



# Overnight Camper Handbook 2023

## **Camp Office**

Wildwood - P.O. Box 826 (postal mail)  
27 Vining Rd. (street address for package deliveries)  
Rindge, NH 03461  
Phone: 603-899-5589

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

**Email:** [wildwood@massaudubon.org](mailto:wildwood@massaudubon.org)

**Instagram:** @massaudubonwildwood

**Facebook:** Mass Audubon's Wildwood Camp

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



# Welcome!

We're excited to welcome you as part of the Wildwood family in 2023! 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 2023 (updated June 4, 2023)

Our goal is to run a safe camp in 2023 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 1 negative Rapid antigen test taken on the first day of your travel to camp. If you are driving to camp on Sunday, the test should be given on Sunday morning. If you are traveling from farther away and are starting your trip on Saturday, then the test should be administered on Saturday before you leave. *Proof of a negative test will be required for your child's entry into camp.* Take a photo of the test to show camp 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. (However, we will work with families to determine case by case-by-case basis depending on geographic location of family, severity of sickness, volume of cases within camp and availability of beds / housing for positive cases.

We feel that living in quarantine at camp, if positive, is not the greatest experience for a camper. 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:** The only reason we will ask campers to mask this summer is if they have covid or have been exposed to another covid camper. 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 any time during a camp session.

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

## 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.

- 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!
- 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.

UNIT NAME	ARRIVAL TIME SUNDAY	DEPARTURE TIME Friday
Carson & Leopold	1:30pm	7:00 pm
Fossey & Thoreau	2:00pm	7:00 pm
Abbey & Dillard	2:30pm	7:00 pm
Teen Adventure Trips	1:00pm	7:00 pm
ELP & CIT	1:00pm	7:00 pm
Warbler June	10:00 am (Wednesday)	7:00 pm
Warbler July	1:00 pm	10:00 am (Wednesday)

### Sunday Drop Off:

1. You will be greeted on the road as you enter by staff and given a temporary name tag with unit and cabin name, and luggage tags.
2. Park and then attach luggage tags to your camper's luggage.
3. Drop off luggage on the tarp by unit signs. Each unit has an assigned color.
4. Then check in by the white tents.
  - **Tent 1: Covid home test photo check**
  - **Tent 2: Healthcare-** Drop off medications or talk with the nurse.
  - **Tent 3: Camp Store** – add money to your camper's account.

### Take your child to the Unit Counselors

- Families will say goodbye in the parking lot and campers will go to their units all together with their counselors.

### Friday Pick up:

- Families should arrive between 6:00 – 6:15 pm to Wildwood.
- Park your car and look for your camper's luggage on the unit tarp, place luggage in your vehicle.
- Then walk down the path towards the lake (there will be staff present to guide you), grab a snack from the dining hall and head to the amphitheater for Friday night final campfire.
- Final campfire will begin around 6:20 pm and end around 7:00 – 7:15 pm.

We are excited to invite our families back into camp for closing campfire. Each age group will share songs, talents, skits and experiences from the week. We will end our camp session as one big community.

### Check Out

- As you walk back to your car check the lost and found items next to the camp store.
- Close out your camp store account (or call us any time after the session)
- Get in your vehicle and head down the road.
- Pick up medications from the nurse.
- When leaving have your ID ready to show camp staff as you exit the gate.
- Have a wonderful summer!

## **Special Events & Theme Days**

Each session we have a “extra” fun out of the ordinary day. For these events campers are encouraged to bring a costume or something from home that fits the event. It is not necessary to purchase special items for these days.

<b>Session 1</b>	<b>Color Party-</b> please bring a white t-shirt that can get color on it and then tie-dyed.
<b>Session 2</b>	<b>July 4<sup>th</sup></b> - Bring red, white and blue to wear. <b>International day-</b> celebrating the cultures of our international staff. (Nothing needed to bring) <b>Decades Day-</b> Bring a costume from any decade throughout history.
<b>Session 3</b>	<b>Nature Superheroes</b> – design your own costume.
<b>Session 4</b>	<b>Mythical Beings-</b> bring a costume of anything you consider to be mythical. Dungeons & Dragons, Fairy, gnomes, winged creatures and so on. <b>International day-</b> celebrating the cultures of our international staff. (Nothing needed to bring)
<b>Session 5</b>	<b>Halloween Fun</b>

### **Preparing 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 missing home 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 \(acacamps.org\)](http://Campers & Families | American Camp Association (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 handwashing; not sharing items like eating utensils, water bottles, or hairbrushes; and how to apply sunscreen and insect repellent; appropriately checking his/her body for ticks; and telling a staff member if they are feeling unwell.

