

WELCOME TO SONS OF NORWAY YOUTH CAMP
@
KOINONIA, HIGHLAND LAKE, NY
JULY 21-28, 2024

CAMP PERIODS: Arrival time is Sunday July 21 between 2 and 4 PM. Campers arriving before 2 PM will be the parent's responsibility. Transportation to and from camp is the parent's responsibility.

REGISTRATION: Upon arrival, parents should register their child at the main desk. Spending money to be used at the camp store and for additional activities must be left at this time. Money not spent will be returned at checkout time. Also, any medications must be left with the nurse.

DEPARTURE: Sunday July 28 between **10 AM and NOON**. All campers must check out before leaving the premises. A parent should accompany the camper to the checkout table. At this time, all medication, insurance forms, and any remaining money will be returned. On Sunday, July 28, we must be out of the building by 1PM so that they can get ready for their next guests.

BEDDING: Campers must bring a sleeping bag or sheets for a twin bed, pillow(s), and towel: both for bath and for the pool. Also, each camper should bring a flashlight.

TOILET ARTICLES: Soap, wash clothes, towels, toothbrush, toothpaste, hair brush, combs, etc. Girls, please bring your own feminine hygiene products.

MEDICAL SUPERVISION: It is the parent's responsibility to ensure that their child is in good physical condition and can participate in an active camp program. The medical form must be completed appropriately, signed, and presented at the registration desk. Bring it with you when you bring the camper. No camper will be accepted into camp without the medical form filled out completely.

In the past, sick children have been sent to camp. This is this unfair to other campers and the staff.

CLOTHING: Your camper should participate in selecting and packing his/her clothing and equipment. Camp is a place good to wear old clothing. Bring clothes for cool evenings, and hot afternoons, and rainy days. Please put your child's name on all equipment and clothing. There are no laundry facilities so bring a dirty clothes bag.

SWIMMING EQUIPMENT: Bring one or two bathing suits, something to wear on the camper's feet walking to and from the beach, and a beach towel; also, an old pair of shoes to wear in the canoe. Also have something to hold glasses in place if they must be worn while canoeing.

OPTIONAL EQUIPMENT: Musical instruments, costumes, and music for the talent show, writing paper, envelopes, post cards, and **stamps**. Electronic equipment is discouraged and will only be allowed during free time. We are not responsible for anything that the camper brings to camp.

BED WETTING: Bed wetting sometimes happens in camp and is handled in a very casual non-embarrassing manner. Let us know on the parent information sheet if your camper is inclined to wet. If so, send a plastic sheet to protect the mattress and also an extra set of sheets.

VISITORS AND CALLS: There are no visiting days during the regular camp period. If an emergency arises and you must call or come to the camp call Thomas Bakos at 845-456-0214 at Kiononia. Campers are not permitted to call home and parents are not permitted to call campers except in an emergency.

MAIL: If you would like to write a letter to your child, mail a card or a short note the Friday before the camper arrives so they will be assured of receiving mail during the first days of camp. **The camp address is as follows: Kiononia, Sons of Norway Youth Camp, 165 Lakeview Drive Rd, Highland Lake, NY 12743**

Mail and packages received after the camp period ends may not be returned nor forwarded.

DO NOT BRING: Food items are not allowed in the rooms so please leave gum, candy, soda, and other snack items at home. A store will be open for the campers to purchase goodies twice a day.

Please mark all throw-away cameras with the camper's name.

BREAKING THE RULES: If any rules established by the camp staff or management of LOV are broken and deemed a serious infraction by the camp staff, the parents will be called to pick-up the camper immediately. Please share this information with your child.

COMPULSORY/ONCE A DAY CLASSES: Compulsory classes are to be held in the mornings and include among others, Norwegian language, rosemaling and Hardanger.

DAILY ACTIVITIES: Weather permitting, swimming, hiking, Kubb, and playing intramural sports, are available.

EVENING ACTIVITIES: These may include folk dancing, disco, movies, talent show, bonfire, etc. If you have any special talent, come prepared to share it with us in the talent show.