



**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, CAMPERS, AND ALUMNI**

2026 Information Handbook

**SLEEPAWAY CAMP
ADVENTURE CAMP
SERVICE TRIPS**

YMCA Camp Coniston
Located in Croydon, NH

2026 Session Dates

Two-Week Sleepaway Camp

Session 1	June 21 – July 4
Session 2	July 5 – July 18
Session 3	July 19 – Aug 1
Session 4	Aug 2 – Aug 15

TIER 1: \$2,560 | TIER 2: \$2,170 | TIER 3: Financial Aid

One-Week Sleepaway Camp

Session 5	Aug 17 – Aug 22
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TIER 1: \$1,285 | TIER 2: \$1,090 | TIER 3: Financial Aid

6-Day Adventure Camp

Green Mt. Explorer	June 28 – July 3
Quebec Quest	July 5 – July 10
Coastal Navigator	July 12 – July 17
Acadian Odyssey	July 19 – July 24
Narragansett Nav.	July 26 – July 31
Northern NE Explorer	Aug 2 – Aug 7

TIER 1: \$1,420 | TIER 2: \$1,220 | TIER 3: Financial Aid

10-Day Adventure Camp

Sea to Sky	July 19 – July 28
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TIER 1: \$2,370 | TIER 2: \$2,170 | TIER 3: Financial Aid

Service Trips

Service I	July 4 – July 14
Service II	Aug 1 – Aug 11

TIER 1: \$2,470 | TIER 2: \$2,270 | TIER 3: Financial Aid

CIT Programs

Dates include East Coast and West Coast

CIT 1 & 2	June 21 – July 18
CIT 3 & 4	July 19 – Aug 15

(EAST) TIER 1: \$5,570 | TIER 2: \$5,180 | TIER 3: FINANCIAL AID

(WEST) TIER 1: \$6,570 | TIER 2: \$6,180 | 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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Director's 2¢



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

In 1911, Coniston first welcomed campers, staff, and parents from New England, the US, and around the world. Since this beginning, living and learning together has always helped Conistonians discover the value of community by building independence, respect, and self-reliance along the way.

This Parent Handbook is designed to explain our policies and procedures so your family can determine whether Coniston is the right fit for your child. If anything is unclear, please reach out. These guidelines are here to support your decision making and help set your camper up for success.

Creating a sense of belonging is at the heart of what we do. Campers and alumni tell us time and again that their time at Coniston shaped them—teaching them as much about themselves as any experience in their lives.

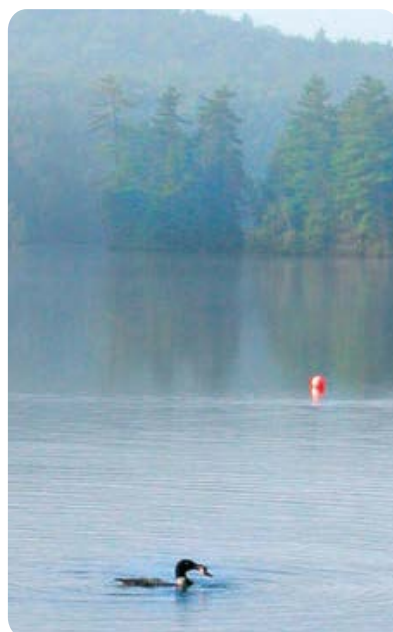
We are here year round to ensure your child has an extraordinary summer, and we're grateful to be part of their journey.

The Coniston Experience Statement

Fifteen 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.





The Coniston Experience Statement

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.
- 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.

The Coniston Experience Statement was developed to assist parents in determining whether Coniston is the right place for their child.

After reading, if you have additional questions about your child's participation in Camp, please call our office at 603-863-1160





About YMCA Camp Coniston

YMCA 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 Divisioncompleted grades 2-4
- Middler Divisioncompleted grades 5-7
- Senior Divisioncompleted grades 8-10
- One-Week Sleepaway Campcompleted grades 2-6
- Adventure Campages 12-15
- Service Tripsages 14-16 and completed at least one year of high school
- CIT.....must be 16 by June 24th

Camp Activities

During a two-week camp session, your camper will participate in eight instructional activities, which includes swimming instruction, (*see page 14 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

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 one time after trying 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.

