



FARM & WILDERNESS

Overnight Camps

Parent Handbook 2012

Indian Brook, Timberlake, Tamarack Farm,
Saltash Mountain, Questers, and Flying Cloud

With general information about schedules, visiting, dropping off and
picking up your child, what to pack, and more.

Instructions for each specific camp are in the supplements at the
back of this handbook.

Please read this carefully now and save it for the summer.

Summer and emergency contact information is on Page 3.

Contact Information:

Main Office (Year-round contact)

263 Farm & Wilderness Rd.

Plymouth, VT 05056

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(802) 422-8660 (fax)

www.farmandwilderness.org

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linda@farmandwilderness.org

Sam Arfer, Registrar

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Timberlake (summer)

Director: Tulio Browning

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(802) 422-2316

Health Center Phone

(802) 422-4481

Indian Brook (summer)

Director: Amy Bowen

(802) 422-2067

amy@farmandwilderness.org

Health Center Phone

(802) 422-3449

Tamarack Farm (summer)

Directors: Tom Barrup

tbarrup@gmail.com

Health Center Phone

(802) 422-2613

Saltash Mountain/Questers (summer)

Director: Jeff Bounds

(802) 259-2415

jeff@farmandwilderness.org

Health Center Phone

(802) 259-3266

Flying Cloud (summer)

Director: Zachary "Forest Flame" Browner Podhorzer

(802) 353-0078

zach@farmandwilderness.org

Health Center Phone

(802) 259-3266

EMERGENCIES:

In an emergency or if you have not had a return call within 24 hours of a non-emergency concern, please call the F&W office for assistance at (802) 422-3761.

The F&W office is open Monday through Friday between 8:00 a.m. and 4:00 p.m. as well as more extended portions of camper travel days. At other times, please leave your name, your child's name, the name of the camp your child attends, and a phone number where you can be reached. We will get back to you.



FARM & WILDERNESS

Dear Farm & Wilderness Family,

Welcome to Summer 2012 at Farm & Wilderness. We're glad you'll be joining us, whether for the first time or for the latest of many summers at the F&W camps. This Parent Handbook will provide you with important information about how the camps operate, how your child will travel, the necessary paperwork before your child arrives at camp, items to pack, and much more. In the Supplements section at the back of this handbook, you'll find information specific to each camp, including detailed packing lists. Even if you are a returning family, please look over this booklet because some aspects of the summer have changed.

Farm & Wilderness is a unique place. Our camp sites are surrounded by woods, lakes and a few private homes. Our summer programs have a strong philosophical basis derived from our Quaker founders. For us, building a respectful community is as important a goal as teaching proper fire building. Our seclusion means campers and staff are uninterrupted as they learn to live well together. We have kept our lives intentionally simple here and have found this helps each child feel purposeful, creative and loved.

Our job is to take care of your child during his or her time at camp, to nurture their individuality and strengths, and work with you to that purpose. We ask you, in turn, to support our programs by reading this handbook, supplying us with the information we need to keep your child healthy and safe, and following our guidelines for summer communications.

The next items we need from you are:

Your Child's Health forms

DUE: June 1, 2012

Your first Tuition payment (unless you are applying for a campership)

DUE: January 31, 2012

Your campership application

DUE: As soon as possible, but no later than January 15, 2012

If you have any questions about this handbook, the F&W programs, tuition, or anything associated with your child's summer, please do not hesitate to contact us. We are looking forward to working with you and seeing your child at camp this coming summer.

Linda Berryhill and Sam Arfer, Admissions

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Aspects of F&W Life

Diverse Community

Your child will live closely with children and staff of different backgrounds, cultures, races, and religions. We teach respect for differences and expect campers to interact at all times in ways that are respectful and inclusive. Prejudice, discrimination and oppression on the basis of class, race, gender and sexual orientation are discussed in a variety of forums during a camper's time at F&W.

Although the daily schedule at the camps remains similar from year to year, the character of each summer is created by individual campers. Community builds steadily over the course of the summer as campers work together, cope with interpersonal conflicts, play together and sit in silence together each day.

“Unplugged”

We live a very simple summer life here at F&W. Campers reside in simple wooden or canvas structures without electricity and use composting outhouses. Shower houses are located nearby. We don't allow personal electronic devices, televisions or recorded music. Campers don't eat candy or junk food. Staff do not use tobacco or alcohol. All these prohibitions help us to focus on each other, and what we can do with our own two hands, and give us a creative and happy community.

The “Fifth Freedom”

America's “four freedoms” were first articulated by President Franklin D. Roosevelt in a State of the Union address as freedom of speech and expression, freedom of religion, freedom from want, and freedom from fear. Here at F&W, we have traditionally recognized an additional “fifth freedom,” which, simply put, is the freedom to be oneself.

We encourage campers to find their truest and most genuine potential through simple living and activities filled with physical and mental challenges. We invoke “fifth freedom” to help us focus on healthy personal choices and on expressing our individuality. Campers particularly love the freedom to dress as they wish, without fear of being reprimanded by their peers.

Work

We create and maintain the buildings we use, grow as much of our own food as possible, develop physical strength and skills, and learn to live in harmony with each other and the land. All campers will join us in com-

munity chores; washing dishes, sweeping floors, feeding animals and so on!

Healthy Food

We are very proud of the delicious, nutritious meals we serve at Farm & Wilderness. Our organic dairy provides us with much of the milk we drink and our organic gardens produce an amazing supply of fresh, just-picked vegetables. We minimize the use of processed foods and purchase what we cannot grow ourselves from local vendors. Campers participate in all aspects of meal production including working in the gardens, collecting eggs, learning to cook for large groups, and cleaning up.

Meals are a highlight of the day when we gather as a camp, reconnect with friends and sample the day's delicious offerings. Farm & Wilderness can accommodate campers who are unable to eat meat, dairy, or gluten.

Special Events

The last Saturday of the summer, all of the Farm & Wilderness camps put on an all-camp Fair, showcasing programs and crafts to raise money for the Campership Fund. All F&W community members are invited to the Fair, which will be held on August 11, 2012.

Wilderness Trips

A large part of our program revolves around overnight wilderness trips. These trips may be based on hiking, canoeing, rock climbing, service, or basic wilderness skills. We focus on “Leave No Trace” ethics, where campers learn to leave as little footprint as possible on the wilderness. The trip destinations range from hikes along the nearby Appalachian or Long Trail in the Green Mountains, to trips to adjacent state forest lands (e.g., Adirondack High Peaks Region, the Presidential Range of the White Mountain National Forest, or Maine State Bigelow Preserve).

Trips are planned and organized around all ages and skill levels of the camper groups, and we do our best to match your child's skills and experience with our trips. No child is ever required to go on a trip without the requisite skills and prior experience.

At all the camps, campers are given options for various tripping opportunities (with options specified by age group and skills level). Campers participate in trip planning to help them understand the nature of the activities that will take place during the trip.

If a camper or trip leader has concerns about the camper's physical abilities for the trip, the trip leader and staff will help the camper decide how to proceed. Options could include strength-building exercises prior to the

trip or reassignment to another trip more compatible with the camper's abilities.

Our staff directing these trips are skilled, experienced, and certified in wilderness survival and in first aid. In addition, trip coordinators keep itineraries for each day that include detailed evacuation plans and the availability of emergency assistance.

