



Wizards & Warriors™
and
Zombie Summer Camp

Camper Welcome Packet



If you need any assistance planning for your adventure with us at camp this summer, please call us at **781-270-4800**

Table of Contents

*Thank you for registering your hero for an adventure in Sidleterra during the Summer of 2020.
Please read the following information carefully and prepare yourself for the adventure awaits you!*

[Message from the Camp Director](#)

[2020 Camp Dates](#)

[Program Overview](#)

[Camp Counselors](#)

[Unplug This Summer](#)

[Camp Payments & Policies](#)

[Camper Health and Wellness](#)

[Health Form Procedures](#)

[Wellness Tips](#)

[Incidentals](#)

[Mild Illness & Homesickness](#)

[When Do We Contact Parents](#)

[Quest Day Camp](#)

[Quest Day Camp Arrivals](#)

[Camp Driving Directions: Salem State University - South](#)

[Quest Day Camp Bus Routes](#)

[Packing Checklist for Quest Day Camp](#)

[Houses & Teams](#)

[Camp Meals](#)

[Overnight and Blackwatch Camp](#)

[Overnight/Blackwatch Camp Arrivals](#)

[Airport Pick Up and Drop Off Times](#)

[Camp Driving Directions: Salem State University - South](#)

[Packing Checklist for Overnight Camp](#)

[Camp Meals](#)

[Visiting & Care Packages](#)

[Laundry](#)

[Trading Post](#)

[Feast of Heroes/Parent Dinner](#)

[Be a Parent Zombie](#)

[Overnight Campers Who Wish To Go Home On Weekends](#)

[King's Watch: Indoor Day Camp](#)

[Day Camp Arrivals](#)

[Day Camp Driving Directions: Burlington MA](#)

[Packing Checklist for Day Camp](#)

[Other Notes and Notices](#)

[No Tobacco, No Pets](#)

[Lost and Found](#)

[Costume Reminder](#)

[Text & Social Media Updates](#)

[Camper Communications/Mail](#)

[More About Us: The Story School and Guard Up](#)



Greetings, Parents and Hero Makers of Sidleterra!

The Land of Sidleterra is enjoying a time of peace. After a Summer of trials and battles the heroes of Sidleterra were able to defeat the evil that had invaded the land. As the heroes go about their lives outside of Sidleterra they are aware that they may be called upon once more to defend the realm they love so much. The heroes study in school to sharpen their minds, they practice their sword skills to be ready to best any challenger, and they seek out works of literature that may hold the clues to defeating even the most powerful of foes. As the Summer draws near, and the call of Sidleterra goes out, expect to see your heroes preparing for the battles to come. We'll meet them at the Gate, and we'll see them safely through and back to you.

I'm excited to be spending my third Summer in service of Sidleterra and the heroes that make history there. Each year is different and I'm excited to see what all our heroes will discover during their adventures this Summer. Will they meet Goblins looking for shinies, or battle sentient zombies, or will they perhaps have tea with the Greater Spirits? I don't know, I'm just along for the ride. It's up to the heroes to decide our fates, and I wouldn't have it any other way.

As always we strive to provide a safe, fun and educational experience to all who walk through the Gate of Destiny, from their first day of camp until their last. We are truly honored to have the opportunity to be a part of your child or teen's experience this summer. Please take some time to review the information in this packet as it is updated regularly and will have some new additions from last year. If you have any questions about the packet or our camp program please contact me directly at 781.270.4800 or steven@guardup.com

If your child has been to camp before, then you already know the magic that is in store. If this is your child's first time being called to Sidleterra, welcome! I'm looking forward to another magical year of adventure, and seeing how your heroes make a difference!

Cheers,
Steve Malueg,
Outdoor Camp Director



[Back to top](#)

Overnight Camp Dates 2020 (Salem, MA)

| | |
|--------------------|--------------------------------|
| July 5- July 10 | Zombie Summer Camp (Session 1) |
| July 12- July 24 | Wizards & Warriors (Session 1) |
| July 26 - August 7 | Wizards & Warriors (Session 2) |
| Aug 9 - Aug 11 | Blackwatch Summer Camp |

Quest Day Camp 2020 (Salem, MA)

| | |
|--------------------|--------------------------------|
| July 6 - July 10 | Zombie Summer Camp (Session 1) |
| July 13- July 24 | Wizards & Warriors (Session 1) |
| July 27 - August 7 | Wizards & Warriors (Session 2) |

King's Watch: Indoor Day Camp 2020 (Burlington, MA)

| | |
|-------------------|---------|
| June 29- July 3 | Week 1 |
| July 6- July 10 | Week 2 |
| July 13 - July 17 | Week 3 |
| July 20 - July 24 | Week 4 |
| July 27- July 31 | Week 5 |
| Aug 3- Aug 7 | Week 6 |
| Aug 10 - Aug 14 | Week 7 |
| Aug 17 - Aug 21 | Week 8 |
| Aug 24 - Aug 28 | Week 9 |
| Aug 31 - Sep 4 | Week 10 |

Program Overview

Whether your camper is staying with us overnight, questing to our Salem, MA location, or joining us for day camp at our Burlington facility, their day is sure to begin and end with adventure. Overnight and Quest Day Campers will spend their first day learning about the land of Sidleterra and selecting a House that appeals to their individual character personalities. Once our Heroes have selected their Houses, they will travel with that group for the majority of their time in Sidleterra.

Our camps strive to give campers autonomy in their daily schedule. Meals, shower, and bedtimes are fixed. Other daily activities are camper driven and center around camper decisions. These activities include:

- interacting with costumed characters (portrayed by our trained staff and Monster Campers)
- searching for key plot items throughout the land
- solving puzzles
- learning historic sword techniques
- creating armor, potions, and more.

If you have any questions regarding our day to day activities, please feel free to contact us at the Guard Up Office: 781-270-4800.

This camp must comply with regulations of the MDPH and be licensed by the LBOH.

Camp Counselors

Our Camp Counselors are made up of individuals who are passionate about education and storytelling. Many of our counselors are either Education students or adults who work as teaching professionals during the school year. They lend our camp their passion and talent during the summer months to create the fun and innovative learning environment that we work so hard to provide for our campers.

All counselors, staff, and volunteers are required to have a personal interview with our camp director, pass CORI and SORI criminal background checks, and provide us with three satisfactory letters of reference before they live and work alongside our campers. **You have the right at any time to ask to review our background check policies.**

During the week prior to the start of camp, all of our staff members complete an intensive training which includes First Aid/CPR certification, behavior management, bullying prevention techniques, battlefield safety, and more. Additionally, our counselors are instructed in foam weapon safety, character presentation, and best camp practices.

Each staff member is asked to create a character profile and history. Our counselors act as these characters to guide your campers throughout their summer experience. Having our counselors in character allows them to act as role models for our campers in our fantasy role play environment. Please do not be surprised when you are greeted by these costumed characters when dropping off or picking up your camper, or when staff members introduce themselves as “Fairy Godmother” or “Samek the Shade.”



