

# Family Handbook

20  
25





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# Dates

Session

Session Name	Number of Weeks	Dates
Session 1.1	1 Week	June 22, 2025 - June 28, 2025
Session One	2 Weeks	June 22, 2025 - July 5, 2025
Three Week Session	3 Weeks	June 29, 2025 - July 19, 2025
Session Two	2 Weeks	July 6, 2025 - July 19, 2025
Four Week Session	4 Weeks	July 20, 2025 - August 16, 2025
Session Three	2 Weeks	July 20, 2025 - August 2, 2025
Session Four	2 Weeks	August 3, 2025 - August 16, 2025
Session 4.1	1 Week	August 3, 2025 - August 9, 2025
Session 4.2	1 Week	August 10, 2025 - August 16, 2025





# Packing List

## Clothing

- 1 light jacket
- 1 sweatshirt\*
- 1 pair sweatpants
- 5 t-shirts\*
- 8 underwear
- 8 pair socks
- 1 pair sneakers
- 1 pair rain shoes or extra sneakers
- 1 sturdy raincoat with hood
- 2 bathing suits
- 1 pair sandals
- 1 bathrobe
- 2 sets of pajamas
- Outfit for banquet night
- Red/Blue/Yellow shirt for color games
- Pink clothing items for “Pink Wednesday” (optional)

\*available for purchase at canteen

## Riding Gear

- 5+ breeches or long pants for riding
- 8 high riding socks
- 1 pair old sneakers for swimming with the horses
- 1 riding helmet - SEI approved
- 1 pair riding boogs - paddock boots or tall boots
- 5-6 lightweight, breathable shirts (sleeveless shirts are not allowed for riding)\*

## Toiletries

- Plastic toiletries caddy
- Toothbrush/toothpaste\*
- Soap, shampoo, conditioner
- Comb/brush
- Hair ties\*

## Linens

- Pillow & 2 pillow cases
- Sheets (1 flat & 1 fitted, cot or twin)
- Optional mattress pad
- Warm blanket
- Sleeping bag
- 2 bath towels & washcloth
- 1-2 beach towels
- 2 laundry bags (mesh or linen)

## Extras

- 1 white t-shirt for tie-dying\*
- 2 water bottles\*
- 1 flashlights & extra batteries
- Writing materials
- Non-aerosol insect repellent
- Non-aerosol sunscreen
- Mosquito net for gnats\*
- Watch (no smart watches)
- Snacks in tupperware with tight lid

Optional equipment: books, musical instruments, 1/2 chaps, inexpensive camera, battery powered fan, battery powered lantern, personal protective vest for x-c riding (we have vests available to borrow).

Please limit baggage to camp trunk and one duffel bag or other bag. Please label ALL equipment and clothes with camper's name. SJ Riding Camp is not responsible for the loss of damage of personal items.

Items Not Allowed: Alcohol, anything that connects to the internet, candles, cell phones, all drugs (prescription and over the counter drugs are to be given to the nurse), lighters & anything fire reltaed, pets, pocketknives, tobacco, vapes, or weapons.





# ✦ Arrival Day ✦

**Step 1: Arrive  
for drop-off  
between  
2pm-4pm\***

1

**Step 3: Lice Check**  
If the check-in line  
is long, your camper  
can do their lice check  
while you wait

3

**Step 5: Unpack**  
You can carry luggage  
from your car or  
move your car to  
below the cabin area

5

**Step 7: Riding Eval**  
Once you have left,  
your camper can  
head to the barn for  
their riding eval

7

**Step 2: Park & Check-In  
at Camp Office**  
Please bring your  
camper with you so  
they can do their  
lice check

2

**Step 4: Nurse Check-In**  
Health forms will be  
checked & if you have  
meds, you will give  
them to the nurse now

4

**Step 6: Good-bye's**  
After your camper  
is unpacked &  
settled, you can say  
goodbye and  
head home

6

\*We are unable to check campers in before 2pm. If you arrive early, there are local restaurants that are perfect for lunch.





