

# NEW FAMILY INFORMATION

(AND FUN STUFF FOR CAMPERS, TOO!)

# 2025



**CAMP PEMIGEWASSETT**









# CAMP PEMIGEWASSETT

A summer camp for boys in the White Mountains of New Hampshire | Founded in 1908

Pemi 2025, 118th Season

Dear Pemi Families,

We are so excited to welcome your son to Pemi for his first summer! We hope that he is looking forward to the coming season as much as we are. Pemi is a place where boys and young men gain confidence, independence, and maturity in ways they never expected. Each summer, boys from around the globe start fresh in Pemi's unplugged, natural setting where they discover practical skills and passions, establish self-management skills, engage in community endeavors, and joyfully recharge for the busy year ahead.

If this summer will be your first significant time apart, we hope you will find that "healthy separation" is good for everyone – providing space and time for personal pursuits, thoughtful, hand-written communication, and individual growth and development.

Included in this packet is information that will help you and your son prepare for his first summer at Pemi. However, be sure to visit the "Current Parents" section of [www.camppemi.com](http://www.camppemi.com) for everything you'll need to know as a new Pemi parent. From information about completing forms, meeting deadlines, and billing planning for travel and arrival; to planning for travel and arrival; or learning how to view photos and what communications to expect, we've done our best to answer all your questions online.

As we head down the stretch toward summer, you will receive regular email and text communications from Pemi with important news updates.

We're always happy to talk, so don't hesitate to call or email us with any questions you might have. Here's to a wonderful first summer for your son—and for the whole family—at Pemi! We look forward to seeing you!

Kenny Moore  
Director  
[ken@camppemi.com](mailto:ken@camppemi.com)  
ph. (603) 346-0077

Pat Clare  
Assistant Director  
[pat@camppemi.com](mailto:pat@camppemi.com)  
ph. (603) 346-0009

Johanna Zabawa  
Assistant Director  
[camppemi@camppemi.com](mailto:camppemi@camppemi.com)  
ph. (603) 346-0107

## YOUR CHECKLIST

### ☐ FIRST STEPS

Go to [www.camppemi.com](http://www.camppemi.com) and click **LOG IN** at the top right.

**Each parent should create and use their own unique user ID to log in.** It is crucial for us to have all appropriate parent and guardian contact information.

**Teacher recommendation:** Did you provide the link for our online Camper Recommendation Form to your son's teacher? It's <http://bit.ly/PemiTeacherRec>. These inputs will help us assess your son's readiness to live in a residential community and will assist us with cabin and counselor placement.

**Camper photo:** Did you upload a recent photo of your son? Help our staff in welcoming him to camp! To upload a photo, log in to your online account and use the "Camper Photo" form.

### ☐ PAY YOUR BILL

**In your camper's application, you selected an eCheck or Credit/Debit Card Installment option.** Pemi will issue reminders of pending charges 5 days prior to initiating a charge, and will debit your designated account on the following schedule:

- 3-Installment Option: Your designated account will be charged in equal installments on the 15th of the month in January, March, and May.
- Monthly Installment Option: Pemi will charge your account in equal installments of the total balance due on the 15th of each month.

**To pay online, log in to your Pemi account and follow the directions under "Financial Management."** Credit card payments will incur a 3% credit card surcharge (except for the initial deposit). eCheck and debit card payments do not incur a fee. If you have any billing or invoicing questions, please contact Allyson Fauver at [accounts@camppemi.com](mailto:accounts@camppemi.com).

### ☐ CONNECT & STAY INFORMED

**CAMPANION: BE SURE TO DOWNLOAD OUR DATABASE APP ON YOUR PHONE.** We are excited about this new way to communicate with families before, during, and after the summer. From form management to photos of your son, Companion is the best way to stay connected with Pemi!

**FOLLOW US** on Instagram or Twitter [@camppemi](https://twitter.com/camppemi).

**LIKE US** on Facebook to see updates in your news feed.

## NOTES



## ❑ PACKING FOR CAMP

Learn what to pack for camp, what to leave at home, and how to engage your son in the packing process at <https://camppemi.com/parents/current-parents/packing-gear/>. You'll find the official Pemi Packing List (also included in this booklet), as well as the CampSpot catalog to order Pemi logo-wear.

