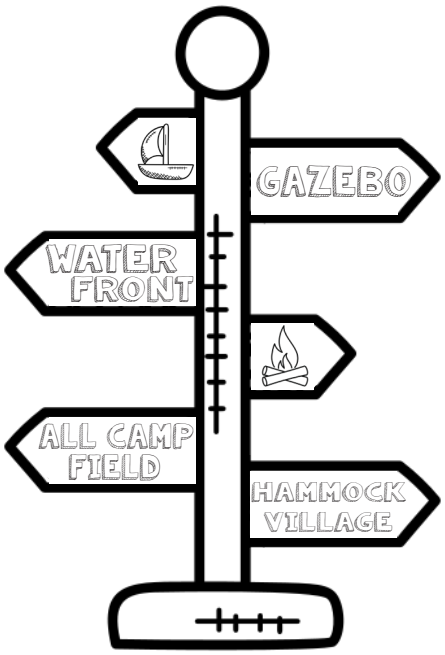
QUINIPET
CAMP & RETREAT CENTER

OVERNIGHT SUMMER CAMP HANDBOOK



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QUINIPET
CAMP & RETREAT CENTER

OVERNIGHT SUMMER CAMP HANDBOOK

Whether you are a new or returning Quinipet family, we welcome you!

Camp on an island is just as much fun as it sounds! Since 1947, the NY Conference of The United Methodist Church has provided this special place for children, complete with a full program of land and waterfront activities fostering children's confidence, cooperative skills and connection to the natural world. In this setting, it's easy for campers to make friends, feel accepted and learn of God's love for us. Children of every faith are welcome.

This Overnight Summer Camp Handbook will provide you and your camper with all kinds of great and important information about Camp at Quinipet. Use this Handbook and follow us on social media (@quinipet) where we post all about Quinipet!

Preparing for Camp means becoming familiar with **CampInTouch**. You created your CampInTouch account when you completed the camper application. You can easily log back in to your account via quinipet.org by clicking on "Returning Family Log In" or access the portal directly at quinipet.campintouch.com

Your CampInTouch homepage is your direct link to all of your camper's required medical and permission forms, packing list, financial information and camp store accounts. CampInTouch can also be accessed via the Campanion smartphone app. (See page 4)

WELCOME TO QUINIPET'S 78th SUMMER SEASON!

2025 SATURDAY OPEN HOUSES	CRITICAL DUE DATE
FEB 22, MARCH 15 & APRIL 12 In-person at Quinipet. 2:00-4:00 pm No registration needed. No pets allowed.	MAY 15, 2025: ALL FORMS & FINAL PAYMENTS MUST BE SUBMITTED IN FULL*

*** CAMPERS MISSING ANY FORMS OR PAYMENTS AFTER MAY 15th WILL BE MOVED TO THE WAITLIST. SEE PAGES 4 AND 9 FOR MORE INFORMATION.***

GENERAL

CONTACT THE CAMP OFFICE:

Office email: quinipet@nyac.com
Telephone: 631.749.0430
E-Fax: 631.749.3403

Mailing Address: Quinipet Camp & Retreat Center
99 Shore Road #549
Shelter Island Heights, NY 11965

SEND AN EMAIL TO YOUR CAMPER!

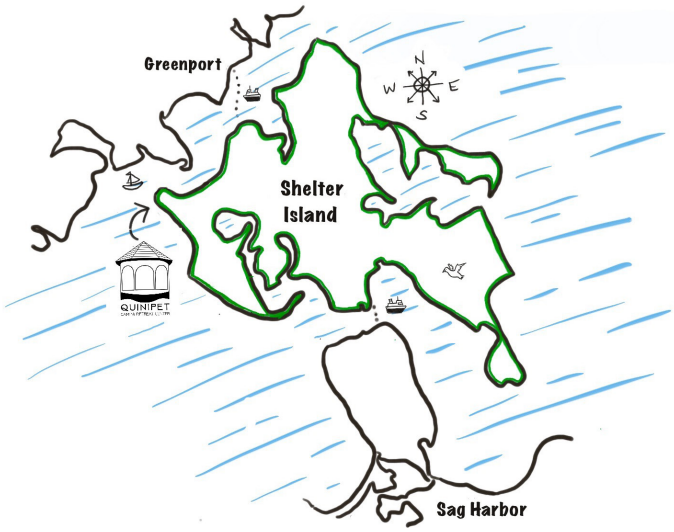
We offer a one-way email service for parents to email their children, and campers are encouraged to write letters home. Parent emails are printed daily, M-F, and are delivered to campers after lunch. Please limit your emails to one a day. We are unable to print photos. **To send an email please put the camper's FULL NAME & CABIN NAME in the subject line and email to:**

