



Audubon | VERMONT

Welcome to Vacation Day Camps

We look forward to welcoming you to the Green Mountain Audubon Center. We can't wait to ooze through the mud with you again! Please read through the details below to make sure you are ready to hit the ground running on the day of your program(s).

If you have any questions, please call our office Monday-Friday at 802-434-3068.

Staying Healthy at Camp

Masking is optional in all Audubon Vermont buildings. We understand that some people - even those who are vaccinated, or those who have health concerns, or those who might just feel more comfortable - may choose to wear a mask. We wholeheartedly support their decision.

Please stay home if you or your camper are sick. Thank you for taking these steps, keeping our programs running and the children in our care healthy.

If your camper requires emergency medication (ex: epi-pen, rescue inhaler) please check in with staff at drop off.

If your camper has severe allergies please upload in CampDoc, bring, or email Debbie.Archer@audubon.org an allergy action plan. Your child likely has something similar for school that should suffice. [They often look like this.](#)

Additional information:

1. We are really active at camp! You might need to pack more food for lunches/snacks than you do for a day of school.
2. Our goal is to be outside for as much of the day as safely possible. Please wear layers, bring waterproof outer shells, and pack extra gear. April is often still a bit too cold for plain rubber boots and yet campers cannot resist the call of the wet and muddy. Don't forget the sunscreen. Check the weather and come prepared!
3. Ticks are out. Plan on doing a thorough tick check each day your camper gets home. Find more information on tick prevention and safety: [Be Tick Smart](#)
4. [Please stay home if you are not feeling well or have symptoms of COVID.](#)
5. Call our office if you have any questions or to report an absence or tardiness and speak to the next available staff member: 802-434-3068

Camper Code of Conduct

We ask that families read together the camper code of conduct for Audubon Camps.

We ask that all who come to Audubon contribute to a safe and welcoming environment for everyone else. In addition to teaching about nature we teach kindness and respect. One way we do this is by inviting campers to share their pronouns if they would like to. We introduce pronouns with an example and emphasize that we will respect each other's wishes on how we want to be referred. We simply want to reduce the harm caused by misnaming/misidentifying one another. As some families like to have a discussion on this together before the program, here is a resource on pronouns from Pride Center of Vermont:

<https://www.pridecentervt.org/education/#pronouns>

Staff will remind campers of this agreement during morning meetings. It is helpful to think of this as the "5 finger contract" starting with your thumb:

- Thumb- Thumbs-up is a way to show positivity! It is my reminder that I will try to have a good attitude, be kind to other campers and teachers, and try my best.
- Pointer finger- I will not point blame at others but take responsibility for my actions. If I make a mistake, it's okay!, I can make it right or try again. If I see something that is not ok, or makes me or another camper uncomfortable- like someone being picked on- I will tell a teacher.
- Middle Finger- This is my reminder to be respectful. While at camp that means I will respect myself, other people, and the Audubon Center.
 - I can respect myself by coming to camp prepared, so that I have a successful day. If I forget something, I can ask a teacher if there is one I can borrow.
 - I can respect myself by listening to my body: Am I thirsty? Need to use the bathroom? Do I feel sick? It is important to know that you can *always* tell an Audubon teacher if you are sick or hurt or if you need something.
 - I can respect other people by washing my hands after using the bathroom.
 - I can respect the Audubon staff by listening to rules and instructions.
 - I can respect the Audubon Center by staying on the trails when hiking, drawing pictures of the beautiful flower you saw instead of picking it, and helping to clean up after activities.
- Ring Finger- This is your reminder to stay committed to the group! There will be a teacher who will help you throughout the day and lead you in games and activities. When you are playing games, try your hardest! If the group is doing a game that you don't like, give it a go before saying you don't like it.
 - It is very important while at Audubon to stay with your group! Teachers will give you boundaries for games or where you can play and will often ask that you hike behind a teacher. You can never run off by yourself, not because we don't trust you, but because our job is to keep everyone safe, and with over 5 miles of trails

and 250 acres of land with forest, rivers, and ponds it could be easy to get lost. By staying with your group you are also showing your teacher respect!

- The Pinky- This is our reminder to help the little guy. At Audubon camp we take care of each other! If someone needs help either tell an adult or help them if you can. For example, if someone's shoe is untied and you know how to tie shoes, that's taking care of one another!

What to Bring

- ✓ Two snacks, a lunch, and a drink (see note about water bottles below) each day. We ask campers to pack out what they packed in. A small bag to gather trash and compost may be helpful.
 - Allergen note: We do not share food. However, some of our vacation camps might have the option of having a roasted marshmallow or s'more, or special themed treat. We have Vegan + GF marshmallows, GF + Vegetarian chocolate, & GF graham crackers available. If you have other concerns, please let our staff know.
- ✓ A gear container (think Rubbermaid or Sterilite storage box) big enough to hold the following items:
 - a. A complete change of clothing including socks and underwear.
 - b. Warm waterproof boots (or lined rubber boots).
 - c. Rain pants + rain jacket
 - d. Warm hat (+ gloves/mittens optional)
 - e. A warm layer like a fleece or a wool sweater
 - f. Two FULL reusable water bottles (pre-filled at home each day).
 - g. Check the weather, because we go outside whatever the weather (when safe to do so!)
 - h. A nature journal notebook of your choice (optional but encouraged!)

Please label the container, all contents, and everything you bring with your name

Location and Timing

Vacation Day Camps begin promptly at 8:30 a.m. and finish at 3:30 p.m. **We meet at the EDUCATION BARN at 255 Sherman Hollow Road.** [There is a map here.](#) Please walk with your child to meet a staff member and sign them in. An authorized adult must sign your camper in and out every day. We are unable to sign your child in before 8:20am.

Typical Day at Camp

Our camps are filled with games, hikes, crafts, stories, and lots of exploration and play. Our daily schedule goes something like this, though it's subject to vary each day:

8:30 Sign-in at the Clubhouse and welcome activity

8:50 Morning Meeting

10:00 Snack

10:15 Morning activity block

Noon Lunch

12:45 Time to blow off some steam and build the excitement with a game!

1:00 Afternoon activity block

2:00 Snack

3:15 Closing Circle

3:30 Pick-up!