

# wildwood

A Mass Audubon Camp for Outdoor Exploration



## Handbook 2009

### Main Office

(year-round – mail camp forms here!)  
208 South Great Rd.  
Lincoln, MA 01773  
Toll free: 866-627-2267  
Fax: 781-259-2381

### Camp Office

(when camp is in session)  
P.O. Box 826  
462 Old New Ipswich Rd.  
Rindge, NH 03461  
Phone: 603-899-5589

**Website:** [www.wildwoodcamp.org](http://www.wildwoodcamp.org)

**E-mail:** [wildwood@massaudubon.org](mailto:wildwood@massaudubon.org)



### \*Camp Forms due May 1, 2009!\*

- |   |   |
|---|---|
| <input type="checkbox"/> CAMPER HEALTH HISTORY FORM 1 (4-pg green)  | <input type="checkbox"/> Parent Information Form/Letter to My Counselor or Leaders (blue)         |
| <input type="checkbox"/> CAMPER HEALTH-CARE RECOMMENDATIONS by LICENSED MEDICAL PERSONNEL FORM 2/ Additional Prescription Medication Info (green) | <input type="checkbox"/> Acknowledgement of Risk & Assumption of Personal Responsibility (yellow) |
| <input type="checkbox"/> Camper Behavior/Release Form (pink)  | <input type="checkbox"/> Store Account Information (white card)                                   |

## CANCELLATION POLICY

The first \$50 paid for each camp registration is non-refundable. If Wildwood must cancel a session, you will receive a refund of all tuition paid. If you cancel before the start of your camp session, the amount of the tuition refund is determined by the following schedule:

- 45 or more days: all but \$50 back
  - 30-44 days: 50% refund
  - Fewer than 30 days: no refund
- We're happy to switch your camper to an alternate session, free of charge, if a space is available.

# Welcome!

We're excited to welcome you as part of the Wildwood family in 2009! Over 500 campers will join us this summer, including overnight campers, teens, and families.

I hope you'll read the information in this handbook carefully – I think you'll find that it will answer many of your questions about camp, including those about forms, daily routines, and expectations.

If you've read the handbook and still have questions, or if your family has special circumstances or concerns, please be in touch with us by phone or e-mail. When the lines of communication are open, we can work to ensure that every camper has a positive experience!

I look forward to meeting you this summer.



Happy Camping!

Bob Speare  
Wildwood Director  
781-259-2180  
bspeare@massaudubon.org

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## 2009 Events & Dates

### Info Sessions at Mass Audubon Sanctuaries

See the schedule online at [www.wildwoodcamp.org](http://www.wildwoodcamp.org)

### New Camper Orientation

Drumlin Farm Wildlife Sanctuary, Lincoln, MA

Sunday, April 26, 2009, 1-3 p.m.

Call the Wildwood Office to register, toll free: 866-627-2267, or e-mail [wildwood@massaudubon.org](mailto:wildwood@massaudubon.org)

### Final tuition payments and camp forms due Friday, May 1, 2009

### Open Houses at Wildwood, Rindge, NH

- Saturday, May 2, 2008, 1-3 p.m.

- Saturday, May 9, 2008, 1-3 p.m.

Call the Wildwood Office to register, toll free: 866-627-2267, or e-mail [wildwood@massaudubon.org](mailto:wildwood@massaudubon.org)

### Overnight Camp

- Session 1: Sunday, Jun. 28 – Saturday, July 11
- Session 2: Sunday, July 12 – Saturday, July 18
- Session 3: Sunday, July 19 – Saturday, Aug. 1
- Session 4: Sunday, Aug. 2 – Saturday, Aug. 8
- Session 5: Sunday, Aug. 9 – Sat., Aug. 22

### Leaders-in-Training (LIT)

- Session A: Sunday, Jun. 28 – Saturday, July 11
- Session B: Sunday, July 12 – Saturday, July 25
- 2<sup>nd</sup> Year Session (by application only):  
Sunday, Aug. 2 – Saturday, Aug. 22

### Teen Adventure Trips

- Acadia Adventure Trek:  
Sunday, Jun. 28 – Saturday, July 4
- Bike & Beach Trek:  
Sunday, July 5 – Saturday, July 11
- Exploring the Champlain Valley:  
Sunday, July 12 – Saturday, July 18
- Newfoundland Expedition:  
Sunday, July 19 – Saturday, August 1
- Footloose in the White Mountains:  
Sunday, July 26 – Saturday, August 1
- Nine-Day Acadia Adventure:  
Sunday, August 2 – **Monday**, August 10

### Family Camp

- Session 1: Sat., June 20 – Tuesday, June 23
- Session 2: Tuesday, June 23 – Friday, June 26
- Session 3: Sunday, Aug. 23 – Wed., Aug. 26

# CAMPER BEHAVIOR AGREEMENT

Wildwood is a safe, caring community where individual differences are valued, where individuals are supported in reaching their goals and accomplishing challenges, and where everyone can have fun. Because creating such a community requires the commitment of all participants, we ask everyone to agree to the behavior expectations listed below. **Campers and parents/guardians should review and discuss these guidelines together.**

## I WILL SHOW RESPECT FOR OTHERS

- I will respect other people's ideas and values, even if they are different from my own.
- All of my actions and language will have a positive impact on others in the Wildwood community.
- I understand that any behavior that could potentially harm (physically or emotionally) a camper or staff member, or which is disrespectful, is unacceptable in the Wildwood community.

## I WILL SHOW RESPECT FOR MYSELF

- I will take care of myself by getting plenty of sleep, by eating well, and by maintaining my personal health (by showering and changing into clean clothes regularly, brushing my teeth, washing my hands often, using sunscreen & insect repellent when needed, telling an adult if I am hurt or unwell, etc.)
- I will make the most of learning opportunities at Wildwood by participating fully in camp activities, and I will try new things and have a positive attitude.
- I will not allow exclusive relationships (like those with close friends from home or school) to prevent me from getting to know other people at camp, or from including others in activities.
- I will stay with a buddy when needed and will always ask my counselor before leaving the group.

## I WILL SHOW RESPECT FOR THE ENVIRONMENT AND CAMP FACILITIES

- I understand that all community members are expected to share responsibility for keeping personal and community areas neat and clean, and that I will be expected to help with these tasks.
- I understand that my cellular phone, portable music player, video games, radio, or other electronics may not be brought to camp, because they detract from enjoyment of and interaction with others and with the natural world.
- I will be sensitive to the environment. I will practice "Leave No Trace" ethics and tread lightly on the land. I will pick up litter, stay on trails, and not damage or remove anything from the environment.
- I will take care of Wildwood's facilities, program supplies, and equipment. I will put equipment away when I finish using it and will leave an area I use better than I found it.

## I WILL SHOW RESPECT FOR THE HEALTH AND SAFETY OF MYSELF AND OTHERS

- I understand that the possession and use of tobacco, alcohol, or illegal drugs is prohibited.
- I understand that fireworks, firearms, pocket knives, and other weapons are not allowed.
- I understand that it is important to abide by safety standards explained by the staff.
- I understand that ALL campers must be in their living units from lights out until activities begin the following morning, unless under the direct supervision of camp staff.
- I understand that physical and emotional bullying or violence will result in my immediate dismissal from camp. If I am dismissed from camp, my tuition is forfeited, and my parent/guardian is responsible for picking me up immediately.

If a camper has difficulty following Wildwood's behavior expectations, Wildwood staff will remind the camper of expected behavior, review the Behavior Agreement above, and discuss ways staff members can support the camper in making necessary behavior improvements. If a pattern of inappropriate behavior continues, Wildwood staff will work with the camper to set specific, appropriate behavior goals and outline consequences for continued inappropriate behavior. Wildwood staff may ask parents/guardians for suggestions to help improve behavior or create a written behavior contract.

Continued inappropriate behavior or severely inappropriate behavior (such as physical or emotional violence, bullying, or possession of prohibited items) will result in immediate dismissal from camp and forfeiture of camp fees. The parent/guardian is responsible for picking up a dismissed camper **immediately**.

To ensure that everyone understands the kind of behavior that's acceptable in the Wildwood program, we ask BOTH the camper and the parent/guardian to sign and return the Behavior Agreement section on the pink form to confirm that you have read this document together and acknowledge and accept the responsibility to meet these behavior expectations.