Our Staff

Our Summer Staff are young adults (most are former campers) who have completed a minimum of one week of specialized training each year. They are chosen for maturity, commitment to children's growth and a love of the community.

Each session includes four registered nurses along with 100+ trained lifeguards and first aid/CPR certified staff members.





About YMCA Camp Coniston

CONISTON PRICING

"Coniston has a voluntary three 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.

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.*

*Financial assistance and tiered pricing is made possible by the Annual Fund.





Before Camp Begins

Application & Fees

- **Apply** to Camp online to the session(s) you wish to attend (see Cancellation Policy below). 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

Order of Admissions

- *Beginning July 1st*, returning Campers (from 2025) and their siblings are registered as space allows, upon receipt of their application and deposit.
- *On October 16th*, all waitlist 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.

Cancellation Policy

- **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.
- **Waitlists** are active and utilized into June every summer. To sign up for the waitlist, 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

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.

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 Statement.

Cabin Mate Requests

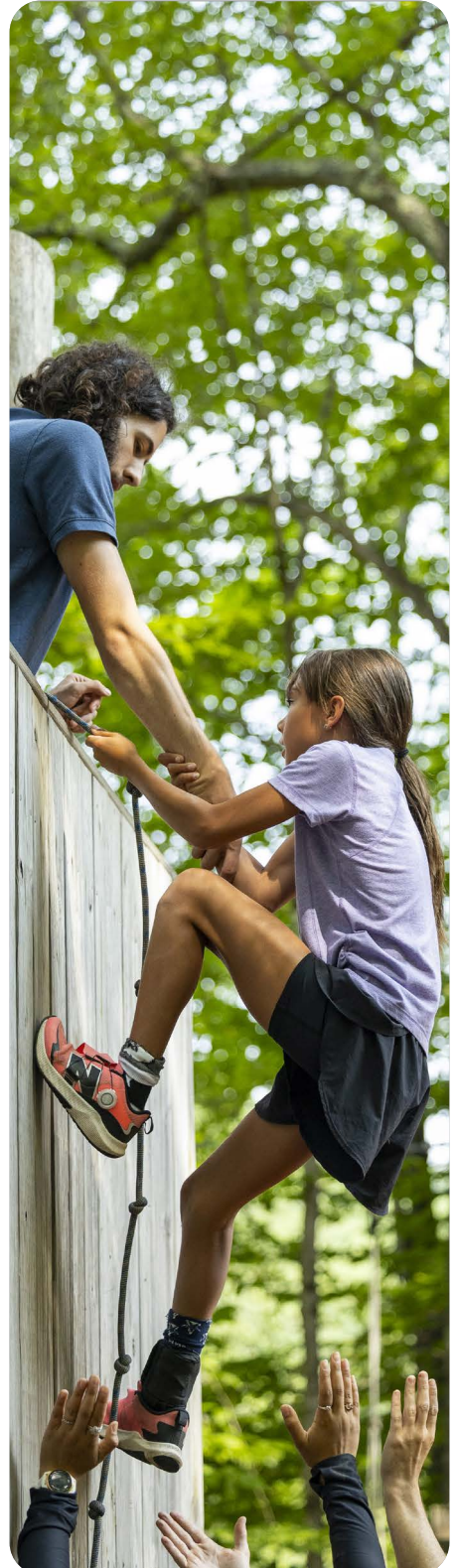
There are many factors that go into cabin placement, and every effort is made to honor requests. However, **first year Camper requests are the only ones guaranteed, as long as campers request each other, and are similar age/grade.**

Only one request per Camper is considered.

Special Needs & 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*).





Before Camp Begins

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 a prepackaging system this summer. Parents will need to make sure their camper's prescription medications are prepacked in time for arrival at Camp. More detailed information will be uploaded to your Camp-In-Touch account prior to the summer.
- 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 are the responsibility of the parent.
- Your families personal health insurance will be the insurance used for any and all illness, injuries, or exposures that occur at Camp.
- If a camper's illness or injury causes them to be removed from the program 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 are not given for illnesses or injuries that result in a camper going home.

