



# Summer CAMP Guide 2025

- ▶ MAKE FRIENDS
- ▶ CREATING MEMORIES
- ▶ MEDICAL READINESS

# HANDS-ON SUMMER CAMPS & PROGRAMS



Learn about flying, experiment in a lab, code an app, run an excavator, or train with top coaches—Vermont State summer camps and programs turn dreams into action-packed fun!

## 3D Technology Summer Institute

The 3D Technology Institute is a free residential summer program where advanced high school students gain hands-on experience with cutting-edge 3D technologies while earning up to **9 college credits and a VTSU certificate**.

## National Summer Transportation Institute

At this free camp, middle and high school students have a unique opportunity to explore the many science, engineering and environmental careers available in the transportation industry.

## Sports Camps

Young athletes through grade 12 can develop their skills or try new sports with top coaches and elite facilities at our Castleton, Johnson, and Lyndon campuses.

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**Vermont State  
University**



LEARN MORE:  
[VermontState.edu/YouthCamps](http://VermontState.edu/YouthCamps)

# Types Of Camps To Explore This Summer

**S**ummer camps come in all shapes and sizes, offering something for every child. Whether your child loves sports, arts or outdoor adventures, there's a camp tailored to their interests and personality. Here's a look at the different types of camps to help you decide which one fits your family best.

## Day Camps

Day camps are perfect for younger children or those not quite ready for an overnight stay. These camps operate during the day, allowing kids to return home each evening to the comfort of their family.

Often located in community centers, parks or local schools, day camps feature a wide variety of activities, from arts and crafts to team sports and nature exploration. For working parents, many day camps offer extended hours, making them a convenient choice.

Day camps also provide a great introduction to the camp experience, helping kids build confidence and independence without being far from home.

## Overnight Camps

Overnight camps offer an immersive experience where kids stay at camp for a week or longer. These camps are ideal for older children or those looking to deepen friendships and develop independence.

Traditional overnight camps typically combine outdoor activities like hiking, canoeing and campfires with creative outlets like drama or music. Living in cabins or tents fosters teamwork and resilience while creating a sense of community.

For kids with specific passions, specialized overnight camps are an exciting option. They can focus on anything from soccer or horseback riding to coding or filmmaking, providing a chance to hone skills and meet like-minded peers.

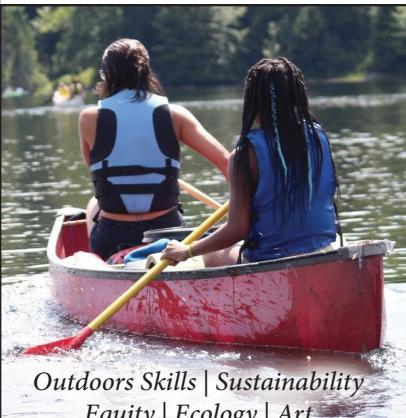
## Specialty Camps

Specialty camps cater to children with unique interests, offering programs that focus exclusively on a specific activity or theme. These camps range widely, covering everything from robotics and space exploration to culinary arts and dance.

Sports camps are a popular choice, helping young athletes improve their skills in basketball, swimming or gymnastics. Academic camps give students a chance to dive into STEM, creative writing or language learning while still enjoying the social aspect of camp life.

Some specialty camps also cater to kids with specific needs, such as camps for children with disabilities or health conditions. These programs provide a supportive environment where kids can thrive alongside peers who share similar experiences.

With so many options, finding the right camp comes down to knowing your child's interests and goals. Whether they want to master a skill, explore the outdoors or simply make new friends, there's a camp designed just for them.



Outdoors Skills | Sustainability  
Equity | Ecology | Art

## WATER WANDERINGS SUMMER CAMP

Overnight canoe camping trips for youth, teens, young adults and families plus grandparents day!