Our “uniform” requires **ONLY (2) Pemi Blues, (1) Pemi White, and (1) Pemi Grey logo'd t-shirts** (in your choice of fabric/style) for athletic competitions and some special occasions.

## ❑ ORDERING FROM THE CAMPSpot

The CampSpot offers bountiful Pemi logo-wear and non-clothing items, but **there is no need to buy all new clothing or gear for camp**. “Old faithfuls” from home will do just fine, and everyday clothing from home is encouraged!

If you order from **The CampSpot**, order fulfillment and shipping can take 5–6 weeks, with additional time needed for personalized or name-taped items. You can order from The CampSpot by going to the ‘Packing and Gear’ page on the Current Parent section of the Camp Pemi website. We suggest placing orders by May 10.

## ❑ PLAN TRAVEL TO AND FROM CAMP

Learn about travel options, check what time to arrive on Opening Day, and get driving directions at <https://camppemi.com/parents/current-parents/travel-details>.

## ❑ COMPLETE ALL FORMS REQUIRED FOR ATTENDANCE

**All forms are due by May 1st.** We will let you know by email when forms “open” in the “Forms & Documents” section of your online Pemi account, usually March or April. Here is a preview:

- **Camper Questionnaire** – to be completed by your son.
- **Parent Questionnaire** – be forthcoming with any information that will help us help your son make a smooth and happy transition to camp!
- **Health History Form** – detailed information about health conditions and medications.
- **Physician Exam Form** – to be completed by your son's physician based on an exam within 2 years.
- **Parent Authorization Form** – authorizes “permission to treat” in case of emergency.
- **Other Permissions & Acknowledgement of Risk Form**
- **Waiter/Camp Aide Application (Optional)** – for boys age 15 and 14 who would like a job.
- **Allergy or Asthma Emergency Action Plan (Optional)** – upload if needed.

## NOTES



# HEALTH & WELLNESS AT PEMI

## PEMI HEALTH CENTER

The health, safety, and well-being of campers and staff is Camp Pemigewasset's foremost priority. Our Health Center is staffed by trained medical personnel 24 hours a day, 7 days a week, including coverage by a physician and/or an RN, who look after the daily medical needs of our active camp community.

Our Health Center distributes prescribed medications to campers, as authorized by your doctor, and stocks over-the-counter medications (such as Tums, Tylenol, Benadryl, and Nyquil) that provide relief/comfort should your son need them.

For an injury or an illness that requires a visit to the local pediatrician, we use Upper Valley Pediatrics in Bradford, VT.

The Health Center can be reached during the summer via email at [healthcenter@camppemi.com](mailto:healthcenter@camppemi.com) or via telephone at 603-764-5833.

## QUICK GUIDE TO PEMI HEALTH FORMS

Pemi will collect a series of forms from families that are due by May 1st, many of which include necessary health information to ensure your son has a safe and healthy summer.

- **Health History Form:** A form that provides historical and current health information, allowing Pemi to understand and respond to the health needs of your son.
- **Parent Authorization Form:** This form grants your "permission to treat" in case of emergency and includes your insurance information.
- **Physician Exam Form:** A physical exam within 24 months of arriving to Pemi. This form includes updated immunization records and is signed off by a physician.
- **Medication Authorization Form:** An optional form to be completed ONLY if your son will be taking medication while at Pemi. This form requires a physician's signature.

For more information on Pemi Forms, visit our website at <https://camppemi.com/parents/current-parents/forms/>

## HEALTH & SAFETY TRAINING FOR STAFF

Pemi staff gathers pre-season for a week of comprehensive training. In addition to instruction from professional educators in lesson planning and teaching skills, all staff members discuss and practice techniques for meeting the social and emotional needs of camp-age boys. Staff are also certified in Wilderness First Aid and CPR, and receive training from Pemi's nurses on preventative health and safety protocols. Pemi's philosophy is for all members of the community to be inclusive, respectful, and nurturing.

Check out our website at <https://camppemi.com/parents/current-parents/health-management/> for further details and current health management information.



# THE PEMI CAMPFIRE SONG

WORDS AND MUSIC  
BY DUDLEY B. REED

Sheet music for the Pemi Campfire Song, featuring chords and lyrics.

