

# wildwood

A Mass Audubon Camp for Outdoor Exploration

## Handbook 2018



### Main Office

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

**Wildwood Blog:** [www.massaudubon.org/wildwoodblog](http://www.massaudubon.org/wildwoodblog)



**\*Camp Forms due May 1, 2018!\***

Wildwood uses CampDoc, a secure online health form system. Upon registration, a link will be emailed to you inviting you to create a profile. Please complete all fields and document uploads by May 1<sup>st</sup>.

### REFUND & CANCELLATION POLICY

The first \$100 paid for each registration is nonrefundable. (If Wildwood must cancel a session, you will receive a refund of all tuition paid.) Refunds are not given for dismissal, failure to attend, absence, or sick days. If you cancel before the start of your camp session, the amount of the tuition refund is determined by the following schedule:

- Before May 15: all but \$100 refunded
- After May 15: no refund available

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 2018! Over 700 campers will join us this summer, including overnight campers, teens, and families.

We hope you'll read the information in this handbook carefully – 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!

We look forward to meeting you this summer.



Happy Camping!

Wildwood Staff

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## 2018 Events & Dates

### Final tuition payments and camp forms due Sunday, May 1, 2018!

#### New Camper & Trek Orientation

Drumlin Farm Wildlife Sanctuary, Lincoln, MA  
Sunday, May 6, 2018, 1-3 p.m.

*Especially for Teen Treks – 3-4p.m*

Register online, call 866-627-2267, or e-mail wildwood@massaudubon.org

#### Open Houses at Wildwood, Rindge, NH

- Saturday, May 5, 2018, 1pm-3pm
- Saturday, May 19, 2018, 10am-noon.

Register online, call 866-627-2267, or e-mail wildwood@massaudubon.org

#### Overnight Camp

- Session 1: Sunday, June 24 – Saturday, July 7
- Session 1A: Sunday, June 24 – Saturday, June 30
- Session 1B: Sunday, July 1 – Saturday, July 7
- Session 2: Sunday, July 8 – Saturday, July 14
- Session 3: Sunday, July 15 – Saturday, July 21
- Session 4: Sunday, July 22 – Saturday, Aug. 4
- Session 5: Sunday, Aug. 5 – Sat., Aug. 18

Intersession options are available between consecutive overnight camp sessions only.

#### Leaders-in-Training (LIT)

- Session A: Sunday, June 24 – Saturday, July 7
- Session B: Sunday, July 8 – Saturday, July 21

#### Leaders-in-Action (LIA) – (by application only):

- Sunday, July 29 – Saturday, August 18

#### Teen Adventure Trips

- Acadia Adventure Trek:  
Sunday, June 24 – Saturday, June 30
- Backpacking the Wild Whites:  
Sunday, July 1 – Saturday, July 7
- Bike & Beach Trek:  
Saturday, July 8 – Sunday, July 14
- Caves and Waterfalls in the Pioneer Valley  
Sunday, July 15 – Saturday, July 21
- Paddling Vermont Waterways  
Sunday, July 22 – Saturday, July 28
- Exploring the Champlain Valley:  
Sunday, July 29 – Saturday, August 4
- Touring Maine's Coast  
Sunday, August 5 – Saturday, August 11
- Footloose in the White Mountains:  
Sunday, August 12 – Saturday, August 18
- Ascend New England's High Points  
Sunday, July 1 – Saturday, July 14
- Hiking Vermont's Long Trail:  
Sunday, July 22 – Saturday, August 4

#### Family Camp

- Session 1: Wed., June 20 – Sat., June 23
- Session 2: Sun., August 19 – Tue., August 22
- Session 3: Tue., Aug. 22 – Sat., Aug. 25

## CAMPER BEHAVIOR AGREEMENT

Wildwood is a safe, caring community where individual differences are valued, where people 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 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, checking myself for ticks, 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 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 moving around camp and always ask a 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 I will help with these tasks.
- I will not bring my cellular phone, music player, video games, radio, or any other electronics 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 EVERYONE'S HEALTH AND SAFETY**

- I understand that the possession and use of tobacco, alcohol, or illegal drugs is prohibited. I will not have/use these at camp.
- I understand that fireworks, firearms, pocket knives, and other weapons are not allowed. I will not bring these to camp.
- I will abide by all safety standards explained by the staff.
- I understand that ALL campers must be in their living units/sleeping areas from lights out until activities begin the following morning, unless under the direct supervision of camp staff. I will stay in my living unit/sleeping area at night.
- 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. My behavior at camp will not include violence or bullying.

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**.

We ask BOTH the camper and the parent/guardian to sign the Behavior Agreement section in the camp forms 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 4-7 campers and 1 counselor. Each living unit, supervised by a unit leader, contains 2-4 cabins or tents for campers.

