



# NOBLES DAY CAMP

Summer Camp for Ages 4 - 14



2026 PARENT HANDBOOK



# Camp Office & Program Information

## Leadership & Offices

Camp Director: Beth Johns-Thomas  
Assistant Director: Gary Ross  
Camp Administrator: Colleen Collins  
NDC Main Camp Office: Located off Richardson Gym  
Owls Nest Camp Office: Located in Henderson

## Camp Hours

Standard Camp Hours:  
Monday – Friday, 9:00 AM – 4:00 PM  
Summer Office Hours:  
Monday – Friday, 7:00 AM – 6:00 PM

## Contact Information

Phone: 781-320-1320  
Fax: 877-325-8736  
Email: [camp@nobles.edu](mailto:camp@nobles.edu)  
Website: [www.noblesdaycamp.org](http://www.noblesdaycamp.org)

## Visiting Camp

- To help campers gain independence and minimize disruptions, visitors are not allowed during the camp day.
- Parents and caretakers are always welcome to:
  - Call or visit the Camp Office or Health Office for official business
  - Come on campus for drop-off and pick-up
- Thank you for your understanding and cooperation!

*Nobles Day Camp is owned and operated by Noble and Greenough School; an independent co-ed school for grades 7–12. For more information on the school, visit [www.nobles.edu](http://www.nobles.edu)*

## Camp Dates – Summer 2026

June 29 – August 21, 2026  
*All sessions are full two-week sessions (no splitting or prorating, except where noted)*

### ◆ Session Breakdown:

Session 1: June 29 – July 10 (Camp closed Friday, July 3)  
Session 2: July 13 – July 24  
Session 3: July 27 – August 7  
Session 4: August 10 – August 21  
*(Camp closes at NOON on Friday, August 21)*  
*Note: Camp rates are automatically prorated for Sessions 1 and 4 due to holiday/early closure.*

## Extended Day Program

Morning (AM) Care: 7:30 AM – 8:30 AM  
Afternoon (PM) Care: 4:00 PM – 6:00 PM

Features:

- Supervised structured programming
- Flexible scheduling – choose specific days
- Advance registration required (at least one week prior; subject to availability)
- Snack provided during PM Care

Visit the drop off/pick up instructions page (Page ?) for more information

## Stay & Play Program

For campers with a 9:00 AM – 2:00 PM schedule  
Extended option: 2:00 PM – 4:00 PM  
Offers additional enrichment and play opportunities

## Rainy Day Plan

- We will follow our regular schedule as closely as possible, always prioritizing camper safety.
- On rainy days, some activities may be adjusted or moved indoors, but your camper will still enjoy a fun and engaging day.
- Campers must bring proper rain gear (raincoat, boots, etc.) to stay dry while moving between activity areas.
- Swim will still be offered on warm, rainy days if there is no thunder or lightning.
- If drop-off or pick-up locations change due to weather, please follow the directions of NDC staff.

# Forms Checklist & Communication

## **PRIOR TO CAMP**

Most camp communication is sent via email.

➔ Please ensure your email address is up to date in your CampInTouch account:

 [noblesdaycamp.campintouch.com](mailto:noblesdaycamp.campintouch.com)

## **Required Forms (via CampInTouch):**

- Health History Form – Complete online (includes insurance, doctor, and dentist information)
- Camper Profile – Helps us get to know your camper
- Authorized Grown-Up Form – All individuals allowed to pick up your camper **MUST** be on this form
- Physical/Immunizations – Upload a current copy of your child's annual checkup from your doctor

## **Optional Add-Ons (Register via CampInTouch):**

- Bus Transportation - based on availability
- Lunch Program – Must be purchased by Tuesday of the prior week
- Extended Day Programs – Includes AM Care, PM Care, and Stay & Play

## **Other Notes:**

- Check your CampInTouch account regularly for:
  - Form completion
  - Billing info (under Financial Management)

## **DURING CAMP**

A great camp experience starts with open, proactive communication. Please reach out anytime with questions or concerns.

## **Communication Guidelines:**

- Your child's Head Counselor will call during the first week to check in and answer any questions.
- When calling the camp office, leave your name, your question, and the best time for a return call.
- Our staff will reach out to you if any concerns or issues arise during the camp day.

## **Photos & Updates:**

- Access photos of your camper, group activities, and action shots through your CampInTouch account.

