



FARM & WILDERNESS

# FAMILY HANDBOOK

*for*

## Overnight Camps



UPDATED APRIL 2026



Throughout this handbook if you see text underlined in **BLUE, it's a link!** Please use these links as additional tools to prepare you for this summer.

## CAMPS & ACRONYMS

Farm & Wilderness = F&W

Barn Day Camp = BDC

Firefly Song = FS

Tamarack Farm = TF

The Clearing = TC

Timberlake = TL

Saltash Mountain = SAM

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# IMPORTANT DATES & DEADLINES

Mark your calendars with these dates for all Farm & Wilderness (F&W) overnight & day camp programs

## JUNE

### June 1

Tuition due

Physical exam form due

### June 24

Overnight Session 1 begins

The Clearing Session 1 begins

## JULY

### July 9

The Clearing Session 1 ends

### July 16

Overnight Session 1 ends

### July 19

Overnight Session 2 begins

The Clearing Session 2 begins

## AUGUST

### August 2

The Clearing Session 2 ends

### August 8

Fair

### August 9

Overnight Session 2 ends



# CONTACT US

## WHO TO CONTACT & WHEN

All calls and emails should be directed to the Main Office year-round during our office hours. Staff working in that office are dedicated to answering questions & assisting all camp families needs as well as directing all phone or email communications to ALL camps. We can answer your questions or connect you with the appropriate party.

During the summer months only (mid-June through mid-August), you may call or email camp offices and health centers directly during your child's camp session. The main focus of our Camp Directors and camp staff is the care and safety of all campers. Camp staff strive to return calls and emails within 48 hours, unless it is an emergency situation.

### Emergency Communications Only

If you have a family emergency during your child's camp session, please call the Main Office during office hours FIRST. If it's outside of our Main Office hours, call your camp office next and ask to speak to a Camp Director. If you MUST get a hold of someone within 24 hours and cannot reach anyone by phone, you may use our pager system.

### To Page a Camp Director

Call 1-888-622-3276

You will be asked who you would like to page. Leave the name of the Camp Director and a brief message and phone number where you can be reached.



## MAIN OFFICE HOURS & CONTACTS

### Summer Office Hours

Monday-Friday 8:30AM-4:30PM  
Closed on Saturdays & Sundays  
Year-Round

### General

802-422-3761

[info@farmandwilderness.org](mailto:info@farmandwilderness.org)

### Admissions

Sam Green | Enrollment Director  
Jenny Rist | Admissions Coordinator  
[Admissions@farmandwilderness.org](mailto:Admissions@farmandwilderness.org)

### Finance

[finance@farmandwilderness.org](mailto:finance@farmandwilderness.org)

### All Camp Health & Wellness

Terri Hunt | Health & Wellness Coordinator  
[headnurse@farmandwilderness.org](mailto:headnurse@farmandwilderness.org)

When calling 802-422-3761, follow the voice prompts to tell the auto-attendant which person or department you'd like to connect with.



## CAMP OFFICE CONTACT INFORMATION

### Barn Day Camp (BDC)

Director | Emily Mathon  
 Director Email | [Emily@farmandwilderness.org](mailto:Emily@farmandwilderness.org)  
 Assistant Director Email |  
[BDCassistantdirector@farmandwilderness.org](mailto:BDCassistantdirector@farmandwilderness.org)  
 Camp Office Phone | 802-422-3565

### Tamarack Farm (TF)

Co-Directors | Kate Kyros and Thad Gibson  
[Kate@farmandwilderness.org](mailto:Kate@farmandwilderness.org)  
[Thaddeus@farmandwilderness.org](mailto:Thaddeus@farmandwilderness.org)  
 Camp Office Phone | 802-490-5703  
 Health Center Phone | 802-487-0435

### Firefly Song (FS)

Director | Clarissa Thompson  
 Director Email |  
[Clarissa@farmandwilderness.org](mailto:Clarissa@farmandwilderness.org)  
 Assistant Director Email |  
[FSassistantdirector@farmandwilderness.org](mailto:FSassistantdirector@farmandwilderness.org)  
 Program Director Email |  
[FSpd@farmandwilderness.org](mailto:FSpd@farmandwilderness.org)  
 First Lodge Email |  
[FSfirstlodge@farmandwilderness.org](mailto:FSfirstlodge@farmandwilderness.org)  
 Big Lodge Email |  
[FSbiglodge@farmandwilderness.org](mailto:FSbiglodge@farmandwilderness.org)  
 Senior Lodge Email |  
[FSseniorlodge@farmandwilderness.org](mailto:FSseniorlodge@farmandwilderness.org)  
 Camp Office Phone | 802-391-8215  
 Health Center Phone | 802-489-7888

