



**Baltimore Woods
Nature Center**
Nature in your hands

Baltimore Woods Nature Day Camp Packing List

Your children will be spending all day in the woods. Here are a few things that will help them have a good week:

Backpack – preferably with two shoulder straps. Campers will be expected to carry their own packs throughout the day.

Clothing:

- Clothes that can get dirty!
- Raincoat or Poncho
- Long sleeve shirt and long pants (for campers in 4th Grade and up who will be going off trail regularly) – these can be packed for use as needed
- Extra socks
- Closed-toed shoes that tie or Velcro (no sandals, flip-flops, water slippers, or Crocs)
- Hat
- Sweatshirt or light jacket (optional on warm days)
- Extra shorts and underwear (especially for young campers)
- Plastic bag for wet/soiled clothing

Food:

Please be sure your campers eat a good breakfast before coming to camp. They will be using lots of energy while out hiking!

- Two plastic water bottles (filled each day)
- Lunch (sandwiches, fruit, etc. Try to pack food in easy open containers and keep disposable packaging to a minimum as campers will be expected to carry their trash out with them)
- Drink (no glass bottles please)
- Any utensils they might need
- Two snacks (one for morning and one for afternoon)
- Sturdy lunch box or bag

Medications: If your child needs to carry emergency meds, check them in with the Camp Health Director on Monday morning. All medications, prescription and over the counter must include written orders from your child's doctor. Prescription medications must be labeled with the camper's name, date prescription was filled, expiration date, directions for use, precautions, storage requirements, dispensing pharmacy name and address, the name of prescribing physician. Written orders from the doctor must include the camper's name and date of birth. **Pharmacy labels are not a substitute for written orders.** Campers must be able to self-administer all medications. Please contact our health director at healthdirector@baltimorewoods.org with questions or concerns.

Miscellaneous and Optional

- Notebook or journal with pencil and pencil sharpener, or a book to read
- Extra shoes for going in the water (no sandals, flip-flops, water slippers, or Crocs – they fall off, old sneakers are best)
- Camera
- Binoculars (lightweight)
- Sunscreen (clearly labeled with camper's name)
- Bug spray (clearly labeled with camper's name)

Items to Leave at Home! (They will just get wet, lost, and/or broken...)

- Toys
- Stuffed animals or puppets
- Electronics, including iPods and portable video games
- Cell phones (all counselors carry cell phones and two-way radios; we promise to call you if there is any problem!)

Cookout:

Each week includes a campfire cookout in the woods (assigned on Mondays, you'll be notified via email). In addition to their regular snacks and lunch items, campers will need to bring:

- Hot dog(s), packed with an ice bag or pack to keep cool until lunch
- Hot dog rolls
- Graham cracker, marshmallows, and chocolate for s'mores, if desired.

Mud Day Clothes:

- OLD clothes that are OK to get very very dirty.
- Closed-toed shoes that tie on; Crocs, water shoes, even Keen sandals will fall off and be lost forever in the mud.
- Old towels
- Trash bags or plastic drop cloth/tarp for your seats.

Trash bag large enough for their backpack, to keep it from getting too muddy on the hike back

For your Car:

The campers will have an opportunity to hose off, but they will still pretty muddy, and wet...

Please call 673-1350 or email

Camp@baltimorewoods.org if you have any questions.

See you at The Woods!

0.1 mile

North

Baltimore Woods Camp Map

Legend

- Public Trails 
- Camp Trails 
- Streams 
- Contour Lines 
- Pond 
- Property Line 
- Forest Cover 
- Buildings 
- Drinking Water 
- Port-o-potty 



Drop-off & Pick-up

Bishop Hill Rd



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0.1 mile

- the camp is required to be inspected twice yearly; and
- the inspection reports and required plans are filed (address of state, county or city health department) and available for their review.

Responsibilities of Local Health Departments

- To review and approve the required written camp plans for compliance.
- To inspect camps to assure that: (1) all physical facilities are properly operated and maintained; and (2) adequate supervision exists to provide a healthy and safe environment in accordance with the New York State Sanitary Code.
- To issue a permit to operate when the required plans and inspection results are satisfactory.
- To investigate reports of serious incidents of injury, illness and all allegations of abuse or maltreatment.
- When requested, to provide parents or guardians of prospective campers an opportunity to review inspection reports and required plans.

