

# BDC 2019 CAMPERS' GUIDE

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## Camper FAQ's and Tips for Life on the Hills for K-8th Graders & Camper Leaders



Courage, Hope,  
Good Spirit & Peace!

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**"Where do I go on my 1<sup>st</sup> day of camp?"** Stroll the Welcome Walk with your family then sign in at your hill Board. Your Hill Head and Tent Counselor will be there to: greet you, show you to your tent, help you meet some friends, say good bye to your folks, and go play! You may introduce yourself to the Directors on the Welcome Walk daily from 8-9AM and 4-5PM, and they can help you find your tent group or answer other questions that you might have about camp.

**"How do I use the Hello and Go path?"** Located on the outgoing driveway, just behind the BDC Office is our Hello and Go path. A counselor will greet you and help you out of your car. Any pertinent information from your parents will be passed on to your Tent Counselor by the BDC Staff person greeting you.

**"Are there camp rules?"** Yes. BDC Camper Expectations are posted on the Hill Boards and in our Welcome Letter. Please take a moment to read them with your family. Always remember to share your: Courage, Hope, Good Spirit & Peace and your Good Manners!

**"What is eWAVES?"** Our online camp newsletter, eWAVES, is published Sunday mornings in season and the first of the month in the off-season. It's one way we keep our families involved and getting all of the latest BDC news! Make sure you are getting your copy!

**"Where are the bathrooms?"** The Bathhouse is near the pool. The portable toilets are located outside the pool, on Mariners Hill, and near the basketball area. The Health Center also has a bathroom for emergencies.

**"What do I do if I feel sick or hungry?"** If you feel icky, are hungry, cold, or just uncomfortable, please tell

your Tent Counselor! He/she will take you to our Health Center which is located on the lower level of the Salt Box Building. They have everything needed to get campers feeling well enough to return to their groups or to make a call home for an early pick-up if needed.

**"What do we do on rainy days?"** On Rainy Days, we play games and have fun in dry locations such as the Yurts, the Big Tent, and Brewster Baptist Church activity hall. The oldest campers may go ice skating or bowling. On Rainy Days...always bring warm clothes, long pants, socks, your rain coat, and a smile! (Leave umbrellas at home!)

**"Where do I keep my stuff?"** You may store your backpack and lunch in your own labeled "cubby" in your tent. Cubbies are cleaned out at the end of each day.

**"Do I have to do every activity?"** We encourage all campers to challenge themselves and have fun in each activity. Let your Tent Counselor know if you are feeling uncomfortable. He/she will help you feel safe and successful in all of our activities or get you some help.

**"Can I call home?"** Yes, of course you may. Please ask your counselor to take you to your Hill Head or a Director. A staff person will then accompany you to the BDC Office to make the call. **Please leave your cell phone at home.** While we are on the subject of cell phones...please leave all technology and "toys" at home. Talk to your Hill Head if you are unclear about this.

**"May I bring a camera to camp?"** Yes, on a very limited basis and only with permission from your parents and your Hill Head. We discourage camera use at BDC yet understand that some kids like photos!

**“What should I wear to camp?”** Wear comfortable clothes, sunscreen, and if your swim lesson is 1st, wear your bathing suit. Girls, please wear tankinis or a one piece bathing suit - save your string bikinis for the weekends. Flip flops are fine, but bring sneakers for Archery, MUGS, Field Sports, and ECOD. Please wear long hair tied back at all times and especially in the pool. Feet must be covered except when going to and from the pool. A second bathing suit may be helpful for days when your swim lesson and a trip to the waterfront are back to back and you want a dry suit.

**“Can I sign up for EXTRAS and/or add time to my schedule after camp starts?”** Yes! Your parent or guardian may add a Trip, Lesson, or add sessions to your schedule by going to the BDC Office. If space is available, you may sign up for added lessons or trips 24 hours in advance. Added sessions may require a bit more planning. See the BDC Office for details.