Unplug This Summer



Along with exposing campers to extremely important skill sets such as innovation, exploration, and communication, our programs also provide a dynamic environment where participants stay physically active and sharpen their social skills (not to mention make friends!). We want to capture as much of their imagination as possible... and have them find exciting possibilities through their creativity.

Our camps have an “unplugged” policy. Due to the interactive nature of our camps, we ask that campers leave all electronics at home. Electronics and modern technology can distract from storytelling, game experience, and social growth. Parent/guardian contact will be offered during the weekend per camper request. Any electronics brought to camp will be labeled and kept in the locked possession of the Health Care Supervisor for emergency use only.

Our unplugged policy applies to all electronics, including smart watches and those without data or WiFi capabilities such as e-readers and mp3 players. Fans and white noise machines are the only exceptions. Please call us with any questions regarding these guidelines; 781-270-4800

Please note, that while outside electronics are not permitted, computers, tablets and other devices may be used as a part of our STEM adventures. Heroes may be challenged to code robots, chart observed trends, and collect other data using technology. Overnight campers may also take part in a campwide movie night as a break from in-game programming.

Any electronics brought to camp will be labeled and kept in the locked possession of the Health Care Supervisor for emergency use only.



Payments & Policies

Camp Payments and Payment Plans

Camp payment is due upon registration for camp. Your camper's enrollment is not complete without complete payment. To pay for camp in full you can call us at 781.270.4800, or visit our [Camp Tuition Payment Form](#).

If you are using a Payment Plan, be sure to complete your payments by **May 15th**.

Cancellation/Refund Policy

There are no refunds for cancellation, illness, or any other reasons. We highly recommend that parents/guardians purchase Insurance which covers specific cancellation reasons. Make sure you contact the insurance provider and get the details on what is covered and what is not, and to make certain that they cover our type of summer camp.

Here is an example insurance company:
<http://www.trustedchoice.com/business-insurance/industry-types/camp>. Again, make sure you talk to them first before purchasing insurance. *The Story School and Guard Up are not associated in any way with this or other cancellation insurance companies and are not liable for their coverage or lack thereof.*

Camper Health & Wellness

Let Us Be Your Parenting Partner

Our [Camper Registration Form](#) dedicates space for personal information about your camper and your camper's physical and mental health. We would like to take a moment to address the importance of this information when filling out your camper's history and medical forms.

Some parents are hesitant to provide camps with information regarding their camper's past behaviors and history. We want your camper to have an amazing and successful experience at camp. We want them to leave our grounds feeling more comfortable and confident in themselves than when they first entered. One way we can accomplish this is by having as much accurate information as possible about your child's needs.

The more information we have regarding a camper's past experiences and behavioral history, the better we can assist them in having a smooth transition to camp. Knowing about a camper's learning disability, recent life changes, medications, sleeping disorders, and sensitivities can help us be better aware of your child's need for patience and alternative coping strategies. It's important to know that a child with inappropriate behavior that cannot be resolved may be sent home. In these rare circumstances, there are no refunds. However, we will work with you to try to reintroduce your child to the camp if we feel that we are able to accommodate your child's needs while also attending to the safety of our campers and staff.

The majority of our campers have some type of special consideration. As human beings, we are wonderfully diverse and acknowledging these different needs helps us set your child up for success.

Let us be your parenting partner this summer. Sharing pertinent information with us allows us to help your child plan for a safe, fun, and successful summer.

Behavioral Expectations

At Wizards & Warriors and Zombie STEM Summer Camps we expect our campers to do their best everyday to demonstrate the three tenets of a hero: Courage, Honor, and Compassion. For day to day behavior this means we expect campers to be kind to their fellow campers and the staff members who are at camp to help them navigate the world.

The following are some expectations that we have for camper behavior during the summer:

- Be kind to fellow campers and staff
- Be within sight of camp staff at all times while moving around camp
- Follow our camp safety rules at all times
- Speak kindly to fellow campers and staff
- Be respectful of staff and follow their directions

We work very hard to keep our campers physically and emotionally safe each summer, for most situations we employ a three strike system. Any camper that is unable to follow our behavior expectations will meet with a member of our camp administrative team and be given a strike. When a camper is given a strike parents will be notified by the camp administrative team by phone.

If a camper receives three strikes they will be sent home from camp, and will not be permitted to rejoin camp activities at any of our summer camp programs until the following season. In some instances, a meeting will be required to help develop a behavior plan for any future attendance at our programs.

We have a zero tolerance policy for bullying, and take any reports of unkind behavior seriously. Our unique programming means that we need to be very cautious of physical interactions between campers. Therefore the following behavior will result in immediate dismissal from our programs: **Hitting a fellow camper or staff person in anger.** If at any time a camper strikes another camper or staff person in anger, that camper's family will be called and they will need to be picked up from camp immediately.

Health Form Procedures

Before your camper arrives, all online forms must be completed. In the past, we have accepted paper or faxed versions of these forms, but in the interest of saving trees, *we are now only accepting electronic forms of these documents*. Please submit these forms through your Camper Registration Form.

1. **Camper Registration Form:** This form is the first place we go to learn more about your camper. It also contains vital emergency contact and medical information. [Click here to submit your camper's form.](#)
2. **Physical Health Form:** Reach out to your family doctor for a signed copy of a form certifying your camper's physical health. Once you have this copy, upload it to the Camper Registration Form.
3. **Immunization Records:** Along with your camper's Physical, please provide a complete immunization history signed by a doctor. This will also need to be uploaded to your Camper Registration Form.

Here is a listing of required vaccinations for all campers:

- DTaP: ≥4 doses (5 doses if entering Kindergarten)
- Polio: ≥ 3 doses (4 doses if entering Kindergarten)
- Hepatitis B: 3 doses (all grades, including high school)
- MMR: 2 doses (child care/preschool only need 1 dose; all others need 2 doses)
- Tdap: campers entering grades 7-10 with a booster every 10 years
- Varicella: 2 doses (first dose must be given on or after the 1st birthday and 2nd dose must be given within 28 days) a reliable history of chickenpox or laboratory evidence of immunity acceptable.

Massachusetts state law requires that your child or teen has a health physical that is not older than 18 months from the date of attendance at camp.

All immunizations must be up to date and will be reviewed by staff prior to camp.

We cannot accept any camper who does not have all forms completed and in our possession at least one week before the start of camp.

In addition, the State of Massachusetts requires that every parent and guardian receive the following notices:

<http://www.mass.gov/eohhs/docs/dph/cdc/meningitis/meninge-camp-common-questions.pdf> (currently this does not lead anywhere. The
https://www.cdc.gov/disasters/extremeheat/heat_guide.html

Wellness Tips

All campers are required to carry a water bottle at all times so we can be proactive with ensuring our young heroes are hydrated. It is important that you send your child to camp with at least TWO water bottles (almost every camper misplaces their water bottle at least once) and with a long carry strap that allows them to carry their bottle into battle with them.

