



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

## 2025 Information Handbook

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SLEEP-AWAY CAMP  
ADVENTURE CAMP  
SERVICE TRIPS

**YMCA Camp Coniston**  
Located in Croydon, NH

# 2025 Session Dates

## Two Week Sleep-Away Camp

Session 1 June 22 – July 5  
Session 2 July 6 – July 19  
Session 3 July 20 – Aug 2  
Session 4 Aug 3 – Aug 16

TIER 1: \$2,485 | TIER 2: \$2,110 | TIER 3: Financial Aid

## One Week Sleep-Away Camp

Session 5 Aug 18 – Aug 23

TIER 1: \$1,245 | TIER 2: \$1,055 | TIER 3: Financial Aid

## 6 Day Adventure Camp

Northern NE Explorer June 29 – July 4  
Green Mt. Explorer July 6 – July 11  
Quebec Quest July 13 – July 18  
Coastal Navigator July 20 – July 25  
Acadian Odyssey July 27 – Aug 1  
Narragansett Nav. Aug 3 – Aug 8

TIER 1: \$1,380 | TIER 2: \$1,180 | TIER 3: Financial Aid

## 10 Day Adventure Camp

Quebec Extended Adventure July 21 – July 30

TIER 1: \$2,300 | TIER 2: \$2,100 | TIER 3: FINANCIAL AID

## Service Trips

10 days for 14-16 year olds and  
completed at least one year of high school

Service I July 5 – July 15  
Service II Aug 2 – Aug 12

TIER 1: \$2,400 | TIER 2: \$2,200 | TIER 3: FINANCIAL AID

## CIT Programs:

Dates includes: East Coast and West Coast

CIT 1 & 2 June 22 – July 19

CIT 3 & 4 July 20 – Aug 16

(EAST) TIER 1: \$5,420 | TIER 2: \$5,045 | TIER 3: FINANCIAL AID

(WEST) TIER 1: \$6,420 | TIER 2: \$6,045 | TIER 3: FINANCIAL AID

\$300 Deposit Per Session Due with Application—Final Payment Due April 1st  
Automatic monthly payment plan is available by credit card.

**FINANCIAL ASSISTANCE TO YMCA CAMP CONISTON  
PROVIDED THROUGH GIFTS TO THE YMCA CAMP CONISTON ANNUAL FUND**

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# The Coniston Experience

WHAT MY CHILD CAN EXPECT AT CAMP CONISTON

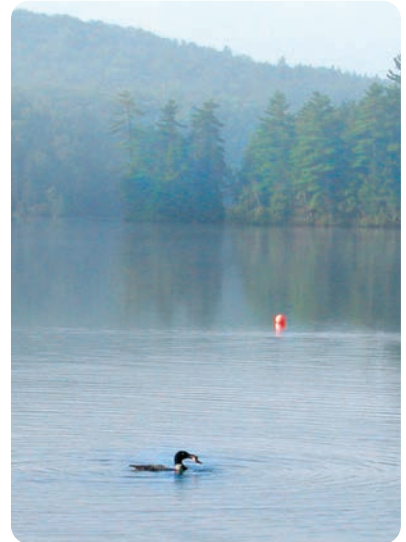
**F**ifteen hundred acres of pristine wilderness in the mountains of western New Hampshire are home to YMCA Camp Coniston. Our summer sleep-away camp encompasses a rustic environment nestled along the 3.5 mile shore of the lake from which Camp takes its name. *As a nonprofit social service agency with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

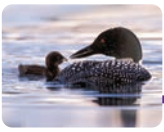
Camp is where campers canoe and swim, make fires and friends, try archery and riflery, and explore drama and the arts away from screens, cell phones, & technology. But Camp is much more than that. Campers and counselors work together, learn new skills, and build an honest, caring and respectful community 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, manage free time with minimal supervision and show flexibility and adaptability when schedules change.





# 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 large group activities that build community, such as evening programs, campfires, and eating, singing, and dancing together with the entire camp community 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 MARCH 7, 2024.

*AFTER READING THE CONISTON EXPERIENCE, IF YOU STILL HAVE QUESTIONS ABOUT YOUR CHILD'S PARTICIPATION IN CAMP, PLEASE CALL THE OFFICE 603-863-1160*

## 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. 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 over 1,500 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.

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 that this process equips young people with the necessary tools to manage the numerous risks of adolescence.