cqcamper @nyac.com

GETTING TO SHELTER ISLAND

Beautiful Shelter Island is located on the East End of Long Island, NY and accessible by ferry from either the North Fork (Greenport) or South Fork (Sag Harbor). Both ferry companies do not take reservations (simply roll-on) and are cash-only. For updated pricing and please visit their respective websites: northferry.com and southferry.com.

For detailed driving directions, please visit Quinipet's website at quinipet.org/directions. Older campers MAY NOT bring vehicles to camp and need to be accompanied by an authorized adult at Check-In. (More on Check-In and Pick-Up procdures on page 6.)



GENERAL

ACCREDITATIONS

Quinipet is proud to be accredited by the American Camp Association, a community of camp professionals dedicated to safe, quality camp experiences. The American Camp Association collaborates with experts from the American Academy of Pediatrics, the American Red Cross, and other youth-serving agencies to assure reseach-based best practices. As an accredited camp, we undergo ACA's comprehensive review of our operation, from staff qualifications to emergency management.

In addition to ACA accreditation, Quinipet is licensed by the New York State Department of Health.

RELIGIOUS FOUNDATION

Quinipet is a progressive Christian camp owned and operated by the New York Conference of The United Methodist Church since 1947. It is our belief that God gave us earth and humankind, and it is our job as loving, faithful Christians to love and care for each of these things. Our hope is that each camper will grow, not only by new experiences, but in their spiritual walk with God as well. Centering our space around the five rocks of Courage, Love, Faith, Humility and Honesty, Quinipet is an ideal environment for inner spiritual reflection.

Each day begins with a short Morning Gathering, and ends with a sunset Vesper service, where campers participate in skits, songs and prayer. Grace is sung before each meal and camper groups participate in exercises that promote personal and spiritual growth. Quinipet is a community that is open and affirming to all who come. To learn more about The 7 Foundations of the United Methodist Camp & Retreat Ministry visit umcrm.camp/about/our-beliefs

PLAN A VISIT

2025 SATURDAY OPEN HOUSES
FEB 22, MARCH 15 & APRIL 12
In-person at Quinipet. 2:00-4:00 pm
No registration needed.
No pets allowed.

Visiting Quinipet ahead of time for an Open House is a great way for first-time campers to get to become familiar with Camp. We also offer guided tours at your convenience. *Please email or call ahead to schedule a private tour*.

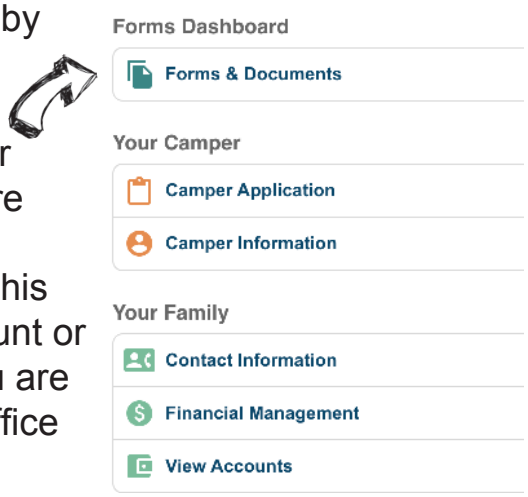
CAMPER-TO-COUNSELOR RATIO

Quinipet meets and exceeds New York State and American Camp Association standards for camper-to-staff ratio. These ratios vary based on the age of the children, but are typically 6 campers to every 1 counselor, in addition to many other staff members.

