



Welcome Packet



Camp
No Limits

2017

CAMP NO LIMITS

Program of No Limits Limb Loss Foundation

Welcome to Camp No Limits!

We are so excited to have you and your family join us for the 2017 camping season! This welcome packet is full of helpful information that will assist you in your preparations to attend Camp No Limits!

Camp No Limits started in 2004 with just four camp families. 13 years later we have grown our program and operate in 10 locations nationwide. We have goals to continue expansion and look forward to growing with you and your family!

Volunteers will be around to assist at camp. They know a lot about camp and are willing and able to answer your camp questions or point you in the right direction.

My advice to you for an amazing camp experience:

- Dive in to all camp activities! Challenge yourself and learn new skills to take back home with you.
- Take time to really get to know fellow campers, camp families and volunteers; building relationships is what camp is all about!
- Learn from others; every member of our CNL family brings a unique perspective, from campers and volunteers to staff and visitors. Everyone has a story and something to teach you.
- Don't forget the fun!

Please review all of the materials in this packet and if you should have further questions, issues regarding payment, problems with camp staff, rules, safety concerns, medical emergencies or any other concerns, please do not hesitate to contact me. I'm looking forward to welcoming you and your family to Camp No Limits 2017!

Yours in camping,

Mary

Mary Leighton, OTR/L
Executive Director

Camp No Limits = Determination and Strength

You can contact us in
the following ways:

Email: campnolimits@gmail.com

Or mel.campnolimits@gmail.com

Phone: 207.240.5762

*When camp is in session, texting may work better at certain locations if
cell service is limited*

