



# Common Ground Center Camper Packet

Travel Info, Packing List, Policies and More

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## Welcome to Camp Common Ground!

This is your camper packet. It contains useful packing tips, policies, safety procedures, and general information to help you make the most of your time at camp. We can't wait to see you!

Safe travels,  
Common Ground Center Staff



### Forms

All medical forms and waivers are completed as part of the online registration process. This information needs to be checked and/or updated every year. **Please be sure your forms are up to date in your account before you arrive at camp.**



## What to Expect: The Basics

**Meals & snacks:** Our philosophy around our **vegetarian** fare is **simple, wholesome, and fresh**. People with special diets can check in with the kitchen coordinator upon arrival. In our experience, "delicious" and "plentiful" are the words most often used to describe food at CGC. And yes - coffee, tea, and snacks are always available!

**Camper Kitchen:** Campers may store & prepare food (including meat) in our camper kitchen, complete with refrigerator, microwave, oven, and stove. Please be mindful that space in the camper kitchen is limited. Please label all personal food.

**Bathrooms:** Our central bathhouse has private indoor and outdoor showers, toilets and a shared sink space for washing hands and brushing teeth. There are also toilet facilities in each of the main buildings, and portable toilets by the pond and in the cabin area. Most Eco-Lodge rooms have private bathrooms.

**Electricity:** Cabins do not have electricity but Eco-Lodge rooms and each of the main buildings do. Our reduction of light pollution keeps the night skies intact for stargazing. Get ready to unplug!

# What should we bring to camp?

## Handy Checklist

- \_\_\_\_\_ Warm sweater/fleece jacket
- \_\_\_\_\_ Rain gear or poncho
- \_\_\_\_\_ Bathing suit
- \_\_\_\_\_ Sun hat, sunglasses
- \_\_\_\_\_ Long pants and shorts
- \_\_\_\_\_ Loose, comfortable clothing for yoga and dancing
- \_\_\_\_\_ Sturdy walking or hiking shoes
- \_\_\_\_\_ Flip-flops for the shower
- \_\_\_\_\_ Sunscreen
- \_\_\_\_\_ Bug repellent
- \_\_\_\_\_ Prescription medications (including Epi-pens if needed)
- \_\_\_\_\_ Personal items including soap, shampoo, sanitary napkins, diapers, etc.
- \_\_\_\_\_ Flashlights and/or head lamps
- \_\_\_\_\_ A battery-operated lantern for your tent or cabin (No candles or fuel-operated lanterns permitted)
- \_\_\_\_\_ Watch or alarm clock (battery-operated)
- \_\_\_\_\_ Bedding: pillows, sleeping bag, and/OR sheets and blankets\*
- \_\_\_\_\_ Towels (for showering\* and for the beach)  
*\*Eco-Lodge rooms include bedding & bath towels*
- \_\_\_\_\_ Day pack
- \_\_\_\_\_ Water bottles - one for each family member
- \_\_\_\_\_ Infant or toddler items: an all terrain stroller and/or a baby backpack may be handy

### Optional items/ideas of things to bring:

- \_\_\_\_\_ Clothes you don't mind getting dirty in art classes
- \_\_\_\_\_ Umbrella
- \_\_\_\_\_ Quarters for coin operated laundry (load of wash/dry = \$4.50)
- \_\_\_\_\_ Something to tie dye (white or light-colored **cotton** fabrics work best!)
- \_\_\_\_\_ Water shoes or sandals
- \_\_\_\_\_ Lawn or camp chairs (for your cabin or the beach)
- \_\_\_\_\_ Musical instruments and song books
- \_\_\_\_\_ Mattress pad (single or queen) for cabin beds

## Camp Store

You'll be able to pick up souvenirs and treats on-site. Cash, credit cards and Apple Pay are accepted. Grocery & pharmacy items are available in the nearby towns of Hinesburg and Bristol.

## Weather

Campers should be prepared for Vermont's variable summer weather.

**You can expect HOT days and chilly nights at camp. Pack accordingly.**

### Things we have available to use:

- Tennis rackets & balls
- Balls, frisbees, hula hoops, etc
- Sand toys
- High chairs
- Yoga mats
- Board games & cards
- Coin-operated laundry
- Wi-Fi
- Writing materials and craft supplies
- First aid supplies
- Land line phone for urgent calls

### Kids should arrive at Kidville each morning with:

- \_\_\_\_\_ Sunscreen applied or wearing sun protective clothing
- \_\_\_\_\_ Bathing suit
- \_\_\_\_\_ Water shoes or Crocs
- \_\_\_\_\_ Beach towel
- \_\_\_\_\_ Water bottle
- \_\_\_\_\_ Sun hat
- \_\_\_\_\_ Shoes to run in
- \_\_\_\_\_ Rain Gear (weather dependent)
- \_\_\_\_\_ Day pack to carry it all in

### Things to leave at home:

- Boats
- Pets
- Alcohol and drugs
- Radios, hand-held video games and the like
- Candles or fuel operated lanterns
- Candy
- Pocket knives and toy weapons
- **NEW this year: we are asking all campers under 18 to leave smart watches and other watches with games/interactive displays, at home**

# Common Ground Center Policies

**Parents and Guardians:** You are responsible for your children at all times (except for Kidville hours). Please make sure you know where your child is and what they are doing. Notify the camp director if you need to make arrangements to leave the site without your child.

**Cabin Etiquette:** Please do not bring food, toothpaste, or deodorant to your cabins or tents as these items will attract undesirable wildlife. We ask that you only use battery powered flashlights and lanterns in your cabin. No candles or oil-powered lanterns are permitted. Please—no graffiti. Please keep noise to a minimum in and around the cabin/tenting areas at all times.