## Camper Ages & Divisions

While we firmly believe in younger and older children learning together, our two week camps are divided into three divisions that help ensure your child's experience is age appropriate. Our other programs are designed with specific ages in mind. Campers range from age 8 (must be 8 by June 24th and completed 2nd grade) 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 ..... completed grades 2–6
- Adventure Camp ..... ages 12–15
- Service Trips ..... ages 14–16 and completed at least one year of high school

## Camp Activities

During a two-week camp session, your camper will participate in eight instructional activities, which includes swimming instruction, (*see pg 15 for activity choices.*) There are four activity periods a day that are scheduled on a M-W-F and T-Th-Sat rotation. Campers will select program areas from the Activity Sign-Up form available online.

While we do our best to schedule your child for their 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 their first day of swim lessons to determine what level swimming class they will be placed in.

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

In addition to the instructional activities, your camper will participate in activities with the entire Camp (approx. 600 people), their respective Camp (approx. 300 people), with their Division (age group/approx. 100 people), and with their cabin group (10-16 campers). 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.

## CONISTON PRICING

*"Coniston has a voluntary 3 tier tuition system because we recognize families have different abilities to pay." —JOHN TILLEY*

Campers often say YMCA Camp Coniston is one of the most important places in their life. We recognize how vital camp is to the social, physical, and emotional development of children. Because of this, Coniston has instituted tiered pricing to ensure that families can find a place for Camp in their budget.

Coniston's Board and staff have worked hard to keep prices as affordable as possible for the entire Camp community. Historically, we have set rates below the total cost of operating Camp in order to keep prices moderate. Rather than raising rates across the board and pricing some families out of a Coniston Experience, we have a voluntary tiered-system that recognizes that families have different abilities to pay.

Regardless of the tier a family chooses, all children are welcome in the Coniston community and will receive the same camper experience.

**Our Staff** is comprised of young adults who have completed a minimum of 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 4 registered nurses, a minimum of 80 lifeguards and 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.

### TIER 1

COVERS THE TRUE COST OF CAMP

*We ask families who can pay this amount to please do so.*

### TIER 2

SUBSIDIZED THROUGH THE GENEROSITY OF DONATIONS

*Families who need assistance with the full cost of Camp.*

### TIER 3

FINANCIAL AID  
CONTACT REGISTRAR FOR APPLICATION

*Any child can experience Camp regardless of their family's financial situation.*



# Before Camp Begins

THINGS YOU NEED TO KNOW  
BEFORE YOUR CHILD APPLIES TO CAMP

## Application & Fees

- **Apply** to Camp online to the session(s) you wish to attend (see Cancellation Policy). Deposits made with the application will be processed in the order of admissions (see below). Deposits won't be processed if your child is on the waitlist. Fees for each program are listed on the application form.
- Beginning July 1st, applications are available online for everyone.
- **Financial Aid is available.** Please contact the Registrar for more information at [emily@coniston.org](mailto:emily@coniston.org)

### Order of Admissions:

*Beginning July 1st*, returning Campers (from 2024) and their siblings are registered as space allows, upon receipt of their application and deposit.

*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 campers in date-received order.

### Cancellations:

- **Cancellations made before October 15th** forfeit half their deposit for the session canceled. **Cancellations made after October 15th** forfeit the entire deposit (this includes dropping from two sessions to one).  
**Cancellations made after April 1st** will forfeit all amounts paid.
- **Cancellations for documented medical reasons** within two weeks of Camp will be given a refund minus the deposit, only if we are able to refill the spot. Refunds will not be given for illnesses or injuries that result in a camper going home.

### Payments:

- **Payments** must be made in US Dollars.
- **Payment Schedule:**
  1. A credit card is required with your application. The deposit will be charged when we are able to enroll your child.
  2. Automatic monthly payment options are available if you pay by credit card. If paying by check you can mail checks anytime to make frequent payments.
  3. An invoice will be e-mailed to you in January. Accounts unpaid on April 1st may be assessed a \$50 late fee and will be subject to cancellation.
- **Dropping from two sessions to one**, after October 15th, will mean that you lose the \$300 deposit for that session. Please keep this in mind when applying.
- **Wait Lists** are active and utilized in to June every summer. To sign up for the wait list, fill out an application online and indicate your preferred session(s). Our registrar will email to verify your interest when/if a spot opens. Deposits will not be charged while you are on the wait list. Once you accept a spot we will enroll your child and process the deposit.
- **Returned checks** are charged a \$25 fee.





