# Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summer Contact Information</td>
<td>4</td>
</tr>
<tr>
<td>Our Ghostlights</td>
<td>5</td>
</tr>
<tr>
<td>Your Family Dashboard</td>
<td>6</td>
</tr>
<tr>
<td>Camp Transportation</td>
<td></td>
</tr>
<tr>
<td>Air Travel</td>
<td></td>
</tr>
<tr>
<td>Family Drop-Off</td>
<td></td>
</tr>
<tr>
<td>Arrival and Departure</td>
<td>9</td>
</tr>
<tr>
<td>Departure</td>
<td></td>
</tr>
<tr>
<td>Intersession</td>
<td></td>
</tr>
<tr>
<td>Schedule</td>
<td></td>
</tr>
<tr>
<td>General Expectations</td>
<td></td>
</tr>
<tr>
<td>Zero Tolerance</td>
<td></td>
</tr>
<tr>
<td>Respect</td>
<td></td>
</tr>
<tr>
<td>Technology</td>
<td></td>
</tr>
<tr>
<td>Expectations and Agreements</td>
<td>11</td>
</tr>
<tr>
<td>Other Items Not Allowed at Camp</td>
<td></td>
</tr>
<tr>
<td>Spending Money</td>
<td></td>
</tr>
<tr>
<td>Cabin Placements</td>
<td></td>
</tr>
<tr>
<td>Auditions and Casting</td>
<td></td>
</tr>
<tr>
<td>Show Selection</td>
<td></td>
</tr>
<tr>
<td>General Camp Information</td>
<td>13</td>
</tr>
<tr>
<td>Tipping</td>
<td></td>
</tr>
<tr>
<td>Laundry and Baggage</td>
<td></td>
</tr>
<tr>
<td>The Packing List</td>
<td>16</td>
</tr>
<tr>
<td>Phone Calls</td>
<td></td>
</tr>
<tr>
<td>Mail</td>
<td></td>
</tr>
<tr>
<td>Summer Communication</td>
<td>18</td>
</tr>
<tr>
<td>Communication from Camp</td>
<td></td>
</tr>
<tr>
<td>Emails to Campers</td>
<td></td>
</tr>
<tr>
<td>Performance Festival Information</td>
<td></td>
</tr>
<tr>
<td>Hotel Accommodations</td>
<td></td>
</tr>
<tr>
<td>Health Care and Medical Information</td>
<td>22</td>
</tr>
<tr>
<td>Camp Health Center</td>
<td></td>
</tr>
<tr>
<td>Communicable Diseases and Head Lice</td>
<td></td>
</tr>
<tr>
<td>Medical Insurance</td>
<td></td>
</tr>
<tr>
<td>Camper Medical Information</td>
<td></td>
</tr>
<tr>
<td>Prescription Medications</td>
<td></td>
</tr>
<tr>
<td>Prescription Medications (cont.)</td>
<td></td>
</tr>
<tr>
<td>Over-the-Counter (OTC) Medications</td>
<td></td>
</tr>
<tr>
<td>Medical Specialists, Dentist, and Orthodontist Information</td>
<td></td>
</tr>
<tr>
<td>Preventing Tick-borne Illnesses</td>
<td></td>
</tr>
<tr>
<td>Ways to Prevent Tick Bites and Lyme Disease</td>
<td></td>
</tr>
<tr>
<td>Helping Your Child Succeed at Camp</td>
<td>26</td>
</tr>
<tr>
<td>Homesickness</td>
<td></td>
</tr>
<tr>
<td>The Countdown is on!</td>
<td>30</td>
</tr>
</tbody>
</table>
Welcome to Ghostlight Theater Camp.

We are thrilled that your child will be joining us for the summer of 2021 - our 19th season - and we welcome your entire family into our camp family!

Enclosed you will find important information that will orient you and your child to camp and help prepare you for this summer at Ghostlight. Our goal is for your child to have an incredible experience making theater in Maine, enjoying the opportunity to express their individuality, and making lifelong friends & memories. Our leadership team is always available to provide your camper with the attention and care they need. Our cabin counselors and artistic staff are top-notch and help us ensure a fun, safe camp experience.

In order to make this summer the absolute best one possible, we need your support. We believe that families play an integral role in the success of their child’s camp experience. As camp owners and directors, we are partners and are available to speak with you at any time. Please don’t hesitate to call us with any questions or concerns.

