



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELCOME TO YMCA CAMP FOSS FOR GIRLS

2022 PARENT HANDBOOK

WELCOME FROM OUR CAMP DIRECTOR

Hello Camp Foss Campers, Family, and Friends!

With enthusiasm and a full heart, I am thrilled to introduce myself as the new Director of Camp Foss. When I first stepped onto the shores of Willey Pond at 9 years old, I immediately knew that this place was something special. I had grown up in New Hampshire my entire life, but there was nothing quite like camp where there was laughter that moved trees, friendships that formed unwavering bonds, and memories that would stay crystal clear years later.

Camp Foss has been shaping the lives of young leaders for 100 years. As the Director of Camp Foss, my emphasis will always be on creating a safe, fun, and inclusive experiential environment that not only supports but encourages growth through independence, relationship building, appreciation of nature, and the Y’s core values (Caring, Honesty, Respect and Responsibility). Whether it is through swim lessons, high ropes elements, or the end of session play, campers will have the opportunity to learn more about themselves and others all while building self-confidence.

We at Camp Foss know there may be many questions or concerns as a first-time camper, but we welcome the opportunity to put you and your camper at ease. With 20+ years of experience at Camp Foss, I am committed to ensuring your camper has a positive experience and leaves camp with new friends and new skills that will serve them well during their time away from camp. With that being said, feel free to reach out with any questions or concerns as you prepare for an experience that lasts a lifetime. See you this summer!

Emily Goupil
Camp Foss Director

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A DAY AT CAMP

MORNING ACTIVITY SCHEDULE

7:20	Wake Up
8:00	Flag raising & breakfast
9:00	Activity Period 1
10:00	Activity Period 2
11:00	Activity Period 3
12:30	Lunch

AFTERNOON ACTIVITY SCHEDULE

1:00	Cabin Time
2:10	Activity Period 4
3:00	Activity Period 5
3:50	General Swim
4:40	Flag Lowering/Dinner
5:40	Dinner

EVENING ACTIVITY SCHEDULE

6:50	Open Time
7:30	Evening Program
8:30	Report to Cabins
9:15	Lights Out (Hilltop/Woodside)
9:45	Lights Out (Lakeview/Sunrise)

The first three morning activities consist of skill based activities where campers are encouraged to try new activities and learn new skills. The afternoon activities are choice activities that campers sign up for during the lunch period. These activities change on a daily basis and are announced at lunch so that the campers know what they can sign up for each day, allowing campers to have a hand in shaping their camp experience. Evening activities are typically themed nights that include the entire camp or are organized for individual cabins and/or villages. Some of the evening activities may consist of a carnival night, campfire, counselor hunt, and much more!



PROGRAMS

Our programs are separated into three different areas: recreation, hobbies, and waterfront activities. Morning recreation activities are skills sessions including softball, field hockey, soccer, basketball, tennis, volleyball, and/or cheerleading. In the afternoon, both traditional and unconventional recreation activities are offered for campers to sign up for including dodgeball, kickball, rafterball, foursquare, frisbee golf, kickball, gaga ball, slip and slides, yoga, water balloon volleyball, and much more.

In the morning, campers rotate with their cabin groups to different hobbies activities. In the afternoon, campers have additional opportunities to sign up for other activities that they enjoy or would like to try. The hobbies activities include: high ropes course, low ropes course, target sports, arts & crafts, boating, dance, performing arts, and archery.