- Continued on Next Page -



Before Camp Begins

Camp Health Policies Continued...

- All dental problems, including orthodontic appliances, are the parents' responsibility.
- If a camper's illness or injury warrants a visit off-site to a doctor, parents or emergency contact will be notified as soon as possible.
- 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 re-admittance in our program.





Sleepaway Camp – Check-In & Check-Out

Two-Week & One-Week Check-In

- Check-in times will be assigned and emailed to you prior to the start of your Camper's session.

Please do not arrive prior to your assigned check-in time.

- Two-week Camp Check-In: Sunday, 12:30 p.m. - 4:00 p.m.
- One-week Camp Check-In: Monday, 12:30 p.m. - 2:00 p.m.
- 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.
- 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.
- 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.
- 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). All prescription medication will need to be prepackaged.
- 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.





Sleepaway Camp – Check-In & Check-Out

Two-Week & One-Week Check-Out

- Check-out time is Saturday between 9:00 a.m. - 10:00 a.m.
- Park on the A-field and head to your Camper's cabin (please wait until 9:00 to enter). After hellos and hugs, you can sign-out your child right at their cabin. Be sure to say hello and thank the counselors too!
- At your camper's cabin, please check for unpacked items - places to look:
 - Shelves, under beds, the outside clothesline, behind the cabin
- Please check for additional missing items at the Lost and Found located on the tennis courts. All lost & found is donated to charity at the end of each session.
- Pay special attention to laundry bags & pillowcases. These seem to be items most often left behind.
- Be sure to pick-up any medication from the nurses in the infirmary.
- Camp transports bins and bags back to the athletic field. You will find your child's gear located at the corresponding cabin post.



Reminders for Check-In & Check-Out

- No dogs, please!
- 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, pajamas for foster 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!
- "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. These funds are used to treat staff throughout the summer (pizza parties, special treats, etc.).



Packing for Sleepaway Camp

Packing for Camp

Please see your Camp-In-Touch account for a full packing list of what to bring.

Clothing & Personal Items

- Be sure to pack enough clothing for the entire session.
- Please label ALL clothing, luggage and personal items.
- During Camp, luggage is stored outside, underneath the cabins or in a separate shed, so please keep in mind that it may get wet.
- 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 should not be expensive or new.
- Some campers enjoy wearing casual Sunday clothes to Chapel; for example, a sundress or khaki shorts. This is strictly optional.
- Please note that Camp is not responsible for lost or stolen items.



Do Not Bring:

- Food
- Valuables
- Expensive Cameras
- Jewelry
- Duct Tape
- Personal Electronics
 - *Cell phones, apple watches, iPods & music players, iPhones, digital book readers, computers, tablets, game players, etc.*

Campers found with the following items are subject to immediate dismissal:

Juuls and/or Pods Vaporizers, Vape Products, Drugs/Paraphernalia, Gummies, CBD Products, Weapons, Guns, Alcohol

Camp is not responsible for returning confiscated items.



While Your Child is at Camp

Daily Schedule

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

A Typical Day at Camp

**Schedule subject to change*

*7:30 a.m.	Reveille
	Flag Raising
	Breakfast
	Cabin Clean Up
	Program Period 1
	Program Period 2
	Free Time
	Lunch
	Siesta
	Program Period 3
	Program Period 4
	Cabin Time & Mail Call
	Vespers
	Dinner
	Free Time
	Flag Lowering
	Evening Program
	Closing & Snack
9:00 p.m.	Taps/Lights Out





While Your Child is at Camp

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 grade or division.

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>Kayaking</i>
<i>Arts & Crafts</i>	<i>Landsports</i>
<i>Basketball</i>	<i>Lacrosse</i>
<i>Campcraft</i>	<i>Music</i>
<i>Canoeing</i>	<i>Paddleboarding (Middlers & Seniors)</i>
<i>Coniston Singers</i>	<i>Photography (Seniors)</i>
<i>Cooking (Middlers)</i>	<i>Riflery</i>
<i>Dance</i>	<i>Ropes</i>
<i>Drama</i>	<i>Running (Seniors)</i>
<i>Ecology</i>	<i>Sailing</i>
<i>Frisbee/Disc Golf</i>	<i>Skeet (Seniors)</i>
<i>Games for the Mind</i>	<i>Snorkeling</i>
<i>Gymnastics</i>	<i>Tennis</i>
<i>Hiking (Seniors)</i>	<i>Woodshop (Seniors)</i>
<i>Horseback (See Below)</i>	<i>Yoga</i>

- Junior Divisioncompleted grades 2–4
- Middler Divisioncompleted grades 5–7
- Senior Divisioncompleted grades 8–10

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 canceled due to inclement weather.