Hydration packs are a good alternative to carrying a water bottle.

We also recommend that campers wear sunscreen and bug spray at all times while playing and adventuring outdoors. Our staff are all trained to look for signs of heat exhaustion and dehydration and in the importance of wearing sun protection.

Speaking to your child ahead of time about the importance of drinking water regularly and wearing sunscreen and bug spray can help prepare them for a summer of outdoor fun.





Incidentals

Campers are required to bring their own health, safety, and hygiene items, but we know that campers often forget or misplace items. If a camper is ever found without a [water bottle](#), towel, toothbrush, safety glasses or any other item they need for camp, we will provide it for them. As there is a need to provide these items to the campers as quickly as possible, we ask for advance permission charge these items. We refer to these items as incidentals and require each camper to have incidental charges be allotted to their account.

When filling out your [Camper Registration Form](#), you will select an incidental price bracket to allow us to charge up to a certain amount without having to contact home for permission when they need an item for their immediate health/safety. Incidental charges do not include costume or other Trading Post items. The exception to this is if your camper arrives at camp in a shirt that is inappropriate to our programs. In these instances we will provide your camper with a costume appropriate shirt and charge its purchase to the incidentals account.

Mild Illness and Homesickness

Mildly Ill Campers

Mildly ill campers are treated by our on-site Health Supervisor. In the event of serious injury, vomiting, fever or extended stay in the infirmary area, parents or guardians will be notified.

Homesickness

We provide a dynamic fantasy and friend-filled environment at our summer camps, and even while battling foes in Sidleterra, experiencing homesickness is not uncommon.

Campers experience homesickness regardless of age, gender, or if they are at day or overnight camp. Parents will be informed by the camp administrative team if their child is suffering from extreme homesickness. Most instances of homesickness are isolated to bedtime or meals.

Our staff are trained to work with the camper to help them feel safe at camp. Most often, with support, the camper is able to work through their feelings of homesickness and continue a successful stay at camp.

More information on homesickness is available through the [American Camp Association](#).



When do we contact parents?

We will contact the parent or guardian of a camper in the following situations:

- ❖ Camper experiences atypical [homesickness](#) (needing constant one-on-one attention, clinging to adults, trouble falling asleep, disrupting camp activities, inability to eat/sleep, etc.)
- ❖ Camper experiences unusual or extreme behavioral challenges
- ❖ Camper experiences an illness
- ❖ Camper needs to be taken to urgent care



In the case of an emergency Wizards & Warriors and Zombie Summer Camps do not provide transportation for campers to or from the hospital.

In the event a camper needs to be transported to the hospital an ambulance will be called to transport the injured person.

Campers who have been brought to the hospital during the camp session can only return to camp with a parent, guardian, or emergency contact to approve their return to camp activities.

Depending on the reason for leaving camp, a doctor's note may also be required before returning to camp.

Quest Day Camp



Quest Day Camp Arrivals

If you are enrolled in our outdoor Quest Day Camp at our Salem location, the drop off time for your camper is between 9 and 9:15am. Campers who are not enrolled in Extended Day cannot be dropped off before 9am.

*Please make sure that you park your car, sign your child in, and sign them out at the end of the day. **Campers will not be released without a signature of a parent/guardian or a person who is listed on your pickup list on the registration form (ID will be required for verification).** Please watch for campers when pulling into Salem State University's lot.*

Extended Day - Quest Day Camp

If you are enrolled in our **Extended Day** option for Quest Day Camp you may drop off your hero between 8am and 9:15am and pick them up as late as 6pm. Quest Extended Day includes both breakfast and dinner.

On the last Friday of a Quest Day Camp session, Extended Day campers will be transported to our Burlington location and will need to be picked up by 6pm. Alternately, campers may be picked up by 3pm at Salem. There will be no evening meal included on this last day of the session. The dates for these days are July 10th, July 24th, and August 7th.



Directions

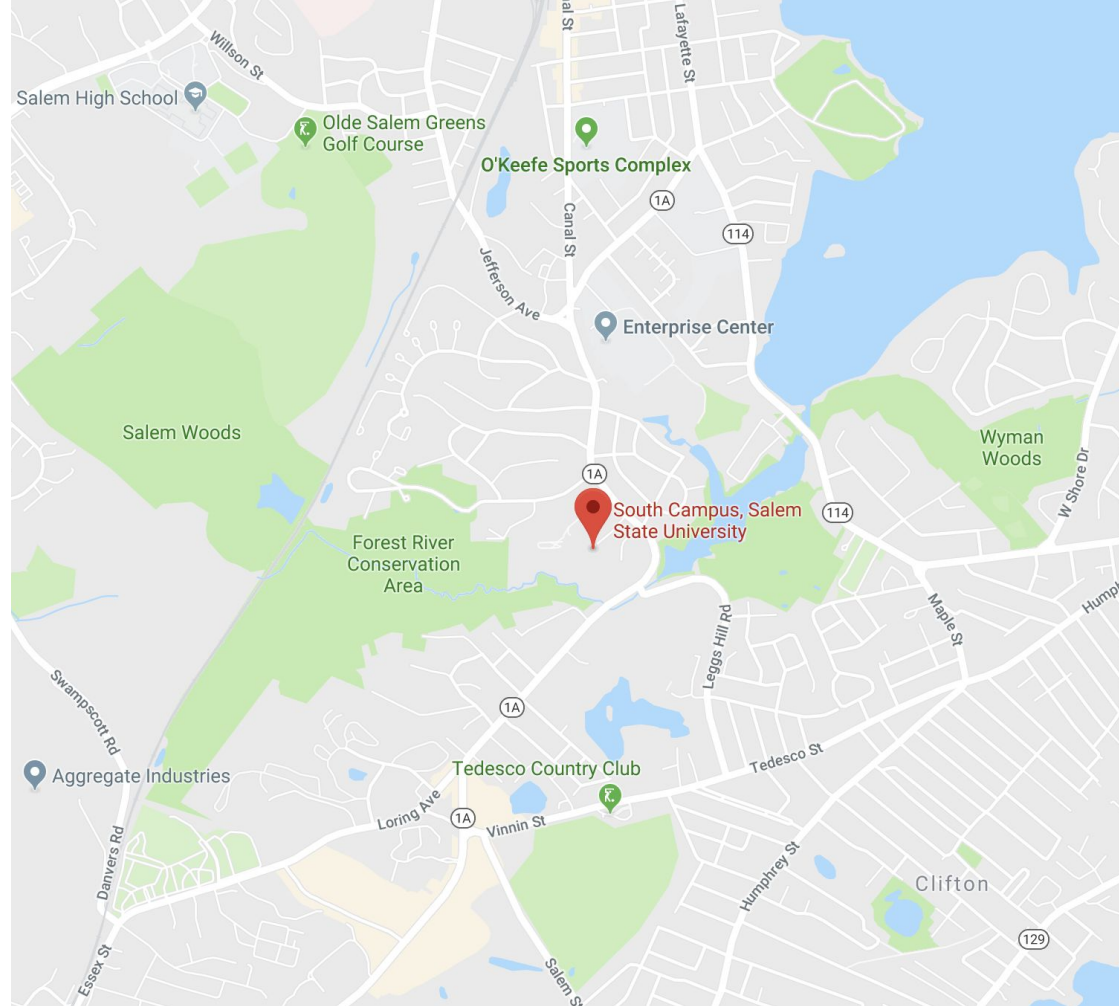
**South Campus
Salem State University**
99 Harrison Rd
Salem, MA 01970

