



Mother/Daughter Handbook

Camp Winter Address until June 1

Camp Cedarbrook in the Adirondacks
P.O. Box 2139
Wilton, NY 12831
TELEPHONE: (518) 608-6800
FAX: (518) 608-6800
E-MAIL: office@campcedarbrook.org

Camp Summer Address after June 1

Camp Cedarbrook in the Adirondacks
59 Davignon Road
Corinth, NY 12822
TELEPHONE: (518) 608-6800
FAX: (518) 608-6800
E-MAIL: office@campcedarbrook.org

Registrations, Forms and Payments

Registrar
E-MAIL: registrar@campcedarbrook.org
TELEPHONE: (518) 608-6800, ext. 1

CampInTouch
<https://campcedarbrook.campintouch.com/v2/login.aspx>

Executive Director

Amy “Ellie” Culhane
EMAIL: amy@campcedarbrook.org
TELEPHONE: (518) 608-6800, ext. 6

Assistant Director

Megan “Rory” Morgan
EMAIL: megan@campcedarbrook.org
TELEPHONE: (518) 608-6800, ext. 3

Recruitment and Curriculum Manager

Hannah “Scooter” Taetzsch
EMAIL: hannah@campcedarbrook.org
TELEPHONE: (518) 608-6800, ext. 1

LOCATION

Camp Cedarbrook in the Adirondacks is located in Corinth, NY off Country Road 10 (West Mountain Road), 55 miles north of Albany. See the map in the back for specific driving instructions. Be advised that cell phones lose signal in the Adirondacks, so you will want your directions printed out ahead of time.

ACCREDITATION AND LICENSING

We are accredited by the American Camp Association, a voluntary peer review of our operation — from staff qualifications and training to emergency management. Camp Cedarbrook is inspected and licensed by the Saratoga County Department of Health. Reports are filed in the district office at 6012 County Farm Road, Ballston Spa, NY 12020.

Before Camp

Choose Your Activities in CampInTouch

All members of the family stay together for activities (except when indicated on the schedule). Everyone in your group must be the appropriate age to participate in the activity. (For example, to sign up for .22 Riflery, your daughter(s) must be at least 12 years old.)

Please submit choices as soon as possible (at least one month prior to your session) in CampInTouch.

What to Pack

Have your daughter help you pack her suitcase. She should know what is packed and where to find it. Pack “play clothes.” New clothes are inappropriate for the active, out-of-doors camp environment. Pack enough clothing for varying weather conditions in the mountains.

We recommend labeling clothes with your daughter’s full name. Labels help us to return clothing that is left behind. Also label suitcases, sleeping bags, hats, and even pillows with full name.

Please do not pack radios, headsets, portable music or DVD players, tablets, laptops, or cellphones. (Added incentive: radios, tablets, laptops, and cellphones can’t find a signal in the high mountain terrain.)

Cabin and Tent Assignments

We will do our best to accommodate your one cabinmate preference request.

MOTHER/DAUGHTER RETREAT Moms and daughters will be housed in cabins or tents with other pairs.

When living in cabins and tents:

- **The cabins and tents have no electricity.** Bring battery-operated flashlights and lanterns.
- Keep unwanted forest animals away by storing food in your vehicle.
- Fire exit doors are for emergency use only.
- Only enter living units in which you are staying.
- Honor the curfew by keeping noise to a minimum before wake-up bugle and after evening campfire.

At the end of the weekend:

- Clean up and sweep your cabin.
- Empty your cabin wastebasket into the washhouse trash bin.

Health Concerns

A staff member certified in first aid is on duty at all times. In case of an emergency, contact the nearest staff member or use a radio walkie talkie found in the Washhouses and the Kitchen.

MEDICATIONS Parents/guardians will manage and administer their family's medications brought to camp. It is recommended that medications be in the original prescription bottle or container. We have a supply of over the counter medications on hand if needed and only if the OTC form is completed.

FOOD ALLERGIES If you have food allergies, please indicate this on your health form.