## **Emergencies:**

- If you need to contact your child urgently, call the camp office immediately.
- In case of any emergency, families will be notified by the Camp Administration
- In case of a campus emergency (e.g., tornado or hurricane):
  - Campers will be moved to designated shelters.
  - Parents will be notified of any changes to pick-up or drop-off procedures via email or cell phone.

## **Our Philosophy:**

Nobles Day Camp believes in proactive communication. Staying ahead of issues ensures the best possible experience for your camper.

# Campers' Rights & Responsibilities

Please review these expectations with your camper to ensure a safe, respectful, and positive camp experience for all.

## **Principles of Conduct**

Campers and counselors are expected to:

- Respect the rights and privacy of others.
- Play constructively and inclusively.
- Follow all safety rules at camp.
- Demonstrate cooperative and courteous behavior at all times.
- Use appropriate and respectful language.
- Encourage one another and support a positive camp environment.
- Counselors are always available to support campers. Campers are encouraged to talk to a counselor if they have any concerns or problems.

Campers are encouraged to:

- Work cooperatively with both peers and counselors.
- Try new activities outside of their usual interests to grow and learn.
- Be patient with scheduling – some high-interest activities have limited spots, but opportunities rotate regularly.
- Make new friends and expand their social circle.
- Mutual respect between campers and counselors is essential to a successful camp experience.

## **Behavior Expectations and Management**

All behavior concerns are handled through our Behavioral Management Plan, which may include:

- Time-out from activities.
- Meeting with the Camp Director.
- A phone call home.

Unacceptable disciplinary actions are strictly prohibited, including:

- No corporal punishment (e.g., spanking)
- No cruel or severe punishment, humiliation, or verbal abuse
- No denial of basic needs (food, water, or shelter)
- No punishment for soiling, wetting, or not using the toilet

## **Dismissal Policy**

The Camp Director reserves the right to dismiss a camper if it is determined to be in the best interest of the camper and/or the camp community.

Parents have the right to review the following upon request:

- Background check policies
- Health care policies
- Discipline policies
- Behavior management plan
- Grievance procedures

Nobles Day Camp complies with Massachusetts Department of Public Health regulations (105 CMR 430) and is licensed by the Town of Dedham Board of Health.

For more information about these regulations, call 781-751-9220.

# Owls Nest at Nobles Day Camp

Entering pre-K and Kindergarten

## **Owls Nest Philosophy**

- Goal: Create a safe, happy, and nurturing environment for campers.
- Counselor-to-camper ratio is 1:4, allowing personalized attention.
- Focus on social development and making new friends.
- Activities are non-competitive and encourage creative and physical skill growth.

## **Communication**

- The head counselor will call parents within the first week to answer questions or address concerns.
- Questions or concerns can be communicated by:
  - Calling the Owls Nest office
  - Sending a note
  - Talking to the Owls Nest Coordinator or leaving a message for the head counselor, who will respond promptly.

## **Schedules & Activities**

- Group schedules are emailed by the start of camp.
- Daily routine includes structured activity blocks with flexible transitions.
- Groups rotate through most activities 1 to 3 times per week.
- Activities typically last about 30 minutes each.

## **What to Bring**

- Clearly label all items with your child's name.
- Pack in a clear plastic bag to stay at camp for the session:
  - Underwear, socks, t-shirt, shorts, sweatshirt
- See 'What to Pack' (page 15) for additional packing information.

## **Toileting**

- All campers must be toilet-trained and self-sufficient prior to the start of camp.
- Counselors will supervise and assist, but cannot accompany campers inside bathroom stalls.

## **Owls Nest Swim Program**

- Conducted in a heated pool.
- Swim program tailored to each camper's individual needs.
- Safety is the top priority.
- All swim staff hold lifeguard and/or instructor certification, and are supervised by Camp and Aquatics Directors.
- Campers are evaluated and placed in appropriate swim levels for quality instruction.
- Swim lessons happen daily, weather permitting.
- We follow the Red Cross Preschool Aquatic Program. Flotation devices are used, as needed, to aid stroke development.
- Swim skill progression is individual; there is no fixed timetable to pass levels.
- A progress report is sent home at the end of camp.

