



Extraordinary Summers for Girls

# PARENT RESOURCE BOOK

# Table of Contents

[General Information](#) .....

[Policies](#) .....

[Travel](#) .....

[Packing](#) .....

[Programming](#) .....

[Visiting Day](#) .....

[Nearby Accommodations](#) .....

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Harrison, ME 04040  
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Jim & Beigette Gill  
Owners/Directors

## *Extraordinary Summers for Girls*

Summer 2020

Dear Fernwood Cove Parents,

Happy New Year! This is your Parent Resource Book for Summer 2020. We hope you find this resource helpful in keeping track of all the details you will need to plan and prepare for your daughter's summer at Fernwood Cove.

### **Overview:**

Whether it is your first summer or you have been with us for several years, the Parent Resource Book is an important reference tool for all families. Policies and procedures do change, and we want to make sure you have the most current and accurate information.

This book is divided into five sections: [Policies](#), [Travel](#), [Packing](#), [Program Offerings](#) and [Visiting Day](#). There are several information sheets tucked inside the front cover which should be reviewed prior to your daughter's arrival at camp. All forms, including the online Amerasport catalog, can also be found in your [Parent Account](#).

To stay on track with submitting forms and payments please refer to our Easy Reference Check List on page 3.

Carefully review our [Policies](#) section, it covers important topics such as expected behaviors/consequences, emails, packages, bunking etc. The sections following, contain information regarding travel, accommodations, uniform, visiting day and a description of our program offerings.

### **What if I lose a form or need a duplicate?**

Most forms can be found and completed online. If you should misplace any of the forms, simply go to the Fernwood Cove website at [fernwoodcove.com](http://fernwoodcove.com) and click "[Parent Login](#)" - login using your email address and password.

### **What if I need more information?**

Please call with any additional questions or if you need further guidance. We would be happy to speak with you anytime.

We look forward to spending a great summer with your daughter(s)!

Kind Regards,

Jim, Beigette, Caroline, Alicia, Abby & Noel



**Dates & Rates**  
**Summer 2020**

**Dates for Session I**

Opening Day	Thursday	June 18	2:00 pm - 4:00 pm
Visiting Day	Sunday	July 12	9:00 am - 3:30 pm
Closing Day	Monday	July 13	8:30 am - 9:30 am

**Dates for Session II**

Opening Day	Wednesday	July 15	2:00 pm - 4:00 pm
Visiting Day	Saturday	August 8	9:00 am - 3:30 pm
Closing Day	Sunday	August 9	8:30 am - 9:30 am

**Tuition**                                 \$7,800

**Payment Schedule**

\$1500 Enrollment Deposit	Due with <b><i>signed</i></b> Enrollment Form
\$2000 December Payment	Due December 1 <sup>st</sup>
\$2000 February Payment	Due February 1 <sup>st</sup>
Remaining Balance	Due May 15 <sup>th</sup>

*All credit card charges are subject to a 3.25% surcharge rounded up to the nearest \$1.00*

- **Withdrawal/Refund:** A full refund of all money paid is available through **September 15<sup>th</sup>**
- Withdrawal after September 15<sup>th</sup>: A \$500 administration fee applies through **December 1<sup>st</sup>**
- No refunds are available for withdrawal after **December 1<sup>st</sup>**
- Refund checks/credits are issued once per year during the month of September.

**Extra Charges**

Horse Program Savvy Club	\$1600	(Block 2-hour lessons; Limited Enrollment)
Horse Program 3 week	\$975	(Limited Enrollment)
Horse Program 1 week	\$375	(Limited Enrollment)

**Transportation**

We provide round-trip transportation from Portland International Jetport, Boston’s Logan airport, Boston suburbs, Fairfield CT, Port Chester NY, and Lincoln Center NYC.

**Transportation Charges**

	<u>ONE-WAY</u>	<u>ROUNDRIP</u>
Port Chester - New York	\$150	\$250
Lincoln Center - NYC	\$150	\$250
Fairfield - Connecticut	\$150	\$250
Newton - Boston Suburbs	\$125	\$200
Boston Logan Airport	\$125	\$200
Portland Jetport	<i>Free Arrival</i>	\$50 DEPARTURE

**Uniform**

Hunter green shorts/pants and white t-shirt may be purchased from our outfitter. More information will be sent to you prior to the start of camp.

**Address**

Fernwood Cove  
350 Island Pond Road  
Harrison, ME 04040  
Phone: (207)-583-2381  
Fax: (207)-583-6016



<h2>Easy Reference Check List</h2>
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Action		Location	Due Date Session 1/2
	Travel Form	<a href="#">Parent Account</a>	April 1
	Parental Input	<a href="#">Parent Account</a>	May 1
	Bunk Request	<a href="#">Parent Account</a>	May 1
	Online Health Form	<a href="#">Parent Account</a>	May 1
	Camp Trucking	<a href="#">CampTrucking.com</a>	May 8 / June 5
	Final Payment	<a href="#">Parent Account</a>	May 15
	CampMeds	<a href="#">CampMeds.com</a>	May 18 / June 15
	Hard Copy Health Form (for Doctor to sign/stamp)	<a href="#">Parent Account</a>	June 1
	Code of Conduct	<a href="#">Parent Account</a>	June 1
	Junior/Senior Permission Trip Form	<a href="#">Parent Account</a>	June 1
	Program Information	<a href="#">Parent Account</a>	June 1 / July 1

Forms can be downloaded and submitted directly from your Parent Account. Please submit ALL forms on time to help us make a smooth transition for the Campers into each session.

Camp Trucking and Camp Med forms can be completed via their websites. **Pay close attention to their deadlines since late fees will be assessed by these vendors or service may not be offered.**



DAILY SCHEDULE
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7:15	Wake-up/Reveille
7:45	Flag Bell
7:50	Flag Raising
8:00	Breakfast
8:30	Counselor Coffee
8:45	Assembly in Chick
9:00	Bunk Clean-up Time
9:20	Focus 1 Bell
9:25 - 10:20	FOCUS 1
10:30 - 11:25	FOCUS 2
11:35 - 12:30	FOCUS 3
12:30	Lunch Bell
12:40	Lunch
1:20 - 2:20	Rest Hour
2:20	Focus 4 Bell
2:25 - 3:20	FOCUS 4
3:30 - 4:25	FOCUS 5
4:35 - 5:30	FOCUS 6
5:30 - 6:20	Shower / Dip
6:20	Dinner
7:25	Evening Program BELL
7:15 - 8:15	Evening Program
8:15 - 8:45	Unstructured Community Time
8:45	Call to Quarters
9:00	TAPS

# FERNWOOD COVE VALUES

The Fernwood Cove Values of Simple Living, Respect for Outdoors, Community, Diversity, Friendship, Traditions, Personal Growth, and Loyalty create the foundation of the Fernwood Cove community. These values are incorporated into all aspects of the Fernwood Cove programs and policies. Each member of the Fernwood Cove community is encouraged to embody each of the Fernwood Cove values throughout their days at camp as well as at home.