Life on the Farm

For the majority of campers, living at camp also means living on a working farm. Animals giving birth and animals dying are part of the natural cycle of farm life and these events also occur during the summer. For example, one event scheduled for most camps is a chicken harvest. This is a voluntary activity. Campers are encouraged to take part in this process to the degree that they feel comfortable.

Firm Rules

At Farm & Wilderness, alcohol, tobacco, illegal drugs, and violence have no place. We want our policy to be very clear: Campers who use or have in their possession any alcohol, tobacco, or illegal drugs will be asked to leave camp immediately with no tuition refund. Two other behaviors with the same consequences are participation in physical violence and leaving Farm & Wilderness.



Tamarack Farm campers strum and sing during quiet hours on a summer afternoon.

Health Forms

Due Date The completed Health History and Health Exam Forms are due at the F&W office by 6/01/12.

Plan Ahead Your child's Health History and Health Exam forms are an integral part of his or her application to camp. Any preliminary acceptance and enrollment of your child is conditional upon receipt and review of these two forms. Therefore, it is in your best interest to get these completed forms in as early as possible, as well as to raise with us any health issues that may affect your child or your child's attendance.

New Form Every Year We need a new Health History and Health Exam form every year. Please do not write "see last year's form" on any part of the 2012 forms.

No Forms, No Camp Campers who arrive at camp without both of these forms on file will not be able to participate in camp activities. The Health History Form gives a health care professional "permission to treat" your child in case of accident or injury. If any injury or illness should occur to a child without a Health History Form, no doctor would be able to treat the camper.

Send it Ahead We must have the completed Health History and Health Exam Forms before your child arrives at camp!

Filling Out The Health Forms

The Health History and Health Exam Forms are enclosed in this acceptance packet along with your handbook. Please be sure they are filled out completely before submitting them. Here is a checklist of the elements commonly missing from the camper health forms submitted by parents:

- Parent's treatment authorization signature,
- Immunization record (a key element of which is a tetanus shot within the last 10 years),
- Health Exam Form (which may be F&W's form or a digital insert from the physician's office) that is signed and dated.

Tuition and Campership Policies

Payment Schedule

Full Season

Deposit due with application: \$500 (\$250 for Campership applicants)

Due January 31, 2012: \$3,375

Due February 28, 2012: \$3,375

Total Due: \$7,250

July Session

Deposit due with application: \$500 (\$250 for Campership applicants)

Due January 31, 2012: \$2,075

Due February 28, 2012: \$2,075

Total Due: \$4,650

August Session

Deposit due with application: \$500 (\$250 for Campership applicants)

Due January 31, 2012: \$1,950

Due February 28, 2012: \$1,950

Total Due: \$4,400

Payment is in U.S. Funds, payable by check or credit card

For applicants who enroll after February 28th, full tuition must accompany the camper registration form. If we have not received camp tuition by the deadline, and unless alternative payment arrangements have been made with us prior to deadline, we reserve the right to give your space to another child.

Deposit Refunds

Deposits are not refundable unless you are a campership applicant and you cancel before March 1st.

Tuition Refunds

Yes-If you cancel a registration before March 1st.

Yes-If your child has to leave camp for serious health reasons or family emergency.

No- If you cancel a registration after March 1st.

No- If your child is dismissed from camp for behavioral reasons.

No-If a camper arrives late or leaves early or voluntarily withdraws for any reason other than health or family emergency.

No-If a camper changes from a full to a half season and we cannot fill the empty spot.

Camperships (Scholarship Funding)

Camperships are our financial aid program. We are committed to removing financial barriers to attending F&W. Campership funding is supported by an endowment and many individual funders.

Who Qualifies Campership awards are based on family income and must be formally applied for. Applicants should be advised that we always have more requests for funding than we have available funds, and that means we're not able to fund everyone who applies. Therefore, applying for a Campership does not automatically result in an award. Staff receiving staff discounts for their children are not eligible to apply for camperships.

Enroll First The Campership application is not an application to camp. You must fill out the Farm & Wilderness Registration Form in addition to the Campership Application. For those applying for campership, the \$500 deposit is reduced to \$250 and is fully refundable before March 1st.

Meet the Deadlines We've found it's important to get your applications in on time. Campership applications should be mailed to our office no later than January 15th. A child must be enrolled (not on the waiting list) at the time of the Awards Committee meeting in February in order to be considered for aid.

Acceptance Campership applicants for overnight camps can expect to hear by mid-February about the Awards Committee's decision. If you decide you need to cancel, any tuition paid to that point is refundable, but no refunds are made after March 1st.

Your Commitment It is our expectation that once an award is accepted, there is a commitment to attend camp. Because every year we're faced with more Campership need than we can fund, a late cancellation by an award recipient has the effect of denying that funding to some other child who also needed it in order to attend camp.

Cabin Placements

Placements are at staff discretion Camp staff make cabin placements based on their knowledge of the children. Although you can request that your child be in a cabin with another child, and this request will be taken into consideration, final placement is at staff discretion.

Often, we'll get requests from parents for contact information of other camp families. However, we cannot give out contact information besides those families who have volunteered to be contacted and listed in our literature and on our website.

Summer Camp Staff

Our summer staff is a competent and diverse group of adults with a passion for providing opportunities for kids to learn about themselves and the world around them. All summer camp counselors are committed to the F&W mission and are skilled in particular program areas. Many of them were themselves former campers - and some of them are second or third generation F&W campers!

Before each season begins, the counselor staff has 18 days of training. We adhere to the American Camping Association (ACA) standards for skills certification and hours of training required in the various program areas. For example, all waterfront counselors have Red Cross Lifeguard Certification, and every rock climbing instructor is trained and evaluated by our experienced climbing coordinator before they work with campers.

Each camp has its own director, nurse and kitchen staff. F&W has a working association with local clinics for physician follow-up for any camper who needs it.



Saltash Mountain campers perform a skit for the huge crowd at the Fair.



A Flying Cloud camper works on his afternoon project.

Travel to and from Camp

Please read this section carefully, especially if you are not able to drive your child to camp or pick them up by car.

If an emergency arises and your child will not be on time, please notify the F&W office as soon as possible. If a camper is traveling a great distance and/or has complicated transfer arrangements, it would be good to supply him/her with a cell phone or a calling card to use to communicate with home and/or camp in case of travel disruptions. If you are driving your child to/from camp, please make note of the following drop-off and pickup times for 2012:

J1, July and Full Session Drop-off for Camp

Wednesday, June 27, 1:00 p.m. to 4:00 p.m.

J1 Pickup from Camp

Sunday, July 8, by 11 a.m.

July Pickup from Camp

Friday, July 20 by noon

A1 and August Session Drop-off for Camp

Sunday, July 22, 1:00 p.m. to 4:00 p.m.

A1 pickup from Camp

Friday, August 3, by 11 a.m.

August and Full Season Pickup from Camp

Sunday, August 12 by noon. (Note that the Fair will be the day before, 8/11).

This is very important: Prior permission is needed if we are to release a child to someone other than their parent or legal guardian. If you have arranged for someone else to pick up your child, you will need to give the camp director/camp senior staff advance notice of this arrangement along with the person's name and contact information before the camper will be allowed to leave with this person.

Getting to the Plymouth Camps (Timberlake, Tamarack Farm and Indian Brook) by Car

From Boston Take Interstate 93 to Interstate 89 and take Vermont Exit #1 for Woodstock/Rutland/U.S. Rt. 4. Go west on Rt. 4 to Rt. 100 south in West Bridgewater. Turn left on Rt. 100 south for approximately 2 miles to the Main entrance of F&W on Farm & Wilderness Rd. At this point, look for sandwich board signs that may ask you to enter at the other end of Woodward Reservoir on South End Rd (traffic flow is one way on opening, closing, and visiting days). Follow the signs to your camp.

