

Parent/guardian information — Ecojustice Camp South Shore

We're looking forward to seeing you soon! — Important information:

- 1. Permission form:** Please fill out the attached permission form. This form allows us to seek medical treatment in case of emergency. We must have this prior to the first day of camp.
- 2. Media permission form:** Please fill out the attached media permission form to let us know whether we can share photos of your camper.
- 3. Lunches and snacks:** Please send your camper with lunch and snacks Tues.-Thurs. We will also provide treats and snacks. If your camper has any allergies or dietary restrictions, please let us know ahead of time. On Friday, after the overnight, camp will supply lunch and snacks.
- 4. Tents:** By state law, we have to provide tents approved by the local Board of Health (flame retardant). Please sign the tent assignment permission slip. If you, as parent/guardian, are coming on the overnight, you may supply your own tent used at your own risk.
- 5. Tick and mosquito safety:** Please send your camper with your preferred insect repellent. We can help apply *spray* repellent (no touch), avoiding bare skin. As with any outdoor activity, we recommend that parents/guardians do full tick checks at home.
- 6. Consider spraying footwear with Permethrin:** Applied to clothing per manufacturer's instructions, Permethrin can help reduce the possibility of picking up ticks. You spray it on, then let dry for at least 2 hours.
- 7. Sun safety:** Please send your camper with your preferred sunscreen. We can assist campers in re-applying sunscreen during the day. For sun-sensitive campers, consider broad-brimmed hats and long sleeves.
- 8. Pick up and drop off:** For pick up and drop off, parents/guardians should park on the street in legal parking places around Cohasset Common, and walk to 23 N. Main St. to sign in/out their children. After the first morning, you may tell us that your child has permission to walk or bike to camp on their own.
- 9. Overnight camping packing list:** The packing list for the overnight is attached.
- 10. Parents/guardians always warmly welcomed at camp!** Note that if you'd like to stay on the overnight, we need to know in advance to plan for food. If you're going to stay on the overnight, and you want your camper to stay in your own tent with you, please let us know in advance.

What To Pack for the Overnight Camping Trip — Ecojustice Camp

Don't forget to bring eating utensils!

Please let us know if you don't have something on this list, we may have loaners.

Camping gear:

- ☐ Pack or duffel bag to hold all your gear
- ☐ Knife, fork, spoon, and/or chopsticks
- ☐ Cup, bowl, plate
- ☐ Water bottle
- ☐ Flashlight or headlamp
- ☐ Rain coat (rain pants optional)

Personal items:

- ☐ Complete change of clothing (for next day)
 - ☐ underwear and socks
 - ☐ shirt and pants
- ☐ Long-sleeved shirt and long pants (for evening, helps keep mosquitos off)
- ☐ Hat (for evening, helps keep mosquitos off)
- ☐ Extra pair of socks
- ☐ Pajamas, or t-shirt and shorts to sleep in
- ☐ Toiletries kit with:
 - ☐ sunscreen
 - ☐ insect repellent
 - ☐ toothbrush and toothpaste
 - ☐ comb or hairbrush
 - ☐ soap, washcloth
 - ☐ facial tissue ("Kleenex")
- ☐ personal medications (you *must* notify us if bringing any medications)

Personal sleep gear:

- ☐ Sleeping bag, OR two or three blankets pinned together
- ☐ Pad to go under sleeping bag
- ☐ Pillow (or fold up some clothing for a pillow)

Optional gear:

- ☐ Personal first aid kit with a few Band-aids & alcohol prep pads
- ☐ Field guides, nature books
- ☐ Binoculars, magnifying glass
- ☐ Repair kit with:
 - ☐ safety pins
 - ☐ cord or spare shoelaces
 - ☐ rubber bands or some duct tape
 - ☐ extra batteries for flashlight

Tents and ground cloths: Ecojustice Camp will supply 2-person tents and ground cloths.