# Facilities, Friends, Food, & Fun Facts

## Living Units

Housing at Wildwood is simple and rustic. The youngest campers live in cabins with electricity. Older campers live in screened platform tents without electricity. Each cabin or tent generally houses 6 campers and 1 counselor. Each living unit, supervised by a unit leader, contains 3-4 cabins or tents for campers.

Campers sleep in bunk beds. Every bed has a foam mattress, and top bunks have bed rails. Please send a fitted sheet to cover the mattress, an extra sheet or light blanket for warm nights, and a warm sleeping bag for cooler nights.

Each living unit has portable toilets (primarily for nighttime visits) and a hand-washing station located just a few steps away. The central shower house has composting toilets, sinks, and showers and is located near the playing field, Health Center, and office. Showers are scheduled several times each week.

## Housing Assignments

Overnight camp cabin and tent assignments are made shortly before the camp session begins. Assignments are based on gender, birth date, grade in school, and number of years at camp. Generally, the Carson (girls) and Leopold (boys) cabin units house 9 to 10-year-olds entering grades 4-5, the Fossey (girls) and Thoreau (boys) tent units house 11 to 12-year-olds entering grades 6-7, and the Dillard (girls) and Abbey (boys) tent units house 13 to 14-year-olds entering grades 8-9, but units may be assigned differently or may be combined if an age group is particularly large or small. Beds are often pre-assigned by Wildwood staff members to accommodate medical or other special needs.



LITs are housed with other same-gender LITs; unit location varies based on available space. Teen trip participants stay with same-gender campers in camping tents throughout their trips, including nights spent at Wildwood. Family Camp participants are housed one family group to a cabin or platform tent, assigned based on order of registration. (Counselors do not live in cabins/tents with family groups during family camp.)

## Housing Requests

For overnight camp, we are almost always able to honor a request for campers who are the same gender and near the same age to be assigned to the same cabin or tent. Both campers should request one another on the blue form. When it's not possible for us to put campers together in the same tent or cabin, we're almost always able to put campers in the same living unit. Friends who are several years apart in age or of different genders will have opportunities to be together during OATs, lunch, and during many camp activities.

We encourage campers and parents to remember that making new friends, as well as spending time with old friends, is an important part of the Wildwood experience, and that exclusive relationships can detract from everyone's enjoyment of camp.

Housing requests are unnecessary for trip participants or LITs. Family Camp groups may request to be housed near one another or may request a particular type of housing (cabin or platform tent) when they register.

## Luggage

To keep cabins and tents neat and clutter-free, we ask campers to tuck their luggage under their bunks. Clearance under the bunks is about 10-12 inches. Please pack belongings in a suitcase, duffel, or storage container that will fit under a bunk. Also bring a backpack, like a school backpack, that your camper can carry during the day or for hikes. Teen trip participants have separate luggage guidelines that can be found on page 15. **It is very helpful for staff transporting luggage if all of a camper's luggage, including pillows and sleeping bags, fits in one or two clearly labeled pieces of luggage that close securely and into which the camper is able to repack his/her belongings.**

## Insects

Wildwood recommends that campers use insect repellent as necessary and take precautions such as wearing long pants, socks, and long sleeve shirts when appropriate to prevent insect stings and bites. It's also important that campers wash their hands carefully after applying insect repellent, so that reptiles, amphibians, and insects studied in camp activities are not harmed. Families looking for more information on insect- or tick-borne illnesses can find it online at <http://www.mass.gov/dph/cdc> (choose "Factsheets" from the Featured Links at lower right). Mosquito nets to cover beds are available to borrow, or you may bring your own. (Very few people at camp choose to use them.)

## Clothing

Please follow the packing list on page 11. (Teen trip participants should follow the packing list on page 15.)

**ALL clothing and possessions should be clearly labeled with first and last names.** We encourage you to consider New Hampshire's weather and rough terrain, as well as the inherent nature of camp activities. Remember that camp is informal, and campers and staff often wear shirts for a day or two and shorts or pants for several days. We guarantee that clothing (and the campers wearing it) will get dirty!

Please do not bring or allow your camper to bring brand-new or very valuable clothing, towels, or equipment to camp. If campers bring inappropriate clothing (such as high-heeled shoes or shoes without heel straps [except for shower shoes], very short skirts or shorts, strapless tops or bathing suits, shirts with plunging necklines, clothing with inappropriate slogans, etc.), Wildwood staff will ask them to keep those items packed throughout their session.

## Intersession

Overnight campers who stay at camp for **more than one consecutive session** may choose to remain at camp between sessions. Intersession activities may include having dinner out of camp, watching a movie, or other fun activities. (Laundry will also be done during intersession.) The fee for intersession, which includes meals, other activities, and laundry, is **\$125**. Please call the Wildwood office to register for intersession **at least 4 weeks** before your camp session begins.

## Laundry

Overnight campers who stay at camp for **more than one consecutive session** and will stay at camp for Intersession may wash clothes during Intersession. LITs at camp for more than two weeks may also wash clothes. Wildwood staff will assist those campers in washing their laundry at Wildwood or at a local laundromat. The cost of laundry is included in Intersession, as well as in the cost of the three-week 2<sup>nd</sup> Year LIT program. Wildwood staff members will assist other campers in doing laundry at camp in the event of urgent or special situations.

## Lost & Found/Safe Keeping

Campers' clothing, linens, possessions, and luggage should be clearly labeled with first and last names, and counselors may label any unlabeled items a camper brings to camp. Wildwood staff members make every effort to reunite lost items with campers both during and after camp. Unlabeled and unclaimed items are donated to a charity organization in the fall.

**Wildwood is not responsible for lost or missing items.** Please leave valuable, cherished, or irreplaceable items at home. If necessary, campers can request that valuable items be stored in the camp office. Please refer to the packing list for a list of items that should not be brought to camp.

## Meals & Snacks

Wildwood's foodservice, managed by Café Services of Londonderry, NH, prepares three nutritious and tasty meals each day and offers a variety of choices at each meal. In addition to a hot breakfast option, a breakfast bar is available each morning with cereals, yogurt, and fresh fruit. A fresh salad bar accompanies lunch and dinner. Soups or sandwich fixings often provide additional choices. A vegetarian/vegan option is available, and some meals may not include meat at all. Snacks are generally available mid-afternoon, and occasionally as part of an evening program.

Most meals are served family style. Campers take turns setting the table, bringing serving dishes, and cleaning up the table after a meal. Campers sit with their cabin/tent groups during breakfast and dinner, but they have the opportunity to sit with friends from other units during lunch.

To protect all our campers and staff, it is vital that campers without special medical needs refrain from bringing food, candy, or drinks to camp. Please do not hide food or candy in your camper's luggage or care packages. If you think your camper is hungry, please call us instead!



## Food Allergies & Special Diets

Wildwood strives to maintain the safest possible dining facility. We do not use peanut or tree nut products, and non-dairy alternatives are available. If your camper will need special additional foods for a medical reason, please bring those foods with you to camp in their original packaging, inside a sealable container labeled with your camper's name. **Ensure that any food brought to camp is free of peanuts or tree nuts.** Because each camper's needs are different, we ask that you thoroughly explain any special food needs on the camp health form, and that you discuss those needs with the Wildwood Director **at least 4 weeks** prior to your camper's session.

## Camp Store

The camp store is available to participants in all Wildwood programs, but camp store accounts are recommended for overnight campers and LITs. The camp store is open to all families on check-in and check-out days, with payment by camp store account or cash, check, or VISA/MasterCard/Discover. Campers may visit the camp store several times a week during Open Activity Time, paying by camp store account only.

For overnight campers or LITs, it's very helpful to us if you set up your camper's store account **prior to arriving at camp**. You may deposit or add funds to a store account on check-in day if needed. However, we ask that campers not carry cash, checks, or credit cards while at camp.