PREPARING FOR CAMP

REQUIRED FORMS & YOUR CAMP-IN-TOUCH ACCOUNT

When you completed the Camp application, you created a CampInTouch account using your email and a password of your selection. You will receive a confirmation email once enrolled. At that time you can log back into your account by visiting quinipet.org and clicking on the "Returning Family Log In" button. All required Camper Forms are listed within the yellow "Forms & Documents" link on your CampInTouch account home page. Some of the forms are completed online, some forms require downloading, completion and then uploading back into your account. This can be done on a computer via your CampInTouch account or by using the new "Campanion" App detailed below. If you are having trouble accessing your account, please call the office for help retrieving a reset password link: (631)749-0430.



These REQUIRED FORMS include, but are not limited to:

> 2025 QUINIPET CAMPER HEALTH FORM***
(Requires physician stamp AND signature)
***We cannot accept a copy of a school physical in lieu of the Camper Health Form.**

> ONLINE MEDICAL HISTORY FORM

> IMMUNIZATION RECORDS

> 2025 CAMPER CODE OF CONDUCT

CAMPERS MISSING ANY FORMS OR PAYMENTS AFTER MAY 15th WILL BE MOVED TO THE WAITLIST.

THE "CAMPANION" APP!

We know filling out and uploading forms to your CampInTouch account can been a bit tricky using your phone so we are excited to introduce the Campanion App to our camp families! The Campanion App is free to use and allows parents to easily fill out online forms as well as scan and upload physical forms straight through the App. Scan the QR code here with your iPhone or Android device to download Campanion!

NO CELL PHONE POLICY

Cell phones at camp are prohibited. We believe that camp is one of the last places where kids are free to play, socialize and explore without the distraction and influence of technology. Studies show that taking a break (even if just for a week) from screens, social media and texting is extremely beneficial in child and adolescent development. **By signing our required "Code of Conduct," parents and campers are pledging to keep cell phones out of camp.**

PREPARING FOR CAMP

SENDING CAMPERS MAIL (NEW POLICY!!!)

Quinipet's important cell phone policy does not mean we want to discourage parents and other family members from keeping in touch. **Sending an email** (see page 2) or receiving mail at camp is a great way to combat missing home!

Mail and ***flat envelopes**** (ex: magazines, books, MadLibs) can be mailed via USPS to:

(Camper Full Name/Cabin) c/o Quinipet
99 Shore Rd #549
Shelter Island Heights, NY 11965.

Our goal is for campers to have a shared experience. When some campers receive packages and others don't, it leads to issues within the cabin. ONLY flat envelopes will be accepted; **any packages will be refused and returned to sender. Parents may not drop off packages in person.***Please note all envelopes are opened in front of a staff member in the Camp Office to ensure only appropriate items are brought back to the cabin. **Please do not send any food (including gum and candy), fireworks, or other items prohibited on the packing list.** Any inappropriate items will be discarded. Post cards and letters are appreciated the most! Stamps are available for purchase at the Camp Store. Pre-addressed envelopes are helpful!

PHONE CALLS WHILE AT CAMP

Believe it or not, contact with parents actually makes children even more homesick. We have found that most children, with the help of supportive counselors, get over the hump of missing home fairly quickly. If a child does not seem to be adjusting to camp, one of the camp directors will contact you. Parents are welcome to call the Camp Office any time to check on their camper. Campers do not use the phone except for family emergencies, medical situations or serious camper adjstment issues. More resources for first time families can be found at: quinipet.org/new-camp-families

REQUESTING A BUNKMATE

One of the best parts of camp is spending time with friends, old and new. At Quinipet, we want there to be opportunities for old friendships to flourish and new friendships to begin. Time in the cabin is a great opportunity for both to take place. Campers in the same age group tend to be in the same cabin, so if your camper's friends are coming they will likely be in close proximity to each other.

