FARM & WILDERNESS

FAMILY HANDBOOK

for

Overnight Camps 2022

Updated April 2022

Family Handbook

CONTENTS

Welcome Letter .....Page 3
Important Dates & Deadlines.....Page 4
Camp & Offices Contact Info.....Pages 5-6
Health & Wellness at Camp.....Pages 7-9
- **COVID Guidelines**
- **Health Forms**
- **Camp Health Centers**
- **Immunizations**
- **Off-campus medical care**
- **Sickness or Injury at Camp**

Communication During Camp..... Pages 10-11
- **Camper <--> Family**
- **Staff <--> Family**

Travel, Arrival, & Pick-Up.....Page 12
Camp Locations & Directions.....Page 13
Community & Culture.....Pages 14-18
Tuition & Fees.....Page19
- **Rates**
- **Deadlines**
- **Policies**
- **Campership (Financial Aid)**
- **Additional Fees**
- **Partnership Families**

After Camp.....Page 20
- **Camper Letters**
- **Feedback & Testimonials**
- **Shipping Items Home**
- **Photos of Camp**
- **Outstanding Invoices**
- **Staying in Touch**

Throughout this handbook if you see text 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
Flying Cloud - FC
IB = IB
Questers = Q
Red Spruce Grove = RSG
Saltash Mountain = SAM
Tamarack Farm = TF
Timberlake = TL

Welcome to Summer 2022!

Whether it is your first year with us or the latest of many, it is bound to be an unforgettable summer here in the Green Mountains.

Consider this handbook, along with the rest of the info on the family resource page, to be your guide to this summer's adventure. In the following pages we'll discuss how the camps operate, how your child will travel, the necessary paperwork we need before your child arrives at camp, how to stay connected with us before, during, and after this summer, and more. Even if you are a returning family, please look over the handbook and packing list, because some aspects of the summer have changed in exciting and important ways.

This summer, our job is to create a safe and nurturing environment for your child as they push themselves to experience new wonders, take on new challenges, and discover brilliant things about themselves, their community, and the world around them. It is an unbelievably fun job, and it is one we do not take lightly! We ask you, in turn, to support our programs by reading this handbook, completing your forms thoroughly and on time, and following our guidelines for summer communications.

We are looking forward to a summer full of togetherness, freedom, and a summer at camp much closer to how we remember it pre-pandemic. That said, COVID-19 is still not in our rearview mirrors, and there will be continued policies in place to ensure your camper is as safe and healthy as possible this summer. You will be able to read more about these policies in the handbook, while keeping in mind that they are subject to change as we stay up to date with best practices. The past few years have brought our community so much closeness and strength, and this summer will be an opportunity to celebrate it all.

We will be in touch with several additional communications and opportunities to connect before summer begins to ensure you have the most accurate information about coming to camp this year. As always, our Admissions Team and Camp Directors are available to answer any questions you have. Please use pages 5-6 as your guide to be in touch with us.

All our best,

Farm & Wilderness Staff

IMPORTANT DATES & DEADLINES

Mark Your Calendars with these dates for ALL Farm & Wilderness overnight & day camp programs

June

June 1st
-Tuition due
-Physical exam & immunization records due
June 27th
First Day of Barn Day Camp Session 1
June 29th
First Day of Overnight Camp Full Summer/Session 1/Spark 1

July

July 1st
Barn Day Camp Session 1 Ends
July 4th
Barn Day Camp Session 2 Begins
July 9
Spark Session 1 Ends
July 15
Barn Day Camp Session 2 Ends
July 18
Barn Day Camp Session 3 Begins
July 22
Overnight Session 1 Ends
July 24
Overnight Session 2/Spark 2 Begins
July 29
Barn Day Camp Session 3 Ends

August

August 1
Barn Day Camp Session 4 Begins
August 3
Spark Session 2 Ends
August 12
Barn Day Camp Session 2 Ends
August 13
Fair
August 14
Overnight Full Summer/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 right person or camp office who can.