While Your Child is at Camp

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

Letters and packages to your camper should be sent to:

YMCA Camp Coniston

Camper's Name and Cabin Number

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 but please be mindful of what you send!

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.

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.





While Your Child is at Camp

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. Camp administration will make the determination of whether instances are significant enough for immediate dismissal or behavior modification.

After reasonable efforts to modify irresponsible or inappropriate behaviors (including but not limited to bad language, hateful language, use of threats, theft or fighting, or cellphone use), a camper may be dismissed.

Direct threats of significant physical harm to self or others, inappropriate exposure of body parts, and 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 re-admittance in our program.

Due to their position of leadership, CITs will be given a specific code of conduct to clarify their position of leadership and expectations specific to them.





While Your Child is at Camp

Making Your Way Through Homesickness

Parents should understand that dealing with homesickness is important for growth! It is possible 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.



FAQs!

- **Cellphones** are not allowed for camper use. Any cell phone found will be brought to the office until parents pick up at check-out. Camp is not responsible for the condition or safe keeping of the confiscated phone.
- **E-mail** is not accessible to campers.
- **Snacks** are provided daily by Camp; *Any* food sent to Camp will be thrown away and not returned at the end of the session to control pests in cabins.
- **Pictures** from sessions will be upload to parents Camp-In-Touch by the end of each session.



While Your Child is at Camp

Meals

Coniston is committed to providing safe, enjoyable dining experiences for all campers and staff. Our menus feature healthy, camper friendly options served in a deconstructed style to accommodate a wide range of preferences and needs. Meals are served family style within cabin groups, and alternatives are available for individuals with common allergies and intolerances, including tree nuts, dairy, and gluten.

Combinations of allergies are addressed individually through consultation with our nursing team and conversations between families and our food service staff.



To be successful at Camp, a camper must have a desire to eat, the ability to monitor their own choices, and the self-regulation to select foods that align with their dietary needs. Individual menus not aligned with the camp menu cannot be accommodated.

Our kitchen management team and chefs are informed of all camper and staff allergies and develop plans to provide safe, appealing meals. While we strive not to serve foods containing nuts and offer gluten free options, we cannot guarantee the absence of cross contamination.

To help maintain a safe dining environment, campers are responsible for reviewing ingredient lists posted at the nurses' table before each meal and choosing foods that meet their needs. Camp staff cannot be responsible for what a camper ultimately chooses to eat.

Our management team continuously oversees kitchen operations to ensure proper food handling procedures. A Food Service Director or lead cook is available at every meal to answer questions.

If you have questions before Camp begins, please call the office. All allergies are evaluated individually so we can best support each camper.



While Your Child is at Camp

Child Protection

YMCA Camp Coniston has been awarded Accreditation by Praesidium, the leader in abuse risk management, Praesidium Accreditation® is a prestigious honor demonstrating that Coniston has worked to achieve the highest industry standards in abuse prevention and specializes in preventing the abuse of children and vulnerable adults. This Accreditation aligns with Coniston's current NH State Licensing and American Camp Association Accreditation requirements.

— ACCREDITED BY —
PRAESIDIUM
 — 2025-2028 —

Please contact any year-round Coniston staff with concerns or if you would like to know more about child protection at YMCA Camp Coniston. Staff emails may be found at **coniston.org/year-round-staff** and inquiries are confidential and anonymous.

Additional resources can be found by visiting:

ymca.org/what-wedo/youth-development/child-care/child-protection

ymca.org/what-we-do/youth-development/child-care/recognizingboundaries

Photos of Your Camper

Select photos will be uploaded frequently to Camp's Instagram and Facebook. Photos from your Camper's session can be found in your Camp-In-Touch account and will be uploaded by the end of each session.