Please discuss how much money, if any, you will place in your camper's store account and expectations for what your camper may purchase. We suggest an account balance of no more than \$20-\$30 per week. The following items are usually available in the camp store, although we cannot guarantee inventory:

- Souvenirs: carabiners, stuffed animals
- Outdoor Supplies: water bottles, identification guides, field bags, hand lenses, bandanas
- Writing Materials: journals, pens, pencils, postcards, stamps
- Personal Care Items: toothpaste, toothbrushes, combs, soap, shampoo, deodorant
- Clothing: T-shirts, sweatshirts, hats

**The camp store does not sell food!** (drink mix, to add to water bottles, may be available.)

Let your camper know that he or she can ask Wildwood staff for urgently needed personal care or other items, even if they're not on a shelf in the camp store—we can fill urgent needs in a few hours, if we know about them!

At the end of a camper's session, parents/guardians may request a refund of a remaining store account balance. Any unclaimed funds remaining after September 1<sup>st</sup> will be donated to the Wildwood camp enrichment fund. Refund checks will be mailed in September. Please consider donating store account balances, especially those of \$10 or less, to the Wildwood scholarship fund or camp enrichment fund.

## Activities

### Arrival and Departure

A couple of weeks before your session, you'll receive a detailed schedule for Check-In and Check-Out days. You may arrive at camp no earlier than 2:00 p.m. for Check-In on the first day of your camper's session. The opening ceremony is at 3:30 p.m. You may arrive at camp for Check-Out no earlier than 9:30 a.m. on the last day of your camper's session. The closing ceremony is at 10:00 a.m. Teen trip and Family Camp participants will have a slightly different schedule for Check-In and Check-Out days. Wildwood does not provide scheduled transportation to and from camp, but you are welcome to arrange carpools with other families. For the health and safety of everyone in our community, pets or other animals may not be brought to camp, even on check-in/check-out days!

### Daily Activities



Shortly after camp begins, campers learn about the activities that will be offered during their session and make their activity requests. Each week, each camper signs up for one **Interest Group (IG)**, a series of four 2-hour lessons on a topic that particularly interests the camper. IGs offered will vary throughout the summer but often include wetland ecology, forest ecology, kayaking, canoeing, sailing, hiking, arts & crafts, and sustainable living. Campers also sign up each day for **Discovery Groups (DGs)**, which span a range of topics similar to IGs but may also include opportunities for sports, games, and special projects. DGs are one hour each, and a changing variety of DGs is offered every day.

On some mornings each week, a **Pre-Breakfast Jaunt (PBJ)** is offered before breakfast for early risers. PBJs can include a "polar bear swim", bird walk, berry-picking, morning stretch, or other activities. Every day after lunch, everyone returns to their living units for **Siesta**, 45 minutes to one hour of rest and relaxation time.

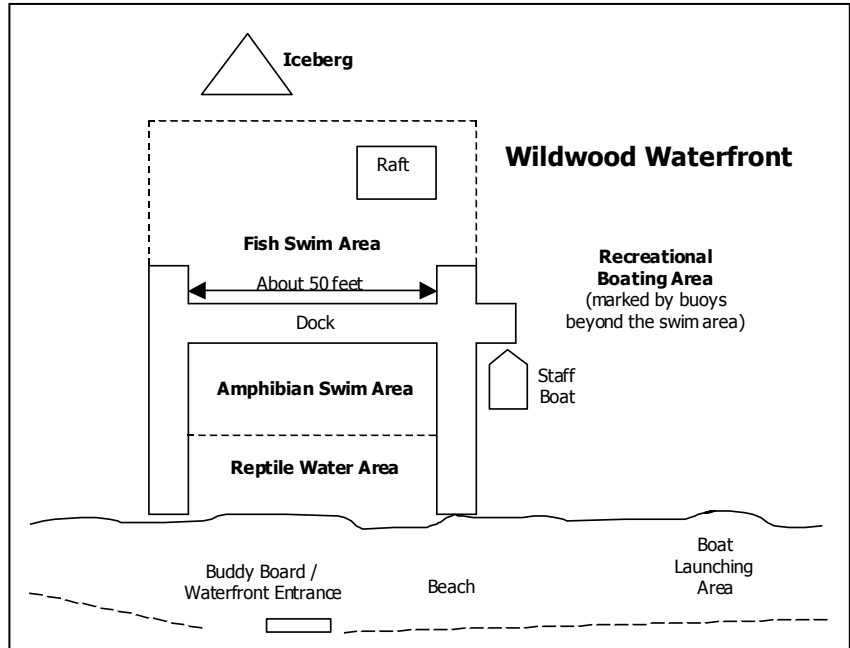
Campers can read, write letters, take a nap, or enjoy other quiet activities. The campers and counselors in each living unit have several opportunities for group-building activities, including high and low ropes challenge course experiences, evening chats, and daily unit times.

Campers have a period of free time called **Open Activity Time (OATs)** each day. Campers can enjoy activities in a number of supervised places, usually including the waterfront, the playing field, the Camp Store, the Nature Center, and the Arts & Crafts center, and they may move between activities with a buddy (or truddy, a trio of friends). In the evening, campers can look forward to activities with their living units, all-camp games, campfires, or performances and presentations by story-tellers, musicians, and other campers and staff.

## Waterfront Activities

Wildwood offers a variety of water activities including sailing, kayaking, canoeing, and swimming, for recreation and to explore the habitats around Hubbard Pond. We reserve the right to limit waterfront use at any time, based on weather or other factors. All campers take part in a waterfront safety orientation and swim check on the first full day of the session. The swim check determines how they can participate in waterfront activities. Campers can ask waterfront staff to recheck their skills during OATs anytime during the session. While Wildwood does not offer swimming lessons, beginning swimmers or non-swimmers who want to develop their skills may arrange to work individually with a staff member.

In 2007, Wildwood added an "Iceberg", an inflatable climbing structure, to our waterfront. The Iceberg may be used by a small number of campers at one time, and PFDs must be worn.



## Swim Checks

### *Fish/Green (Strong Swimmers):*

- Swim four lengths between the east and west docks without stopping, using a stroke of the camper's choice.
- Tread water for five minutes with one hand out of the water for the final minute.
- Surface dive and retrieve sand/stone from the bottom of the pond in the Fish Swim Area.
- Fish/green swim area stretches from the cross dock out to the floating raft.
- Fish may swim in fish/green, amphibian/yellow, or reptile/red areas during OATs.
- Fish may paddle a kayak or canoe with another Fish, an Amphibian, or a staff member during OATs.
- Fish may sign up for any boating IGs and DGs.

### *Amphibian/Yellow (Beginning Swimmers):*

- Swim two lengths between east and west docks without stopping, using a stroke of the camper's choice.
- Amphibian/yellow swim area is between the first buoy line and cross dock.
- Amphibians may swim in amphibian/yellow or reptile/red areas during OATs.
- Amphibians may paddle a kayak or canoe with a Fish or staff member during OATs.
- Amphibians may sign up for canoeing or kayaking IGs and DGs.

### *Reptile/Red (Non-Swimmers):*

- Those not taking a swim check OR not completing Amphibian evaluation.
- Reptile/red water area is from the beach out to the first buoy line.
- Reptiles can be in the reptile/red water area during OATs.
- Reptiles may use a boat with a staff member during OATs.
- Reptiles may sign up for canoeing IGs and DGs but must paddle with a staff member.

## Boating

Campers who want to participate in boating activities will complete a "tippy-test" as part of the waterfront orientation. This includes learning how to safely overturn a double kayak with a partner and exit the overturned boat, and demonstrating these important safety skills. More advanced instruction in self-rescue techniques is learned and practiced in boating IGs. Everyone wears a PFD (lifejacket) during all boating activities.

While we do our best to make sure that every camper who wants to has an opportunity to participate in boating activities, we cannot guarantee your camper's participation in a particular activity. The number of campers who can participate in boating IGs is limited by equipment and available staff. However, we will offer recreational boating during DGs and OATs whenever possible. Because sailing is particularly popular but requires a greater level of instruction and time, sailing is usually not offered during OATs. We encourage campers and their families to remember that waterfront activities are only one part of camp's variety!