Campers sleep in bunk beds. Every bed has a twin-sized 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 night and early morning visits) and a hand-washing/tooth-brushing station located just a few steps away. The central shower house has composting toilets, sinks, and individual shower stalls with private dressing areas, and it's located near the playing field, Health Center, and office. Showers are scheduled for each unit several times per week. (There are also flushing toilets near the dining hall.)

## 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, previous camp experience, and campers' requests. 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 pre-assigned by Wildwood staff members to accommodate medical or other specific needs.



LITs are housed with other same-gender LITs and a counselor, in round tents called yurts, in a unit set aside for LITs. 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 per cabin, yurt, Wooden Tent, or platform tent. (Counselors do not live in housing with family groups during family camp.)

## Housing Requests

For overnight camp, if campers who are the same unit wish to be assigned to the same cabin or tent, both registrants should note this at registration. Although we cannot guarantee placement, we strive to accommodate requests. Friends/siblings who are several years apart in age or of different genders will have opportunities to be together during OATs, lunch, and during most 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, yurt, wooden tent or platform tent) if available 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, duffle, or storage container that will fit **under** a bunk, if possible. Also bring a backpack, like a school backpack, which holds a rain coat, water bottle, and closed-toe shoes and that the camper can carry daily. Teen trip participants have separate luggage guidelines that can be found on page 15. **It is helpful for 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.** It's important for a camper to know what his/her luggage looks like, and what's inside of it, so there are no surprises during unpacking.

## Intersession

Overnight campers who stay at camp for **more than one consecutive session** may choose to remain at camp between sessions. Activities may include waterfront activities, a movie, a field trip away from camp, and sleeping late on Sunday. Campers' laundry will be done during intersession. The fee for intersession, which includes meals, activities, and laundry, is **\$130**. Wildwood cannot guarantee an allergen-free environment during off-site intersession programs.

## Clothing

Please follow the packing list on page 12. (Teen trip participants should follow the packing list on page 17.) **ALL clothing and possessions should be clearly labeled with first and last names.** We encourage you to consider New Hampshire's changeable 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! Campers should always carry a backpack containing a rain coat, water bottle, and closed-toe shoes.

Please do not pack 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, shirts with plunging necklines, clothing with inappropriate slogans, etc.), Wildwood staff will ask them to keep those items packed throughout their session.

## Laundry

Overnight campers who participate in **Intersession** will have their clothes washed using a laundry service at no extra charge. *There are no camper laundry facilities available on site during your session, except in case of urgent situations.* Please follow the packing lists for your session to ensure enough variety for NH weather. Wildwood's camp store is open during OATs most days and carries some clothing items for tie-dyeing activities and promotional gear.

## 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 that cannot be used at camp 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 may 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 kitchen, managed by a contracted foodservice company, 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 fruit. A fresh salad bar accompanies lunch and dinner. A vegetarian option is available at each meal, and some meals may not include meat at all. A vegan option is available when there are vegan campers or staff. 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 and dining hall after each meal. Campers sit with their cabin/tent groups during breakfast and dinner, but they have the opportunity to sit with friends from other tents and 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 at camp, and non-dairy and gluten-free alternatives are available for campers with specific dietary needs. Please note restrictions in your health profile on CampDoc to ensure availability. If a camper has an anaphylactic allergy, please include a copy of the camper's allergy action plan, signed by the prescribing physician, with the camper health history. Contact the Wildwood office if the camper doesn't yet have a written action plan so you can prepare one before camp. If your camper's program takes place off-site (i.e. Teen Trips, Intersession), we cannot guarantee that all public facilities are free of peanut or tree nut products.

If your camper will need special additional foods for a medical reason, bring those foods to camp in their original packaging, inside a sealable container labeled with your camper's name. We will store these foods in the Dining Hall or Health Center, NOT in your camper's living unit! **If you need to bring foods for medical reasons, ensure that any food brought to camp is free of peanuts or tree nuts, or traces of these.** Because each camper's needs are different, we ask that you thoroughly explain special food needs on the camp forms, and that you discuss those needs with the Wildwood Director or Registrar prior to your camper's session.



## **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 and tick bites. Please send to camp an insect repellent that you've determined is appropriate for your camper, and teach him/her to apply it. Wildwood staff will remind campers to take precautions to avoid insects and ticks, and to check their bodies regularly. Some ticks may transmit disease after being attached for over 24 hours. Please also check your camper for ticks upon their return home. For more information on insect- or tick-borne illnesses, visit <http://www.mass.gov/dph/cdc> (choose "Public Health Factsheets" from the Publications section at the lower right).

We encourage campers to wash their hands carefully after applying insect repellent, so that reptiles, amphibians, and insects studied in camp activities are not harmed.

## **Sun Safety**

Wildwood recommends that all campers and staff use sunscreen and take sun protection precautions such as wearing protective clothing and hats, taking advantage of shade, and staying hydrated. Please send to camp sunscreen that you've determined is appropriate for your camper, and teach him/her to apply it. Provide enough to apply several times a day throughout the camp session. Wildwood staff will remind campers to apply sunscreen regularly and take other sun protection precautions.