At the waterfront, we offer an array of activities along the shores of Willey Pond. In the morning, all campers participate in Y of the USA based swim lessons where they develop stroke mechanics, learn water safety, and play water games. In the afternoon, the beach is transformed into a waterfront resort where campers can enjoy free swim, boating, water volleyball, sand castle building, diving, water trampoline, blast bag, and much more. *Please note that all activities that take place outside of the designated swim area require a life jacket. Some aquatic activities require a minimum swimming ability level.*

CAMP FEES

There is a \$100 deposit per week required upon registration. The final payments must be received by the following due dates for each of the camp sessions:

Session 1 & 1A:	Balance due by May 1 (registrations received after May 1 require full payment)
Session 1B, 2, 2A, 2B, 3, 3A, 3B:	Balance due by June 1 (registrations received after June 1 require full payment)
Session 4, 4A, 4B:	Balance due by July 1 (registrations received after July 1 require full payment)

Any campers that still have a balance after the final due date will not be guaranteed a spot and risks being replaced by another camper from the waiting list. **Make checks payable to YMCA Camp Foss.** There will be a \$20 fee for any returned (NSF) checks. We also accept credit card payments, which can be processed online or by calling 603.232.8642.

Please mail payments to:

YMCA of Concord
Camping Services Branch
15 N. State St.
Concord, NH 03301

INTERSESSION STAY OVER DAYS

Campers that are registered for two consecutive sessions and choose to stay at camp in-between the sessions will be required to pay an additional fee of **\$125**. Campers will participate in an out of camp trip which will leave Saturday after check out, they will sleep at camp.

REFUND POLICY

If your camper is unable to attend camp, please notify our camp office immediately. To receive a refund (less the initial \$100 per week non-refundable deposit) you must notify us in writing at least **4 weeks in advance** of your child's scheduled camp session. Please allow 2-3 weeks for refund processing. Cancellations resulting in a medical emergency must be accompanied by a signed doctor's note.

LATE ARRIVALS & NO SHOWS

If your camper will be arriving late, please notify the Camping Services office at least 2 weeks prior to the start of your child's session. This allows for plans to be made accordingly. If a camper has not arrived by the start of the evening activity, staff will make an attempt to contact the primary contact. Please note that there are no refunds for late arrivals or no shows. If you need to pick up your child early, please let our camp staff know during the check in process or contact our camp office to let us know ahead of time so that we can prepare your child for pick up.

YMCA MEMBERS

The YMCA is a membership organization dedicated to providing youth, families, and communities with the support and opportunity to learn, grow, and thrive. If you are a YMCA member, regardless of location, you will receive a **\$35 discount per week**. During the registration process, simply provide us with the name of the YMCA that you are a member with and we will apply the \$35 discount to your account.

HEALTH FORMS

All required health forms and documents will be completed through CampDoc, our online electronic health record system. 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 how to upload all required documents.

You will need to upload the following documents to your child's CampDoc health account:

- Copy of physical (dated within last 2 years)
- Immunizations received to date
- Copy of the front and back of insurance card

In accordance with state regulations, no child will be permitted to be at camp without all required documentation completed.

In accordance with ACA standards, all campers are required to have health insurance and must upload a copy of the front and back of their insurance card when completing your child's CampDoc account.

CAMP NURSE

Camp Foss has a licensed nurse living on site at camp during each session. They are available 24 hours a day for any illnesses, injuries, or emergencies that may arise. If medical treatment is required beyond the written orders of our camp nurse, staff will make every effort to contact the family, and the camper will be transported to Clear Choice MD in Alton, Alton Family Practice, Huggin's Hospital, or Frisbee Hospital.

MEDICATIONS

Medications are defined as any substance (not food) that a person may use to maintain or improve ones health which include: prescriptions, over the counters, vitamins and supplements. Camp Foss must have written consent from your child's doctor in order to dispense ANY medication during your child's camp session. *This includes ALL prescription medication and any OTC (over the counter) medications that are not listed on the Camp Foss OTC permissions form (located on CampDoc) such as gummy vitamins, allergy medication, or homeopathic medications.*

If your child needs to take any type of medication while at camp you MUST:

A. Have your child's physical or the healthcare provider form filled out (specifically the medication section) and signed by a licensed healthcare provider.

OR

B. Have a note of written consent signed by a licensed healthcare provider, stating the medication, dosage, and reason for taking the medication (this should then be uploaded to their health account on CampDoc).