When it comes to bunks, **each camper may request one to two bunkmates**. Here's why: time in the bunk is an opportunity to get to know someone new. We do not want to neglect an opportunity for a new friendship to grow, and having the bunk be all friends from home is not conducive to that. When campers stay together in groups, other campers get left out, especially in bunk rooms that hold a limited number of beds. Thank you for understanding and respecting this important policy.

PREPARING FOR CAMP

OVERNIGHT CAMP CHECK-IN

Each camp session begins on Sunday afternoon at Wesley Hall in the center of Quinipet. Designated Check-In times are assigned alphabetically by ***camper last name*** to ensure a smooth, unrushed experience.

Last names beginning with:
A through M check-in from 2:00-3:00 pm
N through Z check-in from 3:00-4:00 pm

Please follow directions from the attendant and park at Wesley Hall, leaving all camper belongings in your vehicle. All campers and authorized adult(s) will go through the following "stations":

Forms & Financials
Brief Medical Assessment*
Lice Screening
Cabin Assignment

*Campers with medications, or other medical/physical needs while at camp, will then have the opportunity to meet directly with the Camp Nurse on duty that session.

Families will then have the opportunity to drive to the cabin, unload the camper's belongings and meet the cabin counselors. We encourage families to keep "good byes" brief to allow the new cabin mates to get to know one another independently.

OVERNIGHT CAMP PICK-UP

Overnight Pick-Up for all campers is the following Saturday morning between 9:00-10:00 am at Wesley Hall. If a camper needs to be picked up early, the Camp Office must be notified well in advance by calling 631.749.0430 or emailing quinipet@nyac.com. ADULTS MUST PRESENT PHOTO ID. **All campers must be picked up on Saturday morning**. (We do not offer stayover weekends.) If campers are attending consecutive sessions, campers will be able to Check-In again through an expedited line on Sunday afternoon.

If a camper is being picked up by an adult other than a parent or legal guardian, an "Authorized Adult" release form must be completed authorizing them to pick up the camper. This release form is located in your CampInTouch account.

All Authorized Adults will be required to present their driver's license.

Quinipet has a firm "no tipping" policy in order to have an equitable community. Families can show appreciation by donating to Quinipet's Scholarship Fund in a counselor's name.

ARRIVING LATE/LEAVING EARLY/MISSING A DAY

We recommend that you pick a session when your child will be able to enjoy the whole experience, but we understand sometimes this is not possible. **Please call the Camp Office in advance to work out details with one of our Directors directly.** (Please DO NOT simply inform your camper's cabin counselor. Thank you!)

We are unable to prorate camp fees for missing a day of camp.

OVERNIGHT CAMP WEEKLY SNAP SHOT

SUNDAY is all about checking in and getting comfortable at camp. Sunday ends with an all-camp orientation by the campfire complete with games and songs. Campers will learn basic camp rules, select electives for the week and learn how to stay safe and comfortable while at camp.

MONDAY-FRIDAY is when camp is in full swing!

SATURDAY mornings are about cleaning up, packing up and preparing for the journey home.

A TYPICAL DAY AT CAMP (SAMPLE SCHEDULE)

TIME	ACTIVITY
7:00 AM	RISE & SHINE!
8:00 AM	BREAKFAST
9:10 AM	MORNING GATHERING A time for us to fully wake up and celebrate another beautiful day at Quinipet!
9:30 AM	ACTIVITY BLOCK Age groups are scheduled for a waterfront block every day, as well as special bunk (“Family”) activities*. Additional blocks are for camper electives.
10:30 AM	ACTIVITY BLOCK
11:30 AM	ACTIVITY BLOCK
12:30 PM	LUNCH
1:30 PM	“F.O.B.” “Feet On Bed” is a time for campers to relax with their bunkmates- inside games/reading/writing/hanging out, etc.
2:30 PM	ACTIVITY BLOCK
3:30 PM	ACTIVITY BLOCK
4:30 PM	ADVENTURE PERIOD: Each day counselors create a menu of fun activities for campers to choose from such as tie dye, water carnival and karaoke!
5:30 PM	BUNK CLEANUP (Cleanest cabins are announced at dinner!)
6:00 PM	DINNER
7:00 PM	EVENING ACTIVITY
8:00 PM	VESPERS Morning Gathering’s counterpart, Vespers is a time for campers to slow down and reflect on their day.
8:30 PM	CANDLE CHATS & BUNK TIME Great opportunities for campers and counselors to connect and bond as a cabin
9:00 PM	LIGHTS OUT Bedtime varies by each age group, but all between 9 and 10 pm
*”Family” activities can include any of the following: arts & crafts, sports & games, outdoor education, low ropes course, waterfront time or themed group discussion.	