Accessing Your Camp-In-Touch Account

If you're having trouble locating your Camp-In-Touch account, the quickest way to log in is to visit **coniston.org**. Simply click the "Login" button, and you'll be taken directly to the access page.

Join Us on Social Media!

@YMCACampConiston

On all social channels!

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.



Travel Programs

YMCA Camp Coniston's travel programs offers participants the opportunity to have exciting adventures and service 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 sleepaway session. Go to coniston.org for trips, sample itineraries, and details. See inside cover for trip dates and rates. The following 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.

Staff

Our service and trip staff are 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 two leaders to ensure a staff to camper ratio of 1:6.

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 Statement with this description in mind.

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 (ACA) standards and our leaders and the outfitter will work with the campers to reach their full potential.

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.



Adventure Trips

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.

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.



Packing for Trips

Please see your Camp-In-Touch account for a full packing list of what to bring.

Be sure to label ALL clothing and personal items prior to drop-off. Clothing should not be expensive or new. Please see a list of prohibited items below. Note that Camp is not responsible for lost, stolen, or confiscated items.

Do Not Bring:

- Food
- Valuables
- Expensive Cameras
- Jewelry
- Duct Tape
- Personal Electronics
 - *Cell phones, apple watches, iPods & music players, iPhones, digital book readers, computers, tablets, game players, etc.*

Campers found with the following items are subject to immediate dismissal:

Juuls and/or Pods Vaporizers, Vape Products, Drugs/Paraphernalia, Gummies, CBD Products, Weapons, Guns, Alcohol

Camp is not responsible for returning confiscated items.



Adventure Trips – Check-In & Check-Out

Adventure Trips Check-In: Sunday

- Upon your arrival you will be greeted on the road and directed where to park your vehicle on the Athletic Field (A-Field)
- Please bring baggage to the Adventure Camp Bus parked on the A-Field.
- 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.
- 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.
- 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.
- 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 Trips Check-Out: Friday & Tuesday (Extended Adventure)

- Meet your camper at the Adventure Camp Bus in front of the athletic field (A-field). Due to Coniston sleepaway camp being in session, please remain on the A-field area.
- 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.
- If you should need to use the facilities, bathrooms are located on the outside of the dining hall.
- A group picture, t-shirt, and triangle will be given to your camper.



Service Trips

Change one life...Change the World!

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 each trip, campers volunteer for a week and then enjoy activities unique to the area, such as whitewater rafting, hiking, or rock climbing. Each winter, our staff select projects based on emerging community needs and the ability to safely host campers, including support for areas affected by natural disasters. Our goal is to provide a meaningful, authentic experience in every location.

Trip Details

- Age: 14-16
- Campers must have completed at least one year of High School.
- 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.

Packing for Trips

Please see your Camp-In-Touch account for a full packing list of what to bring.

Be sure to label ALL clothing and personal items prior to drop-off. Clothing should not be expensive or new. Please see a list of prohibited items below. Note that Camp is not responsible for lost, stolen, or confiscated items.

Do Not Bring:

- Food
- Valuables
- Expensive Cameras
- Jewelry
- Duct Tape
- Personal Electronics
 - *Cell phones, apple watches, iPods & music players, iPhones, digital book readers, computers, tablets, game players, etc.*

Campers found with the following items are subject to immediate dismissal:

Juuls and/or Pods Vaporizers, Vape Products, Drugs/Paraphernalia, Gummies, CBD Products, Weapons, Guns, Alcohol

Camp is not responsible for returning confiscated items.



Service Trips – Check-In & Check-Out

Service Trips Check-In: Saturday

- Upon your arrival you will be greeted on the road and directed where to park your vehicle on the Athletic Field (A-Field)
- Please bring baggage to the Adventure Camp Bus parked on the A-Field.
- 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.
- 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.
- 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.
- 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 Trips Check-Out: Tuesday

- Meet your camper at the Adventure Camp Bus in front of the athletic field (A-field). Due to Coniston sleepaway camp being in session, please remain on the A-field area.
- 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.
- If you should need to use the facilities, bathrooms are located on the outside of the dining hall.
- A group picture, t-shirt, and triangle will be given to your camper.