Please note: Without one of these forms of consent, our camp nurse, under her license, will not be able to dispense medication that is undocumented for your child. Uploading a photo of the medication container will not be accepted. All medications must be in the original packaging.

COMMUNICATION

Camp is a place where campers have the chance to have fun and be themselves. They make new friends, learn new skills, and try new activities, all while gaining a deeper understanding of who they are as a person. Campers love to receive mail, perhaps more than they like to answer it, so we encourage you, to write letters, send bunknotes, and send care packages.

SEND MAIL TO YOUR CAMPER

Campers love to receive mail. Write often, but keep the letters cheerful. Emotional letters from families can be a major cause of homesickness. If you receive an unhappy letter from your child, don't get upset too quickly. Campers often experience homesickness during the first couple days of camp. Please be sure to allow enough time for the mail to reach your camper by the end of her session. Any letters or packages received after your camper's session has ended will be returned to the sender as long as a return address has been provided.

CARE PACKAGES

Campers love receiving packages. We ask that you try to keep the size limited to that of a shoebox. Please use discretion in what you include in your child's package. Food items in large amounts are not a good idea as it discourages good eating habits and attracts animals. We do ask that all food items be in resealable packages. You may send small amounts, and please encourage your camper to share with her friends. Other great items to send are books, magazines, puzzles, and small toys or games. Please do not send anything containing nuts.

SEND EMAIL & VIEW PHOTOS

If you would like to email your camper, you may register with BUNK1.COM and purchase bunknotes. You will need to use the pre-approval code provided to you in your confirmation packet to register for your account. Bunk1 is a one way email communication that allows you to get your message to your child quickly. We print them out on a daily basis and hand them out to the campers with the rest of the daily mail and packages after dinner. Please remember this is a one way communication. Campers cannot reply via email, but they can write letters home via USPS.

Once you create your account you will be able to purchase bunknote credits to send emails, and you will also be able to view the photo gallery for free. Pictures are uploaded often by our camp staff so parents and family members can log in and see pictures of what the campers did each day. This helps you stay connected to your camper while she's at camp and keeps you updated with what activities she's participating in.

CAMPER PHONE USE

The camp experience is a way for children to develop a greater sense of independence. We do not allow cell phones or electronics at camp, and we do not have a phone available for campers to routinely make or receive calls. We believe that campers should get to know each other and establish bonds through face to face communication instead of through electronics. Should you need to contact your camper under emergency circumstances or wish to check in on your child, please contact the onsite camp office at 603.269.3800. A staff member will assist you with your questions/concerns.

SUGGESTED PACKING LIST

This is a basic list of items to bring to camp. Use your own judgment on quantity. Mark each item of clothing with your camper's name and make sure to check lost and found upon departure. Camp will not be responsible for lost or broken items. If bed wetting is common for your camper, please send extra sheets and blankets. Parents should speak with the cabin counselor regarding any possible bed wetting or sleep walking problems. A \$15 charge will be deducted from your child's store account each time we launder bed linens.

CLOTHES

- ☐ t-shirts
- ☐ shorts
- ☐ sweatshirts
- ☐ sweatpants
- ☐ long sleeve shirts
- ☐ jeans
- ☐ socks
- ☐ underwear
- ☐ pajamas
- ☐ swim suits (2)

TOILETRIES

- ☐ soap
- ☐ shampoo
- ☐ deodorant
- ☐ toothbrush
- ☐ toothpaste
- ☐ hairbrush/comb
- ☐ bug repellent
- ☐ sunscreen

PACKING TIPS

- Please label all belongings with your camper's name or initials
- Remember to check online for the session schedule one week prior to check in so your camper can choose to pack optional items coinciding with special theme days occurring that session

LUGGAGE

We have found that foot lockers, trunks, plastic bins, and/or suitcases fit best under the camp bunks. If luggage is kept to a maximum height of 12" - 16" it will easily slide right under the bunk beds for easy storage.