Chords: D7, G, D7, G, D, G, G°, G, C, G/B, G, A7, D, D7, G, D7, G, C, A°, B7, C, G, A7, G/D, D7, G.

Lyrics:  
If I lived to be near-ly a hun-dred, and e - 'vry year one of joy, — I won-der if I should re-  
mem-ber the times when, as a boy, I sat by the camp fire at Pe - mi with a group of the na-tion's  
best As the moon drif - ted low o'er the hill - side and fi - nal-ly dropped in the West



## SECOND VERSE:

And I wonder if anyone's better  
For anything I've done or said  
And whether good will in the heart may  
Offset mistakes of the head  
Perhaps when life's mem'ries are gathered  
The camp ones will be with the rest  
As the moon drifts low o'er the hillside  
And finally drops in the West.



LISTEN AND SING ALONG AT:

<https://vimeo.com/camppemi/campfiresong>





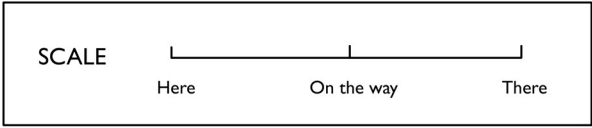
# CAMP PEMIGEWASSETT

WENTWORTH, NEW HAMPSHIRE

*Founded in 1908*







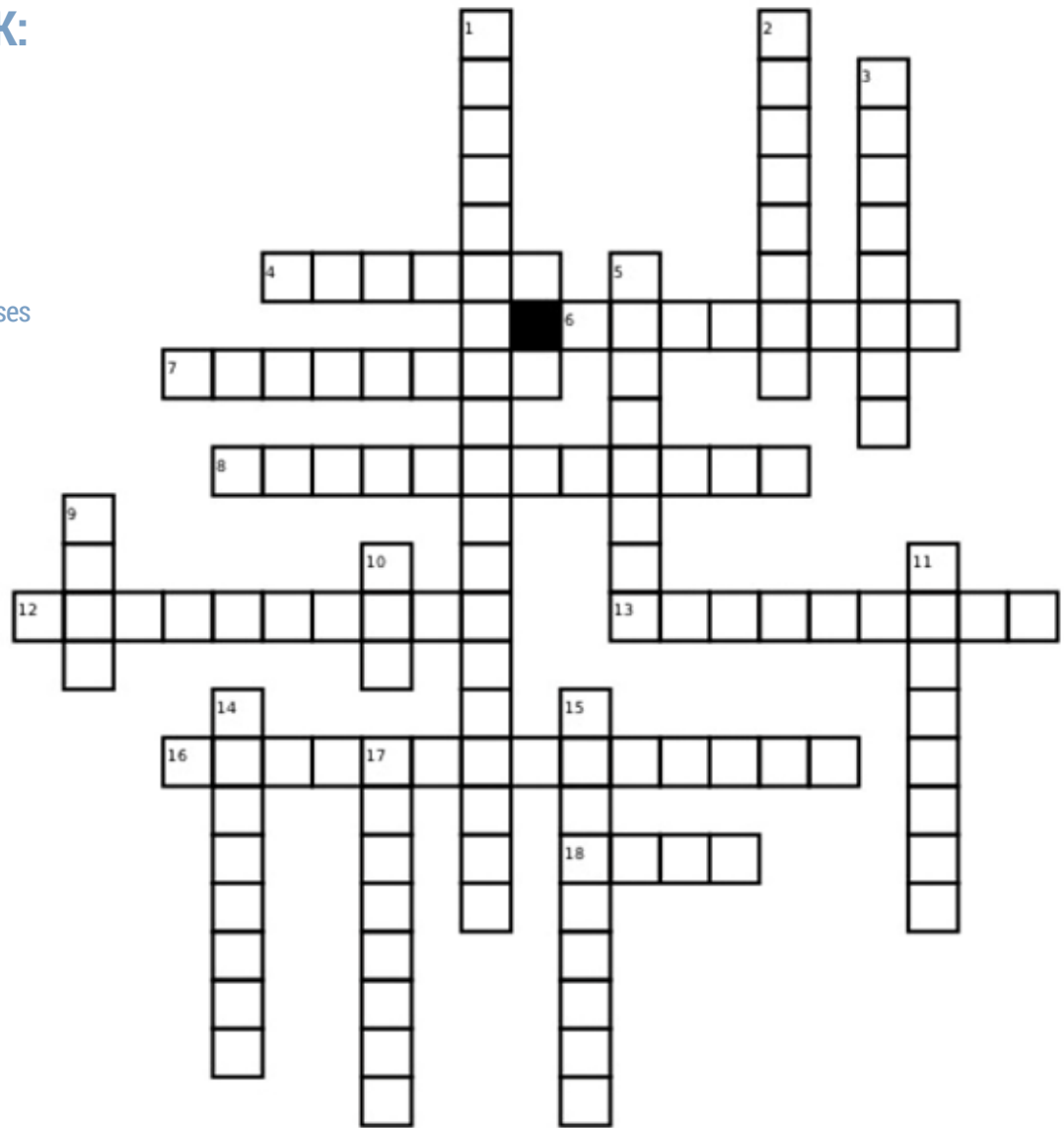
DGReed



# PEMI CROSSWORD PUZZLE

## WORD BANK:

Bean Soup  
Bugler  
Bunk  
Campfire  
Distance Swim  
Flat Rock  
Frisbee Running Bases  
Inspection  
Lower Baker Pond  
Mess Hall  
Metal Boy  
Polar Bear  
Rest Hour  
Reveille  
Six  
Soap Bath  
Taps  
Wentworth



## DOWN:

1. Pemi's "national sport" (a.k.a. FRB)
2. Where we sit down to eat our meals
3. Cross the lake by canoe with your cabin-mates and cook dinner over a campfire at this spot
5. Pemi's "newspaper" (sounds like something you eat with a spoon!)
9. An upper or lower bed in a cabin or tent
10. Number of tennis courts at Pemi
11. Fast-paced bugle call that inspires us to rise and shine
14. Sunday wash-up (needed or not!)
15. Name of the town where Camp Pemigewassett is located
17. A quiet 60 minutes right after lunch

## ACROSS:

4. Camp waker-upper and taps-tootler
6. Fictional character of Pemi lore; prone to rust
