



# 2023 PARENT HANDBOOK

## HOW CAMP BENEFITS CHILDREN

**98%**

**OF OUR CAMPERS HAD MEANINGFUL FRIENDSHIPS AT CAMP LAST SUMMER**

**96%**

**OF OUR CAMPERS LEARNED A NEW SKILL LAST SUMMER**



### **CAMP TEACHES REAL TRANSFERABLE 21ST CENTURY SKILLS**

Group living at camp teaches communication and collaboration skills, as well as empathy and grit.

### **DISTINCT FROM ANY OTHER LEARNING ENVIRONMENT**

Research suggests that the skills campers learn at camp last far beyond their camp experience, and specifically help them in school, when they attend college, and in their first jobs.



### **INSPIRES THEM TO SELF-REFLECT**

Camp is a safe place for young people to explore who they are and how they want to be viewed by others.

### **TEACHES INCLUSIVITY, COMMUNITY, AND CONNECTION**

Camp gives campers the opportunity to practice being around and appreciating people with attitudes, values, and abilities different from their own.



**- YOU GAVE THEM ROOTS, WE'LL TEACH THEM TO FLY**

**SOURCES:  
CAMP MAH-KEE-NAC 2019 PARENT SURVEYS  
AMERICAN CAMP ASSOCIATION 5-YEAR IMPACT STUDY**

## DEAR CAMP FAMILIES,

Welcome to Mah-Kee-Nac 2023!

It is with great excitement and enthusiasm that we welcome you to Camp Mah-Kee-Nac for Summer 2023! Whether this is your camper's first or eighth summer, the benefits of the camp experience have never been more important to our children (just see the infographic to the left)! We cannot wait to welcome the smiling faces, unique talents, and wonderful friends back to the Stockbridge Bowl for a much anticipated, extraordinary summer.

Communication with our parents is as important as ever. This handbook will make you aware of plans that are currently in place for this summer. Please keep in mind some of this info is subject to change. You will always hear from us when that happens.

As parents, you play an important role in the success of your son's experience. We ask for your continued support with our camp policies. We are partners in this adventure and are available to speak with you at any time. We encourage you to call us with any questions, concerns or anything else that you may need.

We look forward to an extraordinary summer!

Warmly,

*Rachel & Jamie*



## SESSION DATES

### FULL SUMMER

**OPENING DAY**  
Saturday, June 24 2023

**CLOSING DAY**  
Saturday, August 11 2023

### SESSION 1

**OPENING DAY**  
Saturday, June 24 2023

**CLOSING DAY**  
Friday, July 21 2023

### SESSION 2

**OPENING DAY**  
Friday, July 21 2023

**CLOSING DAY**  
Friday, August 11 2023



## OTHER DATES

**NEW PARENT ORIENTATION**  
On Zoom: May 11, 2023 - 7:30 PM est

**NEW CAMPER GATHERING**  
May 21, 2023 - More info to follow

**NEW CAMPER PICNIC**  
June 10, 2023 - AT CAMP

### NEW CAMPER EVENTS

### VISITING DAY

**SATURDAY, JULY 15 2023**  
10:00 am - 3:00 pm

\*for full and first session campers only

### MINI MAK CAMP

**SESSION 1 (RISING GRADES 2-5)**  
JUNE 24 - JULY 7 2023

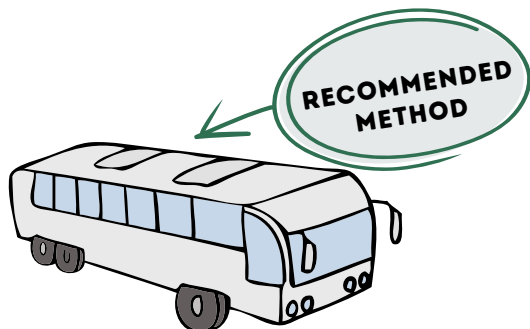
**SESSION 2 (RISING GRADES 2-5)**  
JULY 21 - AUGUST 4 2023

See "more on Mini Mak" section for specific info

**FULL TRAVEL DETAILS  
AVAILABLE ON YOUR  
[MYMKN ACCOUNT](#)**

## ARRIVAL AND DEPARTURE

**\*Traveling by plane or bus?**  
Plan for your camper to  
wear a MKN shirt



### TRAVELING BY BUS/VAN

We offer ground transportation to and from:  
**Manhattan, NY**  
**Long Island, NY**  
**White Plains, NY**  
**Livingston, NJ**  
**Montvale, NJ**  
**Plymouth Meeting, PA**  
**Framingham, MA**



### TRAVELING BY PLANE

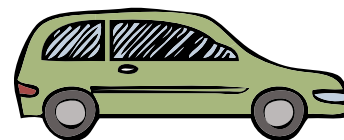
Chaperoned Flights to and from:  
**Florida (FLL & PBI)**  
**Washington, DC**  
**LAX Int'l Airport**

### INDIVIDUAL FLIGHTS

Please book arrivals and departures for unaccompanied minors to and from:

**Albany, NY**  
**Hartford, CT**  
**Boston-Logan, MA**

\*we will pick up and drop off from these airports only. Please contact camp before booking individual flights.