### Timberlake (TL)

Director | John Kalapos  
 Director Email | [John@farmandwilderness.org](mailto:John@farmandwilderness.org)  
 Assistant Director Email |  
[TLassistantdirector@farmandwilderness.org](mailto:TLassistantdirector@farmandwilderness.org)  
 First Lodge Email |  
[TLfirstlodge@farmandwilderness.org](mailto:TLfirstlodge@farmandwilderness.org)  
 Big Lodge Email |  
[TLbiglodge@farmandwilderness.org](mailto:TLbiglodge@farmandwilderness.org)  
 Senior Lodge Email |  
[TLseniorlodge@farmandwilderness.org](mailto:TLseniorlodge@farmandwilderness.org)  
 Camp Office Phone | 802-557-0112  
 Health Center Phone | 802-422-4481

### Saltash Mountain (SAM) and The Clearing (TC)

Director of Ninevah Camps | Adair Arbor  
 Director Email | [Adair@farmandwilderness.org](mailto:Adair@farmandwilderness.org)  
 SAM Assistant Director |  
[Jason@farmandwilderness.org](mailto:Jason@farmandwilderness.org)  
 The Clearing Assistant Director |  
[tclearship@farmandwilderness.org](mailto:tclearship@farmandwilderness.org)  
 Camp Office Phone | 802-490-3654 or 802-490-5723  
 Health Center Phone | 802-490-5711

**Pro Tip: Staff at camp offices can usually get back to you faster via an email exchange than returning a phone call.**

*These offices and health centers are located physically at each camp and will only be open June 15th-August 9th.*

# HEALTH & WELLNESS AT CAMP

## HEALTH & SAFETY

We are committed to creating a healthy camp environment every summer. As a summer camp, we care for hundreds of children and employ hundreds of staff members. The health and well-being of our community is very important to us, and we take the responsibility of creating a safe environment seriously. We ask that everyone participate in being aware of the F&W specific guidance, which we will communicate to all registered families as well as post on our website's [Family Resource Guide](#). This will support a safe and healthy environment for us all.

Creating a healthy camp community starts before campers and staff arrive. Families are crucial partners in this effort. We ask families to monitor their camper's health in the weeks leading up to camp and report any illness to Admissions before arrival. Residential camper families are also required to perform a lice check on their camper before arrival. Any communicable illness may require a delayed entry to camp.

## CAMP HEALTH CENTERS

Each camp has a health center that is overseen by a licensed nurse and may also be staffed with nurse assistants. If a higher level of medical care is needed, local clinic and a regional hospital are within 20 miles of camp. Our policy is to notify parents if a camper makes an offsite clinic or ER visit, stays in the health center overnight or for more than 24 hours, has a tick attachment, communicable disease, an ongoing medical concerns that is not improving, or anytime that a health provider feels there is important information you need to know. We will use the phone number and/or email you have provided in CampDoc. Please let us know if you and your emergency contact are going to be unavailable or at a different location from the one listed for any period of time while your camper is in our care.

## STAFF & TRAINING

F&W takes many steps to ensure that all campers have a happy and healthy summer. Each summer, all cabin staff and trip leaders are trained in First Aid and CPR. We also have a number of staff who are certified as Wilderness First Responders and Emergency Medical Technicians.

## MEDICATIONS & PRESCRIPTIONS

It is F&W policy to collect all prescriptions and Over-The-Counter (OTC) medications/supplements of any kind from camper's parents/guardians on the first day of camp and for the nurse to dispense them as prescribed/directed. All medications must be in their original packaging/bottle with the prescribing directions printed clearly on the label. Please pack your camper with enough medication to last the time they are in our care.

Please note that our health centers stock a variety of standard OTC non-prescription medications that nurses can administer on an as-needed basis for appropriate symptoms if they have been authorized by the parent/guardian in CampDoc. Some examples include, tablet, liquid and chewable forms of Ibuprofen (Advil, Motrin), Tylenol, Benadryl, Bismuth (Pepto Bismol), Loratadine/Claritin, topical Neosporin and Bacitracin. You don't need to send "as needed" OTC medications that we stock in our health centers unless your camper takes an OTC regularly (daily for example) or the OTC is prescribed by a healthcare provider.

