUMMER!

## Two Week Sleep-Away Camp: Check-Out

### Saturday, 9 AM – 11 AM

1. Park your car on the Athletic field at the front of Camp.
2. Sign out your child at his/her cabin.
3. Pick up any unused medication at Dining Hall Front Porch.
4. Check all lost and found locations (pavilion, bath houses, cabins).
5. Check your camper's cabin for any gear not delivered to the A- field by truck.
6. Visit the Camp Store, open on check out day.
7. Camp will not send lost and found to campers after the session. Check all locations thoroughly.

## The Coniston Food Drive

### Help Us Help The Community

The Coniston Food Drive occurs on opening and closing days of every session. In past years, members of the Coniston Community donated **over a ton of food** to the Upper Valley Haven and the Kearsarge/Lake Sunapee Food Pantry. Together we can make a difference, at a time of the year when food bank inventories run short. Please contribute!



## Please ... No Dogs!

We understand that your dog is a member of your family.

But because not all dogs like each other, we ask that you leave them home on check-in and check-out days.



# Two Week Sleep-Away Camp

WHAT TO BRING (AND WHAT NOT!)

## Two Week Camp Packing List:

Use this handy checklist to be sure your campers have everything they need when they come to Camp. Remember to pack enough for the entire session, as laundry service is only offered for those staying over between sessions 1 & 2 and 3 & 4.

Luggage is stored underneath the cabins or in a separate shed, so please keep that in mind when packing. We recommend packing in a duffel bag, suitcase, or large storage bin.

### CLOTHING:

- Shorts
- T-Shirts
- Jeans/long pants (2+prs.)
- Sweatshirts/fleece (2+/-)
- Socks
- Underwear
- Pajamas
- Bathrobe
- Light jacket
- Rain coat
- Swim suits (3)  
*(girls one-piece only no tankini, boys no speedos)*

### FOOTWEAR:

- Sneakers (1-2 prs.)
- Sandals/flip flops (2 prs.)
- Rain boots

### BEDDING:

- Sleeping Bag (*for overnight*)
- Set of twin sheets
- Blankets (2)
- Pillow with case

### TOILETRIES:

- Soap
- Shampoo/Conditioner
- Deodorant
- Toothbrush/Toothpaste
- Razors/Shaving Cream
- Hair Brush/Comb
- Bath Towels (3)
- Beach Towels (2)
- Face Cloths
- Shower Bucket
- Cloth/Mesh Laundry Bag

### OTHER IMPORTANT ITEMS:

- Flashlight  
*(with extra batteries)*

- Insect Repellant
- Sunscreen
- Water Bottle
- Stationery,
- Pens & Stamps
- Riding Boots  
*(if needed, 1/4" heel, no hiking boots)*

### OPTIONAL ITEMS:

- Tennis racquet
- Musical instruments
- Camera
- Notebook for journaling
- Books
- Rock from a special place  
*(should be orange to grapefruit size)*

**Please  
Do Not  
Bring:**

Personal Electronics  
*(TVs, radios, cell phones, iPods & music players, iPhones, digital book readers, computers, tablets, game players, etc.)*

Valuables  
Expensive cameras  
Jewelry  
Pocket knives  
Guns  
Duct tape

Hatchets  
Fireworks  
Hair dryers over 1,000 watts  
Skateboards  
Roller blades

Please mark ALL clothing, luggage and personal items. • Clothing should not be expensive or new. • Please note that Camp is not responsible for lost or stolen items. • Some campers enjoy wearing casual Sunday clothes to Chapel; for example, a sundress for girls and khaki shorts for boys. This is strictly optional.



# One Week Sleep-Away Camp: Check-In

THE WAY TO A SMOOTH CHECK-IN!

## One Week Sleep-Away Camp: Check-In

### Monday, 11 AM – Noon

1. Upon your arrival *between 11 AM–Noon*, you will be greeted by the barn, and directed where to park your vehicle on the athletic field. Families are asked to mark their camper's name and cabin number on each item of luggage (cabin assignments are posted *at 11 AM.*) There will be numbered posts, according to cabin number, placed on the perimeter of the parking lot.
2. Staff will help you unload any suitcases, trunks or duffel bags and bring to the appropriate cabin number. Unload the rest of your child's light gear and carry it with you. The trunks/bags placed on the athletic field are marked and will be delivered to the proper cabin.
3. If your child has any medications (prescription and over-the-counter) proceed to the Pavilion to see the nurses and review dosage information.
4. Campers who have no medications can proceed directly to the Health Check Area with a parent just outside the cabin area, so that we can conduct a general health and head lice check. Once your camper is cleared at the Health Check Area, he/she will be given a pass to move into the cabin.
5. Families should be leaving Camp by Noon to allow their children time and space to start making new friends and get together with their counselors before camper lunch at 12:30 PM.
6. If you have any questions or concerns on check-in or check-out day, the Camp Directors are available to speak to you and can be found in Main Camp.
7. Campers do not have a store account. Please purchase sweatshirts, hats, etc on check-in and check-out days. The store is closed during the session.



# One Week Sleep-Away Camp: Check-Out

SEE YOU NEXT SUMMER!