Incorporating Fernwood Cove values into the camp community, programs, and events is very intentional. Members of the Fernwood Cove community are supported in their growth as they gain a stronger understanding of Fernwood Cove values and how to incorporate them into their daily lives.

## SIMPLE LIVING

While based on daily living of past generations, Simple Living guides many aspects of today's Fernwood Cove community. Everything from our wood framed bunks without electricity, to our basic camp uniform, to not accepting camper packages are based on the value of Simple Living.

Campers, CITs and Staff embody Simple Living by embracing not having electricity in their bunks. Campers and CITs abandon their cell phones and other electronic devices to better connect with their bunkmates, fellow campers and CITs, and counselors. Trip Days and events focus on reconnecting with nature and the non-material aspects of everyday life. Fernwood Cove counselors support campers and CITs in remaining present and living in the moment.

## RESPECT FOR THE OUTDOORS

Immersed in the mountains and lakes of Maine, Fernwood Cove provides a multitude of opportunities to build understanding and comfort of outdoor living. Activities like Outdoor Living Skills and Farm Girls allow Fernwood Cove girls to gain valuable outdoor experience as they learn how to enjoy the outdoors respectfully and responsibly.

Respect for the Outdoors greatly impacts daily practices at Fernwood Cove. Recycling during daily bunk clean-up, utilizing our food waste to feed the camp pigs, are just two examples of how the Fernwood Cove community strives to have as little impact on the environment as possible. Additionally, our use of two solar arrays (combined 40kw), water bottles rather than plastic cups, and established camping locations during campouts help to off-set our ecological footprint.

## COMMUNITY

Fernwood Cove girls are known for their kindness; they genuinely care about each other and their counselors. They support each other with applause at Performance Night and encouragement on high ropes elements. Community is not simply a Fernwood Cove value; it is the Fernwood Cove way of life. Fernwood Cove girls are challenged daily to meet new people, create new connections, and maintain a welcoming and inclusive environment.

The Fernwood Cove community is created by incorporating Community into the smallest groups of camp in bunk life into larger age groups and throughout all-camp activities and events. Campers, CITs, and Staff treat each other with respect, are responsible for our personal belongings and maintaining our personal space, and when needed, work to resolve conflicts in an appropriate manner.

## DIVERSITY

Fernwood Cove is truly a global community with a variety of countries represented among campers, CITs, and staff members each summer. Diversity connects with the value of Community and encourages each member of the Fernwood Cove community to connect with individuals who are different from them. These differences include language, race, home culture, religion, and life experiences. Through developing these connections members of the Fernwood Cove community gain a greater understanding and respect of differing cultures and lifestyles.

The diverse and global Fernwood Cove community provides campers, CITs and staff with the opportunity to create genuine and meaningful connections with people from around the world. Through these relationships they are better able to gain a personal understanding of the global world outside of camp as well.

## **FRIENDSHIP**

Friendships are one of the most rewarding benefits of attending summer camp. However, at Fernwood Cove friendship isn't simply a benefit of camp, it serves as a guiding value in the development of Fernwood Cove activities and programs. Closely related to the value of Community, Fernwood Cove girls are encouraged to develop meaningful and supportive friendships with bunkmates and peers. The immersive environment at Fernwood Cove provides campers with a multitude of opportunities to build friendships across age groups, abilities, and activity interests.

With the guidance and support of Fernwood Cove counselors, Fernwood Cove girls also learn important skills related to maintaining friendships. They learn the importance of providing help to friends and need. And they understand the importance of asking for help when they need it too. Fernwood Cove campers and CITs learn important relationship skills, like conflict resolution, empathy and being present in the moment. Every member of the Fernwood Cove community returns home having developed important relationship development skills. And they have valuable, often lifelong friendships forged through true connection only found at camp.

## **TRADITIONS**

While Fernwood Cove is young in comparison to many Maine summer camps, Fernwood Cove traditions are rooted in the century old traditions that formed the earliest summer camps. Some traditions like Campfire and Flag Raising are found at many summer camps across the country and around the world. Fernwood Cove traditions of Positive Pranks, Camp Songs, Miss Fernwood Cove, and Bunk Circles are unique to the Fernwood Cove community. Traditions provide campers, CITs, and Staff with familiarity as they return to camp each summer. There's a sense of comfort that comes in knowing these traditions will always be a part of a camper's summer days in Maine.

The value of Traditions also creates commonality and connectivity between camp sessions and generations of Fernwood Cove girls. As Fernwood Cove continues to grow older the value of tradition will become more important. Traditions and the traditional activities at Fernwood Cove are often the memory makers that camp stories are made in. When Fernwood Cove girls connect away from camp they will share their summer camp stories, vividly remembering the Traditions that were woven throughout their summer days. And they will immediately connect with each other, no matter which session they were in or what years they were at camp. It is the value of Traditions that will keep the Fernwood Cove community alive long after the days of camp in Maine have passed.

## **PERSONAL GROWTH**

At Fernwood Cove, we feel Personal Growth is a lifelong skill. All Fernwood Cove campers, CITs and staff are encouraged to seek new growth opportunities each summer at camp. Skill development is incorporated into all aspects of life at Fernwood Cove. Campers, CITs, and staff are actively learning new skills throughout each camp day. Through the thoughtful guidance of Fernwood Cove counselors, our campers and CITs gain valuable life skills like independence, communication, personal awareness, and responsibility. Living in a camp bunk is the perfect opportunity for Fernwood Cove girls to gain skills related to relationship development like inclusion, respect, and conflict resolution.

Fernwood Cove's focus activities provide continued skill-based instruction with most activities having an established skill level structure. Campers can return to camp each summer knowing there are continued challenges and opportunities for safe risk taking. As campers grow in our summer camp program, additional leadership responsibilities create holistic learning opportunities which help ensure on-going personal growth. The Fernwood Cove Teen Leadership Programs provide continued growth opportunities for Fernwood Cove girls who have aged-out of our camper program.

## **LOYALTY**

Through a strong understanding of Fernwood Cove values, Fernwood Cove campers, CITs, and staff are developed as ambassadors to Fernwood Cove. Our loyal ambassadors represent and promote the Fernwood Cove values. Additionally, loyalty at Fernwood Cove incorporates commitment to Fernwood Cove campers, CITs, staff, and alumni through support for our Policies and Procedures and Codes of Conduct.

Loyalty at camp also helps Fernwood Cove girls gain an awareness of ideals and values beyond themselves. Current campers and CITs gain a stronger understanding of supporting the larger summer camp community. This commitment to the larger Fernwood Cove community, both in and out camp helps to ensure the strength and continuation of Fernwood Cove for years to come. It also helps Fernwood Cove girls retain the feeling of connectedness to Fernwood Cove long after their summers in Maine have passed.