DINING

Quinipet is dedicated to serving our campers and staff only fresh, healthy meals in a clean and safe environment.

Breakfast, lunch and dinner are served daily in our Dining Hall. Campers and counselors sit with their cabin at meals. Grace is sung in a fun, “camp style” way before each meal. Quinipet emphasizes the use of fresh ingredients and offers a wide variety of options over the course of each week. Each meal features a hot selection (with vegetarian alternative) served buffet style at the main window, as well as either a full breakfast bar or a salad bar at lunch and dinner. Main meals feature healthy, kid friendly options like Taco Tuesday and our “Fancy Friday” banquet.

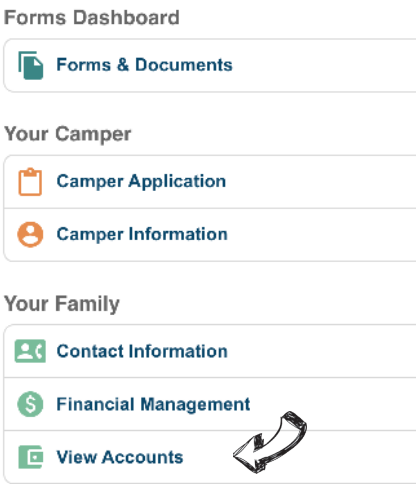
Our breakfast bar features freshly cut fruit, yogurt, gluten-free granola, and cold cereals (Corn Flakes, Cheerios, etc). The salad bar at lunch and dinner offers fresh greens, tomatoes, cucumbers, shredded carrots, beans, tofu, croutons, house-made grain salads and a variety of seasonal produce. Daily sandwich selections are also available upon request, ex: Turkey & Cheese, Sunbutter & Jelly.
Quinipet does not use nuts, or nut products, in any of our recipes.

All allergies and dietary restrictions are recorded by parents when completing the required online “Medical History” form in your CampInTouch account.

CAMP STORE

The Camp Store is available to all campers daily. You may add funds to your enrolled camper’s account via the CampIn Touch Parent Portal (under “View Accounts”) and/or at Check-In.

The Camp Store provides a variety of reasonable treats and snacks (nut free), beverages, ice cream, apparel, water bottles & other items. Any unspent money may be donated to our Scholarship Fund or refunded (for $5 or more).



SWIM CHECK

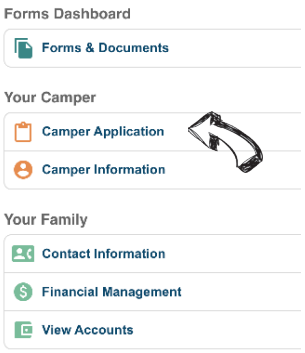
All campers must complete a swim check upon arrival at the waterfront to demonstrate their comfort in open, bay water. Our swim check consists of swimming (not “dog-paddling”) four laps (without stopping) in the deep end of the camp swim area, treading water for one minute, and floating on their backs for one minute.
Campers enrolled in our sailing program must also be able to demonstrate donning a life jacket in deep water.