During wilderness trips, medication cannot be given in gummy or liquid format or be refrigerated. Except for melatonin, non-prescribed supplements may not be packed out on wilderness trips. Please reach out to connect with our health staff ahead of your arrival for more information.

## **CAMPER WELLNESS & EXPECTATIONS**

We expect campers to participate in their own wellness to the extent that they are able. These responsibilities include: following medical advice, daily tick checks, basic hygiene, diligently avoiding foods they are allergic to, and letting staff know if they have a health related problem. Staff will help encourage and remind campers of these responsibilities as they see the need. Please talk to your child about these responsibilities for their care before they arrive at camp.

## **CAMPDOC HEALTH PROFILE**

### **What Are They & Who Completes Them?**

The camper's parents/legal guardians complete this form as part of registration. This is essential basic medical history: allergy, mental health, food preferences, and insurance information. These forms must be completed upon registration every year. If we do not have your camper's registration forms within 10 days of registering your camper, you will begin to receive automated reminder emails and you may get a call from us asking for you to complete the forms. Your registration may be cancelled if you do not complete this form.

The reason we ask for this information so early in the process is that every camper's profile undergoes a pre-camp screening by our staff. Camper families may hear from our health staff before camp begins to follow up on the information provided. Then, once summer starts, nurses have this information to provide your child with the care they need should they become sick or injured at camp. It also ensures we have information about food allergies for our kitchens.

### **How to Access & Update Them**

You **MUST** complete the Health History form through your online account which holds your child's registration. If any changes happen between the time you first completed the form and the start of camp, please request an update to this form. If you need assistance in accessing your account, please contact our admissions department.

### **[ONLINE ACCOUNT LOGIN LINK](#)**

## **PHYSICAL EXAM FORM**

### **What Are They & Who Completes Them?**

These are essential forms containing information about your child's current health and immunization record, completed by your child's primary care physician. Campers must have had a physical exam within one year of their arrival at camp.

Most doctor's offices have their own format for these forms and we accept all formats as long as they contain basic health information, the immunizations record, and a physician's signature and contact information. We also provide our own form for you to bring to the doctor's office if you'd like. You can download a copy of this form via the physical exam form in your registration account or request a copy be mailed or emailed to you from Admissions.

You must submit a copy of this form before your arrival to camp.

Please do not email, mail, or fax your child's physical exam form. The form must be uploaded to their CampDoc account. If you have trouble uploading your form online, please contact us by email at

[Admissions@farmandwilderness.org](mailto:Admissions@farmandwilderness.org) or call 802-422-3761 and someone will assist you.

*The Camper Health Profile, completed during registration, as well as the physician Physical Exam Form are both required for a child to attend camp. It is important we have the most accurate health information for your child while they are in our care. Please let Admissions and your Camp Director know if there are any changes to your child's health before you arrive to drop them off.*

## IMMUNIZATIONS

In the state of Vermont, summer camps are considered "Child Care" facilities. Therefore, we require all campers be up-to-date with the Vermont State health guidelines regarding immunizations for Child Care centers. For more information about child immunization requirements in the state of Vermont, visit the [Vermont Immunization Information for School-age Children website](#).

With measles cases being reported in the US, we remind parents that the MMR vaccine is part of the Vermont School vaccination schedule, which F&W follows. If anyone develops measles in the days prior to camp, please contact our Admissions office immediately. If anyone develops measles at camp, that individual will be asked to leave and recover at home.

### Immunization Exemptions & Waivers

Please reach out to Admissions directly if you require more information about the processes for medical or religious exemptions or amended/alternative/catch-up immunization schedules, all of which are reviewed on a case-by-case basis. It is important to note that in the event of an infectious disease at camp any individual who is not vaccinated for that infectious disease may be asked to leave camp as part of camp's response to mitigating the risk of that infectious disease spreading at camp.

### Immunization Records

Please enter your camper's immunization records (including dates each dose was administered) in the immunizations section of your child's CampDoc health profile. Immunization records, once dates have been input into their CampDoc Health Profile, will remain in their profile from year to year to review and confirm, when you may also enter any boosters they have since received.