The time and effort spent in selecting the camp your youngster will attend is important. Keep in touch, especially if it is your child's first camp experience. If possible, visit the camp before and during the camping season.

Information

For further information about New York State health laws relating to summer camps, call the State Health Department's Bureau of Community Environmental Health and Food Protection in Troy at 1-(800) 458-1158, ext. 27600.



Children's Camps in New York State



In New York State, summer camps must have a state, city or county health department permit to operate legally. These permits are issued only if the camp is in compliance with the state's health regulations. The permit to operate must be displayed in a conspicuous place on the premises.

The camp must be inspected twice yearly by a health department representative. At least one inspection must be made during the time the camp is in operation. Each camp is checked to make sure that the physical facilities are safe and that supervision is adequate.

When choosing a summer camp for your child, consider the following:

Staff Credentials/Supervision

What are the qualifications of the camp director?

The New York State Health Code requires that the director of an overnight camp be at least 25-years-old or hold a bachelor's degree; a day camp director must be at least 21-years-old.

All directors must have experience in camping administration or supervision. Camp directors' backgrounds are screened by the Office of Children and Family Services Central Register Database for reported incidents of child abuse and maltreatment. Their backgrounds are also screened by the Health Department for criminal convictions. Only individuals who are considered to pose no risk to campers are accepted by the Health Department as camp directors.

What are the qualifications of the camp counselors and how are campers supervised?

Counselors must have experience in camping and supervision of children or have completed an acceptable training course. Stringent counselor-to-camper ratios and staff qualifications are mandated for supervision of swimming, archery, riflery and camp trip activities.

At overnight camps, 80 percent of the camps' counselors must be at least 18-years-old; up to 20 percent may be 17-years-old. There must be at least one counselor for every 10 children aged eight years or older, and one

counselor for every eight children younger than eight years old.

At day camps, counselors must be 16 years of age or older. There must be a minimum of one counselor for every 12 children.

Camps that must provide at least 10 counselors may choose to use counselors-in-training (CITs) to meet 10 percent of the required number of counselors. These CITs must be at least 16 years of age at an overnight camp and 15 years of age at a day camp. They must work with senior staff, have had previous experience as a camper and complete a training program. Ask the camp operator if any of their counselors are CITs and how they are used to supervise campers.

Ask about the camp's staff and supervision procedures, including discipline policies. Do they meet your expectations?

Health

Ask about medical coverage and when you will be notified if your child becomes ill or injured. Is a doctor or nurse in residence or on call for campers at all times?

Physicians or nursing services must be available. All summer camps in New York State are required to have a health director and a written medical plan approved by the Health Department. The written plan must include, among other things, provisions for medical, nursing and first aid services. Injuries and illnesses must be reported to the Health Department and are thoroughly reviewed.

Does the camp require medical records for campers?

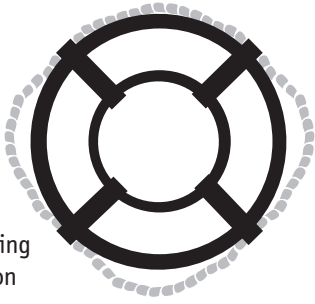
Camps must keep current medical history reports on file for all campers. Be sure to detail your child's history of immunization, illness, disability or allergy. Specify special diets and activity restrictions. Provide instruction for any medication your child must take.



Camp Safety

Are the camp facilities and activities safe?

The camp operator must develop a written plan to include maintenance of facilities, provisions for training staff members and orientation of campers, supervision of campers, campsite hazards, emergency procedures and drills, safety procedures and equipment for program activities.



Swimming

Are waterfront personnel qualified?

Are campers always supervised while in the water?

All waterfront activities at camps in New York State must be supervised by an experienced certified lifeguard or water safety instructor. On site, one qualified lifeguard is required for every 25 bathers. All aquatic staff are required to be trained in cardiopulmonary resuscitation (CPR).

Camps that use off-site pools or beaches operated by others must make special arrangements to provide a safe activity. Even off site, the camp remains responsible for supervising campers.

Some children's camps use sites for swimming that are not inspected by local health departments. Parental permission is required in these instances, and the camp must follow established guidelines to protect campers.

