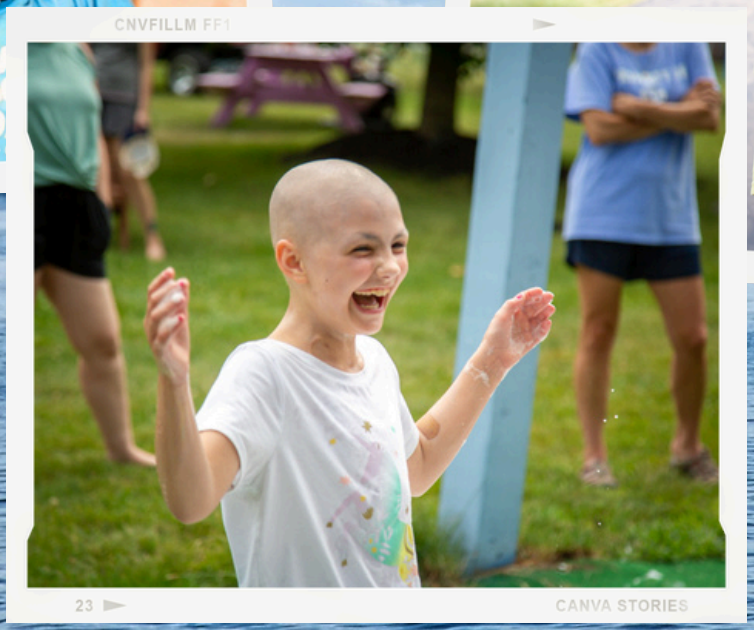
CAMP GOOD DAYS & SPECIAL TIMES

OVERNIGHT CAMPS







CAMP GOOD DAYS
CREATING SPECIAL TIMES SINCE 1979

FREE SUMMER CAMP SESSIONS FOR CHILDREN IMPACTED BY CANCER OR SICKLE CELL ANEMIA



Summer will be here before you know it!

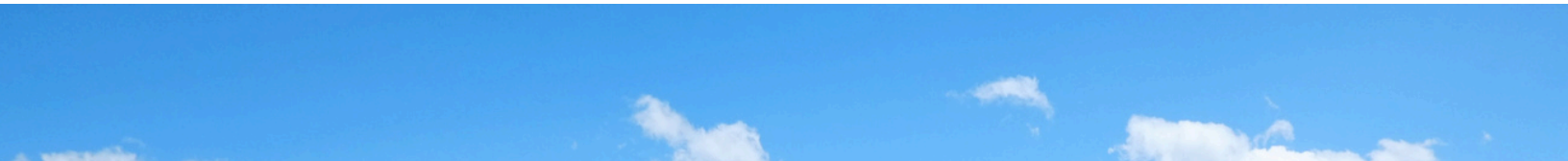
Learn more about our overnight Camp programs and the registration process here! Further details to prepare for Camp will be provided after registration.

Registration for our summer programs are accessible via the Parent Portal.

Our Recreational Facility: Our summer Camp is located in Branchport, NY on the shores of Keuka Lake. Complete with a swimming pool, indoor and outdoor eating areas, cabins, a recreation building, waterfront access, and more.

Transportation for overnight Camp is provided from our Buffalo, Rochester, and Syracuse offices.

Subject to change based on number of registrants.



LIVING ARRANGMENTS

MEALS

- No one goes hungry at camp! Meals are 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. Campers are provided a reusable water bottle.
- Please list all dietary needs/restrictions and food allergies on your child's medical form
- Note: Campers are not allowed to consume coffee. Please make sure your child is aware before they come to Camp.

HOUSING

- Campers are assigned to cabins by age and gender.
- All cabins are fully equipped with electricity and water including: toilets, sinks, and shower stalls.
- Campers have the choice of an upper or lower bunk bed (bedding is not provided).
- Beds are sanitized between each program and the facilities are cleaned regularly throughout the program.

All of our cabins, program areas, buildings, and pool are wheelchair accessible. We have wheelchairs available for Campers who need them.