OUTERWEAR

- ☐ rain jacket
- ☐ sweatshirt/sweater
- ☐ warm jacket

BEDDING/LINENS

- ☐ sheets & blankets or sleeping bag
- ☐ blankets
- ☐ pillow
- ☐ towels & face cloth
- ☐ laundry bag
- ☐ extra sheets (for bed-wetters)

FOOTWEAR

- ☐ sneakers
- ☐ shower shoes
- ☐ sandals w/ back strap
- ☐ rain boots

MISCELLANEOUS

- ☐ flashlight
- ☐ stationery/stamps
- ☐ envelopes
- ☐ pens/pencils
- ☐ extra batteries
- ☐ stuffed animal
- ☐ water bottle
- ☐ camera
- ☐ day pack/backpack
- ☐ swim goggles

LEAVE AT HOME:

DO NOT bring the following items to camp! Any prohibited items found could result in confiscation and/or dismissal from camp.

- cell phones
- iPods
- video games
- handheld electronics/games
- fireworks/sparklers
- matches/lighters
- alcohol/drugs/tobacco products
- pocket knives/weapons of any kind

CHECK IN PROCEDURES

**Check in for ALL sessions is:
SUNDAY'S from 2:00 PM – 4:00 PM**

Check in involves important preparation to ensure your child's stay at camp is successful. Our goal is to move you through the process as quickly as possible, in under an hour. It can; however, take up to two hours, depend-

ing on how many campers are arriving on a given day. The schedule for check in day is as follows:

1. Receive parking directions and check in schedule from the welcoming staff
2. Stop by the Arts & Crafts lodge to receive health screening for head lice, ensure all required paperwork has been submitted to CampDoc, receive cabin assignment, and receive parent welcome folder.
3. Continue to Camp Store to meet the store staff and set up/verify camper's store account
4. Go to the Infirmary (if applicable) to discuss and drop off any medications and/or discuss any health concerns you may have.
5. Go to your child's assigned cabin to meet the counselors, pick out a bunk, help your camper unpack, and fill out authorized release form.

Each camper's health and time at camp is important to us, so please allow for adequate time to ensure your child is all set! Please be aware that inclement weather may change the check in process.

CABIN ASSIGNMENT

Once you arrive at camp, you will be directed to the Arts & Crafts lodge to receive your daughter's cabin assignment. Cabin assignments are based on age, requests, and length of session stay. One week campers and two week campers are placed in separate cabins.

STORE ACCOUNT

Once you have checked your child in at camp and received her cabin assignment you will proceed to the camp store to open your daughter's store account. The camp store has a variety of clothing, snacks, souvenirs, and items that might be needed at camp. Usually \$80 is sufficient for a two week session to cover store items. Please do not send camp store account money with the tuition payments. Please remember to pick up any remaining balance at the end of your child's camping week, otherwise it will be donated to our scholarship fund.

INFIRMARY CHECK-IN

All campers that will be taking medication while at camp are required to go to the infirmary to meet with our nursing staff. All medication must be listed in your child's CampDoc account and must be given to the nurses at this time for proper storage. No one is allowed to keep or administer their own medication while at camp, except inhalers and EPI pens, and **ONLY** with doctor's approval. All medication must be in the original container with the prescription label intact. Over-the-counter medications and vitamins will only be accepted when accompanied by a doctor's note/authorization. If your child is confined to the infirmary for more than 24 hours, you will be notified by phone.

CHECK OUT PROCEDURES

**Check Out for ALL sessions is:
SATURDAY'S from 9:00 AM – 10:30 AM**

Please be caring and pick up your child during the allotted check out time frame to allow our staff to get ready for welcoming incoming parents and campers on the following day. Don't forget to stop by the camp

store to close your child's account. Any store accounts uncollected will be donated to our scholarship fund. If someone else other than yourself will be picking up your child, that person(s) will need to be listed on the release form filled out during the check-in process. The schedule for check out is as follows:

1. Meet your daughter at their cabin. Be sure to check for any missing belongings at her cabin. Don't forget to check the lost and found.
2. Stop in at the camp store to pick up any last minute souvenirs. Here you will sign your camper out and close their store account.
3. Go to the Infirmary to pick up any medications (if necessary). Don't forget to say goodbye to the nurses.
4. Please make sure to talk to your camper about her experience and fill out and return the camp survey that will be sent to you. This helps us to continue to create the best experience possible for all campers!

