



A Mass Audubon Camp for Outdoor Exploration

Overnight Camper Handbook 2022



Main Office

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Welcome!

We're excited to welcome you as part of the Wildwood family in 2022! Over 800 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



COVID Health & Safety 2022 (updated July 13, 2022)

Our goal is to run a safe camp in 2022 and ask that you do your part to prepare for camp. The protocols we have set forth are to protect our whole camp community. Our regular camp program is primarily based outside; and we will focus on keeping kids outside this summer as well.

BEFORE CAMP PROTOCOLS- Please be extra careful in the days and weeks prior to camp. We ask that you avoid large indoor gatherings with friends and family. Please make smart family decisions. If someone in your family or a close contact of your family, tests positive for COVID-19 in the days or weeks prior to camp, please inform us immediately, so we can work together on a safe entry plan.

Pre-Camp Covid Testing: All campers (regardless of vaccination status) will need to show a photo of 2 negative Rapid tests taken at home on Friday and Saturday. These tests need to be time and date stamped. Show photo upon arrival.

Arrival Testing: All campers will be tested upon arrival with a rapid antigen test. We know there are some campers who may have tested positive in the last couple of months. We will work with individual families to figure out an appropriate testing plan. (If a camper tests positive in the parking lot, we will give another rapid test, if that is positive the camper will need to go home).

IF A CAMPER HAS COVID-19 SYMPTOMS If a camper presents to the Health Center with Covid symptoms, they will see our nurse who will advise on next steps. Campers may be Covid tested. Until test results are back, the camper will remain in the Health Center, and be cared for by our Health Center team. If testing returns negative, the camper will return to their bunk only after they are fever and symptom free for 24 hours.

IF A CAMPER TESTS POSITIVE: If a camper tests positive prior to camp, they would need to quarantine at home for at least 5 days. They may come to camp on day 6 of the current registered session and wear a mask for the next 5 days.

At that point, they would need to be cleared by their home doctor and the camp nurse before arrival to camp. (If a sibling or any other family member in the house tests positive prior to camp, that camper would need to wait 5 days and show negative results before being able to enter camp). Please note, if a camper had Covid in the recent months leading to camp, and is still presenting with positive Covid testing results, we will need documentation of the initial positive test and medical clearance from your home doctor.

If a child tests positive while in camp, they will be quarantined and asked to be picked up from camp within 24 hours. We feel that living in quarantine at camp, if positive, would be too difficult for the sick camper, and not in the best interest of our camp community. We know that this is challenging for some families traveling from farther away, but in an effort to keep our entire community safe, this commitment is necessary in order for your child to come to camp this summer. We will work with our International families on timing to get to camp as soon as possible. If you are planning to travel out of the area, we ask that families provide us with a contact person who can pick up their child in the event of a positive Covid result. If a child tests positive at camp, we will notify our camp community to keep our

families informed. We will notify our local health officials as well. We will not be able to share specific names or personal information.

Parents of the campers in the cabin where a positive case was identified will be updated on their own child's health and will be provided with information as to the monitoring and management of the situation.

Cabinmates If a cabin / tent mate tests positive, we will create a quarantine pod out of the remainder of the bunk. We will continue to test to ensure that each child and staff member is healthy. We will, of course, let parents know, and while waiting on additional results, we will create safe activities for this person or pod.

MASKING: We do ask your camper bring a few masks to camp in case there is an outbreak in their unit. They will be asked to wear a mask when indoors or around other campers not in their "pod". Of course, any camper or staff may wear a mask at their discretion at anytime during a camp session.

STAFF: All of our staff are fully vaccinated and boosted.

QUESTIONS If you have any questions please contact the camp office at:
Wildwood@massaudubon.org; wildwoodnurse@massaudubon.org or 603-899-5589.

2022 Events & Dates

Refund & Cancellation Policy

The first \$100 paid for each week of 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 15th: all but \$100 deposit refunded
- After May 15th: no refund available

We're happy to switch your camper to an alternate session, free of charge, if a space is available.