# A Day at Camp

## Pre-Breakfast Jaunt (PBJ)

On most mornings, a **Pre-Breakfast Jaunt (PBJ)** is offered before breakfast for early risers. PBJ's can include a "polar bear swim", boating, bird/nature walk, 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.

## 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 two nights.
  - Dillard and Abbey campers are transported to Mt. Monadnock in school buses for two nights.
  - ELP's & CIT's go on special overnight trips in New England, transported by van.
- All campers sleep in tents with other same-gender identified 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.

## The Details

### Luggage

- **To keep cabins and tents neat and clutter-free, we ask campers to tuck their luggage under their bunks. Clearance under the bunks is about 10-12 inches.** Please pack belongings in a suitcase, duffel, or storage container that will fit under a bunk, if possible. (Under the bed plastic containers work well, as seen in photo below).
- **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.
- 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 **Intersession, 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, except in case of urgent situations.* Please follow the packing lists for your session to ensure enough variety for New Hampshire weather.

### Camp Store

- Parents can set up their campers Camp Store account by calling the camp office prior to your session, or bring cash, check, or credit card on check-in day. During camp, camper purchases can be made only through Camp Store accounts.
- We ask that campers not carry 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!**
- Let your camper know that they can ask Wildwood staff or the nurse 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.

## Waterfront Activities

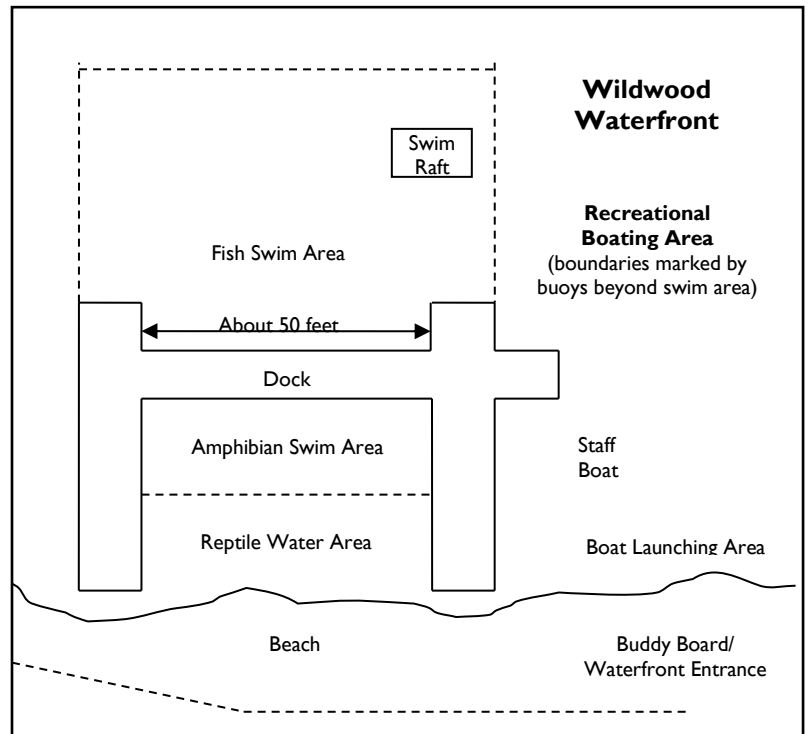
Wildwood offers a variety of water activities including kayaking, canoeing, stand-up paddle-boarding, sailing, and swimming for recreation and to explore the habitats around Hubbard Pond. We may limit waterfront use at any time, based on weather or other factors. For everyone's safety, we use a check-in/check-out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

**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 wear a lifejacket to swim in an area above their level.

## Boating

Sailing, canoeing, kayaking, corcl boats and stand-up-paddle boards are available throughout your campers' session. Everyone wears a PFD (lifejacket) during all boating activities. 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). We encourage campers and their families to remember that waterfront activities are only one part of camp's variety!

## Living Units

Housing at Wildwood is simple and rustic. Each cabin or tent generally houses 4-7 campers and 1 counselor and a CIT. Each living unit is supervised by a unit leader and contains 3-4 cabins or tents.