While campers are involved in aquatic activities on site, there must be one counselor for every 10 campers eight years or older; there must be one counselor for every eight children aged six and seven; and one counselor for every six children younger than six years old. When swimming off-site, there must be one counselor for every eight campers six years or older and one counselor for every six campers younger than six years.



Are bathing areas marked off for various swimming skills? Are campers tested to determine their level of swimming ability before participating in aquatic activities? Are nonswimmers kept in water less than chest deep? Is the buddy system used? Are campers required to wear life preservers when boating or canoeing?

New York State regulation requires that the answers to all these questions must be "yes."

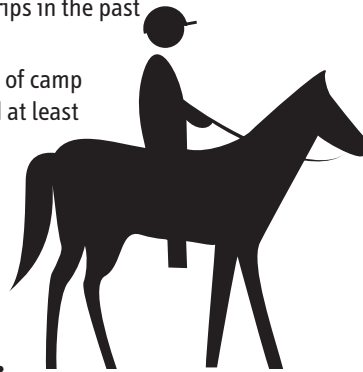
Camp Trips

Are camp trips supervised by counselors who have the maturity and experience to make decisions that could affect the safety of campers?

All trips must be supervised by a trip leader who is at least 18 years old and competent in the activity. Counselors must accompany trips and all staff must review the safety plan prior to the trip.

Counselors should have the skills and expertise in the camp activity (canoeing, rock-climbing, etc.) to handle any emergency that might arise. Ask whether the camp has conducted similar trips in the past without incident.

In New York State, the drivers of camp vehicles must be licensed and at least 18-years-old. Seat belts must be worn when provided and vehicle capacities not exceeded. When transporting children in a truck, only a truck cab can be used.



Sports and Activities

How are activities in craft shops supervised, especially when campers are using dangerous tools, such as power saws and lathes? Are archery and rifle ranges at a safe distance from activity centers? Are spectators protected at baseball fields and similar areas? Do players wear protective equipment?

State regulation requires that archery, riflery and horseback riding be supervised by counselors with special training in those activities.

Fire Safety

Are there periodic fire drills for both campers and staff? Does each floor of every building have fire exits in two different locations? Are flammable materials (gasoline, pool chemicals, etc.) stored away from activity centers and kept under lock and key? Are functioning smoke detectors located in every sleeping room?

All of the above are mandatory in New York State.



Location and Facilities

Are barriers erected against such natural hazards as cliffs and swamps? Are foot trails located away from such dangerous areas and from heavily traveled roads and highways? Do the camp facilities (bunks, bathrooms, mess hall, recreation facilities) meet your aesthetic tastes and those of your child? Is the camp located in an area that will not aggravate your child's allergies? Will your child be required to perform chores, such as cleaning or cooking?

For information on the camp's location and facilities, visit the camp or interview the camp operator by telephone, prior to making a decision to enroll your child at the camp.

Nutrition

Are good health practices observed in the camp kitchens, dining areas and food services? Does the camp serve food your child likes?

At camps in New York State, food must be prepared from inspected sources. Food preparation and handling activities are reviewed to assure safe and sanitary practices. Kitchen employees must be healthy and follow hygienic practices. Potentially hazardous food must be maintained below 45°F or above 140°F.



Rights and Responsibilities

The regulatory program of the New York State Department of Health places specific responsibilities on camp operators, and on local health departments that enforce department regulations. Following is a summary of rights and responsibilities:

Rights of Parents and Guardians

- To be informed by the camp director, or his or her designee, of any incident involving your child, including serious injury, illness or abuse.
- To review inspection and investigation reports for a camp, which are maintained by the local health department issuing the camp a permit to operate (present and past reports are available).
- To review the required written camp plans. These are on file at both the camp and the health department issuing the permit to operate.

Responsibilities of the Camp Operator

- To inform you and the local health department if your child is involved in any serious injury, illness or abuse incident.
- To screen the background and qualifications of all staff.
- To train staff about their duties.
- To provide supervision for all campers 24 hours a day at overnight camps, and during hours of operation for day camps.
- To maintain all camp physical facilities in a safe and sanitary condition.
- To provide safe and wholesome meals.
- To have and follow required written plans for camp safety, health and fire safety.
- To notify the parent or guardian, with the enrollment application or enrollment contract, that:
 - the camp must have a permit to operate from the New York State Department of Health or the designated permit-issuing official;