We’re counting down the days until our community is together again in Maine.

Best,

Lesley & Chris

Lesley Levy & Chris Murrah
Summer Contact Information

Ghostlight Theater Camp
Summer Information
7 Camp Eastwood Cir.
Oakland, ME 04963
(207) 358-0641
info@ghostlighttheatercamp.com
Office Hours: 9:30am-5:30pm

Lesley Levy
Camp Director
7 Camp Eastwood Cir.
Oakland, ME 04963
(207) 841-7660
lesley@ghostlighttheatercamp.com
Afterhours Emergency Contact

Chris Murrah
Camp Director
7 Camp Eastwood Cir.
Oakland, ME 04963
(917) 450-7216
chris@ghostlighttheatercamp.com

Please scan the QRCodes to add contact information to your phone and print this page for quick reference during the summer.
Our Ghostlights

The ghostlight is one of the oldest theatrical traditions. When the cast, crew, and audience have all left, the ghostlight stands center stage shining into the darkness of the theater to keep it energized before the next show, keeping the spirit of the theater alive. From our inception in 2003, our camp has held strongly to the four core values that drive everything we do: Joy, Creativity, Gratitude, and Community.

Each day, we reflect on these core values at mealtimes, during classes and rehearsals, and in our cabins. Whether during a silent reflection, a game of Gotcha!, or an end-of-the-day Power Down, we return to the Ghostlights as a way of framing our time together at camp. Our sincere hope is that by practicing these values, campers may return home filled with inspiration and confidence, ready to share the practice with family and friends in all they do.
Your CampSite Family Dashboard is your one-stop-shop for completing all the required forms for the summer, updating your contact information (including the option of adding a secondary or summer address), emailing your camper, and re-enrolling for next summer. If you have multiple campers, they will be linked under the same account.

To access your Family Dashboard, visit: [http://ghostlight.campmanagement.com/campers](http://ghostlight.campmanagement.com/campers)

Your username is your email address, and your password was created when you initially completed the enrollment request.

If you forget your password, you can click “What’s my Password” from the login page. If you have any difficulty logging in, please email info@ghostlighttheatercamp.com for assistance.

Take a moment before and after each summer to make sure all your information is up to date, including your camper’s school information and email address. We love to include campers in newsletters, birthday and holiday greetings, and other fun information, but will never email your camper directly regarding enrollment, financial, or other privileged topics.

**Forms will be available beginning March 15th. All forms must be completed before May 15. Visit the Family Dashboard for general information and to complete the forms.**
## Forms Checklist

<table>
<thead>
<tr>
<th>Form Name</th>
<th>Required</th>
<th>Print or Online</th>
<th>Other Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Core Classes and Electives</td>
<td>Yes</td>
<td>Online</td>
<td></td>
</tr>
<tr>
<td>Camper Health History</td>
<td>Yes</td>
<td>Online</td>
<td>Doctor’s Signature Not Required</td>
</tr>
<tr>
<td>Immunization Record</td>
<td>Yes</td>
<td>Print, Complete, &amp; Upload</td>
<td></td>
</tr>
<tr>
<td>Copy of Insurance</td>
<td>Yes</td>
<td>Print, Complete, &amp; Upload</td>
<td></td>
</tr>
<tr>
<td>CVS Medication</td>
<td>Yes</td>
<td>Print, Complete, &amp; Upload</td>
<td>We will forward to CVS</td>
</tr>
<tr>
<td>Permission to Self-Administer</td>
<td>Only Campers with Inhalers or Epipens</td>
<td>Print, Complete, &amp; Upload</td>
<td></td>
</tr>
<tr>
<td>Emergency Contact</td>
<td>Yes</td>
<td>Online</td>
<td></td>
</tr>
<tr>
<td>Travel Confirmation</td>
<td>Yes</td>
<td>Online</td>
<td></td>
</tr>
<tr>
<td>Cabin Preferences</td>
<td>Yes</td>
<td>Online</td>
<td>Request Cabin Type, Bed location, and Cabinmates</td>
</tr>
<tr>
<td>Clothing Order</td>
<td>Yes</td>
<td><a href="http://www.amerasport.com">www.amerasport.com</a></td>
<td>Ghostlight Laundry Bag and 2 Items of your choice required</td>
</tr>
</tbody>
</table>
Arrival and Departure

Camp Transportation
Many campers arrive on our chartered bus or vans from New Jersey (Newark), New York (NYC), Massachusetts (Westborough), and Vermont (White River Junction). Pick-up times and locations will be confirmed prior to departure day via email.

