

Saltash Mountain



PROGRAM GUIDE



FARM & WILDERNESS



Campers take turns leading SAM hikes.

“Living in nature sparks curiosity and wonder, and that’s what we’re here for.”

—Farm & Wilderness Values

WHY CHOOSE SALTASH MOUNTAIN (SAM) CAMP?

SAM Camp is a small camp that provides big adventures! As a wilderness program with a focus on creative play, campers discover their confidence through challenging trips, becoming safe and competent outdoor explorers, and finding their own voices by creating and performing whacky musical skits for the wider Farm & Wilderness (F&W) community. It is sometimes described as “Outward Bound meets Drama Club”, for its combination of creative expression and outdoor adventure skills. Both are done with intention and grounded in the belief that everyone benefits from deep exposure to nature, and everyone benefits from being able to express themselves creatively and authentically. The two halves of our dual-focused program work in concert with each other, building kids who are courageous, creative, and cooperative community members.

SAM camp is located on Lake Ninevah, surrounded by 4,800 acres of undeveloped and conserved woodlands and home to a pair of loons that return each summer. Most of the shoreline remains wild so you might also spot a salamander, a heron, a bald eagle or possibly even a moose.

PROGRAM OVERVIEW

SAM is a three-week unplugged experience based on Lake Ninevah in Mount Holly, Vermont. Living together in open-sided cabins, campers learn to accept each other, celebrate their individuality and work cooperatively in community.

Just a few days after the camp session starts, SAM Campers set off on cabin trips. They bond with their cabinmates as they hike through the Vermont wilderness together for 3 days. Once they return with sharpened backpacking skills and a stronger sense of community, they start prepping for “Long Trip” adventures. These 6-day trips are further afield than our cabin trips, and offerings include opportunities for backpacking, canoeing, and sometimes rock climbing. Campers get the chance to hear about all the trip options and submit their preferences for which trip is most appealing to them. Skits and songs are integral to debrief the experiences shared on trips. They also serve as a deeper learning and bonding experience for the entirety of SAM camp: putting on an elaborate performance for all F&W camps and the great community at Interdependence Day and Fair.

The rituals and routines of daily living bind the group with a balance of free-choice offerings and all-camp gatherings/projects. Campers play instruments, swim in the lake, learn outdoor living skills, and participate in art and work projects. Fresh, comforting, creative meals are prepared three times a day. Evenings are spent doing all-camp activities, ranging from field games to murder mystery improv theater to trivia competitions.

OUTCOMES

Creativity

Throughout sessions, campers will demonstrate creativity by:

- ▶ Create and perform a totally original, 15-20-minute skit, complete with props, costumes, and musical numbers. Everyone in camp helps make it happen and we perform it for the wider F&W community.
- ▶ Singing on the hill. After every meal, we spend about 30 minutes singing and playing instruments while a handful of volunteers do dishes. This means about an hour and a half of every day in camp is devoted to music!
- ▶ At the Crafts Barn, we have all kinds of artistic activities like drawing, painting, knitting/crocheting, embroidery, jewelry making, and tie-dye.

Confidence

Throughout sessions, campers will demonstrate confidence by:

- ▶ Build wilderness skills and growing through adventure:
 - All campers participate in two wilderness trips, designed to stretch their comfort zones and show them their strength.
 - Wilderness Adventurers, an optional in-camp program, provides opportunities to build confidence through competence by learning practical wilderness skills like knots, fire building, shelter building, navigation, and how to plan a safe trip.
- ▶ Perform skits and variety shows that give campers the chance to shine onstage in a supportive environment.

Community

Throughout sessions, campers will demonstrate community by:

- ▶ Engaging in everyday elements of our schedule like pre-meal circles, family-style outdoor meals, silent meeting, and shared chore time bring us together and bond us as an interdependent group.
- ▶ Sharing end-of-session special Appreciations, where each person gives and receives a homemade gift and a short speech about how special they are. This is a beloved closing moment where we cherish the connections we have made during our time at camp.
- ▶ Participating in daily community meetings to practice living, working and communicating cooperatively.

Vermont's Long Trail provides numerous hiking routes.





Relaxing together with friends is part of the SAM experience.

MAGIC MOMENTS/SESSION JOURNEY

Campers should come away from a summer at SAM with new skills and experiences. Educational programming is designed to serve as the foundation upon which these transformative moments take place. These “magic moments” are stages in the campers’ journey through their weeks together at camp that make it an unforgettable experience.