### TRAVELING BY CAR

You may choose to drop off and pick up your camper from camp.

\*We do recommend the bus as we feel it is a better way to help your camper make the transition to camp.

Please note that drop off by car is swift. We do not allow parents to enter bunks or linger at camp.

**ENTERING  
GRADES 2-8  
WE UNPACK  
YOUR CAMPER**

RECOMMENDED

## WHY?

Because we believe in arrive & have fun. Unpacking can cause stress and homesickness. We unpack prior to their arrival so they can be busy playing and getting to know new friends from the start

Luggage being dropped off, or shipped UPS or FedEx must arrive at least four days prior to your campers session.

# LUGGAGE ARRIVAL

All luggage must arrive at camp before your camper

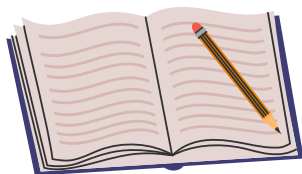
We continue to partner with Camp Trucking for pick up and delivery of baggage door to door from most areas in the US



## WHAT TO BRING TO CAMP?

LINK TO OUR  
CAMP STORE  
EVERYTHING CAMPER

**FULL PACKING LIST  
AVAILABLE ON YOUR  
MYMKN ACCOUNT /  
CAMPAIGN APP AND  
ON OUR CAMP STORE**



## WHAT TO LEAVE AT HOME



NO PETS



NO WEAPONS

# COMMUNICATE WITH YOUR CAMPER



## WRITE LETTERS

Camper's Name - Bunk #  
Camp Mah-Kee-Nac  
P.O. Box 954  
Lenox, MA 01240



## SEND EMAILS

Send up to 5 free emails  
a week in your myMKN account  
and by using Campanion



## PHONE CALLS

Schedule one phone call  
per session through your  
myMKN account

# COMMUNICATE WITH CAMP



## CALL THE OFFICE

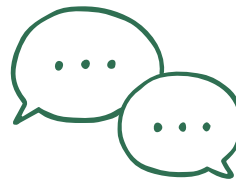
**413-274-4092**

If the office cannot answer  
your question we'll get  
right back to you



## EMAIL THE OFFICE OR A DIRECTOR

Office@campmkn.com  
director@campmkn.com



## USE THE LIVE CHAT FEATURE ON OUR WEBSITE

The office or a Director will  
answer you right away if we  
are online

# PHOTOS, BLOGS AND MKNTOTEM.COM



## MKNTOTEM.COM

MKNTotem.com is the place  
to go in summer for all your  
current camp media and blogs!  
You will receive an email from us  
to register for a MKN Totem profile.

### YOUR PLACE TO GO FOR:

- WEEKLY BLOGS
- MEDIA PROJECTS
- VIDEOS
- AND MORE!
- THE MKN TODAY



## CAMPANION APP

We post photos daily using the  
Campanion app. This app allows  
you access to all of our daily  
photos, including facial recognition  
features. You'll receive notifications  
through the app with photos of your  
camper, and still have access to all  
daily photos posted.



## THE MKN TODAY

The MKN Today is our daily  
newspaper, written and  
published by campers.  
A copy is shared with the  
campers each day and for  
the parents at home via  
the MKNTotem. The Today  
contains daily happenings  
at camp, birthdays, menu  
items and more!





## MINI MAK ROOKIE CAMP SESSION 1 (RISING GRADES 2-5)

SATURDAY, JUNE 24 – FRIDAY, JULY 7, 2023

## MINI MAK ROOKIE CAMP SESSION 2 (RISING GRADES 2-5)

FRIDAY, JULY 21 – FRIDAY, AUGUST 4, 2023

### ARRIVAL

Mini Mak families are welcome to take advantage of our regular "To Camp" ground transportation. Parents may also choose to drop off their mini mak camper if they'd like.

### DEPARTURE

Parents/guardians must pick up their campers from Mini Mak. **Pick up time is between 10am - 11am.** Group tours of camp for parents will be available at 10am.

