

CAMP PEMIGEWASSETT

Welcome to Pemi!

We are thrilled that your camper will be joining us this coming summer! My name is Johanna Zabawa, assistant director and head of health and wellness at Pemi. I'll be in touch throughout the year with further info and helpful suggestions to prepare for a successful first summer at Pemi. I'm excited to be with you each step of the way, and hope these bite-sized recommendations will lend confidence to you and your camper as we move towards summer!



Pemi Gear & The CampSpot

We suggest families purchase four Pemi logo'd t-shirts: [\(2\) Pemi Blues,](#) [\(1\) Pemi White,](#) and [\(1\) Pemi Grey](#) in your choice of fabric/style for athletic competitions and some special occasions. ***HINT*** these make excellent gifts, but I suggest you order quickly for the upcoming holidays!
Merry camp shopping!



Camper Recommendation

For new campers, a [camper recommendation](#) from a teacher is required. Please provide the link for this Camper Recommendation form to his teacher. This form requests information from your son's teacher that will assist us with cabin and counselor placement.



PEMI Rec Form

Preparations & Conversations with your Camper

It is a great time to start practicing exposures that will increase your camper's confidence at camp. Prepare them to have a successful transition in any of the following areas that might be applicable:

- Increasing their independence with **hygiene** (teeth & showers)
Don't worry, we will support them with these habits too!
- Practicing **overnights** with family or friends
- Trying **new foods**, see an example [Pemi menu](#)
- **Express confidence** in your child's ability to handle camp. Be positive about the upcoming experience!

I'll be in touch in the new year with more to think on for this upcoming adventure. As always, reach out with any questions or concerns!

Warmly,

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TheCampSpot.com



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