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 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

Admissions

Sam Green | Enrollment Director
Jenny Rist | Admissions Coordinator
(802) 422-3761
Admissions@farmandwilderness.org

Finance

Jess Dido | Bookkeeper
(802) 487-6244
Finance@farmandwilderness.org

All Camp Health & Wellness

Terri Hunt | Health & Wellness Coordinator
headnurse@farmandwilderness.org

CAMP OFFICE CONTACT INFORMATION

Barn Day Camp (BDC)

Director | Emily Mathon
Director Email | Emily@farmandwilderness.org
Assistant Director Email | BDCassistantdirector@farmandwilderness.org
Camp Office Phone | 802-422-3565

Flying Cloud (FC)

Director | Elliott Siegrest Jones
Director Email | Elliott@farmandwilderness.org
Assistant Director Email | FCassistantdirector@farmandwilderness.org
Camp Office Phone | 802-503-2835 | leave a message only
Health Staff Contact*| 802-259-3266
*Same as Saltash Mountain

IB Camp (IB)

Co-Directors | Polly Williams & Clarissa Thompson
Co-Director Emails | polly@farmandwilderness.org clarissa@farmandwilderness.org
Assistant Director Email | IBassistantdirector@farmandwilderness.org
First Lodge Email | ibfirstlodge@farmandwilderness.org
Big Lodge Email | ibbiglodge@farmandwilderness.org
Senior Lodge Email | ibseniorlodge@farmandwilderness.org
Camp Office Phone | 802-422-2067
Health Center Phone | 802-422-3449

Questers (Q)

Director | Paul Wachur
Director Email | paul@farmandwilderness.org
Camp Office Phone | 802-490-5695
Health Center Phone | 802-

**Flying Cloud and Red Spruce Grove do not have physical health center locations, but do have medical staff assigned to them who make regular trips to check in on these camp programs and can be reached by phone at the Saltash Mountain Health Center.*

Red Spruce Grove (RSG)

Program Director Email | redsprucegrove@farmandwilderness.org
Camp Office Phone | 802-478-4191 | leave a message only
Health Staff Contact*| 802-259-3266
*Same as Saltash Mountain

Saltash Mountain (SAM)

Director | Sara Martin
Director Email | sara@farmandwilderness.org
Assistant Director Email | samassistantdirector@farmandwilderness.org
Camp Office Phone | 802-259-2415
Health Center Phone | 802-259-3266

Tamarack Farm (TF)

Director of Teen Programs| Kate Kyros
Director Email | kate@farmandwilderness.org
Assistant Director Email | tfassistantdirector@farmandwilderness.org
Camp Office Phone | 802-
Health Center Phone | 802-

Timberlake (TL)

Director | Jarod Wunneburger - aka "W"
Director Email | jarod@farmandwilderness.org
Assistant Director Email | TLassistantdirector@farmandwilderness.org
First Lodge Email | TLfirstlodge@farmandwilderness.org
Big Lodge Email | TLbiglodge@farmandwilderness.org
Senior Lodge Email | TLseniorlodge@farmandwilderness.org
Camp Office Phone | 802-422-2316
Health Center Phone | 802-422-4481

These offices and health centers are located physically at each camp and they will only be open between June 27th to August 14th.

HEALTH & WELLNESS AT CAMP

COVID-19 Safety, Guidelines, Updates
We are diligent about creating a healthy camp environment every summer. This year, in light of the ongoing COVID-19 pandemic, we will have additional health & safety procedures in place. Not only are we a summer camp responsible for providing care and programming for hundreds of children over the summer, we are also the home and employer of hundreds of staff members. The health and well-being of our community is incredibly important to us and we take the responsibility of creating a safe environment very seriously. We learned a great deal from our experience last summer and we are working hard to make sure that we implement measures based on that experience and that we understand and follow the most up-to-date guidance for summer camps and implement changes and communicating this to our families and staff as we approach the summer.