## Overnight Camping Trip for Two-week Overnight Campers and LITs

Two-week campers and LITs participate in overnight camping trips. It's recommended that they bring foam sleeping pads to use on their trips. The youngest campers spend a night at a campsite at First Point, on Wildwood's property on Hubbard Pond. Older campers are transported in camp vans or school buses to campsites at nearby locations like Greenfield State Park or Mt. Monadnock. Campers sleep in tents with other same-gender campers, help to prepare meals over a camp stove or campfire, make S'mores, hike, play games, and learn about unique natural features of their location. LITs plan a longer trip, including travel farther from Wildwood and special outdoor activities like canoeing.

## Keeping in Touch

### Postal Mail

Overnight campers and LITs have time to write letters during Siesta and OATs each day. They can purchase postcards and stamps at the Camp Store. To encourage campers to write home at least once during their session, the Wildwood Director may announce a "Bring a Letter to Dinner Day". Campers will be asked to bring a stamped letter or postcard addressed to their family as their 'ticket' to dinner. (Of course, if a camper doesn't bring a letter, the camper still gets dinner—but also some after-dinner help to compose a letter home!) Sending pre-addressed, pre-stamped postcards or stationery helps increase your chances of receiving a letter from your camper, especially for younger campers.

Mail from camp is brought to the post office, and arriving mail is picked up, during the morning each day. Mail is usually distributed during Siesta. We have found that mail is slow to reach our post office box. You may wish to send mail before your camper arrives at camp, so that he or she receives a letter in the first days. By the same token, mail from your camper may be slow to reach you – don't panic if it's 4-5 days before you receive a letter from camp! Mail that arrives at camp before a camper's session will be held for the camper's arrival. Mail that arrives after a camper's session will be forwarded to the camper's home address.

The camper mailing address is:

***Camper Name & Unit***  
**Wildwood – Mass Audubon**  
**P.O. Box 826**  
**Rindge, NH 03461**

### E-Mail

In addition to postal mail, overnight campers and LITs can receive (but not send) e-mail messages. E-mail messages should be substantive (several paragraphs), and the content should receive the same thought and care that goes into a letter. E-mail may not be printed every day, so please assume that a camper will receive a message in 2-3 days. Due to the limits of our internet connection at camp, please send **simple text email only** (no pictures, attachments, backgrounds, or colors please!). Type your camper's name and unit (no punctuation) in the subject line of the message like this: "Mickey Camper in Thoreau".

Send camper messages to: **[WildwoodCamper@massaudubon.org](mailto:WildwoodCamper@massaudubon.org)**.

- Wildwood Director Bob Speare can be reached by e-mail at [bspeare@massaudubon.org](mailto:bspeare@massaudubon.org).
- Program Director Caroline (Merighi) Hagen can be reached by e-mail at [chagen@massaudubon.org](mailto:chagen@massaudubon.org).
- Administrative Director Amanda Zoellner can be reached by e-mail at [azoellner@massaudubon.org](mailto:azoellner@massaudubon.org).

### Care Packages

Small packages can be sent to Wildwood's post office box. When a package arrives, a camper opens it with a Wildwood staff member. Magazines, puzzles, books, craft kits, or decks of cards are all welcome treats. **Do not send food! Except when pre-approved for special diets, all food sent to camp will be thrown away.**

### Phone Calls

Campers do not receive or make phone calls at camp, except as approved by the Director. (One exception might be a camper's birthday.) Please do not send a cellular phone to camp with your camper. In case of an emergency, please contact us at the numbers listed below:

- **Wildwood Office in Lincoln, MA**      **toll free 866-627-2267 (year-round)**
- **Camp Office in Rindge, NH**      **603-899-5589 (during camp sessions only)**

During the summer, our responsibilities often take us away from our desks. If our voicemail system answers, please leave a message with your name, phone number with area code, your camper's name and living unit, the date and time you called, and the reason for your call. We check messages throughout the day and can usually return calls within several hours. If we have a concern about your child, be assured that we'll call you!

## Visiting Camp

We welcome you to join us for an Open House:

- Saturday, May 2, 2009, 1-3 p.m. OR
- Saturday, May 9, 2009, 1-3 p.m.

Please call or e-mail the Wildwood Office for more information or to register.

Wildwood does not have family visiting days during camp sessions, and campers do not receive visitors while they are at camp. In case of an emergency, please contact us at the numbers listed above.

## Wildwood Health Care

The health and safety of all campers and staff is our first priority. Wildwood's health care policies meet or exceed standards set by the American Camp Association, Mass Audubon, and the state of New Hampshire. Our health care team includes a registered nurse who lives on site in the Health Center during non-family sessions and an on-call pediatric practice for consultation and emergencies. Monadnock Community Hospital is located in Peterborough, NH, approximately a 15-minute drive from camp. Staff members hold current First Aid, CPR, and other applicable certifications.

(Family Camp participants will complete a different, simpler health form than what's described below.)

**CAMPER HEALTH HISTORY FORM 1 (4-pg green)**- Each overnight camper, LIT, or teen trip camper **must** have a current Health History, completed no more than 6 months prior to the camper's registered session, on file with the Camp Nurse prior to arrival at camp. Please complete this form carefully and thoroughly.

**CAMPER HEALTH-CARE RECOMMENDATIONS by LICENSED MEDICAL PERSONNEL FORM 2 (green)** - Each overnight camper, LIT, or teen trip camper **must** have documentation of a physical health examination conducted by a clinician within the 24 months prior to the camper's registered session. You **may** attach a form from your doctor to FORM 2. Please ensure that all medications are properly documented and that FORM 1, above, is available to the clinician completing FORM 2. Your camper's final acceptance is pending receipt and approval of all completed medical forms.

### Current Immunizations Required

Wildwood follows immunization requirements set by the New Hampshire Department of Environmental Services, which licenses New Hampshire camps. **Minimum** requirements are below. A Mantoux skin test for tuberculosis is not currently required by Wildwood.

- (1) Documentation of at least the initial immunization against **hepatitis B** for children born on or after January 1, 1993;
- (2) A record of immunization for **measles** which requires one dose of measles vaccine on or after the first birthday with the second dose separated from the first dose by at least 28 days for those children age appropriate 7-12th grade or laboratory evidence of immunity;
- (3) For **mumps**, documentation of one dose of live mumps vaccine received on or after the first birthday or laboratory evidence of immunity or physician documentation of mumps disease;
- (4) For **rubella**, documentation of one dose of live rubella vaccine received on or after the first birthday or laboratory evidence of immunity;
- (5) For **polio**, documentation of a minimum of 3 doses of polio vaccine, plus a fourth required if the third was before the age of 4, except that a polio vaccine shall not be required for persons over 18 years of age who do not have documentation of previous immunization;
- (6) For **tetanus and diphtheria**, documentation of a minimum of 3 doses of tetanus/diphtheria toxoid, with one tetanus booster being given within the last 10 years; and
- (7) For **tuberculosis**, Mantoux skin test documentation, the YRC medical staff shall develop a policy which takes into consideration the latest revision of the tuberculosis control program tuberculosis skin testing recommendations for schools and day care centers, from the department of health and human services, bureau of communicable disease, unless superseded by legislation or administrative rule which mandates the protocol for screening for this disease.

If a camper does not receive immunizations due to a medical or religious exemption, follow the guidelines at the website below to obtain and complete an exemption form. A New Hampshire religious exemption form must be **notarized**: <http://www.dhhs.state.nh.us/DHHS/IMMUNIZATION/LIBRARY/Form/exemption.htm>

### Pre-Camp Injuries, Infections, and Illnesses

Campers who are ill or who have infections are not allowed to attend camp until they are healthy and infection-free. Campers will receive a routine health screening during their first day at camp. If a camper is ill, has a contagious infection (including head lice), or has a condition that could be aggravated during regular camp

activities, that camper will be required to leave the program and seek treatment. Once a camper is healthy, he or she may return to the program with the approval of the Wildwood Director. Campers who have fractures, breaks, stitches, or other injuries must have the approval of the Wildwood Director and written permission from a physician to attend camp. It is very important that parents/guardians monitor campers' health in the days before camp.

### **Health Insurance and Outside Medical Costs**

**All campers are required to provide proof of health insurance.** Mass Audubon does not provide secondary medical coverage. The CAMPER HEALTH HISTORY FORM 1, included with this handbook, must contain health plan information and **include a copy of the front and back of your family's or camper's health insurance card(s)**. If a camper requires outside medical care, the camper's insurance information will be submitted to the service provider. Parents/guardians are responsible for paying the costs of any outside health care and prescriptions. For campers without health insurance, contact the Wildwood office today.