Mail: 265 Centre Road,
Wales, Maine, 04280

Find us online at:
nolimitsfoundation.org

Executive Director: Mary Leighton

Program Director: Melanie Dash

Contact Us

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Locations & Dates

Camp No Limits – California

Pine Summit Camps
700 South Wren Drive
Big Bear Lake, CA 92315

Dates: June 22 – 25, 2017

Camp No Limits – Missouri

YMCA Trout Lodge
13528 State Route AA
Potosi, MO 63664

Dates: June 4 - 7, 2017

Camp No Limits – Florida

Day Spring Conference Center
8411 25th Street East
Ellenton, FL 43219

Dates: February 17 – 20, 2017

Camp sNOw Limits – Maine

Sunday River Ski Resort
15 South Ridge Road
Newry, ME 04261

Dates: March 2 – 5, 2017

Camp No Limits – Idaho

Camp Cross In Coeur d'Alene
Camp Cross Marine Rt.
Coeur d'Alene, ID 83814

Dates: July 13 – 16, 2017

Camp No Limits – Texas

Camp For All
6301 Rehburg Rd.
Burton, TX 77835

Dates: May 11 – 14, 2017

Camp No Limits – Maine

Pine Tree Camp
114 Pine Tree Camp Rd.
Rome, Maine, 04963

Dates: TBA

Camp No Limits – Maryland

NorthBay Adventure Camp
11 Horseshoe Point Lane
North East, MD 21901

Dates: September 1 – 4, 2017

Camp No Limits – Connecticut

Quinnipiac University
275 Mt Carmel Ave.
Hamden, CT, 06518

Dates: July 6 – 9, 2017



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- Please be respectful of individual values, beliefs and backgrounds. We are here to support each other, not pass judgment or offer advice when it is not asked for.
- Parents are responsible for their children at all times. If volunteers are supervising, make sure you check to ensure that the volunteer is watching your child. If your child is not following the rules of the adult volunteer and discipline is necessary, this is the responsibility of the parent and is not expected to be the responsibility of a volunteer. Volunteers are here to assist families and campers please do not abuse this.
- Volunteers are not to be alone with campers under any circumstance. If a situation arises in which a volunteer is put in a position that they would be alone with a camper, they must find another volunteer to be with them. This is for everyone's protection and safety.
- Please keep shoes on at all times unless in the water or on the beach or pool.
- Pick up after yourself/family, no littering.
- You MUST follow the swimming guidelines discussed by our host facility and can only swim during our scheduled times. Lifeguard supervision is required!
- When on a lake do NOT leave on a kayak/canoe without an adult or notifying a Camp No Limits staff member. We will have scheduled times for water activities and families/campers need to follow the rules of the waterfront.
- ALWAYS wear a life jacket when on ANY boats!!! This is the rule for ALL volunteers, staff, campers and family members.
- Please keep track of your own personal items! Take caution of your prosthetics and know what you can and cannot do with your prosthesis (i.e. no myoelectric or computerized prosthetics in the boats or water).
- Please respect other campers/family/volunteer property by returning their items to them if borrowed.
- No drugs, alcohol, or smoking allowed on site at Camp No Limits.
- We ask you to stay with the group and our activities at all times.
- ALWAYS NOTIFY A CAMP NO LIMITS STAFF MEMBER BEFORE EXITING THE GROUP!
- At the end of camp, you must sign out before departing for home.
- Most importantly, have fun and create memories to last a lifetime!

Basic Camp Rules

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Just a reminder that camp fees are \$500 per person, which cover meals, lodging and participation in most camp activities. Children under 3 are free. To help cover the costs of camp, there are some fundraising options you might consider. Please refer to the accompanying Fundraising packet for further information.

FirstGiving Fundraising | www.firstgiving.com/campnolimits |

FirstGiving is a great way to help you cover your camp fees. Camp No Limits offers you the avenue of raising these funds through the donation website, FirstGiving. Here you can track, manage and promote your fundraising efforts.

Rules around FirstGiving donations relative to Camp No Limits:

- Funds allow you to access food, lodging and all program activities during your time at camp.
- Funds DO NOT cover travel fees to get to camp.
- If you have to cancel attending camp one year, funds raised cannot be carried over more than a two-year period.
- All fundraisers must be communicated to the Communications and Marketing Coordinator. Camp No Limits needs to be aware of any fundraisers and the amount raised.

Camp Merchandise

At each camp location, there will be lots of camp merchandise to choose from! Get your camp swag and rock camp in CNL style!

Merchandise includes but is not limited to:

- T-shirts
- Hoodies
- Sweat Pants
- Water Bottles
- Synch Packs

Cancellation Policy

If you need to cancel, please inform the Camp Director with as much advance notice as possible. While we will be sad you will not be able to make it, some camps have waiting lists and we can offer the vacant spot to those families.

Refund Policy

In the event you do cancel, refunds are not available two months prior to camp. We will apply the camp fees you paid to a future camp session. Please contact the Camp Director to work out these details.

Camp Fees

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Daily Schedule

Schedule varies by location, general sample schedule

*"Be part of something that will change your life forever.
Be part of something amazing."*

7:30AM – 9:00AM	Wake up/Breakfast
9:00AM – 10:00AM	CNL Pilates Exercise Program & Energizers!
10:00AM – 12:00PM	Life Skills Sessions (OT & PT) Sibling Program
12:00PM – 1:00PM	Lunch
1:00PM – 2:00PM	Rest Period
2:00PM – 5:00PM	Adventure Afternoon
5:00PM – 6:00PM	Dinner
6:00PM – 7:00PM	Support Groups {Campers, Parents and Siblings}
7:00PM – 9:00PM	Evening Program {Talent Show, Dance, Slideshow}
9:00PM – 10:00PM	Campfire
10:00PM	Bed time/Lights out

Participation Statement

The core of Camp No Limits activities are designed by therapists and other professionals to help you get the most out of camp. We ask that you fully invest yourself in the camp experience by participating in all of the camp activities, life skills programs and exercises. You'll be amazed about what you learn about yourself, your abilities and your new camp friends. Please lead by example and commit fully to our unique and inspiring program!

Program Overview

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About No Limits Limb Loss Foundation

Camp No Limits is a non-profit organization, which is comprised of a Board of Directors, a small staff and many incredible volunteers. Volunteers make Camp No Limits possible. We highly value our volunteers and their time and dedication to our program.