HEALTH & SAFETY

MEDICAL NEEDS

- Our infirmary can handle anything from a Band Aid to chemotherapy. Should your child need to receive medication or medical care, our nursing team is there!
- Our infirmary is stocked with basic over the counter medication and first aid supplies.
- We will provide you with the proper forms needed to authorize our nursing team to administer care and prescribed/OTC medications.
- Our Medical Director can work with you and your child's provider for complex needs.
- A registered nurse will be on site 24 hours a day during camping programs. An on-call physician will be available as well.
- A Nurse Practitioner will also be on-site during our programs serving children with cancer.
- 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.

Several Forms will be needed in order for your child to attend summer camp, including: two medication/ OTC forms signed by their healthcare provider, a copy of a physical exam from within the last year, and proof of insurance.



STAFF & VOLUNTEERS

We are an organization powered by volunteers! While we do have a small staff, we rely heavily on our volunteer team to make our programs possible. All volunteers and staff undergo an application process, background check, and training.

Camp Counselors

Our Camp Counselors are the soul of our programs! These volunteers provide supervision, encouragement, and support to the Campers assigned to their Cabin for the duration of the program.

Medical Staff

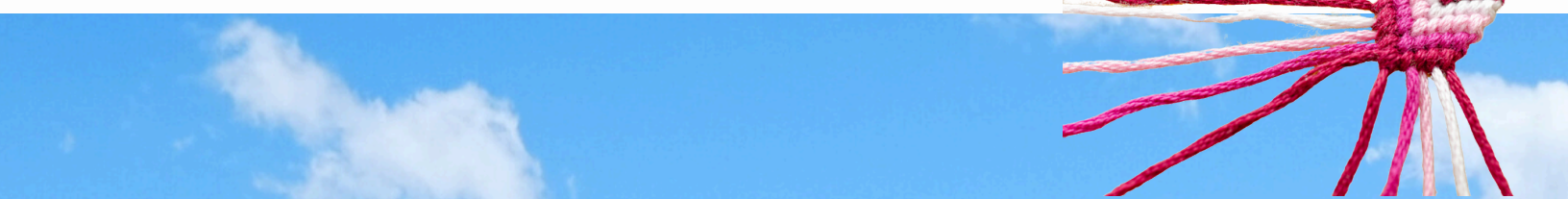
Our Medical Director, Michelle Roach, MSN, PNP oversees our team of medical volunteers, many of whom work at Strong Memorial Hospital, in Rochester.

Summer Staff

While the Camp Counselors provide the hands-on supervision, our summer staff oversee running our programs and activities (including providing lifeguard supervision).

Other Personnel on Property

- Administrative Staff
- Social Worker
- Maintenance Staff
- Program Volunteers
- Catering staff
- Vendors/ visitors



PROGRAM ACTIVITIES

Camp activities may include:



MORNING PROGRAM

- Fishing
- Polar Swim
- Archery
- Swim Lessons

DAY PROGRAM

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

EVENING PROGRAM

- Pool Party
- Carnival/Game Night
- Campfire
- Dance

Campers have the opportunity to choose their activities during the day and evening activities are for the whole camp. Campers are never forced to participate, but are always encouraged!

Overnight Camp Packing Checklist

BEDDING/LINEN

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

TOILETRIES

- [ ] Shampoo
- [ ] Conditioner
- [ ] Soap/Body Wash
- [ ] Hair Brush
- [ ] Toothpaste
- [ ] Toothbrush
- [ ] Sunscreen
- [ ] Deodorant
- [ ] Hygiene Products

MEDICATION!

These should be packed separately and given to staff at drop-off.

CLOTHING

- [ ] Pajamas
- [ ] T-Shirts
- [ ] Long Sleeve Shirt
- [ ] Sweatshirts
- [ ] Shorts
- [ ] Pants (sweats/jeans)
- [ ] Socks
- [ ] Underwear
- [ ] Swimsuit (recommend 2)
- [ ] 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: Family photo or 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 $5 - $35).