They are as follows:

- ▶ I’m here, I matter, and I’m going to be alright.
- ▶ I’m excited about what’s ahead, I am confident I can do it and ready to get started.
- ▶ I’m in! We’re in the zone.
- ▶ It was hard and I am proud of myself.
- ▶ I belong here because I have contributed, and I want to celebrate this with others.

STAFFING

There are two staff in each cabin. For leadership and program support, there is the Camp Director, Assistant Director and Program Director, a Trips Coordinator and an Arts Head. A camp nurse lives on-site as well as a head cook and two full-time cooks. With enrollment of 36-42 campers most summers, this means a close to 1:2 staff to camper ratio.

Mandatory training for staff includes our Emergency Action Plan, Wilderness First Aid, Behavior Management and Conflict Resolution, Cultural Competency, Age-Appropriate Behavior, Trip-Leading, and Debriefing Skills.

PROGRAM FEATURES

Trips

As indicated in the schedule on page 5, all campers are scheduled to go out on a 2-night trip followed by a five-night longer trip. Staff showcase the trips they are leading with skits and campers submit their top choices — will they rock climb in the backcountry? Summit lengths of the Long Trail? Canoe in New Hampshire? The possibilities are ever-changing!

Proper pack-out before a trip and all the wrap-up that needs to happen after a trip are great learning opportunities for adventurers of all experience levels. Tripmates work together to plan meals and snacks on the trail. Once out on their adventure, staff facilitate collaboration among campers to make decisions and shape their experience to best suit their unique group.

Making choices and navigating the results are common practice on trips of any length. Using a compass, distributing gear, and pushing through adversity on the trail are just the beginning. No two trips are the same, and yet all are rewarded with feeling a sense of accomplishment that can only come from carrying yourself to new heights on your own two feet.

Skits

Preparing the all-camp extravaganza that is a Fair Skit with several original musical numbers is an exciting end of summer SAM tradition. The camp costume closet has hundreds of outfits that campers could use daily if they choose, and our culture of “no body talk” extends to clothing choices to actively promote self-expression. Daily circle-ups before meals also provide small doses of humor and sharing.

General Swimming and Boating

Lake Ninevah is a beloved body of natural water with a privileged view of surrounding mountains. Campers can cool off each day or take boats around the lake’s wild shoreline.

Silent Meeting and Songs

Quaker values guide daily pastimes at camp. Every day campers gather for Silent Meeting both to cultivate peace within, and to honor the voice of every member of the community if they are moved to speak into that collective silence. Alongside this daily reflection is the joy that comes from singing together. After each meal, while a small group of volunteers do the dishes, the rest of us come together to sing our favorite songs! Campers choose what we sing and create posters with chords and lyrics for each song in our library so everyone can follow along. Campers have the opportunity to join in “The SAM Jam Band”, a rotating group of guitar, piano, and percussion accompanists who play along while the group sings.

Staff make music and perform skits every summer.





Rock climbing trips are one of the challenges available.

Daily Chores and Work Projects

We say “Work Is Love Made Visible” at F&W because the community is something that is built each summer. Daily chores revolve around mealtime and keeping the lodge, cabins and waterfront tidy. Creative and fun rituals exist to randomly choose folks to clean-up and to involve campers in leadership roles — ie, assigning each cabin an ice cream flavor to reflect the tidiness of their cabin.

Wilderness Adventures (WA)

Wilderness Adventurers is an elective program that campers of all ages can join. WA is a scaffolded wilderness skills program where campers will learn knots, fire building skills, navigation, shelter building, and more. Each level ends with a capstone experience to practice the skills learned, including a 24-hour solo adventure for our most highly trained campers.

Learning outcomes for WA: Campers will learn how to keep themselves safe in the outdoors, gain hard skills in basic camp craft, understand how to explore the outdoors in right relationship with the natural world (ie: Leave No Trace), and practice planning their own well-prepared outdoor adventure.

Special Events

Big events bring everyone together, and there are times when SAM hosts other F&W Camps. Events like the SAM Square Dance, special visits to neighboring camps, and all-camp celebrations like Interdependence Day and Fair bring the F&W community together. We also have special events with just our SAM community, like banquet and sleep-in cook-out days.




Freetime

Recharge time is important. There is a rest hour after lunch for a quiet break. Before lunch and dinner is a time when campers can play tetherball, shoot baskets, just relax and chat with friends on the lawn, read a book, or play some music.