At Camp

REGISTRATION 3:00–6:00 PM

Registration is in the Dining Hall. The first activity begins after dinner at 6:15 PM. If you will be arriving after 9:00 PM, please call the camp office (518-608-6800) and advise of an approximate arrival time. Once you have received your cabin/tent assignment and have unloaded your vehicle, move your vehicle to the designated parking areas.

The Cedarbrook Experience

Living together in a Christian community means treating one another with love, kindness, and respect. Teasing, bullying, and behavior that's harmful to yourself and others, or disruptive to our community is not appropriate and will not be tolerated.

BUGLES Follow the bugle schedule throughout the day. If there is an emergency, information will be given over the public-address system.

KEEPING IT CLEAN Everyone helps to keep camp clean, neat, and safe. Please place papers and other waste in trash bins.

GOOD NIGHT Your camp day begins early and is packed with action! Please keep noise to a minimum at night as sound travels between cabins and tents.

TUCK SHOP Tuck Shop is our camp store. You might like to purchase clothing (price range \$12–\$40), snacks, souvenirs, and other personal items (stamps, rain ponchos, toothpaste, soap). Cash, check and credit cards accepted.

TELEPHONES Telephones are not available for general use. There is very limited cell service at camp. If you need to use the camp phone urgently, see a staff member for access to the telephone.

Safety at Camp

- Everyone must wear shoes at all times. Woodland paths can be rocky and uneven. Sandals are only worn to the beaches and washhouses.
- No swimming, boating, or fishing without a lifeguard. In addition to the lifeguard on duty, everyone must wear life jackets while canoeing, kayaking, or using any other boat. During the Early Morning Fishing time, wait for the lifeguard and group leader before starting.
- Don't pick wildflowers or peel the bark off living trees.
- Please do not touch or handle animals that live in the forest.
- Use of alcohol, drugs, e-cigarettes, or tobacco is not permitted. If you must smoke, please do so in your vehicle, disposing of ash and remnants in your vehicle's ashtray.
- In the event you need to leave the premises, notify the Camp Director.
- In case of emergency during the day, notify the nearest staff member.
- In case of emergency during the night, radios are located in the Washhouses and in the Kitchen.

Departure Day

Please clean and sweep your cabin or tent, emptying the wastebasket in the washhouse trash bin. Check the lost and found bin on the Dining Hall stage for any missing items.

After Camp

Homecoming

Expect that you and your child will need extra rest and sleep. Listen as your daughter shares her experiences with other family members. Share your own experiences as well. It has been a significant time together.

Lost and Found

Please contact camp as soon as you know an item is missing. It may take some time to locate, box, and mail the found item back to you. Lost and Found items are returned via U.S. Mail. Camp Cedarbrook is not responsible for items that are lost while at camp. Unclaimed items will be held for two weeks, then donated to a local charity.

Photos

Photos from the weekend will be posted in a secure online gallery found [here](#). The password will be emailed to you after you leave camp.

Parent/Daughter Retreat Activities

Review the list of activities below with your daughter(s). Activity choices are made in the forms section of CampInTouch.

Archery

Girls must have completed Grade 3. Supervised by a trained instructor, all participants learn safety procedures. Skilled instruction in the correct use of a bow and arrow. Equipment provided.

Canoeing

For all ages. Supervised by a trained lifeguard. Participants will be given basic information about safety procedures. Each canoe holds 2–4 participants. Children under 12 must be accompanied by an adult. All canoers, regardless of age, must wear life jackets.

Crafts

For all ages. Parent/daughter teams work together on a special craft project.

Fishing

For all ages. Enjoy some time fishing with your daughter on our 45-acre lake. Catch and release with minimal instruction. Poles and bait are provided.

Fun with Kayaks

For all ages. Supervised by a trained lifeguard/instructor, participants learn safety procedures. Paddling instruction provided as needed. One and two person kayaks available. All kayakers, regardless of age, must wear life jackets.

Lessons from a Pony/Horse

Participants discover more about how people and ponies/horses are fearfully and wonderfully made by God. This is NOT a riding activity; participants will watch horses and do a special activity with a horse. All participants must wear boots and long pants.

Nature Explorer

For all ages. Participants explore the wonder of God's creation through hands-on activities, such as games, nature walks, and craft projects.