## One Wk Sleep-Away Camp: Check-Out

### Saturday, 9 – 10 AM

1. **Park your car on the athletic field.** Proceed to your camper's cabin to meet your child and his/her counselors (*please wait until 9 AM to enter cabins*).
2. **Sign out your child** at his or her cabin.
3. **Pick up any medication** from the nurses in front of the dining hall.
4. **Check the Lost and Found** just past the tennis courts
5. **At your camper's cabin, please check shelves, under beds, the outside clothesline, and any clothes hung up,** to make sure you have everything. Due to the overwhelming amount of Lost & Found, we do not have enough staff to sort through belongings left behind. All Lost & Found is donated to charity at the end of each session.
6. **Camp vehicles will transport trunks and bags back to the athletic field.** You will find your child's gear located at the corresponding cabin post. Pay special attention to laundry bags & pillowcases. These are seem to be often left behind.

## One Week Camp Packing List:

### CLOTHING:

- Shorts
- T-Shirts
- Jeans/long pants (2+ prs.)
- Sweatshirts/fleece (2+/-)
- Socks
- Underwear
- Warm Pajamas
- Bathrobe
- Light jacket
- Rain coat
- Swim suits (1-2) (*girls one-piece only no tankini, boys no speedos*)

### FOOTWEAR:

- Sneakers
- Sandals/flip flops
- Rain boots (*opt'l*)

### BEDDING:

- Sleeping Bag
- Set of twin sheets
- Blankets (2)
- Pillow with case

### TOILETRIES:

- Soap
- Shampoo/Conditioner
- Toothbrush/Toothpaste
- Hair Brush/Comb
- Bath Towel (1)
- Beach Towels (1)
- Face Cloths
- Shower Bucket
- Cloth or Mesh Laundry Bag

### OTHER IMPORTANT ITEMS:

- Flashlight (*extra batteries too!*)
- Insect Repellent
- Sunscreen
- Water Bottle
- Stationery, Pens & Stamps

### OPTIONAL ITEMS:

- Tennis racquet
- Musical instruments
- Camera
- Notebook for journaling
- Books
- Playing Cards
- Rock from a special place (*should be orange to grapefruit size*)



# While Your Child Is At Camp

HOW TO CONTACT — POLICIES AND PROCEDURES  
ADDITIONAL PROGRAMS — FREQUENTLY GIVEN ANSWERS

## Daily Schedule

Our daily schedule for Two Week Sleep-Away Camp contains four activity periods a day. Every camper has instructional swimming and seven other activities during the session, which are run on a Monday-Wednesday-Friday, and Tuesday-Thursday-Saturday schedule.

Our daily schedule for One Week Sleep-Away Camp includes four scheduled activities and a group activity. Due to smaller staff numbers during One-Week Sleep-Away Camp, there are a few activities that are not offered during this session.

## A Typical Day at Camp ...

### Two Week Sleep-Away Camp

|       |                                                        |
|-------|--------------------------------------------------------|
| 7:30  | <i>Reveille</i>                                        |
| 7:55  | <i>Flag Raising</i>                                    |
| 8:00  | <i>Breakfast</i>                                       |
| 8:45  | <i>Cabin Clean Up</i>                                  |
| 9:20  | <i>Program Period 1</i>                                |
| 10:30 | <i>Program Period 2</i>                                |
| 11:40 | <i>Free Choice Time</i>                                |
| 12:40 | <i>Lunch</i>                                           |
| 1:30  | <i>Siesta</i>                                          |
| 2:40  | <i>Program Period 3</i>                                |
| 3:50  | <i>Program Period 4</i>                                |
| 5:00  | <i>Cabin Time &amp;<br/>Mail Call</i>                  |
| 5:15  | <i>Vespers</i>                                         |
| 5:30  | <i>Dinner</i>                                          |
| 6:15  | <i>Free Time &amp; Evening<br/>Program preparation</i> |
| 7:20  | <i>Flag Lowering</i>                                   |
| 7:30  | <i>Evening Program</i>                                 |
| 9:00  | <i>Taps/Lights Out</i>                                 |

*Schedule may be subject to change*

### Session 5 Sleep-Away Camp

|       |                                       |
|-------|---------------------------------------|
| 7:30  | <i>Reveille</i>                       |
| 8:00  | <i>Flag Raising</i>                   |
| 8:15  | <i>Breakfast</i>                      |
| 9:00  | <i>Cabin Clean Up</i>                 |
| 9:20  | <i>Program Period 1</i>               |
| 10:20 | <i>Program Period 2</i>               |
| 11:20 | <i>Free Choice Time</i>               |
| 12:20 | <i>Lunch</i>                          |
| 1:10  | <i>Siesta</i>                         |
| 1:45  | <i>Group Activities</i>               |
| 2:45  | <i>Program Period 3</i>               |
| 3:45  | <i>Program Period 4</i>               |
| 4:45  | <i>Cabin Time &amp;<br/>Mail Call</i> |
| 5:00  | <i>Vespers</i>                        |
| 5:30  | <i>Dinner</i>                         |
| 6:10  | <i>Free Time</i>                      |
| 6:50  | <i>Flag Lowering</i>                  |
| 7:00  | <i>Evening Program</i>                |
| 8:00  | <i>Closing &amp; Snack</i>            |
| 8:20  | <i>Back to Bunks</i>                  |
| 9:00  | <i>Taps/Lights Out</i>                |





## Age Divisions

There are three divisions — Junior, Middler and Senior — in both boys and girls Camp. Some program areas are grouped according to age, so we are developmentally appropriate for both skills and interest. Each session the divisions ebb and flow due to the total ages of campers, but the following is a general guideline.

