

Last Updated March, 2026

Birch Rock Camp Family Guide



www.birchrock.org
(207) 583-4478

Winter Mail Address: **15 Skyline Road, South Portland, ME 04106** (Sept.- May)

Summer Mail Address: **PO Box 148, Waterford, ME 04088** (June – August)

Shipping Address: 293 McWain Hill Road, Waterford, ME 04088

Goals for the Coming Season

As you prepare your camper(s) - and yourself - for the upcoming season at Birch Rock Camp for boys, we would like to share some of our “partnership in parenting” goals. Birch Rock Camp provides opportunities for each camper to stimulate one’s self-esteem, appreciate one’s natural surroundings, and learn to embrace group living with diverse and unique individuals. We help our campers set goals and challenges for themselves. Our quest is that through the support and nurturing spirit of our dedicated staff these objectives be introduced and each camper’s talents and abilities be self-discovered.

- **Campers will participate in getting-to-know games/introductions during the first 24 hours of camp, review safety standards, healthy living expectations and have a campus orientation. Campers will have assigned counselors and identified mentors for support, guidance, and care.**
- **Each camper will have the opportunity to select three of his own activity programs daily in addition to American Red Cross swimming being one common core activity.**
- **Each camper will make his bed and participate in cabin clean up daily.**
- **Staff will provide campers with positive commentary and mentoring guidance throughout their stay.**
- **Camper evaluations and feedback will be provided with regard to program, social, emotional and skill developments and summarized in writing at season’s end.**
- **Each camper will participate in at least one wilderness adventure trip.**
- **The BRC Community will have discussions about our core values, land history and the importance of balancing physical and emotional well-being.**

The Mission of Birch Rock Camp for Boys

Birch Rock Camp is dedicated to giving boys an adventurous summer experience that builds self-confidence, broadens accomplishments and strengthens character. Our back-to-basics program emphasizes enjoyment and stewardship of nature, and mastery of traditional camping skills. We model lives of simplicity, creativity and enduring friendship. We foster a welcoming and accepting atmosphere where campers from all backgrounds feel valued and included. With our motto, ‘Help the Other Fellow,’ we encourage boys to grow in generosity, integrity and mutual support of all.

Initially started in 1926, Birch Rock Camp, Inc is a Maine nonprofit corporation, which is tax exempt-pursuant to Section 501©3 of Internal Revenue Code.

Summer Dates

BRC Summer Office Opens	June 1
BRC Staff Orientation	June 10
Junior Counselors arrive	June 14
Leadership Campers arrive	June 17
Opening – First Session & Cubs I	June 20
Cubs Camp I - End	July 5
Cubs Camp II	July 5
First Session/Cubs II - End	July 18
Opening 2 nd Session Cubs Camp III	July 19
Cubs Camp III – End	August 1
BRC for Boys – End	August 8
BRC’s 100 th Celebration	August 14
BRC’s 100 th Celebration End	August 16

ACADEMIC TUTORING One of the strongest benefits to the Birch Rock Community is our support & commitment to academic tutoring. For those campers who need the opportunity to boost reading levels, reinforce basic math skills or refine proofreading and writing skills, Our Professional Tutoring Team would be happy to design a structured program for your camper. Tutoring is available for an additional charge and may be arranged directly with Communication Director **Logan@birchrock.org** or contact our office directly.

ACTIVITIES

Field: The following activities are for all ages: **Archery, Baseball, Basketball, Lacrosse, Soccer, Pickleball and Tennis.** The **Mountain Biking** activity is for the three oldest age groups (ages 11 and up) **Volleyball** is for the two oldest age groups.

Waterfront: The following activities are for all ages: **Canoeing, Kayaking, Sailing, Windsurfing. Rowing** is for the two oldest groups. **Red Cross Instructional Swimming** is a mandatory core activity for each camper except Sundays.

Arts: Art, Music, Woodshop, and Library are offered to all ages.

Wilderness Skills: Campcraft, Junior Maine Woodsmen and Nature are open to all age groups. Campcraft and JMW have age and stage policies for skills like cooking and axe rights. Please contact the camp with any questions regarding any of these activities. If there are any activities here you do not want your son to participate in, please mark them down on the permissions page online.