# Before Camp Begins

— CONTINUED —

## Special Needs and Accommodation Policy

YMCA Camp Coniston makes reasonable accommodations that do not fundamentally alter the nature of the sleep-away camp experience as described in the “Coniston Experience Statement”. Camp provides services to children with disabilities or special needs in the same manner as services are provided for other children of comparable age. 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 your underage child’s parent while they are at Camp.

Because of close, shared, living quarters and bathhouses within 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 similar age/grade.** Only one request per Camper is considered.

## Camper Forms

Complete all Camp forms through your Camp-In-Touch account. You will receive an email when forms are available. Forms are due April 1st.



# Before Camp Begins

— CONTINUED —

## Camp Health Policies

- Parents must complete the following health forms each year:
  - Health History Form - electronic form that the parent/guardian fills out in your Camp-In-Touch account.
  - Physician's Exam - the doctor's own form can be used, or they can fill out our form (available in your Camp-In-Touch account). Must be uploaded into your child's account yearly and exam has to be within 2 years of attending camp.
  - Immunizations - the doctor's own form can be used, or they can fill out our form (available in your Camp-In-Touch account). Parent/guardian can either manually add to health history form, or upload a copy.
- All campers who take prescription medications must utilize our prepackaging system this summer. Parents will need to make sure their camper's prescription medications are sent to Camp's designated pharmacy in the weeks prior to their arrival.
- All over-the-counter medication or substances must be brought to camp on check-in day properly labeled in its original container for dispensing. All medication or substances must be properly labeled and administered in accordance with the label or a doctor's written instruction. Medication not properly labeled WILL NOT be administered.
- Campers must be responsible to show up at the appropriate time to receive their medications and/or notify a nurse if they are not feeling well. Nurses cannot be responsible for delivering medications to individual 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 and all medical 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's illness or injury incapacitates them for 24 hours or more, arrangements will be made for the Camper to return home or to the home of the emergency contact. Communicable viruses including, but not limited to, strep, pink eye, COVID, noroviruses, etc are sent home until cleared in accordance with camp's protocol issued under the guidance of New London Hospital. Refunds will not be given for illnesses or injuries that result in a camper going home.
- Parents will be notified of serious accident or illness of their Camper if the camper sees a doctor.
- Camp Coniston has a pediatrician on call and utilizes New London Hospital. The parent must assume any other medical and transportation arrangements.
- If campers' behavior, mental, or physical state develop into a condition requiring an abnormal amount of 1-on-1 care, dismissal may be required.
- Once a child is dismissed for any medical reason a doctor's written approval is needed for readmittance in our program.



# Two Week Sleep-Away Camp: Check-In

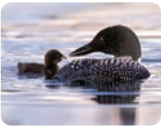
THE WAY TO A SMOOTH CHECK-IN!

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

### Sunday

**CHECK-IN TIMES WILL FALL BETWEEN 12-4PM. IT WILL BE ASSIGNED & EMAILED TO YOU THE WEEK OF CAMP**

- All camp forms must be submitted in your Camp-in-Touch account & payment made in full, otherwise you will not receive your cabin assignment.
- Lunch will not be served on check-in day, so please be sure to eat before arriving to camp.
- Please do not arrive prior to your assigned check-in time.
- Upon your arrival at your assigned check-in time, you will be greeted on the road 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 will be given to you when you arrive). There will be numbered posts, according to cabin number, placed on the perimeter of the parking lot, one side for boy's camp and the other side for girl's camp.
- Staff will help you unload any suitcases, bins 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 bins/bags placed on the athletic field are marked and will be delivered to the proper cabin.
- After unloading luggage, campers can go directly to the health check area. After a health assessment and lice check campers may proceed to their cabin to unpack. If your child has medication proceed to the infirmary to see the nurses and review dosage information (both prescription and over-the-counter). Prescription medication should have been ordered ahead of time, but please still stop at the infirmary and make sure that all medications are correct with the nurses. Over-the-counter medications, inhalers, epi-pens, birth-control, topicals, seizure rescue medications, acne medications, insulin, growth hormones, diabetic supplies & rescue medications should be brought from home and given to the nurses.
- Check-in typically takes about an hour per family. Families should be leaving camp once their child is settled to allow their children space to start making new friends.
- If you have any questions or concerns on check-in or check-out day, the Girls and Boys Camp Directors, the Executive Director and Camp Directors are available to speak to you and can be found in main camp.
- 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.