- Juniors: completed 2nd, 3rd, 4th grade
- Middlers: completed 5th, 6th, 7th grade
- Seniors: completed 8th, 9th, 10th grade

## Activity Areas

This list gives some of our most popular activities offered year after year. Some activities are offered by interest or skill level, others by age. Each spring you will receive an official listing of activities offered for the summer, which will contain a few variations. All campers participate in instructional swimming.

|                          |                   |                               |                      |
|--------------------------|-------------------|-------------------------------|----------------------|
| <i>Archery</i>           | <i>Drama</i>      | <i>Horseback*</i>             | <i>Ropes</i>         |
| <i>Arts &amp; Crafts</i> | <i>Ecology</i>    | <i>Kayaking</i>               | <i>Sailing</i>       |
| <i>Basketball</i>        | <i>Frisbee/</i>   | <i>Landsports</i>             | <i>Skeet (SR)</i>    |
| <i>Campcraft</i>         | <i>Disc Golf</i>  | <i>Lacrosse</i>               | <i>Snorkeling</i>    |
| <i>Canoeing</i>          | <i>Games for</i>  | <i>Paddleboarding (MD/SR)</i> | <i>Soccer</i>        |
| <i>Coniston Singers</i>  | <i>the Mind</i>   | <i>Photography (SR)</i>       | <i>Tennis</i>        |
| <i>Dance</i>             | <i>Gymnastics</i> | <i>Riflery</i>                | <i>Woodshop (SR)</i> |

*\* Please see page 16 for Horseback details*

## Out-of-Camp Trips

During their stay at Coniston, Campers may participate in out-of-Camp trips, include hiking and camping trips, ice cream trips, ecology trips, or sports meets and competitions with other camps/teams. Camp provides all supervision and transportation.





# While Your Child Is At Camp

— CONTINUED —

## Letters, Packages, Baggage ... how to get them to Camp!

**Letters and packages to your camper** should be sent to this address:

*(Camper's Name and Cabin Number)*

YMCA Camp Coniston

PO Box 185

Grantham, NH 03753

**To encourage campers to write**, Camp provides each camper with two stamped postcards per session. To ensure you receive mail from your camper, we suggest that you provide a pre-addressed, stamped card for your child.

**All campers love packages!** However, we ask that you please **do not** send food, powdered drinks, candy, gum or duct tape. Food attracts mice, raccoons, skunks and more. All food sent to Camp will be discarded. Camp provides enough food and snacks each day for your camper. Please mail packages via the US Mail.

**Baggage & trunks** can be sent UPS, addressed to the camper. Please notify Camp if you plan to ship baggage. Shipped items should be sent to this address:

*(Camper's Name)*

YMCA Camp Coniston

24 Main Camp Road

Grantham, NH 03753

## Horseback

### Additional fee program —Two Week sessions only

**Horseback** is taught in English Class Riding Lessons, and includes equine anatomy, grooming and tack. Coniston is a member of the Certified Horsemanship Association and our riding director is a certified instructor of the organization.

**Participants must have completed the 4th Grade.**

**Please note:** there are no refunds for this program when lessons are cancelled due to inclement weather.



## Behavior & Dismissal Policy

As a close-knit community, YMCA Camp Coniston expects each camper to respect themselves and everyone at Camp, as well as the rustic facilities and natural surroundings.

All members of the Camp Coniston community — including staff and campers — are expected to behave responsibly and appropriately at all times. After reasonable efforts to modify irresponsible

or inappropriate behavior (including but not limited to bad language, use of threats or fighting), a camper may be dismissed. Direct threats of significant physical harm to self or others are grounds for immediate dismissal, as is the possession or use of tobacco, drugs, or alcohol while in a Camp program.

Campers dismissed for disciplinary reasons are not allowed back in Camp for the remainder of the summer and may be asked not to return to Camp in the future.





# While Your Child Is At Camp

— CONTINUED —

## On Homesickness ... Some Important Information

It may be your instinct to send a cellphone to Camp with your child, in an attempt to cut down on homesickness.

*Our experience consistently indicates exactly the opposite.*

Talking to/texting with parents brings up memories of home, and we find it actually increases homesickness. This not only impacts your child but the children around them.

In addition, cellphones and other personal electronics reduce the face-to-face connections that your child will make during their summer at Camp, and hinder their ability to make new friends.

Parents should understand that initial letters home might involve strong homesick feelings, especially from first-time campers.

If, after a second unhappy letter, you have concerns, please don't hesitate to give us a call and discuss the issue. Be assured, we'll do everything we can to make your child's experience satisfying.

Camp is really about getting away from day-to-day technology — the "everyday routine" — and getting to know their new friends, face to face.

## Frequently Given Answers ... !

- **Telephones** are not allowed for camper use. Any cell phone found will be brought to the office for safekeeping until parents pick up at check-out.
- **E-mail** is not accessible to campers.
- **Snacks** are provided daily by Camp; we do not allow food in cabins as it attracts animals. *Any* food sent to Camp will not be given to your child, to control squirrels etc. in cabins.
- **Tipping the staff** individually is discouraged, but we do have a "staff appreciation fund" for special pizza parties, etc. If you wish to show your appreciation, stop by the Camp office.