Changes can still happen as we approach the summer. We ask that everyone participate in being aware of the Farm & Wilderness specific guidance, which we will communicate to all registered families as well as post on our website's Health & Safety page. This will support a safe and healthy environment for us all.

Camp Health Centers
Each camp has an infirmary staffed by at minimum, one nurse (Saltash Mountain, Flying Cloud, and Red Spruce Grove share). Larger camps may have more than one nurse along with nurse's assistants. If a higher level of medical care is needed, local clinics and a regional hospital are within twenty miles of camp.

Our policy is to notify parents if a camper makes an off-site clinic or ER visit, stays in the health Center for more than 24 hours, has a tick attachment or when the health care staff feel that there is information you need to know. We will use the phone number and /or email you have provided in CampDocs. Please let me/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.

Staff & Training
Farm & Wilderness 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 Farm & Wilderness policy to collect all prescriptions/vitamins/medications of any kind from campers' parents/guardians on the first day of camp and for the nurse to dispense them as prescribed. **All medications must be in their original packaging/bottle with the prescribing directions printed clearly on the label.**

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.

Camper Health Forms and Information
The Camper Health From competed as part of registration as well as the 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. More information on health forms can be found on page 8. 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. **Note: we will be requesting that ALL camp families complete an online additional health survey before camp. A link to complete this required survey will be emailed to you before your camp session.**

HEALTH FORMS & INFORMATION

Health History Form

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 it remains incomplete after notifications.

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 should expect to hear from one of our health staff before camp begins to check in about 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 Forms

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.

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 & 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 or call 802-422-3761 and someone will assist you.

IMMUNIZATIONS & OFF-SITE MEDICAL CARE

Immunizations

To protect the health of all campers and staff, Farm & Wilderness asks ALL campers to be fully immunized before they arrive at camp, including requiring all participants (campers & staff) to have received COVID 19 vaccinations.

In the state of Vermont, summer camps are considered "Child Care" facilities. Therefore, we must follow the 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**.

Immunization Exemptions & Waivers
The only possible exemptions from this policy are medical exemptions and will be reviewed on a case by case basis, with further information requests and/or conversations between our staff, your family and your doctor(s). Please contact admissions should you need this additional process started for your camper.

NEW THIS YEAR - Please enter your camper's immunization records (including dates each dose was administered) in the immunizations section of CampDoc. Next summer and thereafter, you'll be able to review and confirm this information, rather than input this information again.

COVID-19 Vaccinations for Campers

All participants must be fully vaccinated against COVID-19, with their final dose being received at least 2 weeks before their arrival at Farm & Wilderness. If a participant is eligible for a COVID-19 vaccine booster, they must also receive that dose before camp to maintain their fully vaccinated status.

In addition to listing vaccination records in CampDoc, you will also be asked to upload their COVID-19 vaccination record card.

Off-Site Medical Care

Each camp has a health center, or infirmary, with a trained nurse on site as well as trained physical and mental health support staff. Most care for injuries or sickness we can provide 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.

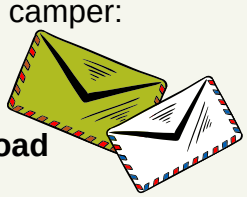
Your insurance will be billed for any off-site medical care provided. Farm & Wilderness will provide invoices for any unpaid medical expenses or prescriptions accrued which you insurance does not cover.

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.

CAMPER - FAMILY COMMUNICATIONS DURING THE SUMMER

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
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.

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, feel exclusive for campers who don't receive much or any mail, and adds 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 the container they are in. 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 only 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 the camp director.

CAMP OFFICE - STAFF - FAMILY COMMUNICATIONS DURING THE SUMMER

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 or email 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 Farm & Wilderness staff quickly within 24 hours, please contact the Main Office FIRST if it is during office hours. 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 director, assistant director, or lodge heads using the "Contact Us" information on page 5 and they will return your call or email as soon as they can. If it is a more urgent check-in regarding a health issue or to address a known concern, please call the camp office or 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 blogs on our website, and look forward to email updates throughout the session.