Air Travel
For campers arriving by plane, the preferred arrival times are:
- Boston Logan Airport (BOS) - between 11:30 a.m. and 1:30 p.m.
- Portland Jetport (PWM) - between Noon and 4:00 p.m.

We understand that not all campers can schedule their flights to arrive at these preferred times. We will have staff members available to meet your camper at the airport upon their arrival. Those arriving early may have to wait at the airport (with staff) for other camper arrivals.

For campers who arrive via camp transportation, plane, or bus, a camp director will contact families to confirm the camper’s arrival at camp.

Family Drop-Off
For campers arriving by car, you will be assigned a particular drop-off time slot (between 3:30 and 5:30 p.m.) Please contact Lesley Levy by June 1st if your travel needs require a specific time slot within those hours.
**Departure**
Ghostlight does not provide transportation home for campers (campers generally travel home with their families.) Let us know if you need assistance planning for travel home.

**Intersession**
Campers enrolled for our full session (6-weeks) participate in our Intersession program between sessions. Programming for Intersession campers will include supervised trips, activities, and time to relax. More information will be shared directly with these families before the start of camp.

<table>
<thead>
<tr>
<th>Session</th>
<th>Arrival Date</th>
<th>Performance Festival</th>
<th>Departure Date (between 9am and 10am)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>June 26th</td>
<td>July 17th</td>
<td>July 18th</td>
</tr>
<tr>
<td>Session 2</td>
<td>July 19th</td>
<td>August 7th</td>
<td>August 8th</td>
</tr>
<tr>
<td>Emerging Artists</td>
<td>June 26th</td>
<td>Performance for camp on July 4th.</td>
<td>July 5th</td>
</tr>
</tbody>
</table>
General Expectations
The safety of our campers is our primary consideration. Our staff and counselors are trained to promote a healthy and safe camp environment. We ask that you review and reinforce the following rules and expectations with your child before they arrive at camp.

Zero Tolerance
Ghostlight has a zero-tolerance policy regarding violence, alcohol & drugs, and leaving the boundaries of camp without supervision. Campers who violate these policies may be dismissed from camp without refund. Additionally, the pool and the scene shop (including all tools and equipment in the scene shop) are only to be used under proper staff supervision.

Respect
Every person at camp (and everyone with whom we interact while attending camp) is to be treated with respect at all times. Behavior such as theft (of camp property or personal property brought to camp, including borrowing items from others without permission), bullying (including cyber-bullying), repeated profanity, disrespect, bigotry, homophobic or transphobic comments, inappropriate uses of electronic devices (before or after camp), or any other unsafe conduct will not be tolerated.

Technology
Campers are not permitted to have cellular or WiFi-enabled devices, including cellphones, tablets, and smartwatches. Any cellular or WiFi devices brought to camp will be stored in the office and returned at the end of camp. Each summer we strive to help our campers make lifelong, authentic friends with peers and adults, appreciate nature, grow, and extend the boundaries of their comfort zones.
Technology (cont.)
To do so, we ask that our campers’ time in Maine be “unplugged” and that they instead tune in to the beautiful people and environment around them. We promise to contact you if your child is experiencing a challenge in their adjustment to camp.

You can help by reminding your child before camp that there is always someone they can reach out to, whether it be a counselor or Head Counselor, Lesley, Chris, or even one of our nurses. Every staff member is here to help, so please trust us. NOTE: Your camper may not use an old phone as a music player or as a camera. Campers who travel to camp unaccompanied may travel with their phones and then store them in the office upon arrival at camp however, cell phones will NOT be permitted on our chartered bus/van transportation.

Other Items Not Allowed at Camp
Campers are not permitted to possess or use alcohol, tobacco, or drugs at camp. Campers may not bring weapons (including pocket knives). Camp staff reserves the right to confiscate any object from your child believed to be inappropriate for the camp setting, or potentially harmful to others. There are no camper pets or animals allowed at camp, except on our show day when families and friends may bring pets on leashes. Please do not bring valuables to camp. Camper personal property and valuables are not covered by Ghostlight’s insurance policy and we strongly recommend that items of value be left at home.