LOST AND FOUND

Please be sure to check your child's cabin, rafter, under the bunk, on the clothesline, and lost and found by the Arts & Crafts lodge prior to leaving camp. All articles left at camp will be donated to a shelter at the end of the camp season.

KEEPING IN TOUCH

One of the greatest parts about camp is that campers make life-long friendships. We encourage campers to exchange contact information so that they can continue to keep in touch even during the off season. Make sure your camper swaps information with her friends prior to leaving camp! Please join our "OFFICIAL FACEBOOK" group to keep up to date with friends and staff even in the winter months!



ACCOMMODATIONS & MEALS

MAILING ADDRESS:

Please address mail to campers as follows:

Camper's Name
Cabin Name
Camp Foss
242 Willey Pond Rd.
Strafford, NH 03884

Camp Foss has 20 cabins separated into 4 villages. Each village is comprised of 4-6 cabins and a bath house that is shared amongst all the cabins. Each cabin sleeps approximately 8-13 girls and 2 counselors. Cabins are set up with bunk beds, which are determined based on a first come first served basis.

The youngest campers stay in the Hilltop

Village, the oldest campers in the Lakeview and Sunrise Village, and the middle aged campers stay in the Woodside Village. The LIT's have a dedicated LIT cabin for their stay at camp. All bath houses have private showers and restrooms as well as changing areas and sinks.

In addition to 20 cabins, Foss also features a spacious dining hall, a recreation hall (for evening and rainy day activities), a complete medical infirmary, three shower facilities, and a variety of activity buildings to hold time-tested programs to keep campers entertained and educated. The private shores of Willey Pond provide the perfect setting for swim lessons, boating, and waterfront fun. We offer outdoor basketball courts, tennis courts, archery range, soccer field, climbing tower, high and low challenge courses, dance studio, and the Arts & Crafts lodge for campers to have endless opportunities for creativity and fun.

Campers that participate in our out of camp overnight trips or white water rafting trips will sleep in tents when they are not at camp. The tents are provided by Camp Foss.



MEALS AT CAMP

Camp serves nutritious, well-balanced meals. A vegetarian option is available at every meal for vegetarian campers and staff. All meals are served family style with campers sitting at round tables to encourage discussion with everyone instead of just the person directly to their left or right. Options available at breakfast are typically a hot main dish, cereals, fruit, and yogurt. Lunch and dinner includes a salad bar in addition to an entree and side dishes. There are a variety of options available to suit even the pickiest of eaters. *Please note: If your child has dietary restrictions or food allergies, please contact us ahead of time so that we may create a plan to accommodate your child.*

Water consumption is encouraged throughout the day.

Dining Hours:

Breakfast: 8:00 ^{AM}
Lunch: 12:30 ^{PM}
Dinner: 5:45 ^{PM}

INTERSESSION DAYS

LONG TERM CAMPERS (STAYING LONGER THAN 2 WEEKS)

Campers registered for longer than a two week session are encouraged to go home in between sessions for the chance to do laundry and have a home cooked meal. Campers that live further away and are unable to be picked up for the night will participate in an out of camp trip. The group will leave Saturday after check out. There is an additional fee of \$125 for camper participation. Pre-registration is required.

