SUMMER OF A LIFETIME

OVERNIGHT CAMP
SUMMER OF 2017

CAMP FOSS FOR GIRLS
CAMP MI-TE-NA FOR BOYS
FOR MORE THAN 100 YEARS, Camp Foss for girls and Camp Mi-Te-Na for boys have offered 8 to 15 year olds a diverse mix of exciting and challenging overnight summer camping programs.

CAMP MISSION STATEMENT
YMCA Camp Foss and Camp Mi-Te-Na create a community where all are welcome. Camp builds a healthy spirit, mind, and body in all campers while striving to bring out the potential in each child.

My boys loved your camp! Your staff are the most awesome people on the planet and truly helped make the entire experience fantastic. My sons will always remember the kindness, humor, and enthusiasm. One of my sons has high functioning autism and I was nervous about him being at camp. He grew more socially in one week than he has in two years at middle school. Their experience was truly one for the memory book, and they will both be returning for two weeks next year.

L. Hert, Exeter, NH

CAMP QUALITY PROMISE
We stand behind the quality of our overnight camp programs and welcome feedback from campers and parents at any time.

One of the highest staff retention rates in the state
Our staff receive extensive, thorough training
The YMCA has a distinguished history in camping
A warm and caring environment makes your child feel at home
Our camps have been serving youth for more than 100 years!

PARENTS LOVE YMCA OVERNIGHT CAMP

I want to thank everyone for the wonderful experience that my daughter had at camp this summer. It was her first year and she loved every second of it. All she wants for her birthday this year is to know that she can return again next summer. The staff at Camp Foss are true role models for these girls. It was so wonderful to see how high her self esteem was when she returned home from camp. Thank you for giving my child hope and allowing her to find herself.

S. Ash, Rochester, NH

“We love seeing the growth that occurs at camp. It’s incredible to witness campers discovering who they are and watching them come out of their shells to try new things!”

J. Laferriere, Counselor

DISCOVER OVERNIGHT CAMP
WHO ARE THE DIRECTORS?
Vice President of Camping Services, Tom Archer, celebrates 50 years in overnight camping. He attended Camp Mi-Te-Na as a camper and counselor. Matt Hanson has 24 years combined experience at Camp Mi-Te-Na as a camper, counselor, and director. Aubree Cecil is the director at Camp Foss, and this summer will be her 21st year as a camper, counselor, and director.

HOW DO YOU SELECT YOUR STAFF?
We pride ourselves on the talents of our dynamic staff who make our campers feel special and help them make friends. Many of our staff members are former campers themselves and have spent several years growing through our Counselor-in-Training program. Other staff are selected for their expertise and desire to work with children in the camping environment. We also promote diversity by selecting some staff from international placement agencies that draw from highly qualified applicants from all over the world. We hire them for their maturity, personal warmth, and leadership skills to give your child an outstanding summer camp experience. Reference and criminal background checks are performed on all staff.

WHAT KIND OF TRAINING DOES YOUR STAFF HAVE?
All camp staff undergo intensive training in topics such as emergency procedures, CPR, first aid, homesickness, team building, age-specific behaviors, character development, bullying, conflict resolution, child abuse awareness, and activity planning.

DO YOU OFFER FINANCIAL ASSISTANCE?
We believe that every child should have the opportunity to experience overnight camp. Thanks to generous donations from our supporters including Y families and camp alumni and friends, funds are available for families who may not be able to afford a camping experience for their child. While we don’t have unlimited funds, we do our best to help all families that apply for assistance as much as possible. Following the application process approved funds are applied toward camp session fees. Applications are available online. For more information, contact Lauren Frazier at lfrrazier@graniteymca.org or 603.232.8642.

CAN MY CHILD CALL OR EMAIL HOME?
Parents are welcome to contact the camp office at any time with questions or concerns. In general, we strive to promote independence and group unity in campers by discouraging telephone contact during camp sessions. The camp staff will contact the parent/guardian if a camper is having trouble adjusting to camp life or if there are health concerns. Parents may write letters and send care packages via USPS or send one way communication bunk notes through our online Bunk1 program. Children are given opportunities to write letters home throughout the session.

ARE YOUR OVERNIGHT CAMPS ACA ACCREDITED?
Camps Mi-Te-Na and Foss are proud to be accredited by the American Camp Association (ACA). Developed exclusively for the camp industry, this nationally recognized program focuses on program quality and health and safety issues, and requires us to review every facet of our operations. Our staff training, program and facility safety, food services, and health care all meet their rugged standards and your high expectations. Mi-Te-Na and Foss are proud to voluntarily submit to this independent appraisal, and have been accredited with superior marks. We maintain the highest ACA and state of New Hampshire health and safety standards.