## OFF-SITE MEDICAL CARE

Each camp has a health center that is overseen by a licensed nurse and may also be staffed with nurse assistants as well as staff trained in physical and mental health support. We can provide most care for injuries or sickness on site. However, if needed, we will transport your child to a local clinic for care we cannot provide onsite. We will contact you by phone and/or email if we see the need to do this.

Your insurance will be billed for any off-site medical care provided. F&W will provide invoices for any unpaid medical expenses or prescriptions accrued which your insurance does not cover.

We ask families to upload a legible picture/scan of their camper's insurance card to the insurance section of CampDoc, so we have this information readily available if needed.



# COMMUNICATION DURING CAMP

## LETTERS TO AND FROM HOME

The best way to contact a camper is to write to them! Please use the following address to send letters to your camper:

Camper's Name  
Camp Name (Cabin Name if known)  
401 Farm and Wilderness Road  
Plymouth, VT 05056

Some campers are diligent about writing home, however, it is not uncommon for a camper to not write home at all during their time at camp. If a camper is not writing home, that usually means the camper is having a really busy, fun time making new friends and adjusting to camp life, but they still miss you and home! They also may not be very comfortable in their handwriting skills yet and may choose a different activity during their free time. It's a great idea to send your camper with some peel and stick envelopes (the regular lick to seal envelopes can seal themselves in the humidity sometimes!) or post cards that already have your home address and a stamp affixed to them, so all that's left is for your camper to fill the inside with stories to send to you!

Please remember to allow about a week for letters to arrive. If a camper decides to send a letter after their first week, you may not receive it until their second week of camp. Sometimes campers write letters home describing their homesickness. While this may be difficult to read, it is important to note that most homesickness tends to only last for a brief amount of time. If you would like more information about something your camper has written in a letter home, please email their Camp Director and/or Lodge Head.

## 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 be a distraction to a camper's experience and feel exclusive for campers who don't receive much mail, while also adding to the items a camper must manage while at camp. Please limit your packages to 1-2 over the course of the session. Consider sending something to share with the cabin, such as friendship bracelet string. Campers treasure hearing from their family and friends, so send plenty of letters or postcards! **DO NOT SEND FOOD.** We don't permit food outside of our kitchens because it attracts wild animals and bugs to the cabins, regardless of how it is stored. When we sort the mail to go out to each camp, we may not deliver a package that has food inside and instead return it to the sender.

It is important to send packages so 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 address, or returned to the sender.

## PHONE CALLS TO AND FROM HOME

We limit campers' telephone contact with parents and guardians during camp sessions to family emergencies and urgent matters. We discourage phone calls for campers while they are at camp because it can distract from the full experience of being away from home and can encourage homesickness. Additionally, limiting phone calls to urgent calls helps us keep the camp office phones free for camp business and for emergencies. If you must speak to your child by phone during their time at camp, please arrange this with their Camp Director.

## COMMUNICATING WITH CAMP STAFF WHILE YOUR CHILD IS AT CAMP

Please contact the Main Office any time during office hours using the "Contact Us Information" on page 5 of this handbook if you have questions, concerns, need more information about camp, or to be directed to a specific person or camp office.

Our staff in the Main Office can answer most questions and can connect you to the appropriate staff or camp associated with your child's camp. Phone, email, or our website LiveChat is a great option to reach the Main Office. Note that the Main Office is closed on Saturdays and Sundays.

If you want to be in direct contact with staff at your child's camp outside of Main Office hours, please use the contact sheet on page 6 to contact your child's camp office. Staff at camp offices can usually get back to you faster by email than phone.

If you have an emergency and need to get a hold of F&W staff quickly within 24 hours, please contact the Main Office FIRST if it is during office hours (8am-4pm, Monday thru Friday). If it is outside of office hours and you cannot reach staff at your child's camp office, please use our pager service, instructions are on page 6.

## CHECKING-IN ON YOUR CAMPER WITH STAFF

The best way to hear directly from your child about their camp experience while they are at camp is by encouraging them to write to you. Talk with your child before they arrive at camp about this and set some expectations for your child about communication with you while they are away. While our staff encourage letter writing to home, we can't always ensure every camper mails messages during the summer.

Besides letter-writing, you may contact the camp directly to check in on your child, however, we ask that you limit these check-ins as much as possible. We will ALWAYS contact you if there is a concern about your child. If you don't hear from us, then it's good news!

