

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 small in size, big in show. Literally, they put on a show — several of them, each summer. Costume design, musical accompaniment, and an impressive meld of script writing and improv help to tell stories of summers past, present, and beyond. Along with being impressive storytellers, SAM campers have the opportunity to go out and create their stories, as well. Everyone at SAM goes on two trips during their session to experience wild and novel things beyond the campground. It is sometimes described as “Drama Club meets Outward Bound,” for its combination of expression and adventure. 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.

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.

The first trip SAMers embark on is with their cabins. They bond with their bunkmates as they hike, canoe, or rock-climb through the Vermont wilderness together for three days. In the latter half of the session, campers choose a 6-day adventure to share with other SAMers to apply all the outdoor living skills they've learned throughout the session. 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 Farm & Wilderness (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-time and community work. Campers play guitar, piano and sing, swim, learn outdoor living skills, and participate in art- and work-projects at camp. Fresh, comforting, creative meals are prepared three times a day with the help of campers. Evenings are spent playing all-camp games in the field, exploring their wilderness surroundings.

OUTCOMES

Creativity

- Practice thinking creatively throughout the day
- Balance individual and collective self-expression and ideas.
- Experience the delight of imagination

Resilience

- Stepping outside comfort zones in nature
- Find strength and support from others
- Advocate for personal needs with a collective

Belonging

- Understand shared values and responsibilities
- Contribute to shared purpose
- Feel a personal sense of power and meaning

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.

Vermont’s Long Trail provides numerous hiking routes.





Relaxing together with friends is part of the SAM experience.

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. There is also a day-trip each session. Staff showcase the trips they are leading with skits and campers make their 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. We're an unplugged camp and without everyone lifting their voices, there is no song!

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)

As a capstone experience, 14-year-old campers can elect to take part in Wilderness Adventures and receive extra training in outdoor living skills and take part in a 24-hour solo at the end of camp. The contrast of a lengthy and well-supported time of reflection with the actively social regular environment of camp creates a memorable moment.

Special Events

Big events bring everyone together, and there are times when SAM hosts other F&W Camps. Events like the SAM Square Dance, service days, and All Camp Games bring the F&W community together.

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.

Staff make music and perform skits every summer.



SESSION AND DAILY SCHEDULES

First Session

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1				Arrival/ Orientation	Pack-out	Trips 	Trips 
Week 2	Trips (back) Skits	WA	WA Skit prep.	Skit prep.	Skit prep.	Interdep. Day Skit	Downtime
Week 3	Pack-out	Trips 	Trips 	Trips 	Trips 	Trips 	Trips (back) 
Week 4	WA Get Lost Hike	Visit FC/TF	Square Dance	Cabin Dinners/ Variety Show	Big Trip Pack/ Appreciations/ Banquet/ Bonfire	Departure	

Differences in the Second Session:

- WA participants have an overnight solo
- Includes a day-long service trip after cabin trips
- 3 days less between trips, and the skit-prep happens at the end before Fair, which is the day before departure

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



Rock climbing trips are one of the challenges available.

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 to get to know each other in a more integral and supportive way.

q

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!