From NYC, New Haven, Hartford areas – Take Interstate 91 to Vermont Exit #6 for Ludlow/Rutland/Rt. 103. Go north on Rt. 103 through Ludlow and turn right on Rt. 100 north. Go north approximately 10 miles to Woodward Reservoir on your right. Look for signs that will indicate whether you should enter F&W via South End Rd. or Farm & Wilderness Road (traffic flow is one way on opening, closing, and visiting days). Follow the signs to your camp.

The Ninevah Camps (Saltash Mountain, Questers, Flying Cloud)

Note new directions due to closure of lower Patch Book Road.

From Boston - Take Interstate 93 north to Interstate 89 north to Interstate 91. Take Interstate 91 south to Exit 8 (Ascutney, Windsor). Then take Route 131 west about 15 miles to Route 103. Turn right on 103 and follow it north (through Ludlow) for about 8 miles to Sawyer Hill Road (on the right side of Harry's Café). For SAM, follow this road for 2.8 miles. The entrance will be on your left. For FC, follow this road to a "T" intersection and then turn left onto Patch Brook Road. Go 0.5 miles to another "T" intersection and turn right onto Unknown Soldier Road. Follow this road for 0.5 miles to a parking area/gravel pit. Walk the final 0.75 mile of wooded road to FC.

From NYC, New Haven, Hartford areas – Take Interstate 91 to Vermont Exit #6 for Ludlow/Rutland/Rt. 103. Go north on Rt. 103 through Ludlow. Approximately 4.5 miles past Ludlow turn right onto Sawyer Hill Road (on the right side of Harry's Café). For SAM, follow this road for 2.8 miles. The entrance will be on your left. For FC, follow this road to a "T" intersection and then turn left onto Patch Brook Road. Go 0.5 miles to another "T" intersection and turn right onto Unknown Soldier Road. Follow this road for 0.5 miles to a parking area/gravel pit. Walk the final 0.75 mile of wooded road to FC.

Traveling by F&W Charter or Commercial Transportation

Travel Form A separate travel mailing will be sent to you well in advance of camp (usually late April or early May). It will contain a Travel Form for you to fill out and return to us so that we can add your child's travel arrangements to our own planning. It is important that parents fill out and mail this form to us if they will need their child to be transported to F&W by charter bus or commercial transportation. Please do not rely on phone calls for reservations, as we have many campers traveling and really need the paperwork to keep us on track.

Charter Bus from NYC F&W provides charter bus service from/to New York City. Reservations for the charter bus can be made on the transportation form that arrives with your transportation mailing. Space is limited, so sign up early to avoid being waitlisted. The bus will be chaperoned by an adult, assisted at the loading site by either F&W staff (for buses departing from here) or by a parent Travel Coordinator who will help shepherd children onto the bus for the ride to F&W or reunite campers with their families upon the return trip to New York City.

The chaperone on the bus will be in cell phone contact throughout the bus trip to advise us of any delays in the progress of the bus or any emergency that might arise during the trip. Staff at F&W will coordinate emergency response and communication with parents. We have never had such an emergency; we just want you to be assured that we have a procedure for responding if such an emergency were to arise.

Air, Train, Bus We also provide shuttle service to and from area airports and train and bus stations. Many public transportation services are fully booked well in advance of travel day, so please make your reservations early. F&W jitney drivers and staff members accompanying them will be sure that your child is delivered safely to the appropriate airline personnel. Parents of campers who use commercial transportation need to purchase their own tickets and fill out the travel form for their campers to be picked up at one of the jitney service points listed below.

BUS: White River Junction, VT

Hanover, NH

Lebanon, NH

AIR: Manchester, NH

Lebanon, NH

Photo ID If your child is traveling by any form of commercial transportation, it is essential that he or she carry a photo ID (increasingly a requirement of commercial carriers). Please also remember that if you take your child's ID home with you after checking them in at the airport, the child will have no ID for the return trip home.

Cell phones Cell phones are a helpful way to keep in touch with campers while traveling. These will not be allowed in camp, however, and will be stored in a secure place until it's time for your child to return home.

Unaccompanied Minors

Train problems Commercial transportation options for unaccompanied minors are becoming increasingly restrictive, requiring things like photo IDs and special prior-release forms. This has become especially true of travel on Amtrak. Our train station in this area is in Rutland, VT. Although there is a ticket agent on duty there,

Amtrak has designated it as an "unmanned station," and Amtrak will not allow unaccompanied minors under the age of 15 to travel to unmanned stations. Also, as of this writing, Amtrak requires that unaccompanied minors travel direct, so it will not allow unaccompanied minors to transfer trains. For this reason, we strongly encourage parents to avoid train travel for their minor campers if at all possible.

Parent Responsibility Whatever the form of transportation, parents are responsible to do the research to ensure that their children can actually use the tickets that are booked for them and that they will not encounter obstacles on the return trip home. We can arrange for a shuttle pickup for your child at commercial terminals, but we cannot arrange flights or commercial bus trips.

If your child is traveling by F&W charter bus or other transportation, it is critical that you have sent in all of the camp forms in advance of his or her arrival. This is vital because you will not be on site to supply any required information or signatures that are needed in order for your child to remain at camp.

Do Campers Really Need Trunks?

Duffel Bags not Trunks We encourage camper families to use duffel bags instead of trunks. Duffels are more flexible for travel (for instance, they can be taken on our NYC charter bus, while trunks cannot), and trunks are extremely expensive to ship at parent expense: typically \$50-\$80 depending on weight. Much of the weight of the trunk is in the container itself. Additionally, dropping a trunk can have more dangerous consequences to feet and toes than dropping a duffel.

Returning Duffels/Trunks At any parent's request, F&W will return trunks/duffels by UPS (insured for \$300). Count on five to ten days shipping time, depending on where you live in the U.S. We will bill you for any shipping costs. If you're shipping luggage to F&W, please mark everything clearly with the colored labels provided in our transportation mailing. Also, please remove any old labels to prevent "boomerang" returns by shippers who are confused by conflicting labels.

Vacations If you are planning a family vacation right after camp, please don't plan on shipping everything home. Shipped items can go astray, and there is a possibility that your child might not have their trunk before you leave for vacation.

Places to Stay in the Area

You may find it convenient to stay at one of the overnight accommodations in our area if you are traveling from a considerable distance or desire a family vacation to coincide with camp. Be sure to identify yourself as a Farm & Wilderness camp family for possible specials.

The following are local businesses that camp families have recommended and are not endorsed by the Farm & Wilderness camps. You may be able to find off-season ski home rentals on the internet.