EXPERIENCE YOU CAN TRUST

I first attended Camp Foss when I was 12 years old. I continued to come back and met my best friend when we did the CIT program together. It has been an incredible experience learning to be more independent. I can honestly say that camp has helped me to become more confident and open to trying new things. I hope to be a counselor some day so that I can help give that same experience to other campers.

H. Hamlett, Burlington, VT

This summer was my 8th year at Camp Mi-Te-Na. I first started coming when I still lived in NH. My family moved to Florida a few years ago, but I still make it a priority to return every summer! There is no other place where you can be as goofy and weird as you want and no one judges you. I look forward to returning every year not only to see all my friends from previous years, but also to make new friends that I stay in touch with all year round. Mi-Te-Na is more than just a summer camp, it’s a safe place where we can make friends, develop leadership skills, create great memories, and just be ourselves!

E. Kacprowicz, Boynton Beach, FL
YMCA CAMP MI-TE-NA

Overnight summer camp located in Alton, NH
Boys ages 8 to 15 years

Spanning 70 wooded acres in peaceful Alton, New Hampshire, Camp Mi-Te-Na is a friendly outdoor community that extends nearly one-half mile along the shores of Halfmoon Lake. Our camp features 19 cabins, a spacious dining hall complete with a fireplace, a recreation hall for evening programs, a complete medical infirmary, three shower facilities, and a variety of activity buildings to hold time-tested programs to keep your child entertained and educated. Camp Mi-Te-Na is the proud home to one of the most complex challenge courses in the area, including a climbing tower, zip line, and high and low ropes courses! We offer outdoor basketball courts, two tennis courts, an archery range, a baseball field, soccer field, football field, outdoor hockey rink, beach volleyball, and a rifle range in order to provide a wide variety of exciting activities for our campers to try. We also have paintball — an exciting, fast paced, action packed sport for campers that are 13 years old. Join us for a summer of fun your son will never forget at Camp Mi-Te-Na for boys.

TWO WEEK CAMPER SESSIONS
June 25 – July 8
July 9 – July 22
July 23 – August 5
August 6 – August 19

ONE WEEK CAMPER SESSIONS
June 25 – July 1
July 2 – July 8
July 9 – July 15
July 16 – July 22
July 23 – July 29
July 30 – August 5
August 6 – August 12
August 13 – August 19

Counselor-in-Training Sessions
June 22 – July 22
July 20 – August 19

* There is an additional fee for white water rafting. Some aquatic activities require a minimum swimming ability level.

CAMPER ACTIVITIES
- Sailing
- Kayaking
- Archery
- Canoeing
- Water Skiing
- Swim Lessons
- Basketball
- Soccer
- Flag Football
- Bumper Balls
- Zip Line
- Four Square
- Tennis
- Volleyball
- Street Hockey
- Stand-up Paddleboards
- Arts & Crafts
- Climbing Tower
- Riflery
- Capture the Flag
- High & Low Ropes Courses
- Environmental Education
- Water Skiing
- Water Tubing
- White Water Rafting*
- Paintball (must be 13 years old)

MORNING ACTIVITY SCHEDULE
7:25 AM Wake Up
7:45 AM Flag Raising & Breakfast
9:25 AM Activity Period 1
10:15 AM Activity Period 2
11:05 AM Activity Period 3
12:15 PM Lunch

MORNING ACTIVITY PERIODS
CAMP MI-TE-NA

During the first three activity periods, campers participate in hobby activities, sports field activities, and swimming lessons by cabin groups.
### Afternoon Activity Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:10</td>
<td>Cabin Time</td>
</tr>
<tr>
<td>2:15</td>
<td>Activity Period 4</td>
</tr>
<tr>
<td>3:05</td>
<td>Activity Period 5</td>
</tr>
<tr>
<td>4:10</td>
<td>General Swim</td>
</tr>
<tr>
<td>5:15</td>
<td>Flag Lowering</td>
</tr>
<tr>
<td>5:25</td>
<td>Dinner</td>
</tr>
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### Evening Activity Schedule

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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>7:10</td>
<td>Evening Activities</td>
</tr>
<tr>
<td>8:25</td>
<td>Report to Cabins</td>
</tr>
<tr>
<td>8:45</td>
<td>Cabin Vespers</td>
</tr>
<tr>
<td>9:00</td>
<td>Lights Out</td>
</tr>
</tbody>
</table>

### Afternoon Activity Periods

**Camp Mi-Te-NA**

Campers learn responsibility by making group and individual decisions about how to spend their time as a cabin or village. With so much to choose from, there is never a dull moment at camp!

