

CAMP GOOD DAYS & SPECIAL TIMES 2024 FAMILY RETREATS



**EXPERIENCE THE MAGIC OF CAMP GOOD DAYS
WITH YOUR FAMILY AT OUR SUMMER
RECREATIONAL FACILITY!**



Fun for the Entire Family!

Camp Good Days is excited to provide a fun and meaningful summer camping experience during the summer 2024 camping season.

Families can relax and enjoy social time together at our beautiful recreational facility on Keuka Lake.

Why Family Retreats:

- Gives families time to have fun together amongst an understanding community and puts cancer on the backburner for a bit.
- Introduces new families to our Camp and allows kids to first experience a new environment while with trusted family members
- Creates the opportunity to meet other families and parents in similar circumstances.
- Offers a camping experience to those children who may be unable to physically attend overnight camp on their own.

Like our other summer programs, Family Camp and Camp Courage are provided at no charge.

FAMILY RETREATS

FAMILY CAMP

FRIDAY, JULY 12 - SUNDAY, JULY 14

For families new to Camp Good Days who have a child or parent diagnosed with or have passed away from cancer or sickle cell anemia.



CAMP COURAGE

FRIDAY, AUGUST 2 - SUNDAY, AUGUST 4

Formerly known as Brain Tumor Weekend, for families who have a child or parent with a brain tumor.



See our website for information on our day camp (ages 4 - 7) and overnight camp (ages 8-17). www.CampGoodDays.org

LIVING ARRANGMENTS

MEALS

- No one goes hungry at Camp! Meals are prepared on site and typically served at 8:30 am, 12:30 pm, and 6 pm, with plenty of snacks and refreshments in between!
- Water filling stations are available throughout the property.
- Coffee, water, juice, and milk are available throughout the day in our dining hall.
- Please list all dietary needs/restrictions and food allergies on your medical form.
- Use of hot plates, grills, or any other portable appliance is prohibited... we promise we have the food covered!

HOUSING

- Families have two housing options:
 - Be assigned to our gendered cabins: either boy or girl cabin. These cabins are near each other for quick access to the rest of your family. Children cannot reside in a cabin alone.
 - Share a cabin as a family with 1-3 other families.
- Our spacious cabins have bunk beds and a fully functional facility including toilets, sinks, and shower stalls.
- In general, our cabins do not have separate rooms, those sharing cabins would not have a private sleeping area.
- Please note, none of our cabins are equipped with AC, so we recommend bringing a fan.



HEALTH & SAFETY

MEDICAL NEEDS

- For Family Camp, parents/guardians are responsible for bringing, administering, and storing prescribed medication or medical care.
- Our infirmary and nursing team is available in case of an emergency.
- Our infirmary is stocked with basic over the counter medication and first aid supplies.
- If medication requires refrigeration, we can provide a secure location for storage.
- A registered nurse will be on-site 24 hours a day during camping programs. An on-call physician will be available as well.
- Should a significant medical concern develop, Campers will be taken to either Soldiers and Sailors Hospital in Penn Yann or at Strong Memorial Hospital in Rochester.



PROGRAM ACTIVITIES

Camp activities may include:

MORNING PROGRAM

- Fishing
- Polar Swim
- Archery

DAY PROGRAM

- Nature Walk
- Swimming (Pool & Waterfront)
- Field & Yard Games
- Canoeing/Kayaking/Paddle Boards
- Boat Rides
- Mini Golf
- Jumping Pillow or Playground
- Woodworking
- Arts & Crafts

EVENING PROGRAM

- Game/Craft Night
- Movie Night
- Stargazing
- Campfire



Parents & guardians are responsible for the actions, safety and supervision of their child(ren).



Family Camp Packing Checklist

BEDDING/LINEN

- Pillow
- Fitted sheet (twin size)
- Sleeping Bag
- Extra Blanket
- Washcloth
- Bath Towel
- Beach/Pool Towel

TOILETRIES

- Shampoo/Conditioner
- Hair Brush
- Soap/Body Wash
- Toothpaste
- Toothbrush
- Sunscreen
- Bug Spray
- Deodorant
- Hygiene Products

CLOTHING

- Pajamas
- T-Shirts
- Long Sleeve Shirt
- Sweatshirts
- Shorts
- Pants (sweats/jeans)
- Socks
- Undergarments
- Swimsuit
- Raincoat
- Sneakers
- Water Shoes (we have some available to borrow if needed)
- Other Light Shoe (i.e. sandals or Crocs)

Note: Temperatures can average from 60° to 90° F. We recommend packing layers.