# While Your Child Is At Camp

— CONTINUED —

## Meals

Campers eat meals family-style with their cabin group in the Coniston Dining Hall. The Camp Coniston food service staff prepares the meals, and second helpings are always available.

In addition, the dining hall is open during the day if a camper desires a quick snack to hold them over until mealtime.

We can accommodate some food allergies, each considered on a case-by-case basis. YMCA Camp Coniston strives not to serve food containing nuts.



However, we cannot guarantee that cross-contamination from producers has not occurred for any allergy. Please call the Office before Camp begins with any questions.





# While Your Child Is At Camp

— CONTINUED —

Visit Our Website at  
[www.coniston.org](http://www.coniston.org)



We change all the home page photos and info box regularly all year.

Pictures from the summer and important deadlines are located here, so check often.

Like us on  
 Facebook!



[www.facebook.com/YMCACampConiston](http://www.facebook.com/YMCACampConiston)

By liking **YMCA Camp Coniston** on Facebook, you can stay up-to-date with the happenings of Camp, events, and daily photos.

**Also, please send your updates** on school, jobs, family, and your travels (and photos too!) to [lindsey@coniston.org](mailto:lindsey@coniston.org). We'll share them with the Camp community on the web, and in the *Coniston Chronicle*!

*PLEASE NOTE: Social media is not a source of two-way communication in Camp. Summer is a time for campers and staff to communicate face to face, unplug, and recharge. This is why we have a no phone policy in Camp. If you need information, please call the office or send us a letter.*





# After Camp Ends

REGISTRATION FOR THE NEXT SUMMER — CIT PROGRAM  
LOST AND FOUND — A NOTE ON FACEBOOK

## Registration for The Next Summer

Coniston is one of very few camps in the U.S. that fills up quickly every year, usually before the holidays. This is due to the many campers who return with us, summer after summer. Here's how Camp's application system works:

- **Returning Campers** (from 2018) are accepted first, starting around *July 1st*. Returning Campers should apply with their siblings. While we cannot guarantee your registration to Camp, you should get your application in as early as you can — this will definitely increase your chances of being accepted.
- **Wait-List Campers** (from 2018) are accepted next, starting on *October 16th*. To be considered you must do two things:
  1. Submit the *Application* online starting *July 1st*; and
  2. Remain active on the *Wait List* throughout the summer.
- **New Campers** are accepted next, starting on *October 17th*. New Campers begin submitting applications *in early July*.
- Please note that *all applications are space-permitted* — applications are processed in date-received order. By applying, you are not guaranteed acceptance to Camp; however we encourage all campers to get their applications in early, to increase your chances for acceptance. The sooner we receive your application, the better your chances are.
- We highly encourage people to apply online, even once Camp is full. Our waitlists are very active — in the past few years we have typically registered 100 campers from the Wait List each season, most during the spring months.
- Most Campers find Coniston through word of mouth. Your kind words and references are appreciated. Make certain to let your friends know about registering early — remember, New Campers should begin sending in applications *in early July*, and registration for New Campers begins *on October 17th*.



## After Camp Ends

— CONTINUED —



### Surveys ...

will be emailed at the end of each session. Please let us know what you think — both good and bad! — by replying to Camp so we can improve for next summer.

### Lost and Found

- We donate all lost & Found items left at Camp to a local charity.
- Due to our large population of campers we cannot mail Lost and Found items.
- Make certain to look in all Lost and Found locations for your child's belongings.

### Facebook, Twitter, YouTube, Instagram ... and Camp

You should be aware; it is YMCA Camp Coniston's position to discourage Camper-staff interactions on such sites. However, Coniston does maintain its own monitored Facebook page, where Campers and staff may keep in contact with each other.

We hope parents can help their Campers understand that this allows staff to have "their own space" where they can participate in their private

lives, while still giving a public location for Campers and staff to communicate.

As a close-knit community, social networks present a special challenge for Coniston during the year. We encourage parents to talk to their children about this issue, and research their own children's internet activities so they can stay informed.







# The Coniston CIT Program

THE FIRST STEP IN  
LEADERSHIP AT CONISTON

## “What happens when my child is too old for Camp?”



The Coniston Camper In Training (CIT) program is a long-standing Camp tradition, and the majority of our senior campers apply for this special teen leadership program when they age-out of Camp.

The CIT program is for 16 year olds (by June 24th of that summer). The Program

is all about personal leadership and development — the first step in Camp Coniston’s leadership training series.

The requirements are rigorous and the training can be demanding, but the rewards are huge — developing and encouraging the responsibility and independence which is essential in our staff’s futures, both here at Coniston and in life at home.



Your Senior Camper will receive a CIT application during their session. Applications must be received by *October 15th*. Notifications are mailed in the early winter. For further application details of this competitive program, see the CIT section of the Camp website at [www.coniston.org](http://www.coniston.org).



CIT age Campers may also choose to participate in the Coniston Service Trips — see *pgs 33 - 36 for details*.



# Coniston Alumni

ENSURING CONISTON'S FUTURE

YMCA Camp Coniston is fortunate to have a dedicated group of alumni who maintain their Camp friendships, and “give back” to the Camp community. Many alumni send their children to Camp, participate in reunions, and are annual donors to the Campership Fund, the Annual Fund, and the Centennial Endowment.