Prohibited Items: Digital devices (i.e. tablets, iPods, smartwatches, cell phones, or cameras), personal sports equipment, and weapons, or explosives of any kind. We strongly discourage bringing items of high personal or monetary value as Camp Good Days is not responsible for stolen, lost, or damaged items.

SUMMER CAMP FAQ

How do I sign my child up for camp?

Summer Camp registration is available through our Parent Portal! This is where you enroll your child for summer camp and all our other camp activities! All required forms and documentation is available through the Parent Portal as well!

Based on qualifications, my children would have to go to different programs. Can't they go to one together?

The breakdown of our programs are intentional to best serve those campers and their unique experiences. Our programs and activities are prepared with them in mind. This is not only just based on their age, but their relation to cancer/sickle cell anemia. We intentionally give the siblings their own space and time to put worries aside, just like we do the Camper who has been diagnosed.

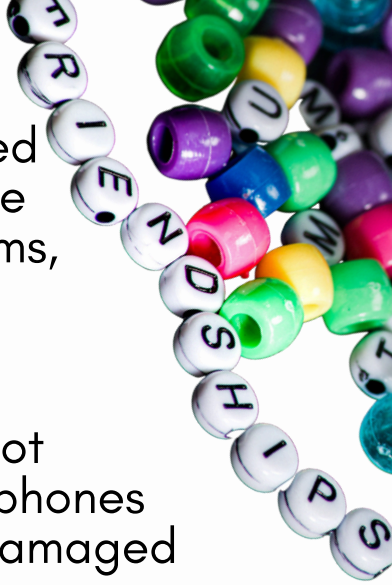
My Camper now qualifies for the bereavment program, can they still attend Sibs & Kids instead with their friends?

Similarly to the above question about siblings, we feel it is important to group those with liked experiences for the purpose of connection. It is the belief of which we were founded on. We encourage you to stay involved with your local CGD activities year round to see their old friends, but insist the summer be used to connect with new friends who understand their loss.

If my camper is eligible for more than one program, can they attend more than one?

Our summer programs are offered at a limited capacity. We cannot guarentee a spot at multiple sessions, so we encourage you to sign-up for the program which would best serve your family.





My camper has special needs, will that be a problem?
Our facilities are accessible, and activities are adapted to meet the campers' needs as best as possible. Please be specific when filling out your camper's medical forms, and we will do our best to accommodate them.

Can my camper bring a cell phone or other electronics?
No. Camp is an unplugged community. Campers are not allowed to bring any electronic devices, including cellphones to Camp. Camp is not responsible for stolen, lost, or damaged belongings.

Can my child and I talk on the phone while they are away?
We encourage Campers to fully immerse themselves in the camping experience and do not make phones available to Campers on a regular basis. On rare occasions (extreme homesickness, illness, or etc.) a Camper may be permitted to call home. Our camp Social Worker or another member of our staff would call ahead to update you and plan the time for the Camper to call.

Will my camper need money?
Your child does not need to bring any money to Camp, however, we do have a Camp store on-site with items ranging from $5-$40. Each child will receive a free water bottle and t-shirt.

Will campers go on field trips?
We occasionally go on field trips to local attractions such as Keuka State Park and Roseland Water Park. Parents will be notified if their child's program session will be going on a field trip.

Is there a way for me to receive updates on my child during the program?
We encourage our families to follow us on Facebook or Instagram where we will post pictures throughout the week.



Does the camp allow visitors?
We typically do not allow visitors, unless prior approval is obtained by the Camp leadership team.

Preparing for Camp

Registration will be via the Parent Portal.
Please complete the enrollment process for each of your Campers.
Once accepted, you will be notified to complete their camp and medical forms.



QUESTIONS?

If we didn't answer your question, reach out to you local camp office!

Buffalo@campgooddays.org
Syracuse@campgooddays.org
info@campgooddays.org (For Rochester)

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.