Spending Money
We discourage campers from bringing money or valuables with them to camp. Campers who are traveling alone by plane may travel with money, lock it in a safe in the office while at camp, and retrieve it before departing.
Cabin Placements
Campers are grouped according to their age range and stated gender identity. We respect and honor all camper and staff member gender expressions. When assigning campers to cabins, we take into consideration both the well-being of your camper and that of the entire camp community. We cannot guarantee that cabin requests will be honored and ask that you not make cabin placement promises to your child that camp may not be able to fulfill.

Auditions and Casting
Our community-minded and ensemble-based philosophy is reflected in the types of shows we choose and in how we approach auditions and casting. Our audition process is full of support and encouragement. When the cast lists are posted (on the third night of camp) we often see campers who are as proud of their cabinmates as they are of their own accomplishments. We will send families (via email) the cast lists and the Performance Festival show schedule on the fourth day of camp.

Show Selection
We are very intentional about the shows we select for our summer season. We prioritize finding shows that allow each camper to be an active member of their ensemble and that tell stories that align with our core values and reflect our camp community. Occasionally we choose to include one show with more mature content. After we announce our festivals’ shows, we ask families to familiarize themselves with show titles and contact us with any questions or concerns about their child’s casting before the start of the session. In the days before each Festival, we will communicate more details about any shows with mature content so you can decide about the appropriateness of the show for any younger siblings in your family.
**Tipping**
Staff gratuities are not permitted. If you wish to acknowledge a staff member, we invite you to write a thank you note. We also welcome donations to our scholarship fund as a way to honor staff members. We will be certain to share your recognition with those staff members.

**Laundry and Baggage**
Please be aware that clothing can sometimes get stained, muddy, and/or lost at camp. Please do not bring items that cannot be replaced if lost, stained, or damaged. Clothing, shoes, jackets and all other items should be legibly labeled with your camper’s name.

Campers should bring clothes for rehearsal, such as sweats, warm-up or dance pants, and any dance or show shoes they have. Rehearsal clothing should not restrict movement. Please also be sure to pack at least one pair of closed-toe shoes for rehearsal and tech work.

Although it can be quite hot during the day, it usually cools down significantly in the evenings. On our hottest days daytime temperature can reach the 90’s and on our coldest nights temps map dip into the 50s. Pack options for layering and rainy days.

Each camper is required to bring three items that are ordered from Amerasport:
- 2 Ghostlight clothing items (1 t-shirt of your choice and 1 sweatshirt/longsleeve shirt of your choice)
- 1 Ghostlight Laundry Bag - New for 2021! Laundry will be done on-site at the new laundry facility we share with Camp Manitou for Boys.

Please do not overpack, as there’s only so much shelf and cubby space in each cabin.
We provide laundry twice each session, please pack one week’s worth of clothing (plus some extra socks and underwear.)

**Packing**
We recommend packing in one or two large duffle bags, but suitcases or trunks are also acceptable. Whatever the type of luggage, please make sure it is clearly marked with your camper’s first and last name.

Many campers travel with their bags (under our charter bus, or as checked luggage when traveling by plane) however you are also welcome to ship bags or items directly to camp ahead of your camper’s arrival. Please coordinate all shipping arrangements with Lesley Levy (lesley@ghostlighttheatercamp.com).

It is helpful to pack together so that campers will know and recognize what belongs to them. And when campers inevitably lose things, we will do our best to find and return them - when they are labeled!