## **Daily Health Routines**

### **Health & Hygiene**

Campers are expected to take care of themselves by getting plenty of sleep, eating healthfully and drinking plenty of water, and maintaining personal hygiene (showering and changing into clean clothes regularly, brushing teeth, washing hands often, and using sunscreen & insect repellent when needed.) Shower times are scheduled. Wildwood staff will model these expectations and provide gentle reminders, but families should set expectations regarding changing clothing and personal hygiene before the camper arrives at camp.

Please coach your camper to tell an adult if he/she is hurt, feeling unwell, or has noticed an unusual symptom.

### **Medications**

Wildwood's infirmary is well-stocked with common non-prescription medications (listed on FORM 1) including acetaminophen, ibuprofen, cough drops, and antihistamines, and it is unnecessary for campers to bring an individual supply of these kinds of medications. Please call if you have questions about non-prescription medications that we keep on hand.

The Camp Nurse and/or designated senior staff member will keep and dispense all medications at camp during meals, at bedtime, or at other specified times. Please do not pre-sort medications! When campers participate in an off-site trip, a designated senior staff member will keep and dispense medications as instructed by the Camp Nurse. (During Family Camp, adults in each family keep and dispense all medications to their family group.)

If a camper needs to carry his or her asthma inhaler or epinephrine auto-injector (EpiPen) at all times, parents/guardians must send a second inhaler or auto-injector to be kept by the Camp Nurse in case of an emergency. Campers and staff members will report any use of an auto-injector or non-routine inhaler use to the Camp Nurse, so that appropriate follow-up care and monitoring can be provided.

**All medications** brought to camp (both prescription and non-prescription) must be submitted to the Camp Nurse during check-in, must be kept in their original containers, and must be fully documented on FORM 1, FORM 2, and/or in a signed letter or prescription.

**Prescription medication** must have its original pharmacy label showing the patient's name, the prescription number, date filled, physician's name, name of medication, directions for use, and expiration date. Our Standing Medical Orders and the New Hampshire Nurse Practice Act require that our camp nurse have a **doctor's order** before dispensing any prescription medications, including epinephrine auto-injectors or asthma inhalers. The prescription label **does not** fulfill this requirement. Your camper's physician must list prescription medications to be given at camp, including dosage and instructions for administering, on the signed FORM 2, on a separate signed health form from the doctor, or in a signed letter or prescription. If a camper is trained to carry and use his/her own epinephrine auto-injector or inhaler, the prescribing physician should indicate this on the back of FORM 2.

**Non-prescription medications** sent to camp (example: Claritin taken daily for allergies) must also be kept in the original container bearing the recommended dosage, directions for use, and expiration date. So that campers don't have to spend time waiting for medication, you may want to consider leaving vitamins or non-prescription medications needed only occasionally at home.

**If your camper's medications change after you have returned the health form, you will need to submit updated documentation from the prescribing physician for any prescription medications.**

### **Communication with Parents/Guardians**

The Wildwood Director, Camp Nurse, or other senior staff member will contact parents/guardians if their camper needs to spend the night in the Health Center, requires outside health care or emergency care, or if they have any questions regarding a camper's health.

## Emotional Health & Missing Home

It's natural for campers of all ages to miss their families, friends, and homes when they find themselves in a new environment, particularly if it is the first time away. Please do not be alarmed if your camper's first letter suggests homesickness. Symptoms usually disappear within the first day or two of camp, as campers begin to make new friends and become familiar and comfortable with their new surroundings and routines. Your camper may be fine by the time you read that letter!

New campers and their families may wish to attend Wildwood's New Camper Orientation for overnight camp sessions, held at Drumlin Farm in Lincoln, MA, on Sunday, April 26, 2009, from 1-3 p.m., to meet some of the Wildwood staff and other campers, as well as to ask questions about daily routines. (Returning campers and Family Camp, Teen Trip, or LIT participants are welcome, but the focus of this session is on new overnight campers and their families.)

When preparing for camp, it may be helpful for campers to try out different overnight situations: sleeping in a sleeping bag in another part of the house, staying overnight at a friend's or relative's home, or sleeping outside in a tent. Talk about common "homesick" situations, and brainstorm what to do if a camper has trouble falling asleep, wakes up at night, sees/hears something that reminds him/her of home, etc.

Please do not make a "pick-up deal" with your camper or help hide a cell phone to be used "just in case" – this will make it more difficult for your camper to have a successful experience! Campers should know that they can still participate in and enjoy camp activities, even if they feel homesick sometimes.

Overcoming homesickness and achieving independence are important and sometimes difficult challenges for campers (and their families!). Campers are most successful in rising to these challenges when families and Wildwood staff work together to support them in following through on their decision to be at camp. The American Camp Association website for parents/guardians, [www.campparents.org](http://www.campparents.org), is an excellent resource to help families and their campers prepare for camp.

## General Packing List

### Overnight Camp, Leaders-in-Training, and Family Camp

This is a recommended list of clothing and equipment for a **2-week** session. Please adjust the amount of clothing if your camper is staying for a different length of time. Make additions you feel will be appropriate for your camper's comfort, but remember that storage space is limited. **Label all items** with your camper's first and last names, using permanent marker or nametapes.

#### Clothing

- 14 pairs underwear
- 14 pairs socks (at least 2 pairs wool)
- 1 lightweight long underwear shirt
- 7 short sleeve shirts or T-shirts
- 2 long sleeve shirts
- 1 sweatshirt
- 7 pairs shorts
- 3 pairs long pants (jeans, sweatpants, etc.)
- wool sweater or fleece jacket (avoid cotton)
- wool or fleece hat
- baseball cap or other hat with a brim (for sun protection)
- rain jacket with hood or rain hat (rain pants are optional)
- 2 pairs of pajamas (for warm and cool sleeping weather)
- bathing suit (any 2-piece bathing suit should be appropriate for **active** water enjoyment)
- sneakers
- water shoes/sport sandals with a heel strap, for ponding and boating
- sturdy shoes or hiking boots for hiking (break in prior to camp!)

#### Toiletries

- toothbrush, toothpaste, dental floss
- shampoo, conditioner
- soap (in a container)
- deodorant
- hairbrush, comb
- orthodontic devices
- eyeglasses or contact lenses with supplies
- insect repellent
- tampons or pads (if applicable)
- sunscreen/sunblock (SPF 30 or higher), enough to apply several times daily**
- lip balm (SPF 30 or higher)
- medications (prescription and non-prescription, including creams, etc.) All medications must be given to the nurse upon arrival at camp.



### Bedding and Linens

- sleeping bag
- pillow with pillowcase
- twin-sized fitted sheet (to cover mattress)
- extra sheet or light blanket
- laundry bag
- 2 bath towels
- 2 washcloths
- beach towel
- sleeping pad (2-week campers and LITs only)



### Optional Items

- writing materials (stationery, stamps, pens/pencils, journal, etc.)
- reading material
- camera (and film, batteries, or charger, if needed)
- field guides

### Additional Packing Information

Please label **all** clothing, equipment, and luggage clearly with permanent marker or nametapes. Although Wildwood is not responsible for lost, damaged, or missing items, Wildwood staff will make every effort to return items that are clearly marked with the owner's name. Use first **and** last names when labeling – initials are often not enough to determine an owner!

We ask that clothing brought to camp be reasonably modest in style and cut, and that any graphics or messages on clothing be tasteful and responsible. Designer clothing is not recommended. Clothing and reading material with alcohol or tobacco ads, double entendre, or offensive or violent pictures should be left at home. We strive for a community that is peaceful and safe for all campers and staff, and removed from some of the distractions and busy-ness of everyday life. As a result, there are some items that may be a part of participants' lives at home or school that we request not be brought to camp.

### Prohibited Items

Campers may not bring the following items to camp. If any of these items are brought to camp, the Wildwood Director will keep them throughout the session and return them to the camper's family on departure day. Bringing any of the first two items will result in the camper's immediate dismissal. Please see page 15 for special policies for Family Camp.