# Big Camp at Nobles Day Camp

Entering 1<sup>st</sup> grade -7<sup>th</sup> grade

## **Philosophy**

- Campers choose from a rotating selection of activities.
- Children are encouraged to explore new activities, but the final choice is theirs.
- Nobles Day Camp values choice as a tool for growth, helping campers:
  - **Develop decision-making skills**
  - **Build independence**
  - **Feel empowered by having control over part of their day**

## **Communication**

- Your child's head counselor will call you within the first week of camp to:
  - Introduce themselves
  - Address any initial questions or concerns
- Ongoing communication:
  - Call the camp office with any questions
  - The head counselor will respond as soon as possible

## **Schedules & Activities**

- Group schedules will be emailed before the start of camp.
- Some activities have limited space or safety restrictions (e.g., high-risk activities).
  - If a camper cannot attend a desired activity:
    - Counselors help them find an alternative
    - Work to ensure they get a turn next time it's offered

## **NDC Swim Program**

(Heated Pools – Red Cross Certified Program)

- All swim staff hold lifeguard and/or instructor certifications
- Supervised by the Camp Director and Aquatics Director
- Follows the American Red Cross Learn to Swim Program (Levels 1–5)
- Initial evaluation on the first day to determine swim level and group placement
- Morning swim:
  - Instructional swim
  - Participation is required
- Afternoon swim:
  - Free swim (optional participation)
  - The entire group must change and go to the pool area, even if not swimming
- Campers are never pushed beyond their comfort zone
- Swim progress varies by child – no fixed timetable for passing levels
- Parents receive a progress report or completion certificate at the end of the session
- All 9:00 AM–4:00 PM campers have two swim times daily

## **7th Grade / Seniors Program**

- No instructional swim is provided for 7th graders
- Campers have one free swim block in the afternoon
- One off-campus field trip is scheduled per session for 7th-grade campers

# Teen Programs at Nobles Day Camp

Entering 8<sup>th</sup> - 9<sup>th</sup> grade

## ☀️ **Philosophy**

- Focus on promoting personal growth, social development, and leadership skills.
- Campers earn travel privileges based on respectful and responsible behavior – both with peers and staff.
- With each age level, freedom increases, but so does the expectation of responsibility.

## **Schedules & Activities**

- Campers balance exciting on-campus activities with their off-campus trips.
- Group schedules will be emailed before the start of camp.
- Due to frequent travel, on-campus activity choices are more limited than in younger groups.
- Campers travel twice per week off-campus.
  - Travel is by school or activity bus, supervised by group counselors.
- Occasionally, trips may have extended return times (later dismissal).
  - See full trip itinerary on the camp website.
- Some trips may require parent-signed waivers (available online).
- You will receive detailed trip and schedule information on Thursday before each session begins.
- Safety is the top priority on all trips.

## **Swim**

- The Eights and Nines program does not include instructional swim due to the travel schedule.
- When not traveling, campers have free swim time in the afternoons.

# Counselor In Training (CIT) Program

Entering 10<sup>th</sup> grade

## **Program Overview**

CIT candidates undergo a rigorous selection process, which includes:

- A written application
- Two written professional references
- A personal interview

Once accepted, CITs begin the transition from camper to counselor by learning the expectations and responsibilities of the role.

## **Key Information About CITs**

- All CITs are former Nobles Day Camp campers.
- CITs are still considered campers. Parents must continue to follow all camper-related policies and procedures.
- The first two weeks are dedicated to bonding, training, and orientation on camp policies and procedures.
- CITs rotate through different groups and activities to gain experience with a variety of age groups and areas of camp.
- CITs receive evaluations and feedback at the end of each rotation.
- CITs are never left alone with campers and are not included in camper-to-staff ratios.
- CITs who successfully complete the program are invited to apply for a Junior Counselor position.

# Extended Day Programs

## **AM Care (7:30 AM – 8:30 AM)**

Location: Richardson Gym at the Yellow Loading Area (Morrison Athletic Center)

- Pull up in front of the main doors of the building.
- A camp staff member will:
  - Greet you and your child
  - Unload your camper
  - Escort them into the gym
- Campers may choose from quiet or active games during this supervised program.
- Activities wrap up at 8:20 AM.
- Owls Nest campers are transported to their nests on a Nobles activity bus driven by trained staff.
- All campers are escorted to their group's check-in spot at 8:30 AM.

