

# Camp Susquehanna Camper's Guide To Camp!

2026



*Theme: LEVEL UP*

June 16-19

**Camp Westmont**

81 Spruce Lake Road  
Poyntelle, PA 18454

# About Camp Susquehanna



Welcome to the Camp Susquehanna Family!

We're so happy to have you!



Watch a short  
video about Camp  
Susquehanna!

Camp is a sleep-away experience for children ages 7-17 who have had a burn injury. It is an opportunity for children to have fun, learn life skills, and meet other burn survivors. Although Camp Susquehanna's campers are of varying ages, activities and groups are geared towards each camper's developmental needs.

Camp Susquehanna is a program of the Burn Prevention Network, a 501(c)3 non-profit based in Eastern Pennsylvania. The BPN's mission is to reduce the risk of burns and empower burn survivors and their families.

Camp is held each June at Camp Westmont in Poyntelle, PA.

# Mission and Goals

## Mission Statement

Camp Susquehanna is dedicated to providing burn injured children with opportunities to face social and physical challenges, develop self-esteem and enhance a positive attitude while encouraging a healthy independence. It is a safe place for healing, a place to share feelings about painful experiences, perhaps for the first time. Life skills training combined with many fun activities in a family type setting, ensure that the burn injured child enjoys an extremely special experience without feeling different or alone.

## Goals

The goals to be met by this camp experience include, but are not limited to:

1. Build self esteem
2. Provide freedom for experimentation and growth, outside the expectation of a society based on conformity and physical appearance
3. Provide a social network for children who have had similar experiences
4. Provide an atmosphere of support, acceptance and love
5. Teach the value of responsibility for personal and group actions
6. Provide “purely fun” physical recreation which enhances “formal” physical efforts
7. Provide activities that give children a sense of “conquering” and accomplishment
8. Teach skills and coping strategies for dealing with staring, questions and bullying
9. Introduce campers to dynamic role models by including adult burn survivors as counselors and volunteers
10. Increase public awareness of burns and increasing public recognition and acceptance of burn survivors.

# Transportation

Transportation to and from Camp Susquehanna is provided free of charge from points across the state including:

Allentown

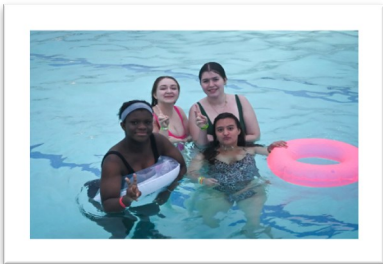
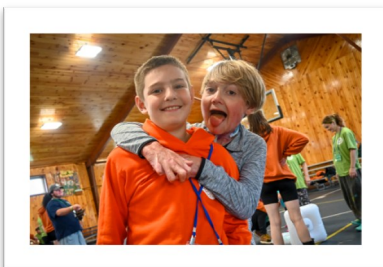
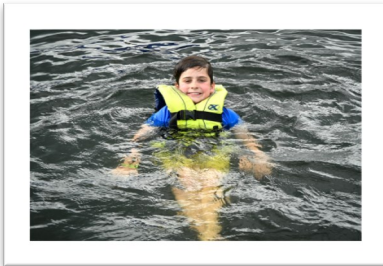
Philadelphia

Pittsburgh

Lewisburg

You may also bring your camper via private transport.

You will receive specific transportation information via email along with this handbook and it will also be available at [www.burnprevention.org/campsusquehanna](http://www.burnprevention.org/campsusquehanna)



# Frequently Asked Questions

## Does it cost anything to attend camp?

Camp is FREE to campers, including round trip transportation, sponsored by the Burn Prevention Network, and other generous donors.

## Who can I call during the time my child is at camp to check on my camper?

You will always be able to reach your child by calling Michelle Scales, Lead Nurse at 919-730-9755.

## Do you allow cell phones or electronics at camp?

Camp Susquehanna is electronics free. Your camper will relinquish their cell phone upon arrival and it will be returned the last day of camp.

Who are the volunteers at camp? Our volunteers include medical professionals, teachers, adult burn survivors, fire fighters, social workers, and more! They are all over the age of 21 and have completed all necessary clearances successfully.

## What is the cabin like where my camper will be sleeping?

Your camper will sleep in a cabin in a single bunk, with other campers from their group and their counselors. The cabin has individual showers and bathrooms but no heat—so make sure to send blankets!

## What kinds of activities will my camper be participating in?

We pack our week with age-appropriate activities such as the flying squirrel, low ropes, high ropes, climbing wall, zipline, go carts, peer time, camp fires, art, science, swimming, and more. We also have a beautiful waterfront with canoes, inflatables, kayaks, paddleboards, and other amazing fun activities.