### PACKING FOR CAMP

Mini Mak Campers follow the regular camp packing list. Laundry will be done once during mini mak and if your camper extends we will continue weekly laundry services.

### LUGGAGE ARRANGEMENTS

Parents should plan to take advantage of Camp Trucking for luggage arrival if utilizing "to camp" ground transportation. Luggage may be dropped off if arriving by car. All luggage may be picked up on departure day or shipped at a later date using Camp Trucking.

## MORE ON MINI MAK 2023

### OTHER IMPORTANT NOTEABLES

- Mini Mak Campers will go on one day trip. We recommend \$20 spending money which we will keep in our safe.
- Mini Mak Campers get one phone call home during the middle weekend of their short session at camp. Parents are always welcome to check in with directors anytime and our Mini Mak director will call you with an update within the first 24-48 hours.



### TRIPS

Campers will take up to two trips per session. During the second session, rising 6th grade and up will experience one overnight trip as well. While all trip expenses are included in your required trip fee, your camper may want some additional spending money for treats or souvenirs.

Please keep in mind most places are "cashless" now. **Consider sending your child with a Greenlight or pre-loaded credit card.** We will collect all cards and keep them in our safe. Cards may be given to a bus or plane counselor or handed to a director at drop off.

If you would prefer to **venmo** your camper spending, send to:  
@Mah-Kee-NacCS

Only a certain amount of spending money, designated by camp, will be given out to campers for a trip.

No money/cards may be kept in bunks or with your camper.

## TRIPS/SPENDING \$\$

### RECOMMENDED AMOUNTS

Division/Campus <small>*Please note only a certain amount of spending money, designated by camp, will be given out to campers for a trip.</small>	Session 1	Full Summer or Session 2
TJC (Rising 3rd - 5th)	\$30	\$50
LSR (Rising 6th - 8th)	\$50	\$150
USR (Rising 9th - 10th)	\$75	\$200
Seneca (Rising 11th)	\$150	\$150-250

## ...SOME SAMPLE TRIPS

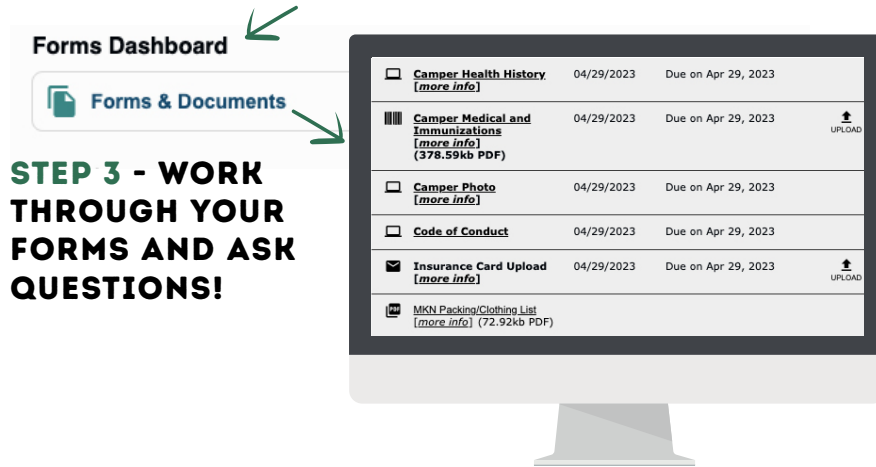


# FILLING OUT FORMS THROUGH MYMKN

There are many forms to fill out prior to camp. These forms typically go live in your MyMKN or Companion account on Feb 1. Please take time to fill out forms clearly, thoroughly, and timely as they help us and our staff take the best care of your camper!

## STEP 1 - NAVIGATE TO MYMKN

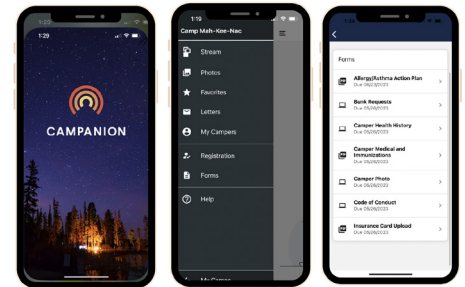
## STEP 2 - CLICK ON FORMS & DOCUMENTS



## STEP 3 - WORK THROUGH YOUR FORMS AND ASK QUESTIONS!

# FILLING OUT FORMS USING CAMPANION APP

Your forms are available at your fingertips using the Companion App! Many of the forms, especially your **Camper Medical and Insurance Card** are easier to upload through Companion than MyMKN



# MEDICATIONS DURING THE SUMMER

Camp Mah-Kee-Nac staffs a full service health center in the summer with four Registered Nurses, two Nursing Students, an Administrative Coordinator and an on-call Physician. Our medical team administers all medication taken by a camper on both a daily and as-needed basis. No medications may be kept in cabins or taken without the knowledge of our medical team

## DAILY AND AS-NEEDED PRESCRIPTION MEDICATIONS



Mah-Kee-Nac partners with Pack My RX to administer all prescription medications (both daily and as-needed.) The Pack My RX system ensures that each camper receives his correct prescription medication at the correct time. Please closely follow the Pack My RX instructions and letter for your Doctor posted in Forms and Documents.