If it is a simple check-in, please email the Camp Directors, Assistant Directors, or Lodge Heads using the "Contact Us" information on page 5 and they will reply as soon as they can. Camp leadership staff can usually reply to you more quickly via email than making a phone call. If it is a more urgent check-in regarding a health issue or to address a known concern, please contact the camp health center.

Aside from mail with your campers and contacting camp staff, there are other ways to check-in on how camp is going for the summer. Check out the photo gallery and news updates on our website, updated throughout the session.

Please read the [Farm & Wilderness Photo Philosophy](#).



# TRAVEL, ARRIVAL, & PICK-UP

## SHUTTLE SERVICE

We offer a chartered, chaperoned bus service to and from our overnight sessions between F&W and NYC for the full summer and Sessions 1 & 2. This add-on is available during registration up to a week before their session begins or until the bus is full. Due to different session length, there is not a shuttle for The Clearing's end dates. Contact Admissions for more info about or help adding this service to your registration. If there are any changes to F&W provided transport process you will be notified by email and /or phone.

***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 Admissions and 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.***

***More info about pick up and drop off, as well as directions to camps will be found on our [Camp Directions & Travel page](#)***

## ARRIVAL: DROP-OFF & PICK-UP

Our top priority is to keep our camp families safe and welcomed as they arrive to camp. We are very excited to greet you and your campers when you arrive this summer!

We will send you specific and clear directions about location, timeframe, and other details about your child's drop-off and pick-up closer to the dates of your child's session. These will come to the primary email we have listed on your camper's registration a few weeks prior to your camper's first day and be posted on our website.

Here are a few things to expect about drop-off and pick-up for this summer:

- Locations will be spread out and times will be staggered.
- Carpooling with other families is not advised.
- Pick-up and Drop-off services from bus stations, train stations, and airports will not be provided by F&W.
- Each camper will need to complete a health screening upon arrival.
- Parents and guardians may be able to walk campers to their cabins at check in.
- At pick-up, every camper must be released to their parent/guardian or a previously designated and approved pick-up person, over the age of 18.
- At pick-up we will check names & ID with our roster of approved pick-ups for each camper.
  - The emergency contact section of your camper's health profile is where you can enter this information, and please email Admissions to add any additional authorized pick-ups or to inform us of anyone who should not pick your camper up.

# CAMP LOCATIONS & DIRECTIONS

## TRAVELING TO & WITHIN VERMONT

There are many wonderful options and local accommodations if you are traveling from a distance that does not allow you to do a drop-off or pick-up in one day. Aside from booking a spot on our NYC or Boston shuttle, you may like to plan to travel and spend some time near camp!

F&W is located in Plymouth and Mt. Holly, Vermont near ski resorts and towns with a selection of hotels and rental houses available.

Surrounding towns to search for accommodations include: Killington, Ludlow, Bridgewater, Woodstock, Rutland, Quechee

## ROAD TRIP!

For most of our families, traveling by car will be the primary way to drop-off and pick-up. Here's how to get to us!

[Firefly Song \(FS\)](#)

[Tamarack Farm \(TF\)](#)

[Timberlake \(TL\)](#)

For GPS/phone, you can use the main office address - [401 Farm and Wilderness Road, Plymouth, VT 05056](#).

- You will turn off of Route 100 onto F&W Rd by our large green entrance sign.
- From there, staff will direct you to your drop-off or pick-up location.
- Note: Be mindful of speed limit changes on Route 100.

## SALTASH MOUNTAIN (SAM) & THE CLEARING (TC)

For both programs, check in first at Saltash Mountain: After turning onto Sawyer Hill Rd, follow it for 2.8 miles. The entrance will be on your left.

For GPS/phone directions to SAM Camp, [use this link](#).



# COMMUNITY & CULTURE

## MISSION & VALUES

### OUR MISSION

Joyful Play. Purposeful Work.  
Rugged Outdoor Living.

Our camps and conservation efforts teach timeless skills and kindle the spirit within.

### OUR VALUES

We honor our Quaker roots and are guided by Quaker values and practices:

#### Simplicity

- We believe in the radical notion of unplugged resourcefulness and restful stillness.
- We minimize that which separates us from one another and the natural world.
- Living simply prepares each of us to find ourselves.

#### Peace

- We cultivate peace: first within ourselves, then the world.
- We are called to speak our truths compassionately.
- It's not easy, and it's worth the struggle.