## **Camp Store**

The camp store is available to participants in all Wildwood programs, but camp store accounts are recommended for overnight campers and LITs. Parents can set up their campers store account by calling the camp office prior to your session, or on check-in and check-out days, with payment by cash, check, or credit card. Campers may visit the camp store several times a week during Open Activity Time, paying by camp store account only. We ask that campers not carry or receive 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, blankets
- Outdoor Supplies: water bottles, identification guides, field bags, bandanas
- Writing Materials: pens, pencils, postcards, stamps, journals
- Personal Care Items: toothpaste, toothbrushes, combs, soap, shampoo, deodorant
- Clothing: T-shirts, sweatshirts, shorts, hats

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

Let your camper know that they can ask Wildwood staff for urgently needed personal care or other items,—we can fill urgent needs quickly, 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. Please consider donating store account balances to the Wildwood scholarship fund.

# Activities

## **Arrival and Departure**

About two weeks before your session, watch for a reminder e-mail for detailed Check-In and Check-Out schedules. You may arrive at camp no earlier than 2:00 p.m. for Check-In on the first day of your camper's session. After the opening ceremony at **3:30 p.m.** campers and families will meet their counselors and set up their bunk. Families depart by 4:30 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. You will reunite with your camper at the closing ceremony around **10:00 a.m.**, and families depart by 11:00 a.m. Teen trip and Family Camp participants will have a slightly different schedule for Check-In and Check-Out days. Remember to check for lost and found items, pick up leftover medications, and check your camper's balance in the camp store before you leave camp.

Wildwood does not provide transportation to and from camp, but you are welcome to arrange carpools with other families. If you are willing to offer a ride to a local family, or desire a ride yourself, please note this in the area provided in CampDoc.

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! If you have a service animal that needs to accompany you to camper pick-up or drop-off, please call the office to make arrangements.

Wildwood staff can make arrangements for family members with limited mobility if we know in advance. Please speak with the office at least 3 days prior to your arrival to make preparations.

## Overnight Camp 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, campers sign 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, art, music, drama, outdoor skills, and sustainable living. Campers will get one of their top three choices of IGs. 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 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 larger group of friends. In the evening, campers can look forward to an **Evening Program** with their living units, all-camp games, campfires, or performances and presentations by campers and staff.

So that they are prepared for all camp activities and changing weather, each camper should always carry a backpack containing a rain jacket and water bottle and should wear or carry closed-toe shoes with socks.

## Waterfront Activities

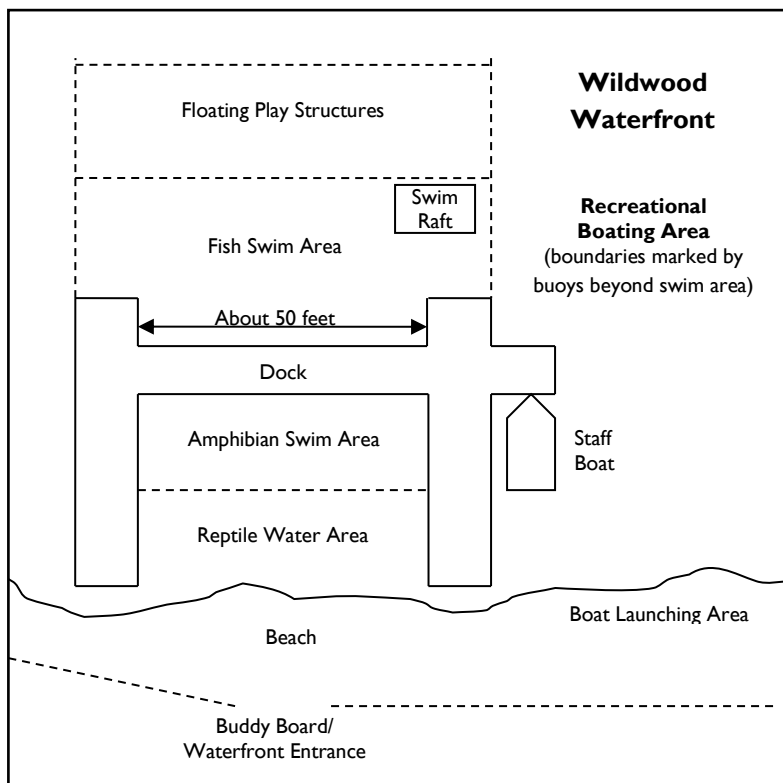
Wildwood offers a variety of water activities including kayaking, canoeing, stand-up paddle-boarding, sailing, and swimming, for recreation and to explore the habitats around Hubbard Pond. We may limit waterfront use at any time, based on weather or other factors. For everyone's safety, we use a check-in/check-out "buddy board" system.