Overnight Camp (ages 8-14)

- Session 1: Sunday, June 26 - July 2
- Session 2: Sunday, July 3 - July 16
- Session 3: Sunday, July 17 - July 23
- Session 4: Sunday, July 24 - Aug. 6
- Session 5: Sunday, Aug. 7 - Aug. 13
- Warbler Camp (ages 7-8) Sunday August 7-10

Inter-session options are available between consecutive, overnight camp sessions only.

Nature Escape (ages 15-17)

- Sunday, June 26- July 2

Environmental Leadership Program (ELP) Year 1

- Sunday, July 3 - July 16

Environmental Leadership Program (ELP) Year 2 (by application only):

- Sunday, July 17 - Aug. 6

Counselors-in-Training (ages 16-18)

(by application only):

Teen Adventure Trips (ages 14-17)

- Acadia Adventure:
Sunday, June 26- Saturday, July 2
- Explore the Appalachian Trail:
Sunday, July 3 - Saturday, July 9
- Bike & Beach: Southern NE:
Sunday, July 10 - Saturday, July 16
- Backpacking Wild Whites:
Sunday, - July 17 - Saturday July 23
- Bike & Beach: Cape Cod & Nantucket:
Saturday, July 17 - Saturday, July 23
- Paddling the Connecticut River:
Saturday, July 24 - Saturday, July 30
- Maine Coast Kayaking:
Sunday, July 31 - Saturday, Aug. 6
- Paddling Vermont's Waterways:
Sunday, Aug. 7 - Saturday Aug. 13
- New England's High Points (2 weeks):
Sunday, July 31 - Saturday, Aug. 13

Family Camp

- Session 1; Tuesday, August 16 - Saturday, August 20 (4 nights)
- Session 2: Monday, August 22 - Thursday, August 25 (3 nights)
- Session 3: Friday August 26 - Monday, August 29 (3 nights)

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.

Things to do at camp

Pre-Breakfast Jaunt (PBJ)

On some mornings, a **Pre-Breakfast Jaunt (PBJ)** is offered before breakfast for early risers. PBJ's can include a "polar bear swim", bird walk, berry-picking, morning stretch, or other activities.

Nature Groups (NG's)

Each morning, campers will rotate through a variety of natural history subjects including wetland ecology, forest ecology, kayaking, gardening, birding, bugs, outdoor skills, and sustainable living.



Siesta

Every day after lunch, everyone returns to their living units for **Siesta**, a 45 minute to one hour of rest and relaxation time. Campers can read, write letters, take a nap, or enjoy other quiet activities.



Discovery Groups (DG's)

Each day, campers sign up for their preferred **Discovery Groups**, which span a range of topics from crafts, waterfront, ropes course, archery, sports, games, and special projects. DG's are one hour each. A variety of DG's are offered every day.

Open Activity Time (OAT's)

Campers have a period of free time called **Open Activity Time (OATs)** each day. Campers can enjoy supervised activities in a number of places, including the waterfront, the playing field, the Camp Store, the Nature Center, the Chill Zone and the Arts & Crafts Center. They may switch activities with a buddy or larger group of friends. 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.



Evening Program (EP)

In the evening, campers can look forward to an **Evening Program** with their living units, with all-camp games, campfires, or campers and staff performances and presentations.

Be prepared for all camp activities and changing weather! Each camper should always carry a backpack containing a rain jacket, water bottle, and wear (or carry) closed-toe shoes with socks.