## **PM Care (4:00 PM – 6:00 PM)**

Location: Richardson Gym at the Yellow Loading Area (Morrison Athletic Center)

- Owls Nest campers are transported from their nests by activity bus to PM care.
- All other campers are escorted by a group counselor to the PM Care check-in area.
- A light snack is provided for all PM Care campers.
- Campers may choose from:
  - Quiet indoor games
  - Outdoor games and sports
  - Optional extra swim (available from 4:30 PM – 5:15 PM only)

## **PM Care Pick-Up Instructions**

- You may arrive anytime between 4:30 PM and 6:00 PM.
- Pull up in front of the main doors of the Morrison Athletic Building.
- A camp staff member will:
  - Locate your camper from their activity
  - Escort them to you or your car
- Have your ID or Loading Pass ready – campers will not be released without valid authorization.
- PM Care ends promptly at 6:00 PM.
  - A late fee of \$1.00 per minute will be charged for pickups after 6:00 PM.

## **Stay & Play Program**

For Owls Nest and 1st–2nd Grade Campers enrolled in the 9:00 AM – 2:00 PM program

- Option to extend the camp day until 4:00 PM
- Choose only the days you need – flexible scheduling
- Pre-registration is required
  - Sign up through your CampInTouch account
  - Or call the camp office
- Campers stay in their same groups with their counselors and friends
- Afternoon includes:
  - Free swim
  - Extra activity block

# BY CAR – Blue and Yellow Loading areas

Safety is our top priority at Nobles Day Camp. Therefore, it may take extra time to unload and load campers during arrival and departure.

## **Driving on Campus**

- Drive at 15 mph or less on campus.
- Stay in your car while in the pick-up/drop-off line.
- Do not pass other vehicles unless directed by loading staff.
- Avoid using cell phones while in the loading area for safety.

## **Authorized Grown-Ups**

- All parents must complete the Authorized Grown-Ups Form in their CampInTouch account.
- Use this form to list anyone other than yourself who is allowed to pick up your child(ren).
- You can add or remove drivers at any time by logging into your CampInTouch account.

## **Loading Area Locations**

- Parents may enter campus through any entrance most convenient for them (see below).
- Use the same entrance and loading area every day for consistency and safety.
- Families with both Owls Nest campers (Pre-K/K) and older siblings (Grades 1–9) must:
  - Drop off/pick up the older sibling first.
  - Then proceed to the Owls Nest Loading Area.

## **Entrances and Loading Areas**

### BLUE LOADING

Bridge Street Entrance / Route 109:

- For campers attending 9 AM – 4 PM (Grades 1–9)
- Note: Gate is locked from 9:15 AM to 3:15 PM

### YELLOW LOADING

Pine Street Entrance:

- For campers attending 9 AM – 2 PM and 9 AM – 4 PM (Grades 1–9)
- Located outside the Morrison Athletic Center
- Owls Nest Loading Area:
  - For Owls Nest campers only (Pre-K and K), attending 9 AM – 2 PM or 9 AM – 4 PM
  - Located in front of the Admissions Building
  - All early dismissals must use Pine Street entrance

# BY CAR – Arrival & Departure Procedures

## Morning Drop-Off Procedure

Nobles staff will:

- Direct cars to stay in line
- Open car doors and greet campers
- Escort campers safely to their groups or nests

Parents should:

- Stay inside their car
- Remain patient and keep in line to ensure safety

Families with Owls Nest and older siblings should:

- Drop off the older sibling at their designated loading area first
- Then proceed to drop off the Owls Nest camper

## Afternoon Pick-Up Procedure

- Pick-up times begin at 2 PM or 4 PM, depending on your child's program.
- Families with both an Owls Nest camper and an older sibling (Grades 1–9) must:
  - Pick up the older sibling first at their Loading Area
  - Then proceed to the Owls Nest Loading Area
- Cars line up in the order they arrive at each loading area.
- Please turn off your engine while waiting for pick-up to start.
- Notify the camp office if there are any changes in transportation or authorized drivers.

## Loading Passes

- You will receive personalized Loading Passes
- Keep one in your car at all times.
- No child will be released without a Loading Pass and valid Driver's License.
- To reduce wait times, we recommend arriving between 4:00 and 4:10 PM.

## Early Pick-Up

- Early pick-ups require a note or phone call from a parent.
- All early dismissals are scheduled on the hour (e.g., 1 PM, 2 PM, 3 PM).
- No early pick-ups after 3 PM due to heavy traffic.
- Early pick-ups occur outside the camp office.
- Parents must sign out their child and show their Loading Pass or Driver's License at dismissal.