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# 2025 AllTogetherNow! Summer Camps

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JULY 7-11 Culinary Herb Camp 1: Savor the Flavors

JULY 14-18 All Things Paper Arts

JULY 21-25 Herb Camp 2: Alchemy of Herbs

JULY 28-AUG 1 Spanish Language Immersion Camp

AUG 4-8 Wildsedge Nature Camp

AUG 11-15 Art and Storytelling Camp

AUG 11-15 Dungeons & Dragons Adventure Camp

AUG 18-22 Circus Clown Camp

9AM-3PM EACH DAY EXCEPT:

-D&D ADVENTURE 12-4PM

AGES 6-12 EXCEPT:

-SPANISH IMMERSION 7-13

-D&D ADVENTURE 10-16

BEFORE & AFTERCARE

AVAILABLE

For more details visit: [alltogethernowvt.org](http://alltogethernowvt.org)

# CAMP

*Summer* **Guide 2025**

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# The GOVERNOR'S INSTITUTES of VERMONT

## THE 2025 INSTITUTES

Summer programs on college campuses for Vermont students in 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> grade.

Each Institute offers an adventure of learning and community, with tuition starting as low as \$10.

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### WEATHER & CLIMATE SCIENCE



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**The laughter of a campfire singalong, the thrill of mastering a new skill and the bonds formed with fellow campers. These moments define summer camp and leave lasting impressions.**



**C**amps are more than a fun way to spend the summer; they're an opportunity for kids to create memories they'll carry with them forever.

### Embracing Adventure

Summer camp is packed with activities that push kids out of their comfort zones, fostering a sense of accomplishment and joy. Whether it's paddling a canoe for the first time, scaling a climbing wall or performing in a talent show, camp gives children the chance to try new things and discover hidden strengths.

These adventurous moments often become cherished memories because they're linked to feelings of pride and excitement. The first time a child hits a bullseye in archery or catches a fish on a lake becomes a story they'll tell for years.

Camps also encourage kids to explore the great outdoors. For many, it's a rare chance to disconnect from technology and immerse themselves in nature, finding wonder in starry skies, rustling leaves and rippling streams.

### Building Traditions

Part of what makes camp so memorable is the sense of tradition that many programs embrace. From silly songs and group cheers to themed dress-up days and campfire rituals, these traditions create a sense of belonging and identity.

Participating in these time-honored customs connects campers not only to their peers but to the generations who came

before them. Whether it's earning a badge, signing a shared camp banner or taking part in a farewell ceremony, these traditions become treasured pieces of a camper's story.

These rituals often stick with campers long after they've left. Years later, adults may find themselves humming a favorite camp tune or sharing nostalgic memories of their camp days with friends.

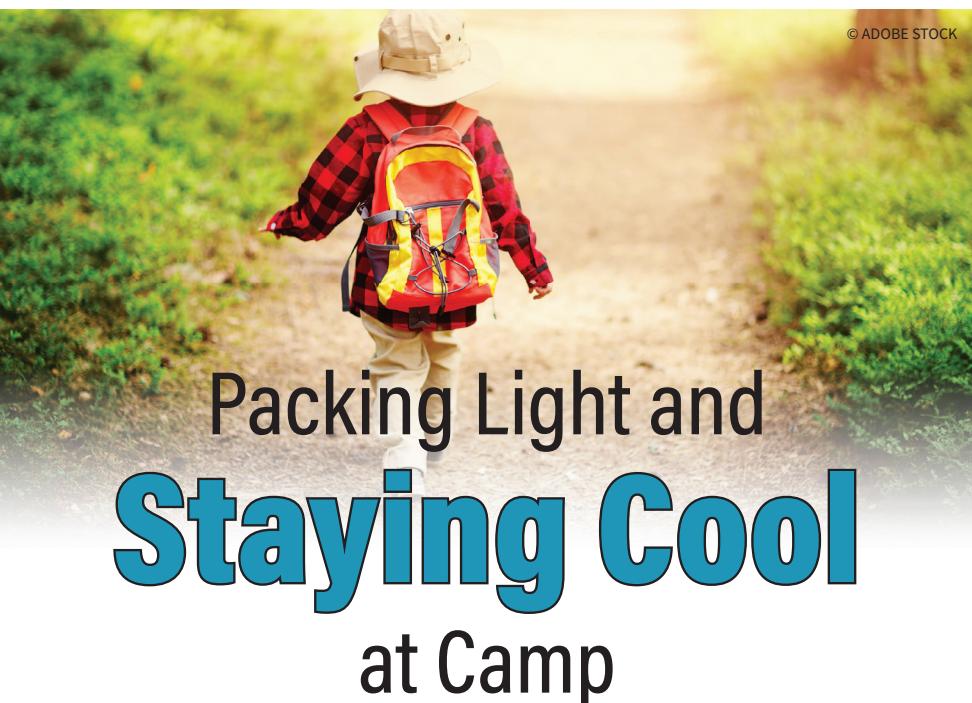
### Capturing Friendships

The friendships formed at camp are often among the most memorable aspects of the experience. Unlike school, where social circles are often influenced by academics or activities, camp friendships are forged through shared experiences, laughter and teamwork.