Waterfront Activities

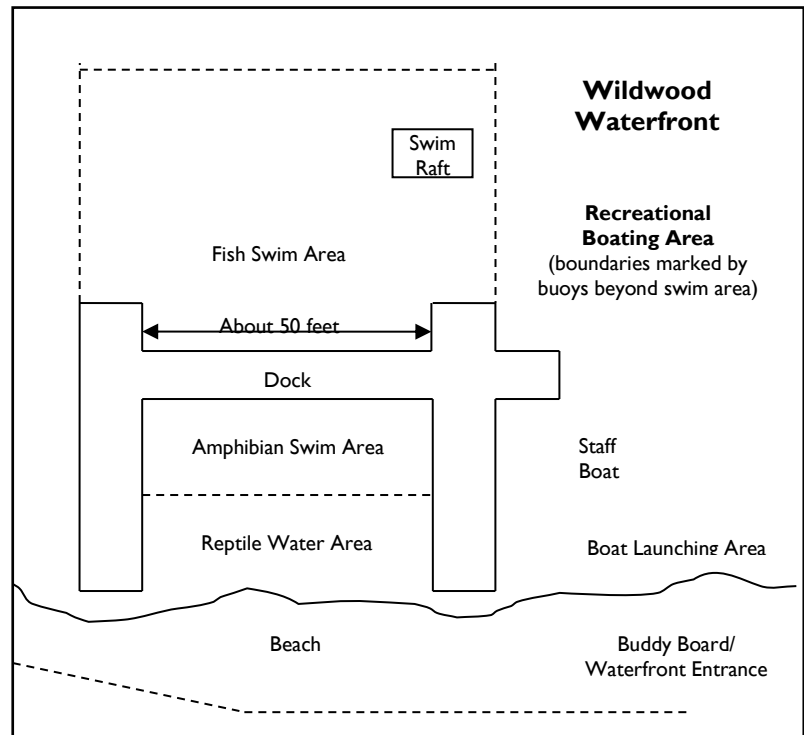
Wildwood offers a variety of water activities including kayaking, canoeing, stand-up paddle-boarding, sailing, and swimming for recreation and to explore the habitats around Hubbard Pond. We may limit waterfront use at any time, based on weather or other factors. For everyone's safety, we use a check-in/check-out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

All campers and Teen Trekkers take part in a waterfront safety orientation and required swim check on the first full day of the session. The swim check determines where they may swim.

Fish- strong swimmers, may swim in any area during OATS.

Amphibian - beginning swimmers, may swim in area between the first buoy line and cross dock.

Reptile - Non-swimmers. and those that have not taken a swim test can be in the reptile water area during OATS.



Swim Check (for participation in aquatics activities).

- 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).

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 swimming may arrange to work with a staff member. Swimmers may ask a lifeguard if they may wear a lifejacket (if available) to swim in an area above their level.



Boating

Everyone wears a PFD (lifejacket) during all boating activities. Sailing, canoeing, kayaking, corcle boats and stand-up-paddle boards are available throughout your campers' session. We offer recreational boating during DGs and OATs whenever possible. While we make sure that every camper has an opportunity to participate in boating, we cannot guarantee participation in a particular boating activity (limited by the number of crafts we have). Sailing is not offered during OATs because it requires a greater level of instruction and time. We encourage

campers and their families to remember that waterfront activities are only one part of camp's variety!

Overnight Trip

Two-week session campers and ELP's participate in short overnight camping trips off site.

- Carson and Leopold campers spend one night at campsites on Wildwood's Hubbard Pond.
- Fossey and Thoreau campers are transported to Greenfield State Park in school buses where they spend two nights.
- Dillard and Abbey campers are transported to nearby Mt. Monadnock campsites in school buses for two nights.
- ELP's plan a longer trip farther from Wildwood with special activities.

All 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. Wildwood provides foam tent pads to use on unit trips.

Intersession

Overnight campers who stay at camp for **two or more consecutive sessions** may choose to remain at camp on the Saturday 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.

Clothing & Stuff!

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. (under the bed plastic containers work well). **Bring a school size backpack, which will hold a raincoat, water bottle, and the "7" essentials to carry daily. Teen trip participants have separate packing guidelines that are emailed separately.** For transporting, it is helpful if all belongings (including pillows and sleeping bags) fit into one or two pieces of luggage (clearly labeled) that close securely and that the camper is able to repack their belongings into. **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.**



Clothing

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!

Please do not pack brand-new or very valuable clothing, towels, or equipment to camp. If campers bring inappropriate clothing (such as clothing with inappropriate slogans, etc.), Wildwood staff will ask them to keep those items packed throughout their session.

Laundry

Overnight campers who also participate in **Intercession, ELP Year 2, & CIT's** 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 New Hampshire weather. Wildwood's Camp Store is open during OATs most days and carries clothing items.

Camp Store

The Camp Store is available to all Wildwood participants. Purchases can be made only through Camp Store accounts. These are recommended for overnight campers and ELP's. Parents can set up their Camp Store account by calling the camp Office prior to your session, or bring cash, check, or credit card on check-in day. Therefore, we ask that campers not carry or receive cash, checks, or credit cards while at camp. Campers may visit the Camp Store several times a week during Open Activity Time (OAT). Families may visit the Camp Store on check-out day (cash, checks, or credit cards will be accepted that day).