SAMPLE SESSION SCHEDULE

Here is what a typical session at Saltash Mountain may look like. In each session, we strike a balance between structure and downtime, creative play and wilderness adventure. Please note that no two summers or sessions are exactly alike, and specific dates and order of events are subject to change.

Sample First Session

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1				Arrival	Orientation/ Community norms	Prep. for Trips	Trips 
Week 2	Trips 	Return from Trips Skits	WA/Elective Arts			Square Dance	Downtime
Week 3	Prep. for Trips	Trips 					Return from Trips
Week 4	Skit prep.		WA solos	Interdependence Day	Big Trip Pack Appreciations/ Banquet/Bonfire	Departure	

We use creative traditions to assign daily chores.



Special program elements not listed on schedule:

- String Band Practice (for Square Dance)
- Silent Breakfast (poetry reading, music, “what SAM means to me” statements)
- White Glove Test – campers taking responsibility for keeping camp a clean and healthy place
- All Camp Games like “Wild People” “Rocks” (aka “Sticks”), “Relay Olympics”
- Cooking and Craft Program – “Top Chef” (w/Trips food), Fair Prep of baking bread, making spreads, brewing “SAM Dew”, Tie-dye SAMdanans

Example Trip Locations

- 2-Night Cabin Trips go nearby, most of them stay at shelters on F&W land
- Crown Point, Spruce Point, Tiny Pond, Phil’s Shelter, Minerva, Clarendon
- 5-Night Longer Trips might include:
 - Hiking to and Summiting Mansfield on the Vermont Long Trail
 - Hiking Griffith Lake to Minerva Shelter on the Vermont Long Trail (summiting Killington Peak)
 - Canoeing and hiking Flagstaff, Maine
 - Rock-climbing in the Adirondack Mountains (base camp with some hiking)
 - Hiking in the White Mountains of New Hampshire

SAMPLE MENU

	Day 1	Day 2	Day 3 (hitting the trail)
Breakfast	<ul style="list-style-type: none"> • Scrambled eggs or scrambled tofu • Whole wheat toast w/jam and butter • Cantaloupe and bananas • Cold cereal • Milk and OJ 	<ul style="list-style-type: none"> • Breakfast sandwiches – English muffin, fried egg, cheese • Peaches and strawberries • Cold cereal • Milk and OJ 	In camp <ul style="list-style-type: none"> • Baked cinnamon French toast • Maple syrup • Strawberry yogurt • Honeydew and pineapple • Cold cereal • Milk and OJ
Lunch	<ul style="list-style-type: none"> • Pesto pasta salad with turkey and tomato • Carrots sticks with hummus • Green salad with creamy dill dressing • Potato chips • Red grapes • Water and herbal iced tea 	<ul style="list-style-type: none"> • Teriyaki chicken and tofu teriyaki • Miso soup • Spinach salad • Peanut noodles • Orange slices • Water and herbal iced tea 	On the trail <ul style="list-style-type: none"> • Pita bread • Peanut butter and jelly • Cream cheese and sliced cucumbers • Trail mix and dried fruit
Dinner	<ul style="list-style-type: none"> • Beef and/or bean enchiladas • Sour cream and extra salsa • Corn sauteed with onions, peppers, and garlic • Cucumber salad • Lemonade and water 	<ul style="list-style-type: none"> • Lasagna • Homemade Italian bread • Herb butter • Steamed broccoli • Water 	On the trail <ul style="list-style-type: none"> • Trail burritos with refried beans, cheddar cheese, salsa, and sauteed veggies

DIVERSITY, EQUITY AND INCLUSION

To encourage campers to express themselves authentically, it's important we do the work to create a space of bravery and growth. Every session, three evenings of educational programming are dedicated to understanding the intersections among our complex identities and creating a space for each camper's identity to be more openly shared (a challenge by choice) with the group through a series of facilitated activities. The purpose of these "Identity Nights" is to deepen trust and understanding between campers so that each person can more freely express themselves honestly in the group. We recognize that in any group setting assumptions and biases play a role and we need to work together to be able get to know each other in a more integral and supportive way.

THE BEST IS YET TO COME!

Believe it or not, we've barely scratched the surface of everything Saltash Mountain Camp has to offer. If you have any questions or want to dive deeper, send us an email at admissions@farmandwilderness.org

See you on the trail!