### Evening Activity Periods

**Camp Mi-Te-NA**

Campers will experience special activities each evening such as carnival night and campfires. Some nights, activities will include the entire camp, other nights they will be organized for individual cabins and/or villages.
Leaders in Training:
Age limit: 15 years
This program is designed for our oldest campers and helps teach them how to be good role models for other campers. This two-week program serves as both a great stepping stone to the CIT program and as a great leadership experience for one of their final sessions as a camper. Please indicate on the registration form your camper’s interest in the program. Placement is determined during the check in process.
Visit campfoss.org for more information on the leadership program options available at Camp Foss.

Counselor In Training Program
Age limit: 16 years (Must be 16 prior to June 2017)
This four week program includes workshop trainings in areas of personal development, decision making techniques, group work skills, and program leadership. We invite all who meet the age qualification to apply with the understanding that this is a competitive process. There are two sessions of CIT’s with a capacity of 12 CIT’s per session.

Camp nurtures the potential in each child by instilling the 5 foundations of camper development into every day life at camp:
1. Build relationships and friendships
2. Make better decisions and choices
3. Build self-confidence and independence
4. Teach core values for life
5. Service to others first and me second
Overnight summer camp located in Strafford, NH
Girls ages 8 to 15 years

Located on 275 acres of woods between Parker and Evans Mountains in beautiful Strafford, New Hampshire, Camp Foss provides a setting that promotes exploration and personal development. Our talented staff has extensive training to guide our campers to improve athletic, artistic, and team-building skills. Our campers discover their ability and potential while discovering the richness of life. Camp Foss offers a safe, clean, and secure facility to enjoy the incredible activities we offer, rain or shine. Girls who attend Camp Foss explore new friendships, take healthy risks, and learn about becoming confident, independent young women. The horseback program at Camp Foss gives campers the opportunity to develop their riding skills and explore our extensive trail system. Our large recreation hall is the gathering place for evening programs, talent shows, and camp socials. The private shores of Willey Pond provide the perfect setting for swim lessons, boating, and waterfront fun. Our tennis courts, archery range, soccer field, climbing tower, high and low challenge courses, dance studio, and arts & crafts lodge offer endless opportunities for creativity and fun. Experienced kitchen staff prepare tasty and nutritious meals to keep everyone energized. Join us for a summer of fun your daughter will never forget at Camp Foss for girls!

**TWO WEEK CAMPER SESSIONS**
- June 25 – July 8
- July 9 – July 22
- July 23 – August 5

**ONE WEEK CAMPER SESSIONS**
- June 25 – July 1
- July 2 – July 8
- July 9 – July 15
- July 16 – July 22
- July 23 – July 29
- July 30 – August 5
- August 6 – August 12

**Counselor-in-Training Sessions**
- June 24 – July 22
- July 15 – August 12

### CAMPER ACTIVITIES

<table>
<thead>
<tr>
<th>Activity</th>
<th>Field Hockey</th>
<th>Archery</th>
<th>Canoeing</th>
<th>Swim Lessons</th>
<th>Basketball</th>
<th>Softball</th>
<th>Soccer</th>
<th>Tether Ball</th>
<th>Four Square</th>
<th>Tennis</th>
<th>Badminton</th>
<th>Bocce Ball</th>
<th>Hiking</th>
<th>Volleyball</th>
<th>Arts &amp; Crafts</th>
</tr>
</thead>
</table>

*M There is an additional fee for white water rafting and horseback riding. Some aquatic activities require a minimum swimming ability level.

### MORNING ACTIVITY SCHEDULE

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<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:20 AM</td>
<td>Wake Up</td>
</tr>
<tr>
<td>8:00 AM</td>
<td>Flag Raising &amp; Breakfast</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>Activity Period 1</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Activity Period 2</td>
</tr>
<tr>
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<td>Activity Period 3</td>
</tr>
<tr>
<td>12:30 AM</td>
<td>Lunch</td>
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### MORNING ACTIVITY PERIODS CAMP FOSS

During the first three activity periods, campers participate in hobby activities, recreation activities, and swimming lessons by cabin groups.