Please discuss how much money, if any, you will place in your camper's store account and expectations for what your camper may purchase. The following items are usually available in the Camp Store, although we cannot guarantee inventory:

- Clothing: T-shirts, sweatshirts, pajama pants, socks, hats
- Souvenirs: carabiners, stuffed animals, blankets, crazy creek chairs
- Outdoor Supplies: water bottles, sunglasses, identification guides, field bags, bandanas
- Writing Materials: pens, pencils, postcards, stamps, journals

The Camp Store does not sell food! (powdered drink mixes for water bottles may 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 each session, parents/guardians may request a refund of their Camp Store account balance. Please consider donating Camp Store balances to the Wildwood Scholarship Fund!

Lost & Found/Safe Keeping

Campers' clothing, linens, possessions, and luggage should be **clearly labeled with first and last names**. 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 including emailing families to arrange returns and postage fees. 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.

Sleeping at camp

Living Units

Housing at Wildwood is simple and rustic. The youngest campers live in cabins with electricity. Our 11 and 12-year-old girls, and gender non-conforming campers, live in wooden tents without electricity. Our 11-12-year-old boys and gender non-conforming campers, as well all 13-14-year-old 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 3-4 cabins or tents.

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. Each living unit also has a fire pit and picnic tables. The Shower House has sinks, composting toilets, and individual shower stalls with private dressing areas. It's located near the playing field, Health Center, and office. Each unit has scheduled showers several times per week. There are also flushing toilets at Carson and next to the Dining Hall.



*Picture to the left:
Inside a wooden tent.*



*Picture to the right:
Inside a cabin*



Housing Assignments

Overnight camp cabin and tent assignments are made shortly before the camp session begins. Assignments are based on gender identity, birthdate, grade in school, and campers' requests. Generally, the Carson and Leopold cabin units house 8 to 10-year-olds entering grades 3-5, the Fossey and Thoreau units house 11 to 12-year-olds entering grades 6-7, and the Dillard and Abbey tent units house 13 to 14-year-olds entering grades 8-9. **Units may be assigned differently or may be combined if an age group is particularly large or small.** Some beds are pre-assigned by Wildwood staff members to accommodate any specific needs.

ELP's are housed with other same-gender identified ELP's and a counselor in yurts. The Warbler campers (ages 7 -8) are assigned to the yurts but during a different week. Teen Adventure participants stay with same-gender identifying campers in camping tents throughout their trip, including nights spent at Wildwood. Family Camp participants are housed as one family group per cabin, yurt, Wooden Tent, or platform tent (counselors live separately during Family Camp).

Housing Requests

For overnight camp, if campers wish to be assigned to the same cabin or tent in a unit, all registrants should note this at registration. Although we cannot guarantee placement, we strive to accommodate requests. Friends/siblings who are several years apart, 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 Teen Trip participants or ELP's. Family Camp groups may request to be housed near one another, or in a particular type of housing if available (cabin, yurt, wooden tent or platform tent).

All things Food

Each day, Wildwood's kitchen, managed by a contracted food service company, prepares three nutritious, tasty meals with a variety of choices. 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. We offer vegetarian, vegan and gluten free options at all meals. Additionally, Wildwood is completely tree-nut and peanut free at all of our meals, snacks and programming. Snacks are 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 luggage or care packages.** If you think your camper is hungry, please call us instead!



If your camper needs 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 CampDoc forms, and that you discuss those needs with the Wildwood Director or Registrar prior to your camper's session.

Health information before camp

Camper Health History

Each overnight camper, ELP, 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 all campers 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.

Please note restrictions in their 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/ tree nut products.

Your camper's final acceptance is dependent upon 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 Health and Human 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-12 two doses. The first dose must be on or after the 1st birthday.
- (6) **Not required**- For **tuberculosis**, Mantoux skin test documentation, the 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>.

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 your camper 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 them 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 they won't succeed at camp and will make it more difficult for your camper to have a successful experience! Reassure your camper that they can still participate in and enjoy camp activities, even if they sometimes feel homesick.