#### Integrity

- We strive to embody our beliefs in our actions.
- We are mindful of our intentions and are each responsible for our impact.
- Keeping our word and keeping it real.



#### Community

- We gather in joyous service to each other and the land.
- We honor traditions that guide us and they must not bind us.
- Inclusivity facilitates belonging.

#### Equity

- We take our place alongside others working towards a more just world.
- We confront societal forces that divide, degrade, and dehumanize.
- The work is never done; we lift as we rise.

#### Sustainability

- We are not separate from the land, the water, and the life all around us
- We work with humility for the well-being of our planet, now and for future generations
- Living in nature sparks curiosity and wonder, and that's what we're here for.

*Many Quaker & Quaker-based organizations have a similar acronym of shared principles, known as the "SPICES", and just like we have done here, take the opportunity to further define what exactly each of the named values means for them.*

## UNPLUGGED

We aim to live a simple 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, screens of any kind, or recorded music in cabin areas or program areas at any of our camps.

While our camp program areas and spaces where campers live and play are free of screens, our camp offices, kitchens, medical centers, and Main Office are equipped with the tools to run camp such as electricity, phones, and internet. We also permit our photographers/videographers to capture camp memories with the appropriate cameras and equipment.

## BUILDING A WELCOMING 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.

We strongly believe that building a welcoming and inclusive community requires campers and staff to engage in shared discussion, reflection, and experience around equity, diversity, inclusion, belonging while living, playing, and working together in the wilderness and on the farm. We use our mission and values to support this community growth throughout the summer.

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 session as campers work together, cope with interpersonal conflicts, play together, and sit in silence together each day.

## 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.



## HONORING CAMPERS' GENDER IDENTITY

F&W camps are based on the Quaker belief of valuing the Light in everyone and we seek to provide equitable access to programs and the organization. We recognize that conversations about gender identity are new for many participants attending our Vermont summer camps, the topic is also very present and pertinent for many of our participants and important to all of us as we live in community together.

It is the policy of F&W to refer to campers by the name, gender, and pronouns identified by their registering guardian(s) in CampDoc when communicating with the camper's family/caregivers. This information is also what appears in the camper's file provided to camp staff at the start of each session, and until learning otherwise, will be the way many if not all F&W staff will refer to the camper. Camper families may request to update this information in our systems at any time by reaching out to Admissions.

If, while in our care during the summer, a camper expresses to a staff member that the gender identity listed in CampDoc by their legal guardian is no longer accurate and an update is needed, F&W leadership staff will meet with the camper to determine a plan that honors their identity which may or may not involve reaching out to the camper's family on their behalf to make them aware of this change. There are many reasons a camper may ask us not to be the ones to share this information with their family, including their desire to share the information with their family themselves, in person. No matter the reason why, F&W will honor the camper's request to share or not to share this information with their family. Campers are made aware of the outcomes of this decision, such as communication from F&W to their home continuing to use the name listed for them in CampDoc. Please reach out to Admissions if you'd like more information about this policy and process.

## HEALTHY FOOD

We are very proud of the delicious, nutritious meals we serve at F&W. We are pleased to provide our camp kitchens with supplemental organic, fresh produce and meat ingredients directly from our main farm on site, as it is seasonably available. While most of our food supplies come from Vermont vendors, we try to buy organic and local whenever possible. Some of our camps even have their own gardens with fresh herbs and a small amount of produce for kitchens to use as well.

Meals are a highlight of the day when we reconnect with friends and sample the day's delicious offerings. F&W can accommodate campers with certain allergies and those who are unable to eat meat, dairy, or gluten. Please make sure you list your child's food allergies and preferences in the registration forms on your online account prior to your arrival in the summer. This will help our cooks and staff prepare before campers arrive.

## "WORK IS LOVE MADE VISIBLE"

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 community chores: washing dishes, sweeping floors, feeding animals and so on!

A common phrase we use is "Work Is Love Made Visible". This is one way our staff and campers build community over the summer by supporting each other through work as well as play.

## 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., The Adirondacks, White Mountain National Forest, or Maine state lands).

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.

All F&W camps take part in wilderness experiences of some kind. All 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 or the trip, the trip leader and healthcare 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 First Aid. In addition, trip coordinators keep itineraries for each day that include detailed evacuation plans and the availability of emergency assistance.