Please read the
Farm & Wilderness Photo Philosophy

TRAVEL, ARRIVAL, & PICK-UP

Shuttle Service

We are offering a chartered, chaperoned bus service to and from our overnight sessions from either Boston or NYC for the full summer and sessions 1 & 2. Spark campers may ride the shuttles to camp, but there is no shuttle at the close of the Spark sessions. This add-on is available during registration up to a week before their session begins or the bus is full. Contact admissions for more info about or help adding this service to your registration. If there are any changes to Farm & Wilderness provided transport process you will be notified by email and /or phone.

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 services from bus stations, train stations, and airports will not be provided by Farm & Wilderness this year.
- 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 this summer.
- 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.

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.

CAMP LOCATIONS & DIRECTIONS BY CAR

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!

Farm & Wilderness is located in Plymouth, Vermont near ski resorts and towns with a selection of hotels and rental houses available. We recommend that you visit the following sites to find the best accommodation for your visit.

Suggested Area Lodging & Accommodations

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

IB Camp (IB)
Questers (Q)
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 Farm & Wilderness 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.*

Flying Cloud (FC)
Saltash Mountain (SAM)

For GPS/phone, you can use **2733 Saywer Hill Road, MT. Holly, VT 05758** to reach Sawyer Hill Rd off of route 103. From there, please use the below directions to locate each camp.

- For Saltash Mountain: After turning onto Sawyer Hill Rd, follow it for 2.8 miles. The entrance will be on your left.
- For Flying Cloud, After turning onto Sawyer Hill Rd, follow it 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 - aka. the gravel pit. Drop-offs and pick-ups will be done in the parking area this year.

Red Spruce Grove (RSG)

For GPS/phone, you can use **1460 Wilderness Rd, MT. Holly, VT 05758** off of Sawyer Hill Rd.

Once you've turned onto Wilderness Rd, the entrance to Red Spruce Grove will be on the second driveway on the left about 0.5 mile up the hill.

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 Farm & Wilderness. 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. Some of our camps such as Flying Cloud and Red Spruce Grove, don't permit electricity of any kind, such as battery operated lights.

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

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 Farm & Wilderness, 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.

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 Farm & Wilderness.

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.

COMMUNITY & CULTURE

"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!

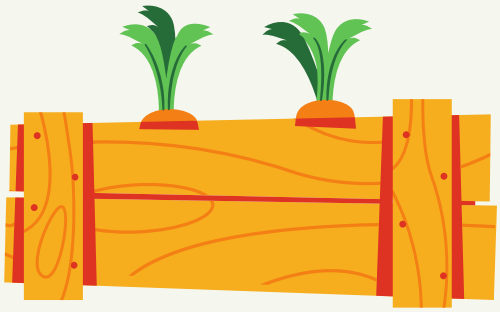
A common phrase we use is "work is love made visible". This is one way our staff and camper build community over the summer by supporting each other through work as well as play.

Healthy Food

We are very proud of the delicious, nutritious meals we serve at Farm & Wilderness. We are pleased to provide our camp kitchens with supplemental organic, fresh produce, milk, 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 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. Farm & Wilderness 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.

While it has always been part of our camp programming for campers to assist in meal preparation, we were not able to have campers working in our kitchens in 2021 and we hope to resume including campers in meal preparations for 2022!



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 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.

All the camps except Tamarack Farm take part in wilderness trips 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

We are optimistic about the return of larger in-person gatherings at Farm & Wilderness this summer, most of all our end of year Fair. While there are likely to be some changes from years past, the overall spirit of gathering together to celebrate a wonderful summer will remain at the heart of the day.

We look forward to resuming scheduled tours of our camps for interested families and will update this portion of our website once we have these planned!

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.

Firm 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. IB & 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.