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, [Campers & Families | American Camp Association \(acacamps.org\)](https://www.acacamps.org), is a great resource to help families and their campers prepare for camp.

Before they 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 they are 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 they have 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 plan for a later arrival, or an alternate session, if needed.

Health Information once you get to camp

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 who 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.

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.

Staying Healthy at Camp

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.

Insects

Wildwood recommends that campers use insect repellent and take precautions such as wearing long pants, socks, and long sleeve shirts to prevent insect stings and bites (tick). Please send an insect repellent appropriate for your camper, and teach him/her to apply it. Wildwood staff will remind campers to take insect and tick precautions, and to check their bodies regularly. Please check your camper for ticks upon their return home. Ticks may transmit disease after 24 hours of being attached. 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). And look at: <https://tickfreenh.org/>

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

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). Each unit has several shower times scheduled during the 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 they are hurt, feeling ill, or have noticed an unusual symptom.**

Medications

Wildwood's Health Center is well-stocked with common, non-prescription medications including acetaminophen, ibuprofen, cough drops, and antihistamines. It is unnecessary to bring a supply of

these kinds of medications. Please call if you have questions about non-prescription medications that we keep on hand (listed on the Camper Health History).

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. Wildwood is required to keep complete, printed health records for each camper during off-site trips or overnights. 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 family group medications.

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 prescription and non-prescription medications must be submitted to the Camp Nurse during check-in. They 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 documented in a signed letter, prescription, or form. Do not pre-sort medications (daily doses)!

Prescription medications 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 (e.g., daily allergy medication, vitamins, or antacids) must also be kept in the original containers bearing the recommended dosage, directions for use, and expiration dates. Please consider leaving vitamins or non-prescription, rarely needed medications at home so that Camp Nurses can give prescription medications on time. **If your camper's medications change before camp starts, you will need to submit updated documentation from the prescribing physician.**

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, they may return to the program with the approval of the Wildwood Director.

Keeping in Touch

Wildwood Blog

You can view the Wildwood blog all year at www.massaudubon.org/wildwoodblog. Check the blog for updates prior to your camp session. During the summer, Wildwood posts to the blog at least twice during each session and we include pictures and updates about camp activities.

Instagram

We post daily on our Instagram page @massaudubonwildwoodcamp

Care Packages

Small packages can be overnighted to Wildwood. Our street address is **27 Vining Road, Rindge, NH 03461**. Magazines, puzzles, books, craft kits, or decks of cards are all welcome. When a package arrives, a camper opens it with a Wildwood staff member. **Please do not send food!** Any food sent to camp will have to be disposed of. We are unable to return any mailed food during their session.

Postal Mail

Overnight campers and ELP's have time to write letters during Siesta and OATs each day. To encourage campers to write home during their session, the Director announces every Tuesday "It's write a letter day"! Our address is PO Box 826, Rindge, NH 03461

Packing pre-addressed, pre-stamped postcards or envelopes for your camper helps ensure accurate and timely delivery of their mail getting to you. Mail may be slow – sometimes it can take 4-5 days depending on how legible the address is, and if someone puts a stamp on it! Teach your camper about writing last names and full addresses ("Grandma in Florida" will be returned).

They can also purchase postcards, envelopes and stamps at the Camp Store.

Camper mail is brought to and picked up at the post office each weekday morning. Mail is delivered to camper units during Siesta.

You may wish to send mail before your camper arrives at camp, and we will hold it for them (if you don't know your camper's unit, it's OK!).

Mail that arrives after a camper's session will be forwarded to the camper's home address.

E-Mail

In addition to postal mail, overnight campers, ELP's & CIT's can receive (but not send) e-mail messages.

Type your camper's name and living unit in the subject line of the e-mail like this: "Mickey Marvel in Thoreau unit". **Send camper messages to: wildwoodcamper@massaudubon.org.**

E-mails are printed before **11:00am** each weekday. E-mails arriving after 11:00 am will be delivered the following day.

Due to the limits of our internet connection at camp, please send **simple text email only** (no novels, pictures, attachments, backgrounds, or colors, please!).