Board of Directors

Jim Houston

Marc Paquette

Stanton Leighton

Jonathan Gelfand

Robert Shaunessy

Jen Reeves

John Wallace

Joanne Damicis

Timothy McCarthy

Don Kowalsky

Executive Director: Mary Leighton

If you see a board member throughout camp, please share your questions, comments, ideas, or concerns with them so they can share this at our upcoming meetings! We work hard to deliver a high-quality, safe and fun camp experience for you and your family!

Mission Statement

To educate and empower young people with limb loss to discover and develop a healthy, happy and independent lifestyle.

Vision Statement

Camp No Limits is the leading camp for young people with limb loss, in the United States, recognized for camper satisfaction, age specific physical and social skill development, amputee education and peer support.



"I am not what happened to me. I am what I choose to become!"

Camp Nurse A Registered Nurse or licensed EMT will be available at all camp locations, at all times. The cell number of the medical staff will be made available at camp.

Emergency Procedures The Camp Nurse/EMT will assess all injuries and illnesses. If the sickness requires attention by a physician, they will be transported to nearest medical centre for treatment. A camp staff person or parent will accompany all campers to the hospital.

Medication Administration It is the responsibility of the camp family to administer any medications. Please ensure they are put away safely and not in reach of young children. If you require refrigeration or any other special forms of medication handling, please connect with the Camp Director or Program Director upon arrival to organize this for your stay at camp.

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Without our dedicated volunteers, Camp No Limits would not be possible.

They fulfill many roles at camp.

They are your counselors, program leaders, amputee role models, support group leaders and even your boat driver!

Some have come from great distances to help make your Camp No Limits experience an incredible one.

All of our volunteers go through an application process and are carefully selected for their skills, compassion, leadership and awesomeness!

Every volunteer has a background check and participates in Camp No Limits' Volunteer Orientation in order to help you get the most out of your camp experience.

Volunteers should not be expected to discipline children if a situation arises. This is the responsibility of the parents or caregivers. If you should have an issue with a volunteer, please direct concerns to the Camp Director or Program Director and they will be able to help you.

Finally, we encourage you to get to know our incredible volunteers! Building relationships and creating a sense of community is what keeps our camp families returning year after year!

Our Volunteers

Camper & Family Packing List

Below is a list of **suggested items** that you may want to bring along to make your camp adventure comfortable and fun.

Bedding: Unless otherwise noted, please bring own bedding for twin-sized beds.

Clothing

- Rain pants and/or rain coat
- Warm sweater or fleece jacket
- Warm sweats, long pants or jeans
- Shorts & T-shirts
- Long sleeve t-shirt
- Dress clothes for the dance!
- Gloves/mittens for Connecticut camp (sled hockey)
- Socks
- Sneakers, comfortable shoes/hiking boots
- Sandals and pool shoes
- Swimsuits
- Hat

Personal Items

- Laundry bag
- Plastic bag (for wet clothing/gear)
- Toiletries
- Towel and wash cloth
- Sunglasses/Swim goggles
- Beach Towel
- Fan (Maine has limited A/C, it is humid!)

Medical/Prosthetic Care (if applicable)

- Medications/vitamins
- Shrinkers or ace wraps and socks
- Topical antibiotic cream and Band-Aids
- Pain relievers
- Small toolkit for prosthetics (if needed)
- Baby wipes or alcohol wipes for socket
- Lotions for sunburns, dry skin and bug spray

Activity Items

- Notepad/diary and pen
- Book, cards or games for down time
- Camera
- Cell phone (reception varies)

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Other items for camp:

- All prosthetics (even if camper is not wearing the prosthesis) if interested in having the opportunity to try recreational components. It may be possible to use with the child's current prosthesis for some adaptations.
- A raffle item – for fundraising events for camp or prizes for campers to win!
- Something to share for talent night
- Arts and crafts supplies – for something to stay occupied during rest time
- A bike **AND** helmet – we can help you learn how to ride!
- Memory stick – to save/share camp pictures with friends, volunteers or family. www.dropbox.com is a great resource for sharing files as well!
- Any item or activity that you may want assistance or tips on by an adult amputee, therapist or prosthetist. Consider items for daily living, school, or recreational activities: bike, golf club, baseball glove, dressing tips, computer etc.
- Tent – Want to try sleeping in the woods for a night?! This option is only allowed in certain locations... please check first!
- Any tips, educational information, or helpful hints that you would like to share with fellow campers and families
- Exercise mat! (Pilates or yoga type)
- Headphones or ear plugs if you have a difficult time sleeping in new settings
- Finally, a BIG SMILE and be ready to have FUN! 😊

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Upon arrival at camp:

1. Please check-in at the registration table. This will give you the opportunity to:
 - Learn about exciting camp events
 - Pay any outstanding camp fees
 - Verify/update your contact information
 - Meet camp volunteers and fellow camp families
 - Check out/purchase camp merchandise for sale
 - Ask questions, get answers
2. If needed, one of the volunteers will then show you to your cabin and help you get settled.
3. Dive in to camp activities! Use the schedule provided by the Program Director to know when and where camp activities occur. If you need help finding your way, a volunteer will gladly assist you. We hope you have an incredible time!

Before you depart camp:

1. Please ensure your cabin is clean and you have packed all of your belongings. Camp No Limits is not responsible for any missing, left behind or damaged items.
2. Say goodbye to your new/old camp friends! Exchange contact info to stay in touch until the next Camp No Limits!

"Be yourself! Don't wait for approval!"

Check-In/Check out Logistics

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What you can expect during your stay at Camp No Limits!

While accommodations will vary by camp location, here is a good idea of what to expect before you arrive to help you and your family prepare for your stay.

Living Space

For the most part, you can expect to be staying in dorm like accommodations and sharing space with other camp families. Part of what makes camp an incredible place to be is getting to know other families. More private accommodations are sometimes available but are often limited. Additional fees may apply for this type of accommodation. Please contact us to discuss if you feel this would be a more comfortable option.

Money

Extra cash may be needed for occasional optional items at camp. Again, this varies by location. Often we do get sponsors for the optional items but some camps like the YMCA have other activities at extra costs from our usual program. All campers WILL have access to our regularly planned program. Some locations have their own stores with ice cream and snacks at an extra cost, lobster dinner, or some optional activities like zip lining at dark in Missouri. We also have camp merchandise available for purchase during camp. We take cash, credit card, and checks.

Camp Store

If you'd like, you can check out our camp store prior to arriving at camp and place preorders with Missy. Her email address is missy.campnolimits@gmail.com Check out the camp store: <https://squareup.com/market/no-limits-foundation-camp-no-limits>

Laundry

Laundry services are available at some locations, but not all. It is recommended to prepare for your full stay without laundry services.

Internet

Wi-Fi connections are limited and sometimes not available at all at certain locations. It is best to rely on your own data services when not participating in camp activities.

Showering

Showers, and sometimes bathtubs, are available at all locations. You will not have any issues with finding time to take care of your personal needs. If you require shower chairs or other assistive devices let us know and we will try and accommodate when and where we can.

Smoking

The majority of Camp No Limits locations are strictly NO SMOKING but in some instances there are designated smoking areas. Please contact for more information if this is a concern.

Food/Drink

Camp No Limits provides a healthy and hearty breakfast, lunch and dinner. Sometimes there will be light snacks available at certain locations during the day but this is not a guarantee. Fresh water is available at all times in the dining halls but food is not a 24-hour service. If you choose to bring your own snacks, they will have to remain in your vehicles, as most locations do not allow food in the cabins/rooms. If you are a diabetic and require having food to help control your blood glucose levels, this will be an exception and we will support your needs.

We cannot wait to have you join us and start sharing incredible memories with us! See you soon!

Accommodations