**Quiet Times:** Quiet times are designated between the hours of 1 pm - 2:15 pm and 9 pm - 7 am. During evening quiet hours, please keep the noise down outside and bring your activities into the Dining Hall.

**Respect and Safety:** Everyone at CCG is expected to respect the boundaries and privacy of others. We ask that campers act in accordance with camp rules and the law, do not engage in conduct that may harm themselves or others or that interferes with the carrying out of staff responsibilities. Failure to abide by this policy may result in being asked to leave camp and/or not be welcome back at camp.

**Communication:** We have a land line available to campers for phone calls. If you need to make frequent calls during your week at camp, we highly recommend that you use a cell phone. Note that cell service is spotty on our site. If you need to bring a laptop for work, CGC assumes no responsibility for computers or other valuables. Wi-Fi is available in the Eco-Lodge Common Room.

**Guests:** Unfortunately we cannot accommodate any camper guests. Please plan to visit your friends and family before or after your time at CGC.

**Conflict Resolution:** Campers are encouraged to discuss grievances or complaints with the other individual(s) involved. Folks are also welcome to seek support from the camp director in resolving any issues that occur.

**Drugs & Alcohol:** Family Camp is drug and alcohol free. Please respect this policy while you are a member of our community. As a community, we are interested in creating a safe environment for everyone. Infractions of this policy will be handled by CGC's core staff and may result in removal from camp.

**Tobacco:** Smoking under the age of 21 is not permitted. For others, there will be a designated smoking area.

**Hiking:** Campers hiking in the woods must sign in and out on the clipboard on the Dining Hall Porch. Maps are available, please stay on designated trails. Campers under 18 must be accompanied by an adult. Please don't hike after dark. If search and rescue is required, lost campers will assume the cost.

**Swimming at the Pond:** Lifeguards are at the pond in the afternoon. Adults may swim with a buddy at their own risk when lifeguard isn't present. The pond area is closed between 7 pm and 7 am. The lifeguard has final say in all activities in and around the pond.

**Swimming at Lewis Creek:** All swimming is at your own risk. All campers intending to swim in the creek must sign out and go with a buddy. No diving is permitted. At least one adult must be present.

**Parking:** Please park in the designated area only (parking lot north of Tatro Road). You can unload your belongings closer to your tent or cabin, but please move your vehicle promptly to the parking area when you are finished.

**Medical Staff:** While CGC employs medical staff, the staff member is not able to handle every medical and/or psychological situation that may arise. CGC may, at its discretion, ask a camper to seek medical assistance off site if they determine that the issue is outside of the scope of what CGC is equipped to deal with.

**Screen time:** CGC is actively engaged in helping campers build stronger connections with one another. As such, **campers under the age of 18 are asked not to carry smart phones, watches or tablets** while at camp and adults are encouraged to leave their phones in their cabins and take any necessary calls in a private setting.

**Thank you for helping out:** We encourage teens and adults to take part in making our community safe, clean, and fun by signing up for a **Helping Hands** role for the week. There will be a sign up sheet at registration when you arrive.

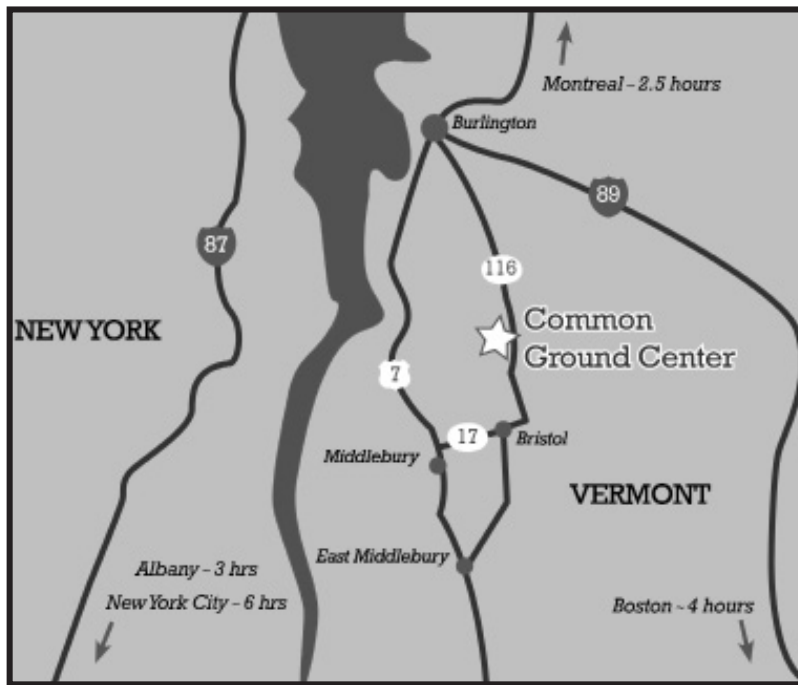
# Getting to Common Ground Center

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Common Ground Center is located right off Route 116 in Starksboro, which is a 30 minute drive from Burlington (north) and Middlebury (south).

If you are using a GPS, please use the following address:

**473 Tatro Road  
Starksboro, VT**



**When you turn onto Tatro Road:** Please drive very carefully and **DO NOT** exceed 15 MPH. There are often small children and dogs on the road.

**When you arrive:** You will see our sign and a tan farmhouse (our office) on the left. Please park in the parking lot on the right.

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**Trains:** There are Amtrak Stations in Middlebury and Essex Junction (greater Burlington area)

**Buses:** Greyhound Bus stops can be found in Vergennes, Middlebury, and Burlington

**If you need transportation from the Burlington area,** please make arrangements in advance and bring our address & directions.

We recommend **VT Tour & Charter:**  
**1-802-734-1293** (subject to availability)

Uber is not available in our area.