# POLICIES AND PROCEDURES

## Fernwood Cove's Mission

*...encouraging participation, exploration and personal growth through simple group living in the outdoors. Our half season traditional program provides girls with a forum to experience new challenges, enhance self-confidence, develop skills, and establish enduring friendships in safe, beautiful surroundings. Each Camper at Fernwood Cove brings something special to the atmosphere and cooperative spirit. Our unique gathering of girls and caring, understanding, Staff creates a diverse and supportive community.*

**Our Policies and Procedures are established within the parameters of our mission for two reasons ONLY: Your daughter's safety & community living.**

## Safety at Camp

It is the utmost priority of Fernwood Cove to provide your daughter with a physically and emotionally safe overnight camp experience. If a Camper(s) exhibits behavior (proven or suspected) which puts them or others at physical or emotional risk, Fernwood Cove reserves the right to release the Camper back into the custody of their parents/guardian. Some examples of these behaviors are: Anorexia/bulimia, cutting, drug abuse and bullying. *Tuition will not be reimbursed for Campers sent home for unsafe behaviors.*

## Online Parent Accounts

With your [Parent Account](#) you can:

- Complete forms online
- Check form status
- Check balances and make payments
- Send one-way emails
- Request a Kid Check
- Limitless possibilities for the future!

To log in, go to <https://www.fernwoodcove.com/> → [Parent Login](#)

Please contact us if you need assistance.

## Form Due Dates

Travel Form (online)	April 1 <sup>st</sup>
Parental Input (online)	May 1 <sup>st</sup>
Health Form (online)	May 1 <sup>st</sup>
Bunk Request Form (online)	May 1 <sup>st</sup>
Hard Copy Health Form (for Doctor to sign/stamp)	June 1 <sup>st</sup>
Junior / Senior Trip Form (Print)	June 1 <sup>st</sup>
Code of Conduct (Online)	June 1 <sup>st</sup>
Parent Vacation Travel (online)	As Needed

## Junior / Senior Trip

Junior Trip	Acadia National Park - Rock Climbing	\$125
Senior Trip	The Forks - White Water Rafting	\$200

## Credit Card Policy

We provide you with the option to pay your daughter(s) account with a MasterCard, Visa or AMEX. Please note the following procedures when using your credit card.

- All credit card charges are subject to a 3.25% surcharge, rounded up to the nearest \$1.00.
- Credit Card payments can be made by logging into your Parent Account and selecting "Make a Payment" or calling camp.

### AutoPay

Leave the bill paying to us! AutoPay will pay all relevant invoices on the due date. Here are the details:

1. From your [Parent Account](#), you must complete one credit card transaction with AutoPay option selected.
2. AutoPay will then automatically charge your credit card when payment is due for all future payments.
3. A reminder will be emailed a few days prior to your card being charged.
4. AutoPay will automatically re-enroll your eligible child(ren) qualifying you for the \$300 Early Enrollment Discount.
5. You can opt out of the program anytime from your Parent Account or by calling the office.

### Mail:

Please supply your daughter with all her stationary needs at the beginning of camp. Your daughter is asked to write home twice a week on Wednesdays and Sundays during rest hour. International Campers may have one (1) letter scanned and emailed to parents each letter writing day.

We encourage parents to write old-fashion, snail-mail letters since these are more impactful when Campers receive hand written letters from home. **This is especially vital in helping new Campers transition to camp life.** Please avoid writing letters which dwell on home ties, sad topics, or worrisome topics in the media. The tone of parents' mail can have an immediate effect on your child's wellbeing and keeping the "glass half full" approach will be appreciated by everyone.

### Packages:

We have a **NO PACKAGE** policy. Please do not send your camper(s) packages! In keeping with our philosophy of simple living and after much thoughtful consideration, we do not allow "Camper care packages". The only packages we will accept are birthday packages or forgotten uniform, toiletries and letter writing supplies. All packages will be checked and any non-necessity items such as food, candy, gum, toys, jewelry, etc. will be discarded or held in the office for pickup on Visiting Day. Please tell extended family members about this policy as well to avoid disappointment of an undeliverable package. Thank you in advance for your cooperation with this policy, it helps us create a healthy, fun and safe environment for your camper(s).

*Please note: the volume of mail passing through our local post office increases greatly during the camp season, therefore outgoing/incoming mail may be slow. We assure you all mail is delivered to Campers in a timely manner. Outgoing mail is picked up daily (except Sundays) by the USPS - we do not hold mail. Any delay in mail delivery is due to the US Postal Service.*

### Camper One-way Email:

1. Go to [fernwoodcove.com](http://fernwoodcove.com)
  2. Log into your [Parent Account](#)
  3. Click "SEND ONE WAY EMAIL"
  4. Type the desired message and click "SEND"
- One-way emails are delivered daily. Emails submitted after 8AM will be delivered the following day.*

You can provide other family members and friends access to sending one way emails right from your account. (You will need their email address)

1. Simply login to your parent account ([Parent Account](#))
2. Once you login, click on the green button which says SEND ONE WAY EMAIL (bottom button)
3. On the right of your screen you will see a MENU button, click on this
4. Then click, Add/Manage Senders
5. You will see an approved senders list, click on the +NEW button and enter their EMAIL ADDRESS and Name.
6. They will receive an email requesting them to create an account. This will ONLY give them access to the one-way email function, not the rest of your account.

**Please note:** You may rescind an approved sender's ability to email your daughter at any time from the same menu by clicking the red X next to the respective emails.

**Bunking:**

Many hours of Pre-Camp are spent on bunking. Bunking is one of our most challenging tasks due to the complexities and intricacies of each Camper and her established or not established relationships with other Campers...

- **For New Camper Families:** It is important to fill out the Parental Input form as completely as possible. This is an important guide to placing your daughter successfully with girls who will be compatible with her. Please let us know friends/cousins or any other acquaintances she may have here at camp.
- **For Returning Camper Families:** We encourage positive relationships which enrich not only your daughter's bunk group, but also the entire Fernwood Cove community. **Bunk assignments and bunk groups will be dynamic from summer to summer and bunk requests are NOT guaranteed.** As parents, you **must trust** we are making appropriate decisions with your daughter's best interest and the best interest of the entire camp. If your daughter becomes anxious about her pending bunk placement - please remind her - it's our job to send home happy Campers - it's what we do.
- **Home Friends/School Friends:** It is our policy **not** to bunk home or school friends together. In our experience we find Campers are **successful sooner** when they are bunked with a group of girls they do not know. This encourages girls to step outside of their comfort zone and make new friendships. If they choose, home friends can take activities together, participate in evening programs, and spend free time together. There are many opportunities for girls, whether they are home friends or not, to spend time together even if does not include physically living in the same bunk.

**Baggage:**

To simplify the process and eliminate lost duffels shipped via common carrier, we have partnered with Camp Trucking which provides duffel delivery service from your door to your daughter's bunk and from her bunk, back to your door. This service will add convenience as well as save you time and money. A copy of the Camp Trucking literature was enclosed with this book and can be found on their website. **Camp Trucking now services the entire United States.** If you still wish to use a common carrier, both UPS and FedEx make daily deliveries to camp. Please **DO NOT SEND TRUNKS**, as we have no place to store them, therefore; we ask you to **please** use soft duffel bags or other collapsible luggage to pack your daughter's gear. If you plan to lock your daughter's duffel with a combination or key lock, please send the combination or a spare set of keys (labeled with your daughter's name) to the camp Office - just in case.