A permanent marker will fit the bill, or we love these durable labels. If you enter Ghostlight Theater Camp in the “Support a Fundraiser” field, 20% of your order will be donated to our scholarship fund!
<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blanket AND pillow</td>
<td>1</td>
</tr>
<tr>
<td>Pool Towels (No more than 2)</td>
<td>1</td>
</tr>
<tr>
<td>(shower towels are provided)</td>
<td>1</td>
</tr>
<tr>
<td>Toiletries (including a shower caddy):</td>
<td></td>
</tr>
<tr>
<td>• soap</td>
<td></td>
</tr>
<tr>
<td>• toothbrush with toothbrush holder</td>
<td></td>
</tr>
<tr>
<td>• toothpaste</td>
<td></td>
</tr>
<tr>
<td>• deodorant</td>
<td></td>
</tr>
<tr>
<td>• brush/comb</td>
<td></td>
</tr>
<tr>
<td>• shampoo</td>
<td></td>
</tr>
<tr>
<td>• conditioner</td>
<td></td>
</tr>
<tr>
<td>• sanitary products</td>
<td></td>
</tr>
<tr>
<td>• tissues</td>
<td></td>
</tr>
<tr>
<td>• sunscreen</td>
<td></td>
</tr>
<tr>
<td>• bug spray</td>
<td></td>
</tr>
<tr>
<td>Water Bottle</td>
<td>1</td>
</tr>
<tr>
<td>T-Shirts</td>
<td>10</td>
</tr>
<tr>
<td>Shorts</td>
<td>6-8</td>
</tr>
<tr>
<td>Sweatshirts</td>
<td>2</td>
</tr>
<tr>
<td>Sweatpants/Leggings</td>
<td>2</td>
</tr>
<tr>
<td>Long pants/Jeans</td>
<td>1-2</td>
</tr>
<tr>
<td>Socks</td>
<td>10 Pair</td>
</tr>
<tr>
<td>Underwear</td>
<td>10 Pair</td>
</tr>
<tr>
<td>Swimsuits</td>
<td>2-3</td>
</tr>
<tr>
<td>Pajamas/Nightwear (1 pair for cool nights and 1 pair for warm nights)</td>
<td>2 Pair</td>
</tr>
<tr>
<td>Raincoat/poncho</td>
<td>1</td>
</tr>
<tr>
<td>Jacket/Fleece</td>
<td>1</td>
</tr>
<tr>
<td>Dress clothes and/or costumes and accessories for special events</td>
<td>1-2</td>
</tr>
<tr>
<td>(At Ghostlight self-expression trumps tradition.)</td>
<td></td>
</tr>
<tr>
<td>Sneakers</td>
<td>1 or 2 Pair</td>
</tr>
<tr>
<td>Rain boots</td>
<td>1 Pair</td>
</tr>
<tr>
<td>Crocs or water shoes (Crocs are a popular item at camp!)</td>
<td>1 Pair</td>
</tr>
<tr>
<td>Twin Sheet Set (Fitted, flat, and pillowcase)</td>
<td>2 Sets</td>
</tr>
<tr>
<td>Ghostlight apparel (available at Amerasport)</td>
<td>Choose 2</td>
</tr>
<tr>
<td>Ghostlight Laundry Bag and Sock/Mesh Sack (available at Amerasport)</td>
<td>1</td>
</tr>
<tr>
<td>Washable cloth facemasks or enough disposables for 1 per day</td>
<td>5</td>
</tr>
<tr>
<td>Optional: Dance Shoes, Yoga Mat, Music Books</td>
<td></td>
</tr>
</tbody>
</table>
A Personal Note from Chris

Every year my mom and I would pick out special stationery for me to take to camp. We found some MadLib style cards that made it easy for me to send my family updates on life at camp and also some special postcards that I could send to some friends I met at camp when I got home.
Phone Calls
Camp is an investment in your camper’s growth. It is a wonderful opportunity for them to disconnect from their usual routine and settle into a different kind of rhythm. We encourage communication via letters to and from home while your camper is at camp. Don’t forget to pack stationery, envelopes, and stamps!

Allowing your camper to fully invest in and enjoy their experience at Ghostlight without the distraction of phone calls from home helps foster independence. Consistent with recommendations from leaders in the camping industry, we discourage phone calls to campers. Camp directors are available to speak with you as often as you need. Should you need to speak with your camper, please reach out to Lesley or Chris to discuss.

Mail
Campers LOVE receiving mail! We encourage letters and care packages with magazines, games and fun toys or activities (particularly ones that can be shared with friends at camp!) We do NOT allow food of any sort, or for any reason. We have an excellent dining staff and work hard to provide the most top quality food we can for our campers. Any food sent to camp will, unfortunately, be disposed of.

Campers Love Getting Mail

Your Camper’s Name/ Bunk
Ghostlight Theater Camp
7 Camp Eastwood Cir.
Oakland, ME 04963
Communication from Camp

In any medical emergency, our medical staff or a director will call a parent/guardian (or emergency contact if necessary) and indicate that the call is an emergency. There are two hospitals in nearby Waterville, so we are not far from emergency medical attention. In non-emergency medical situations, our philosophy is “when in doubt, we’ll call home.”