MISCELLANEOUS

- Flashlight
- Personal Item: Stuffed animal, book, journal, or drawing pad
- Money for Camp Store: Money is not necessary, but our Camp store will be open with Camp apparel for purchase (ranging in \$5 - \$35).

Medication!

All medication should be kept in your cabin. Refrigerated medication can be stored in the infirmary.

Prohibited Items: Personal sports equipment, tobacco/smoke/vape products, alcohol, and weapons, or explosives of any kind. No cooking equipment or large coolers (we have food covered!). We strongly discourage bringing items of high personal or monetary value as Camp Good Days is not responsible for stolen, lost, or damaged items.



FAMILY CAMP FAQ

Will there be any counselors or staff on the property?

Arrival and departure times for both Family Camp and Camp Courage are the same. Families can begin arriving at 5 pm on the Friday of their program. We ask that all families depart by 11 am on the Sunday of their program.

Will there be any counselors or staff on the property?

There will be staff and volunteers on the property during your stay. Staff/volunteers will be leading program activities and fulfilling the behind-the-scenes needs of the program. **During your program, parents/guardians are responsible for the actions, safety, and supervision of their children. No child is to be left unsupervised at any time.**

Is Camp Good Days a smoke, tobacco, and alcohol-free facility?

Yes, the use of smoking, vaping, and tobacco products are prohibited in the Camp facility. No alcoholic beverages or controlled/illegal substances are allowed in the cabins.

Is there a curfew during the family programs?

We ask all families to be in their cabins by midnight. 10:00 PM- 7:00 AM are quiet hours in the town of Jerusalem, where Camp is located. Noise is expected to be at a minimum during these times. Children are not to be left unattended in the cabins.

Can we travel off-site during our camp session?

For safety, we ask that participants remain on property throughout their program. If a participant needs to go off property, they are expected to notify a staff member. Should there be an emergency, we need an accurate head count at all times.



Will there be open-swim during our stay?

Pool and waterfront activities will be scheduled. Swimming is permitted only while lifeguards are on duty.

Can we bring a family friend along?

Due to limited space and staffing, we ask that only immediate members of the household attend. For families with only one parent or guardian, a support person may attend to assist with supervision.

Can we have visitors during our stay?

No visitors will be allowed during your stay. Anyone on Camp property will need to be a registered family camper.

Can we bring our family pet?

With the exception of service animals, family pets are not permitted on the facility. Please notify us ahead of time if you have a service animal, so we can plan housing accordingly.

Does the Camp have extra wheelchairs ?

Camp Good Days has extra wheelchairs and motorized wheelchairs available on the property. Please let us know on your application how many your family needs.

We know another family attending, can we share a cabin with them?

We will do our best to accommodate all requests. Please list the name of the other family in the housing section of your application.

Is transportation provided to and from Camp?

No, transportation is not provided for family retreats. Families must find their own transportation.

Is there WiFi Available?

We encourage "unplugging," but if needed, WiFi is available in certain locations throughout Camp.

Can we check-in earlier or check-out later than times listed?

Due to cleaning procedures, we're unable to accommodate early check-ins or late check-outs. However, if you need to arrive late or leave early, we can make arrangements.



Apply for Family Retreats!

Applications for Family Camp and Camp Courage will be via a link on our website. Please complete one application form for your family. Once accepted, you will be notified to complete health and medical forms through our CampDoc system.

If you are also signing your Camper/s up for overnight or day camp, you will need to complete a separate individual registration through CampDoc for them. See our website for details on those programs!

QUESTIONS?

If we didn't answer your question, reach out to Alicia Sommer at ASommer@CampGoodDays.org

Please Note: These programs are offered at a **limited capacity** with priority given to new Camp Good Days families, newly diagnosed or bereaved families, and families on active treatment. **Dates are subject to change.**