Directions from I-95 (Either North or South):

- ❖ Take exit 45 off of I-95, to continue on MA-128. Continue for 2.5 miles.
- ❖ Take exit 26 for Lowell St toward Peabody Square/Salem.
- ❖ Turn right onto Lowell St.
- ❖ Lowell St turns into Main Street, then Boston St
- ❖ Boston St turns right and becomes MA-107 S/Essex St
- ❖ Turn left onto Jackson St
- ❖ Turn right onto Jefferson Ave
- ❖ Turn right onto Loring Ave
- ❖ Turn right onto Harrison Rd
- ❖ At the end of the road is the parking lot for the South Campus

Directions from 1A (North):

- ❖ Continue on MA-1A North into Salem
- ❖ Turn left onto Harrison Rd
- ❖ At the end of the road is the parking lot for the South Campus



Quest Day Camp Bus Routes

Be sure to indicate a pickup and drop off location on your [Camper Registration Form](#) if your camper will need to take the bus.

| Bus # | Town | Location | Pick up | Drop off |
|-------|----------------|--|---------|----------|
| 1 | Burlington | Guard Up's Guardian Adventures, 103 Terrace Hall Ave, Burlington, MA | 8:00am | 4:00pm |
| 1 | Reading | Golf Galaxy - Crossing at Walker's Brook 40 Walkers Brook Dr, Reading, MA | 8:30am | 3:30pm |
| 2 | Malden | Meadow Glen Mall 3850 Mystic Valley Pkwy, Medford, MA 02155 | 8:00am | 4:00pm |
| 2 | Lynn | Walmart 780 Lynnway, Lynn, MA 01905 | 8:30am | 3:30pm |
| 3 | Waltham/Weston | Marshall's Plaza 1265 Main St, Waltham, MA 02451 | 8:00am | 4:00pm |

**Includes a rest stop in Burlington. Framingham bus may be cancelled if participation is low.

Packing List

We advise all items brought to camp be labeled with the camper's initials. Our camp is not responsible for lost, broken, or stolen property or personal equipment. Any electronic items will be confiscated and returned per our Unplugged Policy. Lost and Found and unclaimed confiscated items are held for two weeks after camp, and then donated.

- ❑ **Approved Foam Weapons:** Note that only Guard Up-approved weapons are permitted. *Zombie Camp campers are welcome to bring their own NERF blasters, but they will not be permitted if they have been internally modified in any way.*
- ❑ **Safety Glasses:** (for all Zombie Campers) *if your campers arrives without eye protection, a new pair will be charged to your [Incidentals Account](#).*
- ❑ **Costuming:** [Read more about our Costume Requirements](#)
- ❑ **Weather-appropriate attire:** Rain jacket or poncho (Black or earth tones; no logos.)
- ❑ **Close toed shoes:** Must adhere to feet (ankle strap required); should be worn at all times
- ❑ **Towel:** for drying off after water activities
- ❑ **Hat/bandana:** Black or earth tones; no logos; for sun and rain protection.
- ❑ **Sunscreen** (SPF 30 or higher), **mosquito repellent**, and **chapstick**.
- ❑ **Water bottle:** Must be attachable and is to be worn at all times
- ❑ **Bag lunch is optional, and recommended for picky eaters.**



Please leave at home: Electronics (cell phones, iPods, game consoles, etc.), jewelry or piercings of any kind, pets or animals, cash or other forms of money, knives or blades of any kind, all unapproved weapons, fireworks, illegal substances, and any items of great personal or financial value



Houses & Teams

Identity is a part of all role-play and our heroes have many ways to classify themselves. In our Quest and Overnight Camps, we strive to give our Heroes the autonomy to choose their own adventure.

For this reason, we let campers choose which [House](#) (in Wizards & Warriors Camp) or [Team](#) (in Zombie Camp) they want to be a part of.

If your Hero already knows which House or Team they want to be with this year, you are welcome to mark it on your [Camper Registration Form](#). If you want to ensure that your Hero ends up in a specific group, be sure to call us at (781) 270-4800 and let us know.

Not sure which House fits your personality?

[**Take our House Quiz!**](#)



[Back to top](#)

Camp Meals

Meals for Wizards & Warriors and Zombie Summer Camps are primarily supplied by a catering service (we do have speciality days where pizza is ordered from a local restaurant). We strive to provide our campers with a healthy, appetizing and organic menu.

We understand that in a culture of such variety, not all campers will enjoy every meal served at camp this summer. If your Quest Day camper is a picky eater and will have difficulty eating the catered menu provided at our camps, we recommend they bring a bagged lunch. Please, no nuts.

If your camper has meals that need to be refrigerated, call us at (781) 270-4800 for more information about our refrigeration capabilities. Feel free to call us with any questions about camp meals or food related needs.

[Read more about our Camp Feast and Parent Day](#)



Overnight & Blackwatch Camp



Overnight & Blackwatch

Camp Arrivals

Once our Heroes are checked in, they choose their Camp Houses and Teams. Which House or Team will your Hero be in? Click to find out.

Drop Off and Pick Up Times

Please make sure to drop off and pick up your camper in Salem between the following times according to the first letter of your camper's last name:

Drop off: Sunday at start of session

- ❖ A-M 2pm-3pm
- ❖ N-Z 3pm-4pm

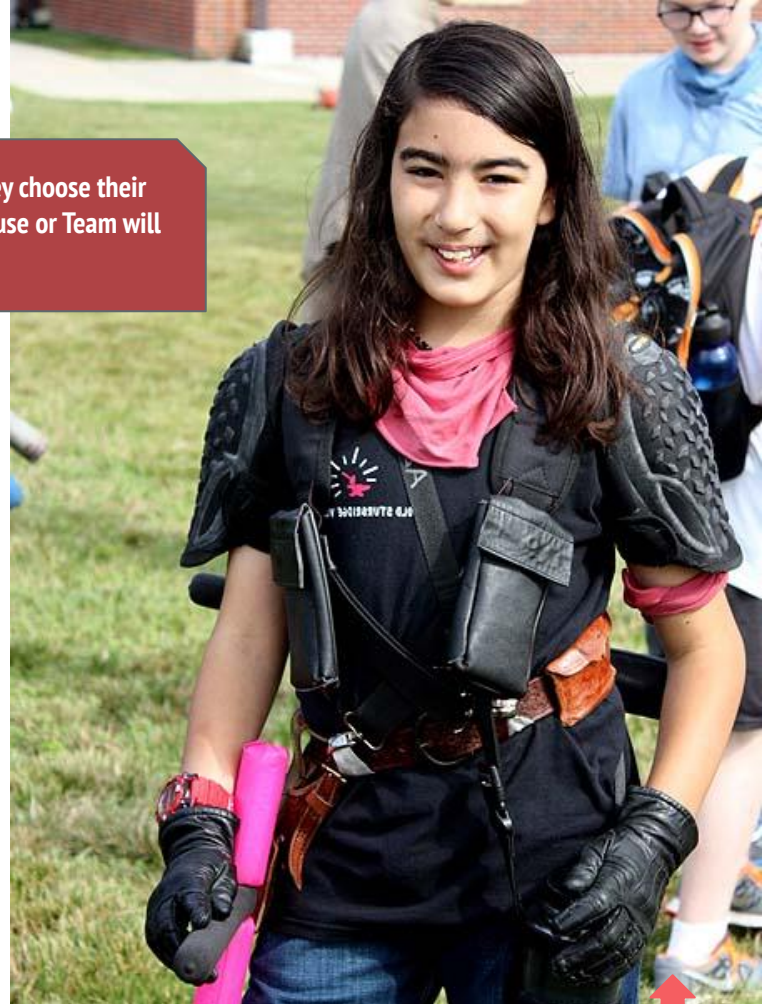
Pick Up: Friday at end of session

- ❖ A-Z 1pm - 2:30pm
- ❖ Monster Campers should be picked up on the Friday following the end of camp. Pick up on Friday afternoon will be at 3pm.

Blackwatch Camp: drop off and pick up times in Salem are as follows:

Drop off: Sunday of session between 9:30-10:30am

Pick up: Tuesday of session between 2-3pm.





Airport Pick up & Drop off

If your child will require pick up or drop off at an airport, you **MUST** contact a Camp Director to discuss their travel arrangements. All flight itinerary must be sent to a Camp Director at least two weeks before their arrival at camp.

Your camper must arrive to the Boston Logan Airport between the hours of **11am and 3pm on Sunday**. Their **departure time** must be between the hours of **11am and 2pm on the Friday** of their departure.

Please provide your camper's cell phone number so that they can reach us upon arrival and we can meet them at the security checkpoint. If you need contact information for your unaccompanied minor, please reach out to the director; steven@guardup.com

Here is a helpful link from Boston Logan about unaccompanied minors: [Children Flying Alone](#)

Directions

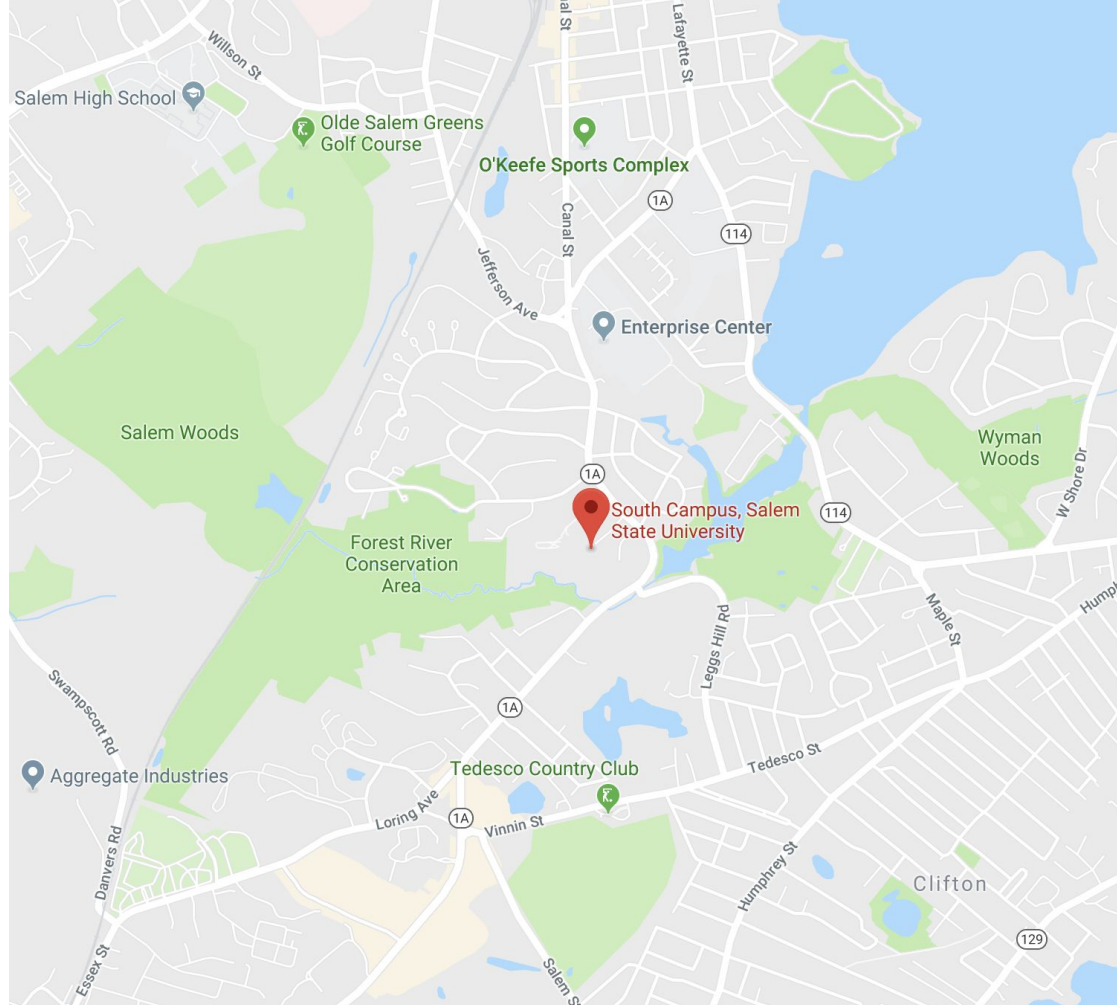
**South Campus
Salem State University**
99 Harrison Rd
Salem, MA 01970

Directions from I-95 (Either North or South):

- ❖ Take exit 45 off of I-95, to continue on MA-128. Continue for 2.5 miles.
- ❖ Take exit 26 for Lowell St toward Peabody Square/Salem.
- ❖ Turn right onto Lowell St.
- ❖ Lowell St turns into Main Street, then Boston St
- ❖ Boston St turns right and becomes MA-107 S/Essex St
- ❖ Turn left onto Jackson St
- ❖ Turn right onto Jefferson Ave
- ❖ Turn right onto Loring Ave
- ❖ Turn right onto Harrison Rd
- ❖ At the end of the road is the parking lot for the South Campus

Directions from 1A (North):

- ❖ Continue on MA-1A North into Salem
- ❖ Turn left onto Harrison Rd
- ❖ At the end of the road is the parking lot for the South Campus



Packing List

We advise all items brought to camp be labeled with the camper's initials. Our camp is not responsible for lost, broken, or stolen property or personal equipment. Any electronic items will be confiscated and returned per our Unplugged Policy. Lost and Found and unclaimed confiscated items are held for two weeks after camp, and then donated.