Small interpersonal and behavioral issues sometimes arise, as does homesickness. These tend to work themselves out under the supervision and support of our counselors and directors. However, we find that most families appreciate an update if something like this comes up. Conversely, please do not hesitate to contact us with questions or concerns.

While campers will not have internet access, we like to keep families updated on our activities during camp. You will receive a daily email from Chris or Lesley each morning of camp. Staff members will blog about camp on a regular basis. We will also post a daily slideshow of pictures.

BLOG
Our blog is always available on our website and you can also click below:

PHOTOS
Visit our website and click “Summer Photos” in the menu bar.
Password: Community2021
You can also click below:

EMAIL YOUR CAMPER
To send your camper an email, simply login to your Family Dashboard.
You can also click below:
Emails to Campers
Families and friends also have the option of writing one-way emails through their Family Dashboard. Please remember, that campers will not be able to respond via email. And, while the office does not make a habit of reading camper emails, it should be emphasized that emails sent to camper’s during camp are not private.

Performance Festival Information
Our Performance Festival is the last full day of each session. You will receive an email with cast lists along with the order and time of our shows on the fourth day of camp.

Campers are required to see all the shows and most families also enjoy seeing all of our shows. Most families spend the night in an area hotel or bring tents and camp on our property. Following the last show, we have a closing ceremony and cast party (for campers and staff only). Campers remain in camp after the cast party for one final night in their cabins.

Families are invited to join us for breakfast on Sunday morning and campers are dismissed after breakfast.

IMPORTANT NOTE FOR 2021
Our Performance Festival will be for campers and staff only this year. Families will be sent download links for all shows shortly after the session. Pick-up procedures may also differ in 2021. More information will be shared closer to the start of camp.
Hotel Accommodations
We encourage you to make hotel reservations as soon as possible. Maine has many camps that often share visiting weekends.

**Oakland**
Pressey House - 207-465-3500

**Waterville**
Best Western - 207-873-3335
Holiday Inn Express - 207-873-2777
Fireside Inn - 207-873-3335
Hampton Inn - 207-873-0400
The Lockwood Hotel (Colby College - not yet open)

**Belgrade Lakes**
The Village Inn - 888-581-1154

**Augusta**
Best Western - 207-622-4751
Comfort Inn - 207-623-1000
Fairfield Inn - 207-623-2200
Hampton Inn - 207-622-4077
The Senator Inn & Spa - 877-772-2224
Homewood Suites - 207-480-2050
Quality Inn & Suites - 207-622-3776

**Brunswick/Freeport**
The Brunswick Inn 207-729-4914
The Brunswick Hotel 207-346-5782
The James Place Inn - 800-964-9086
Harraseeket Inn - 800-342-6423

**Brunswick/Freeport**
Brewster House - 800-865-0822
Kendall Tavern - 800-341-9572

**Portland**
Press Hotel - 207-808-8800 NEW
AC Hotel by Marriott - 207-808-8800 NEW
Residence Inn - 207-747-1640
Hilton Garden Inn - 207-780-0780
Courtyard by Marriott - 207-780-6000
Hyatt Place - 207-775-1000
Portland Regency Hotel & Spa - 207-774-4200
Westin Portland Harborview - 207-775-5411
Portland Harbor Hotel - 207-775-9090
Camp Health Center
Ghostlight maintains a centrally located, well-equipped health center. Two or three registered nurses work at camp, one of whom is always on site and on-duty (24 hours a day.) There are two hospitals in nearby Waterville and a number of Urgent Care centers. It is our policy to contact a camper’s family if an overnight stay in the health center, a trip to Urgent Care, or a trip to the hospital occurs. A camp staff member will always accompany a camper to Urgent Care or the hospital. Based on the insurance information provided on the Health Form and Insurance Card, insurance may be filed by the Health Care provider or billed directly to you.

Communicable Diseases and Head Lice
Ghostlight requires all campers and staff members to be vaccinated for Measles. No child who has been exposed to communicable disease may attend camp before the period of incubation has elapsed. Please be sure to inspect your child for head lice three weeks prior to arrival at camp and again immediately before camp begins. Please note, you will be charged $150 if your child has to be treated for nits or head lice upon their arrival at camp.

Please notify me (lesley@ghostlighttheatercamp.com) if you have treated your child for lice within the month prior to camp. This information will be kept confidential, but allows us to discreetly recheck your child and avoid further lice issues!
**Medical Insurance**
Medical care provided by any of the camp nurses is included in your camp tuition. Should it be necessary for the well-being of your camper to use outside medical care, the family will pay for all expenses involved. The medical provider will bill your insurance directly and will mail you an invoice for any expenses that are not covered by your insurance.