### YMCA CAMP FOSS
# Afternoon Activity Schedule

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<td>5:30</td>
<td>Dinner</td>
</tr>
</tbody>
</table>

# Evening Activity Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:15</td>
<td>Open Time</td>
</tr>
<tr>
<td>7:15</td>
<td>Evening Program</td>
</tr>
<tr>
<td>8:30</td>
<td>Report to Cabins</td>
</tr>
<tr>
<td>9:30</td>
<td>Lights Out</td>
</tr>
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### Afternoon Activity Periods

**Camp Foss**

Campers learn responsibility by making group and individual decisions about how to spend their time as a cabin or village. With so much to choose from, there is never a dull moment at camp!

### Evening Activity Periods

**Camp Foss**

Campers will experience special activities each evening such as carnival night and campfires. Some nights, activities will include the entire camp, other nights they will be organized for individual cabins and/or villages.
2017 PRICING STRUCTURE

SESSION RATES
One Week Sessions .............................................. $875/session
Two Week Sessions ................................................... $1,595/session

COUNSELOR IN TRAINING PROGRAM
Four Week Session .................................................... $1,575

AVAILABLE DISCOUNTS
NH Resident ................................................................. $25/week
YMCA Member ............................................................ $25/week
Bring a Friend .............................................................. 10% off total

SPECIALTY ACTIVITIES (REQUIRE ADDITIONAL COST)
White Water Rafting Trip .............................................. $150/session
Foss Horseback Riding Lessons ....................................... $175/week

YMCA MEMBERS: YMCA members will receive a $25 discount per week. Provide the name of your YMCA when you register and we will apply a discount to your account.

FAMILY CAMP WEEKEND
September 1 – 4, 2017
7:00 PM – 9:00 AM
Located at Camp Mi-Te-Na

Discover the uniqueness of overnight camp together as a family!
Join us, this Labor Day weekend, to experience a sneak peak of what camp is all about! This is the perfect opportunity for the whole family to discover the magic that overnight camp has to offer. You’ll even have the chance to register for a one or two week session for the summer of 2018.

For more information, contact our Camp Registrar
603.232.8642 | lfrazier@graniteymca.org

FAMILY CAMP PRICING

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Pricing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult (16+)</td>
<td>$150/person</td>
</tr>
<tr>
<td>Ages 8-15</td>
<td>$135/person</td>
</tr>
<tr>
<td>Ages 3-8</td>
<td>$65/person</td>
</tr>
<tr>
<td>Under 3</td>
<td>$10/person</td>
</tr>
<tr>
<td>2017 camper at Foss/Mi-Te-Na</td>
<td>$65/person</td>
</tr>
</tbody>
</table>

To register, please complete the family camp registration form located on our website and return to our camp registrar or call 603.232.8642. A $50 deposit is required upon registration.

UPCOMING EVENTS
CAMP INFO DAY
SATURDAY, MARCH 11, 2017
11:00 AM
Join us at the YMCA in Manchester, NH and learn what overnight camp has to offer. Bring your future camper and enjoy video presentations as we go over a typical day at camp, activities, cabin life, and more! Financial assistance interviews will be also be available. Please RSVP to lfrazier@graniteymca.org

OPEN HOUSE
SATURDAY, MAY 13, 2017
10:00 AM – 2:00 PM
Come see what camp is all about at our open house and a family barbecue at Camps Mi-Te-Na and Foss. Take a tour of camp and enjoy fun family events. We will be serving lunch and camp directors and staff will be available for questions and tours!

White Water Rafting Trip | 12–15 years
Rafting trips occur during the second week of a two week session. Under the supervision of counselors, registered campers travel to Maine on an overnight trip for a full day of rafting on the Kennebec River with a licensed white water guide. Pre-registration is required as the capacity is 12 campers per session. Campers must be at least 12 years old and weigh more than 90 pounds.

Foss Horseback Riding Lessons
Registered campers learn English style riding along with the care and grooming of horses. Riders are split into skill based groups from beginners to advanced where they participate in five one-hour horseback riding lessons during the week. Pre-registration is required as the program capacity is 32 campers per week.
Camp Registration Form

Please complete both sides of this form and mail back with the appropriate deposit to:
The Granite YMCA | Camping Services Branch | 30 Mechanic St, Manchester, NH 03101

SELECT CAMP
q CAMP MI-TE-NA (FOR BOYS)  q CAMP FOSS (FOR GIRLS)

CAMPER INFORMATION
Camper’s Name: ___________________________ Date of Birth: ___________________________ Age: ___________________________
Address: __________________________________________ City: __________ State: __________ Zip: __________ Country: __________
Camper Email: ________________________________________________

Check One:  q New Camper  q Returning Camper  Gender:  q Male  q Female  Number of years at camp: ____________________________ [including this year]