Inns or Bed & Breakfasts

The Andrie Rose Inn - Ludlow, (802) 228-4846, www.andrieroseinn.com
Clifford Country Bed & Breakfast - Mount Holly, (802) 259-2269, www.cliffordcountry.com
Combes Family Inn – Ludlow, (802) 228-8799, www.combesfamilyinn.com
Deerbrook Inn - Woodstock, (802) 672-3713, www.deerbrookinn.com
Echo Lake Inn – Tyson, (802) 356-6844, www.echolakeinn.com
Farmhouse Inn at Robinson Farm - Woodstock, (802) 672-5433, www.farmhouseinnvt.com
Jackson House Inn - Woodstock, (802) 457-2065, (800) 448-1890, www.jacksonhouse.com
The Governor's Inn – Ludlow, (800) 468-3766, www.thegovernorsinn.com
Grey Bonnet Inn – Killington, (800) 342-2086, www.greybonnetinn.com
Hawk Mountain Resorts – Plymouth, (802) 685-4295, www.hawkresort.com
Kokopelli Inn - Killington, (877) 422-9888, www.kokopelliinnspa.com
Smith Maple Crest Farm – Cuttingsville, (802) 492-3367, www.smithmaplecrestfarm.com
Mendon Mountainview Lodge - Mendon, (800) 368-4311, www.mendonmountainview.com
October Country Inn – Bridgewater Corners, (800) 648-8421, (reservations) www.octobercountryinn.com
Okemo Inn – Ludlow, (802) 228-8834, (800) 328-8834, www.okemoinn.com
Red Clover Inn – Killington, (800) 752-0571, www.red-cloverinn.com
Saltash Inn, Plymouth, (802) 672-3223, www.saltashinnvt.com
Snowed Inn - Killington, (800) 311-5406, www.snowed-inn.com
Vermont Inn – Killington, (800) 541-7795, www.vermontinn.com
The Village Inn – Woodstock, (800) 722-4571, www.villageinnofwoodstock.com
Woodstock Inn – Woodstock, (800) 448-7900, www.woodstockinn.com

Hotels and Motels

Best Western Colonial Motel - Ludlow (800) 528-1234, www.bestwesternludlow.com
Braeside Motel - Woodstock, (802) 457-1366, www.braesidemotel.com
Farmbrook Motel – Plymouth, (802) 672-3621, www.farmbrookmotel.net
Jackson House Inn - Woodstock, (802) 457-2065
The Inn At the Six Mountains – Killington, (800) 228-4676, www.sixmountains.com
Killington-Pico Motor Inn - Mendon, (800) 548-4713, www.killingtonpico.com
Ottaquechee Motel – W. Bridgewater, (802) 672-3404, www.ottaquechee.com
Shire Motel, Woodstock, (802) 457-2211, www.shiremotel.com

Campgrounds

(Please note there is no camping on F&W grounds).

Coolidge State Park - Plymouth, (802) 672-3612, www.vtstateparks.com/html/coolidge.htm
Forest Echo Farm Cabins - Mt. Holly, (802) 254-7128 (5-8pm EST), www.foresetecho.net
Gifford Woods State Park - Killington, (802) 775-5354, www.vtstateparks.com/html/gifford.htm

Home and Condo Rentals

Skionskioff.com - (802) 422-3553
Sullivanslodge.com - (413) 427-8001
Vtskihouse.com - (720) 971-9460, or lisa@hammfamily.org

Communications to/from Camp

Letters

The best way to contact a camper is to write, and we encourage you to write at least once a week. Please use the following F&W address:

Camper's Name
Camp Name
263 Farm & Wilderness Road
Plymouth, VT 05056

Sometimes campers write letters home describing their homesickness. While this may be difficult to read, it is important not to overreact because your child may already be having a great time by the time you get the letter! Please write an encouraging letter back. If something your child shares with you is disturbing, please call the camp director at the respective camp number on the inside cover of this handbook. S/he or key senior staff will check with the cabin and activity counselors and call you back.

Packages from Home

Receiving packages from family and friends can be a highlight of a camper's day. However, a constant barrage of packages can also be a distraction to a camper's experience and can set campers apart into groups of the "Haves" and "Have-nots." Please limit your packages to a few over the course of the session - and please do not send any food, candy, or gum. We don't permit junk food because it would attract animals and bugs to the cabins.

It is important to send packages in such a way that they arrive before the scheduled end of your child's camp stay. (Packages and other mail that arrive after that point will be forwarded to campers' home addresses.)

Phone

We limit campers' telephone contact with parents to family emergencies. This helps us keep the camp phone free for camp business and for emergencies.

Email and Faxing (for Families Traveling or Residing Outside the US Only)

If you live outside of the U.S. or are traveling abroad, F&W will accept correspondence to campers from parents via electronic and faxed mail. These will be copied and delivered to camps along with the regular mail. Please note at the beginning of such correspondence that you live outside the country so that it is obvious to our office staff. (Domestic-origin faxes and emails will not be delivered to campers). Because campers don't have access to computers or fax machines, they will be unable to respond to electronic transmissions except via "snail" mail.

International parents, please be aware that our office staff is busy throughout the summer doing the "behind the scenes" work that keeps the camps running. The fax and email option is for immediate family members and is not intended for other friends or acquaintances.

Communication with Staff

If a need arises for you to talk with someone about your child, please use the camp phone number on the inside cover of this Handbook first; you can leave a message if you do not reach someone directly. Immediate phone contact with staff or a camp director is not always possible since these folks are giving their attention to campers. Also, there is limited phone service to each of the camps.

In an emergency or if you have not had a return call within 24 hours of a non-emergency concern, please call the F&W office for assistance at (802) 422-3761. The F&W office is open Monday through Friday between 8:00 a.m. and 4:00 p.m. as well extended hours during camper travel days. Please leave your name, your child's name, your child's camp, and a phone number where you can be reached. We will get back to you as soon as possible!

Summer Visiting and Pick-Up Dates

Special Dates -

Friday, July 20: **July Camper Pick Up** 9 a.m. - after lunch (for parents coming to pick up their July campers). We welcome you to join us, help your camper pack, tour the camp, meet staff and stay for lunch. If you wish to stay for lunch, please let us know in advance so we can plan our meal accordingly. Please let us know when you will arrive so your camper will be ready to meet you!

Friday, July 20: **Full Season Camper Visiting** (for parents whose campers will stay with us until the end of the summer). We welcome you to join us at 9 a.m., meet with staff, tour the grounds, see your camper's projects, watch as they say goodbye to their friends and have a meal with us. Please let us know if you plan to lunch with us so we can plan accordingly. After lunch, we will provide various types of open activity areas (swimming, open shop, games, crafts) at each camp. We ask that you say goodbye to your campers by 5 p.m.

Saturday, July 21: **Tamarack Farm Camper Visiting** (for parents of TFers). Because many of our TF trips return on Friday, we welcome you to join us Saturday at 10:30 a.m. Meet with staff, tour the grounds, bring a picnic lunch, see what camper projects and join us for dinner and an evening activity.

Saturday, August 11: **Fair Day** (for visitors, guests, families and campers). We welcome you to join us at the F&W Fairgrounds for our summer-end celebration! Join campers, friends, guests and alumni for a day of hand-made entertainment, treats from our farms and gardens, crafts from our campers and rides/activities! Stay for the dance and for the camper-built bonfire.

Sunday, August 12: **August Pick-Up Day** 9 a.m. until noon (for all Full/August Session campers). We welcome you back to help your child pack, say your goodbyes, visit with staff and head home. We ask that you say your final goodbyes by noon.

Visiting Guidelines

While a visit to the camps and your child will be fun, it does require attention to a few guidelines that we ask you to follow in order to help us maintain the programs and our responsibilities to all the children at camp.

Dogs Do not bring dogs or other domestic pets on to F&W property.

Please write to your camper about your visiting plans, so he/she will know if you are coming and approximately what time you will arrive.

Alcoholic beverages, tobacco, and/or illegal drugs on camp property are strictly forbidden.