- ❑ **Approved Foam Weapons:** Note that only Guard Up-approved weapons are permitted. *Zombie Camp campers are welcome to bring their own NERF blasters but they will not be permitted if they have been internally modified in any way.*
- ❑ **Safety Glasses:** (for all Zombie Campers) *If your camper arrives without eye protection, a new pair will be charged to your [Incidentals Account](#).*
- ❑ **Costuming:** [Read more about our Costume Requirements](#)
- ❑ **Weather-appropriate attire:** Rain jacket or poncho (Black or earth tones; no logos.)
- ❑ **Close-toed shoes:** Must adhere to feet (ankle strap required); should be worn at all times
- ❑ **Sunscreen** (SPF 30 or higher), **mosquito repellent**, and **chapstick**.
- ❑ **Hat/bandana:** Black or earth tones; no logos; for sun and rain protection.
- ❑ **Water bottle:** Must be attachable and is to be worn at all times
- ❑ **Towel:** for drying off after water activities, and showering
- ❑ **Shampoo, body wash, shower sandals** and other shower items
- ❑ **Toothbrush and toothpaste**
- ❑ **Electric fans** (standing or table top)
- ❑ **Sleepwear, Sleeping bag, and pillow**, or sheets and blankets
- ❑ At least one **Netted Laundry Bag** with name clearly printed on it
- ❑ **Day pack:** a small book bag-sized bag to carry daily essentials.
- ❑ **Journal** or notebook and writing utensil
- ❑ **Envelopes, stationery, and stamps!**



Please leave at home: Electronics (cell phones, iPods, game consoles, etc.), jewelry or piercings of any kind, pets or animals, cash or other forms of money, knives or blades of any kind, all unapproved weapons, fireworks, illegal substances, and any items of great personal or financial value

Camp Meals

Meals for Wizards & Warriors and Zombie Summer Camps are primarily supplied by a catering service (we have speciality days where pizza is ordered from a local restaurant). We strive to provide our campers with a healthy, appetizing and organic menu. Vegetarian and gluten-free options are available.

We understand that in a culture of variety, not all campers will enjoy every meal served at camp. If your camper is a picky eater and will have difficulty eating the catered menu provided at our camps, we recommend they sign up for our daytime Quest Day Camp instead of our overnight sessions.

If your camper has meals that need to be stored, call us at (781) 270-4800 for more information about our storage capabilities. Snacks are permitted, will be kept in the dorm kitchenette and will be accessible only during snack times. Feel free to call us with any questions about camp meals or food related needs.

[Read more about our Camp Feast and Parent Day](#)



Visiting & Care Packages

Due to the highly dynamic and immersive nature of our camp, visitors are not permitted at camp during the camp session without an appointment. We welcome parents and family to join us for our [final battles](#) and [family feast days](#) - which are open to all parents and guardians.

When camp is in session visitors are **only** permitted on site with an appointment. This allows us to focus efforts on our campers and eliminate unknown adults on camp property. This includes the dropping off and picking up of items, treats, etc. If your camper has left a vital item at home, you may mail it to our office for delivery or contact the camp director to schedule an appointment to bring the item to camp.

You can also feel free to mail your camper a care package. Our Mailing Address for Care Packages is:

Guard Up Family Swordsmanship
Attn: Name of Camper
103 Terrace Hall Ave
Burlington, MA 01803



Laundry

We provide a laundry service at a fee of **\$12-\$15 per bag**. Please provide a netted laundry bag with the name of your camper clearly marked in waterproof ink.

Please note that hampers take up precious space in the dorm, and plastic trash bags are hard to identify. If a laundry bag is not provided, one will be purchased through incidentals on behalf of the camper. It is strongly advised that all costuming and clothing be labeled with the name of your camper as well.

Laundering is mandatory for any overnight camper staying onsite for more than 7 days. Your camper's [incidentals account](#) will be used to cover the cost of laundry unless your camper's laundry is brought home to be cleaned.





Online Trading Post

While at camp, your young hero may wish to purchase their own foam or latex sword, nerf blaster, or costuming item. Once camp sessions start, items can be purchased from our Trading Post at select times throughout the week, and only from our current stock. We strongly encourage that you take the opportunity to order any specific items your Hero needs for their costume in advance through our [Online Trading Post](#).

Our Online Camp Trading Post is open to customers between **April 15th - June 15**. The form is only active between these dates. Orders must be completed by June 15th in order to guarantee your chosen item is at camp for your camper to pick up. If you miss the deadline for our Online Trading Post, you can always call us at (781) 270-4800 to see what we currently have in stock. We might be able to set aside an order for you to pick up on your first day of camp.

Our physical Camp Trading Post will also be open all day on the first day of check-in for Overnight Camp, and will be open for your campers to peruse at various times throughout the session. If you'd like to give your camper a Trading Post allowance for use at our physical Trading Post, you may submit a credit card for use (and a spending limit) through our [Camper Registration Form](#).

Please note that we will NOT accept cash at the Camp Trading Post.

Feast of Heroes/ Parent Dinner!

All Wizards & Warriors and Zombie Campers and their families are invited to attend the Feast of Heroes at our Salem facility. The feast includes food, entertainment, and plenty of tales of great deeds accomplished during the previous two weeks at the Salem location.

The feast fee is \$25/person and is only available for ages 6 and up. Only Overnight Campers attending the session of the feast date are free. All Quest campers with a ticket will be able to stay for the extended feast day.

Pre-registration is required, and tickets are needed for EACH person attending the event. Please register for the feast and purchase your tickets through our [Trading Post Form](#) or calling us at (781) 270-4800.

Feast Details:

Each Feast of Heroes occurs on the last Thursday of a session, from 5pm-7pm. To act as a Parent Zombie during our Final Battle, please arrive at 12pm. For an in-game tour, please arrive at 3pm. For entertainment & food, please arrive at 4pm.

Feast Dates:

- **Zombie Camp Week 2: Thursday, July 11th***
- **Wizards & Warriors Session 1: Thursday, July 25th**
- **Wizards & Warriors Session 2: Thursday, August 8th**

After Feast Checkout: Campers who wish to check out on Thursday after the feast may do so after 7 pm and with at least 48 hours advance notice. All campers must be signed out before leaving camp property. Please note that checkout can take quite some time, depending on the number of campers who wish to leave on Thursday. As such, we ask in advance for your patience in completing the process.

** If your Zombie Hero is only attending Session 1 of Zombie Camp, you are welcome to purchase tickets for our Feast on July 11th.*



Be a Parent Zombie

So, You Want to Be a Zombie? Come to our Salem camp facility on the last Thursday of your Hero's camp session. We will meet you at our check-in station at noon and give you a brief tour of the "dungeon." There you will work with our makeup artist and costume specialist to complete your transformation into an undead walking corpse! You will be taught the specifics of safe fighting with your very own "Zombie Spit!" Then your guide will lead you on a zombie assault against the campers. Give your valiant hero a chance to save the world by stopping your undead horde!