## DAILY OVER THE COUNTER MEDICATIONS

\*\*These are medications like vitamins, Zyrtec, Claritin, or Miralax, etc.

If your camper is on a daily OTC medication, you should plan to send those medications to camp in its original packaging. You may deliver the medication on drop off day to a bus / plane counselor or drop off at camp.

**CAMP HAS IN STOCK MOST AS NEEDED OTC MEDICATION A CAMPER WOULD REQUIRE FOR AN ILLNESS OR INJURY. SEE YOUR HEALTH HISTORY FORM FOR A FULL LIST.**

# TYPICAL CAMP DAY

EVENTS	TJC	LSR	USR
	RIISING 2ND-5TH	RIISING 6TH - 8TH	RIISING 9TH -11TH
WAKE UP	7:45	7:50	7:55
BREAKFAST	8:00	8:05	8:10
FLAG RAISING	8:25		
CLEAN UP			
ASSEMBLY	9:20	9:20	9:20
PERIOD 1	9:40 - 10:25	9:40 - 10:25	9:40 - 10:25
PERIOD 2	10:40 - 11:25	10:40 - 11:25	10:40 - 11:25
SNACK AT CAMPUS			
PERIOD 3	11:40 - 12:25	11:40 - 12:25	11:40 - 12:25
LUNCH	12:50	12:30	12:40
REST PERIOD			
ASSEMBLY	2:30	2:30	2:30
PERIOD 4	2:50 - 4:00	2:50 - 4:00	2:50 - 4:00
SNACK AT CAMPUS			
PERIOD 5	4:15 - 5:25	4:15 - 5:25	4:15 - 5:25
CAMPUS TIME	5:30	5:30	5:30
DINNER	6:25	6:35	6:15
FLAG LOWERING	7:05	7:05	7:05
EVENING ACTIVITY	7:45 - 8:45	7:45 - 9	7:45 - 9:15
SHOWERS	5:30/9:00	9:30	10:00
SNACK AT CAMPUS	9:00	9:30	10:00
LIGHTS OUT	9:30	10:00	11:00

## ACTIVITY SELECTION

On June 7 our Activity Selection Form will go live in your MyMKN Account

- At that time campers will be able to select their first week's activities.
- Each week campers will have the opportunity to sit with our directors and program directors to make change to their schedules.
- Athletic leagues: all TJC campers will participate in 2 scheduled athletic leagues per week. LSR and USR campers have the opportunity to elect to participate in an athletic league during the activity selection process or during the first week of camp schedule changes.
- In addition we will offer lot of out-of-camp intercamp games, climbing, hiking, biking and canoeing trips, etc. to opt-in during camp.

## INTENSIVE TENNIS & GOLF

- If your camper is interested in additional, specialized tennis and gold instruction, you may sign up for that using the Additional Options Form in your MyMKN account.



# A FEW IMPORTANT POLICY REMINDERS

## NO PACKAGE POLICY

At Mah-Kee-Nac we place the highest value on relationships and experiences rather than "stuff". Packages will only be accepted for BIRTHDAYS and NECESSITIES. Please contct the office for approval prior to mailing any package. Remind grandparents too!

## WE ARE A KIND COMMUNITY

At MKN everyone is part of the family. The simple rule we follow is that no one is allowed to have fun at someone else's expense. Camp will not tolerate disrespectful or innapropriate behavior between peers or staff. These behaviors are taken seriously and may result in dismissal from camp.

## NO ILLEGAL SUBSTANCES

All campers are under the age of 18. The use or possesion of cigarettes, e-cigarettes, vapes, illegal drugs, alcohol and marijuana will result in immediate dismissal from camp. No refunds.

## WE ARE SCREEN FREE

Take advantage of the time to unplug. We promise you'll still make a good connection. Any device that can access the internet or can be used for electronic communication is strictly prohibited at camp. Items brought to camp will be confiscated and a phone call home will be made.