# Pick Up Day

- ✦ **Horse Show:** The end of session horseshow begins at 9am and ends by 11:30am on Saturday. We will notify you by Thursday of your child's ride times so you can be sure to arrive to see their classes.
- ✦ **Saturday Lessons:** If your child is attending the 1st week of a session, you will be able to view their riding lesson on Saturday morning. We will notify you by Thursday if they ride at 9am, 10am, or 11am.
- ✦ **Park & Find Your Child:** When you arrive, park on the lawn and grab a program to see where your child's classes will be held. You will be able to find your child at or near the barn lawn. You may watch their classes from the bleachers or lawn. Canteen will be open for snacks & gear (cash & venmo).
- ✦ **Loading:** If you arrive before their ride time, you can load their luggage from the tennis courts into your vehicle. Otherwise, you can load it after they ride. Please double check to make sure you haven't left anything of theirs on the courts.
- ✦ **Check-out:** You must speak with a Director at the picnic table near canteen before leaving with your camper. You can also leave a tip for the counselors with us (all tips are pooled for the entire staff) and leave a deposit to get a discount on next year's tuition! If you left any medications with us, please see the nurse to take these back.
- ✦ **Say Goodbye:** Once you've done all of these things, your camper can say goodbye to their friends and you are ready to go!





# Health Information

## Health Reporting:

**You will receive a call from health center staff if your camper:**

- Has a temperature over 100F
- Has a tick removed from their person
- Slept overnight in the health center
- Needs additional approval for required care
- Requires off-site care (emergency room, walk in clinic, doctor's appointment, etc)
- Has a confirmed illness that will significantly effect their time at camp.
- Fell of while riding and required evaluation by the nurse.



## Health Forms:

- Health History Form
- Upload a legible photo of your insurance card front and back.
- Upload a **physical** that has been completed within the last 32 months
- Upload signed **Medication Authorization Form** (if applicable)
  - Required for daily OTC medications and/or prescription medications
  - You must complete a medication authorization form for EACH medication your child takes.
  - Make sure each form is signed and dated by both you and your child's medical provider. Without this document we will not be able to administer your child's medication.
- If your child has an allergy, asthma, diabetic medical plan, 403B or other special health needs please submit a copy to [nurse@sjridingcamp.com](mailto:nurse@sjridingcamp.com)





# Communication At Camp

## Photos!

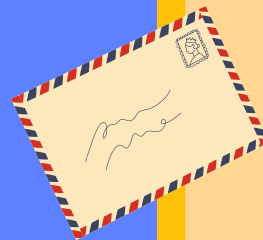
We take LOTS of photos of the campers each day and upload them to the Companion app.

The app uses facial recognition to tag you in the photos of your camper. We try our best to make sure there is a new photo at least every other day.



## Paper Mail!

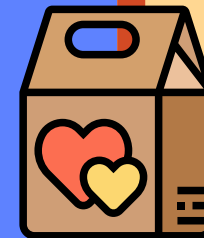
Campers love getting mail from friends & family. We hand out letters everyday at lunch. We also encourage campers to send letters home. Please send them with pre-addressed & stamped envelopes. They can leave their letters in the mailbox at the dining hall & we will send them out.



## Packages!

Care packages are allowed. You can send these from home or directly from a retailer (like Amazon).

If you are sending any food, please be sure to provide your camper with an airtight plastic storage container to keep out unwanted critters.



## Email!

While campers can't send you emails, you can send them emails through the Companion app on your phone. We print these out daily and give them out at lunch.





# Meet the Team



**Laura Chandra**

**Owner & Director**



**Kelsey Tuttle**

**Associate Director**



**Julia Parlapiano**

**Barn Manager**



**Sarah Baez**

**Office Manager**



**Rachel Cronin**

**Health Director**



**Katie Eagleston**

**Riding Program Director**





# Canteen and Spending

The camp canteen is opened daily for the campers during rest period as well as on drop-off and pick-up days. We have both snacks and drinks available as well as camp gear such as clothing items, water bottles, toiletries, and other fun items for the kids to choose from.

