

# flok FAMILY CAMP

→ EAST →

September 19–22, 2024

Camp Belknap on  
Lake Winnepesaukee

Tuftonboro, New Hampshire

flok is thrilled to offer our first-ever Family Camp East! We're bringing all the fun and community connection from our longstanding camp to a second location in New Hampshire. Join us for a relaxing weekend of traditional camp activities, workshops, and meaningful conversation with fellow flok members. We welcome anyone with Classical HCU, MSUD, an Organic Acidemia, PKU, TYR, or a Urea Cycle Disorder, and their family, friends, and allies.

Check-in begins Thursday 9/19 at 4 PM with check-out after lunch on Sunday 9/22.

## Registration

Visit [flok.org/camp](https://flok.org/camp) for details and registration link

Cost  
**\$250\***

## Questions?

Contact  
[camp@flok.org](mailto:camp@flok.org)

\*Age 2 & under are free

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## Activities

With 300 acres of lush campground and a half-mile of beach shoreline, campers have ample space to swim, sail, fish, play pickleball, practice archery, climb rock walls, complete a ropes course, and more. Other activities include creative crafts, an educational Science Night, small breakout sessions, family-friendly Olympic events, and a delicious low-protein cooking demo. We also plan plenty of leisure time to connect with friends – old and new!

## Lodging

Cabins accommodate up to 10 campers and are furnished with bunk beds. Bathroom and shower facilities are located in a separate building near cabins. Meals are offered three times a day in the Dining Hall with snacks available throughout the day.

## Accessibility

Camp Belknap has a rustic campus with unpaved, natural pathways. Please email [camp@flok.org](mailto:camp@flok.org) with mobility accommodation requests and golf carts can be arranged to assist campers as needed.

## Medical

The health and safety of our campers is important to us. We offer an onsite NH-certified medical professional (MD, RN, or EMT) to provide immediate assistance. In an emergency, the average EMS response time is 10 minutes and Huggins Hospital is located in Wolfeboro ~7 miles from Camp Belknap.

Capacity-Building Sponsors:

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Family Camp Sponsor:

PTC  
THERAPEUTICS





flok Family Camp offers a fun-filled, supportive setting for individuals and families to explore, socialize, learn, and eat well! Spending a weekend with a community that understands your experience has countless benefits – just ask our campers!

"The food was incredible! For the first time I heard my daughter say that she was full!"



"Chatting with other people who are motivated to have good management of their condition helped me create a more consistent diet and routine for myself when I got back from camp."

"I enjoyed getting to know people living with these conditions, and mothers and fathers who are going through exactly what I am."



"My favorite part of camp was connecting with other families and seeing the joy on the faces of kids!"



Join the flok and visit [flok.org/camp](https://flok.org/camp) for registration and details on our Family Camps



"We love the bonds we make within the community and the inclusiveness of the camp as a whole."

"Seeing other kids and teenagers be positive about their conditions was really confidence-building for my daughter."



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