# Two Week Sleep-Away Camp: Check-Out

SEE YOU NEXT SUMMER!

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

### Saturday, 9 AM – 10 AM

- Park your car on the athletic field. Proceed to your camper's cabin to meet your child and their counselors (please wait until 9:00 to enter). Sign out your child at their cabin, pick up any medication from the nurses in front of the dining hall, and check the lost and found.
- 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 and 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.
- Camp transports bins 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 seem to be items most often left behind.

## Coniston Cares Drive

### Help Us Help Our Local Community

The Coniston Cares Drive occurs on check-in and check-out of every session. In past years, members of the Coniston Community have donated back to school items, over 1 ton of food to local food pantries, books for children and much more. Together we can make a difference to our local community. Please stay tuned to hear the details of this year's drive and help contribute!

## Please ... No Dogs!

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

But not all dogs like each other, so 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.

During Camp, luggage is stored outside, underneath the cabins or in a separate shed, so please keep in mind that it may get wet. Luggage needs to be left here for the session so campers can pack up their things on the last Friday of the session. We recommend packing in a duffel bag and large plastic storage bin.

A large drawer under the bunk and shelf space is used by campers to unpack their belongings.

### CLOTHING:

- Shorts
- T-Shirts
- Jeans/long pants (2+prs.)
- Sweatshirts/fleece (2+/-)
- Socks
- Underwear
- Pajamas
- Bathrobe
- Light jacket
- Raincoat
- Swim suits (3)  
*(appropriate swim wear for activities such as diving)*

### 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 Repellent

- 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

## Do Not Bring:

Personal Electronics  
*(Cell phones, apple watches, iPods & music players, iPhones, digital book readers, computers, tablets, game players, etc.)*

Food  
Valuables  
Expensive cameras  
Jewelry  
Duct tape

Campers found with the following are subject to immediate dismissal:

Juuls and/or Pods  
Vaporizers and/or vape products  
Drugs/paraphernalia/gummies/CBD products  
Weapons/guns  
Alcohol

**Camp is not responsible for returning confiscated items.**

Please label 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 or khaki shorts. 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

**CHECK-IN TIMES WILL FALL BETWEEN 12-2PM. IT WILL BE ASSIGNED & EMAILED TO YOU THE WEEK OF CAMP**

### Monday

1. **Upon your arrival**, you will be greeted by our staff and directed to park on the Athletic Field. Families will be asked to mark their camper's name and cabin number on each item of luggage. There will be numbered posts, for each cabin number, placed on the perimeter of the parking lot.
2. **Staff will help you unload any suitcases, trunks or duffel bags** and bring them to the appropriate cabin number. Unload the rest of your child's smaller gear and carry it to your cabin. 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** proceed to the infirmary to see the nurses and review dosage information (both prescription and over-the-counter). Prescription medication should have been ordered ahead of time, but please still stop at the infirmary and make sure that all medications are correct with the nurses. Over-the-counter medications, inhalers, epi-pens, birth-control, topicals, seizure rescue medications, acne medications, insulin, growth hormones, diabetic supplies & rescue medications should be brought from home and given to the nurses.
4. **Campers who have no medications** can proceed directly to the Health Check Area with a parent so that we can conduct a general health and head lice check. Once your camper is cleared at the Health Check Area, they will be given a pass to move into the cabin.
5. **Families should plan to leave about an hour after arrival** to allow their children time and space to start making new friends and get together.
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: Packing List

## One Week Camp Packing List:

### CLOTHING:

- Shorts
- T-Shirts
- Jeans/long pants (2+ *prs.*)
- Sweatshirts/fleece (2+/-)
- Socks
- Underwear
- Warm pajamas
- Bathrobe
- Light jacket
- Raincoat
- Swim suits (1-2) (*appropriate swim wear for activities such as diving*)
- 100% White Cotton T-Shirt for Tie-Dye

### 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 Repellant
- Sunscreen
- Water Bottle
- Stationery, Pens & Stamps

### OPTIONAL ITEMS:

- Tennis racquet
- Musical instruments
- Camera
- Notebook for journaling
- Books
- Playing Cards

## Do Not Bring:

Personal Electronics (*Cell phones, apple watches, iPods & music players, iPhones, digital book readers, computers, tablets, game players, etc.*)