## Late Arrivals

Campers Grades 1–9 arriving after 9 AM:


- Pull up in front of the camp office
- Wait for staff to greet your car and escort your camper to their group

Owls Nest Campers (Pre-K and K)

arriving after 9 AM:

- Park and walk your child to the main entrance of the school
- The front desk attendant will contact the Owls Nest Office
- Someone will come to greet and escort your child to their group

# BY BUS – Arrival & Departure Procedures

 All campers must be registered for bus transportation on a weekly basis for morning, afternoon, or round-trip. Campers will be picked up and/or dropped off at the following locations:

**Brookline: Baker School, Brookline High School**

**Medfield: Shaw's Plaza**

**Needham: DeFazio Park, Mitchell School, Newman School, Sunita Williams School**

**Waban: Waban Library**

**Westwood: Westwood High School**

**Wellesley: Wellesley High School**

- Each bus will have camp staff bus monitors
- Any campers registered for the bus will receive a specific bus assignment and stop times. This will be emailed prior to the 1<sup>st</sup> day of camp.

## **Drop Off:**

- Parents must remain at the bus stop until the camper(s) are checked in by the bus monitor.

## **Pick Up:**

- Authorized grown-ups are required to show ID and Loading Pass until the bus monitor is familiar with them.
- If there are no Authorized grown-ups to receive your camper(s), the bus monitor will call the parent to get an updated ETA. If the parent cannot be contacted, the camper will return to Nobles Day Camp and join our PM care program at an additional cost.

## **Expectations for Campers and Families**

- All passengers must remain seated while the bus is moving.
- The same rules and expectations for camp apply to the bus.
- If a camper repeatedly misbehaves on the bus, the Camp Director will remove them from the bus, and the family will be required to drop off and pick up at camp.
- We do not accept friend requests for routes that have multiple buses (Westwood & Mitchell).
- Communicate all information (absences, change of plans, etc.) to the camp office.

# Healthcare Policy & Procedures

## **Healthcare Staff**

- Health Consultant: Dr. Kerry Anne Stone, Atrius Health (Dedham).
- Health Care Supervisors: 3 supervisors on duty during camp hours (8:30 AM – 4:30 PM).
- Health Staff Responsibilities:
  - Evaluate camper health needs.
  - Record information in the health database.
  - Communicate relevant information to appropriate staff.

## **Massachusetts DPH Requirements & Camp Policies**

### **Physical Exams:**

- Campers must have an updated physical exam **within 12 months** prior to attending camp.

### **Health History Form:**

- Must be completed annually by a parent/guardian.
- Forms must be kept up-to-date.

### **Emergency Contacts:**

- Emergency contact information must be on file.

### **Nurse Visits:**

- Minor illnesses/injuries: Parents will receive a notification by the end of the day.
- Major illnesses/injuries:
  - The camp will attempt to contact parents/emergency contacts within 1 hour.
  - Parents also receive notification (either written, email, or by phone).

### **Accident Insurance:**

- Required for all campers.
- Families must provide:
  - Insurance provider name.
  - Policy number on the Health History form.
  - If no insurance is available, families are financially responsible for medical costs.

**Note: Your child cannot attend camp until the Health History Form and updated physical are on file.**

## **Medication Policy**

### **Required Documentation:**

- Prescription and over-the-counter meds (not listed on the Health History Form) must be accompanied by:
  - A physician's order.
  - Signed parental consent using the Medication Administration Form (available in CampInTouch account).

### **Medication Delivery:**

- Must be hand-delivered by a parent/guardian to the nurse/health office in:
  - The original pharmacy-labeled container.
  - A Ziploc bag labeled with Camper's name, group, and camp weeks
- Request an extra labeled bottle from the pharmacy for camp use.

### **Storage & Administration:**

- All medications are locked in the health office.
- Administered by the nurse or designated personnel.
- Exceptions require a physician's order and consultation.

## **Immunizations**

- Required by Massachusetts General Laws (Chapter 76, Sec. 15).
- Submit a signed immunization certificate from your physician with the month, day, and year of each vaccine.
- Exemption: Only for certified medical reasons or religious objections. A letter needs to be submitted yearly.

# Healthcare Attendance Policy

## **When Children May Attend Camp (Without a Fever)**

Children may come to camp if they do not have a fever and are experiencing only the following mild symptoms:

- Runny nose and/or mild cough
- Vague complaints of aches, pains, or fatigue
- Ear infection (without a fever)
- Sore throat with a hoarse voice and/or cough (without a fever)

⚠️ **Reminder:** Bringing a child to camp who has symptoms of a potentially infectious illness may put other children and staff at risk.