7. Where we gather 'round to share and enjoy our musical and storytelling talents
8. Once you do this, any boat is yours to captain
12. Post-breakfast tidying up in every cabin prepares for this daily "close look"
13. Pemi's traditional morning jump in the lake
16. The name of the lake we love to swim and boat on
18. Bugle call that signals us to lay our heads down to rest and fall asleep



For the answer key and more clues,  
visit the Pemi Lexicon at:  
<https://camppemi.com/pemi-lexicon>

Three evenings a week, the entire camp gathers for Saturday night campfire, Sunday meeting, and Monday's Bean Soup—Pemi traditions that date back over 100 years!

# PEMI DAILY SCHEDULE



**7:30 AM**

Reveille: rise and shine. Enjoy a Polar Bear dip in the lake!



**8:00 AM**

Breakfast and announcements



**8:45 AM**

Cleanup for inspection



**9:10 AM**

Cabin inspection - earn points for a weekly prize



**9:20 AM**

Morning instructional activities begin ("1st, 2nd, and 3rd hour") and hiking trips depart



**12:10 PM**

Activities end



**12:30 PM**

Lunch and announcements



**1:30 PM**

Rest hour: reading, writing, relaxing in the cabins



**2:40 PM**

4th hour instructional activity begins; intercamp athletic contests begin



**3:30 PM**

Instruction ends. Optional activities and free time begin.  
Time to check your mailbox!



**5:00 PM**

Free swim



**6:00 PM**

Dinner and announcements



**7:00 PM**

Free time and special events



**8:45 PM**

Tattoo: prepare for bed



**9:00 PM**

Taps: lights out; counselors read to their cabins







# CAMP PEMIGEWASSETT

## PACKING LIST

***All items should be clearly marked with the boy's name, either with name tags or waterproof marker.***

***TIP: Tear this list out, place it in a plastic sleeve, and bring it to camp to serve as a reminder when packing to return home.***