AIR TRAVEL Birch Rock is located 50 miles northwest of **Portland's International Jetport (PWM)**. Major carriers include AMERICAN, BREEZE, DELTA, FRONTIER, JETBLUE, SOUTHWEST and UNITED. Arrangements to pick-up campers may be made in advance with the Camp Director. There is a \$100 fee to and/or from camp for airport transportation. (\$200 round-trip). **Please let the Camp Director know if your son will be arriving via Air.** A special form with regard to flight transportation can be found online through our website. Please book flights between 10am and 3pm, this gives our staff time to get to the airport from camp and allows the staff some flexibility with time, if something comes up.. **All air travel arrangements must be made and purchased by the family.** Upon arrival in Portland, please have your son(s) look for the camp representative with the BRC logo on his shirt. Birch Rock will let you know who will be the camp representative meeting and transporting your camper in advance.

If travel plans change: If upon arrival at the pick-up or drop off point you cannot locate a BRC representative or in the event that your child's travel plans have changed **call camp immediately at 207-583-4478.** In the event a BRC representative would have to be late in picking up your child the parent would receive a phone call informing of this delay. The camp would also inform the airport/bus/train station of this delay in order to make appropriate contact with the camper. Please review the following safety procedures with your camper prior to being picked up by a BRC representative.

- 1) Always wear a seat belt! If there is no seatbelt it is NOT a seat.
- 2) Please remain seated while the vehicle is in motion.
- 3) Be sure not distract the van driver
- 4) In the event of an emergency all campers must follow the directions of the staff member in charge.
- 5) A staff member will always open and close all doors to the vehicle. Do not load or unload the vehicle without a staff member's permission.

TSA's website www.TSATravelTips.us contains helpful information to assist travelers in preparing for the security screening process. This website includes a complete list of prohibited and permitted items. Traveler and consumer information may also be accessed via the TSA's public website @ www.tsa.gov.

AUTO ARRIVAL In order to maintain a smooth intake of admission, Birch Rock will respectfully request that campers arrive to camp by a specific appointed time arranged in advance. Prior to the opening of each session, our BRC office will send

a “Drop Off” time of 15 minutes increments that will be designated for your camper to be safely delivered to us.

Our camp administrative staff, health team and your respective cabin counselor will be available to greet, meet and expedite your arrival into the camp culture. Arrival will be at an appointed time arranged in advance with the camp. We appreciate that you limit those travelling with your camper to camp.

In the best interest of safety and order, we need to limit family access to our campus to the top of our hillside. We ask that once your camper has “checked in” with our administrative and health team that you depart so that we can immediately transition into our camp season.

AUTO DEPARTURE Campers will be departing on their closing day at an appointed time and the BRC Staff will be standing by to say “good-bye” with luggage and awards in hand. Please check-out with the Camp Directors prior to departure.

AWARDS & RECOGNITION We feel strongly that positive cues and recognition are the cornerstone of a quality camp experience. Each day the BRC Community “*Shares Success*” and acknowledges both individual and group achievement. Additionally, activity charts in the main lodge record each camper’s progress in a specific skill, program and contribution to the community as a whole. At the end of each session, each camper will receive special recognition at our Award’s Ceremony with badges for his personal Birch Rock Banner!

BAGGAGE & SHIPPING We strongly recommend a footlocker/trunk for each camper. The footlocker is easily stored at the end of each camper’s bunk. Footlockers can be purchased from Everything Summer Camp (800-535-2057 or EverythingSummerCamp.com). Please be sure to mark your camper’s name on the trunk.

If you are shipping footlockers/trunks to camp, we strongly suggest that you use **Ship Camps**. You can access the Ship Camps link when you login from our website. The Ship Camps link box can be found at the top of your dashboard once you login. If you are shipping something to your son during the session, please do so by **United Parcel Services or Federal Express**.

The camp physical address for delivery by UPS & FEDEX:

**Birch Rock Camp
293 McWain Hill Rd
Waterford, ME 04088 USA**

If you would like us to ship your son’s trunk home at the end of the season, you will need to use the Ship Camps link mentioned above.

BEDDING, SHEETS & TOWELS Each camper is responsible for bringing his own **TWIN** sheets (2 sets), warm blankets (3 suggested), pillow (1) and towels (3) to camp. Beds and mattresses are provided. Pillows are not provided.

BILLING AND PAYMENT Birch Rock is a nonprofit 501©3 corporation. Our camp program is not sustainable on seasonal tuition revenues exclusively. **We appreciate and request that tuition payments for the season are paid in full by May.** Payments received after May 15 may incur an interest charge and/or forfeit the camper's reservation minus the non-refundable deposit for the season. Prospects on the waiting list will receive notification of an opening for the season in May. There are no refunds on tuition for early withdrawal and/or dismissal. There is no tuition proration for early or late departure of the camper's reserved camp session.