## **When Children Should Stay Home (or Will Be Sent Home)**

*Antibiotic Treatment:* Must complete at least 24 hours of antibiotic treatment before returning to camp

*Appearance / Behavior:* Unusual fatigue, paleness, lack of appetite, difficulty awakening, confusion, or irritability

*Eyes:*

- Thick mucus/pus draining from one or both eyes
- “Pink eye” (conjunctivitis) with discharge, matted eyelids, eye pain, and/or redness

*Fever:*

- Temperature of 100°F or higher
- Must be fever-free for 24 hours without medication (e.g., Ibuprofen, Motrin, Advil, Tylenol, Acetaminophen)

*Sore Throat:*

- Especially with fever and/or swollen glands (should be evaluated by a healthcare provider)
  - If diagnosed with strep throat, child must be on antibiotics for at least 24 hours before returning

*Diarrhea:* Should remain home 24 hours after the last episode of diarrhea

*Vomiting:* 2 or more episodes within the past 24 hours and feeling better

*Rash:* Body rash accompanied by fever and/or itching, discharge or has been diagnosed as a contagious illness which requires treatment

*Lice or Scabies:* Active cases require parent communication with the Camp Nurse before attending camp

*Chicken Pox & Measles:*

- Must stay home for 5 days after the onset of blisters or rash
- May return only when all pox are scabbed over and dry or rash has subsided

## **Nurse’s Office Procedures**

- If your child visits the nurse for a minor illness or injury, you will receive a notification (email or phone call) at the end of the day detailing:
  - The reason for the visit and the treatment or response provided
- If your child experiences a major illness or injury or is unable to return to activities, the nurse will:
  - Make every reasonable attempt to contact you or your emergency contacts within one hour of the onset
  - Provide notification of the treatment/response given
- In the event of a life-threatening emergency:
  - 911 will be contacted immediately by Nobles Day Camp
  - Parents/Guardians or Emergency Contacts will be notified as soon as possible with information on where to meet your camper

## **Attendance Procedures**

Attendance is taken daily at the beginning of the day in each group. If your child will be absent, please contact the appropriate office:

1s–9s and CITs: 781-320-1320 or [camp@nobles.edu](mailto:camp@nobles.edu) / Owls Nest: 781-320-7036 or [ndcows@nobles.edu](mailto:ndcows@nobles.edu)

# Lunch & Snack

## Lunch Options

- Campers may bring a lunch from home or purchase a camp-provided lunch (Monday–Thursday).
- Cookout lunches are provided for all campers and staff on Fridays (no need to pack lunch unless preferred).
- Camp provides white or chocolate milk and fruit with lunch daily.
- Campers are not permitted to share or exchange food.

## Bringing Lunch from Home

- All food must follow our Nut Aware policy.
- Pack non-perishable items only – no refrigeration or microwaving available.
- You may include ice/frozen packs to keep food cool.
- Consider using a hard cooler instead of a soft lunch bag/box for better insulation.
- If a camper forgets their lunch:
  - A staff member will try to contact a parent.
  - If lunch is provided by the camp kitchen, a \$9.00 fee will be charged.

## Purchasing Lunch from Camp

(Available for campers in Owls Nest through entering 9th Grade)

- Lunches are available for purchase Monday–Thursday (Fridays are cookout days for all).
- **To purchase:**
  - **Call the camp office by Tuesday of the week prior to when you'd like to start.**
  - **Once purchased, a Menu Form will appear in your CampInTouch account.**
  - **Menu selections must be submitted by the Tuesday before the selected week.**
- If menu choices are not selected, the default lunch will be a SunButter & Jelly Sandwich.
- Note for 8's & 9's groups: Lunch can only be purchased for on-campus days. On trip days, campers must bring a lunch from home (unless lunch is provided on a trip)

## Friday Cookouts

- Provided for all campers and staff, includes:
  - Hamburgers, hot dogs, veggie burgers
  - Chips & watermelon.
- Friday cookouts are included in tuition.
- Packing a lunch is optional if your child prefers a different meal.

## Snacks

- Camp provides a morning snack daily.
  - Options may vary depending on availability that day.
  - Because of this, we recommend packing an extra snack in case your camper doesn't like the provided option.
- Staff will review ingredients daily to monitor for allergens.
- No group snacks or special treats may be brought in due to various dietary restrictions.
- A snack will be provided for PM Care campers.