Interession Day Trips for Summer 2022:

July 9

July 23

August 6

VISITING YOUR LONG TERM CAMPER

Parents of long-term campers (staying longer than a two week session) may take their child out of camp on designated visiting days. Parent's taking advantage of the visiting days must pick up their camper between 9:00 and 10:30 AM on Saturday and bring her back to camp between 2:00 and 4:00 PM on Sunday. Please sign out at the camp store and notify the cabin counselors prior to leaving camp. **There are not visiting days for 1 and 2 week campers.**

Visiting Days for Summer 2022:

July 9 – July 10

July 23 – July 24

August 6 – August 7

FREQUENTLY ASKED QUESTIONS

We understand that choosing an overnight camp for your camper can be overwhelming. For your convenience we've compiled a few frequently asked questions that many parents/guardians have. If you still have questions and/or would like to speak with our camp registrar or camp director, please feel free to call or email.

THIS IS MY CAMPER'S FIRST TIME AWAY FROM HOME. WHAT CAN I DO TO HELP HER PREPARE FOR THE SEPARATION?

Browse through our website and Official Facebook Page together so that she can view the pictures and see all of the exciting new activities that she will be able to participate in. Also, go over the packing list (located on our website or in the handbook) together. Talk about all of the fun things she will be doing and all of the new friends that she will meet. Don't focus on how much you'll miss her or discuss a trip that you may be on while she's away. Reassure her things will be fine while she is at camp, and remind her that she is not the only one going away to camp for the first time. There will be a lot of other girls also attending camp for the first time and many that are her same age. First time campers are always welcome to visit Camp Foss before their scheduled sessions.

THIS IS MY DAUGHTER'S FIRST TIME AWAY FROM HOME. WHAT CAN I DO TO HELP BETTER PREPARE MYSELF FOR THE SEPARATION?

After deciding that Camp Foss is the best option for your camper, the way to prepare yourself is to read through the parent handbook in its entirety, browse our website, and even join our Official Facebook Page. This is the best way to see first hand the memories that are made, friendships that are created, and the fun that your camper will experience this summer. Rest assured, our staff are trained professionals, and many of them started out at Camp Foss as campers themselves and have returned year after year. They know what it's like to be a first time camper so they can easily relate to your camper and make sure that she's having an amazing experience. Our staff are dedicated professionals that return year after year to provide campers with the same amazing experience that they once had as campers themselves.

WILL MY CAMPER MAKE NEW FRIENDS?

Camp is a great way to make new friends! In addition to just being exposed to many new people, your child will be surrounded by staff that are trained to work with youth and help them meet new people while making new friends. Staff are also trained in how to address any negative issues, should they arise, such as managing cliques and/or bullying.

WHAT HAPPENS IF MY CAMPER'S CAMPDOC ACCOUNT IS NOT COMPLETED UPON ARRIVAL AT CAMP?

State law mandates that we have a completed health history and physician-signed physical for all campers, that is signed and dated within the last 24 months. Unfortunately, your camper will not be allowed to stay at camp until a copy of her physical, immunizations, insurance card, and demographic information has been received and uploaded to her CampDoc account.

MY CHILD HAS SPECIAL MEDICAL NEEDS. WHAT CAN I DO TO INSURE HER NEEDS ARE MET?

Please call or email our camp registrar outlining your camper's condition and any special requirements. This will allow us to determine if we are able to adequately meet her needs and provide a meaningful camp experience. Additionally, we encourage you to speak with the nurse during the health check-in and to your camper's cabin counselors.

IS MY CAMPER ABLE TO BUNK WITH ONE OF HER FRIENDS?

Campers can request cabin mates as long as it is a mutual request and the girls are the same age. Both campers requesting to be together must also be attending the same length session in order to be placed in the same cabin. For example, both must be attending either one week or two weeks. If the girls are not the same age, but are within 12 months of age, they will be placed to the best of our ability, in a cabin that is age-appropriate for the younger camper. We will not put girls together in a cabin that are more than 12 months apart in age. Due to last minute enrollment changes, cabin assignments are done just before check-in day. If you call in advance to check on your daughter's cabin, we will not be able to tell you.

WHAT HAPPENS IF MY DAUGHTER DOESN'T GET HER CABIN REQUEST?