CAMPANION APP We're striving to bring parents closer to their camper's experience, and this summer we're using an amazing new app called Companion to do just that.

The best things about it? It helps with all of your pre-camp preparations and you get fun updates and photos of your camper right on your phone. Companion makes you feel closer to your camper's experience than ever before.



To get started, follow these simple steps:

- [Download the Companion app](#)
- Use your CampInTouch Account email address and password to log in
- Complete forms online and upload completed paperwork right in the app
- Upload a training photo of your child, which enables the app to send you photos of your camper over the summer
- Ensure you have push notification enabled within your phone settings so you can receive important updates from camp all year long!

Let us know if you have any questions, and we look forward to sharing the experience of camp in a new, modern way this summer!

CAMPER ARRIVAL All campers will be checked in on Opening Day once by the administration and once with the wellness staff. If the camp has a camper who does not arrive at the expected time for Opening Day, the camp office will immediately make calls to the parents or guardians to track down the missing camper.

CAMPER RELEASE All campers will be released solely to their parent or guardian unless the camp receives written notification from the parent/guardian that someone else will be picking them up. In which case, the individual picking up the camper must show a picture ID at the time of pick-up.

CAMP STORE Birch Rock maintains an inventory of sundries & toiletries for the campers. Some of the items include: *hygiene supplies, postage, bandanas, batteries, bug spray, sunscreen, water bottles*, and other small items that a camper may need for the summer may be purchased after lunch. Special services rendered, medicines, and sundries purchased through camp will be charged to the camper's incidental account.

CANDY Please do not send any candy to the camp! Any candy discovered will be discarded by the office unless it is appropriate for an all camp community treat. We strongly believe candy treats can cause more harm than good. We appreciate community treats and would be happy to discuss options with you.

See TREATS.

CODE OF CONDUCT At Birch Rock Camp, we are committed to providing a safe, enjoyable, and respectful environment for everyone. In order to maintain this environment, our campers are expected to always follow the code of conduct below. Campers are also empowered to raise concerns about situations at camp that may make them feel unsafe or that may not feel "right." Staff are here to listen and help navigate these situations or circumstances at camp.

1. Abide by all the camp's policies, procedures, and protocols.
2. Demonstrate respect with my speech and actions with all people, facilities, nature, and community.
3. Not possess or use prohibited items, including alcohol, tobacco, nicotine, vaping products, illegal drugs, prescription or non-prescription drugs, weapons, or related paraphernalia.
4. Be responsible for my belongings.
5. Keep my hands to myself and maintain appropriate boundaries by avoiding any physical violence, play fighting, pranks, or self-harm.
6. Refrain from intimate relationships with other campers, and report inappropriate behaviors to staff. Examples include:
 - Jokes, comments, or gestures of a sexual nature
 - Indecent exposure of private body parts
 - Unwelcome physical conduct or contact
 - Possession, or sharing, of sexually explicit materials
 - Harassment, teasing, or hazing
 - Any sexual activity
7. Always follow the rule of 3, and never be alone with a staff member or camper.
8. Not verbally abuse others by using inappropriate language, gossip, threats, teasing, exclusion, or harassment.
9. Avoid unsupervised activities that might endanger me or other camper's physical or emotional well-being.

10. Abide by the camp's Internet/Social Networking Policy year-round.
11. Step away from technology while at camp.
12. Maintain proper nutrition and hydration while at camp, and inform staff of any health concerns.
13. Speak up if I have questions or concerns about any behavior or situations I witness or am a part of at camp.

COMMUNICATION - Mail, Telephone, Visitation & Evaluations

Campers love to get mail at camp!!! All forms of written contact are encouraged ESPECIALLY cards, letters...etc. No text messaging to campers is permitted.