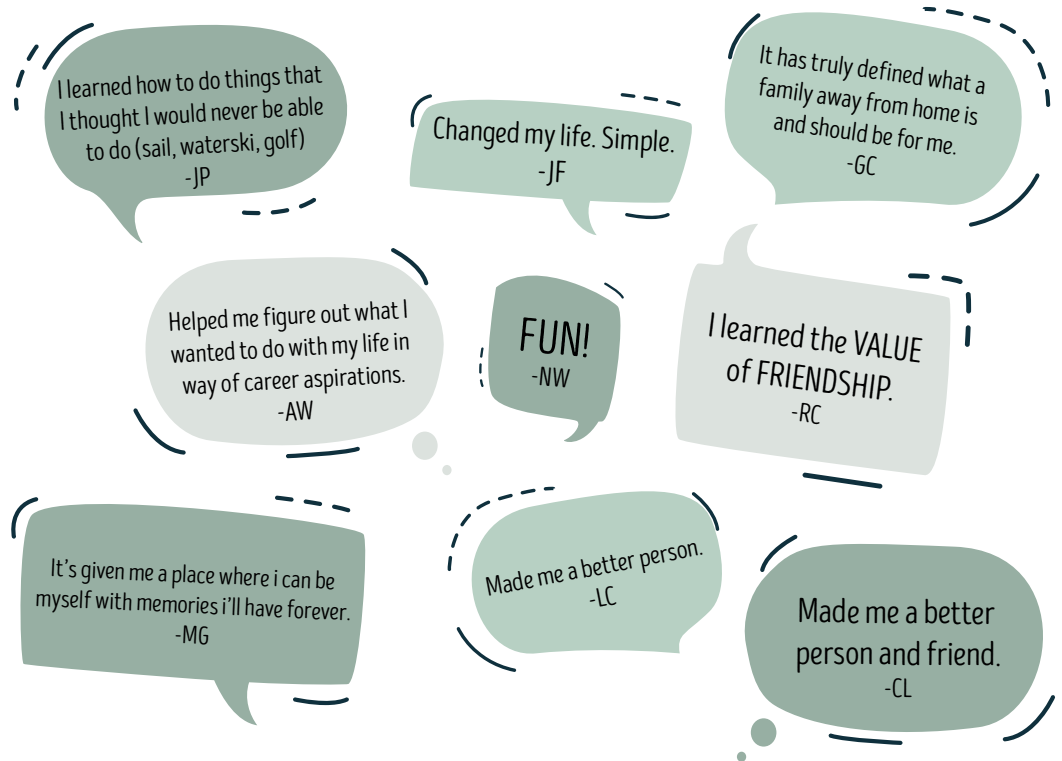
## WE ARE A NUT FREE CAMP

We have a number of campers and staff at Mah-Kee-Nac who are severely allergic to peanuts and tree-nuts. Therefore we have chosen to be a nut free camp. We do not use or allow into camp any products that use or may contain traces of peanuts or tree-nut. We ask you to respect this for visiting day and bus snacks as well too.

## NO TIPPING POLICY

As a member of the American Camp Association, we are prohibited from allowing our staff to receive gratuities.

# BENEFITS OF CAMP



# FIRST WEEK JITTERS



## DO'S

Set your camper up for success:

**WRITE** your camper a letter prior to his arrival.

**ALLOW** him to be part of the packing process.

**TELL** your camper how much fun he'll have, and that it's okay if he misses home a little.

**TRY** to help him make connections with a few other MKN campers prior to camp.

**GIVE** him all the confidence you have that he is going to have the best summer ever (even if you are crying behind sunglasses).

**TELL** him you love him and you are so proud of him, a lot!



## DONT'S

Here's what to avoid:

**DON'T** make pick up deals (ie. if you don't like it in a week, I'll come pick you up).

**DON'T** talk about what he'll be missing out on at home.

**TRY** not to reveal any big news before camp that could be upsetting to him.

**DON'T** tell him he can call you anytime he needs. We may call you but he will not, unless scheduled.

**DON'T** wait until the last minute to prepare for camp. You'll feel overwhelmed and anxious about the process.



## REMEMBER

**IT IS POSSIBLE** for him to miss home and still love camp.

**IT IS OKAY** for him to be nervous leading up to camp. Make sure he knows this is a normal feeling when trying something new.

**IT IS NORMAL** for parents to be nervous too when sending a child away for the first time.

**WE ARE HERE FOR YOU!**  
You can always call, text, or email us to check on how he is doing...

**CAMP IS** the most selfless gift you can offer your child. We don't take that for granted.