### SHIRTS

- ☐ Pemi logo T-shirts – any style/fabric: 2 navy / 1 white / 1 grey
- ☐ 6-8 T-shirts - any style/fabric (1-2 of T-shirts should be synthetic for hiking)
- ☐ 2 Collared shirts (polo or button)

### PANTS

- ☐ 2 Jeans or sweatpants
- ☐ 6 Shorts
- ☐ 1 Pair khaki shorts

### OUTERWEAR

- ☐ 1 Sweatshirt
- ☐ 1 Heavy synthetic fleece top
- ☐ 1 Waterproof raincoat (sealed seams)
- ☐ 1 baseball cap or other (for sun protection)

### FOOTWEAR & SOCKS

- ☐ Casual footwear (sandals, sneakers, etc.)
- ☐ Hiking boots or shoes with high-traction soles
- ☐ Athletic shoes (cleats, tennis shoes with smooth soles for courts, etc.)
- ☐ 10-12 Pair athletic socks
- ☐ Pair hiking socks (wool/wicking)

### UNDERWEAR, SWIMWEAR, PJ's

- ☐ 10-12 Pair underwear
- ☐ 2 Bathing suits
- ☐ 2 Pajamas (1 lightweight; 1 heavy)

### BEDDING & LINENS

- ☐ 3 Warm twin blankets (or 1 and comforter, etc.)
- ☐ 2 (Two!) sets of sheets (twin or cot)
- ☐ 1 Pillow (most forgotten item)
- ☐ 2 Pillowcases
- ☐ 2 Bath/beach towels
- ☐ 1 Laundry bag with boy's name
- ☐ 1 Mosquito net

### TOILETRIES & CARRIER

- ☐ Soap and shampoo
- ☐ Toothbrush (in carrying case) and toothpaste
- ☐ Fingernail Clippers/Nail File
- ☐ Personal items as needed (hair brush, comb, deodorant)
- ☐ Sunscreen (20 SPF or higher)
- ☐ Insect repellent (DEET percentage at your discretion)
- ☐ Shower caddy with the capacity to drain, for carrying toiletries

### OTHER ESSENTIALS

- ☐ 1 Flashlight or headlamp with fresh batteries
- ☐ 1 one-liter water bottle
- ☐ Stationery and stamps (pre-addressed?)

### BAGS

- ☐ Duffelbags / soft trunks as needed for packing for camp
- ☐ 1 Drawstring bag / sports duffel for daily use
- ☐ 1 Small backpack for day hikes (school pack is fine)

## NOTES

## OPTIONAL ITEMS

- ☐ Canned good(s) or non-perishable(s) for our arrival day food drive, "Cans from Campers"
- ☐ Sunglasses
- ☐ Water sandals or aqua socks
- ☐ Books (no digital Kindles, Nooks, etc.)
- ☐ Ping-pong paddle
- ☐ Fishing rod and tackle
- ☐ Musical instruments and music
- ☐ Bathrobe
- ☐ Crazy creek
- ☐ Other (including a stuffed animal!)

## ATHLETIC EQUIPMENT

- ☐ Tennis racquet and cover\*
- ☐ Lacrosse stick, gloves, and pads\*
- ☐ Baseball glove, hat, and pants
- ☐ Swim goggles, cap, speedo-type bathing suit / jammers
- ☐ Soccer cleats & shinguards

## PEMI BACKPACKER'S EQUIPMENT LIST

Most of the following items needed for overnight backpacking trips can be borrowed from the Trip Program. However, boys who plan to take full advantage of hiking opportunities might consider bringing some/all of the following:

### CLOTHING FOR HIKING

- ☐ 1 Pair Synthetic Shorts
- ☐ 1 Set synthetic long underwear top and bottoms
- ☐ 1 Warm hat (ski type)
- ☐ 1 Pair of gloves

### EQUIPMENT FOR HIKING

- ☐ 1 Backpacking pack (age 11 and older)
- ☐ 1 Sleeping pad
- ☐ 1 Sleeping bag (synthetic or down, no cotton)
- ☐ 2 one-liter water bottles

\* Pemi has tennis and lax equipment available to borrow for campers who want to try these sports for the first time.

# DID YOU KNOW?

We have an entire lake to ourselves! You can start each morning with a Polar Bear dip, go to Free Swim every afternoon, and try out (or become an expert in) water skiing, canoeing, sailing, wind-surfing, and paddle boarding.