E-mail: Messages and correspondence to the camp via electronic mail are accepted. However, campers do not have access to computers or phones; and therefore, cannot reply electronically. **We encourage letter writing as the primary means of communication.** We will scan camper letters and email them to our foreign families by request. The camp e-mail address: **birchrock@birchrock.org**. **Please place the camper's name on the subject line. You may also send electronic messages to your camper via the Companion app. Those will be printed daily for the campers.**

Mail : Letters and cards to your children are very positive and personal. All mail is delivered to our campers on a daily basis except for Sunday. ***Letters home are required to be written by each camper on Sunday.*** We encourage letter writing and reading during daily rest periods. Additionally, the camp provides stamps for outgoing mail. This postage will be charged to the camper's incidental account. The camp mailing address for letters:

**Birch Rock Camp
PO Box 148
Waterford, ME 04088 USA**

Telephone: Birch Rock's business line is **(207) 583-4478**. The camp does not allow campers to use the phone unless special circumstances dictate that it would be appropriate - i.e. birthday or family emergency. If a situation warrants a conversation with your child via the phone, please contact the camp and an arrangement may be made at a designated time. If families need to notify the camp about specific family situations and/or prolonged absences from their home, please contact the camp during the day. **Cell phones are not permitted at camp.**

Evaluations: Each Birch Rock Camper will receive an evaluation from his cabin counselor with a message from the Camp Director at the end of the season. Additionally, the camp will provide an opportunity for each camper and his family to evaluate their summer experience at BRC. Please feel free to contact the Camp Director throughout the summer if you would like some immediate feedback.

CLOTHING/UNIFORMS A packing list is enclosed for your review by Maine Camp Outfitters. Although there are many hot, sunny days in the summer, there are also cool, windy nights. We strongly recommend that each camper comes to BRC with enough warm clothes to be comfortable for the wonderful temperate climate of the Maine woods.

Birch Rock does have a uniform required (**BRC maroon T-shirt & khaki shorts**) on Saturdays & Sundays, day trips outside of camp and special occasions at camp. ***A BRC T-shirt is mandatory at dinner each night and off-campus during the summer.*** We believe dressing for our camp community family-style dinner provides a refreshed and collegial respite from the action-packed events of the day.

The BRC maroon or ash (optional) T-shirts with the camp logo may be purchased from **Maine Camp Outfitters** www.maine-camps.com (see enclosed catalog). Although we do not specify or supply a specific carrier for khaki shorts, we like **L.L. Bean's** www.llbean.com in Freeport, Maine. The BRC Order Form for T-shirts, baseball hats, and camp sweat shirts is enclosed.

Our daily dress code is casual and practical. No cut-off shorts, torn jeans or pierced earrings/rings or body jewelry are permitted. We strongly recommend waterproof hiking boots and rain wear for trips, day adventures and rainy days.

DAILY PROGRAM. The Program Director and camp staff carefully plan and orchestrate an action-packed, quality program of activities each day for each age group. Each camper is assigned to a specific group - i.e. *Grizzlies, Moose, Beavers, Otters* - and given a variety of choices from which to select his activities for the day. Activity "sign up" is conducted by the administrative staff on a daily basis. There are at least 4 activity periods a day, and the choices may include: archery, art, baseball, basketball, boating, campcraft, canoeing, lacrosse, soccer, sailing, windsurfing, tennis to name a few. American Red Cross Instructional Swimming is mandatory for all campers. On rainy days, a modified daily schedule is followed with a variety of special choices such as: *art, music, games, adventure, storytelling, nature, woodshop, nature, shuffleboard, first aid and safety, drama and silent reading.*



DAILY SCHEDULE – (except Sundays)

7:30	Wake UP	4:00 General Swim-Upper Camp
7:50	Flagpole	5:00 Rest Period/Cabin Time
7:55	Breakfast	6:00 Flag Lowering
	Morning Announcements	6:10 Dinner
8:40	Clean Up	7:00 Sharing Success & Sign Up
9:00	First Period	7:15 Evening Activity
10:00	Second Period	8:30 Lights Out-Lower Camp
11:00	General Swim-Lower Camp	9:30 Lights Out-Upper Camp
11:45	Rest Period/Cabin Time	
12:45	Lunch	
1:45	Clean Up	
2:00	Third Period	
3:00	Fourth Period	

DIRECTIONS Directions to our campus can be found on our website: www.birchrock.org. Please contact us if you have trouble with navigation of our site. **Our physical address is: 293 McWain Hill Road, Waterford, Maine 04088.**

DRUGS & ALCOHOL & WEAPONS The use, consumption, distribution or possession of e-cigarettes, vaporizers, drugs, alcohol & weapons will automatically result in immediate dismissal from the camp community. (Knives for Campcraft are permitted per approval of parent and the Campcraft specialists on staff). The camp administration reserves the right to search and seize any/all suspected drugs, alcohol and/or weapons that are suspected and/or illegally being consumed. There is no refund on tuition.