Outdoor Cookery

For all ages. Learn fire building techniques as you work together with a group to build and light a campfire. Then cook a delicious treat over the fire!

Pocket Knives

Girls must have completed Grade 2. Learn how to use a pocket knife and whittle a useful craft to take home.

.22 Riflery

Girls must be at least 12 years old at the time of the retreat. Supervised by a certified instructor, participants learn safety procedures and how to handle a rifle properly, and then shoot at paper targets. Ear and eye protection are provided. Rifles and ammunition supplied.

Water Fun

For all ages. Play group water games under the supervision of a lifeguard. Most games are played in shallow water.

F R I D A Y	3:00p		Arrival & Check-in	Dining Hall
	4:00p	5:15p	Welcome & Games	The Green
	5:30p	6:00p	Dinner	Dining Hall
	6:15p	7:15p	Activity 1	See activity schedule
	7:30p	8:15p	Campfire, Singing & Devotional	The Cove
	8:15p		Meet your Counselor & S'mores	The Cove

S A T U R D A Y	7:00a		Fishing (optional)	Sailing Beach
	8:30a	9:00a	Breakfast	Dining Hall
	9:15a	9:30a	Morning Worship & Devotional (Photo)	The Cove
	9:30a	9:45a	Morning Watch	Outside
	10:00a	11:00a	Activity 2	See activity schedule
	11:00a	12:00p	Meet the Director (optional) Activities available for daughters	Craft Porch The Green
	12:00p	12:30p	Lunch	Dining Hall
	1:00p	2:30p	Free Time (Swim Beach, Canoe Beach & Tuck Shop open)	
	3:00p	4:00p	Activity 3	See activity schedule
	4:15p	5:15p	Activity 4	See activity schedule
	5:30p	7:00p	Cookouts	Meet at Dining Hall
	7:15p	8:00p	Evening Activity	The Green
8:15p	9:15p	Songfest & Devotion	The Cove	

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	9:15a	9:30a	Morning Worship & Devotional	The Cove
	9:30a	9:45a	Morning Watch	Outside
	9:45a	10:15a	Pack Car & Clean Cabin/Tent	Cabins/Cars
	10:30a		Goodbye Circle & Departure (lunch available to-go)	The Green Dining Hall



Camp Packing List

CLOTHING

- Shirts/Tops
- Sweatshirts
- Shorts
- Warm Pants/Jeans
- Bras
- Underwear
- Socks
- Warm Pajamas
- Swimsuit (1-piece)
- Sneakers
- Flippies (for beach and shower)
- Rain Gear (coat/boots)

BEDDING/TOILETRIES

- Sleeping Bag
- Fitted Twin Sheet
- Pillow
- Bath Towel
- Beach Towel
- Laundry Bag
- Bath Soap
- Shampoo/Conditioner
- Hairbrush
- Toothbrush/Toothpaste
- Tampons/Pads

MISCELLANEOUS

- Sunscreen
- Bug Spray
- Flashlight and Batteries
- Bible
- Stationary and Stamps
- Notebook/Pen
- Small Backpack
- Camera (optional)



Directions to Camp Cedarbrook in the Adirondacks

Go north on New York State Thruway (I-87) to Exit 24, Adirondack Northway (I-87).

Go north on I-87 to Exit 13N (Rt 9, Saratoga Springs).

Go north on Rt 9 into Saratoga Springs. In the center of town, turn left onto Rt 9N (Bank, Post Office, and large street clock at corner).

[To bypass the center of town: Turn left after the Museum of Dance onto W. Fenlon St. Pass through the light. (Road bears slightly to left) Continue until the road ends at traffic light, then turn right. Go thru several lights. Turn left at the end of the road onto Rt 9N.]

Go north on Rt 9N about 13 miles. Cross railroad tracks. Take the first left turn after the railroad tracks onto County Road 10. (There's a brown sign for Sacandaga Lake.) You will immediately recross the railroad tracks.