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). Do not send a cellular phone to camp with your camper. In case of an emergency at home, please contact us at the camp office: **#603-899-5589** during normal business hours. If we are away from our desks, our voicemail system answers. Please leave a detailed message (your name, phone number, 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!

Getting to Wildwood

Arrival and Departure

Arrival and departure at Wildwood will be based on the unit the camper will be living in. *If you are dropping off campers in different units arrive at the earlier time.*

UNIT NAME	ARRIVAL TIME	DEPARTURE TIME
Carson & Leopold	2:30pm	10:00am
Fossey & Thoreau	3:15pm	10:20am
Abbey & Dillard	4:00pm	10:40am
Teen Adventure Trips	2:00pm	10:30am
ELP & CIT	2:00pm	10:30am
Warbler	11:00am	10:00am

Upon arriving to Wildwood, campers and families will meet with the nurse, add money to a Camp Store account and also meet the Director and other camp staff. Families will remain in the parking lot and campers will go to their units all together with their counselors. At pick up, 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. There will be different tent stations around the parking lot for you to do this.

Wildwood does not provide transportation to and from camp for local campers, but you are welcome to arrange carpools with other families. We can help you with this. We will pick up out of state campers at the airport for an additional fee.

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 during pick-up or drop-off, please call the office in advance.

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 prepare.

Directions

Websites for maps and GPS units sometimes do not give accurate directions to Wildwood or may direct you a very different way! We recommend using this address: 462 Old New Ipswich Road, Rindge, NH. Google maps picks us up under Mass Audubon Wildwood Camp.

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 only put up **temporary** real estate-type signs at several intersections in Rindge, referenced in the directions below, but they may fall over or be difficult to see. Please follow our directions carefully.

It may be helpful to know that 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 90 (formerly Exit 24) onto Route 140 north into Winchendon, where it will merge with Route 12. Follow Routes 140 north and Route 12 for about 1.5 miles to Route 202. Follow Route 202 north into Rindge. At the junction of Route 202 and Route 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 Route 202 and Route 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. Stay on Cathedral for 2 miles and turn right onto Shaw

Hill Road (just after the entrance to Cathedral of the Pines on your left). Follow Shaw Hill Road down 0.8 miles until it meets Old New Ipswich Road. Turn left onto Old New Ipswich Road for 1 mile to Wildwood Camp. Wildwood is on the left, and the first entrance has a Wildwood sign. Drive slowly as you proceed straight ahead to the parking area. You will be greeted at the second gate.

General Packing List

Overnight Camp, Environmental Leadership Program, 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. 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 items with them daily (asterisked below). Family Camp participants should use the list as a guide. This checklist can be put in luggage to remind campers what to pack at the end of camp!

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)
- ☐ 2 pairs of pajamas (for warm and cool weather)
- ☐ bathing suit (2-piece bathing suits must be appropriate for active water enjoyment)
- ☐ water shoes/sport sandals with a heel strap, for ponding and boating
- ☐ sturdy shoes or hiking boots for hiking (break in prior to camp!)
- ☐ ***rain jacket with hood or rain hat; rain pants (optional) (a hoodie is not a rain jacket!)**
- ☐ ***sneakers/athletic shoes**

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)
- ☐ 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.
- ☐ ***sunscreen/sunblock (SPF 30 or higher), enough to apply several times daily**

Bedding and Linens

- ☐ sleeping bag
- ☐ pillow with pillowcase
- ☐ twin-sized fitted sheet (to cover mattress)
- ☐ extra sheet or light blanket
- ☐ 2 (1) bath towels
- ☐ 2 (1) washcloths
- ☐ beach towel
- ☐ laundry bag
- ☐ Sleeping / ground pad (especially for the 2-week sessions)

Optional Items

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

- | | |
|--|---|
| <input type="checkbox"/> plastic bag for damp items coming home | <input type="checkbox"/> bandana |
| <input type="checkbox"/> small flashlight/headlamp and spare batteries | <input type="checkbox"/> *medium-sized backpack/bag to carry daily (a school backpack is appropriate) |
| <input type="checkbox"/> mesh bag or plastic bucket/basket for shower supplies | <input type="checkbox"/> *one-liter water bottle or canteen (Dillard/Abbey/ELPs should have <u>two</u>!) |

Things we sell at the Camp Store. short sleeve and long sleeve shirts, hoodies, sweatshirts, beach blankets, baseball caps, socks, pens, pencils, journals, postcards, stamps & more!