## To fund your camper's canteen account:

- Login to Campminder (online) or Camp in Touch (mobile)
  - “View Camp Canteen”
  - Click “fund”
  - Add amount & payment method
- OR
- Pay balance at pickup

## Laundry

- Clothes can be dropped off in the Lavs to be cleaned. (Large bags of laundry will be split into two loads.)
- Please send a mesh or cloth laundry bag with a drawstring with your camper's name on it.
- All items will be dried in a dryer, so please do not send anything delicate or that will shrink.
- Laundry is \$15 per load and will be added to canteen charges.

We suggest \$60-\$75 for a one week session and \$80-\$100 for a two week session. This is enough for 1-2 clothing items and a snack & drink every day at rest period. We suggest you talk to your child ahead of time about how much you would like them to spend on extra items. They are also able to buy items with you at drop-off and pick-up. Purchases made at drop-off/pick-up can be paid for in cash or with venmo.

If you fund your canteen account in advance you will be able to view all purchases your child has made throughout the session in Campminder and add more funds if needed.





# Extra Lessons

**X-C Semi-Private Lesson\*\* -**

**\$115**

**Jumping Semi-Private**

**Lesson - \$75**

**Flat/Dressage Private**

**Lesson - \$75**

**Flat Semi-Private Lesson -**

**\$65**

In addition to the 2 riding lessons per day included in the cost of camp, we offer additional optional semi-private lessons. You will be able to sign up for these at drop-off.

Availability for extra lessons is not guaranteed and depends on weather and horse and instructor availability.

Extra lessons can be funded through the camp canteen and will only be charged after the lesson has happened. If your camper is signed up for more than one lesson per week, we will only schedule the additional lessons after everyone who has signed up has received their first lesson.

**\*X-C lessons are limited to 1 per week per camper. Extra lessons are limited to 2 per week per camper (one jumping/x-c and one flat/dressage).**

**\*\*X-C lessons are available to riders who are at the correct skill level to safely navigate our x-c course, based on the Riding Director's assessment.**



# Take a Horse Home

There's a good chance your camper may even write you a letter in the middle of camp asking if you will let them take their favorite horse home! That is because our horses are available to take home in the off season.

## Advantages to taking a horse home:

- Get the experience of owning a horse, without the long term commitment
- Take a horse well suited for your child now and have the option to keep the same horse next year or take a different horse if your child has grown or advanced.
- No large up front purchase cost or ongoing lease fees

## Logistics of the program:

- You take the horse as soon as camp is over at the end of August and return them to camp the 2nd week of June.
- You are responsible for boarding, upkeep, and vet care for the horse.

## Costs of the program:

- A one-time lease fee - \$1000
- Boarding fees and feed - ~\$500 - \$1500/month
- Shoes/trimming - ~\$75-\$250/6 weeks
- Vet bills - all spring shots/coggins and any other vet care needed while they are with you
- Mortality insurance - ~\$250-\$500/year
- Trailering to and from camp - varies based on location

Horses are available on a first come/first serve basis. if you think you might be interested in taking a horse home, please contact us as soon as possible and we can talk with you about the options.

If you think you might be interested in taking a horse home this year or in the future, please reach out to Julia (Julia@sjridingcamp.com) for more information.





# Contact Information



**Camp Phone: (860) 872-4742**

During camp season, phone calls will be returned between 9am-6pm Monday through Saturday.



**Office emails:** [camp@sjridingcamp.com](mailto:camp@sjridingcamp.com) (general mailbox)

**Directors:** [laura@sjridingcamp.com](mailto:laura@sjridingcamp.com) (Laura Chandra)

[kelsey@sjridingcamp.com](mailto:kelsey@sjridingcamp.com) (Kelsey Tuttle)

**Nurse:** [nurse@sjridingcamp.com](mailto:nurse@sjridingcamp.com)

**Barn:** [julia@sjridingcamp.com](mailto:julia@sjridingcamp.com) (Julia Parlapiano)

(Please send camper emails through Companion)