COVID –19 protocols

For the safety and health of our camp communities, campers will be asked to follow all COVID-19 related safety procedures throughout the summer. Our wonderful staff will offer continued instruction and communication so that campers understand and can follow our procedures. Check our camper family resource guide for the most up to date info, including our 2022 Covid Guidelines & Protocols!

Grounds for Removal

At Farm & Wilderness, 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.

Participation in physical violence, bullying, or leaving Farm & Wilderness property unaccompanied by a staff member is also grounds for immediate removal with no tuition refund. Please review these rules with your camper before they arrive. If there are any questions about these rules please contact Admissions or your Camp Director.

TUITION DEADLINES & POLICIES

2022 Overnight Tuition Rates

Full Summer | June 29 - Aug 14 |**$9,800**
Session 1 | June 29 - July 22 | **$6,100**
Spark 1 | June 29 - July 9 | **$3,000**
Session 2 | July 24 - Aug 14 | **$6,100**
Spark 2 | July 24 - Aug 3 |**$3,000**

Tuition is due in full or a payment plan must be submitted as of June 1st, 2022.

Deposits & Tuition Payments

- Before June 1, a $500 non-refundable deposit is required upon registration.
- After June 1, full tuition is required upon registration.
- Deposits are non-refundable, unless you are a campership applicant.
- 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 U.S. currency, payable by check, e-check, credit card, or wire transfer.

Cancellations & Refunds

- Cancellations made before March 1st are eligible for a tuition refund less the $500 non-refundable deposit.
- Families are responsible for the full amount of tuition if a cancellation is made after March 1st, except in cases of severe illness or family emergency.
- Campership families are notified within one month of their application due date and then have two weeks to accept the amount or withdraw their registration and receive a refund of their deposit.
- 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, Fees, Partnerships

The ability to apply for camperships is open for all of our overnight camps. To learn more and how to apply, please visit our **Financial Aid for Campers page** for more information, application deadlines, or contact Admissions directly with any questions.

Additional Expenses & Fees
Additional expenses and fees, if incurred, will be reflected on invoice, along with tuition. 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 UPS, USPS, or Fed-Ex fees will be added to your bill.

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.

Partnership Families
We partner with several other organizations to bring campers to Vermont in the summer. If your camper is attending Farm & Wilderness through one of our partner organizations such as **1199 Anne Shore Sleep-Away Camp Program**, **Saint Regis Akwesasne Mohawk Tribe**, **Vermont Migrant Education Program**, the tuition amounts and policies are different than listed on this page. 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 Farm & Wilderness about your child's registration before the summer.

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, Farm & Wilderness emails surveys to all families. The information we collect from these is an important part of our assessment of the summer. Your assistance is very much appreciated.

Mail, Lost & Found, & Shipping Items Home

Any mail that arrives for your child after they have left camp will be forwarded to you or returned to sender. Farm & Wilderness will assist in returning trunks by UPS (insured for $100) for camp families. We will bill you 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.

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. We will ship any found valuable & clearly labeled items home if possible. We will bill you for the shipping costs. any lost and found not labeled or claimed within one-week of the last day of camp will be donated.

Keeping in Touch

The Interim is our newsletter for camper parents and friends of Farm & Wilderness. 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.

Medical Bills

Medical bills incurred over the summer will be sent from off-site facilities to your insurance provider. If necessary, Farm & Wilderness will pay for prescriptions up front, and then bill families.

Photos from Camp

Farm & Wilderness 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 Farm & Wilderness permission to use images, pictures, slides, film, and video of your child taken by Farm & Wilderness for press, promotion, marketing, social media, and advertising of Farm & Wilderness as well as any of our affiliated organizations such as the **American Camp Association** and the **Ninevah Foundation.**

Summer 2023

WE WILL OPEN NEXT SUMMER'S REGISTRATION BY **NOVEMBER 1ST**!

PLEASE USE THE SAME ONLINE REGISTRATION ACCOUNT TO REGISTER YOUR CHILD FOR NEXT SUMMER!

FARM & WILDERNESS