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. We will charge the family for postage on each item sent back. 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, a water bottle and should wear (or carry) closed-toe shoes with socks.

Prohibited Items

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 Family Camp adults, campers may not have/use personal transportation at camp)

Environmental Leadership Program (ELP's)

Please read the preceding general information as well as the ELP information below. Each session is limited to an enrollment of 18 campers, led by four staff.

Housing

ELP's living units are housed separately in the yurts with other same-gender identified ELP's and a counselor. ELP's will also experience an overnight camping trip, often a three-night trip (canoe or hiking), and stay in tents with other same-gender identifying ELP's. ELP's will receive a welcome letter with specifics on their session.

Leadership and Service at Camp and in the Community

As Wildwood campers, ELP's will have many opportunities to try different activities. ELP's can also expect to assist in planning and leading camp activities with their camp counselors and staff members. They will share their skills and serve as role models for the entire camp community.

ELP's can also expect to venture out from Wildwood to meet members of the Rindge community, visit other Mass Audubon sites, and explore new habitats.

As part of their total experience, ELP's will complete various kinds of service. In the past, projects have included roadside clean-up, creating interpretive signage along camp trails, and doing trail maintenance. Wildwood is happy to provide documentation of ELP service hours for high school graduation requirements. You may bring those 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.

Teen Adventure Trips

Please read the general camp information as well as the information below. Led by two well-qualified staff over the age of 21, each Teen Adventure Trip is generally limited to eight to ten 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 those 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

Campers' itineraries will be emailed 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 remain at one campsite for one or more nights, going on day hikes and field trips from that campsite. Some one-week trips include an overnight backpacking or paddling excursion. These 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 identifying 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 group returns to Wildwood. Showers may be available during some trips.

Transportation & Luggage

Campers will be transported in 12-seater passenger vans, driven by qualified Wildwood 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 as 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, rentals and food are included in the cost of the trip. However, campers may have the opportunity to purchase postcards or souvenirs during 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/ irreplaceable items). Teen trip participants will also have the opportunity to purchase items in our Camp Store on both Check-In and Check-Out days; store accounts are not necessary.

Meals & Snacks

Throughout the trip, simple and easy to prepare, nourishing food 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. We do not want our teens to be hungry.

Vegetarians/vegans can be accommodated, but please thoroughly explain any special food needs on CampDoc forms. 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 camper will need special foods for a medical reason, please bring those foods to camp inside a labeled, sealable container. **Ensure that any food brought to camp is free of peanuts or tree nuts, or traces of these.**

Phone Calls & Mail

Please do not send a cellular phone with your camper. 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 a family emergency, please contact Wildwood by phone (603-899-5589) and we will contact the trip leaders. Trip participants generally don't receive mail or e-mails.

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 review CampDoc medical information and brief the trip leaders regarding campers' medical needs. At check-in, any medications must be given to trip leaders for storage and to be administered later. Campers may carry their own asthma inhalers, or epinephrine auto-injectors with their prescriber's permission 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 with trip leaders to ensure proper gear, and repack it in a way appropriate to their trip. Gear left at camp (travel clothes) will be stored until campers return.

We recommend clothes made from synthetic fabrics (manmade fibers like nylon, polyester, polypropylene, or polar fleece) because they dry quickly and generally take up less space in your luggage. Wool or polar fleece 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 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

- ☐ **sunscreen/sunblock (SPF 30 or higher), enough to apply several times daily**
- ☐ 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
- ☐ lip balm (SPF 30 or higher)
- ☐ tampons or pads (if applicable)
- ☐ medications (prescription and non-prescription, including vitamins, creams, etc.) All meds must be given to Wildwood trip leader during Check In.