ELECTRONIC DEVICES The use of watches, cell phones, e-readers, tablets and video games are not allowed for campers. These items detract from our mission and human connection. If such items are found, they will be held in our office until a camper's departure. Use of small speakers by a counselor for a van ride or clean up time is at the discretion of the bunk counselor.

EMERGENCY NOTIFICATION In the event of an unfortunate family emergency, please contact the Camp Director. If you will be away from the numbers you have designated for contact, please let the camp know of your plans and itinerary.

The parent/guardian of any camper requiring serious medical attention or hospital care, will be contacted by the Camp.

EXPECTATION OF BRC GENTLEMEN We believe and strive to create a nurturing and supportive environment of Gentlemen who respect and honor each other and the community at large. Here are the expectations of a Birch Rocker:

- Use good manners – with “pleases & thank you’s”!
- Discourage bullying, discrimination and negative behavior towards others
- Being inclusive, supportive and welcoming is part of being a BRC Gentleman
- Respect yourself and others....and the surroundings of the BRC Community
- Lead by Example
- Listen and Learn
- There is no “I” in the word TEAM
- BRC is about creating connections, confidence and communication
- Don’t be afraid to ask for help, and let others help you.
- Help The Other Fellow – our BRC Camp Motto

HEALTH INFORMATION & SERVICES Your camper’s health and safety is our first and foremost concern! Birch Rock has received an A-1 rating from the state of Maine on health & safety. The camp has a Telemedicine Physician on duty daily, a Registered Nurse & EMTS on Campus, and a few Wilderness First Aiders on our senior staff. Birch Rock also has a physician on call from Western Maine Pediatrics (a part of the Maine Health network) in Norway, Maine just 15 minutes away. Our Health Care staff provide medical services to the full extent of their qualified scope of practice. Please feel free to reach out to our healthcare team with any concerns at 207-583-4478 or health@birchrock.org. If at any time your camper spends more than 24 hours in the Health Lodge or receives care from an external healthcare provider you can expect to receive a call or an email from our Healthcare Staff.

Please take the time to fill out the online medical form completely. The camp follows the *ACA American Camping Association’s* practices of health and safety. **All campers and staff must file with the Camp Health Lodge the Health History Form and the Examination Form (found online as a PDF), completed and updated within twelve months prior to camp attendance. These forms, attesting to a health examination within the last year, and signed by a Licensed Health Care Professional must be received at camp by June 10th. All medical records are confidential and immunization records are required.**

Any special medications or dietary needs should be discussed with the Camp Health Team and Camp Cook. Please note any special needs on the camp questionnaire. Our Health Team will review any medication management needs with the camper and his parents or guardians on Opening Day. All medications must be stored and dispensed by the Health Lodge. The State of Maine has passed a law which affects all Campers who must have readily available emergency medication (carry or possess outside of the regular supervision of the camp’s Healthcare Staff) to self-administer in an emergency while at camp. These medications include, but are not limited to, an asthma inhaler or an

epinephrine (epi) pen. (Epipen/Inhaler Carrier Forms must be provided for exception by your doctor). Please make sure to fill out the appropriate form for self-administration of emergency medications.

Birch Rock Camp requires that all camper medications used to treat, manage, or alleviate a condition or symptom, including prescription medications, over-the-counter (OTC) medications, homeopathic remedies, dietary supplements, and vitamins, be managed by the health staff. Medications must be received in original containers, properly labeled. Over-the-counter medications and supplements may be administered with parent/guardian authorization. All medications are stored and secured in the Health Center.

The Health Center will maintain standing protocols for commonly used as-needed (PRN) medications to allow timely and appropriate care.

Emergency Medications: In compliance with Maine Law 2496, campers requiring emergency medications (i.e., epinephrine auto-injectors, inhalers) must have written approval from both a licensed provider and parent/guardian to possess and self-administer. Campers approved to self-carry must also have a backup supply stored in the Health Center. The camp will maintain stock epinephrine accessible for emergency use.

Medical and insurance coverage must be provided by each camper's family. Please be sure to send a copy of the camper's insurance carrier card attached to his medical form. If medical insurance is not carried by the camper's family, please give the camp a Visa or MasterCard # from which medical expenses may be charged in the event of necessary medical care.

If for any reason a child is hospitalized overnight or retained for observation by the Hospital, a signed release will be required before the child can return to the camp program. Legal guardians will be informed by the Camp.