**Camper Medical Information**
At Ghostlight Theater Camp, our number one concern is the health and well-being of your camper and our entire camp community. You will be required to complete a Health History form. It is your responsibility as families and caregivers to disclose any emotional, physical, psychological, or medical information about your child to allow for their best camp experience.

Full disclosure is required before each camper arrives at camp. Please be proactive on any clear issues or past behavior from previous years at camp or school. Failure to provide complete and full disclosure of all medical history, past and present, may result in dismissal from camp.

**Prescription Medications**
Ghostlight has partnered with the Waterville CVS pharmacy to offer pre-packaged medication to campers who regularly take medications, which we feel is the safest and most efficient way to dispense medication. There is no fee to use this service and the CVS accepts all types of insurance. Aside from inhalers and epi-pens which must travel with the camper, it is mandatory that all campers who require prescription medication use the CVS service.

You may need to contact your insurance company and request a “vacation override” in order to have the prescription filled in Waterville for camp. Only in very rare circumstances, and with the permission of our consulting physician, are we able to make exceptions to this policy regarding prescription medications.
Prescription Medications (cont.)
All families are asked to complete the CVS medication form so that in the event a prescription is needed while your camper is at camp, the process of obtaining that prescription can be expedited.

Over-the-Counter (OTC) Medications
Our Health Center stocks many OTC medications, but if your camper takes a daily OTC, vitamin, or supplement, or requires a particular OTC that we may not regularly stock, please contact us to discuss sending that particular OTC with your camper. All Over The Counter (OTC) medications (including those brought from home) will be stored in the Health Center and administered by our nurses.

Medical Specialists, Dentist, and Orthodontist Information
If your child must see a medical specialist, dentist, or orthodontist while at camp, it is your responsibility to schedule these appointments. We are happy to provide you with a list of local providers but ask that you please coordinate these appointments with Lesley so your camper’s camp schedule is least disrupted.

Preventing Tick-borne Illnesses
Tick-borne illnesses are a reality of life in New England. Ticks can carry disease (the most concerning of which is Lyme disease) and can be difficult to see, so it’s important to talk about them with your child before camp and review some simple, basic ways to keep ticks and Lyme disease in check.
While camp and families do their best to prevent tick bites, it is also important to know the symptoms of Lyme disease and take your child to a doctor right away if you suspect your child may have had a tick bite. Symptoms of Lyme disease include muscle aches, fever, headaches, rash (sometimes ring-shaped), and fatigue.

**Ways to Prevent Tick Bites and Lyme Disease**

- Cover up. When in wooded or grassy areas, wear shoes and socks, long pants, and a long shirt if possible.
- Use insect repellents. If you don’t have any, ask your counselor.
- Check your clothing. Be especially vigilant after spending time in wooded or grassy areas.
- It’s helpful to shower after a day outdoors. Ticks often remain on your skin for hours before attaching themselves. Showering and using a washcloth might remove unattached ticks.
- If you find a tick on your skin or clothes. Tell a counselor. If a tick needs to be removed, our nurses are well equipped and experienced.
- Above all, don’t panic. Ticks are very common and by being aware you are doing your part to stay safe.

**Remember to Pack The Safety Trio**

- Water Bottle
- Bug Spray
- Sunscreen
Helping Your Child Succeed at Camp

Over the years, we have helped many parents and campers succeed at their first away from home experience. Here are some tips to help you ensure a successful experience for your child:

• Discuss what camp will be like before your child leaves home.
• Review the Ghostlight website together.
• Show confidence that they will do well on their own.
• Expect them to love camp!
• Discuss the value of completing what they begin.
• Tell your camper you’ll be thinking of them having fun.
• Give lots of hugs.
• Remember to take comfort in the fact you can’t always make their world perfect.

Prepare them for:

• Wildlife noises - frogs, birds, chickens, mosquitos, etc.
• How to write a letter (we suggest sending pre-addressed envelopes to mail letters home)
• Our technology policy - practice enjoying some reduced screen-time at home to prepare for camp
• Friendship-making skills
• Cabin Inspection - including bed making, sweeping/using a dustpan, cleaning the bathroom, hanging wet towels on a clothesline, putting dirty clothes in a laundry bag, etc.
Role-play different scenarios that are likely to occur at camp. Try to discuss a couple of situations that your child may be nervous about to help prepare them as best as possible. Here are some examples:

- How do you like to introduce yourself?
- What if you have to use the bathroom in the middle of the night?
- What will you do if you’re not feeling well one day?