Tips Please, no gratuities to counselors or directors. If you feel you need to recognize them, donations to our Campership Fund in their name are a gesture of thanks that will always be appreciated by the staff and future campers who benefit from this fund.



Campers carry out the delicious fare for an Indian Brook lunch.



Tamarack Farm campers relaxing together.

Packing

Please read this section and follow our recommendations for packing your child's clothing and gear. You don't need to spend a lot of money, but your child needs to be adequately prepared for a summer of outdoor living.

Laundry Laundry is sent out once a week. Your child needs enough clothing to last between laundry periods. We offer no way to dry wet clothes between laundry periods other than draping items outside in the sun.

Label the Clothing Your camper's name and address should be sewn/pasted/painted outside and inside of trunks, footlockers and duffel bags. A list of items pinned inside the duffel will help campers remember what they brought when it comes time to pack and go home. Please remember to mark everything that your camper brings to camp with his or her full name because unmarked items are nearly impossible to reunite with their owners if lost or left behind. Jackets, sweaters and footwear are among the most frequently lost items.

Borrow and buy used You do not need to invest a lot of money in outfitting your child for camp. This is a rustic camp, and second-hand items in decent condition are often quite adequate.

In planning the amount of clothing to bring to camp, please aim for striking a balance between the amount needed and the ability for all clothes to fit in your child's trunk, footlocker or duffel bag.

The General F&W Packing List

This is the General list. Please be sure to look at the Supplement specific to your child's camp (at the back of this handbook) for additional necessary items. Questers and Flying Cloud campers should follow their own list.

Clothing

- 1 pair of soft leather or leather and canvas boots for working and hiking. Be sure boots fit well, are broken in and are comfortable before you come to camp.
- 2 pairs of sneakers, or one pair of sneakers and one pair of lightweight footwear/sandals (great in the showers).
- 2 pair of hiking socks to be worn with boots (allow for some shrinkage when they are washed and dried).
- 6-9 pair of regular socks (cotton or some other suitable material).
- 7-9 pair of underwear.
- 2-3 bras, if appropriate, with at least one sports-style bra
- 1 pair of long underwear (separate top and bottom) made of polypro, wool or capilene....not cotton.
- 2 long-sleeved shirts.
- 2-3 pair of long pants or jeans, at least one pair of which should be non-cotton.
- 1 heavy sweater or light jacket made of wool or fleece that can be packed in a backpack. (Most of the summer is warm, but at night the temperature may drop into the 40's).
- 1 set of sleepwear.
- 2-4 pair of shorts, at least one of which should be made of non-cotton material, loose fitting and cut above the knee, for hiking.
- 5 T-shirts
- 2 bandanas
- 1 towel
- One bathing suit

Equipment and Miscellany

- Duffel bag (We don't recommend trunks footlockers, except at Tamarack Farm, but if you use one, it must be no higher than 19" in order to fit under bunks).
- Sleeping bag and stuff sack: synthetic fill (polar-guard, quallofill, hollofil, etc.) with a nylon (not cotton) shell.
- Foam pad for sleeping on trips. Avoid plastic air mattresses, which are too cold.
- Frame backpack (internal or external) For longer sessions or for camps that stress wilderness travel, we recommend internal frame backpacks. Whether you buy or borrow a backpack, the most important thing is to make sure they backpacks fit comfortably. Adjust all straps to fit, fill the interior with some heavy stuff, and then walk around in it for awhile to make sure it is comfortable.
- Rain gear: Nylon poncho (fits over you and your pack) or raincoat and pants.
- For sleeping in camp, one of the following: (1) Two fitted and two flat cot-size sheets with 2-4 blankets; (2) sheets and one blanket and a sleeping bag that can be opened up to be used as a blanket; (3) a sleeping bag with two washable sleeping bag liners and one blanket.
- One pillow and two pillow cases.
- Eating utensils: Fork (or "spork," a combination spoon and fork), bowl and cup
- Two canteens or sturdy water bottles of at least one quart capacity.
- Laundry bag, mesh if possible.
- Flashlight with new batteries, a reasonably new bulb and spare batteries. Your child may like a headlamp-style of flashlight, which keeps their hands free.
- Toilet articles in some kind of mesh or heavy duty plastic zip-lock bag; including toothbrush, toothpaste, soap, and biodegradable shampoo in a plastic bottle. Try to pack enough for the entire summer.

Packing

- Menstrual supplies, and a ziplock bag to hold the supplies.
- Non-aerosol insect repellent (and perhaps some soft-mesh mosquito netting; this comes in standard sizes and can be tacked and draped around camper bunks as needed).
- When prohibited items show up at camp, they are removed from the camper and only returned when the camper is going home.

Other Crucial Items

- Sunblock
- Medications/vitamins (enough for the entire stay at camp) to be given to the nurse the first day of camp.
- Stationery with stamps already on envelopes in ziplock bags to keep the envelopes from sticking shut in humid weather.
- Pens and pencils.

Optional Items

- A daypack for day hikes and in-camp use.
- Warm hat
- Inexpensive camera with batteries.
- Musical instrument (inexpensive but able to stand up to the rigors of a rustic environment).
- Fixed-blade, sheath knife (no longer than 4" and with non-serrated blade) with sharpening stone.
- Compass.
- Sketch pad, crayons/pencils.
- Leather gloves for work projects.
- Sunglasses with a keeper strap.
- A couple of good books.
- Sewing kit.
- Dress-up items/costumes for skits.
- Rubber boots for in-camp rainy days.

Items that Must be Left at Home

By law, ACA regulation, or F&W policy, the following items are not allowed at camp:

- hatchets
- guns of any kind
- large and/or many-bladed knives
- knives with blades longer than 4 inches
- candles (except at Flying Cloud)
- cell phones, electronic games, digital cameras and other electronic devices (iPods, MP3 players, video recorders, etc.)
- breakable bottles
- aerosol sprays
- candy or food of any kind
- valuable and irreplaceable items



A counselor helps a young camper fasten her helmet before she zooms down the Aquachute at the Fair.



A Flying Cloud camper embarks on his drawing project.

Mail Order and Retail Stores

A few suggestions:

Oasis Sports	www.oasissports.com	802-775-1273	Good package deals
Campmor	www.campmor.com	888-CAMPMOR	Camping gear, good prices
Sierra Trading Post	www.sierratradingpost.com	800-713-4534	Seconds and overstocks. Good prices.
Outdoor Classifieds	www.outdoorclassified.com		Used gear, spotty selection
Cabela's	www.cabelas.com	800-237-4444	Good source for wool, hunting fishing and outdoor gear
Climb High	www.climbhigh.com	802-985-5056	Climbing equipment and fancy clothing.
Mountain Gear	www.mgear.com	800-829-2009	Climbing gear and fancy clothing
eBay	www.ebay.com		Auction site
Sierra Nevada Adventure Co.	www.snacattack.com		Great sales, climbing and paddling gear
EMS	www.emsonline.com	888-463-6367	Good clothing, gear and advice
REI	www.rei.com	800-426-4840	Has everything, try to catch the sales
REI outlet	www.rei-outlet.com		Seconds, overstocks, and good prices
Liberty Mountain	www.libertymountain.com		Camping gear, decent prices

After Camp

Camper Letters

After your camper has returned home, you will receive a letter from your child's counselor that reflects highlights of your child's adventures and accomplishments over the summer. The letter describes some of your child's activities (trips, work projects, etc.) and shares aspects of his/her living and growing experiences in the community.