## SPECIAL EVENTS

During Session 1 of camp, all camps that are in session gather together for Interdependence Day. Saltash Mountain campers join the rest of the camps around the Woodward Reservoir for a parade down the camp road, all gathering at the Barn Day Camp. Saltash Mountain kicks the gathering off with a skit, then each camp shares a song and we close the night with a cold, sweet treat. This event is not open to the public.

During Session 2 of camp, we hold our end of Summer Fair, where campers from all camps in session gather in the same parade fashion as Interdependence Day, but after the Saltash Mountain Camp skit, the fair experience begins, with camper crafts and experiences for sale, delicious food from local vendors and some human powered rides! All are invited to this event, and we’ll send out more information the closer we get!



## 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. It is important to us that campers understand where their food comes from and the full cycle of how the food we eat at camp starts and ends its journey to our plates. Campers are encouraged to take part in working with animals to the degree that they feel comfortable.

## CAMP RULES

### Swimming Policy

All campers are required to take swim tests during their first few days at camp and learn about water safety in and around our lakes. Personal flotation devices (PFDs) and other swim aids are always available. Firefly Song and Timberlake each provide swim lessons throughout the summer, and campers are grouped according to their swimming skills. Swimmers at the waterfronts are supervised by lifeguards and swim instructors trained and certified under the auspices of a nationally recognized water safety provider. All campers and staff must follow camp waterfront rules throughout the summer.

### Grounds for Removal

At F&W, alcohol, cannabis in all forms, 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. If we determine a camper is under the influence of or in possession of these substances while in our care, the camper will be immediately removed from their camp and their family contacted to pick them up or make travel arrangements with their local emergency contact. We will not conduct a drug test nor do we need to be in possession of the physical contraband to dismiss a camper for violation of this policy.

Participation in physical violence, bullying, or leaving F&W property unaccompanied by a staff member is also grounds for immediate removal with no tuition refund.

Inability to meet the essential functions of camp, as outlined in the Diet, Nutrition & Activity section of CampDoc can also be grounds for early dismissal from camp.



# TUITION DEADLINES & POLICIES

## 2026 OVERNIGHT DATES & TUITION RATES

Full Summer | June 24 - Aug 9 | \$14,000

Session 1 | June 24 - July 16 | \$7,200

Session 2 | July 19 - Aug 9 | \$7,200

The Clearing sessions end one week earlier, and are priced at \$4,900 each session.

Tuition is due in full or a payment plan must be submitted as of June 1st.

### Deposits & Tuition Payments

- Before June 1, a \$500 non-refundable deposit is required upon registration.
- After June 1, full tuition is required upon registration.
- Unpaid balances for any and all family members must be reconciled in order for a camper to be registered.
- It is not possible to make any tuition reduction for arriving late or leaving early.
- Payment is in US currency, payable by check, e-check, credit card, or wire transfer.
- Payment plans are available to all families through the automated payment plan system in CampDoc. Further arrangements may be possible via agreement with our Finance department.

### Cancellations & Refunds

- If a registration for a camper is withdrawn prior to March 1, the session(s) deposits will be retained by F&W or the family may elect to roll over the deposit to the next season's registration. For a cancellation prior to March 1, payments made towards tuition in excess of the deposit amount can be rolled over to the next registration season, transferred to another child in their immediate family, converted into a donation to F&W or refunded.

- After March 1, F&W expects families to be responsible for their full tuition, except in rare instances of serious illness, injury or family emergency, to be decided by F&W on a case by case basis.
- Registrations that are cancelled between March 1 and June 1 will have their deposits retained by F&W and payments made towards tuition may be rolled over to the next season's registration, transferred to another child in their immediate family, or converted into a donation to F&W with no option for refund.
- Registrations that are cancelled after June 1 will have their deposits and payments made towards tuition retained by F&W.
- Rolled over deposits are eligible for registration no later than the next calendar year's season. If a decision is made to rollover monies to the next season and later to not make a new registration, the rolled over funds will be retained by F&W and will not be refunded.
- There will be no refund if a camper is asked to leave during the session for an infraction of a camp rule, for disruptive behavior, or if a camper is voluntarily withdrawn.

## FINANCIAL AID

The ability to apply for camperships is open for all of our camps. To learn more and how to apply, please visit our [Financial Aid for Campers page](#). You can always contact Admissions directly with any questions.