Our camp staff does their best to accommodate all cabin requests. If campers aren't in the same cabin together they will most likely be in the same village, but just in adjacent cabins. Campers will still be able to participate in activities together and will have the opportunity to make new friends.

ARE LAUNDRY SERVICES AVAILABLE FOR MY CHILD?

Laundry services are only available for long term campers staying longer than a two week session. There is a charge of \$15 for those long term campers that need to do laundry.

SHOULD I BE WORRIED IF I DON'T GET ANY MAIL FROM MY CAMPER?

No, it usually means she is having a wonderful time and is busy in activities and making new friends. Tip: pack self-addressed, stamped postcards for her to send to you.

WHAT SHOULD I DO IF I GET A HOMESICK LETTER FROM MY CAMPER?

Don't panic. It's very normal for the first letter. If you receive another, feel free to call camp and speak with a staff member. When you call the camp number, simply let the individual know the reason for your call, the name of your camper, and what cabin she is in. The message will be delivered to your daughter's cabin counselor and one of them will give you a call back after mealtime to discuss how she is adjusting at camp.

I WILL BE OUT OF TOWN. CAN I SEND SOMEONE ELSE TO PICK UP MY CAMPER?

During check-in each family will fill out an authorized child release form that lists people that are authorized to pick up your child. Please be sure to include anybody that may be picking your child up if you are not able to. Anyone picking up your child will need to have an ID available during check-out and must be listed on the authorized child release form.

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. Applications are available online.

EVERYONE IS WELCOME AT CAMP FOSS & CAMP MI-TE-NA

The Granite YMCA provides a community where all are welcome. Camp Mi-Te-Na for boys and Camp Foss for girls are binary gendered overnight camps. We ask that campers attend the camp that aligns closest with their sincere self-reported gender identity. We expect campers and staff to follow all conventional social norms concerning modesty, the right to privacy and respecting others.

WHAT ARE THE COVID-19 POLICIES TO KEEP MY CAMPER SAFE?

In order to keep your camper safe from COVID-19 we will follow the most up to date guidelines provided by the state health department. Please refer to our frequently asked questions around the COVID-19 pandemic.

IMPORTANT CONTACT INFORMATION

Please find below a listing of important phone numbers that will be useful to you if you should need to contact our camp offices.

FOSS CAMPING SERVICES ADMINISTRATION OFFICE (Located at our Granite YMCA location in Concord)

Office: 603.232.8642

Email: lfrazier@graniteymca.org

Hours: Monday – Friday, 8:00 AM – 5:00 PM

After hours: please leave a voicemail and our registrar will get back to you ASAP

CHECK-IN/CHECK-OUT DAY PHONE

Summer Office: 603.269.3800

Hours: Saturdays & Sundays, June 26 – August 13

CAMP FOSS

Summer Office: 603.269.3800

Hours: 24/7 (Please remember, our staff are working in activities with your children, so we are not always able to get to the phone. If you reach our voicemail, please leave a message and we will return your call as soon as we are able).

CAMP FOSS STAFF DIRECTORY

Matt Hanson

VP Camping Services

603.232.8613

mhanson@graniteymca.org

Emily Goupil

Camp Foss Director

Summer: 603.269.3800

Winter: 603.232.8657

egoupil@graniteymca.org

Lauren Frazier

Overnight Camp Registrar

603.232.8642

lfrazier@graniteymca.org

PARENT & CAMPER OPEN HOUSE

MAY 14, 2022 | 10:00 AM – 1:00 PM

You and your family are invited to visit our camp for an open house and guided tour of camp. Your child does not need to be registered in order to attend.

FAMILY CAMP AT MI-TE-NA

SEPTEMBER 2 – 5 (7:00 PM – 9:00 AM)

This is the perfect opportunity to strengthen family bonds and discover the magic that overnight camp has to offer. Enjoy a weekend of adventure with the whole family filled with a variety of activities.



Everyone is welcome. Financial assistance is available. Please visit our website to obtain a copy of the financial assistance application.