Any mail that arrives for your child after he/she has left camp will be forwarded to you.

Surveys In the fall, the Farm & Wilderness office emails surveys to all parents and campers. The information we collect from these is an important part of our assessment of the summer. Please pass the camper survey to your children and take the time to complete the parent survey. Your assistance is very much appreciated.

Lost and Found

Found items that are labeled with your child's name and are valued at more than \$20 will be mailed back to you. Mailing costs will be billed to you at the end of the summer. Again, there is no guarantee that lost items will be found. (But it's also true that if it's labeled, it's harder for it to get lost.)

Farm & Wilderness claims no financial responsibility for personal items lost, stolen, or damaged during your child's stay at camp. For this reason, we discourage camper families from sending any items to camp they wouldn't be willing to risk losing. Footwear is among the items most frequently lost. We strongly encourage campers and camper families to be responsible about keeping track of their own belongings.

Keeping in Touch

The *Interim* is F&W's newsletter for camper parents and friends of F&W. You'll automatically be on our mailing list for that. Please let us know if you do not want to receive it – or, if you do wish to receive it, please let us know whenever you have a change of address. Also let us know if you prefer an electronic subscription.

Promotion and Publicity Photos

Nothing says Farm & Wilderness like photos of actual campers fully and joyfully engaged in camp activities. For this reason, our staff keeps a photographic record of the experience of each summer.

Please be aware that, with your child's enrollment, you are granting Farm & Wilderness permission to use images, pictures, slides, film, and video of your child taken for F&W for press, promotion, marketing and advertising of Farm & Wilderness and affiliated organizations such as the American Camp Association and Friends Council on Education.

TL and IB Supplement

TL and IB Packing List

Timberlake and Indian Brook campers should follow the General F&W Packing List.



Indian Brook campers have a playful moment during the second session.

J1 and A1 supplement

J1 and A1 at TL & IB

There is an additional goal for the J1/A1 short sessions at both Indian Brook and Timberlake: 3) to provide younger campers with a short, introductory experience of the overnight camp program that will make them feel excited and confident about returning to camp for a longer session the following year.

The idea of these short sessions is to ease the transition to the overnight camp program for these younger kids; because it is a transitional program, J1 and A1 sessions are a one-time-only experience. In this very short time frame, the most we can do is give campers a small taste of F&W camp life. To really get the full benefit of the program, older campers need to come for a longer session. After J1 and A1, campers who want to continue to attend camp at Farm & Wilderness must enroll in one of the regular, longer camp programs. J1 and A1 programs are not for families looking for a 2-week camp as a permanent option.

Visiting Days for J1/A1 Campers

Due to the short tenure, there is no visiting day for these sessions.

Special Travel Considerations for J1/A1 Campers

Offering the short session for younger campers does introduce a certain amount of complexity into our program schedules. In particular, the end-dates for J1 and A1 do not correspond to travel days for other campers. So we're able to assist with travel arrangements for J1 arrival day (6/27) and A1 arrival day (7/22), but not the departure days for those sessions (7/8 and 8/3 respectively). On those days, parents will need to arrange to pick their children up at camp.

J1/A1 Pick Up and Drop Off

Please make note of the following drop-off and pickup times:

J1 Drop-off for Camp

Wednesday, June 27, from 1:00 to 4:00 p.m.

J1 Pickup after Camp

Sunday, July 8, by 11 a.m.

A1 Drop-off for Camp

Sunday, July 22, From 1:00 to 4:00 p.m.

A1 Pickup after Camp

Friday, August 3, by 11 a.m.

J1/A1 Packing List

J1 and A1 campers should follow the General F&W Packing list, with the following caveats:

- **Clothing:** J1/A1 campers will be on the same 8-day laundry schedule as the rest of the camp, so it is important that they have enough clothing to get them between laundry periods. That said, if you would like to send them with fewer socks, underwear, and T-shirts than are listed on the General Packing List, we will leave it to your discretion.
- **Backpack.** For longer sessions or for camps that stress wilderness travel, we recommend internal frame backpacks. These can be expensive, however, and we do not necessarily recommend them for J1/A1 campers. You may borrow any comfortable overnight backpack from a friend instead of buying a new one. The Army Surplus Store, outlets, Goodwill, thrift stores and friends/relatives are worth exploring for equipment. Whether you buy or borrow, the most important thing is to make sure new backpacks fit comfortably. It is important that a backpack is large enough to hold a camper's sleeping bag as well as personal and group items needed for each trip unless the sleeping bag can be tied to the outside of the backpack. Adjust all straps to fit, and then walk around in it for awhile to make sure it is going to be comfortable.

Tamarack Farm Supplement

Tamarack is both a farm and a camp. We're a diverse group of people working to build community, self-awareness, and personal responsibility in an environment that embraces simplicity, spirituality, and connection to the natural world.

Life at The Farm

Daily life at Tamarack Farm has a balance of free time and time when everyone works together. Six days a week, we are all up at 6:30 a.m. for chores. After breakfast at 7:30 a.m., we have Meeting, patterned after Quaker meeting for worship, followed by general announcements. Then, it's off to work for the rest of the morning.

Work is the backbone of Tamarack Farm. At TF, work builds personal pride and develops personal competence. Campers sign up for and work on a project for a week at a time. Typically, these are projects needed to make a small farm run.

Afternoons at the Farm are easy-going. Some afternoons, everyone participates in a planned activity. On other afternoons, campers are free to choose how to use their time. Sometimes, campers sign up for apprenticeships, which are a chance for more in-depth learning in a specific area.

Each evening, an activity is planned for the whole camp. Once a week, Tamarack Farm comes together for "Town Meeting." Campers train to facilitate these discussion sessions. Anyone may add a discussion item to the agenda.

Young people of this age are capable of handling a great deal of responsibility, so Tamarack Farmers are offered the chance to take charge of any activity at camp, from chores to work projects to afternoon-and-evening programs.

Trips at TF

During the summer, everyone goes on a four-day trip away from camp. This midsummer trip brings small groups together for an adventure. The trips all go out at the same time and return at the same time.

The Farm Party

The summer's work on our own farm culminates in a Farm Party, a celebration of our harvest. Although we eat food from the garden all summer, on this day we eat only what we grow. After eating, we celebrate around the bonfire, with music and poetry.

Sexuality at TF

Our goal is to help all campers develop the attitudes conducive to healthy relationships: These include a healthy body image, sound decision-making, positive interpersonal relationships, and informed attitudes about sexual intimacy. Fostering healthy teen sexuality focuses on making choices consciously rather than impulsively. Staff is trained to provide information and to offer guidance to help campers make conscious decisions about the entire range of issues affecting their personal lives, including assessing risk, clarifying values and considering the future.

Given our focus on collaboration and community, relationships that limit the individual's participation in the community or that negatively affect the larger group are strongly discouraged. Activities that exclude others are not appropriate.

We have made a strong commitment to creating a supportive environment for campers while at the Farm and we encourage campers to make positive choices in their lives beyond camp. In spite of our established guidelines, teen-agers will sometimes take risks with their health and safety. Therefore, condoms are available upon request from health center staff. Parents should feel free to contact the TF directors with any questions or concerns.

Tamarack Farm Packing List

TF campers should follow the General F&W Packing List. A specific TF list will be emailed later. While choosing clothes and shoes, keep in mind that TFers do a lot of farm and carpentry work.