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. Fish (green)-strong swimmers, Amphibian (Yellow)-beginning swimmers, Reptile (Red)-Non-swimmers. 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 on skills with staff members.

Wildwood has several floating play structures on our waterfront. These may be used by a small number of campers at a time, and PFDs (lifejackets) must be worn.

**Swim Check** (required for participation in aquatics activities, occurs on the first Monday of each session for overnight campers. Teen Trip participants take the swim check on arrival day)

- Swim four lengths between the east and west docks (Fish Swim Area) without stopping, using breaststroke or front crawl.
- Tread water for three minutes.
- Swim underwater and retrieve sand/stone from the bottom of the pond in the Fish Swim Area (about 6' deep).
- Tippy Test: See **Boating** section for more information on the Tippy Test



## Swim Levels

### Fish/Green (Strong Swimmer)

- 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):*

- 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 Reptile/red water area is from the water's edge 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 or kayaking 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 canoe with a partner and exit the overturned boat, and demonstrating these important safety skills. Campers will be in pairs in a canoe as it is launched approximately 20 feet off-shore. They will capsize their boat, and swim themselves and their overturned boat back to shore. This takes place in shallow water about 4-6 feet deep. 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 boating 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 session Overnight Campers and LITs

Two-week session campers and LIT's participate in overnight camping trips. Wildwood provides foam tent pads to use on unit trips. Carson, Fossey, Leopold, and Thoreau campers spend one night at campsites on Wildwood's property on Hubbard Pond. Dillard and Abbey campers are transported in camp vans or school buses to campsites for two nights at nearby 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. LIT's plan a longer trip, including travel farther from Wildwood with special activities.

## Keeping in Touch

### Wildwood Blog

You can view the Wildwood blog all year at [www.massaudubon.org/wildwoodblog](http://www.massaudubon.org/wildwoodblog). Check the blog for updates prior to your camp session. During the summer, the Wildwood Director posts to the blog generally on Tuesday and Thursday evenings, with pictures and updates about camp activities.

### 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 Director announces a weekly "Bring a Letter to Dinner Day" on Tuesday. Campers are 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 help to compose a letter home!) Sending pre-addressed, pre-stamped postcards or stationery helps ensure accurate and timely delivery of your camper's letter. Mail from camp is brought to the post office, and arriving mail is picked up, each weekday morning. Mail is delivered to camper units during Siesta. You may wish to send mail before your camper arrives at camp, so that he or she receives a letter in the first days. (It's okay to send a pre-camp letter without knowing your camper's unit!) By the same token, mail from your camper may be slow to reach you – sometimes it can take 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:

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

**Packages**  
**Camper Name & Unit**  
**Wildwood – Mass Audubon**  
**27 Vining Rd**  
**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 is printed before **11:00am** each weekday. Messages arriving after that time will be printed and delivered the following day. 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 in the subject line of the message like this: "Mickey Camper in Thoreau".

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

- Program Coordinator Meredith Dean can be reached by e-mail at [mdean@massaudubon.org](mailto:mdean@massaudubon.org).
- Teen Program Coordinator Kyle Branin can be reached by e-mail at [kbranin@massaudubon.org](mailto:kbranin@massaudubon.org).
- Administrative Assistant Heather Hill can be reached by e-mail at [hhill@massaudubon.org](mailto:hhill@massaudubon.org).

### Care Packages

Small packages can be mailed, the street address is **27 Vining Road**. 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. **Please do not send food! Any food sent to camp will have to be disposed of and we are unable to return any food mailed to your camper during their session.**

### 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 at home, please contact us at the numbers listed below:

- **Camp Office in Rindge, NH      603-899-5589      Toll Free: 866-627-2267**
- 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** at camp in Rindge, NH:

- Saturday, May 5, 2018, 1-3pm OR
- Saturday, May 19, 2018, 10am- noon

Register online, or 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.

### New Camper Orientation

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, May 6, 2018, from 1-3 p.m.**, to meet some of the Wildwood staff and other campers, as well as to ask questions about daily routines. There is a special recommended orientation for new Teen Trip participants from 3-4 p.m. (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.)

## Wildwood Health Care

The health and safety of 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 20-minute drive from camp. All staff members hold current First Aid, CPR, AED, and other applicable health care certifications or licenses as required by their position.

### **Camper Health History**

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. Complete this form carefully and thoroughly using CampDoc, our online health form submission program.

**Record of Physical Exam and Health Care Provider Recommendations** – New Hampshire and the American Camp Association requires that each overnight camper, LIT, or teen trip camper have documentation of a physical health examination conducted by a clinician within the 12 months prior to the camper's registered session. You may submit a signed form from your doctor instead of completing the form Wildwood provides. Ensure that all prescription medications have a written, signed medication order. All forms can be uploaded into your CampDoc profile. Your camper's final acceptance is pending receipt and approval of all completed medical forms.