- **CHILDREN TAKING THE BUS FROM NEW YORK OR BOSTON SUBURBS**  
**Please send your daughters duffel via Camp Trucking** or Third-Party service as described above. This will expedite your daughter's arrival to Camp and her bag will be waiting for her at her bed. Your daughter may bring one (1) carry-on/small bag with her on the bus. **Any additional luggage must be sent to camp prior to her arrival** as baggage space on our chartered buses is limited.
- **CAMPERS FLYING TO LOGAN OR PORTLAND AIRPORTS**  
**Your daughter's duffels must be shipped** directly to camp. She may bring one (1) small carry on with her on the plane. Our transportation to camp considers the number of seats needed for Campers only - we do not have space for large duffels or other checked luggage. International Campers are permitted to bring duffels on the plane as long as they are arriving the day before Opening Day.
- **CHILDREN DRIVING TO CAMP WITH THEIR PARENTS**  
You are most welcome to bring you daughter's bags with you to camp and drop them off at her bunk. She will unpack with her bunk mates later.

### **Phone Calls:**

Through our years of experience, we have noticed phone calls can cause more harm than good. A phone call will often cause anxiety and/or severe cases of home sickness, where there was otherwise none. This often hinders the Camper's ability to fully enjoy their experience at Fernwood Cove and leaves parents worried and anxious about their child. As Camp Directors, it is our job to ensure your daughter's happiness and wellbeing - in doing so we have enacted a NO PHONE CALL policy. Campers may call parents on their birthday or a parent's birthday. Call or email to schedule.

Updated!

### **Kid Check:**

For many of our families, this is your daughter's first time away from home. If you seek reassurance about the wellbeing of your daughter, you can request a "Kid Check" from your Parent Account within the Forms section. There are two Unit Leaders at camp that perform these checks - one for the younger half of camp (2<sup>nd</sup> thru 5<sup>th</sup> grades) and one for the older half (6<sup>th</sup> grade and up).

Unit Leaders do their best to respond within 24 hours with an update on your child. Please keep in mind, at the beginning of the session there are several dozen Kid Check requests per day. Please be patient and rest assured, you will hear from us first if we have specific questions or concerns about your daughter.

A few pointers:

1. Let the Unit Leader know if you have specific concerns.
2. Be PATIENT - the reply is coming. In order to provide you with accurate information, our Unit Leaders need to check in with your child and their counselors (as well as the other children on their list).
3. Kid Checks should be used in moderation, if you make two or more Kid Check requests per week, please call and ask to speak with a Director. We understand the anxiety being away from your child may bring and have experience navigating these feelings. Sending your child to camp allows them to learn independence that cannot be taught at home. We appreciate your trust in sending your daughter to Fernwood Cove!

New!

### **Laundry Service:**

Fernwood Cove provides laundry service once a week for each bunk. Clothes/towels will be washed, folded and returned to the bunk in the large green laundry bag provided by Fernwood Cove. It is the responsibility of each individual to turn their garments the correct way. Please ensure that all clothing, bathing suits, socks, underwear, towels etc. are **clearly labeled** as they will be returned all together from the laundry in one or two large bag(s) and will be sorted and returned to each individual in the bunk.

### **Personal Belongings:**

Please note: It is your daughter's responsibility to take care of her belongings. Do not send irreplaceable possessions such as jewelry or other expensive items. Fernwood Cove is not responsible for lost, stolen or damaged personal property.

### **Electronic Devices:**

Electronic devices such as cell phones, E-Readers, Tablets and Video Games are not allowed at camp. These items detract from our mission. If such items are found, they will be held in the office and returned at the end of camp. Small music players with headphones or small speakers are okay for *bunk use and van rides only*. Remember there is no access to power outlets to recharge so it is preferable to have battery operated devices.

### **Money at Camp:**

We must insist Campers do not keep money in the bunk. Camp provides funds your daughter might need for trip days and special events. Please instruct your daughter to turn in any travel money with other valuables to the camp office for safekeeping.

### **Camper Transportation:**

Fernwood Cove will transport camper's in 8, 12 and 15 passenger vans. Our vans are supplied through Enterprise, a nationally recognized rental company with whom we have been working with for over 10 years. Fernwood Cove also works with charter bus companies for our arrival and departure transportation and on our trip days.

### **Online Photos:**

Our dedicated Camp Photographer will be photographing the Campers, activity periods, special events and trips each session. These photos will be available online after the session has ended. Parents will be emailed details on how to access these photos once the album is complete. Please be patient as we will be working hard to make the album live as soon as possible. Typically, the album will be available for viewing one (1) week after the session has ended. All photos will be available for free download with the option to order prints directly from the site.

### **Animals at Camp:**

Fernwood Cove has several animals/pets living on the property including dogs, horses, rabbits, chickens, goats, pigs and sheep. Many of these animals are used in the Fernwood Cove activity programs such as FC Farm Girls and our Natural Horsemanship program. Campers are not permitted to bring their own pets.

### **Meal Offerings:**

At each meal Fernwood Cove will serve a main meal with alternatives as needed including Vegetarian, Gluten-Free, Dairy-Free and Non-Red Meat. Supplemental options include continental breakfast options and a lunch salad bar. Alternative diet options are available as listed below for individuals with documented dietary restrictions only. All other campers are expected to eat from the main meal.

- Gluten-Free: A gluten-free option will be available if the main course contains gluten. The gluten-free option will always have a purple serving utensil and will be on a designated Gluten-Free Service Cart.
- Vegetarian: A vegetarian option will be available if the main course contains meat within the dish.
- Dairy Free: A dairy-free option will be available if the main course contains dairy. These options will be marked and available on a separate service cart. Dairy milk alternatives for breakfast cereals are located on the main breakfast bar.
- Non-Red Meat: If the main course contains red meat or pork there will be a non-red meat/pork option available.

Our chef prepares alternative diet meals for a specific number of campers. Campers that are designated to have alternative diets are expected to eat from those offerings and not "float" between the main meal and the food prepared specifically for them.

Fernwood Cove does not provide alternate options which are specifically Vegan or Paleo.

All dietary restrictions, specialty diet information, and food allergies must be included on your Health Form and submitted prior to arrival to camp. The Head Chef will maintain a list of campers requiring alternative meal options based on the information provided on health forms.

### **Illness or Death of a Family Member**

Please call and speak with a director if this topic is or becomes a concern - we can help. Whether it's a grandparent, immediate family member or pet. Unfortunately, we have a lot of experience in this area and have seen these circumstances handled with eloquence and grace for everyone involved. We can offer sound advice, so you and your daughter may have the best outcome.



### **Drug and Alcohol Policy:**

Use, possession or distribution of cigarettes, E-Cigarettes, vaporizers, alcohol, drugs or inhalants in a manner other than for which they are prescribed is illegal and is strictly forbidden at Fernwood Cove and subjects the offending camper(s) to immediate dismissal.

### **Weapons Policy:**

For the safety of all, Fernwood Cove does not allow Campers to have weapons at any time.

We have no tolerance for the breaking of the Drug and Alcohol or the Weapons policy. If a Camper chooses to violate these policies while under the care and authority of Fernwood Cove, the Camper's parents will be notified, and she will be immediately removed from the camp community and taken to the next available transport home.