TUBING & WAKE SURFING TRIPS

Quinipet, along with our trips partner, Peconic Water Sports (PWS), offers additional aquatic experiences for campers in the form of Tubing (ages 7+) and Wake Surfing/ Boarding (ages 9+). Trips require advanced sign up via CampInTouch and are an additonal fee of $80/trip. Each trip is 1 hour on the water. Campers can be enrolled in up to 2 per week, in advance.

Trips are scheduled as the weather permits. Trips do impact a camper's availability to participate in other electives that day(s). Trips that are unable to be scheduled due to weather will be refunded. Trips missed by a camper due to leaving camp early are not refundable. Quinipet pays for PWS's boats to run upfront.

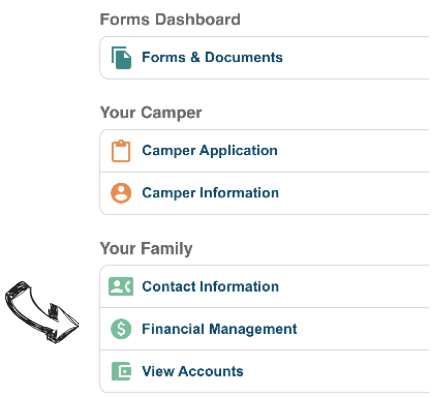
To enroll your camper in 1-2 of these optional trips by May 15th, click through the Camper Application until you see "Additional Options," then click through to save the updated application. You can also e-mail the camp office at quinipet@nyac.com to add trips to your camper's account.



MAKING PAYMENTS

Once the deposit is received and the camper is enrolled, additional payments can be made electronically through your CampInTouch Parent Portal under "Financial Management." Please note any *credit* card payments are subject to a 3% processing fee. (This fee is not applicable to debit cards or other payment methods.)

(New payment option! Automated Payments, can be charged the 15th of each month, with the final payment occuring on May 15th.)



Please make any checks or money orders payable to **Quinipet Camp & Retreat Center**. Be sure to write your camper's name and session date in the memo area.

Our mailing address is:
Quinipet Camp & Retreat Center
99 Shore Rd #549
Shelter Island Heights, NY 11965

All final payments are due by May 15, 2025.
If registering for camp after May 15th, the full balance is due upon registration.
Checks are not accepted after May 15th.

*****CAMPERS MISSING ANY FORMS OR PAYMENTS AFTER MAY 15th *WILL BE MOVED TO THE WAITLIST*.*****

FINANCIAL/MEDICAL

REFUND/CANCELLATION POLICY

Fees for camp include a non-refundable $100 administrative fee. Refunds cannot be made after May 15th unless accompanied by a physician's note. **There are no refunds for camp sessions and trip fees due to leaving early because of behavioral reasons or homesickness.** Please contact the Camp Office with any questions: quinipet@nyac.com or (631)749-0430.

CAMPER HEALTH FORM, IMMUNIZATIONS & ONLINE MEDICAL HISTORY

We are required by New York State to collect the Quinipet Camper Health Form, online Health History and Immunization records ANNUALLY. The Quinipet Camper Health Form needs to be signed and stamped by an authorized health provider, as well as signed by a parent or legal guardian. A doctor's physical is not required. All forms are due by May 15, 2025.

For instructions on how to upload your camper's forms and documents, please see page 4 of this Handbook.

CAMPERS MISSING THESE FORMS AFTER MAY 15 WILL BE MOVED TO THE WAITLIST

HEALTH CARE & MEDICAL NOTIFICATION POLICY

Quinipet has a Registered Nurse onsite in the Health Center when camp is in session. Parents will be notified by the Camp Nurse of any treatment required by a physician.

A parent or authorized adult is responsible for picking up their child from camp when a physician's care is deemed necessary. Authorized adults must have a valid U.S. phone number and be available within a 3-4 hour drive to Quinipet in the event a camper needs to be picked up to seek further treatment.

Immediate emergency medical issues are treated at Eastern Long Island Hospital, located in Greenport.

Quinipet Nurse/Health Center
tel: 631.749.0430 | email: quinipet@nyac.com | fax: 631.749.3403

HEALTH INSURANCE

Quinipet does not provide health insurance. Parents are required to provide current healh insurance information for their campers on the online "Medical History" form in their CampInTouch account.