- ✗ Weapons of any kind; pocket knives, fireworks, lighters, or matches
- ✗ Tobacco products, alcohol, illegal drugs
- ✗ Food, candy, chewing gum, soda (except as pre-approved for special diets)
- ✗ Radios, music/DVD/video game players, TVs, or other electronics
- ✗ Inappropriate reading material
- ✗ Cellular phones, pagers, walkie-talkies, messaging devices
- ✗ High-heeled shoes or shoes without a heel strap (except shower shoes)
- ✗ Short skirts or dresses, strapless tops, low-cut or revealing clothing
- ✗ Hair dryers, curling irons
- ✗ Hairspray, cosmetics, nail polish, perfume
- ✗ Valuable items (expensive cameras or expensive binoculars, trading cards, jewelry, etc.)
- ✗ Pets or other animals
- ✗ Sports equipment, like bats, sticks, or other items that require special training for safe use
- ✗ Vehicles, bicycles, or boats (with the exception of adults at Family Camp, campers may not have/use personal transportation at camp)

- binoculars
- sunglasses (if your camper likes to wear them)

### Equipment

- plastic storage box OR suitcase for belongings (to fit under bunk; linens, pillows, sleeping bags, etc., may be packed in a separate bag)
- medium-sized backpack to carry daily (a school backpack is appropriate)
- one-liter water bottle or canteen (Dillard/Abbey/LIT campers should have two of these)**
- plastic bag for damp items coming home
- small flashlight/headlamp and spare batteries
- mesh bag or plastic bucket/basket for shower supplies
- bandana

## **Especially for Leaders-in-Training (LITs)**

Please read the preceding general information as well as the LIT information below. Each LIT session is limited to 12 campers (6 boys and 6 girls), led by two staff.

### **Housing**

LITs can expect to stay in platform tents or cabins with other same-gender LITs. In the last part of the LIT session, LITs can expect to assist in a particular living unit with counselors and campers, helping with all aspects of campers' daily life from wake-up to bedtime, but will not sleep in a cabin/tent with campers. LITs will go on an overnight camping trip and stay in tents with other same-gender LITs.

### **Leadership and Service at Camp and in the Community**

LITs will have opportunities to try many different activities at camp, as all Wildwood campers do, but LITs can also expect to share their skills by assisting in IG and DG activities, planning and leading camp activities with the LIT Director and other staff members, and serving as role models for the entire camp community. LITs returning for a second year will have additional opportunities to share their skills and experiences. LITs can also expect to venture out from Wildwood to meet members of the Rindge community, visit other Mass Audubon sites, and explore new habitats.

LITs will complete various kinds of service as part of their experience. In the past, service projects have included building birdhouses, monitoring a rare salamander population, and producing and distributing a canvas shopping bag. The LIT Director can provide documentation of service hours as needed for high school graduation requirements. Please bring any needed forms with you to camp.

## **Especially for Family Camp**

Please read the general camp information as well as the Family Camp information below.

### **Housing**

Family Camp housing is assigned based on order of registration. Eight cabins and 10-14 platform tents are available. Wildwood does not provide cribs or playpens for infants, but you may bring one if needed.

### **Meals & Snacks**

During family camp, some meals are served buffet-style, and some are served family-style. Families should arrive on time for meals. Healthy snacks are available in the dining hall between meals. Families who need to bring extra food for special diets are asked to leave all food in the dining hall, where they can have access to it anytime.

**Please do not bring any foods that contain nuts or peanuts.** Each family's food must be labeled with the family name and be in a sealable container. High chairs are available.

### **Special Policies for Families**

Wildwood feels a responsibility to provide a healthy, smoke-free environment for its staff and campers. Adult family campers may use tobacco products only in designated smoking areas away from children, and must ensure that smoking materials are extinguished and any trash collected before leaving the area. Adult family campers may also bring cell phones or pagers to keep in touch with family or work, but please turn them off or to silent mode during programs, and be aware that cellular reception is spotty or unavailable at Wildwood.

To protect native wildlife and habitats, as well as the health and safety of all participants, family pets and other animals may not be brought to Wildwood. Vehicles must be parked in the main parking lot and may not be driven around the property during Family Camp. A participant with a physical disability may call the Wildwood office to discuss special arrangements. Medications needed during family camp may be kept and administered by adults in each family group.

### **Schedule & Activities**

Family Camp participants will receive a detailed schedule in a mailing a few weeks before camp. On arrival day, family campers can plan to arrive in the afternoon between 2:00 and 3:00 p.m. and settle into living spaces.

Activities offered may include sailing, canoeing, kayaking, swimming, bird/nature walks, arts and crafts, and high and low ropes challenge course activities. To ensure that every family is able to sample the variety of programs offered, we may limit families to one session of a very popular program, like high ropes course or sailing, during their time at camp. Children may not participate in high ropes activities until they are large enough to fit properly in our safety equipment. For everyone's safety, all participants must respect waterfront, ropes course, and other program area signs and Wildwood staff supervising these areas.

Activities on a particular day may be limited by weather or staff availability. Children under age 9 must be supervised by parents/guardians at all times during Family Camp, with the exception of kids-only programs for those ages 5 and older. All activities are optional, and families are welcome to spend time exploring or relaxing on their own, or to use Wildwood as a base for day trips, but please let us know if you plan to miss a meal or leave camp. On the final day of Family Camp, we'll have closing activities and goodbyes after breakfast, and then families can return to their units to pack and prepare for departure. Families should depart by 11:00 a.m.

## **Especially for Teen Adventure Trips**

Please read the general camp information as well as the information below. Each Teen Adventure Trip, led by two well-qualified staff over the age of 21, has a maximum enrollment of eight campers. Campers traveling to Newfoundland will receive additional packing and travel information.

### **Service Projects**

During each trip, campers will participate in an environmental service project focused on a habitat explored during their trip. Campers will make a positive contribution to a natural area they use and gain knowledge needed to identify environmental issues, as well as some skills needed to correct them.

Past service projects have included a beach clean-up, repairing eroded trails, removing invasive plants, and seining fish for a scientific study. We are happy to document volunteer service hours as requested. Please bring any needed forms with you to camp.

### **Trip Plans, Tents, Bathrooms, & Showers**

Campers will receive their detailed itineraries by mail in early June. If you have questions before you receive the itinerary, please call the Wildwood office. Trip participants generally spend their first and last nights at Wildwood. During the trip, campers can expect to stay at state or national parks, public and private campgrounds, and Mass Audubon Wildlife Sanctuaries. Wildwood's trips are "car camping" trips – staying at the same campsite for two or more nights and going on day hikes and field trips. Some trips include a backpacking overnight.

Campers will share a camping tent with other same-gender campers. Most campsite locations have toilet facilities; when they do not, campers will have the opportunity to learn to dig and use a "cat hole" as recommended by Leave No Trace wilderness ethics. Shower facilities are available before the group leaves Wildwood and immediately after the trip returns to Wildwood, and they may be available during the trip as well.

### **Transportation & Luggage**

Campers will be transported in 7-, 8-, 10- or 12-passenger vans designed for carrying passengers, driven by qualified staff members age 21 or older. Seat belts must be worn at all times. Campers may not bring personal vehicles to camp or use them for transportation during treks. Luggage space is limited. Please pack lightly in soft-sided bags that can be squeezed under and behind seats. Campers may bring small bags or backpacks to hold on their laps or put at their feet while traveling.

### **Camp Store, Money, & Valuables**

All admission fees, programs, and food are included in the cost of the trip. However, campers may have the opportunity to purchase postcards or souvenirs on their trip, or items at the camp store. We suggest bringing a small amount of money for these incidental items. (Please do not bring a large amount of money or valuable or irreplaceable items.) Teen trip participants will have the opportunity to purchase items in the camp store on Check-In and Check-Out days; store accounts are not necessary.

### **Meals & Snacks**

Throughout the trip, food that is simple and easy to prepare is cooked on a camp stove, over a campfire, or in a dutch oven. Breakfast may include hot or cold cereal, bagels and cream cheese, egg burritos, pancakes, fruit, juice, or hot cocoa. Lunch is generally prepared and packed in the morning and may include sandwiches, pita pockets, cheese and crackers, fruit, or vegetables. Dinner is a hot meal and may include soup, pasta, tacos, burritos, baked potatoes, or pizza. Campers participate fully in preparation, cooking, and clean-up. Some fresh foods will be purchased during the trip; perishable items are stored in a cooler. Snacks will be offered as needed.