### **Absentees, No-Shows and early Withdrawals:**

All parents are requested to notify the camp administration of any "late arrival" plans. Camp should be notified as soon as possible if a Camper will be arriving late.

*No plans should be made which would require a Camper to leave camp and then return - these sort of hiatuses are very disruptive to the entire camp community.*

In the case a Camper does not arrive at camp as planned, camp administration will contact the parents/guardians by phone and/or email and confirm why the Camper has not arrived at camp. We do not prorate/refund any tuition for late arrival, no-shows or early withdrawal.

Updated!

### **Staff & Camper Relations Outside of Camp:**

While at camp, we have very specific and intentional policies for our staff about suitable interactions, physical contact and appropriate conversations with campers. Our policies are in place to ensure the safety and wellbeing of both campers and staff.

After camp, many families wish to invite staff members to stay in their homes or accompany the family on vacation. Our policy for staff members is, **we forbid staff members from directly contacting campers after camp.** If parents wish to host a Fernwood Cove staff member(s) after or before camp, it is the responsibility of the camper's parents to ensure appropriate and safe guidelines are established and understood by any visitor. If you have questions about this policy, please call camp.

### **Early Enrollment Discount**

- Enroll your returning Camper or *new sibling* on **Visiting Day Weekend** and receive a \$400 discount on tuition
- Enroll your returning Camper or new sibling prior to September 15<sup>th</sup> and receive a \$300 discount on tuition
- If you are enrolled in AutoPay, you will automatically be renewed for the \$300 early enrollment discount.

### **Fernwood Cove - Share the Extraordinary**

We understand you may want to keep the Extraordinary World of Fernwood Cove a secret for your daughter only, however we feel every girl would benefit from the magic we share at camp. If you are concerned about school or home friend dynamics, this is why we have two distinct sessions as well as strategic bunking policies. We want the same things for your daughter as you do; safe, fun and life-changing summers at Fernwood Cove. Please allow us the opportunity to help you sort through potential questions or problems you have in referring other campers to Fernwood Cove. Fernwood Cove is more than an experience, and we want to share it with the world!

***Fernwood Cove is not responsible for returning any tuition or fees paid for a Camper who is sent home due to violation of these Policies.***

# COMMUNICATIONS & SOCIAL MEDIA

## **Moxie Minute**

Fernwood Cove's Parent Newsletter is the Moxie Minute. Monthly e-newsletters are sent via email to all Fernwood Cove parents. Important updates and reminders, as well as information about upcoming events, deadlines and the Fernwood Cove Blog are included.

Additional updates and reminders are sent from directors throughout the off-season as well. Make sure you have saved the individual email addresses of the Fernwood Cove administrative team in your contacts to ensure you receive all email communications throughout the year.

## **Social Media**

Stay connected with Fernwood Cove throughout the year by following our social media channels and receive updates from the Extraordinary World.

### **Vlog:** [Fernwood Cove YouTube Channel](#)

The Fernwood Cove Vlog (video blog) provides the most current insight about what's going on at camp throughout the summer. The vlog is the primary source of updates throughout the summer, however viewers can see updates throughout the off-season as well. During the summer counselors are interviewed about the day's events and various aspects of camp are highlighted. Viewers gain a stronger understanding for Fernwood Cove values and daily life at camp through these fun and entertaining videos.

### **Blog:** <http://fernwoodcove.com/blog>

A monthly blog is posted providing in-depth insight into various aspects of camp. Blog posts are typically written by camp administration, but we invite members of the camp community to contribute as well. Our monthly Moxie Minute, the Fernwood Cove Parent Newsletter, will highlight each month's blog post and provide a link to the blog.

### **Facebook:** <http://www.facebook.com/FernwoodCove>

The Fernwood Cove Facebook Page is the perfect place to connect and receive more in-depth information about upcoming events, off-season updates, reminders, and additional resources to help prepare for the summer. You can also tag "Fernwood Cove - Extraordinary Summers for Girls" in photos you post to Facebook and share Fernwood Cove memories with the camp community. This is perfect for off-season reunions, enrollment announcements, and photos from the summer- we love seeing updates from the Fernwood Cove community!

### **Instagram:** <http://www.instagram.com/fernwoodcove>

Instagram is a great way to connect with members of the camp community and re-connect with your memories of camp. While this is the most popular social media platform for Campers, CITs, and alumni, it's also a great way for parents to receive fun and quick updates. Remember to tag @FernwoodCove in your personal posts as well!

## **Parent Account**

Once campers have arrived Fernwood Cove parents will receive regular updates via their online Parent Account. Written by counselors and members of the summer admin team these updates will provide updates about the day-to-day activities and events at camp. Counselors will discuss camp from their perspective and highlight everything from what they enjoyed for breakfast to what occurred in their Focus Activities and during Evening Program.

Please note that there will not be an update everyday as there are evenings each week in which counselors are not available due to their responsibilities with campers.

## **Summer Photos**

Fernwood Cove does not provide photo updates of campers or CIT/Junior Counselors throughout the camp session. This includes posts made to our social media outlets and the Fernwood Cove Vlog. Our dedicated Camp Photographer will be photographing the Campers, activity periods, special events and trips each session. These photos will be available online *after the session has ended*. Parents will be emailed details on how to access these photos once the album is complete. Please be patient we will be working hard to make the album live as soon as possible. Typically, the album will be available for viewing one (1) week after each session ends. All photos will be available for free download with the option to order prints directly from the site.



# PREPARING YOUR DAUGHTER FOR CAMP AND MISSING HOME

*Whether your daughter is a returning Camper or is embarking on her first Fernwood Cove adventure, please take a few moments to familiarize yourself with some important ideas which will assist you to help your child in her transition from home to camp.*

**HOMESICKNESS:** Fernwood Cove has never had a case of homesickness. This is because we do not believe *missing home* is a sickness. When a Camper is missing home, we qualify her feelings by pointing out she is simply missing the familiar things and people she loves. We then teach her the skills to help deal with her feelings of missing home. These mastered skills prepare your daughter for future endeavors of independence. We ask for your assistance by preparing your daughter for camp.

Here are some important guidelines and resources:

- <https://drchristhurber.com/the-summer-camp-handbook/> This is an incredible resource for parents to prepare your daughter for camp! Dr. Christopher Thurber's advice is throughout this Parent Resource book.
- **Be confident in your daughter!** When parents make the decision to send their child to Camp, it is often the parents who are more anxious about this decision than the child. Don't let your daughter pickup on your worries. Be confident and encouraging about the great adventure she is about to take. Call camp if you are worried - we can help you too!
- **Helpful preparations with your child prior to camp** might include making a calendar (with important dates on it like Visiting Day, birthdays, 4<sup>th</sup> of July) to help her visualize the length of her stay at camp; assuring her when she gets home, things will be just as she left them; or making sure she feels confident you will look after and love any of her pets while she is gone.
- **Have a letter waiting for your daughter upon her arrival at camp.** A cheerful letter encouraging her to have a wonderful time at camp will help her not to dwell on feelings of sadness or what she might be missing at home. To allow for mail delays, please mail your letter the week before your daughter arrives at camp.
- **Especially for new Campers,** the first few days can be exhilarating, exhausting and sometimes a little sad. As always, the directors are available by phone or email at camp. Please ask for a "Kid Check" and either a Director or Unit Leader will call you back to let you know how your daughter is doing.
- **Most importantly, never discuss a "pick-up deal" with your child.** Example: "If you don't like camp you can come home," or "Just try it and see if you like it - if not I will come get you." Your daughter has committed to camp for the entire session of 26 days, and it is important she understands the significance of finishing the things she has begun. She *will* hold you to your promise to pick her up - even if she is having a great time. If at the end of her stay at camp, she decides she does not wish to return to camp next year, she will have made an informed decision having accomplished her original goal.