Saltash Mountain Supplement

Saltash Mountain Packing List

Because SAM is a wilderness tripping camp, it is important that campers have adequate clothing and gear to be safe and comfortable while on trail. Please try to adhere to this list when outfitting your camper. To pack for SAM, follow the General Packing List, with these additions or specific comments.

Mandatory Clothing for Trips

- 1 pair of comfortable hiking boots. These need not be leather; light synthetic ones are adequate. Break new boots in before you come to camp. Boots should fit such that there is no pinching across the top of the foot, no toes touching the front of the boot when walking downhill, and no slippage in the heel area. Try on boots at the end of the day when feet are slightly swollen, bring your own sock combination that you plan on wearing at camp, go for a walk in them in the store, and listen to your feet!
- 1 pair (top and bottom) polypro, capilene or wool long underwear.
- 5-6 pair of heavy wool socks to be worn with the boots. These can be a wool/nylon blend but should be at least 80% wool. Allow for some shrinkage when they are washed and dried.
- 2 additional tops for layering that are made of polypro, wool, or cotton/poly blend.
- 1-2 pair of long pants made of a cotton/poly blend or nylon Supplex that are rugged and will dry quickly.
- Two warm wool or fleece sweaters or jackets that can be easily packed for a trip.
- 1 wool or fleece hat.
- 1-2 pair of athletic style shorts...loose fitting, not below the knee is best for hiking.
- 1 baseball cap or hat with a brim for sun protection on canoe trips.

Equipment and Miscellany

- Two water bottles (min.1 quart each)
- 1 Sleeping bag with a stuff sack. This must fit into sleeping compartment of backpack or strap securely to the outside of an external-frame backpack.
- Sleeping bag straps for attaching sleeping bag to backpack.
- Frame backpack (internal or external) with padded hip belt and padded shoulder straps. Day packs and book packs are not adequate substitutes for a frame pack.
- Eating utensils for trail use include: a sturdy plas-

tic cup – plastic mugs with lids from convenience stores work well; 8-inch plate or shallow bowl of aluminum, stainless steel, or enamel ware; stainless steel spoon and fork and something to put them in.

- 1 loud whistle on a cord that fits over the head.
- 1 pocket knife.
- Extra pair of glasses if using prescription lenses.
- Sunscreen and sunglasses.

Optional Items

- Leather boots for using an axe in camp.
- 2 or 3 pair of liner socks to be worn under wool socks to help prevent blisters when breaking in new boots (not cotton).



A Saltash Mountain camper and counselor examine a catch on a summer trip.

Questers Supplement

Questers Packing List

Because Questers tend to be especially devoted to wilderness activities, you may want to invest more in outfitting them than you might for a younger child whose interests are less well defined. Still, all these items can be borrowed or bought used, so do not feel you need to spend hundreds of dollars on this equipment.

Each week on the trail, Questers will get a re-supply which will include food, clean clothes and mail. At selected re-supplies, they will also have access to shower facilities.

The Questers list is similar to both the General List and the SAM list. However, please follow only this list, as it is geared toward the unique all-tripping Questers program.

Needed Trail Gear, Clothing, and Supplies

- Hiking boots: 1 pair, mid-weight boots with ankle support; break them in before the summer.
- Camp shoes: 1 pair, sneakers or other light-weight, close-toed shoes.
- Hiking socks: 5 pair, No cotton, must be wool, synthetic, or a blend of each.
- Liner socks: 4 pair, thin synthetic, capilene or polypropylene.
- Long Underwear: 2 sets, long-sleeved top and bottoms; synthetic, wool, or silk; No cotton or cotton blend (these are just too hard to dry out on the trail).
- T-shirts: 3, synthetic recommended.
- Light insulating top layer: long-sleeved shirt, fleece or wool, to be worn over a t-shirt or long underwear top.
- Heavy insulating top layer: thick wool sweater or fleece jacket.
- Shorts: 2-3 pair, synthetic recommended (nylon or nylon-blend).
- Pants: 1 pair, mid-weight fleece pants or heavy-weight long underwear bottoms (in addition to light-weight underwear); no cotton.
- Underwear: 5-7 pair. Two or 3 sports bras recommended for girls.
- Swimwear: trail shorts fine for males; trail shorts with t-shirt or jog bra works well for females.
- Raincoat & Rain pant: 1 set, coated nylon or light-weight rubber; must be waterproof and not just water resistant.
- Sun hat: 1, with brim.
- Warm hat: 1, wool or fleece.
- Toiletries: Keep it simple! Toothbrush, toothpaste, comb or brush, lip balm, sunscreen.
- Feminine supplies: Bring an ample supply of tampons or pads in a ziploc bag; new activities tend

to alter cycles; a small fanny pack for supplies and extra plastic bags help, too.

- Sunscreen: waterproof, with high SPF rating; enough to last the full summer.
- Bandanas: 3
- Sunglasses with safety strap
- Whistle with neck cord
- Liter water bottles: 2
- Headlamp/Flashlight: we recommend a light that can be worn on your head in order to free up your hands; headlamps with “LED” bulbs are most efficient; avoid “halogen” lights as they rapidly drain batteries.
- Batteries: bring plenty of extras; for flashlights, consider bringing a minimum of six batteries; for LED lights, 2 extra batteries will suffice.
- Backpack: internal or external frame backpack.
- Sleeping bag and stuff sack: Nylon/synthetic outer shell with synthetic fill; no cotton, avoid down.
- Bowl, spoon, and mug: 1 of each, durable.
- Medication/Vitamins: enough for entire summer to be given to the nurse the first day of camp.

In-Camp Supplies and Clothing

- Soap, biodegradable.
- Shampoo and conditioner (to be brought to you on shower days, so you will not need to pack this in your hiking backpack).
- Towel
- Clothes to wear in camp: 1-2 sets; for instance, you may want to bring a skirt for the FAIR dance or a favorite pair of jeans and shirt for the few days when you will be back at SAM.
- Small duffel or bag: for storage of your re-supply clothes and as a way to bring them to you out on the trail; this bag needs to be big enough to fit your towel, shampoo, clean shorts/shirts/socks/underwear, etc.

Optional Items for the Trail

- Camera and film
- Camp Chair, ie. Crazy Creek
- Bug Shirt (see www.bugout.com)
- Bug Dope
- Daypack (light-weight backpack or fanny pack)
- Journal and pens
- Stationary and stamps
- Book
- Pocket knife
- Camelback hydration system
- Sandals/Flip-flops
- Small trail-sturdy musical instrument, i.e. penny-whistle
- Extra pair of glasses if using prescription lens
- Pack cover

Flying Cloud Supplement

At Flying Cloud

Lodges At Flying Cloud, campers sleep in simple lodges—tipis, yurts and other canvas-covered structures. Typically, these sleep four to five campers and a counselor. Within the lodges, campers sleep on the earth on handmade bunks of sawdust beneath a ground tarp and a ground pad. All lodges have a fire pit in the middle. At night the lodges are lit by candle or by a small fire.

Remote Flying Cloud is our most remote camp, and its simplicity and physical isolation is a core part of its program. At Flying Cloud, campers and staff work hard to make the community run by gathering and cutting fire wood needed for cooking and light, hand pumping water to drink, collecting ice (cut from the pond during the previous winter) to keep food cold and taking turns cooking delicious meals over an open fire or in a wood fired oven to feed the entire camp. Under careful instruction, Flying Cloud campers learn how to safely use knives to carve wood and other tools that help support our simple-living philosophy. Without clocks or calendars, the sense of time at FC narrows and re-focuses enabling campers to “live in the moment.”