Vegetarians/vegans can be easily accommodated, but please thoroughly explain any special food needs on the camp health form. Contact the Wildwood Director **at least 4 weeks** prior to your camper's trip to discuss food needs, or if your camper will need to bring any food. If a trip participant will need special foods for a medical reason, please bring those foods with you to camp inside a sealable container. **Please do not bring any foods that contain nuts or peanuts.**

## Mail & Phone Calls

Campers do not generally make or receive phone calls while they are on trips. Trip leaders carry cellular phones and call Wildwood daily to check in. In case of an emergency, please contact Wildwood by phone (numbers are on the handbook cover). Please do not send a cellular phone with your camper. Trip participants generally don't receive mail or e-mail, but if any arrives, they'll receive it upon returning to camp.

## Health Care

Trip leaders have Wilderness First Aid, CPR, and other appropriate certifications. Campers will check out with the nurse before leaving on a trip. Any medications to be given on the trip will be kept and administered by the trip leaders. Campers may carry their own asthma inhalers or epinephrine auto-injectors when the prescriber's permission is given on FORM 2. The Wildwood Director or Camp Nurse will contact a parent/guardian if a camper becomes ill on a trip or requires outside health care.

## Teen Adventure Trip Packing List

This is a recommended list of clothing and equipment for a 1-week trip. Make additions you feel will be appropriate for your camper's comfort, but remember that storage space is limited. On the first day at Wildwood, campers can expect to unpack gear, go through it with trip leaders to ensure proper gear, and repack it in a way appropriate to their trip. Gear left at camp will be secured until campers return.

We recommend clothes made from synthetic fabrics (manmade fibers like nylon, polyester, polypropylene, or polarfleece) because they dry quickly and generally take up less space in your luggage. Wool or polarfleece clothing will keep you warm even if it gets wet.

### Sleeping Gear

- sleeping bag in a compact stuff sack
- sleeping pad

### Clothing

- small laundry bag/pillowcase for dirty laundry
- 1 pair of underwear for each day of the trip (synthetic/wicking may be most comfortable)
- 1 pair of socks for each 2 days of the trip (wool or synthetic preferred)
- 1 set of lightweight long underwear
- 2 short sleeve T-shirts
- 1 short sleeve synthetic shirt
- 1 long sleeve synthetic shirt
- 3 pairs shorts (synthetic preferred, 1 pair may be cotton)
- 1 pair synthetic long pants
- wool or synthetic fleece jacket
- wool or synthetic fleece hat
- baseball cap or other hat with a brim
- rain jacket with hood or rain hat
- rain pants
- pajamas or extra shorts/T-shirt
- bathing suit (a modest 2-piece bathing suit may be comfortable/convenient for girls)
- water shoes/sport sandals with a heel strap, for ponding and boating
- sturdy shoes or hiking boots for hiking (please break in prior to camp!)
- one set of comfortable clothing (left at Wildwood during the trip) to wear on the way home

### Toiletries

- small, quick-drying towel
- washcloth
- travel-sized toothbrush, toothpaste, dental floss
- travel-sized shampoo, conditioner

- soap (in a travel container)
- travel-sized deodorant
- hairbrush, comb
- orthodontic devices
- eyeglasses or contact lenses and cleaner
- insect repellent
- sunscreen/sunblock (SPF 30 or higher)**
- lip balm (SPF 30 or higher)
- tampons or pads (if applicable)
- medications (prescription and non-prescription, including vitamins, creams, etc.) Medications must be given to Wildwood staff upon arrival at camp.

### Equipment

- soft-sided duffel bag OR pack that fits all camper's gear (Some trips include a backpacking component and may require a frame pack. Wildwood can loan external frame packs.)
- small backpack for day use
- mess kit OR bowl, cup, fork, and spoon
- 2 one-liter water bottles or canteens**
- plastic bag for damp items
- small flashlight/headlamp and spare batteries
- bandana

### Optional Items

- writing materials (stationery, stamps, pens/pencils, journal, etc.)
- reading material
- camera (and film, batteries, or charger, if needed)
- field guides
- binoculars
- sunglasses (if your camper likes to wear them)
- money (~\$20) for souvenirs or postcards
- bike helmet, if biking is part of the itinerary (if your camper has one that's comfortable – otherwise, helmets will be rented with bikes)

## Prohibited Items

The same items are prohibited on teen trips as in other Wildwood programs. Teen trip campers may not bring, bicycles, kayaks, climbing gear, or other equipment – all gear is rented because of limited space and to ensure parity and maintenance. Teen trip campers may not drive alone to camp, leave a vehicle at camp while on a trip, or drive a vehicle during a trip.

Bringing any of the first two items will result in the camper's immediate dismissal.

- ✗ Weapons of any kind; pocket knives, fireworks, lighters, or matches
- ✗ Tobacco products, alcohol, illegal drugs
- ✗ Food, candy, chewing gum, soda (except as pre-approved for special diets)
- ✗ Radios, music/DVD/video game players, TVs, or other electronics
- ✗ Inappropriate reading material
- ✗ Cellular phones, pagers, walkie-talkies, messaging devices
- ✗ High-heeled shoes or shoes without a heel strap (except shower shoes)
- ✗ Short skirts or dresses, strapless tops, low-cut or revealing clothing
- ✗ Hair dryers, curling irons
- ✗ Hairspray, cosmetics, nail polish, perfume
- ✗ Valuable items (expensive cameras or expensive binoculars, trading cards, jewelry, etc.)
- ✗ Pets or other animals
- ✗ Sports equipment, like bats, sticks, or other items that require special training for safe use
- ✗ Vehicles, bicycles, or boats (with the exception of adults at Family Camp, campers may not have/use personal transportation at camp)



## ACKNOWLEDGEMENT OF RISK & ASSUMPTION OF PERSONAL RESPONSIBILITY

**Each day of the Wildwood experience is filled with fun and adventure.** Camp provides an ideal setting for enjoying new activities in a well-supervised, safe, supportive environment.

**Mass Audubon staff members make every effort to conduct safe programs, to orient and support campers, and to inform families of inherent risks.** Some activities at Wildwood may involve risks that campers do not routinely encounter at home. This document is an effort to apprise you of our continued interest in our participants' safety and to seek your cooperation.

**Risk Management is an essential element of all the activities that we offer.** Our standard precautions include conducting our programs in a manner consistent with the practices and procedures recommended by the American Camp Association (ACA) and other professional organizations. The Wildwood program is accredited by ACA. We use specific criteria for staff selection, provide thorough staff training and supervision, establish policies and procedures, report and review incidents, and conduct independent reviews of our programs. We maintain a health center with a registered nurse in residence during non-family sessions. A pediatric practice is on call for consultation and emergencies. Hospital facilities are located in nearby Peterborough, NH, at the Monadnock Community Hospital. While we anticipate that these efforts will ensure the well-being of each participant, we are also aware that it is neither possible to foresee every contingency nor to eliminate all risk.

**Wildwood's program activities may include, but are not limited to:** walking on uneven terrain, playing active games, traveling in Mass Audubon owned or leased vehicles, swimming, kayaking, canoeing, sailing, archery, hiking and backpacking, using camp stoves and open camp fires, using the ropes/challenge course that may include both high and low rope elements, and other outdoor activities. Some Teen programs also include, but are not limited to: bicycling, rock-climbing, and open water kayaking. The attendant risks associated with these program activities include, but are not limited to, collision, capsizing, burns, and falling. Environmental risks include, but are not limited to, inclement and unpredictable weather, falling objects, insect bites, hypothermia, sunburn, allergic reactions, confrontation with wild animals, and other injuries or illnesses. Other risks may be inherent in camp activities.

**Personal Choice is a key element in Wildwood's program.** Campers have the opportunity to choose activities in which they are interested. Wildwood staff will encourage campers to participate in activities that may challenge them, but campers will not be required to participate in activities in which they are not comfortable.