You won't need a watch at Pemi! A live bugler plays bugle calls to let you know when it's time to wake up, go to meals, and change activities.

Hungry? We eat meals together in the Mess Hall, and we sing (loudly!) after lunch and dinner. You'll quickly learn the words to traditional Pemi songs and college songs from schools large and small.

Many Pemi traditions are over 100 years old, like a campfire every Saturday night for stories, songs, and fun, the camp newspaper "Bean Soup," and counselors reading aloud to campers after lights out in the cabin.

Pemi's natural setting will fill you with wonder! Look for bald eagles, herons, otters, Luna moths, meteor showers, and the Milky Way. At night, you might hear the calls of loons and owls as you fall asleep.



# PEMI LEXICON

**AC:** Assistant Counselor - a junior counselor who assists a cabin's head counselor. He has just finished his junior or senior year of high school, and is almost always a former Pemi camper.

**ACTIVITIES:** Daily instructional periods during which campers learn and hone skills. There are three activity hours before lunch, and for juniors, a fourth after rest hour. For 100+ years, these were called "occupations." Chances are you'll still hear the word "occupations"—now you'll know why.

**BEAN SOUP:** Every Monday night, the camp convenes for a reading of Bean Soup, a series of articles about the week's events at camp, read aloud by the editors. Campers are encouraged to submit articles. Each fall/winter, Bean Soup is compiled, printed, & mailed to every camper and staff member.

**BUGLE CALLS:** Daily bugle calls, played live by a counselor, let you know what time it is. Some of the most common include:

- Reveille: 7:30 sharp (get out of bed!)
- First call: 5 minutes before a meal
- Tattoo: 8:45 pm (get ready for bed)
- Taps: 9 pm (time to sleep)

**BUNK:** An upper or lower bed in a cabin or tent.

**CABIN:** A camper's home for the summer. There are 22 cabins at Pemi.

**CAMPFIRE:** Set on the Senior Beach, the campfire circle is the site of Saturday night gatherings, where campers and staff share their musical or storytelling talents. The evening is capped off by a singing of Pemi's traditional "Campfire Song."

**DISTANCE SWIM:** In order to be permitted to take a boat out solo, a boy must complete his distance swim: a closely supervised swim, about .5 mile long, from the high dive at the Senior waterfront, out to a marker in the lake, and back.

**DIVISION:** There are four divisions at Pemi: Junior (ages 8–11; 6 cabins), Lower Intermediate (ages 11–13; 7 cabins), Upper Intermediate (ages 13–14; 5 cabins), and Senior (ages 14–15; 4 cabins).

**FLAT ROCK:** Diagonally across from camp on Lower Baker Pond, this large, flat rock sticks out into the water. Sometimes, instead of dining in the Mess Hall, a cabin will canoe across the lake to cook their dinner over a fire.

**FOUR DOCS:** The Four Docs are the original founders of Pemi, all graduates of Oberlin College and three from Columbia Medical School.

**FRB:** Short for "frisbee running bases," this game typically includes 3 bases, 4 counselors, and as many campers who want to run and be chased as each tries to be the last man standing by not getting tagged with the frisbee. Announcements for an FRB game after dinner bring deafening cheers. We know of no other place on Earth that features FRB.

**FREE SWIM:** Each afternoon at 5 pm, campers have the option of enjoying Free Swim. Campers are closely supervised by counselors, and must swim in groups of 2 or 3.

**INSPECTION:** Every day after breakfast, campers and counselors clean their cabins for this "close look."

**LOWER BAKER POND:** The lake on which Pemi is located. It's one of the most beautiful places around.

**MESS HALL:** The dining hall: a beautiful slope-roofed, high-ceilinged building on a hill overlooking camp, where all meals are eaten, family-style. Announcements follow each meal, with hearty singing after lunch and dinner.

**PEMI HILL:** A wooded hill rising up behind Pemi. A short, steep trail takes Pemi campers up to a wooden shelter beside a fresh spring. Each cabin has the opportunity to spend a night there at least once a season, and cook breakfast over the fire in the morning. It's close enough to camp to still be able to hear the bugle calls, but far enough away to still feel like camping.