The Coniston CIT Program

Building Future Camp Leaders

The Coniston Camper-In-Training (CIT) program is one of Camp's longest-standing traditions, and most senior campers apply as soon as they become eligible. This four-week leadership experience focuses on developing personal leadership skills and team-building, especially as they relate to working with youth.

CITs gain hands-on experience by shadowing and teaching in Coniston program areas and by "adopting" a cabin, where they serve as positive role models for younger campers. The program also includes wilderness experiences and American Red Cross Lifeguard Certification training, both of which require a basic level of physical fitness.

Eligibility

- Age: 16 by June 24th
- Must have participated in at least one two-week session or trip
- CITs must be able to attend the full four weeks.
- International campers ARE eligible for the CIT program
- Parents and campers should be aware that foreign citizens not holding a US passport cannot apply for the 17-year-old LIT staff position the following summer. You must be 18 to be eligible for a US J-1 visa.

Applying for CIT

- Applications are due by October 15th
- The application is online and can be found in your Camp-In-Touch account under the Forms and Documents link.
- Three letters of recommendation are required with application submission.





After Camp Ends

Applying for Next Summer

Due to high volume of returning campers, Coniston is one of the few camps in the U.S. that typically fill up before the holidays each year.

PLEASE APPLY EARLY!
APPLICATIONS ARE ACCEPTED IN THE ORDER IN WHICH THEY ARE 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.
- Waitlist Campers from the previous summer are accepted next, starting on *October 16th*. To be considered you must do two things:
 - Submit the application online starting *July 1st*; and
 - Remain active on the waitlist throughout the summer.
- **New Campers** are accepted next, starting on *October 17th*. New campers can begin submitting applications *on July 1st*. Please note new camper applications will be accepted in the order in which they were received.
- 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 waitlists are very active — in the past few years we have registered about 100 campers from the waitlist 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!

Parent Survey

A survey 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 your feedback to help us continue to improve Camp!



After Camp Ends

Lost & Found

- During check-out, be sure to look around your Camper's cabin (inside and outside) as well as the bathhouse for any forgotten items.
- Please stop by the Lost and Found on the tennis courts to check for any missing items.
- When leaving, check the A-field for your luggage and laundry bag.

Camp will 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.

Facebook, Snapchat, YouTube, Instagram, TikTok ...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.

More than ever before...

**There's a kid who needs
this right now.**

Will you help?

SUPPORT CONISTON CAMPERSHIPS
coniston.org/give



Coniston Alumni

Who are Coniston Alumni?

YMCA Camp Coniston is fortunate to have a dedicated group of former campers and staff 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.

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



How to Stay Connected & Get Involved

Make sure we have your contact information!

Fill out our online form at coniston.org/alumni.

Send us your life updates

The Coniston Chronicle, is mailed twice yearly to camper parents, staff, and alumni. We love to include what’s happening in the lives of Conistonians! Have a life update (career changes, marriages, births, etc.)? Please send your updates to Cait at cait@coniston.org to be included in the next Chronicle!

Visit Camp

If you are ever “in the neighborhood,” come visit us! Our office is staffed year-round, give us a call if you plan to stop by (603) 863-1160. If you are visiting after hours please sign in using the QR code in front of the main office.

Lead a Trip

Have free time during the summer? Come back to Camp and help with one of our summer trips or Session 5!

Send your child to Coniston

Nothing connects you back to Coniston like having your child attend the same Camp you did ... your child may even be in a cabin with other children of alumni!

Attend or organize an event

Camp hosts many events for alumni throughout the year! Be sure to check our events page, coniston.org/events for the latest events both in different cities and at Camp.

Hosting your own alumni event? Let us know!

Become a Coniston Ambassador!

Get involved with what’s going on at Camp! Ambassadors get the inside scoop on what’s going on at Camp and are a vital part of our volunteer program. For more information and to sign-up, email Cait at Cait@coniston.org.



Notes

YMCA Camp Coniston, Inc.

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Maintenance

Shannon Rush

Trip Coordinator



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.



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



YMCA Camp Coniston

PO Box 185
24 Coniston Road
Grantham, NH 03753
(603) 863-1160
office@coniston.org
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.