Camper T-shirt size:  q Adult XS  q Adult S  q Adult M  q Adult L  q Adult XL

How did you hear about camp? (Check all that apply)  q Friend/Family  q Alumni  q Local Y  q Website  q Brochure  q Y Staff

q Camp Staff  q Online Search  q CampPage.com  q NH Camps.org  q Camp Resource.com  q Other: ____________________________

q LIT Program (must be 15 attending 2 weeks)  q Cabin Mate Request (one name only): ____________________________

Parent/Guardian 1: ____________________________________________ Parent Email: ____________________________________________

[Cell Phone] __________________________  [Home Phone] __________________________  [Work Phone] __________________________

Parent/Guardian 2: ____________________________________________ Parent Email: ____________________________________________

[Cell Phone] __________________________  [Home Phone] __________________________  [Work Phone] __________________________

q I’m referring a friend: New Camper Name: ____________________________________________ New Camper Name: ____________________________________________

For each friend that you refer to camp, that hasn’t attended before, you will receive a 10% discount when we receive their registration form. Simply let us know the name of your friend and we’ll be on the lookout for their registration form!

CAMPER HEALTH FORMS
All required health forms will be completed through CampDoc, an electronic health record system for camps. Within 5-7 days of registering your child you will receive an e-mail from CampDoc providing you with your account log-in information, password, and instructions on how to complete all necessary fields and upload all required documents. Any camper without this information registering your child you will receive an e-mail from CampDoc providing you with your account log-in information, password, and instructions on how to complete all necessary fields and upload all required documents. Any camper without this information will not be permitted to stay on camp premises until all of the required documents have been uploaded to the campers account.

PLEASE READ AND SIGN
• This application has my approval and consent and I authorize the camp director to act for me according to their best judgement in an emergency.
• I understand that no part of the fee is to be refunded in the event of dismissal for misconduct or withdrawal for homesickness.
• I understand that cabin mate requests must be mutual, of the same age, and must be attending the same length camp session. Camp cannot guarantee the request, but will make every effort to accommodate each request. Cabin assignments will not be changed on the first day of camp.

CAMP FEES
2017 SESSION RATES
One Week Sessions: $75/session
Two Week Sessions: $1,595/session

Discounts in the amount of $25 per week will be applied to campers that are NH residents and/or YMCA members. All discounts will be applied upon processing registrations.

SELECT CAMPING SESSIONS: (Check the session level your child would like to attend)

ONE WEEK SESSIONS
q June 25 - 7 July 1
q July 2 - 7 July 8
q July 9 - 15 July 15
q July 16 - 22 July 22
q July 23 - 29 July 29
q July 30 - Aug 5
q Aug 6 - Aug 12
q Aug 13 - Aug 19 (Mi-Te-Na only)

TWO WEEK SESSIONS
q June 25 - 7 July 8
q July 9 - 15 July 22
q July 23 - 29 July 5
q Aug 6 - Aug 19 (Mi-Te-Na only)

ADDITONAL PROGRAMS:
White Water Rafting (ages 12-15): ____________________________ $150/session
Horseback Riding (Foss Only): ____________________________ weeks $175/week

DEPOSIT AND TUITION
• A $100 deposit is required for each camp session with registration.
• Tuition balance is due one month prior to the start of the session. June sessions are due May 1st, July sessions are due June 1st, and August sessions are due July 1st.
• Please contact the camp registrar if you would like to arrange a payment plan.

PAYMENT INFORMATION
q Check Enclosed (payable to The Granite YMCA) ____________________________ for the deposit only ____________________________ for the payment in full

q Charge my credit card ____________________________ for the deposit only ____________________________ for the payment in full

q I would like to add a donation to help send an underprivileged child to camp.

ADDITIONAL FEE:
Y MEMBER DISCOUNT: $25 per session

I would like to pay with: ____________________________

Balance Remaining: ____________________________

Credits/Debit Card Information
Bill my:  q Mastercard  q Visa  q Discover  q Amex
Cardholder’s Name: ____________________________________________ [Print name as it appears on card] Expiration Date: ____________________________

Signature: ____________________________ Date: ____________________________

Phone: 603.232.8642 | Fax: 603.623.5934 | www.campfoss.org | www.campmitena.org

Address: __________________________________________________________ City: __________ State: __________ Zip: __________ Country: __________

Camper’s Name: ____________________________ Date of Birth: ____________________________ Age: ____________________________

Adult XS  Adult S  Adult M  Adult L  Adult XL

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Signature: ____________________________ Date: ____________________________

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