**PEMI WEEK:** The last week of Pemi, when the normal schedule ceases and daily events celebrate the season: Games Day, Woodsdude's Day, the Triathlon, the Art Show, performances of the Gilbert & Sullivan operetta, and more. It concludes with the Final Banquet, the Final Bean Soup, and the Final Campfire.

**PINE FOREST:** A dining location across the lake that cabins can canoe to with their counselors and cook dinner over the fire.

**POLAR BEAR:** Each morning, campers leap out of bed with a glad cry ("huzzah!"), do quick exercises to wake up, and then jump in the lake. (Required for the first week that a boy is at camp; optional afterward.)

**PINK POLAR BEAR:** Why jump in the relatively warm lake to wake up, when you can dunk in a very cold stream first thing in the morning? Many boys choose this option.

**REST HOUR:** After lunch, for a blissful hour, campers relax on their beds and quietly read, write, or listen to music. There is a chance that counselors might enjoy this break more than the campers.

**SOAP BATH:** Every Sunday, campers take a quick bath in the lake, using their biodegradable soaps. While hot showers are available all week long, many campers figure, "why use a shower when I can bathe in a beautiful lake?!"

**SUNDAY MEETING:** Each Sunday, the Pemi community gathers in the Lodge to hear a talk from a community member. We dress in a collared shirt and khaki shorts/pants.

**TRIPPIE:** Specialized staff who lead hiking and canoe trips. They are trained and certified in Wilderness First Aid.

**TWO-DAY, THREE-DAY, FOUR-DAY:** Overnight trips. Visit <https://camppemi.com/campers/choosing-your-activities/hiking-canoeing/> to read all about Pemi's day trips, multi-day overnight backpacking trips, and canoe trips!

# COMMUNICATION

## WHAT YOU CAN COUNT ON FROM PEMI

For parents of new campers, **a phone call** 7 days into camp with a detailed assessment of your son's adjustment to camp.

**Weekly newsletters and other articles** posted on the Pemi Blog; Facebook, Twitter, and Instagram updates.

**Photos** posted twice a week, accessed through your online account.

**Final Letters / Reports:** your son's counselor prepares a detailed review of your son's experience; Parents of Full Session boys receive a mid-season and final letter/report. Parents of First and Second Session boys receive a final letter/report within about 10 days after the session ends.



@camppemi

## LETTER WRITING

Campers are required to write home every week, but may write home more often as time allows. Each camper has his own mailbox, or will share one with his brother(s). While our counselors provide guidance, you might want to work with your son ahead of time on how to properly address an envelope, or consider sending pre-addressed and stamped envelopes with him to camp. Please don't ask/require your child to write to you every day, as this might lead to his feeling he must forgo spontaneous activities or skip optional opportunities that are part of the rich camp experience. Instead, let him know you'll look forward to his weekly letters and encourage him to take advantage of all that is going on at camp.

## ADDRESSES

**Letters:** Camper Name  
Camp Pemi  
P.O. Box 222  
Wentworth, NH 03282

**Packages:** Camper Name c/o Camp Pemi  
RT 25A  
50 Camp Pemigewassett Rd.  
Wentworth, NH 03282

## SUMMER OFFICE PHONE

603-764-5833

There is limited cell service at Pemi.

## PHONE CALLS / EMAIL

You may call and/or email the director at any time. Phone calls/emails with campers are not allowed except under extraordinary circumstances.

## EMAILS

**Kenny Moore, Camp Director**  
ken@camppemi.com

**Patrick Clare, Assistant Director, Family Camp Director**  
pat@camppemi.com

**Johanna Zabawa, Assistant Director**  
johanna@camppemi.com

**Allyson Fauver, Camper Accounts & Finances**  
accounts@camppemi.com

**General:** camppemi@camppemi.com

## PACKAGE POLICY

Care packages are limited to flat-envelope style, no more than one per session (we understand that sometimes a forgotten item may require a larger package). Care packages should contain items that can be enjoyed during rest hour, like reading/writing/art materials and letters from home, not games/toys. No food of any kind is permitted.







# CAMP PEMIGEWASSETT

50 Camp Pemigewasset Road  
Wentworth, New Hampshire 03282  
[www.campemi.com](http://www.campemi.com)