**Family Camp** participants must provide a complete health profile in CampDoc for each camper, and are not required to submit proof of immunizations or a physical exam.

### **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) One dose of measles (live), mumps, rubella (**MMR**) vaccine given at or after 12 months of age; and all students in grades kindergarten through 12th shall have received 2 valid doses of measles, mumps and rubella (**MMR**) vaccine;
- (3) Four doses of trivalent polio vaccine, unless the third dose of an all oral polio vaccine (**OPV**) or all inactivated polio vaccine (**IPV**) series has been administered after the fourth birthday, in which case only 3 doses are required, except that a polio vaccine shall not be required for persons over 18 years of age who do not have documentation of previous immunization;
- (4) Five doses of diphtheria, tetanus, pertussis (**DTP**), or diphtheria, tetanus, acellular pertussis (**DTaP**) vaccines, unless the fourth dose has been administered after the fourth birthday, in which case only 4 doses are required:
  - a. When pertussis vaccine is medically contraindicated, diphtheria-tetanus toxoid (**DT**) shall be substituted for DTaP vaccine;
  - b. When a child is between 7 and 10 years of age and requires additional immunizations, tetanus-diphtheria toxoid (**Td**) shall be substituted for DTP, DTaP, or DT vaccine;
  - c. When a child is 11 years of age or older, and it has been 5 years or longer since the last documented dose of a tetanus toxoid containing immunization, the child shall receive a booster dose of tetanus, diphtheria acellular pertussis (**Tdap**) vaccine, except if the child has a medical contraindication to pertussis vaccine, in which case the child shall receive Td; and
  - d. For children 7 years of age or older, a minimum of 3 or 4 doses, with the last dose administered after age 4, of diphtheria, tetanus, pertussis (DTP), diphtheria, tetanus, acellular pertussis (DTaP), or Td vaccines, or a total of 5 doses; and
  - e. One booster dose within the last 10 years.
- (5) Varicella (Chicken Pox) Grades K-7: 2 doses. 2 Grades 8-12: 2 doses. 3 The 1 st dose must be on or after the 1 st birthday.
- (6) Not required- 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.

Medical and religious exemptions to the immunization schedule have specific requirements. More information is available at: <http://www.dhhs.nh.gov/dphs/immunization/exemptions.htm>.

### **Pre-Camp Health and At-Camp Health Screening**

You and your family share in the responsibility for keeping the Wildwood community healthy. Campers who are ill or have infections are not allowed to attend camp until they are healthy and infection-free. Campers who have fractures, breaks, stitches, recent head injury/concussion, or other injuries must have the approval of the Wildwood Director and written permission from a physician to attend camp.

**Before you leave for camp**, review with your camper the importance of frequent hand-washing; not sharing items like eating utensils, water bottles, or hair brushes; applying sunscreen and insect repellent appropriately; checking his/her body for ticks; and telling a staff member if he/she is feeling unwell. Then, take your camper's temperature. If your camper has a fever of 100°F or higher, we'll ask you to keep your camper at home until he/she has been fever-free for 24 hours. Similarly, if your camper experiences vomiting or diarrhea in the 24 hours before camp, we'll ask you to keep your camper at home until 24 hours after the symptoms have subsided. Just call the Camp Office at 603-899-5589 to consult and to make a plan for a later arrival, or an alternate session if needed.

**When you arrive at camp**, it is vital that you let the camp nurse know if your camper has been exposed to an ill person or someone who has become ill in the past seven days, or if your camper has recovered from any illness within the past seven days, so that camp staff can appropriately monitor your camper's continued health.

**During the first 24 hours of camp**, Wildwood staff will take each camper's temperature and ask about exposure to illness as part of our routine health screening. If your camper has a temperature above 100°F or other symptoms at the screening, we will call you to consult and may ask you to come and pick up your camper.

### **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 in CampDoc 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 care for themselves by getting plenty of sleep, eating healthfully, drinking plenty of water, and maintaining personal hygiene (showering and changing into clean clothes regularly, brushing teeth, washing hands often, using sunscreen & insect repellent appropriately, and checking for ticks.) Shower times are scheduled for each unit several times a week. Wildwood staff will model expectations and provide gentle reminders, but families should set expectations regarding changing clothing and personal hygiene before the camper arrives at camp. **Coach your camper to tell an adult if he/she is hurt, feeling ill, or has noticed an unusual symptom.**

### **Medications**

Wildwood's health center is well-stocked with common non-prescription medications (listed on the Camper Health History) 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. When campers participate in an off-site trip, a designated senior staff member will keep and dispense medications as instructed by the Camp Nurse. On off-site trips and overnights, Wildwood is required to keep complete health records in print for each camper with the trip. Medications and forms are stored securely and managed by a trained senior staff member. (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, must be unexpired, and must be fully documented on the Camper Health History, the Record of Physical Exam and Health Care Provider Recommendations, and/or in a signed letter, prescription, or form. Do not pre-sort medications!