**We look forward to an enjoyable, safe summer with your camper!** Please call Wildwood's office at 781-259-2183 or 866-627-2267 if you have any questions.

To ensure that you and your camper understand the kinds of activities and risks involved in the Wildwood program, we ask the parent or guardian to review and discuss this information with your camper and to sign and return the yellow Acknowledgement of Risk & Assumption of Personal Responsibility form to confirm that you understand and accept the risks involved in Wildwood camp programs.

## **CONSENT FOR PHOTOGRAPHY, FILMING, VIDEO/AUDIO TAPING, INTERNET & TELEVISION**

Wildwood and Mass Audubon use images and sounds of children and staff participating in programs as a way of documenting the enjoyable and educational experiences they have while exploring the natural world. I understand that Wildwood and Mass Audubon will not identify my child, or will identify my child only by first name and session, unless I give specific written permission to do otherwise.

In consideration of the above, I hereby consent to Wildwood and Mass Audubon (1) photographing, filming, and video/audio taping my child, and (2) using and displaying images and sounds of my child in Wildwood's and Mass Audubon's websites, archives, and promotional or informational material, including, but not limited to, newsletters, brochures, advertisements, and newspaper articles, and I hereby waive and release on behalf of my child any rights of compensation for, or ownership of, such images and/or sounds of my child.

To ensure that you understand our use of photography and other media in the Wildwood program, we ask parents to complete, sign, and return the Consent For Photography, Filming, Video/Audio Taping, Internet & Televising section included on the pink form. This will confirm that you have read this policy and agree or do not agree to the conditions set out above.

### **Mass Audubon Day Camps**

There's more to explore! If your camper is looking for other opportunities before or after a Wildwood session, or if your camper has younger siblings, Mass Audubon sanctuaries across Massachusetts offer day camp programs throughout the summer. Contact information for day camps is below, or you can visit [www.massaudubon.org/camp](http://www.massaudubon.org/camp).

#### **Cape Cod & Islands**

- **Felix Neck** on Martha's Vineyard, 508-627-4850, [felixneck@massaudubon.org](mailto:felixneck@massaudubon.org)
- **Wellfleet Bay** in Wellfleet, 508-349-2615, [wellfleet@massaudubon.org](mailto:wellfleet@massaudubon.org)

#### **North & South Shore**

- **Ipswich River** in Topsfield, Essex & Marblehead, 978-887-9264, [ipswichriver@massaudubon.org](mailto:ipswichriver@massaudubon.org)
- **Moose Hill** in Sharon, 781-784-5691, [moosehill@massaudubon.org](mailto:moosehill@massaudubon.org)
- **North River** in Marshfield, 781-837-9400, [southshore@massaudubon.org](mailto:southshore@massaudubon.org)
- **Stony Brook** in Norfolk, 508-528-3140, [stonybrook@massaudubon.org](mailto:stonybrook@massaudubon.org)
- **Visual Arts Center** in Canton, 781-821-8853, [visual-arts@massaudubon.org](mailto:visual-arts@massaudubon.org)

#### **Metrowest & Boston**

- **Blue Hills** in Milton, 617-333-0690, [bluehills@massaudubon.org](mailto:bluehills@massaudubon.org)
- **Boston Nature Center** in Mattapan, 617-983-8500, [bnc@massaudubon.org](mailto:bnc@massaudubon.org)
- **Broadmoor** in Natick, 508-655-2296, [broadmoorcamp@massaudubon.org](mailto:broadmoorcamp@massaudubon.org)
- **Drumlin Farm** in Lincoln, 781-259-2244, [drumlinfarm@massaudubon.org](mailto:drumlinfarm@massaudubon.org)
- **Habitat** in Belmont, 617-489-5050, [habitat@massaudubon.org](mailto:habitat@massaudubon.org)

#### **Central & Western Massachusetts**

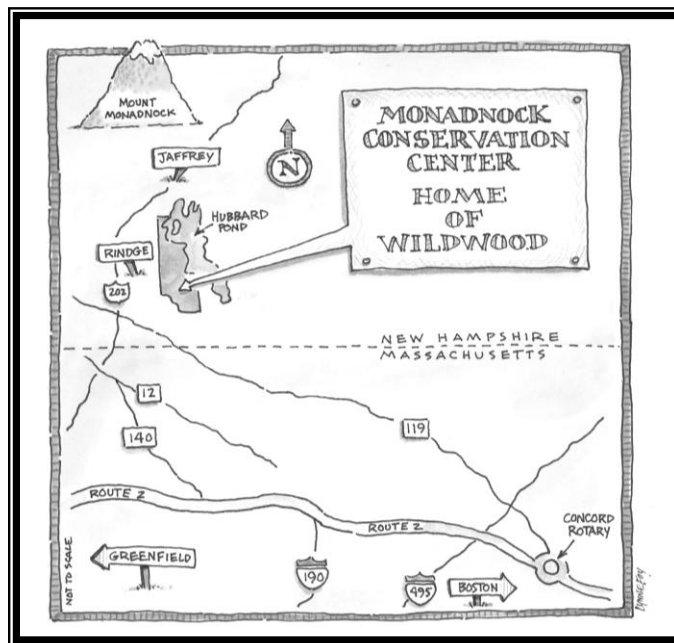
- **Arcadia** in Easthampton, 413-584-3009, [arcadia@massaudubon.org](mailto:arcadia@massaudubon.org)
- **Broad Meadow Brook** in Worcester 508-753-6087, [bmbrook@massaudubon.org](mailto:bmbrook@massaudubon.org)
- **Pleasant Valley** in Lenox, 413-637-0320, [berkshires@massaudubon.org](mailto:berkshires@massaudubon.org)
- **Wachusett Meadow** in Princeton, 978-464-2712, [wachusett@massaudubon.org](mailto:wachusett@massaudubon.org)

# Directions to Wildwood

**Websites for driving directions usually do not give accurate directions to Wildwood, and GPS units may direct you a very different way!** Please use the directions below.

Wildwood is located off of Route 119 in Rindge, NH. Wildwood's street address is 462 Old New Ipswich Rd., Rindge, NH, 03461.

Because of Rindge community policies, Wildwood may not put up permanent directional signs. We put up temporary real estate-type signs at several intersections, referenced in the directions below, in Rindge, but they may fall over or be difficult to see. Please follow our directions carefully.



- ❖ From the east, pick up Route 119 at the Concord Rotary on Route 2. Travel west on Route 119 through the Massachusetts towns of Acton, Littleton, Groton, Townsend, and Ashby and continue on across the New Hampshire border to Rindge. You'll travel approximately 5.6 miles on Route 119 west from the Rindge town line. Follow the directions from Route 119 below.
- ❖ If you take Route 2 from the west, take Exit 19 to get onto Route 202 north towards Winchendon, which intersects with Route 119. Take Route 119 east and follow the directions from Route 119 below.
- ❖ If you take Route 2 from the east, take Exit 24, following Route 140 north to Winchendon. Turn left and continue on Route 140 when it merges with Route 12. Turn right onto Route 202 north, and continue to Rindge. At the junction of Routes 202 and 119 in Rindge, take Route 119 east and follow the directions below.

## From Route 119 in Rindge, NH:

- Off of Route 119, turn north onto Cathedral Road. At this intersection, there is a blinking yellow light, a Shell Station, and a sign that directs traffic to the Annett State Forest and Cathedral of the Pines. Stay on Cathedral Road for approximately 1.5 miles. Turn right on Shaw Hill Road, which is immediately after the entrance to the Cathedral of the Pines (on the left).
- Travel on Shaw Hill road for approximately 0.7 miles until the road ends in a T with Old New Ipswich Road. Turn left onto Old New Ipswich Road. Stay on Old New Ipswich Road for approximately 0.6 miles. The Wildwood sign and entrance will be on your left.

### Main Office

(year-round – mail camp forms here!)  
208 South Great Rd.  
Lincoln, MA 01773  
Toll free: 866-627-2267  
Fax: 781-259-2381

### Camp Office

(when camp is in session)  
P.O. Box 826  
462 Old New Ipswich Rd.  
Rindge, NH 03461  
Phone: 603-899-5589

# Wildwood Camp Map