The Camp Health Team will conduct a mandatory health screening for campers and staff upon their respective arrival to the camp. Daily check-ins with the Health Team are available if requested by parents and/or staff. Our staff has a morning "Wellness" check-in prior to breakfast. Additionally, the Health Team will conduct a camper screening with each individual pre and post any wilderness trips. A final medical screening will be documented upon check-out for the season.

Getting ready for camp - A Healthy Camper and Summer begins at home.

- a) We ask that you take precautions to keep your child from being exposed to communicable diseases at least three weeks before his arrival. Please notify us if your child has been exposed to any disease such as Covid-19, Chicken Pox, Whooping Cough, Measles, Flu...so that we may plan a delayed arrival. We do

- recommend that all children and staff are up-to-date with immunization and vaccination coverage based upon the CDC recommendations.
- b) Head lice can be very pervasive in a communal camp setting. We have a strict NO NIT Policy. Please check your child's head for any lice, nits (lice eggs) two weeks before camp. Consult your physician and learn more @headlice.org
 - c) Continuing therapy during camp – In recent years we have had an increase for some boys' pre-existing mental health therapy sessions during the camp season. We discourage the continuation of those sessions during the camp season as it impacts valuable moments, camp activities and being present at Birch Rock. We believe the Birch Rock Experience is about emotional support and being at camp. If continued therapy is needed throughout the camper's session, we shall require the following from your son's therapist:
 - A statement from the therapist that your son is in a good mental and emotional state to attend Birch Rock.
 - Why therapy sessions are necessary during the camp season.
 - A description of behaviors the camp staff should be concerned about and who should be notified at camp of those concerns.
 - A description of management strategies the therapist has provided your son for self-regulation of mental, emotional and social health concerns.
 - We also require the Camp Director be given permission to speak to your son's therapist prior to camp and during the season if necessary.
 - Please ask the therapist for a release of medical information.

INCIDENTAL ACCOUNT The camper's individual incidental account covers expenses for laundry services, medications, sundries, toiletries, letter postage...etc. A bill will be issued for charges incurred over \$100 for the camper's season. If there are any restrictions on spending, please let the office know in advance. Shipping charges are an additional fee.

INTERNET/LETTERS/CALLS - SOCIALIZING. At BRC, we share a year-round commitment to our campers' healthy development. We work diligently, in our hiring practices, training programs, and communication policies, to educate, protect, and nurture our camper clients. We recognize that our staff and campers are entitled to a private life outside the boundaries of the camp community during the off-season. Our hope is that through education and understanding that our internet/communication use policy is consistent with the values expressed above and that correspondence between parties remains appropriate and forthright.

While we encourage communication within our community in the off-season and educate our staff during orientation week, camps and families can work together to teach responsible use of the Internet year-round. This will protect all parties. If you witness any inappropriate communication to/from a fellow Birch Rocker, please inform the Camp Director.

LAUNDRY SERVICE Each camper is expected to change clothes daily and bed sheets weekly. Birch Rock sends laundry out on Thursday to a local laundromat and it is returned to the campers the next day. The camp will supply every camper with a laundry bag when they arrive at camp. Laundry service is included in the overall tuition cost. The camp is not responsible for lost items or belongings.

LIBRARY & READING Birch Rock is very proud to have a quality library – The Allen Kearns Building. Reading is a long-standing tradition of the camp that was started by Co-Founder, Mrs. Leona Brewster in 1926. The camp encourages reading for pleasure and earmarks time for the entire camp during the morning rest period. BRC also has a quality selection of books & games from which to choose. If your son has a reading list for school, please inform the librarians and his cabin counselor.

LOST & FOUND The camp is not responsible for clothing, equipment and other personal items that are left behind or misplaced. We ask that campers take responsibility for their personal belongings and keep a personal inventory. Clothing marked with camper's names makes it so much easier for the staff to help the camper find lost items. **Please mark your personal belongings prior to arrival.** BIRCH ROCK DOES NOT SHIP ANY ITEMS LEFT BEHIND POST THE CAMPER'S DEPARTURE.

MANDATED REPORTERS & CHILD ABUSE PREVENTION All Birch Rock counselors who work directly with campers are mandated reporters in Maine. They are required by law to report child abuse and are considered a crucial link in the child protection system. Preventing abuse or neglect starts with a robust hiring process and ongoing training that is professionally delivered in person by Maine Youth Legal Counsel at our initial orientation. At Birch Rock, we are committed to creating a team that is talented and puts safety first. Each season, we review our processes for reporting concerns to ensure every child and staff feel safe and concerns are taken seriously with action and support.