## Camp Map

- |                               |                         |
|-------------------------------|-------------------------|
| 1. Waterfront                 | 13. Staff Lounge        |
| 2. Climbing Wall/Ziplines     | 14. Theater             |
| 3. Playground #1              | 15. Nurse Building      |
| 4. Art Building               | 16. Canteen/Rec Room    |
| 5. Cooking Stadium            | 17. Dining Hall         |
| 6. Low Ropes                  | 18. Pavilion            |
| 7. High Ropes                 | 19. Nature Building     |
| 8. Go Carts                   | 20. Pool                |
| 9. Gym                        | 21. Leadership Building |
| 10. Basketball/ Tennis Courts | 22. Upper Deck Hockey   |
| 11. Gaga Pit                  | 23. Lower Deck Hockey   |
| 12. Cabins/Playground #2      | 24. Amphitheater        |

# A Day At Camp

What does a typical Day at camp look like?

## Typical Day of Activities

Camp Susquehanna runs on a “FOUR IN ONE” schedule, meaning while we are together for meals and some activities, the rest of the day each age group will be separate, enjoying an age appropriate activity with their team.

### SAMPLE:

7AM	Optional fishing or polar plunge at the waterfront
8AM	Group soundbowl, song, etc
8:15	Breakfast
9:00	Team Activities—Peer time, playground, flying squirrel, high ropes, climbing wall, go carts, deck hockey, etc.
11:00	Camp Wide Activity — age groups are combined for activities like field games and cooking to allow younger campers to learn from older campers and older campers to serve as role models
12:45	Lunch
1:30	Downtime for younger kids, free time for older kids
2:30	Afternoon team activities
4:00	Camp Wide Activity
5:45	Dinner
6:30	Camp Wide Special Event
8:00	Cabin time for younger campers, team activities for older kids
Time varies based on campers age	Cabin time
Time varies based on campers age	Lights OUT

# What to Bring



Aside from our THEME DINNER, camp is casual and comfortable (and sometimes messy!). Please plan accordingly when you pack.

\*WE ARE HIGH IN THE MOUNTAINS, SO CAMP CAN BE RATHER COLD IN THE MORNING AND THE EVENING, PLEASE BE SURE TO PACK SWEATSHIRTS, LIGHT JACKET AND LONG PANTS!

Our theme this year is Level Up! If you have anything fun that fits the theme, (to wear, decorate the cabins, etc) feel free to bring it along!

## Clothes:

- T-shirts
- Shorts
- Pants
- Sweatshirt/Sweater/Sweat Pants
- Jacket
- Raincoat & Rainboots
- Socks
- Set of old clothes to get dirty/stained
- Undergarments
- Warm beanie hat
- Swim Suit (**one piece for girls NO LONGER MANDATORY**)
- Sleep Wear
- Outfit for themed dinner

**The theme for this year's dinner is  
LEVEL UP—This year's theme is LEVEL  
UP—dress as "what you want to be  
when you grow up"**

## Other Optional Items:

- Camera (Cellphone not to be used)
- Medications (Enough for five days)
- Sneakers
- Flip-flops

## Bedding/Bath:

- Pillow
- Sleeping bag (or sheets and blanket for twin bed)
- Bath towels/washcloths
- Beach towel
- Soap
- Shampoo/conditioner
- Toothbrush/toothpaste
- Feminine hygiene products
- Comb/brush
- Hair dryer
- Lotion
- Sunblock

- Board games to play with cabinmates
- Goggles
- Hat
- Fishing equipment

# Camper Behavioral Contract

All Campers will sign a copy of this on the first day of camp.

## **I will:**

- Participate fully in the program.
- Be responsible for my own behavior.
- Be respectful of Camp Susquehanna staff, Camp Westmont staff and other campers.
- Follow directions.
- Respect the environment and camp property.
- Be aware of my impact on others in the cabins by keeping my area clean and my belongings in their designated location. I will also respect lights out times and be quiet when other people are resting.
- Hand over my cell phone to Camp Susquehanna leadership at the start of camp and expect to receive it back at the end of camp.

## **I will not:**

- Use an iPad, tablet, cell phone or other electronic devices. If I am using one of these devices I understand that a staff member will take the device until the end of camp.
- Endanger the safety or well-being of myself or others.
- Leave camp premises/program location without permission from my counselor.
- Disobey policies and the rules of Camp Westmont or Camp Susquehanna.
- Participate in hazing or pranking other people.
- Sell, give, deliver, possess or use drugs, alcohol, or tobacco products.

Camp Susquehanna's Leadership Team reserves the right to send a camper home from camp if their behavior is in violation of this contract or whose actions are detrimental to the best interests of the camp. Camp Susquehanna's Leadership Team also reserves the right to suspend a camper from returning to Camp Susquehanna at any time.

I have read, understand, and agree to this Code of Conduct.

## Camp Susquehanna is a program of the Burn Prevention Network

It is the policy of the Burn Prevention Network to make its educational programs and services available to all persons, organizations, and places of business without regard to age, religion, race, creed, color, sexual orientation, gender identity, national origin, ability to pay, handicap or disability.