**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 **prescriber's signed, written order** before dispensing any prescription medications, including epinephrine auto-injectors or asthma inhalers. The prescription label **does not** fulfill this requirement. Your camper's prescriber(s) must list prescription medications to be given at camp, including dosage and instructions for administering, on the signed Record of Physical Exam and Health Care Recommendations, on a separate signed health form from the prescriber, or in a signed letter, prescription, or asthma/allergy action plan. If a camper is trained to carry and use his/her own epinephrine auto-injector or inhaler, the prescriber should document this and sign on page 2 of the Record of Physical Exam and Health Care Provider Recommendations. All forms should be uploaded into the CampDoc camper profile.

**Non-prescription medications** sent to camp (example: daily allergy medication, vitamins, or antacids) must also be kept in the original containers bearing the recommended dosage, directions for use, and expiration dates. So that campers don't have to spend time waiting for medication, please consider leaving vitamins or non-

prescription medications needed only rarely at home. **If your camper's medications change before camp, you will need to submit updated documentation from the prescribing physician for any prescription medications.**

### Health 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. If a camper becomes ill at camp, has a contagious condition (including head lice), or has a condition that could be aggravated during regular camp activities, camp staff will call you to consult and may ask you to pick up your camper and seek treatment. Once a camper is healthy again, he or she may return to the program with the approval of the Wildwood Director.

### 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!

To prepare for camp, have campers 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 with a friend or sibling 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. In the weeks before camp, encourage independence in completing personal care tasks, keeping track of belongings, and packing bags and backpacks – this will help your camper prepare to do the same at Wildwood!

Please do not make a "pick-up deal" with your camper or help hide a cell phone to be used "just in case" – this suggests to your camper that you're worried that he or she won't succeed at camp and will make it more difficult for your camper to have a successful experience! Reassure your camper that he or she can still participate in and enjoy camp activities, even if feeling homesick sometimes.

Overcoming homesickness and achieving independence are important and sometimes difficult challenges for campers (and their families!) Campers are most successful 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 a great resource to help families and their campers prepare for camp.

## General Packing List

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

This is a recommended list of clothing and equipment for a **2-week** session. Quantities for a 1-week session follow in parentheses, if different. Family Camp participants should use the list as a guide. Campers attending consecutive sessions and staying at camp for Intersession should pack for a 2-week session. Laundry services are not available for campers staying for a single session. 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. Campers should plan to wear and/or carry starred items with them daily.

#### Clothing

- 14 (7) pairs underwear
- 14 (7) pairs socks, at least 2 (1) pairs wool
- 1 lightweight long underwear shirt
- 7 (4) short sleeve shirts or T-shirts
- 2 (1) long sleeve shirts
- 1 sweatshirt
- 7 (3) pairs shorts
- 3 (2) pairs long pants (jeans, sweatpants, etc.)
- white cotton item(s) to tie-dye
- wool sweater or fleece jacket (avoid cotton)
- wool or fleece hat
- baseball cap or other hat with a wide brim (for sun protection)
- \*rain jacket with hood or rain hat; rain pants are optional (A hoodie is not a rain jacket!)
- 2 pairs of pajamas (for warm and cool weather)
- bathing suit (if a 2-piece bathing suit, must be appropriate for active water enjoyment)
- \*sneakers/athletic shoes
- 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 and/or 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 (1) bath towels
- 2 (1) washcloths
- beach towel

#### **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 may not be brought to camp.

So that they are prepared for all camp activities and changing weather, each camper should always carry a backpack containing a rain jacket and water bottle and should wear or carry closed-toe shoes with socks.

#### **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 14 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, iPads, Kindles, or other electronics**
- ✗ Inappropriate reading material**
- ✗ Cellular phones**
- ✗ 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/straightening irons**
- ✗ Hairspray, cosmetics, perfume, scented body spray**
- ✗ Valuable items (expensive cameras or expensive binoculars, jewelry, etc.)**
- ✗ Pets or other animals**
- ✗ Sports equipment, like bats, sticks, bows, or other items that require special training for safe use**

#### **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)

#### **Equipment**

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



- ✗ Vehicles, bicycles, or boats (with the exception of adults driving vehicles to Family Camp, campers may not have/use personal transportation at camp)

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

Please read the preceding general information as well as the LIT information below. Each session is limited to an enrollment of 20 campers, led by four staff.

### Housing

LITs are housed with other same-gender LITs and a counselor, in round tents called yurts, in a separate living unit just for them. LITs will go on an overnight camping trip, often a three-night canoe trip or hiking trip, and stay in tents with other same-gender LITs. There will be a separate LIT welcome letter with specifics on their session.

### 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 planning and leading camp activities with their counselors and other camp staff members, and serving as role models for the entire camp community. 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 roadside clean-up, creating interpretive signage along camp trails, and doing trail maintenance. Wildwood can provide documentation of service hours as needed for high school graduation requirements. You may bring forms with you to camp, or contact the Wildwood office after camp; please give us a week or two to generate the documentation and return it to you.