Should your daughter become extremely homesick, one of our Directors or Unit Leaders will work with her to help her understand and master the skills to overcome her feelings of homesickness.

*~ Believe in your child. We will not give up on her and allow her to fail - we ask the same of you.*

*~ We have never lost a child to homesickness - however we have lost a few parents.*

# HEALTHCARE CENTER

With your cooperation, our Health Care Staff will make every effort to keep your daughter healthy and cared for during her camp stay.

## Medical Services

There are some differences between the healthcare at camp and your healthcare at home. Because of the shortness of camp, and our strong sense of obligation towards parents, we are more likely to take your child to be seen by a doctor to rule out any greater concerns. Our nurses may act more quickly to x-ray a sprain or medicate a sore ear or throat than your physician would at home.

Anytime a child spends the night in the Healthcare Center, needs prescription medication, or visits the hospital you can expect to: 1) - receive a call or 2) - an email from our Healthcare Staff.

If your child writes to you about an illness/injury you have not heard about from the Healthcare Staff, please call camp and ask to speak with a member of our Healthcare Staff to reassure yourself everything is fine.

## Camper Health Form

***It is mandatory*** to have a current and completed Health Form on file with camp before your daughter participates in any camp activities. **The form should include any special health instructions as well as a clear and concise description of your daughter's health history.**

Due to our litigious society and privacy acts, medical practitioners are providing limited information on these forms, so we need your help to provide accurate and important information. This helps our Healthcare Staff make informed assessments and decisions. The online Health Form **MUST** be submitted and signed by May 1, 2020, the **Hard Copy Health Form (printable)** needs to be completed by your daughter's medical provider and returned by June 1, 2020. Exam date must be within 12 months of camp attendance.

If the form is not **signed**, camp does not have the right to treat your daughter, even in an emergency. Sign-in to your [Parent Account](#) to print the Hard Copy Health Form and/or complete the online Health Form!

## Self-Administer Emergency Medication

The State of Maine has passed a law which affects all Campers who must have readily available emergency medication (carry or possess outside of the regular supervision of the camp's Healthcare Staff) to self-administer in an emergency while at camp. These medications include, but are not limited to, an asthma inhaler or an epinephrine (epi) pen.

The Self-Administered Medication form can be completed via your [Parent Account](#).

Most families opt to have these meds kept and available in the Healthcare Center. If you choose to have your daughter carry her emergency medications with her - please ensure her name is clearly labeled on these medications.

## Vaccine-Preventable Disease and Refusal Policy

There has been an increase in the number of cases of vaccine-preventable diseases (VPDs) in the United States over the last several years, including those which have been linked to foreign travel, spread on school and college campuses, or spread at children's summer camps. **The best protection against vaccine-preventable diseases is broad vaccination coverage.** Therefore, age-appropriate vaccination of all individuals who will be attending or working at Fernwood Cove summer camps is required.

We recommend all children and staff are up to date according to the Center for Disease Control recommendation for immunization. All staff and campers must have an accurate immunization record on file prior to arriving at camp (submitted with your **printable Hard Copy Health Form**) and all unvaccinated individuals at camp must have an immunization exemption form on file (please find available upon request) prior to their arrival at camp. Additionally, due to the rise in VPDs and our utmost goal of a safe and healthy community here at Fernwood Cove, we want staff and families to understand our policies for managing potential and actual VPDs at camp.

Unvaccinated children and staff against communicable diseases who demonstrate signs or symptoms consistent with VPDs will be quarantined until diagnosis of disease can be confirmed. In the event that the child or staff is diagnosed with a VPD, the following will occur:

1. Parents will be notified and child/staff will be removed from camp immediately.
2. Parents/staff will be responsible for arranging and the cost of travel or other accommodations within 24 hours of notification. Please be aware that Maine Center for Disease Control guidelines may require no public travel depending on the infectiousness of the disease.
3. Should our community be exposed to a VPD such as measles, children/staff in the community who are unvaccinated but without symptoms may be required to receive immunization to remain in camp. Immunization and related costs will be the responsibility of the parent/staff.

## Communicable Diseases

Fernwood Cove also asks you to take precautions to keep your child from being exposed to communicable diseases at least three weeks before Camp opens. **CAMP MUST BE NOTIFIED IN CASE OF DIRECT EXPOSURE TO ANY COMMUNICABLE DISEASES SUCH AS CHICKEN POX, WHOOPING COUGH, MEASLES, FLU ETC.** In addition, please inform the Directors if your daughter has suffered any health condition that could affect her well-being during the opening week of Camp, for example if she has been on antibiotics.

If your daughter experiences Flu and Flu-like Symptoms- Per the Center of Disease Control and Prevention (CDC): CDC recommends that Campers stay home for at least 24 hours after your fever (100° F or 37.8° C) is gone except to get medical care or for other things you have to do and no one else can do for you. (Your fever should be gone without the use of a fever-reducing medicine, such as Tylenol®.) You should stay home from Camp, work, school, travel, shopping, social events, and public gatherings.

If your daughter exhibits flu-like symptoms while at Camp, she will be isolated from the community until she is fever free for at least 24 hours.

## Insurance Information

All campers are required to have health insurance. Please provide your daughter's insurance information on the Health Form in the Insurance Information box along with an uploaded copy of your insurance card. If your daughter needs medical services outside of what Fernwood Cove provides the healthcare provider will bill you and/or your insurance carrier. We advise international campers to review their health insurance policy and ensure it covers health care in the United States. If not, we recommend obtaining travel health insurance for the duration of your daughters stay.

## IF YOUR DAUGHTER WILL BE TAKING MEDICATION WHILE AT CAMP PLEASE READ THIS ENTIRE SECTION

### Medication

Campers who require medication while at Camp, must use *CampMeds Inc.*, a pre-packaging medication program. [CampMeds](#) has been servicing the camping industry since 2003, providing accurate dispensing, packaging and shipping medications directly to Fernwood Cove.

Important!

Our policy and procedure for delivering medicine **REQUIRES** camp families to have **ALL** pill form medicine dispensed by CampMeds.