Ecojustice Camp South Shore, 2026

Sponsored by: First Parish in Cohasset
23 N. Main St., Cohasset, MA — 781-383-1100

MEDICAL PERMISSION FORM

Date of activity: JUNE 23-26, 2025 Time: from 9 AM to 3 PM

Place: 23 N. MAIN ST., + FIELD TRIPS, + OVERNIGHT AT MYLES STANDISH STATE PARK

Name of legal minor: _____

PARENT/GUARDIAN PERMISSION

I am the parent or guardian of _____, a minor, and on his/her behalf, I accept the release and waiver of liability at the bottom of this form in order for my child to participate in this First Parish-sponsored activity. I authorize any licensed physician, hospital or clinic to provide all emergency treatment which may be required for my child. My child has the following medical conditions or allergies:

(If none, write "None.") _____

My child's last tetanus shot was on: _____

Insurance Provider: _____ Tel. No.: _____ Policy #: _____

I represent and warrant that I have the authority to give this release.

(date) _____ (parent/guardian's signature) _____

Emergency Contact: _____ phone: _____

RELEASE AND WAIVER OF LIABILITY

I am aware that all activities pose a risk of injury, due to the negligence of my child, a person escorting my child, or through no fault of my child or any of the activity chaperones.

With this waiver, I assume the risk of injury due to negligence by First Parish in Cohasset, its agents, employees, members, officers, trustees and staff, for the safety of my minor child.

I further agree to indemnify and hold harmless all the people listed above from any claims which I might make or which might be made on my behalf by others, or which might be made against me by others, arising from participation in field trips or other group activities sponsored by First Parish.

BY SIGNING THIS WAIVER AND RELEASE, I UNDERSTAND THAT I AM GIVING UP (WAIVING AND RELEASING) ANY RIGHT I MIGHT HAVE TO SUE OR MAKE A CLAIM WHICH I MIGHT HAVE OR WHICH MIGHT LATER ARISE AGAINST UUCPA MEMBERS OR FRIENDS INVOLVED IN THE ACTIVITY, OR ITS BOARD OF TRUSTEES, FOR ANY INJURIES MY CHILD MIGHT SUSTAIN WHILE PARTICIPATING IN AN ACTIVITY SPONSORED BY FIRST PARISH.

It is my intent to give up these rights and provide the hold harmless agreement, and I do so knowingly and voluntarily.

(date) _____ (parent/guardian's signature) _____

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Media Permission Form

Name of person under age 18: _____

We plan to take photographs during Ecojustice Camp, June 23-26, 2026. We'd like to share those photos with other camp families, and place a few photos on our website. The names of campers will not be associated with any photos. Please let us know whether or not you're willing to allow pictures of your child to be shared:

- _____ I give permission to share (via email) photos that show my child with other camp families
_____ I give permission to post photos that show my child on ecojusticecampsouthshore.org
_____ I do not give permission to share photos showing my child

Parent/guardian 1 signature: _____

Print name: _____ Date: _____

Parent/guardian 2 signature: _____

Print name: _____ Date: _____

Tent Assignment Permission Form

The Commonwealth of Massachusetts requires us to have parents sign off on tent assignments.
Even where your child will be sharing a tent with a sibling, this form must be completed.

- ___ I give permission for my child to share a tent with: _____
___ My child will sleep alone in a tent
___ My child will sleep with parent/guardian(s):
 ___ We will bring our own tent
 ___ We need to borrow a two-person tent from Ecojustice Camp
___ My child will not stay overnight on the campout, and will not need a tent

Parent/guardian 1 signature: _____

Print name: _____ Date: _____

Parent/guardian 2 signature: _____

Print name: _____ Date: _____

Please note: The Commonwealth of Massachusetts requires we tell you that they recommend head-to-foot sleeping while in tents.

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Media Permission Form (Adult)

Name: _____

We plan to take photographs during Ecojustice Camp, June 23-26, 2026. We'd like to share those photos with camp families, and place a few photos on our website. Your name will not be associated with any photos. Please let us know whether or not you're willing to allow pictures of yourself to be shared:

_____ I give permission to share (via email) photos that show me with camp families

_____ I give permission to post photos that show me on ecojusticecampsouthshore.org

_____ I do not give permission to share photos showing me

Signature: _____

Print name: _____ Date: _____