Other great ideas include:

- Pack your child’s favorite stuffed animal or blanket (they are never too old to bring a stuffed animal to camp with them!)
- Send your child with a few photos of your family (including pets) so that your child will have a reminder of home.
- Send a letter to your child before camp begins so it is waiting for them upon arrival at camp.
- Acknowledge their pre-camp feelings - such as feeling anxious, apprehensive, nervous and excited. These are all very common feelings, reassure them that most campers are feeling the same way (even those who have been to camp before!)
- Give your child a cheery send-off. Goodbyes are the hardest (for parents particularly.) It certainly gets easier in the future, when your child returns to their summer home.
- Try not to worry! Know the directors and counselors are taking great care of your child! Feel free to call or email us anytime if you have concerns, worries, or just questions.

Based on our experience, we’d like to share a few things to avoid:

- Don’t promise to pick them up early if they are unhappy or homesick. We consider this the most important rule when preparing your child for camp.
- Don’t discuss your own fears or your own bad experiences at camp
- Don’t cue negative responses i.e. “I’ll be lonely without you.”
• Don’t let your child overhear plans you have made with family and friends while your child is at camp.
• Don’t send new clothes or valuables to camp - your camper will worry about these items. Plus, their current clothes are comfortable and safe!

Homesickness
Homesickness is, above all, a normal feeling. It is the natural result of separating from home and loved ones. In a recent study, nearly 96 percent of all campers who were spending two weeks or more at overnight camp reported some homesickness on at least one day. Almost all children (and grown-ups!) feel homesick when they’re away from home. People’s feelings simply vary in intensity.

What causes homesickness?
There are several factors that put children at greater risk for becoming homesick. For example, children with little previous experience away from home, children who have low expectations of camp, children who feel forced to go to camp, children who are unsure whether adults will help them if they need help, children who have little practice coping with negative emotions, and children whose families express a lot of anxiety are most likely to feel homesick.

When is it a problem?
Most feelings of homesickness are not problematic. In fact, missing home isn’t a problem until it becomes a preoccupation. When the feelings of sadness and anxiety associated with missing home become so strong that making friends, having fun, sleeping, eating, and participating in activities is difficult, something must be done.
**What can be done?**

It used to be thought that feelings of missing home disappeared spontaneously after a few days at camp. Although this is true for some cases of mild homesickness, research has demonstrated that if left unchecked, homesickness can intensify over time. Ghostlight trains our staff rigorously and much focus is placed on techniques for helping campers move through periods of homesickness.

If homesickness (or other adjustment problems) do occur while your child is at camp:

- **Do NOT tell your child you will pick them up from camp.** Children typically lose any and all motivation to try to succeed at camp if they think a parent is coming. Part of camp is learning how to work through different situations that may not always be easy. What may seem like a difficult situation one day is usually replaced with a fun-filled, busy, and exciting next day at camp. Please know that some of the most homesick campers at the beginning of camp are the same campers who do not want to leave camp and end up returning for many years.

- Talk candidly with a camp director to obtain their perception of your child’s adjustment.

- In your letters or emails, acknowledge your child’s feelings and communicate your love, while expressing your confidence in their ability to cope. Also convey your support of your child’s efforts to work out the problems with the help of the camp staff.

**A personal note from Lesley**

All three of my own children are now “lifetimers” at summer camp, but one of my daughters experienced significant homesickness in each of her first four summers away from us! To help her, I printed photos of her smiling and having fun at camp (I took screenshots of the photos that her camp posted daily on their website) and mailed the photos with my letters. We both found it was helpful to see the physical evidence that she was not in fact always unhappy or lonely, but we also acknowledged that there were times of the day (particularly meals and bedtime) when she was sad and missed us, and those were normal feelings.
The Countdown is on!

We’re counting down the days until the start of Summer 2021. We sincerely thank you for your trust and for sharing your child with us.

Please reach out to either of us at any time, lesley@ghostlighttheatercamp.com and chris@ghostlighttheatercamp.com, we’re here to support you and your camper.