### CampMeds will fill:

- Prescription medication in pill form (daily and “as needed” PRN)
- Non-prescription items Over-The-Counter (OTC) such as allergy medication, probiotics Melatonin, vitamins, etc. (daily and “as needed” PRN)
- Our camp stocks most Over the Counter (OTC) items such as Tylenol, Advil, Benadryl, etc. - there is no need to have *CampMeds* dispense typical OTC items.
- Vitamins (for specialty vitamins/supplements, email *CampMeds* to confirm they can provide)
- The exceptions: Accutane, growth hormone, insulin, injections, birth control pill.

### Why CampMeds?

*The reason we use CampMeds is it's so much safer to ensure each camper is getting exactly what is requested or prescribed and the possibility for medication error is significantly reduced. It is also good for overnights and out-of-camp trips. We also receive their medication a couple of days before opening day so our Healthcare Staff can get organized.*

*We have 200 campers and approximately a third take medications daily. We give medication to around 60 campers per day. Breakfast and evening (before bed) is when most campers receive their medications. We need to ensure campers receive the correct meds/dosing and be efficient so they can get back with their friends. Dosing out of bottles or boxes is both time consuming and not as safe - considering the volumes of medications to be dealt out.*

*CampMeds mitigates the risks and ensures everyone gets the correct med, at the correct time, in the correct dose. We have used this system for 5 years and feel strongly that your daughter is safer.*

*I hope this helps to clarify why we use CampMeds and why it is so important in our setting with delivering medicine/pills to many campers.*

*Thank you in advance for your co-operation.  
Warmly, Beigette*

Medications in pill form are filled by *CampMeds* and are individually packaged and sealed per date and time of administration. Each individual packet will contain the exact number of pills/doses prescribed to be given at the same time each day.

Using *CampMeds* minimizes potential errors; ensuring every Camper receives the correct medication/dosage at the correct time/day. This also allows your child to spend her time with friends or activities vs. waiting in!

Medication at camp is dispensed at mealtimes and bedtime. Medication will only be dispensed at a different time of day if medically necessary and a specific time is written on the prescription. You

are responsible to check your child's prescriptions are written exactly how and when the medication is to be given. For example, if the med is to be taken only as needed, the prescription must be written precisely this way. If the med is to be the "brand drug", the prescription must be written with the words "Brand Name Necessary" or the generic will be dispensed.

**Attention!**

**We want to be clear: We expect 100% participation from families with Campers who will need medication while at camp. We will not accept medications brought to us on opening day.**

**All medications must be registered with CampMeds prior to your daughter's arrival.**

The only exception to this procedure is if *CampMeds* notifies us they are unable to accept your insurance. If your daughter does not take medication, vitamins or has any other as needed (PRN) meds, you do not need to register with *CampMeds*.

Register at [www.Campmeds.com](http://www.Campmeds.com) and view their FAQ page for more information.

We are confident this program continues to help us achieve our primary goal, *safety of your child*.

**\*Recommended by the American Academy of Pediatrics:** "Leave your child on whatever medications they are currently taking during the summer. The summer is not the time to put them on a med holiday."

### **Orthodontia**

If your daughter has a problem with her orthodontia while at camp, we will notify you and if needed will bring her to Androscoggin Orthodontics in Auburn, Maine where we have a close relationship with Dr. Bauer.

If you are considering braces for your daughter, we recommend you wait until after camp. Initial braces often need adjustments in the first few months. Your daughter will enjoy her time at camp more if none of it is spent in an orthodontist's office!

### **Eyewear**

If your child wears eyeglasses or contact lenses, please send an extra pair. Also, please make sure the prescription is attached to the medical form. Any repairs done to glasses will be added to your daughter's account and be itemized on the final bill.

### **Ticks**

Ticks at camp are rare since the camp is sprayed for ticks and mosquitoes prior to campers arriving. When ticks are encountered, it typically during out-of-camp Trip Days and Overnights. The ticks which are typically encountered are Dog/Wood ticks which do not carry Lyme disease.

Deer ticks, which can carry diseases such as Lyme and Anaplasmosis, are widespread in the northeast of the United States. We educate our staff and campers on the importance of regular tick checks, as well as encourage them to wear long pants and/or insect repellent in grassy or wooded areas. We recommend you send your daughter to Camp with an EPA-registered insect repellent, with DEET, Picaridin or Eucalyptus Lemon Oil.

There has never been a positive identification of a Deer Tick on a camper or staff member at camp - only wood ticks.

# LICE - NO NITS AT CAMP

Head lice is persistent in any communal setting where children are in close contact. Each summer we take proactive measures to protect your children under our care. Fernwood Cove adheres to a strict **NO NIT POLICY**.

We need your help, vigilance and compliance with the following measures:

## **At Home, Please:**

- Read the information provided by the National Pediculosis Association (NPA) at [headlice.org](http://headlice.org); learn to recognize lice, nits (lice eggs) and the symptoms of their presence.
- Check your daughter's hair now to become familiar with the process.
- **2 weeks before camp - check your child's head.** If there is evidence of lice, consult your pediatrician for treatment, remove all nits, and notify camp so we may double-check her upon arrival.
- Check your child's head the day before departure for camp. If evidence of lice or nits, *delay her departure to camp* for medical reasons until all lice and nits have been removed or notify us and she can be treated by LTC for \$350.

## **At Camp:**

- Children arriving at camp will be screened for nits and lice before they enter their living space by Lice Treatment Center, ([LTC](#)).
- Any child who arrives with nits/lice will be treated and return to the bunk the same day (usually within a couple of hours).
- LTC will provide the first treatment and our Healthcare Staff will provide the follow up treatments with [all-natural products](#) provided by LTC.
- We will inform you if your child has lice and you will be billed **\$350 (our cost)** for this treatment.
- We will have periodic screenings throughout the summer, and your daughter will be thoroughly checked before she leaves for home. LTC will return later in the summer to ensure your daughter is lice free.

***We are confident these measures will enable us to have a healthy summer!***



## TRAVEL INFORMATION

In a few months, your daughter will be off to camp! We hope the following information will be helpful to you.

Please send your daughter to camp in uniform or minimally a Fernwood Cove sweatshirt/t-shirt. This helps us identify Fernwood Cove girls in airports/train and bus stations and smooths the transition to camp.

Cell/Mobile devices will be collected at the first contact with a Fernwood Cove staff member. Your daughter will be able to call/text to let you know she has been met by our staff. You can also expect a call from our office staff when she has arrived safely at camp. Cell/mobile phones will be return prior to departure from camp.

### Air Travel:

Please review the “recommended flights” sheet on the next page. You will find we have chosen flights from different locations based on arrival times which are convenient for us - we strongly recommend you choose one of these flights. You are required to book your own flights.

You will find our recommended flights arrive into Boston’s Logan Airport and Portland’s Jetport. From there, your daughter will be met at her arrival gate by a Fernwood Cove Staff member and will be transported to camp in one of our vans. ***Please have your daughter(s) wear a Fernwood Cove shirt/fleece to make her easily identifiable by our Staff and new Campers and their families.***

If you find you cannot use one of our flights or we haven’t recommended a flight from your city, please schedule your daughter’s arrival between 9:30 am. and 12:00 pm. If this is not possible, please contact us at the Office to discuss other arrangements.