## Who are Camp Coniston alumni?

Anyone who was a camper or staff at Camp Coniston, The New New Hampshire YMCA Camping Reservation or Camp Soangetaha, from 1911 to present.



## Coniston Alumni: Get Involved & Stay Connected!

**Make sure Camp has your Contact Information!** Fill out our online form at [www.coniston.org/alumni](http://www.coniston.org/alumni)

**Stay in touch with us!** Our Camp newsletter, *The Coniston Chronicle*, is mailed twice yearly to Campers, staff and alumni. Please let us know what’s happening in your life — you can send updates via Camp’s Facebook page, by email, or by using the Alumni link on our website. Our homepage is updated throughout the year, the pictures rotate frequently, and we post notices and important information on the “Clipboard”.

**Like “YMCA Camp Coniston” on Facebook.** Join over 2,700 followers at [www.facebook.com/YMCACampConiston](http://www.facebook.com/YMCACampConiston) to keep up to date on our daily summer photos, events and overall general news about Camp. Share and comment on photos to help us gain a larger organic social media reach.

**Visit Camp!** If you are ever “in the neighborhood,” stop on by. It is best to call the office first, (603) 863-1160, and let someone know that you are coming. The office is staffed year-round.

**Send your child to Coniston** (or someone else’s child, for that matter!) Nothing connects you back to Coniston like having your son or daughter attend the same Camp you did ... your child may even be in a cabin with other children of alumni!

**Attend or Organize a Reunion!** There have been a number of Camp Reunions held over the years. Check the website often to learn about “at-Camp” Reunions... or organize a Reunion of your own!



# Adventure Camp 2019

YMCA CAMP CONISTON'S  
SUMMER ADVENTURE SERIES!

## What is Adventure Camp?

**YMCA Camp Coniston's Adventure Camp** offers participants the opportunity to have exciting adventures in spectacular locations. The combination of camaraderie and activities makes this a program that campers will remember for a lifetime.

One-week trips in New Hampshire, Maine, Vermont, Massachusetts and Quebec focus on climbing, hiking, whitewater rafting and biking in beautiful settings. Our dedicated and enthusiastic leaders are experienced and undergo a week of training prior to Camp.



Our trips are scheduled to maximize your opportunity to pair one or more adventure programs with a sleep-away camp session. Check our website at [www.coniston.org](http://www.coniston.org) for up-to-date Adventure Camp news, and the latest itineraries.

## Program Information

**Staff:** Our travel staff is selected for a variety of reasons, including their desire to work with youth, past experience, outdoor and leadership skills, and overall enthusiasm. Each leader is 21 years of age or older and is certified in CPR and First Aid. At least one leader will also be a certified lifeguard, and will hold a Wilderness First Aid certificate.





# Adventure Camp 2019

YMCA CAMP CONISTON'S  
SUMMER ADVENTURE SERIES!



Each trip will have 3 leaders ensuring a staff to camper ratio of 1:4. All staff are certified in First Aid and CPR and at least one of the leaders will be a certified Lifeguard and will hold a Wilderness First Aid Certificate.

**Campers:** Campers must be willing to challenge themselves and learn new things while living in a communal environment. Most importantly,

campers should have an open mind, be enthusiastic ... and be ready for the time of their lives! Basic swimming ability is required.

**Outfitters:** On each trip offered, we team up with at least one professional/certified outfitter for outdoor activities. All outfitters are highly regarded in their respective fields and have years of experience leading youth trips.

**Experience:** YMCA Camp Coniston has been leading outdoor trips for over 50 years in the White Mountains and Monadnock Region of New Hampshire. We bring to the field a wealth of knowledge and a passion for outdoor education.



**Safety:** On all trips, safety is the foremost concern. Activities are "challenge by choice" and designed to be age appropriate.

Our trips are run in accordance with the American Camping Association standards and our leaders and the outfitters will work with each child to reach his/her full potential during the trips.



# Adventure Camp 2019

YMCA CAMP CONISTON'S  
SUMMER ADVENTURE SERIES!

## Adventure Camp: Check-In

### **Sunday, Noon** \*\*\*See below for Canadian Coastal Excursion\*\*\*

1. Upon your arrival at noon you will be greeted on the road and directed where to park your vehicle on the athletic field (A-field).
2. Please bring baggage to the Adventure Camp Bus parked at the entrance of Camp.
3. If your child has medication make sure it is given to an Adventure Camp Counselor in the original container with proper dosage on the container.
4. Once all campers have arrived, group pictures will be taken and the swim test administered. Please bring a plastic bag to place the wet bathing suit in for the trip.
5. If you have any questions or concerns on check-in or check-out day, the Adventure Camp Coordinator and trip leaders are available to speak to you.
6. Campers do not have a store account. Please purchase sweatshirts, hats, etc on check-in. The Camp Store is closed on check-out day.

\*Canadian Coastal Excursion Check-In: Sunday, July 21st at 9am

## Adventure Camp: Check-Out

### **Friday, 7 PM** \*\*\*See below for Canadian Coastal Excursion\*\*\*

1. Meet your camper at the Adventure Camp Bus in front of the athletic field (A-field.) Due to Coniston sleep-away camp being in session, please remain on the athletic field area.
2. At time of pick up, please check the bus and under the seats for any of your camper's belongings to make sure you have everything. All lost & found is donated to charity at the end of each session.
3. If you should need to use the facilities, bathrooms are located on the outside of the dining hall.
4. Group picture, t-shirt and triangle will be given to your camper before you depart for your journey home.