MONEY, WATCHES, RADIOS, I PADS, CELL PHONES, LAPTOPS & GAMEBOYS. – ELECTRONICS: There is no need for campers to have money or any type of valuables including: *watches, radios, laptops and any type of electronic device.....etc.* (These items will be relinquished to the camp upon arrival). We are located in the beautiful foothills of the White Mountains and hear the cry of loons from dusk to dawn. We want our campers to thrive in the majestic environment of the natural world. The daily schedule is reviewed each morning with the camp community by the community bell identifying the passage of time. **We request all electronic devices remain at home.**



NUTRITION The Head Cook – Jon takes great pride and care in the quality and quantity of food each camper receives daily. Meals are carefully planned with strong emphasis on variety and overall nutritional value. Most meals are served family style at the camp in order to place emphasis on table discussion and appropriate table manners. If there are any dietary restrictions, please let our cook and nurse know.

OUTREACH, BLOGS & UPDATES During the camp season our administrative team will be blogging a summary of the days' events www.birchrock.org/blog accompanied by some randomly selected photo captions. (Please let us know if your camper's photo is NOT permitted). Our goal is to provide a "slice of BRC" energy and community momentum. Of course, if you would like an update on your camper, please do not hesitate to contact the camp directly. We are in a partnership of parenting with you! Additionally, Birch Rock has social media channels and updates for our camp network to remain committed and connected to our community.

Blog: <http://birchrock.org/blog> - this is used almost daily by rotating camp administrators during the camp season; and monthly in the off-season.

Facebook: <http://facebook.com/birchrock>

The BRC Facebook page is a great place to connect with camp, learn more about our camp programs, see photos and announcements from BRC.

Instagram: <http://www.instagram.com/birchrock>

Instagram is a great way to connect members of past, present and reconnect memories. It is also a great way to receive fun and quick updates.

PACKAGES & PRESENTS Camp is a privilege, not a right. We believe one of the greatest gifts of the residential camp experience is being one with nature, the community and "in the moment" while unplugged from technology. While we discourage families from sending playful packages and presents, we do encourage personal letters of support and personal pride in their respective camper. We ask for consideration as we respectfully want our campers to embrace your gift of the Birch Rock experience. Please feel free to contact the camp if a special consideration should be granted. We certainly

understand if a camper has something missing from his daily living inventory. We ask that packages please be limited by discretion of the camp.

PARENTAL NOTIFICATION The camp administration and/or camp nurse will notify the parent/guardian with regards to the following need of our camper(s):

- 1) When outside medical treatment with a specialist and/or emergency situation
- 2) When a new medical prescription is required
- 3) When a fever over 102 degrees occurs
- 4) When a camper has been in Health Lodge for an illness and/or 24 hours
- 5) When an infectious disease or communicable disease occurs
- 6) When a 3-day period of emotional/behavioral turmoil continues
- 7) When administration seeks further counsel about camper's well-being

PERSONAL SPORTS EQUIPMENT & CARS Tennis rackets, baseball gloves, lacrosse sticks, mountain bikes, trip gear should be labeled and are the responsibility of each camper to be stored properly in designated areas including his cabin or appropriate storage facilities. All other sports gear may be provided by the camp. At the end of each session, each camper will be reminded to pack their personal belongings to return home. The camp will not ship home these items after departure.

No campers are allowed to drive or have vehicles of any type at camp.

PETS & ANIMALS Like many homes, the Birch Rock Community does permit a few staff members to bring their dog or cat for the summer season. These comfort creatures bring great joy and comfort to most of our campers and staff. All animals permitted are appropriately immunized and their vaccinations are kept on file in the office. If your camper has any concern about the camp dogs or cats, please let us know immediately. Unfortunately, no campers are permitted to bring their own personal pets/animals to camp as it would be difficult to monitor and properly contain.

PLACES TO STAY There are many wonderful places to stay in the local **Oxford Hills Region and throughout the state.** www.visitmaine.com
Some of our favorites include:

Bear Mountain Inn
Route 37 – Waterford Road
Waterford, Maine 04088
(207) 583-4404
www.bearmtinn.com

The Waterford Inne
Chadbourne Rd
Waterford, Maine 04088
(207) 583-4037
www.thewaterfordinne.com

Greenwood Manor Inn
52 Tolman Rd
Harrison, Maine 04040
(207) 415-1850
www.greenwoodmanorinn.com

SAFETY Our number one priority for our campers (and staff) is providing a physical, emotional and comfortable camp experience. If a member exhibits behavior which puts them or others at risk, BRC reserves the right to release a camper to his guardian. Tuition will not be reimbursed for early dismissals of unsafe behavior.