## 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. Cabins, Yurts, and platform tents and wooden tents are available, each with space for up to eight people in provided bunk beds with mattresses. Only one family group is assigned to each living space, even if the group is smaller than eight people, unless two families specifically request to share space with one another. Wildwood does not provide cribs or playpens for infants, but you may bring one if needed.

### Meals & Snacks

During family camp, most meals are served family-style. Several high chairs and booster seats are available. 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, or traces of these.** Each family's food must be in a sealable container labeled with the family name.

### 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 generally spotty or unavailable at Wildwood. Wireless access is not available to camper—enjoy this time to unplug!

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 limited mobility should 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

A couple of weeks before your Family Camp session, watch for a [reminder e-mail](#). On arrival day, family campers may arrive in the afternoon between 2:00 and 3:00 p.m. and settle into living spaces and enjoy informal activities until the **opening ceremony at 3:30 p.m.**

Activities offered may include sailing, canoeing, kayaking, swimming, archery, 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 will ask families to sign up for many activities. Young children may not participate in high ropes activities until they are large enough to fit properly in our available safety equipment. For everyone's safety, all participants must respect waterfront, ropes course, archery, and other program area signs and the directions of 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.

## Family Camp Packing Suggestions

### Clothing:

Wildwood in June and August can have many changes in temperature throughout the day. Plan to bring enough clothing items for each family member to layer, allowing for warm days and cool nights. Hats for sun protection and raingear are recommended.

### Shoes:

Sneakers and athletic shoes are recommended, especially for smaller children. The terrain is uneven with many roots along the trails. If you bring sandals, they should have a heel strap. Archery and Ropes Course activities require closed toe shoes. Water shoes are great for ponding and boating.

### Toiletries:

Please include your routine personal hygiene items as well as sunblock (SPF 30 or higher), insect repellent and lip balm. You'll want bath towels, wash cloths and beach towels for each family member.

### Bedding and Linens:

Each bunk has a mattress approximately twin sized. Sleeping bags are not necessary, but many children prefer them. Families can bring sleeping bags, or choose to bring twin-sized sheets, pillows and blankets. Please include a few extra blankets in case of cooler weather.

### Food:

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, or traces of these. Each family's food must be in a sealable container labeled with the family name.

### Equipment:

- storage box OR soft-sided suitcase/duffle for belongings to fit under bunk; linens, pillows, sleeping bags, etc., may be packed in a separate bag.
- medium-sized backpack/bag to carry daily (useful for towels, sunscreen and water bottle)
- **\*one-liter water bottle or canteen for each family member**
- plastic bag for damp items coming home
- small flashlight/headlamp and spare batteries
- mesh bag or basket for shower supplies
- Wildwood will provide all Personal Floatation Devices (PFDs) for boating activities and by request for swimming. We have sizes ranging from Toddler to Adult. Please do not bring large inflatable water toys. Inflatable arm bands or "floaties" are allowed.
- Wildwood will provide sports equipment, like bats, balls, bows, or other items that require special training for safe use. Please do not bring your own personal sports equipment to camp.

### **Miscellaneous items to remember!**

- Medications (prescription and non-prescription, including creams, etc.)
- Camera
- Sunglasses

**If you are in need of lodging with electricity, please choose the Carson or Leopold cabins. They are the only housing with an electrical outlet. If you have mobility concerns, please contact the camp office prior to your session, Wildwood does not have motorized transportation available for camper use. For the safety of all campers, Wildwood does not allow pets on site.**

## 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, is generally limited to eight campers.

### **Service Projects**

During most trips, 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 trail clean-up, removing invasive plants, preparing enclosures for rescued wildlife, and seining fish for an ongoing scientific study. We are happy to document volunteer service hours as requested. You may bring forms with you to camp, or contact the Wildwood office after camp; please give us a week or two to generate the documentation and return it to you.

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

Camper families will receive trip itineraries by e-mail several weeks before their trips. If you have questions before you receive the itinerary, please call the Wildwood office. Trip participants 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 one-week trips stay at the same campsite for one or more nights and go on day hikes and field trips from the campsite. Some one-week trips include a backpacking or paddling overnight, and this will be listed on the itinerary. Longer trips may include campers traveling under their own power, hiking or paddling from one campsite to the next.

During each trip, 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 some trips.

### **Transportation & Luggage**

Campers will be transported in passenger vans, 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 trips. 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. We suggest bringing a small amount of money for these incidental items. (Please do not bring a large amount of money or very 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, nourishing food that is simple and easy to prepare is cooked on a camp stove or over a campfire. 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 items like sandwiches, pita pockets, cheese and crackers, fruit, or vegetables and hummus. Dinner is generally 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 can be purchased during the trip; perishable items are stored in a cooler. Snacks will be offered as needed.