\*Canadian Coastal Excursion Check-Out: Tues., July 30th at 5:30pm



# Adventure Camp 2019

YMCA CAMP CONISTON'S  
SUMMER ADVENTURE SERIES!

## Adventure Camp Packing List:

### CLOTHING:

- Shorts (3-4 pr)
- T-Shirts (4-5 pr)
- Long sleeve t-shirt (2)
- Long pants (2 pr)
- Sweatshirts/fleece
- Socks (4-5 pr)
- Underwear
- Pajamas
- Rain coat & pants
- Hat or Visor
- Swim suits (1-2 pr)  
(girls one-piece only  
no tankini, boys no  
speedos)

### FOOTWEAR:

- Sneakers (1-2 pr)
- Sports Sandals  
or flip flops (1 pr)
- Hiking Boots or  
thick-soled sneakers

### BEDDING:

- Sleeping Bag
- Pillow with case
- Sleeping pad/mat

### TOILETRIES:

- Soap
- Shampoo/Conditioner
- Deodorant
- Toothbrush/Toothpaste
- Hair Brush/Comb
- Beach/Bath Towels (1-2)

### OTHER IMPORTANT ITEMS:

- Small Backpack  
(for day trips)
- Reusable Bowl & Spoon
- Laundry Bag
- Plastic Bag
- Flashlight/headlamp  
(extra batteries too!)
- Insect Repellent
- Sunscreen

- Water bottles  
(2) (with solid  
lid to prevent  
leaks)
- Camera
- Sunglasses
- Medication
- Spending Money  
(approx. \$25)

Please pack all belongings (excluding sleeping bag) in a standard/athletic duffle bag. Bus space is very limited! Please note that Camp is not responsible for lost or stolen items.

## Trip Specifics:

- Age: 12-15
- Trips are open to 12 campers.
- Trips begin and end at Camp Coniston.
- Campers sleep in tents and are primarily responsible for cooking their own meals.
- Campers should be in good physical shape for all trips.
- Recommended spending money: \$25/trip.



**Join Us For A Great Adventure!** We are excited to have your child join us for Adventure Camp! Adventure Camp is a place where young people make friends, try new things, and build self-esteem with positive young adult role models guiding the way. These pages have important information for you and your child. Please look through the information and check deadlines. If you have any questions please do not hesitate to call the Office at 603-863-1160.



# Adventure Camp 2019

YMCA CAMP CONISTON'S  
SUMMER ADVENTURE SERIES!

## Summer Adventures!



### Acadian Odyssey

June 30 — July 5

On Acadian Odyssey we explore Maine's Acadia National Park and Bar Harbor.

This Adventure Trip will travel from Camp to Camden Hills State Park in Maine where we will spend the night, and then set sail aboard a schooner for a day on the coastal waters.

Leaving Camden, we will head east to Acadia National Park further up the coast. We explore the majestic beauty of the Park for three days by foot, kayak, and climbing harness, and have an opportunity to eat a fresh Maine lobster!



#### Sample Itinerary:

- **Day 1** Arrival, orientation and travel to Camden Hills State Park, Maine
- **Day 2** Explore the Coast of Maine by Sail
- **Day 3** Arrive at Acadia National Park and explore the beautiful surroundings by foot
- **Day 4** Kayak and further explore Acadia National Park
- **Day 5** Day of Rock Climbing the cliffs of Acadia
- **Day 6** Travel back to Camp for farewells



# Adventure Camp 2019

YMCA CAMP CONISTON'S  
SUMMER ADVENTURE SERIES!

## Maine Voyager

July 7 — July 12

This Adventure Trip will travel from Camp to Mt. Blue State Park in Maine where we will spend the night, and then gear up for a hike up Mt. Blue.

Leaving Mt. Blue State Park, we will head northeast towards the Kennebec River for three days on the water.

We will spend a day canoeing, and we conclude our trip with two days of whitewater



rafting before making the journey back to Camp.

### Sample Itinerary:

- **Day 1** Arrival, orientation and travel to Mt. Blue State Park, Maine
- **Day 2** Hike Mt. Blue, travel to Three Rivers Whitwater
- **Day 3** Flat water paddling
- **Day 4** Whitewater raft Class II/III rapids on Kennebec River
- **Day 5** Whitewater Kayak
- **Day 6** Explore the Basin at Franconia Notch, then travel back to Camp in the evening for farewells

## Quebec Quest

July 14 — July 19

"O Canada!" Grab your passport and come with us to "the true north strong and free" on Quebec Quest. This adventure allows campers to travel outside of the United States.

We will leave Camp and travel north to Quebec for a week of water adventure and discovery. Campers will experience camping, rock climbing, hiking, paddling, rafting and exploring.

Don't miss your opportunity to see Old Town Quebec through the eyes of Camp Coniston!