STAFF & CAMPER RELATIONS OUTSIDE OF CAMP While at camp, we have very specific policies for our staff about appropriate interactions and acceptable conversations with campers. Our policies are to ensure the safety and welfare of both campers and staff.

Post the season, many families wish to invite staff members to stay in their homes. Our policy is that staff members are not to contact campers post season without consent of the parent/guardian. If parents wish to host a BRC staff member after or before camp, it is the responsibility of the parent/guardian to ensure appropriate and safety guidelines.

TRIP/WILDERNESS PROGRAM The camp provides a challenging and quality camp program both on campus and in the woods of Maine and NH. BRC's certified Trip Staff consider the value of outdoor trip/wilderness adventure one of the hallmarks of each camper's summer experience. Trips - hiking, canoe, kayaking, biking - are all carefully designed and implemented. Each camper is required to take part in one or two overnight adventures. Trips are designed for campers by specific age and ability levels. *There is no additional charge for programmed wilderness trips during the camping season.*

Birch Rock does have a specialized and extended Trip Program designed for boys ages 15 –16 in addition to our boys' camp program. Please feel free to contact the camp for more information about our **Maine Wilderness Adventure Program**.

TREATS Birch Rock feels strongly that our campers and staff be well-fed and nourished with a proper diet and hearty meals. We would appreciate your cooperation with this and ask that you not send candy/snacks to your son. Special treats like candy and soda are given to the community for special occasions - i.e. *birthday, movie night, special event* - and at the discretion of the Camp Directors. If you would like to send a special treat for your son, we ask that you send a treat or a contribution designated for the entire community. All treats will be stored in the camp office in order to ensure distribution. Please call the Camp Directors if you would like a special all camp treat (\$200) arranged on your son's behalf. *A great treat is your camper's favorite ice cream!*

TRUNKS We recommend footlockers that can be positioned at the foot of the camper's bunk. We recommend Everything Summer Camp (brochure) or Maine Camp Outfitters (catalog). Everything Summer Camp now offers our logo on their trunks, if requested.

VALUABLES The Camp will store passports, airplane tickets, watches, phones and any other valuables that are handed over to the staff, in the office.

VEHICLES & TRANSPORTATION The safety and transport protocols of our campers and staff is critical to the camp experience. Please inform the camp office if you

are arriving and/or departing via plane/train or bus and require a pick up and/or delivery in the Greater Portland Metro.

During the camp season all campers and staff being transported via our camp automobiles or vans review safety and appropriate vehicle protocols prior to transport. Campers are to only be transported in camp vehicles and not any personal and/or staff vehicles without approved permission from parents and/or camp administration. Campers of driving age are not permitted to bring their personal vehicle to camp.

VISITING & NO PETS There are intentionally no organized family or friend visitors permitted on campus as our need to keep the camp experience sacred, safe and healthy. We have also learned that family visitations can often cause disruption for the camper's residential experience and for the visiting members too. We appreciate your understanding. We are always happy to provide you an "update" on your camper via email or by phone conversation. Please contact the Camp Director for intel. In consideration of others, we respectfully request that you *do not* bring your family dog(s) and/or other pets during drop-off or pick-up.

Policies, guidelines, and procedures are subject to change based on the latest health information, government guidelines, and best practices.

We look forward to having your camper(s) with us at Birch Rock Camp this summer. Please feel free to contact us by phone (207) 583- 4478 and/or email birchrock@birchrock.org with any questions and/or concerns.

As we try to maintain our camp boots "on the ground" with the campers and staff, some of the best ways to contact us in a non-emergency situation is by emailing

General email: birchrock@birchrock.org

Administrative Staff at Birch Rock Camp for 2026

<i>Camp Director</i>	<i>Michael Mattson</i>	mike@birchrock.org
<i>Community Director</i>	<i>Rich Deering</i>	rich@birchrock.org
<i>Communications Director</i>	<i>Logan Landry</i>	logan@birchrock.org
<i>Health Administrator</i>	<i>Paula Phan</i>	health@birchrock.org
<i>Program Director</i>	<i>Jack Duggan</i>	jack@birchrock.org
<i>Head Counselor</i>	<i>Peter Brewster</i>	peter@birchrock.org
<i>Camp Chef</i>	<i>Jon Allberry</i>	cook@birchrock.org