## Health & Dietary Needs

- If your child has dietary restrictions, be sure to list them on the Medical Form.
- A list of ingredients used in lunches and cookouts will be available in the camp office.

### Nut Aware Policy – Nobles Day Camp

- No peanuts or tree nuts are used in any food served by the camp.

#### What We Ask of Families:

- Do not pack any food items containing:
  - Peanut butter
  - Tree nuts
  - Any nut-based products
- Always check food labels carefully. Avoid items labeled:
  - “Contains peanuts”
  - “Contains tree nuts”
  - “Processed in a facility that also processes nuts” (when possible)

#### Food Safety Guidelines:

- Campers are not allowed to share or exchange food.
- Snack and lunch times are closely monitored by staff.
- All staff members are trained in the use of EpiPens for allergic reactions.

# What To Pack

**To minimize injury risks, all campers must wear closed protective footwear like sneakers unless participating in swim activities.**

## **♥ What to Bring to Camp**

- Water Bottle
- One or two bathing suits
- Hair ties for children with long hair
- Footwear for pool travel (Natives, flip-flops, Crocs, or water shoes)
- One or two inexpensive towels for daily swim (towels go home each afternoon)
- Goggles (optional; swim masks are not allowed)
- Lunch in a cooler or lunch box daily
  - Unless participating in the optional lunch program or on cookout Fridays
- Extra snack
- Adequate rain gear for rainy days
- Change of clothing and a sweatshirt
- Bug Spray
- Sunscreen with at least SPF 25
  - Hats and swim shirts are recommended for children who are sensitive to the sun
  - Sunscreen and bug spray should be applied prior to the camper's arrival at camp.
  - Campers will be assisted or reminded to reapply sunscreen as needed throughout the day.
  - Campers can not share each other's sunscreen or bug spray, due to allergic and skin reactions.

***Camper's name must appear on all belongings including clothing, lunch boxes, bathing suits, towels, backpacks, etc.***

## **⊘ What NOT to Bring to Camp**

- Personal sports equipment
- Toys, dolls, and stuffed animals
- Live animals of any kind
- Toys that resemble or could be mistaken for weapons (including squirt guns)
- Trading cards
- Alcohol, drugs, tobacco, marijuana, e-cigarettes, or any vaping devices
- Electronic games
- iPods, cameras, cell phones, smart watches with call/messaging enabled
- Money in any form
- Group snacks or special treats

Nobles Day Camp assumes no responsibility for loss or damage to a camper's personal property.

# Summer Themes

## **Wacky Wednesday**

- Held every Wednesday at camp.
- Campers and staff are encouraged to get creative and dress up according to the weekly theme.
- Wacky Wednesday themes apply to both Owls Nest and Nobles Day Camp campers.
- The focus is on fun, imagination, and camp spirit!

## **Fun Friday**

- Takes place every Friday to celebrate the end of the week with special themed activities.
- This is a camp-wide event, including our Owls Nest campers.
- Campers and staff are encouraged to dress up based on the theme—many get very creative!
- A camp-wide cookout is provided (no extra cost!) for all campers, featuring:
  - Hamburgers
  - Hot dogs
  - Veggie burgers
  - Watermelon
  - Chips
- More details about each week's theme and events will be shared via our summer calendar, mailed in the Spring

*2026 Themes to be published in February*

<b>Wacky Wednesday Themes</b>		<b>Fun Friday Themes</b>
<b>Crazy Sock Day</b>	<b>Week 1</b>	<b>Animal Planet</b>
<b>Neon Day</b>	<b>Week 2</b>	<b>Stars &amp; Stripes (Thursday)</b>
<b>Sport Jersey Day</b>	<b>Week 3</b>	<b>Space</b>
<b>Camp Kindness Day</b>	<b>Week 4</b>	<b>Time Machine</b>
<b>NDC Shirt Day</b>	<b>Week 5</b>	<b>Disney</b>
<b>Owls Nest Color Day Big Camp Tie Dye Day</b>	<b>Week 6</b>	<b>Wild West</b>
<b>Crazy Hat Day</b>	<b>Week 7</b>	<b>Boston Sports Color War</b>
<b>Crazy Glasses Day</b>	<b>Week 8</b>	<b>Superheros vs Villains (Thursday)</b>