- 8-10-year-olds live in cabins with electricity.
- 11 and 12-year-old girls, and gender non-conforming campers, live in wooden tents without electricity.
- 11-12-year-old boys and gender non-conforming campers live in screened platform canvas tents.
- 13-14-year-old campers, live in screened platform canvas tents without electricity.
- 15-17-year-old teens live in Yurts without electricity.

Campers sleep in bunk beds and top bunks have bed rails. Every bed has a twin-sized mattress. 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 an outdoor sink for handwashing/tooth-brushing. Each living unit also has a fire pit, benches, 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' buddy requests. Some beds are pre-assigned by Wildwood staff members to accommodate any specific needs. **Units may be assigned differently or may be combined if an age group is particularly large or small.**

- ELP's are housed with other same gender identified ELP's and a counselor in yurts.
- 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).

## **Buddy 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.

## Meals & Snacks

### **Wildwood is completely tree-nut and peanut free.**

- Wildwood's kitchen is managed by a contracted food service company. The Kitchen crew work at Franklin Pierce University during the school year.
- There is a hot option at each meal.
- A fresh salad bar accompanies breakfast, lunch and dinner.
- We offer vegetarian, vegan and gluten free options at all meals and can accommodate other dietary requirements as well.
- 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 and have the opportunity to sit with friends from other units during lunch.
- **Please do not hide food or candy in luggage or care packages.** We have many wild animals at Wildwood, and we prefer to keep them out of the living units!
- 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 prior to your camper's session.

### **Birthdays at Camp**

Wildwood Camp will sing a song to celebrate a camper's birthday; there is also a special chair raise for campers that would like to take part in. (We do get a camper's consent before doing either of these celebrations). Camp will also give your camper a special birthday cupcake, and the camper can call home for a quick 5-minute phone call (if the camper would like to. It's not required and only if the camper is emotionally stable enough to talk to home).

# Health information

## Camper Health History

- Each 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 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 family 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 1<sup>st</sup> 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>.

## 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.

## 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 always carry his or her asthma inhaler or epinephrine auto-injector (EpiPen), 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.**

## Staying Healthy at Camp

- The health and safety of campers and staff is our 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, inclusion specialist and health care assistant who live on site in the health Center during camp and an on-call pediatric practice for consultation and emergencies.
- Monadnock Community Hospital is in Peterborough, NH, approximately a 20-minute drive from camp.
- Campers who may need to seek medical assistance of a lesser degree will be taken to Heywood Urgent Care in Gardner, MA.
- All staff members hold current First Aid, CPR, AED, and other applicable health care certifications or licenses as required by their position.

## 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.

## 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!

If your camper has felt unwell in the days before camp or 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.

## 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.**

# 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, 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 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 letter writing 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).
- Campers 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.
- **Send camper messages to:** [wildwoodcamper@massaudubon.org](mailto:wildwoodcamper@massaudubon.org).
- Type your camper's name and living unit in the subject line of the e-mail like this:
  - "Mickey Marvel in Thoreau unit".
- E-mails are printed before **11:00am** each weekday. E-mails arriving after 11:00 am will be delivered the following day.
- 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**; someone is in the office until 8 pm each day to answer the phone. If no one answers, please ring directly to Becky's or Kyle's extensions as they have phones in their cabins.
- 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!

## 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.

## Getting to Wildwood

We recommend using this address:

- **462 Old New Ipswich Road, Rindge, NH.** Google maps picks us up under Mass Audubon Wildwood Camp.

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, ELP, CIT

This is a recommended list of clothing and equipment for a **2-week** session. Quantities for a 1-week session follow in parentheses. Make additions you feel will be appropriate for your camper's comfort.

**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). 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)
- ☐ plastic bag for damp items coming home
- ☐ small flashlight/headlamp and spare batteries
- ☐ mesh bag or plastic bucket/basket for shower supplies
- ☐ bandana
- ☐ **\*medium-sized backpack/bag to carry daily (a school backpack is appropriate)**
- ☐ **\*one-liter water bottle or canteen (Dillard/Abbey/ELPs should have two!)**

**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. Wildwood is not responsible for lost, damaged, or missing items. Staff will make every effort to return items that are clearly marked with the owner's name. We will charge families for postage on items 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; pocketknives, 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