

## Adjustment Period

We have been in the camping business for over 30 years and can assure you that we will provide your daughter with the special "T.L.C." she will need at the onset of camp. You have made a wise choice, as well as a good investment in the future of your daughter's health and well being.

Many campers will be attending camp for the first time and have never been away from home. Our staff is specially trained to work with first time campers. Not only will campers be adjusting to their new surroundings, but many will be participating in an eating program which is quite different from anything they might ever have experienced at home.

We appreciate your cooperation, and know that you will offer your daughter the support she needs by writing to her frequently, and following up any special concerns and questions by calling us at camp any time. *Keep in mind that it generally takes from 1 to 2 weeks for campers to adjust to the camp routine.* If you receive a letter from your camper which causes you concern, please call us!

Campers may use the phone after the first week of their session. You may speak to our staff at *any time*. We trust that you understand our situation and appreciate your cooperation.

Your support, perseverance, and patience in that regard will help your daughter make a perfect adjustment while she is losing weight, and forming lifelong friendships.

## Behavior Issues

We trust that you will cooperate and work with us. If your daughter shows serious or repetitive disrespect to our staff or camp rules, she will be asked to leave with no refund, and a prompt pick-up will be required. We trust this will not be necessary.



## **Parent & Camper Orientation Kit**



**800-442-PENN  
212-354-CAMP**

WINTER MAILING ADDRESS/PHONE:

**Camp Pennbrook  
P.O. Box 5  
Leonias, NJ 07605-0005  
212-354-2267**

SUMMER MAILING ADDRESS/PHONE:

**Camp Pennbrook  
c/o George School  
1690 Newtown Langhorne Rd  
Newtown PA 18940  
215-579-6599**

Dear Parents & Campers:

Welcome to Camp Pennbrook. You have made a most worthwhile investment in providing your daughter with a fun and meaningful summer. In order to help you prepare for what will be an outstanding camp experience, we have prepared this guide which will answer most of your questions. This information will provide everyone with helpful hints about getting ready for the Camp Pennbrook experience. It will also reassure parents of first time campers about the very special program that their children are in store for.

After reading the enclosed materials, if you have any additional questions, suggestions or recommendations, feel free to call us at any time!

We are looking forward to a great summer – one that your daughter will really enjoy and derive maximum benefit from.

Sincerely yours,

Flip Shulman  
Executive Director

## Recommended Clothing

### Cosmetic Items

soap	shampoo/conditioner
sunscreen/moisturizer	toothbrush/toothpaste
brush/comb	deodorant
body splash	nail file
powder	tissues
female products	headbands/ponytail holders

### Clothing

1 pair flip-flops/crocs	2 pairs of sneakers
1 pair rainshoes	(running, tennis, cross training, aerobic)
1 raincoat	1 pair sandals or dress shoes
14 pairs of socks	2 bathing suits
14 pairs of underwear	12 t-shirts (including 2 red and 2 white)
2 sweatpants	2 long sleeve t shirts
2 sweatshirts	5 tank tops (workout shirts)
3-4 pajamas	2 pairs of jeans/pants/leggings
5 sports bras (a few regular bras)	7 shorts ( 5 for working out)
1-2 nice outfits for going to nyc and year end banquet	

**NOTE:** Wherever possible buy wash & wear.

Please don't bring anything valuable.

### Required Articles

water bottle  
hangers  
stationery/pens/stamps  
feminine products  
backpack, drawstring bag

### Optional Articles

musical instrument  
portable fan (rooms have a/c)  
detergent (if not using laundry service)  
yoga mat  
goggles  
softball glove\*  
tennis racquet\*  
\*camp will provide if you don't  
have one of these items

**NOTE:** 2 Suitcases or Duffle Bags **Well Identified** should accommodate all of the above items. Trunks are **not** necessary.

## ★NoComputers/Ipads/AppleWatches★

### Suggestions/Recommendations/Questions

**Call us any time.** We spend 52 weeks a year preparing for your daughter's fun-filled summer program. We are available during the summer 24 hours a day and are responsive to your individual concerns. You may also drop us a line before or after camp to give us any suggestions, recommendations, or criticism. We would love to hear from you!

**NOTE:** Due to the cost of shipping, international campers can reduce this list by having a staff member pickup some of these items at a local Walmart by sending extra spending money.

### **C) Railroad Pickups - NYC/Philadelphia**

Campers who live near Amtrak or NJ Transit may travel to camp by train to Trenton or Hamilton NJ. We are a little over an hour from New York or 2 hours from Maryland/DC area. Our campus is only 15 minutes away from the train stations. You may call in advance to make arrangements to be picked up upon arrival or dropped off. Preferred time for pickups is 1pm to 5pm and drop offs from 11am to 3pm.

### **Campus Tours**

Open Houses - are held at camp on select weekends in mid April and May Call for details and to R.S.V.P.

Parents and campers may call to arrange a personal tour of Camp Pennbrook anytime prior to the commencement of camp. However, no tours can be given on the opening day of any camp session, nor will parents be permitted on the grounds, due to the nature of our program. We appreciate your cooperation so that campers can immediately begin adjusting to the camp program and routine. If you would like to tour the campus once camp is in session, please call the camp directors to make an appointment. We would be happy to schedule a tour at a date and time convenient to you. Parents may come the day before camp opens for a tour. This is also the only day parents can drop luggage off in the camper's dorm.

### **Luggage**

All luggage should either be brought with campers if they are driving to camp, or shipped to the George School in advance via UPS or similar carrier. Please don't forget to label all of the camper's baggage. All you need to do is provide the carrier with the approximate weight and measurements, and ship luggage approximately 5 to 7 days prior to camper's arrival. Trunks are not necessary. We suggest you insure your packages.