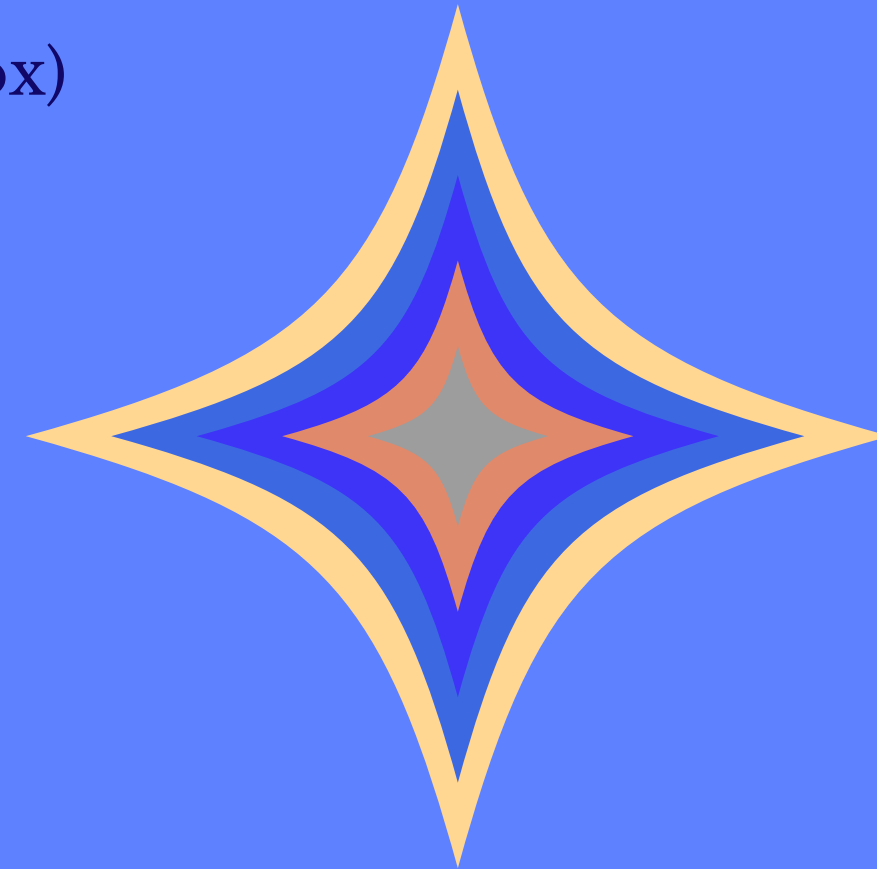


**SJ Riding Camp**

**130 Sandy Beach Road**

**Ellington, CT 06029**

You are more than welcome to call the office or email at any time to get updates on how your camper is doing. Since we are usually out making sure everyone is having a good time, we may not answer the phone but we will call you back within a few hours. Emails are responded to daily.



# Rules of Camp

**Please review these with your camper before coming to camp!**

- Footwear must be worn at all times. We recommend shower shoes. Crocs with socks in adventure mode count as closed-toed, except when playing sports.
- Riding boots, SEI approved helmets, **sleeves** and long pants or chaps must be worn while riding. Riding/paddock boots must be worn in all horse-related activities; including mini.
- Campers are not allowed to smoke or keep matches, cigarettes, lighters, candles, ect. on their person or in their cabin
- Consumption and/or storage of alcohol, illegal drugs, and/or vapes or e-cigarettes, such as Juuls, is not allowed on camp grounds.
- Campers are not allowed to have weapons at camp.
- Any medication (oral, topical, injection-prescription or over the counter) must be left with first aid personnel in the Health Center
- Campers may may not bring cell phones, electronic games, or any device that can connect to the internet.
- Keep hands/feet/limbs to ourselves.

**At all times, respect should rule one's actions.**



# Pre-Camp Checklist

## Camp Minder

### Fill these out:

- Cabinmate requests
- Bunk request
- Riding Experience Questionnaire
- Health History

## Camp Minder

### Upload these:

- Camper Photo
- Medication Authorization Form
- Health Insurance Card
- Camper Physical and Immunization Record

## Pre-Camp

- Luggage packed
- Downloaded Companion App
- Canteen Account funded
- Envelopes addressed for letters home
- GPS: 130 Sandy Beach Rd, Ellington, CT

**YOU'RE READY FOR CAMP!**