### Partnership Families

If your camper is attending F&W through one of our partner organizations, the tuition amounts and tuition/payment policies may be different than listed here. Please contact your organization's representative or our Admissions department to understand what is required for your child to be registered for the summer. You will also receive direct communication from F&W about your child's registration before the summer.

# MAIL, LOST & FOUND, & SHIPPING ITEMS

## POST-DEPARTURE POST

Any mail that arrives for your child after they have left camp will be forwarded to you or returned to sender. F&W can assist in returning trunks by UPS (insured for \$100) for camp families. We will bill you through CampDoc for any shipping costs. To arrange to have your camper's trunk shipped home after camp, please contact the Main Office BEFORE your child arrives at camp.

## ITEMS LEFT BEHIND

Our goal is for campers to return home with all the items they brought with them to camp. When we find items that have been left behind, it is our goal to reunite these items with their owners to lessen the need to buy replacement items. Due to the costs of shipping items, we generally will not mail items back to a family whose value is under ~\$20.

F&W claims no financial responsibility for personal items lost, stolen, or damaged during your child's stay at camp and/or during shipping items/trunks. For this reason, we discourage camper families from sending any items to camp they wouldn't be willing to risk losing. We will ship any found valuable and clearly labeled items home if possible, according to our lost and found process. We will bill you for the shipping costs. Any lost and found not labeled or claimed during our post-departure lost and found process will be donated to local charitable organizations in the fall.

F&W cannot store trunks or any belongings for campers between summers.

## OUR LOST & FOUND PROCESS

- Before you pick up your camper, staff work with them to pack up their belongings.
- After campers have been picked up, all found items are brought to the main office to prepare for shipping. We will start a shipping bag for each camper/family with lost and found items that are labelled. This may include items counselors recognize as belonging to a camper, but that's not a guarantee.
- After all campers head home for the summer, all remaining items that can not be connected to a camper are brought to the main office, where Admissions will sort items by type: shoes, fleece, bedding, etc. and take pictures of each camp's items. Links to these photos are then sent to families to review the pictures of the lost items to identify their child(ren)'s belongings.
- In an effort to reduce the amount of shipments being sent to any one family, we will not ship back items until we are positive all lost and found items have been brought to us, so families should expect shipments to arrive as late as September, even for campers who attend in July. As able, we may ship items sooner at a family's request.
- When a family replies to claim an item and agree they'd like the item(s) shipped back to them, they also agree to pay the shipping fees, which start at around \$7 and depending on the item(s) size, weight, and shipping destination, can increase to varying amounts. These shipping charges will be added to and can be paid for via your child(ren)'s CampDoc account.

# AFTER CAMP

## CAMPER LETTERS

After your camper has returned home, you will receive a letter from your camper’s counselor that reflects highlights of the camper’s adventures and accomplishments over the summer. The letter describes some of your child’s activities and shares aspects of their living and growing experiences in the community.

## SURVEYS

Throughout the year, F&W emails surveys to all families. The information we collect from these is an important part of our assessment of the summer. Please take the few minutes to complete our surveys, your input is invaluable!

## ADDITIONAL EXPENSES & FEES

All activities and experiences offered at F&W are included in tuition. There is no camp store or additional charges associated with camp participation. There are a few instances where additional fees may be incurred. They include the following:

### Shipping Charges

If there are any lost & found items that are shipped back to you after camp is over or you have arranged for your camper's trunk to be shipped home; the fees will be added to your CampDoc account. Shipping starts at around \$7 and varies based on item size, weight and destination.

### Medical Expenses

Medical bills incurred over the summer will be sent from off-site facilities to your insurance provider. If necessary, F&W will pay for prescriptions up front, and then bill families via charges added to your CampDoc account.

## KEEPING IN TOUCH

[The Interim](#) is our newsletter for camper parents and friends of F&W. You’ll automatically be on our email list for the electronic version of the Interim. If you would like to receive the paper version, please let us know and we will add you to our address list.

## PHOTOS FROM CAMP

F&W is an unplugged, technology-free environment for campers. When it comes to photos, we prioritize our camper’s experience over taking pictures. We understand many families want to see photos of their children at camp, but because of the sizes and locations of our camps and the scope of our programming we are unable to photograph every camper.

With your child’s enrollment, you are granting F&W permission to use images, pictures, slides, film, and video of your child taken by F&W for press, promotion, marketing, social media, and advertising of F&W as well as any of our affiliated organizations such as the [American Camp Association](#).