Sign up either by calling us at (781) 270-4800, or through our [Online Trading Post Form](#).

Please bring dark or neutral colored clothes you don't mind getting dirty, and a water bottle. Parent Zombies are used for both Zombie NERF Camp and Wizards & Warriors Camp.

Overnight Campers Who Wish To Go Home On Weekends

Parents/guardians looking to pick up their campers may only do so during designated check-in and check-out times. Due to the entertainment and immersion of our other campers, we must ask that these times are respected. There will be no staff to receive or check out campers outside of these windows.

During the camp session a staff person will be available to check campers **out of camp** during the following times:

Friday from 3pm-5pm, Saturday from 9-11am & 2pm-4pm.

Camper attending our Friday Blackwatch events may be picked up at 9pm.

During the camp session a staff person will be available to check campers **back into camp** during the following times:

Saturday from 9am-11am & 2pm-4pm, Sunday from 9am-11am.

Campers will only be released to a parent/guardian/authorized individual as recorded on their [registration form](#). Picking up or dropping off a camper during a camp session at a time not listed above needs to be pre-approved by and scheduled with the Camp Director. All persons onsite must check-in at the main desk.



Indoor Day Camp





Our Day Camp programs offer educational adventures in our very own Guardian Castle facility. All daytime activities take place in our air conditioned indoor facility, with large open rooms that can split off for more intimate side adventures. Our light and sound systems help make the world of Sidleterra come to life for our heroes.

Day Camp Arrivals

If you are enrolled in our standard Day Camp at our Burlington facility, your drop off time is between 8:45am and 9am. Campers not enrolled in Extended Day cannot be dropped off before 8:45am.

Please make sure that you park your car, come into the facility to sign your child in, and again to sign them out at the end of the day.

Campers will not be released without a signature of a parent/guardian or a person who is listed on your pickup list on the registration form (ID will be required for verification).

Pick up is at 3pm. There is a \$1 per minute late fee after 3:15pm.

If you are enrolled in our **Extended Day** option, you may drop off any time between 8:30am and 9:00am and you may pick up anytime between 3pm and 6pm. There is a \$1 per minute late fee after 6:15pm.

Note: Please do NOT park along the side of the building or in any area that is not a designated parking spot. This can cause dangerous congestion for other people picking up their campers and blocks our fire lane.



Directions

**Guard Up & Guardian
Adventures**
103 Terrace Hall Ave
Burlington, MA 01803

From I-95 North or Southbound:

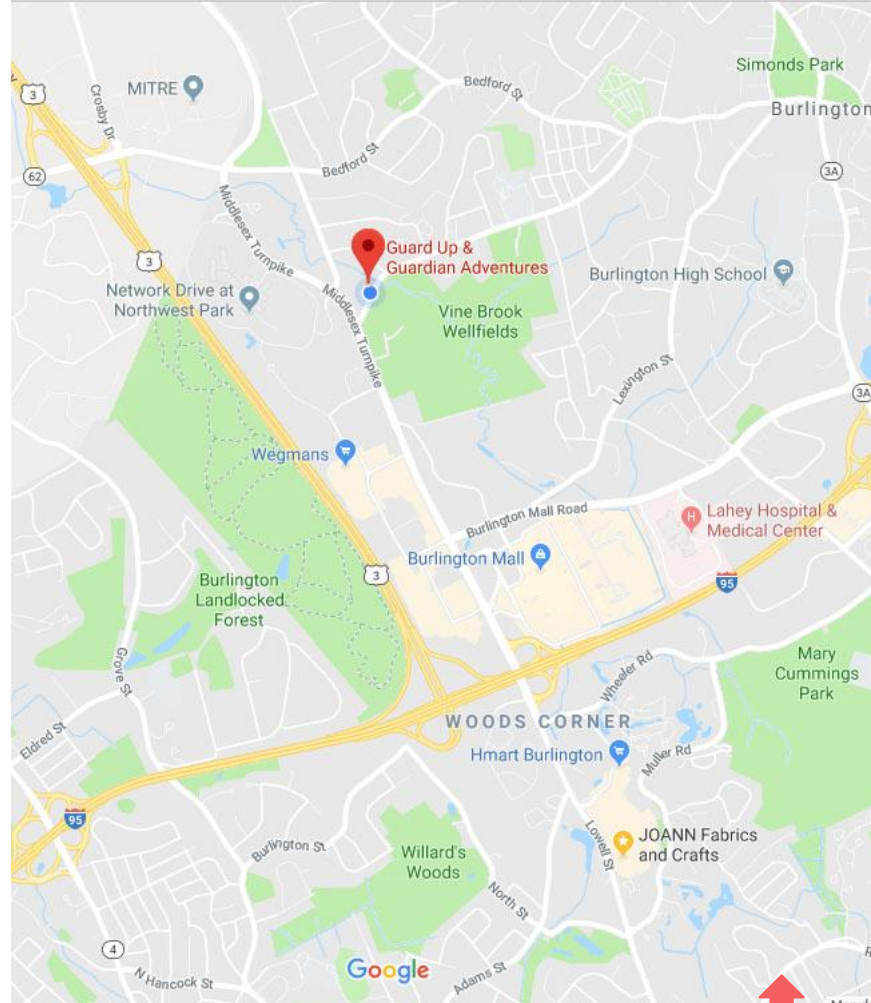
Take exit 32B. Bear right at the end of the exit ramp. Drive past the Burlington Mall then down a short incline to the intersection of Burlington Mall Road and Middlesex Turnpike. Proceed through traffic lights for just over a half mile and look for the intersection with Terrace Hall Ave on the right (where the Fire Department is). Take this right and drive past the Fire Department. We are building #103 on the left. Park in lot behind Guard Up and walk to the front entrance. Please do not park alongside the building.

From Route 3 Southbound:

Take the Rt 62 (Bedford Street/ Burlington Road) exit 26. Turn left at the exit ramp traffic light. Drive approximately 1/2 mile. Turn right onto Middlesex Turnpike. After approximately a half mile, look for Terrace Hall Ave on the left (where the Fire Department is). Take this right and drive past the Fire Department. We are building #103 on the left. Park in lot behind Guard Up and walk to the front entrance. Please do not park alongside the building.

From Route 3 Northbound

Take Route 3 North and merge onto I-95 South. Use directions above for I-95 Southbound.



Packing List

As with our overnight camp we advise that all items brought to camp are labeled with the camper's initials.