**“Do I need money at camp?”** Please save your spending \$\$\$ for the weekends. Leave your money at home, even when on a BDC Trip or Lesson off campus.

**“What if I want to go home with a friend?”** If you wish to go home with a friend, your parent or guardian **MUST** come to the BDC Office and provide written permission and contact information.

**“Can I chew gum at camp?”** Please leave your gum at home. Gum gets stuck in our hair, on our shoes, and in our pool filters, to name just a few pesky places!

**“Do I have to swim?”** Every camper has a daily Red Cross swim lesson. We encourage all campers to wear a suit to the pool and take part in the lesson to the best

of his/her ability. If you feel uncomfortable, tell your Tent Counselor! If you are physically unable to participate, please bring a note from your parent/guardian to Swim Director or the Health Center. ☺ BDC Water Safety Instructors are awesome! They all help kids feel safe and comfortable around water. They train great swimmers and have lots of fun, too. Our special pool water will not sting your eyes, either! Ask us how when you get to BDC!

**“My sibling/cousin is in a different tent group...when will I see him/her?”** Your Tent Counselor can help you find a good time to visit and/or eat lunch together.

**“What happens if I am really, really hungry and it's not snack time or lunch time?”** Please tell your Tent Counselor if you are hungry. He or she will let you know how long until lunch or snack time, and help you get some food if it seems like too long to wait. Please let us know what you need - we are always here to help you!

**“What are the necklaces and beads all about?”** Every camper receives a necklace or dog tag on his or her 1<sup>st</sup> day of camp. At the activities, campers earn different colored beads or notches to put on your necklace to track your achievements at camp!

#### **BDC's Commonly Used Acronyms and Abbreviations:**

**AHAA** = Admirals Hill Activity Achievement; individual activity challenges for kids 5-8th Grade.

**BDOC** = Brewster Day Camp Outdoor Challenge; our 10 element low ropes course activity.

**CL** = Camper Leader; special program for 9<sup>th</sup> & 10<sup>th</sup> graders.

**LEAP-In** = Learning, Exploring, And Playing; an activity for campers to learn interpersonal relationship skills through age appropriate games as well as learn the inner workings of BDC and how we all fit into a larger community and world.

**LEAP-Out** = An activity which allows campers to explore off campus trips and community service both on and off campus.

**MUGS** = Mixed Up Games and Stuff; an activity where campers learn the values around sportsmanship and that creativity can enter the world of sports while also playing the game with good spirit - which is our #1 goal!

**OCR** = Older Camper Responsibility; 5th graders visit younger tent groups and help out for 1 hour at a time.

**STAR** = Song Theater And Rhythm; An activity that celebrates performance and also creates plays and songs to entertain the entire camp on Friday afternoons.

**YCP** = Young Children's Program; summer fun for kids under 5 years old taught by wonderful early childhood teachers.

**ECOD** = Everything Cape Cod; our nature program which teaches global stewardship and takes advantage of Nickerson State Park and other local Cape destinations.

#### **The BDC Welcome Song:**

*We welcome you to BDC, We're mighty glad you're here!*

*We'll send the air reverberating with a mighty cheer.*

*RAH! RAH!*

*We'll sing you in, We'll dance you out.*

*We will raise a mighty SHOUT!*

*Hail, hail, the gangs all here, At BDC this year!*

#### **Hills & Tent Groups:**

Mariners Hill: K-1st Grade

Girls: Dolphins, White Sharks

Boys: Blue Fish, Green Seahorses

Sailors Hill: 2-4th Grade

Girls: Windjammers, Beetle Cats, Lasers

Boys: Sprites, Hobie Cats, Javelins

Admirals Hill: 5-8th Grade

Girls: Sand Pipers, Bay Birds, Wiannos

Boys: Thunders, Lightnings, Flying Dutchmen

**FOR MORE HELPFUL INFORMATION, please visit our website: [www.brewsterdaycamp.com](http://www.brewsterdaycamp.com)**