If arriving by air, luggage should accompany camper on the plane. (Please call your respective airline to find out about any new baggage requirements / limitations.)

Most campers now travel to camp with 1-2 suitcases and/or duffel bag(s). Note: Campers traveling to camp on the train from N.Y.C must ship luggage to camp, since only carry-on luggage (less than 32 inches in diameter) is permitted on these vehicles.

### **Miscellaneous Information:**

- **Eyeglasses:** Campers who wear glasses should arrange to bring an extra pair.
- **Luggage Keys:** Keys will be collected & held in office for safekeeping.
- **Name Tapes/Identification:** All camper's luggage and personnel items should be clearly labeled with either a marking pen or name tapes.
- **Spending Money:** Campers should bring some out of pocket money which will be locked and held for them in the camp office. Campers will need spending money only for sundry items such as stamps, toothpaste, personal items, camp store, newspapers, laundry, etc. We recommend \$30 to \$100 depending on the length of camper's stay. (Note: You will receive in advance a separate permission slip for optional trips.) There is also a camp store which carries shirts, shorts etc.
- **Blankets, Linens, and Towels/Laundry:** Campers should bring two sets of twin sheets, pillow, pillow case and blanket or comforter. Campers are provided with weekly laundry service. Some of the campers ages 14 and up, who prefer to do their own laundry may utilize the coin operated machines in the lower level of the dorms. It is not necessary to send rolls of quarters as the campers may obtain change from the office during canteen hours. The outside laundry service is now included in the camp tuition and provides for a two day turnaround. We strongly recommend using the laundry service. Please send detergent if you elect to do your own laundry.
- **Visiting Day:** is for full season parents and campers, generally on the third Saturday of July. A separate mailing will be sent to you at the beginning of camp with full details. Parents are encouraged to attend so they can see their campers and our facilities, but to also meet with our nutritionist and review the post camp follow-up. (Note: In the case of divorced or separated parents, please call us to arrange alternate visiting dates.) A full program will take place, light refreshments will be served and parental participation will be encouraged. Campers are not permitted to leave the grounds on visiting day.

## REMINDER

• **Personal Property:** *Please* do NOT bring any of the following: expensive radios, dvd players, Ipods, cameras, or jewelry to camp. The following are prohibited: laptops, computers, Ipads, and similar items! Camp Pennbrook is ***not responsible for any personal property.*** You will receive a separate letter about cell phone rules before camp begins. If cell phones are brought to camp, the counselors will hold them except during specific times (after adjustment period) that they can be used. Failure to follow these guidelines will result in phone being locked in the camp office until departure. iPhones will not be allowed as iPods, as phones are collected on arrival.

• **Medical:** A signed medical form is required for camper's admittance to camp. All medication must be labeled with any special instructions from the doctor. Medication will be stored in our infirmary under supervision of our nurse, not in camper's rooms. Please note if medication requires refrigeration. All shots should be up to date prior to arrival. Campers will be living in a health oriented environment. No smoking is permitted anywhere on the campus of the George School. Thank you for your cooperation.

Note – Most parents have doctors appointments in June. You can hand in the medical form when you check in. Attach a photocopy of your insurance card (front and back).

• **Camp Phone Number:** Until camp begins, please communicate with us at our main office at 212-354-CAMP. We will be happy to discuss any aspect of camp preparation with you (i.e. clothing needs, bus information, offer encouragement and support to “first time” parents and campers), ***Your child is our number one priority!*** Between June 21st and August 10th, you can reach us directly at camp. The camp phone number is 215-579-6599.

• **Mail:** Campers are encouraged to write home at least twice a week. In addition, we will send out periodic mailings to let you know what activities and special events have been going on in camp, and what future events are coming up!

• **E-Mail:** While we would like to speak to you personally at any time prior to camp, you can also e-mail any questions or concerns. However, once camp begins please call us as we do not have the time or regular access to e-mail. (campennbrook@att.net)

• **Parent Itineraries:** If you will be on vacation during any portion of the summer, please be sure to send us a copy of your itinerary as well as any emergency phone numbers, which we should have on file.

## Welcome to Camp Pennbrook Arrival/Departure

The first meal served during each session is dinner at 6:00pm. Campers should have their lunch before they arrive. Check-in begins after 1:00pm for each arrival date.

On the day of departure, checkout commences at 9:00am. Campers who are being picked up by car, or need to be transported to the nearby bus/airport depots, should try to schedule their return trip for between 9:30am and 12:30pm. No checkouts will be permitted after 6:00pm. Other than the last day of camp, campers remain in full activities and participate with their group until parents arrive.

### Checking In

#### A) Car:

Campers arriving by car should check in between 1:00pm - 3:30pm. An orientation area will be set up. Our staff will greet you, escort your camper to her room, help her unpack, and greet her new bunkmates and counselors. Parents may consult with the camp director, nutritionist, or nurse. Our office staff will also be available to collect spending money, provide an information sheet with camper's address, and have you attend to any final balances which might be due and owing. (Driving directions are enclosed from NYC/Phil. area. If driving from other areas please consult with AAA, Mapquest or a good road map.)

#### B) Airplane:

Campers arriving by air should try to arrive at the Phila airport between 12pm and 4pm. They will be met by easily identifiable staff members at the luggage area and should wear the enclosed name tag. On camper's departure date flights should be arranged between 11am and 3pm. We have to insure campers are checked in with their luggage no later than 60 minutes before flight time. Return trips are reconfirmed.

Our pickup and drop off dates are generally on weekends since we are located almost 60 miles from the Philadelphia airport with potential traffic delays. For this reason, we generally do not have staff available for midweek and early morning departures. If special arrangements can be made for unscheduled arrival or departure dates a transportation charge will apply. Please call with any questions regarding airline travel and rules.