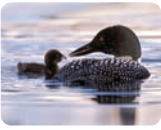
Food                      Valuables  
Expensive cameras  
Jewelry                      Duct tape

Campers found with the following are subject to immediate dismissal:

Juuls and/or Pods  
Vaporizers and/or vape products  
Drugs/paraphernalia/  
gummies/CBD products  
Weapons/guns  
Alcohol

**Camp is not responsible for returning confiscated items.**

**For one week sleep-away Camp check-out information see page 10.**



# 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; Mail Call</i>
5:15	<i>Vespers</i>
5:30	<i>Dinner</i>
6:15	<i>Free Time &amp; Evening Program preparation</i>
7:20	<i>Flag Lowering</i>
7:30	<i>Evening Program</i>
8:30	<i>Closing &amp; Snack</i>
9:00	<i>Taps/Lights Out</i>

### One Week 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>
2:45	<i>Program Period 3</i>
3:45	<i>Program Period 4</i>
4:45	<i>Cabin Time &amp; 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>
9:00	<i>Taps/Lights Out</i>

*Schedule may be subject to change*





# While Your Child Is At Camp

— CONTINUED —

## 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 they 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>Ecology</i>	<i>Kayaking</i>	<i>Running (SR)</i>
<i>Arts &amp; Crafts</i>	<i>Frisbee/</i>	<i>Landsports</i>	<i>Sailing</i>
<i>Basketball</i>	<i>Disc Golf</i>	<i>Lacrosse</i>	<i>Skeet (SR)</i>
<i>Campcraft</i>	<i>Games for</i>	<i>Martial Arts</i>	<i>Snorkeling</i>
<i>Canoeing</i>	<i>the Mind</i>	<i>Music</i>	<i>Soccer</i>
<i>Coniston Singers</i>	<i>Gymnastics</i>	<i>Paddleboarding (MD/SR)</i>	<i>Tennis</i>
<i>Cooking (MD)</i>	<i>Hiking (SR)</i>	<i>Photography (SR)</i>	<i>Woodshop (SR)</i>
<i>Dance</i>	<i>Horseback (see</i>	<i>Riflery</i>	<i>Yoga</i>
<i>Drama</i>	<i>below)</i>	<i>Ropes</i>	

## 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.



# While Your Child Is At Camp

— CONTINUED —

## Out-of-Camp Trips

During their stay at Coniston, Campers may participate in out-of-Camp trips. This may 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.



## 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, 24 Coniston Road, 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!** We ask that you please **do not** send food, powdered drinks, candy, gum or duct tape. Food attracts mice, raccoons, skunks and more. This applies to campers, staff, and CITs. All food sent to Camp will be discarded. Camp provides enough food and snacks each day for your camper. Because packages are checked for food during your child's free time, we encourage you to not send more than one package per week to your child. The line can be quite long and we see many campers spend their free time each day in the line instead of doing an activity. Please mail packages via the US Mail.

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

*(Camper's Name and Cabin Number)*

YMCA Camp Coniston

24 Coniston Road, Grantham, NH 03753



# While Your Child Is At Camp

— CONTINUED —

## 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 in accordance with the Coniston Experience Statement. After reasonable efforts to modify irresponsible or inappropriate behaviors (including but not limited to bad language, hate speech, use of threats, theft or fighting), a camper may be

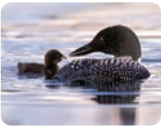
dismissed. Direct threats of significant physical harm to self or others, as is the possession or use of tobacco, drugs, alcohol, vaping, juuls or pods while in a Camp program are grounds for immediate dismissal.

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

If campers behaviors, mental, or physical state develop into a condition requiring an abnormal amount of 1-on-1 care, dismissal may be required.

Once a child is dismissed for any medical reason a doctor's written approval is needed for readmittance in our program.





# While Your Child Is At Camp

— CONTINUED —

## On Homesickness ... Some Important Information

Parents should understand that initial letters home might involve strong homesick feelings, especially from first-time campers. Our staff are well trained on supporting children through a variety of feelings, including homesickness.

If you have concerns, after a second unhappy letter, 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 positive.

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

Cellphones are not allowed at Camp. 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.

## Frequently Given Answers ... !

- **Cellphones** 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; *Any* food sent to Camp will not be given to your child to control squirrels, etc. in cabins.
- **"Thank a Counselor"** if you would like to show appreciation for your child's counselor or other camp staff, please stop by the store to write a thank you note and give a donation.