Equipment

- ☐ **two one-liter water bottles or canteens**
- ☐ small backpack/bag for day use
- ☐ 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.)
- ☐ mess kit OR bowl, cup, fork, and spoon
- ☐ 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)
- ☐ sunglasses (if your camper likes to wear them)
- ☐ field guides
- ☐ binoculars
- ☐ small amount of money for souvenirs/postcards

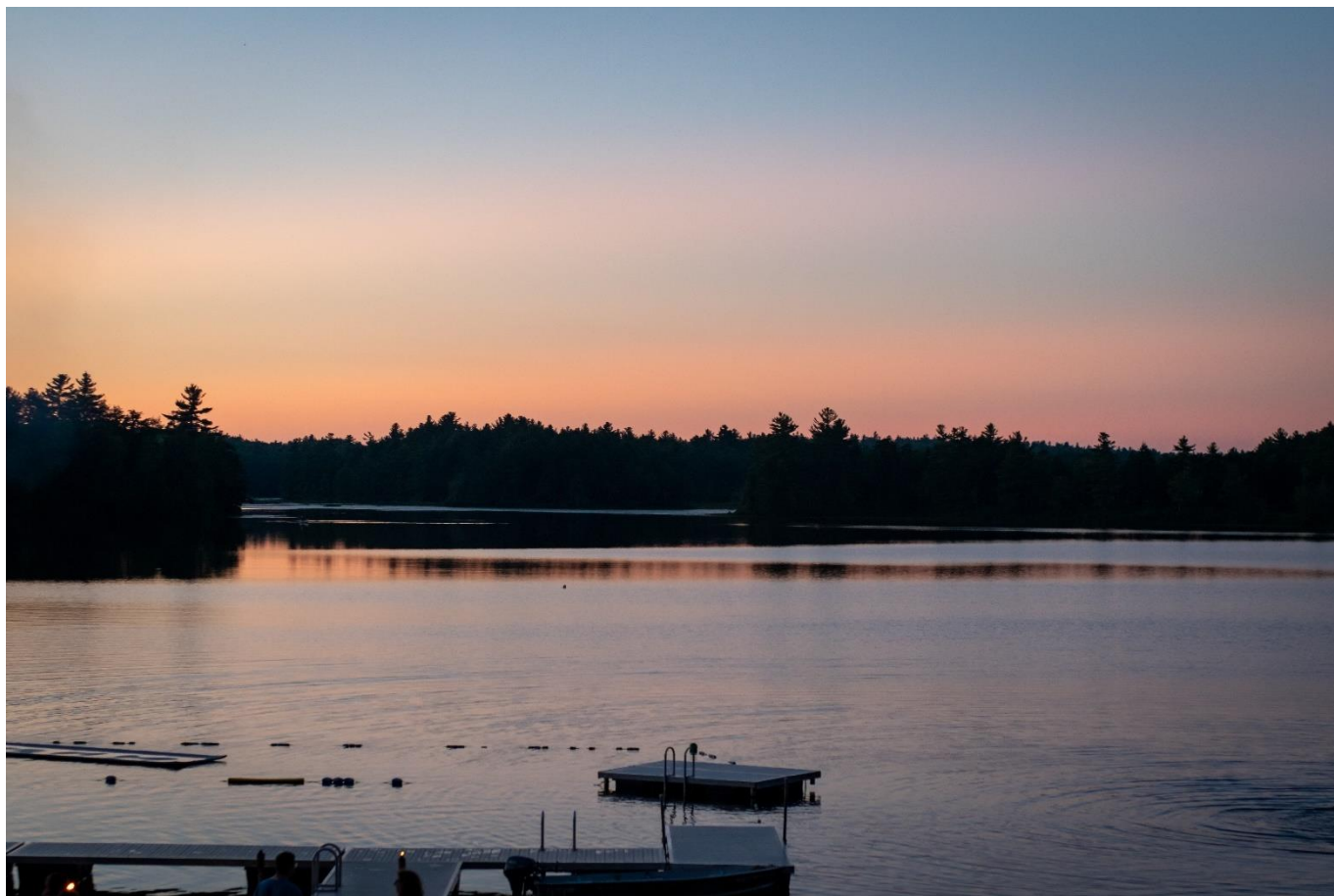
Prohibited Items

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. Due to limited luggage space, all gear is rented 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 Family Camp adults, campers may not have/use personal transportation at camp)



We cannot wait to see you this summer!