MEDICAL

SEVERE FOOD ALLERGIES & DIETARY RESTRICTIONS

Quinipet is a nut-free camp, which is why it is so important that campers not bring food to camp. Parents are asked to clarify specific needs and requests within the online Medical History form in your CampInTouch account. We will work with you to ensure your camper enjoys safe and delicious meals at camp!

NON-PRESCRIPTION MEDS, VITAMINS, HOMEOPATHIC PREPARATIONS

The NY State Department of Health requires that ANY medicine provided must be in its original packaging, be accompanied by a copy of the original prescription, and be given to the Camp Nurse at Check-In. “Medication” is any substance a person takes to maintain or improve their health (including vitamins and natural remedies).

The Health Center is stocked with the over-the-counter medications listed on the Quinipet Camper Health Form. The Nurse must be advised about any treatment your child may need administered during camp. A healthy camper is a happy camper!

HEAD LICE PROCEDURE

Each overnight camper will be screened for head lice at Check-In. If any head lice/nits are found we will comfirm with our camp medical professionals. If the lice/nits are confirmed, campers must be treated at home. We look forward to welcoming them back after treatment! Cabin assignments are only given out after the lice screening.

TICK PROCEDURES

Staff receive tick prevention training as part of staff training each year. Counselors avoid tick spots with campers and encourage campers to have a buddy with whom to perfom tick checks daily. If a tick is found on a camper, it will be removed by the Camp Nurse and the parent is called.

INSECT REPELLENT

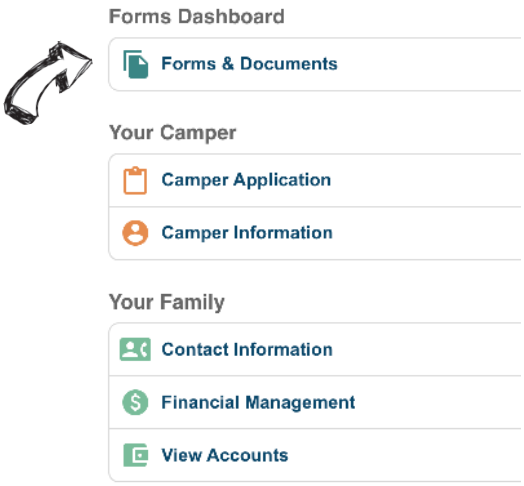
We recommend that you send your camper with NON-AEROSOL anti-bug/tick spray. New York State Department of Health requires us to have a permission form for applying bug spray on your camper. This permission form can be found in your CampInTouch Account.

For more resources on ticks, visit eastendtickresource.org

CAMP SCHOLARSHIPS

FINANCIAL ASSISTANCE

In order to assist as many families as possible, Quinipet offers Camp Scholarships to families in need. To apply, first complete the online registration for camp through CampInTouch. While registering, select “check” as payment type for the cost of camp. This will allow you to complete and submit your camp application without entering an actual payment.



Once you have been notified of your camper’s enrollment, The Scholarship Request Form will be accessible along with the other required forms under “Forms & Documents” in your CampInTouch account.

Scholarship requests are due by April 15th. Requests submitted after the deadline will be considered if funds are available.

Camp Scholarships are applied to a single week of camp, either Overnight or Day Camp. This allows Quinipet to provide the camp experience to as many children as possible.

Contact quinipetoffice@nyac.com or (631)749-0430 with questions.

Scholarships are funded by the generous donations to The Quinipet Scholarship Fund by camp families and community members. To make a donation please contact the camp office or visit us online at quinipet.org/donate-to-quinipet-468636

For Shelter Island Families: The Shelter Island Education Foundation pursues, creates and provides excellent educational opportunities that enhance, inspire and broaden the horizons of our children and the community. Grant applications are typically available on their website in the Spring. shelterislandedfoundation.org

WE LOOK FORWARD TO SEEING YOU AT QUINIPET THIS SUMMER!