Traditions and Ceremonies

Flying Cloud embraces certain rituals and traditions grounded in respect and thanksgiving, as an opportunity for young men and boys to explore their own sense of self and spirituality, without pushing a particular belief system. They provide the framework through which much of the philosophy and educational values of Flying Cloud are brought to life.

Naming Ceremony

Each Flying Cloud camper receives a Flying Cloud name taken from our observations of the natural world. A Flying Cloud name embodies a camper’s best qualities and unique characteristics. Naming ceremonies celebrate and honor those being named, our friendships and our camp as a whole. During the naming, others at the ceremony will have the opportunity to speak positively about the person being named. Often, campers and staff from other F&W camps hike, eat with us, and participate in the festivities.

Solo Vigil

Before each new camper or counselor is named at Flying Cloud, he will be chosen to go on a solo vigil. For roughly 24 hours, each of those to be named go alone to a special part of the forest, a 10-or-15 minute walk

from camp, and sit in silence. Although campers typically fast during this 24-hour period, water is available throughout the experience. A counselor always accompanies campers on their solo so that there is 24-hour supervision. In addition, camper leaders frequently check on the wellbeing of solo campers while they are out. A tarp at the site provides a simple shelter in case of inclement weather. The solo is intended as an introspective time to give campers a chance to reflect on their lives, their summer, and their role in the Flying Cloud community. When the solo campers return, they are welcomed back into the community with open arms and a big meal. The following evening, those campers receive a Flying Cloud name as a symbolic rite of passage into the Flying Cloud community.

Flying Cloud Packing List

The Flying Cloud Packing List is quite similar to the general F&W packing list. However, FCers live in a smaller space, and a more rustic environment, so here we provide a specific FC packing list which you should use instead of the General Packing List.

Duffels

Because many of the sleeping and living structures at Flying Cloud are soft-sided and because it's a hike of about a mile from the trail head into Flying Cloud camp, trunks are not allowed at Flying Cloud. Please use a large duffel bag instead. Gear is carried in to camp, about a mile from the trailhead. If a camper is coming by car, parents can help with the carrying. If a camper is coming by a charter bus or commercial transportation, a staff person will help him carry his gear to camp. Duffels and frame packs can go on charter buses and commercial transportation. A list of items put inside the duffel will help the camper with packing for the trip home.

Clothing

- 1 Pair hiking boots
- 1 Pair of comfortable tennis/running shoes
- 3 Pair cotton socks
- 3 Pair of wool socks
- 7 Pair of underwear
- 3 T-shirts
- 1 Long sleeve wool or micro fleece shirt
- 2 Long-sleeve shirts
- 2 Pair of long pants
- 1 Pair of wool or microfleece pants or long underwear (no cotton, please)
- 1 bathing suit
- 1 sleepwear
- 2 Heavy sweaters or fleece jacket
- 1 Poncho OR raincoat and rainpants
- 4 Pair of shorts
- 1 Wool or microfleece hat
- 1 Pair of work gloves

Camping Gear

- 1 Sleeping bag with stuff sack
- 1 Sleeping pad of closed-cell foam (no hammocks or cots)
- 1 Internal or external frame pack with padded hip belt and padded shoulder straps
- 1 Bowl or Plate
- 1 Cup
- 1 Fork and spoon
- 2 Water bottles
- 1 Ground tarp (must be waterproof!)
- Daypack
- 1 Towel
- 1 Wool or Microfleece blanket
- Stationery and pen
- Sunblock (SPF 15 or higher)
- Knife (lockable folding blade or sheath type, no longer than 3 ½" blade)
- Medications/Vitamins for those who normally take them (enough for the entire summer), which will be given to the nurse on the first day of camp and dispensed as needed

Other Items

- 4-6 Utility candles
- Duffel bag
- Toiletries: Bring only biodegradable soap and/or shampoo; toothbrush and toothpaste
- Insect Repellent (no aerosols, please).

Optional

- Sandals
- Books
- Whetstone (knife-sharpening stone).
- Inexpensive musical instrument (capable of standing up to the rigors of a rustic environment)
- Inexpensive camera (with film and batteries)
- Returning campers, bring your FC blanket

Things not to bring

- Any electronics - the only exception is a digital camera.
- Watches
- Flashlight

Goals of Farm & Wilderness Program

Throughout all of Farm & Wilderness' seven programs, there are common goals; areas that any camper at F&W will be learning. The camp directors created these goals as a team in 2010. These common elements are as follows:

:

SELF::

- Our campers will learn how to make their own choices.
- Our campers will explore their own limits.
- Our campers will gain tangible skills.
- Our campers will be comfortable establishing their identities.
- Our camper will gain the stamina it takes to see a project through.
- Our campers will learn about healthy relationships.
- Our campers will be encouraged to reflect on themselves and on their growth.

COMMUNITY:

- Our campers will take part in rituals, such as rites of passage, and wild fun!
- Our campers will learn empathy for one another.
- Our campers will experience that each person, no matter who they are, has a place in the community.
- Our campers will find a group of people who will welcome them.
- Our campers will become responsible to a community.
- Our campers will recognize the power of teamwork.

SIMPLE LIVING:

- Our campers will create their own fun!
- Our campers will appreciate the human connection to the planet.
- Our campers will learn about our physical needs (fire, food, water, shelter) and what it means to meet them.
- Our campers will experience joy in simple work.
- Our campers will explore their comfort zones together.
- Our campers will create an authentic community by expressing their authentic selves.

SOCIAL JUSTICE:

- Our campers will have their awareness raised about different social justice issues.
- Our campers will explore the power of their own voices.
- Our campers will help us create a safe space to discuss issues of social justice.
- Our campers will have the chance to see the world with new eyes.
- Our campers will learn how to be an ally and gain tools to be a catalyst for social change.

SPIRIT

- Our campers will live in a camp based on Quaker principles.
- Our campers will experience the power of Silent Meeting, where we can share our thoughts and feel welcomed.
- Our campers will experience the power of a group working and living together.
- Our campers will learn how to respect the significance and mystery of life!

2012 F&W Calendar

Pre-Camp Calendar

October 1, 2011	Enrollment begins for returning F&W overnight campers
November 1, 2011	Enrollment begins for first time F&W campers
December 1, 2011	Early Bird Discount ends
January 15	Overnight Campership Application Deadline
January 31	Half of tuition due
February 4	Campership Meeting
February 17-22	Ice Cutting Weekend
February 28	Remaining tuition due
March 1	Deadline to cancel registration and receive tuition refund. Deadline for accepting Campership Awards.
May 25-28	Spring Planting Weekend
June 1	Deadline for submitting Health History & Health Exam forms

Summer Calendar

June 25-July 6	Barn Day Camp, Session 1
June 27	Overnight camp starts for full season, July, and J1 campers.
July 8	J1 ends
July 9-July 20	Barn Day Camp, Session 2
July 20	July Session ends
July 22	August and A1 Sessions begin
July 23-Aug. 10	Barn Day Camp Session 3A
July 23-Aug. 3	Barn Day Camp Session 3B
August 3	A1 ends
Aug. 6-Aug. 10	Barn Day Camp Session 3C
August 11	Fair
August 12	Overnight camp ends

Post-Camp Calendar

August 19-25	Family Camp
October 5-8	Harvest Weekend