Living and playing together builds deep connections that are hard to replicate elsewhere. From inside jokes to heartfelt conversations, these bonds become an integral part of the camp experience.

Many campers stay in touch long after summer ends, and the friendships can grow into lifelong relationships. Camp friends often hold a special place in our lives because they remind us of the joy and growth we experienced together.

Summer camp is more than just a collection of activities. It's a chance for kids to build a tapestry of memories woven with adventure, tradition and friendship. These moments stay with them, shaping their perspectives and enriching their lives for years to come.



# Packing Light and Staying Cool at Camp

Packing for summer camp is all about balance.

**K**ids need to be prepared for a variety of activities and weather conditions, but overpacking can lead to bulky bags and unnecessary stress. By focusing on essentials and lightweight gear, parents can help campers stay comfortable and ready to beat the summer heat.

## Pack Smart, Pack Light

The key to packing light is sticking to the essentials. Camps often provide a packing list tailored to their programs, so use it as a guide and avoid adding extras.

Start with versatile clothing that can be layered. Lightweight, moisture-wicking shirts and shorts are perfect for hot days, while a long-sleeve shirt or fleece can provide warmth on cooler evenings. Convertible pants that zip off into shorts are another great option, combining two items into one.

When it comes to footwear, limit packing to two or three pairs: sturdy sneakers or hiking boots for activities, water shoes for aquatic adventures and flip-flops for shower use.

A lightweight backpack is essential for daily use, letting campers carry water bottles, sunscreen and other necessities without strain. Choose one with adjustable straps and plenty of compartments for easy organization.

## Stay Cool In The Heat

Summer camp often means spending long hours in the sun, so preparing for the heat is critical. Proper clothing and accessories can make all the difference.

Breathable fabrics like cotton blends or performance materials keep kids cool by wicking away sweat. Look for clothing labeled as UV-protective for added defense against the sun's rays. A wide-brimmed hat and sunglasses are must-haves to protect faces and eyes.

Hydration is another top priority. Pack a reusable water bottle or hydration pack that's easy for kids to carry and refill. Encourage frequent sips throughout the day to avoid dehydration.

Sunscreen is non-negotiable. Choose a broad-spectrum SPF 30 or higher and pack enough for regular reapplication. Teach your child how to apply it correctly, focusing on often-missed spots like ears and the back of the neck.

## Keep It Simple

Packing light doesn't mean skipping comfort. Streamline toiletries by using travel-sized bottles and packing multipurpose items, like a combined shampoo and body wash.

Roll clothing instead of folding to save space in the bag and keep items wrinkle-free. Packing cubes or zippered pouches are also great for keeping gear organized.

By focusing on lightweight, multipurpose gear and essentials for summer weather, parents can ensure their kids are prepared for camp without overpacking. This approach not only makes life easier for campers but also sets the stage for a comfortable, stress-free summer full of fun and exploration.

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[vtfishandwildlife.com](http://vtfishandwildlife.com)



SCAN ME

# A Great Way to Make Friends

**F**or many children, camp provides their first opportunity to connect with peers outside of school, creating bonds that can last a lifetime. Here's why summer camp is the perfect setting for making friends.

## A Fresh Start

One of the best things about camp is the opportunity for kids to meet people they wouldn't encounter in their everyday lives. Campers often come from different schools, towns and even cultures, making camp a melting pot of perspectives.

This fresh start allows kids to form new friendships without the expectations or dynamics they might experience in other social settings. They can be themselves, free from preconceived notions, and discover shared interests with others.

Group activities like team sports, scavenger hunts and campfire storytelling encourage collaboration and help kids build connections in a natural, low-pressure way.