Vegetarians/vegans can be 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. **Ensure that any food brought to camp is free of peanuts or tree nuts, or traces of these.**

### Mail & Phone Calls

Campers do not generally make or receive phone calls while they are on trips. Trip leaders carry cellular phones and check in with Wildwood regularly. 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.

### Health Care

Trip leaders have Wilderness First Aid, CPR, and other appropriate certifications. Campers will be screened by the camp nurse before leaving on a trip; the Camp Nurse will brief the trip leaders regarding campers' medical needs. Any medications must be given to trip leaders at check-in and 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 the Record of Physical Exam and Health Care Provider Recommendations. The Wildwood Director or Camp Nurse will contact a parent/guardian if a camper becomes ill on a trip or requires routine or emergency health care beyond the trip leaders' scope of training. If a camper needs to leave the trip early for medical reasons, Wildwood staff will assist the camper's parent/guardian in arranging transportation.

### 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 or trip length, 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 stored 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 sun 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 most 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 and/or comb
- orthodontic devices
- eyeglasses and/or contact lenses and cleaner
- insect repellent
- sunscreen/sunblock (SPF 30 or higher), enough to apply several times daily**
- lip balm (SPF 30 or higher)
- tampons or pads (if applicable)
- medications (prescription and non-prescription, including vitamins, creams, etc.) All medications must be given to Wildwood staff upon arrival at camp.

#### Equipment

- soft-sided duffle 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/bag 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)
- small amount of money for souvenirs/postcards

### **Prohibited Items**

The same items are prohibited on teen trips as in other Wildwood programs. Additionally, teen trip campers **may not** bring, bicycles, kayaks, climbing gear, or other equipment – all gear is rented because of limited luggage 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)

✗ Music/DVD/video game players, TVs, tablets, or other electronics

✗ Inappropriate reading material

✗ Cellular phones

✗ 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/straightening irons

✗ Hairspray, cosmetics, perfume, scented body spray

✗ Valuable items (expensive cameras or expensive binoculars, 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 driving to 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 and licensed by the state of New Hampshire. 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 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, stand-up paddle-boarding, 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, river-rafting, rowing, and open water and river 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 and stings, tick bites, hypothermia, sunburn, allergic reactions, confrontation with wild animals, and other injuries or illnesses. Other risks may be inherent in camp activities. Some ticks may transmit disease after being attached for over 24 hours, and participants in overnight programs will be given instruction on how to check themselves for ticks and reminders to do so.

**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 (603) 899-5589 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 sign in the camp form packet to confirm that you understand and accept the risks involved in Wildwood camp programs.

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

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 and sign the Consent For Photography, Filming, Video/Audio Taping, Internet & Televising section in your CampDoc profile. This will confirm that you have read this policy and agree or do not agree to the conditions set out above.



## Directions to Wildwood

**Web sites for mapping and GPS units sometimes do not give accurate directions to Wildwood or may direct you a very different way! We recommend using the directions below.** Wildwood is located off of Route 119 in Rindge, NH. Wildwood's official street address is 27 Vining 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.

To orient yourself, it may be helpful to know that Route 2 intersects with Interstate 95/Route 128 in the greater Boston area and with Interstate 91 in western Massachusetts. Route 202 intersects with Interstate 89 near Concord, New Hampshire. It should take about an hour and a half to drive from the Boston area to Wildwood.

- ❖ **From eastern Massachusetts**, take Route 2 West to the Concord Rotary. About one-third of the way around the rotary, exit onto Route 119 West. Continue to follow Route 119 through the towns of Acton, Littleton, Groton, Townsend, Ashby, and Ashburnham, and across the state line into Rindge, NH. Follow the directions from Route 119 below.
- ❖ **From western Massachusetts**, take Route 2 East to Exit 24, onto Route 140 north into Winchendon, where it will merge with Route 12. Follow Routes 140 and 12 for about 1.5 miles to Route 202. Follow Route 202 north into Rindge. At the junction of Routes 202 and 119, known as Foggs Corner, turn right onto Route 119 East and follow the directions from Route 119 below.
- ❖ **From Route 202 in New Hampshire**, follow Route 202 south to Rindge, where it intersects with Route 119. At the junction of Routes 202 and 119, known as Foggs Corner, turn left onto Route 119 East and follow the directions below.

### **From Route 119 in Rindge, NH:**

Follow Route 119 to Cathedral Road (at a blinking yellow light near a gas station). Turn onto Cathedral Road. Follow it to Shaw Hill Road (just after the entrance to Cathedral of the Pines on the left) and turn right onto Shaw Hill Road. Follow Shaw Hill Road until it meets Old New Ipswich Road. Turn left on Old New Ipswich Road and follow Old New Ipswich Road to Wildwood. Wildwood is on the left, and the entrance is marked by a sign. Drive slowly as you proceed straight ahead to the parking area.