### Sample Itinerary:

- **Day 1** Arrival, orientation, and drive to Quebec City
- **Day 2** Rock Climbing
- **Day 3** River Kayaking on the St. Lawrence River
- **Day 4** Explore Quebec City
- **Day 5** Whitewater raft
- **Day 6** Visit Crystal Lake State Park, VT





# Adventure Camp 2019

YMCA CAMP CONISTON'S  
SUMMER ADVENTURE SERIES!

## Green Mountain Explorer

July 21 — July 26

The Green Mountain Explorer is perfect for anyone seeking adventure in the beautiful terrain of Vermont. This program features activities with fun as the ultimate goal.

After check in at Camp Coniston the group will journey to the Green Mountains of Vermont and settle in at Elmore State Park. From here we will tackle the challenge of the tree top obstacle course at Arbortrek Canopy Adventures at Smugglers' Notch. Then the group will hike Mount Mansfield, Vermont's highest peak. We will spend a day exploring the Winooski River by kayak.

The group wraps up their exciting week with Petra Cliffs and Arbortrek where we will rock climb and "zip" through the Green Mountains.

### Sample Itinerary:

- **Day 1** Arrival & orientation at Camp Coniston, travel to Vermont
- **Day 2** Tree Top Tour
- **Day 3** Hike Mount Mansfield
- **Day 4** River Kayaking
- **Day 5** Rock Climbing
- **Day 6** Zipline with Arbortrek Adventures

## Canadian Coastal Excursion

July 21 — July 30

This special 10 day trip is designed to give our adventurous Coniston campers a chance to explore the coastal beauty of the Canadian Maritime Provinces. This extended adventure trip through Nova Scotia, New Brunswick and Maine will travel the scenic coastlines and back roads of one of Canada's most spectacular regions. The group will paddle the coastal waters and set sail from historic fishing ports. From crossing The Bay of Fundy, viewing the world's highest tides to rock climbing along the shores of Acadia National Park; campers will have the opportunity to make new friends and challenge themselves along the way. The trip does anything but wind down with a two day whitewater rafting adventure down the Kennebec River in Maine before returning to Coniston to say farewell!

### Sample Itinerary:

- **Day 1** Arrival, orientation and travel to Fredericton, New Brunswick
- **Day 2** Take the ferry to Nova Scotia and set up camp
- **Day 3** Sea Kayaking at LaHave Islands
- **Day 4** Set sail from historic Lunenburg Harbor on The Eastern Star
- **Day 5** Enjoy the day exploring the provincial park
- **Day 6** Take the ferry to New Brunswick then travel to Bar Harbor, Maine
- **Day 7** Day of Rock Climbing the cliffs of Acadia National Park
- **Day 8** Whitewater Raft Class II/III rapids on Kennebec River
- **Day 9** Whitewater Kayaking
- **Day 10** Travel back to Camp for farewells



# Adventure Camp 2019

YMCA CAMP CONISTON'S  
SUMMER ADVENTURE SERIES!

## Northern New England Explorer

July 28 — August 2

Back by popular demand, this one-week trip travels throughout New Hampshire and Maine, exploring some of northern New England's most spectacular country.

The group will travel to Franconia Notch State Park in the heart of the White Mountain National Forest. We will begin our excursion hiking Cannon Mountain, and we'll explore the carved mountain streams of Franconia Notch. Then we will continue on to Maine for two days of whitewater rafting. The group will finish this trip with an exhilarating adventure 'zipping' down the edge of Gunstock Mountain, NH.



### Sample Itinerary:

- **Day 1** Arrival, orientation and travel to Lafayette Campground in Franconia Notch State Park
- **Day 2** Hike Cannon Mt.
- **Day 3** Hike and explore The Flume, travel to West Forks, ME.
- **Day 4** Whitewater raft Class II/III rapids on Kennebec River
- **Day 5** Whitewater Kayak
- **Day 6** Zipline with Gunstock

## Coastal Navigator

August 4 — August 9

The Coastal Navigator offers an adventure for all those who love the ocean. This trip explores the coast of Cape Cod and Martha's Vineyard by foot, wind, and paddle.

The week begins with a brief orientation at Camp Coniston before departing for the shores of Cape Cod where we will take in breathtaking sunsets over Cape Cod Bay. We will explore the waters of the Cape on stand up paddle boards.



From there it's on to Martha's Vineyard for two days of sailing, kayaking and biking. If you enjoy spending time on the water and under the sun, this trip is for you!

### Sample Itinerary:

- **Day 1** Arrival, orientation and travel to Cape Cod
- **Day 2** Stand Up Paddle Board
- **Day 3** Ferry to Vineyard Haven, explore the Vineyard
- **Day 4** Full day of sailing school in Vineyard Sound
- **Day 5** Peddle & paddle (bike and kayak) with Island Spirit
- **Day 6** Ferry back to Woods Hole, travel back to Camp for farewells



## CONISTON SERVICE TRIPS

# Change one life ... Change the World!

## YMCA CAMP CONISTON'S SERVICE TRIPS FOR TEENS!

These special trips are designed to take the Coniston Spirit on the road, to help those less fortunate than ourselves.

Projects from previous summers include working on a Habitat for Humanity house in the mountains of West Virginia, working with the City Mission Society of Boston aiding our local homeless population and volunteering with Feeding America at a Food Bank in the mountains of Virginia. In the future, we plan to include trips which will work with youth at other camps and facilities throughout the country.

On every trip, participants will volunteer for a week, and then participate in fun-filled activities special to that location, including whitewater rafting, hiking and travel.