- ❑ **Approved Foam Weapons:** Note that only Guard Up-approved weapons are permitted. *Zombie Camp campers are welcome to bring their own NERF blasters but they will not be permitted if they have been internally modified in any way.*
- ❑ **Costuming:** [Read more about our Costume Requirements](#)
- ❑ **Long pants:** ALL day campers are required to wear long pants at our Burlington facility. Campers without long pants will not be able to participate in camp activities. If you forget, we will provide our sweatpants, charged through their incidentals. Remember, our Burlington facility is air conditioned.
- ❑ **Bag Lunch and Snack:** Please, no nuts allowed.
- ❑ **Optional items:**
 - Magic or Pokemon cards (please leave valuable ones at home!)
 - Books, puzzles, or crafts
 - Other tabletop games to play with friends



Please leave at home: Electronics (cell phones, iPods, game consoles, etc.), jewelry or piercings of any kind, pets or animals, cash or other forms of money, knives or blades of any kind, all unapproved weapons, fireworks, illegal substances, and items of great personal or financial value

Other Notes & Notices

No Tobacco, No Pets

Thank you in advance for respecting our camp facilities and the regulations of our host site, Salem State University. We ask that when visiting our campus that all pets are left at home, no tobacco is permitted on the premises, and please help keep the grounds clean by picking up your trash and using designated pathways whenever possible.

NOTE: Please do not bring your pets with you to drop off or pick up your camper. They are not permitted on the grounds and there is no shade in the parking area so your pets may overheat while in your vehicle. Reasonable accommodations will be made for service animals, as allowed by State and Federal law. Please inform us before arriving at camp if you require the assistance of a service animal.





Lost and Found

Our camp is not responsible for any items left at camp. We strongly encourage you to label all of your child's personal belongings with their name in order to avoid lost items. Camp will make efforts to reunite labeled items with their camper

At the close of each session, lost and found items will be sorted and stored for 2 weeks. Parents/Guardians may contact the offices at Guard Up's Guardian Adventures to arrange a time and date to pick up lost items or arrange for a mailing label to cover the cost of shipping items back to their rightful owners.

Any items left at camp will be held no later than **2 weeks** after the end of the session, at which point all unclaimed items are donated to charity.

Costume Reminder

All of our staff and campers are expected to be in costume while on camp property. Please remember to send your child to camp in costume. Our minimum requirement is black or earth tone clothing with no logos to help campers immerse themselves into the camp and the community of their peers. Please note that campers wearing clothing with logos or writing will be asked to turn them inside out. Feel free to go all out. We love our heroes' costuming!

You can find our simple [costume suggestions](#) on the Wizards & Warriors Camp website and we offer a limited inventory of costumes for purchase at our camp [Trading Post](#).

All camp costuming ordered through our camp must be placed by **June 15th** in order to insure availability upon arrival at camp. ***Please note that costuming is mandatory at Quest Camp and Overnight Camp and you will be charged for costuming if your child does not arrive with it.***

See our [Trading Post](#) section for more information on ordering costuming

Safety reminder: Due to the active nature of camp and exposure to the elements we request that costumes be free of earrings, or any jewelry requiring a piercing.



Updates

Emergency and text updates

When filling out the online [Camper Registration Form](#), please provide us with your cell phone number. We will use this number if we are unable to reach you at your residence in case of an emergency.

Also, those who provide us with a cell phone number can receive a broadcast text in the remote chance of a camp-wide situation (IE: If we were to lose power due to a severe storm, we would let parents know as soon as possible via email and a broadcast text).

Camp Updates on Twitter and Facebook

Please consider following to our Twitter account for non-urgent updates about camp. We hope to update Twitter regularly with short blurbs about what's happening at our various camps and how our heroes are doing.

Here is our Twitter Account: [@guardup](#)

Parents and Guardians should also consider liking our Facebook pages for camp so as to view occasional photos and videos of our campers in action.

Here is our Facebook page URL: www.facebook.com/guardup

Managing Expectations Around Camper Communication

In this world of near constant connectivity, losing touch, even for a few moments, can feel like a lifetime. When we send our children off to camp, whether they be wilderness, sport, day, or fantasy realms it can be hard not to hear from them each day about how their experience is going.

Campers are permitted to make one phone call home each week during their overnight stay, generally during the weekend stay. We ask that other communication with campers take place in the form of letters. There is more information out there on the best kinds of letters to send your camper while they are away, but here are some quick and easy dos and don'ts for sending your camper letters while they are away from home.

- ❖ **DO** - Send lots of mail! Campers love getting mail while they are away from home. Remember that snail mail is called such for a reason. Putting a letter in the mail before your camper leaves for camp will ensure that they get something in the first few days of camp.
- ❖ **DO** - Ask lots of questions. Ask about favorite activities, new friends, and camp life in general! Asking questions will help prompt your camper to write back with answers.
- ❖ **DON'T** - Deliver bad news to a camper through a letter. If there is emergency information that needs to be communicated to your camper, please call the camp office and we'll arrange a time for your camper to call home.
- ❖ **DON'T** - Go into detail about how much you miss your camper, or discuss all the fun you are having while your camper is away. This information can heighten feelings of homesickness.

We will work to encourage campers to write home often, so send them with envelopes, stationery and stamps! Mail moves slowly at camp, so be forgiving if you do not hear from your camper for a few days. It often means that they are too busy having fun to sit down and write home.



The Story School and Guard Up Information

Guard Up, Inc. was created by families for families. We understand the needs of various ages, from the youngest Hero all the way up to our oldest Monster Camper, and since many of us are parents, we take safety seriously. Although The Story School itself is new, the individuals responsible for its creation have been working with children and families for over 10 years. In that time we have come to realize that everyone, even our staff, also wants to have fun. As such, we have applied this ingredient thoroughly in each of our programs and summer camps.

Our [counselors](#) are highly trained in our special coaching methods, and our team of plot writers make certain that our interactive adventures capture the camper's focus and inspire their imagination.

What motivates us is also simple; it is the excited, wide-eyed look our campers have when they “get it” after practicing a skill and having their counselor “catch them doing it right”... and it is the excited, wide-eyed look of wonder when a child sees their imagination come to life in front of them... offering them the chance to be the hero in a real life adventure they have only ever dreamed of before. This is why we are passionate about our work. We love to inspire.

The Story School, Inc is a nonprofit company that was created to help raise awareness of and provide services for promoting story-based education. Research has proven that stories are an exceptional learning tool as it pertains to both comprehension and lesson retention. The Story School, Inc. endeavors to provide students with story-based education in a manner that is entertaining and educational. The following services are provided by this company run by volunteers:

- ❖ Providing educational story-based summer camps for students interested in story-based learning
- ❖ Providing workshops for educational institutes on the benefits of story-based education as well as assistance with story-based curriculum development
- ❖ Providing resources for educators to assist in the increased awareness and utilization of story-based education
- ❖ Providing educational scholarships for students pursuing story-based education or for students researching the benefits of story-based education

Our philosophy at The Story School and Guard Up is simple.

The goal of every summer camp and event is to follow our primary Three Rules of Operation (3RO) in the following order:

All interactions should be assessed for **SAFETY**.

All interactions should be perceived as **FUN**.

And all interactions, when #1 and #2 are met, should impart **EDUCATION**.