# While Your Child Is At Camp

— CONTINUED —

## Meals

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

In addition, snacks are available during the day if a camper needs something to hold them over until mealtime.

In order to accommodate food allergies, campers are responsible to check the food ingredient list with the nurses prior to each meal and select the appropriate menu items during the meal. Camp staff cannot be responsible for what your camper chooses to consume.



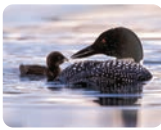
We strive not to serve food containing nuts. However, we cannot guarantee that cross-contamination from producers has not occurred for any allergy. Please call the office before Camp begins with any questions. All allergies are considered on a case-by-case basis.

## Child Protection and Coniston

YMCA Camp Coniston has always taken Child Protection and Safety seriously. To increase intentionality, Coniston is undertaking a rigorous accreditation process through [Praesidium](https://www.praesidium.com). This new accreditation will be paired with the current NH State Licensing and American Camp Association Accreditation requirements. [Praesidium's](https://www.praesidium.com) mission is to prevent the abuse of children and vulnerable adults and to preserve trust in respected organizations.

Please contact any year-round Coniston staff with concerns or would like to know more about child protection at YMCA Camp Coniston. You can find additional resources by visiting <https://www.ymca.org/what-we-do/youth-development/child-care/child-protection> and <https://www.ymca.org/what-we-do/youth-development/child-care/recognizing-boundaries>. Staff [emails](mailto:staff@coniston.org) may be found at [www.coniston.org/year-round-staff/](http://www.coniston.org/year-round-staff/) and inquiries are confidential and anonymous.

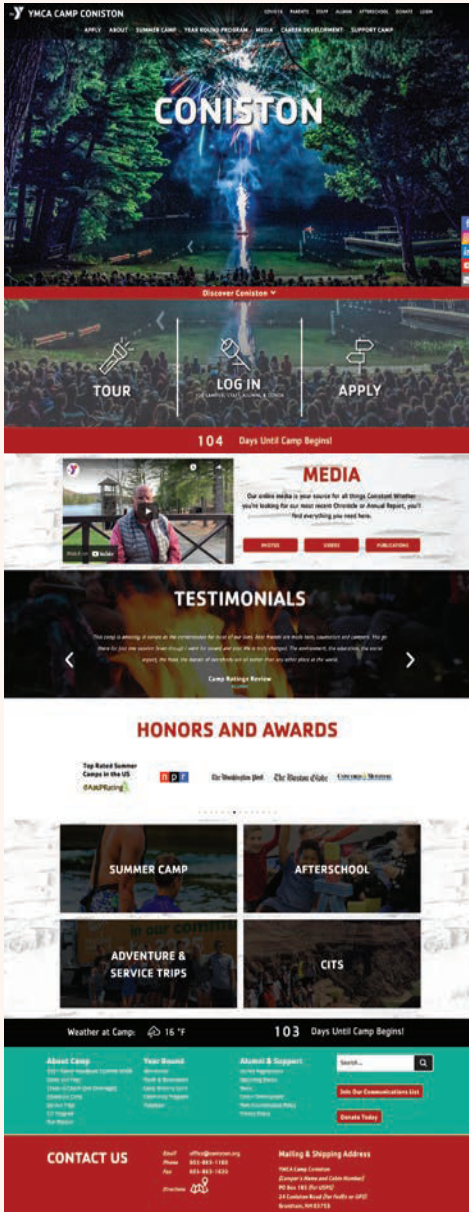




# While Your Child Is At Camp

— CONTINUED —

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



We change the home page regularly all year, so check often.

## Join Coniston on Social Media!



@YMCACampConiston



@YMCACampConiston  
 @ConistonFloraAndFauna



@ymca-camp-coniston  
 @groups/13608842

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 Carter@coniston.org. We'll share them with the Camp community on the web, and in the *Coniston Chronicle!*

*PLEASE NOTE: Our social media is not used as source of two-way communication at 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. The best way to reach us is to call the office or send us an email.*





# After Camp Ends

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

## Applying for Next Summer

Due to high volume of returning campers, Coniston is one of the few camps in the U.S. that typically fills up before the holidays each year. Here is how our camper application system works:

**APPLY  
EARLY**

Applications are accepted  
by date received

**EVERYONE can apply starting July 1st and applications are accepted in the following order:**

- **Returning Campers** are accepted first, starting on *July 1st*. Siblings of returning Campers are accepted at this time too. As we cannot guarantee your registration to Camp, you should get your application in as early as you can to increase your chances of being accepted.
- **Wait List Campers** 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 can begin submitting applications *on July 1st*.
- Please note that *all applications are space-permitted* — applications are processed in date-received order. By applying, you are not guaranteed acceptance to Camp. We encourage all campers to get their applications in early, to increase their chances of acceptance. The sooner we receive your application, the better your chances are.
- We highly encourage people to apply, even once Camp is full. Our wait lists are very active — in the past few years we have registered about 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 can submit applications on *July 1st*, and new camper applications will start being processed on *October 17th*.



## After Camp Ends

— CONTINUED —



### Surveys ...

will be emailed at the end of each session. Health, safety and child protection are very important to us and will be reviewed in accordance with the procedures on our website. We would love to know your feedback – it will help us to continue to improve Camp.

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

You should be aware; it is YMCA Camp Coniston's position to discourage camper-staff interactions on social media. However, Coniston does maintain its own monitored social media accounts, where campers and staff may contact each other.

We hope parents can help their campers understand that staff's personal accounts are "their own space" where they can participate in their private lives, while the Coniston

accounts give 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.



### Lost and Found

- On check-out, make certain to look in all lost and found locations for your child's belongings.
- We donate all lost and found items at the end of each session to a local charity.
- Due to our large population of campers we cannot mail Lost and Found items.





# 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 campers apply for this special leadership program when they age-out of Camp.

The CIT program is for former campers who will be 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. We develop and encourage responsibility and independence, which are essential in our staff’s futures, both here at Coniston and at home.



Your camper will receive CIT information during their last session. CIT applications can be accessed online in your Camp In Touch account. For more information see handout. Applications must be received by *October 1st*. Notifications are sent in mid-November. 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 29 - 31 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, attend events/reunions, and are annual donors.

## 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.



**ATTENTION  
ALUMNI**

## 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 or by email to [jesse@coniston.org](mailto:jesse@coniston.org).

**Follow “YMCA Camp Coniston” on Social Media.** Join over 10,000 followers at [www.facebook.com/YMCACampConiston](http://www.facebook.com/YMCACampConiston) and YMCACampConiston on Instagram to keep up to date on our daily summer photos, events and 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.

**Lead a Trip!** Take a vacation from work and come back to Camp and help with one of our summer trips or Session 5!

**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!

**Become a Coniston Ambassador!** Get more involved with what’s going on at Coniston and receive regular Camp news and volunteer opportunities!



## Adventure/Service

YMCA CAMP CONISTON'S  
SUMMER ADVENTURE SERIES!

### Coniston Travel Programs

**YMCA Camp Coniston's travel programs** 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.

Our trips are scheduled to maximize your opportunity to pair one or more travel programs with a sleep-away camp session. Check our website at [www.coniston.org](http://www.coniston.org) for up-to-date travel 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. There will be at least two leaders on each trip, one of which will be 21+. At least one leader will also be a certified lifeguard, and will hold a CPR and First Aid certificate.

Each trip will have at least 2 leaders ensuring a staff to camper ratio of 1:6.







## Adventure/Service

YMCA CAMP CONISTON'S  
SUMMER ADVENTURE SERIES!



**Campers:** Campers must be willing to challenge themselves while traveling on a bus in a small group while living in tents in some of the more beautiful locations in New England. Most importantly, campers should have an open mind, be enthusiastic and be ready for the time of their lives! Basic swimming ability is required. Please read the Coniston Experience with this description in mind.

**Outfitters:** On each trip, 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 trips.

**Experience:** YMCA Camp Coniston has been leading outdoor trips for over 50 years, starting with trips 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 the campers to reach their full potential.



# Adventure Camp

YMCA CAMP CONISTON'S  
SUMMER ADVENTURE SERIES!

## Adventure Camp: Check-In

### Sunday

1. Upon your arrival 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 on the A-Field.
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.

## Adventure Camp: Check-Out

### One week adventure trips - Friday

### Extended adventure trip - Tuesday

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 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 items are 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



# Adventure Camp

YMCA CAMP CONISTON'S  
SUMMER ADVENTURE SERIES!