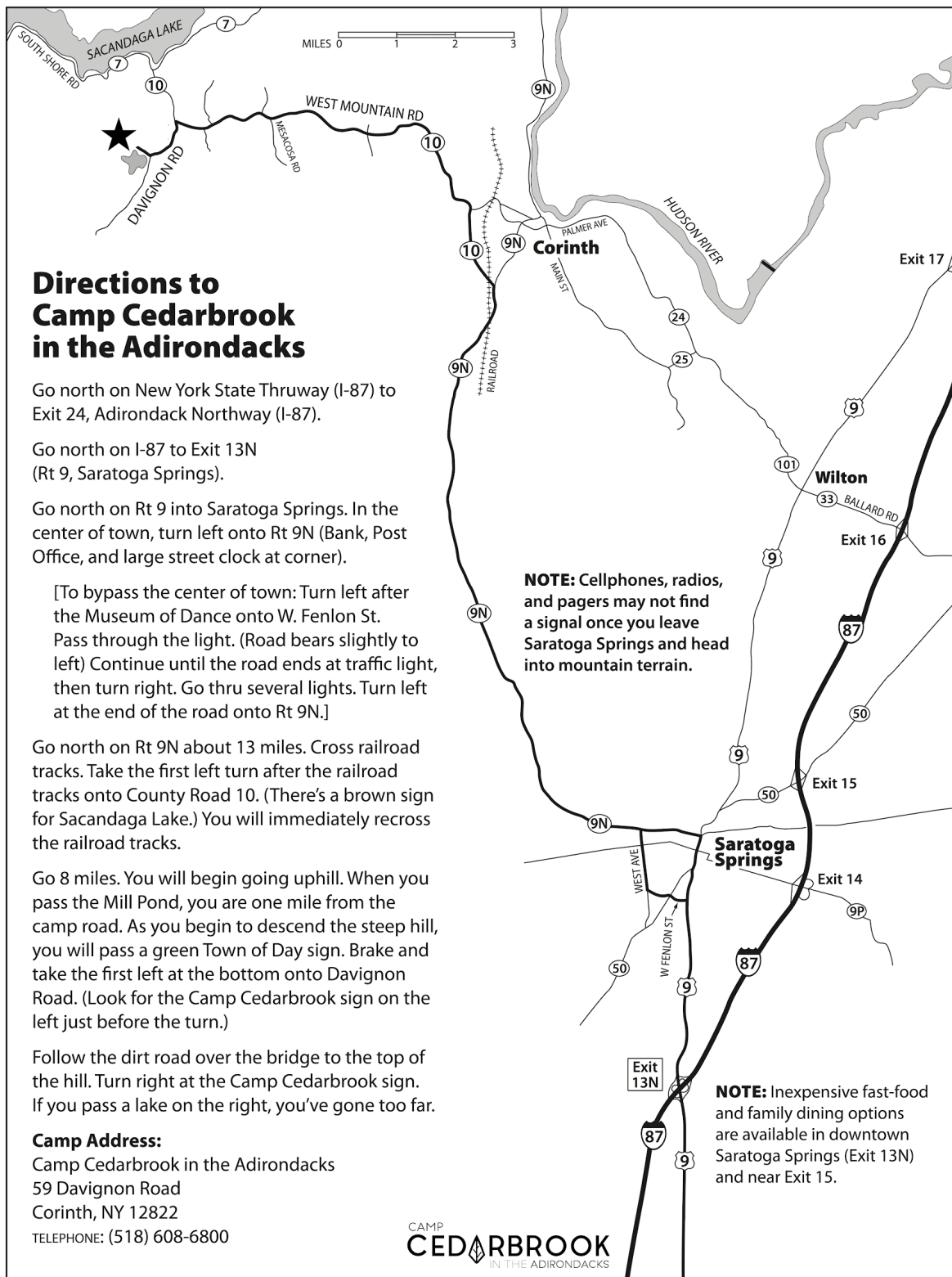
Go 8 miles. You will begin going uphill. When you pass the Mill Pond, you are one mile from the camp road. As you begin to descend the steep hill, you will pass a green Town of Day sign. Brake and take the first left at the bottom onto Davignon Road. (Look for the Camp Cedarbrook sign on the left just before the turn.)

Follow the dirt road over the bridge to the top of the hill. Turn right at the Camp Cedarbrook sign. If you pass a lake on the right, you've gone too far.

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