## Shared Experiences

At camp, kids bond over shared experiences, whether it's conquering a ropes course, paddling a canoe or creating a skit for talent night. These moments create a sense

**Summer camp is about more than activities and adventures; it's a unique environment where friendships blossom.**

of teamwork and camaraderie that strengthens relationships.

Living together in close quarters also fosters connection. Whether it's sharing laughs in the cabin, helping a friend with their backpack or cheering each other on during activities, campers quickly learn to rely on and support one another.

Even challenges, like adjusting to being away from home, can bring kids closer. Facing new situations together often leads to stronger, more meaningful friendships.

## Lifelong Connections

The friendships formed at camp often extend far beyond the summer. With today's technology, kids can



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stay in touch through social media, texting or video calls, keeping their camp connections alive.

Many adults look back on their camp days as a time when they formed some of their closest and most enduring friendships. The unique environment of camp — a mix of adventure, creativity and shared goals — creates bonds that withstand the test of time.

Summer camp offers more than just fun and games. It provides children with a safe, supportive space to develop social skills, embrace teamwork and form friendships that can shape their lives for years to come.



## Talent Development Institute



### ON-CAMPUS & COMMUTER

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Vermont State University — Johnson

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## Medical Readiness for Summer Camp

**S**ummer camp is a time for adventure and fun, but preparing for camp also means ensuring your child is medically ready.

Many camps require health forms or physical exams to ensure every camper can participate safely. Taking a few proactive steps can help parents feel confident their child is ready for a healthy and active summer.

### Schedule a Camp Physical

Most camps request a recent medical physical as part of their registration process. These checkups help ensure children are in good health and can safely participate in camp activities.

Schedule your child's physical well in advance, as summer is a busy season for doctors. During the exam, your pediatrician will review your child's medical history, update vaccinations and address any health concerns.

Discuss the camp's specific activities with your doctor, such as swimming, hiking or high-intensity sports, so they can provide tailored advice. If your child has any conditions that may require accommodations — like asthma, allergies or diabetes — this is the perfect time to develop a plan.

### Prepare Medications and Allergies

If your child takes medications, ensure you understand the camp's policies for administering them. Most camps require medications to be in their original packaging, labeled clearly with instructions.

Provide the camp with a detailed list of medications, dosages and times, and discuss any additional care your child might need. Many camps have trained medical staff

to assist, but it's essential to communicate openly about your child's requirements.

For kids with allergies, provide a list of triggers and treatment protocols, including EpiPens or antihistamines if needed. Ask about the camp's food safety practices and whether they can accommodate dietary restrictions.

### Pack a Comprehensive First-Aid Kit

While camps are equipped with first-aid supplies, sending your child with a small, personalized kit can be helpful. Include basics like bandages, antiseptic wipes and pain relievers, along with any specific items your child might need, like blister pads or motion sickness medication.

Teach your child how to use the items in their kit and encourage them to seek help from a counselor or medical staff if they're unsure. This fosters both independence and responsibility.

### Communication Is Key

Talk to your child about their health needs before camp starts. Teach them to recognize the signs of common issues like dehydration or allergic reactions and encourage them to speak up if they're not feeling well.

Ensure the camp staff knows how to reach you in case of an emergency. Most camps provide forms for listing emergency contacts, so double-check that your information is up to date.

By preparing medically for camp, you're giving your child the tools they need to stay safe, healthy and ready to enjoy every moment of their summer adventure. With a little extra planning, parents can relax knowing their camper is in good hands.

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[www.TWWoodGallery.org](http://www.TWWoodGallery.org)

## MAD RIVER PATH ADVENTURES



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[www.madriverpath.org/summer-programs](http://www.madriverpath.org/summer-programs)



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## SUMMER 2025

May 31	Smirkling for a Day	Age 5-12
June 8-9	Smirkling Overnight	Age 6-12
June 15-20	All Levels Circus Camp	Age 8-16
June 22-July 4	All Levels Circus Camp	Age 8-16
July 6-18	Intermediate Camp	Age 12-18
July 6-August 9	Road Show	Age 12-18
July 20-August 8	Advanced Camp	Age 12-18

**\*scholarships available\***