## Adventure Camp Packing List:

### CLOTHING:

- Shorts (3-4 pr)
- T-Shirts (4-5)
- Long sleeve t-shirt (2)
- Long pants (2 pr)
- Sweatshirt/fleece
- Socks (4-5 pr)
- Underwear
- Pajamas
- Raincoat & pants
- Hat or Visor
- Swim suits (1-2)  
(appropriate swim wear for activities such as diving)

### 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
- Insect Repellent
- Flashlight/headlamp (extra batteries too!)
- 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 Details:

- 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 with staff.
- Campers should be in good physical shape for all trips.
- Campers can bring spending money if they wish.

## 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.

## Do Not Bring:

Personal Electronics (*Cell phones, apple watches, iPods & music players, iPhones, digital book readers, computers, tablets, game players, etc.*)  
Food Valuables  
Expensive cameras  
Jewelry Duct tape

Campers found with the following are subject to immediate dismissal:

Juuls and/or Pods  
Vaporizers and/or vape products  
Drugs/paraphernalia/gummies/CBD products  
Weapons/guns Alcohol

**Camp is not responsible for returning confiscated items.**



## CONISTON SERVICE TRIPS

# Change one life ... Change the World!

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

Each summer we offer two Service Trips to take the Coniston Spirit on the road and help those less fortunate than ourselves.

Projects from previous summers include working with Habitat for Humanity, City Mission Society of Boston, Feeding America at a Food Bank and other social service agencies.

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 based on 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.

**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 14 to 16 and have completed one year of high school.**





## CONISTON SERVICE TRIPS

### Service Trip: Check-In

#### Saturday

1. Upon your arrival 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 Service Trip Bus parked on the A-Field.
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.

### Service Trip: Check-Out

#### Tuesday

1. Meet your camper at the Service Trip 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 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 items are 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.





## CONISTON SERVICE TRIPS

### Service Trips Packing List:

#### CLOTHING:

- Shorts (3-4 pr)
- T-Shirts (6-7)
- Long sleeve t-shirt (2)
- Long pants (2 pr)
- Sweatshirts/fleece
- Socks (7 pr)
- Underwear
- Pajamas
- Raincoat & pants
- Hat or Visor
- Swim suits (2 pr) (*appropriate swim wear for activities such as diving*)

#### 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:

- Small Backpack (*for day trips*)
- Reusable Bowl & Spoon
- Lock and key, or combination lock (*some areas provide lockers for*

*campers use*)

- 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.

### Do Not Bring:

Personal Electronics (*Cell phones, apple watches, iPods & music players, iPhones, digital book readers, computers, tablets, game players, etc.*)

Food Valuables

Expensive cameras

Jewelry Duct tape

Campers found with the following are subject to immediate dismissal:

Juuls and/or Pods

Vaporizers and/or vape products

Drugs/paraphernalia/gummies/CBD products

Weapons/guns Alcohol

**Camp is not responsible for returning confiscated items.**



# YMCA Camp Coniston, Inc.



## Board of Directors

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**Jon Marvin, Treasurer**  
Bow, NH

**Stefan Timbrell, Secretary**  
New London, NH

**Neil Abramson**  
New Orleans, LA

**John Calcutt**  
Tucson, AZ

**Chris Eldredge**  
Sunapee, NH

**Rolf Gesen**  
Concord, NH

**Catherine Johnson**  
Hanover, NH

**Katie Smidt**  
Hopkinton, NH

**Brian Sung**  
Newton, MA

**Michael J. Work**  
New London, NH

**Tricia Brooks, Emerita**

**Greg Bryant, Emeritus**

**Katie Gardner, Emerita**

**Brian Grip, Emeritus**

## Year-Round Staff

**John Tilley**  
Executive Director

**Emily Judkins**  
Registrar

**John McNair**  
Summer Camp & Operations Director

**Nicole Berthiaume**  
Summer Camp & Staff Development Director

**Carter Bascom**  
Development Director

**Brackett Lyons**  
Interim Marketing Director

**Lorraine Newcomb**  
Finance and Office Administration

**Dale Cunningham**  
Controller

**Ollie Andrews, Adam Eaton, Nate Levine,  
Brackett Lyons, James Newcomb**  
Maintenance

## 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.



**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**



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24 Coniston Road  
Grantham, NH 03753  
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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 and follow the signs.

**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 Road, turn right onto Coniston Road and follow the signs.