Each winter, our staff identifies specific projects through need, availability and the ability to safely accommodate our participants. By identifying the location during the winter, camp staff are able to choose projects on an emerging basis. This could include helping victims of storms or other natural disasters. It is also our goal to have participants get a genuine experience, unique to each location. Our intent is for the second trip to focus on giving back to Coniston's local community, anywhere from Burlington, Vermont to Boston, Massachusetts while the first trip will travel afar.

**Participants from both trips will be provided a certificate with hours served to fulfill high school graduation requirements along with the satisfaction and accomplishment that comes from reaching out to those in need.**

**Participants must be 15 or 16 and completed one year of high school.**





# CONISTON SERVICE TRIPS

## Coniston Service Trips 2019

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### Service Trip I:

Fri July 5 – Tues July 16

### Service Trip II:

Fri August 2 – Tues August 13

**Check In:** Friday at 3pm

**Check Out:** Tuesday at 7pm





# CONISTON SERVICE TRIPS

## Service Trips Packing List:

### CLOTHING:

- Shorts (3-4 pr)
- T-Shirts (6-7 pr)
- Long sleeve t-shirt (2)
- Long pants (2 pr)
- Sweatshirts/fleece
- Socks (7 pr)
- Underwear
- Pajamas
- Rain coat & pants
- Hat or Visor
- Swim suits (2 pr) (*girls one-piece only no tankini, boys no speedos*)

### FOOTWEAR:

- Sneakers (1-2 pair)
- Sports Sandals or flip flops (1 pr)
- Hiking/Work Boots (*if you choose to hike/work in sneakers, they should have a thick sole*)

### BEDDING:

- Sleeping Bag
- Pillow with case
- Sleeping pad/mat

### TOILETRIES:

- Soap
- Shampoo/Conditioner
- Deodorant
- Toothbrush/Toothpaste
- Hair Brush/Comb
- Beach/Bath Towels (2)

### OTHER IMPORTANT ITEMS:

- Lock and key, or combination lock (*some areas provide lockers for campers use*)

- Small Backpack (*for day trips*)
- Reusable Bowl & Spoon
- Laundry Bag
- Plastic Bag
- Flashlight/headlamp (*extra batteries too!*)
- Insect Repellent
- Sunscreen
- Water bottles (2) (*with solid lid to prevent leaks*)
- Camera
- Sunglasses
- Medication
- Spending Money (*approx. \$25*)

Please mark ALL clothing and personal items. • Please pack all belongings (excluding sleeping bag) in a standard/athletic duffle bag. Bus space is very limited! • Please note that Camp is not responsible for lost or stolen items.





# YMCA Camp Coniston, Inc.



## Board of Directors

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*Tucson, AZ*

Rolf Gesen, *Vice Chair*  
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*Andover, MA*

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*New London, NH*

John Zimmerman  
*Hopkinton, NH*

Tricia Brooks, *Emeritus*

Greg Bryant, *Emeritus*

Brian Grip, *Emeritus*

## Camp Coniston Mission Statement

As a nonprofit service organization with a focus on youth, YMCA Camp Coniston creates experiences that build spirit, mind and body for all.

## Year-Round Staff

John Tilley  
*Executive Director*

Lorraine Newcomb  
*Registrar*

John McNair  
*Summer Camp Director*

Nicole Berthiaume  
*Summer Camp Director*

Lindsey Tompkins  
*Director of Development  
& Communications*

Hannah Slafsky  
*Afterschool Director*

Emily Judkins  
*Administrative Assistant*

Jack Berthiaume  
*Camp and Non-Profit  
Management Associate*

Aaron Turner  
*Maintenance Director*

Dave Savio & James Newcomb  
*Maintenance*

YMCA Camp Coniston, Inc. is licensed by the State of New Hampshire, Department of Environmental Services and inspected annually by New Hampshire DES. YMCA Camp Coniston is also accredited by the American Camping Association which reviews 300 health and safety standards and policies. Camp is visited every three years by the ACA for this purpose.

Rules for acceptance and participation in the program are the same for everyone, without regard to gender, gender identity, race, religion, color, handicap or national origin as outlined in the Coniston Experience.

In the event of policy or procedure changes you will be notified by email.



## YMCA Camp Coniston

P.O. Box 185  
Grantham, NH 03753  
(603) 863-1160  
[www.coniston.org](http://www.coniston.org)



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



## **YMCA Camp Coniston**

PO Box 185  
Grantham, NH 03753  
(603) 863-1160  
email:  
office@coniston.org  
www.coniston.org

### **Directions to Camp**

Coniston is located midway between New Hampshire Routes 10 and 11, and midway between exits 12A (Georges Mills) & 13 (Grantham) on Interstate 89.

**FROM CONCORD, NH:** Take I-89 North to exit 12A, turn left and take the first right onto Stoney Brook Rd. Proceed for 3 miles to Coniston Road. Turn left onto Coniston Road. Camp is the second left.

**FROM WHITE RIVER JUNCTION, VT:** Take I-89 South to exit 13, go right off the ramp, and then take the first left onto Route 114. Go 1 mile, take first right onto Stoney Brook Rd. then turn right onto Coniston Rd. Camp is the second left.

**GPS Address: 24 Main Camp Road, Croydon, NH 03773**