Keep in mind the following commute times to accommodate your daughter’s timely arrival at camp:

- Boston Logan to Fernwood Cove = 3 + hours.
- Portland, Maine to Fernwood Cove = 1 hour.
- If you are dropping your child off at Boston Logan, please have her at Terminal B Arrivals (lower level), between doors B102 & B103 (near the elevator) no later than 12:00 noon.

When booking your daughter’s flight please ask the airline to note in her record, **she will be met at the gate of her final destination by a Fernwood Cove Staff member with a letter from the Director, Jim Gill.** This is VERY IMPORTANT! By adding this line to your daughter’s record, it ensures our Staff will be able to attain a gate pass to meet your daughter.

The airline will also insist on knowing who is meeting your daughter, tell them Jim Gill 207-583-2381. We will email you updated information 3 to 5 days prior to your daughter’s departure, please relay the information to the airline.



**Unaccompanied Minor and Airline Assist:**

If you choose to have your daughter fly as an unaccompanied minor, please note airlines have varying policies on who qualifies as an unaccompanied minor. If the airline you are using says your daughter is too old to qualify as an unaccompanied minor; **1<sup>st</sup>** try speaking with a manager to resolve the issue; **2<sup>nd</sup>** ask about “Airline Assist”. All airlines have airline assist, where an airline/airport employee will escort your daughter from the plane to connecting flights. There is usually no charge for airline assist.

**For our overseas and West Coast families or children traveling more than 3 hours by plane:**

Please plan to have your daughter travel to camp a day early. Her flight should arrive into Boston Logan Airport between 1:00 pm. and 3:00 pm. or Portland Jetport between 10:00 am and 5:00 pm. She will then be met at the gate by a Fernwood Cove Staff member and transported to camp in one of our vans. This policy assists Campers traveling across time zones who may experience jetlag or extreme weariness.

## **RECOMMENDED FLIGHTS**

Departure City	Airline/Flight #	Departure Time	Arrival Time	Destination
Atlanta, GA (ATL)	Delta #2230	9:06 AM	11:45 AM	Portland (PWM)
Baltimore/DC (BWI)	Southwest #6271	10:40 AM	12:10 PM	Portland (PWM)
Chicago – O’Hare (ORD)	United #2090	9:10 AM	12:30 PM	Portland (PWM)
Chicago – O’Hare (ORD)	United #286	6:00 AM	9:10 AM	Boston (BOS)
Cleveland, OH (CLE)	Jet Blue #440	9:09 AM	10:49 AM	Boston (BOS)
Houston, TX (IAH)	United #2248	7:50 AM	12:35 PM	Boston (BOS)
Los Angeles, CA (LAX)	Jet Blue #288	6:00 AM	2:36 PM	Boston (BOS) <i>Arrive One Day Earlier</i>
Miami, FL (MIA)	Frontier #2938	8:00 AM	11:30 AM	Boston (BOS)
New York (JFK)	Jet Blue #508	9:51 AM	11:06 PM	Portland (PWM)
Philadelphia (PHL)	American #4984	10:35 AM	12:16 PM	Portland (PWM)
San Francisco (SFO)	United #276	6:00 AM	2:30 PM	Boston (BOS) <i>Arrive One Day Earlier</i>
Washington, DC (DCA)	American #4698	9:59 AM	11:42 AM	Portland (PWM)
Washington, DC (IAD)	United #6149	12:30 PM	2:09 PM	Portland (PWM)

FLIGHT NUMBERS AND TIMES ARE SUBJECTED TO CHANGE.

These flights were researched on 1/24/2020.

These are **recommended flights only**, chosen for their ideal arrival times. Please note our designated flights are non-stop, one-way. Other flights may be used, however must arrive in Boston by 12:00 PM or in Portland no later than 2:00 PM (Exception: International flights & flights over 3 hours). Flights home should depart between 10:00 AM and 12:00 PM from Boston or Portland, unless otherwise noted. Please call to coordinate with us directly if flights need to be scheduled outside of these times. After you book a flight submit the online travel form through your [Parent Account](#).

### **Bus Travel:**

We will provide chartered bus service from Lincoln Center, New York; Port Chester, New York; Fairfield, Connecticut and Lexington, Massachusetts. You may sign your daughter up to use one of these buses by logging into your parent account and filling out the Travel Form by April 1st. We have detailed the pick-up locations and times on the next page.

### **Car Travel:**

If you are driving your daughter to camp, please plan to arrive between 2:00 pm. and 4:00 pm. Please limit your time at camp (20 to 40 minutes is appropriate) so your daughter can begin her camp adventure! Don't worry about unpacking your daughter, we will do this as a bunk activity! We prefer your Camper to unpack herself; she will know where her things are because she put them there.

### **Travel Home:**

Most families choose to drive their daughter(s) home. Pick up times on Closing Day are between 8:30 am. and 9:30 am. If your daughter needs alternative means of transport home, we offer a camp van to Boston Suburbs, Logan Airport and to the Portland, Maine Jetport. We also offer a return service to Fairfield, CT, Port Chester, NY and Lincoln Center, NY.

Campers who are flying home (without parents) are transported to the airport by Fernwood Cove Staff members. Upon arrival at the airport, staff members supervise Campers at all times, and will remain at the gate until the plane takes off and is en-route. Staff members will stay at the gate until they confirm the Camper's plane has left the ground.

### **Release of Campers:**

Campers are not released to anyone other than a legal parent or guardian without prior permission. Permission must be given by a legal guardian, specifying who the Camper is to be released to and for what reason (i.e. departing camp on Closing Day). Permission is preferred in writing, through email, but is accepted by telephone with confirmation by members of the Administrative Staff.

### **Transportation Charges**

<b><u>BUS/VAN</u></b>	<b><u>ONE-WAY</u></b>	<b><u>ROUNDRIP</u></b>
Port Chester - New York	\$150	\$250
Lincoln Center - NYC	\$150	\$250
Fairfield - Connecticut	\$150	\$250
Lexington - Boston Suburbs	\$125	\$200
Boston Logan Airport	\$125	\$200
Portland Jetport	Free Arrival	\$50 DEPARTURE

If your daughter's travel plans to camp or home change, it is important we are informed as soon as possible. Please update the Travel Form through your [Parent Account](#) and email us at [transportation@fernwoodcove.com](mailto:transportation@fernwoodcove.com).

**Please make sure to complete the travel form online by April 1<sup>st</sup>.** This is important information for us when reserving busses and vans. If you have any questions, please call us or email us at [cove@fernwoodcove.com](mailto:cove@fernwoodcove.com) during the off season or [transportation@fernwoodcove.com](mailto:transportation@fernwoodcove.com) while camp is in session.

# FERNWOOD COVE CHARTERED BUS PICK-UP LOCATIONS

ALL BUSES ARE CHAPERONED BY FERNWOOD COVE STAFF MEMBERS AND ARE AIR-CONDITIONED, HAVE A MOVIE AND CONTAIN BATHROOM FACILITIES.

## Lincoln Center, NYC.

Arrive by 8:00 am. for an 8:30 am. departure  
Travel Time 6 hrs.  
Please pack a healthy nut free lunch

Directions:

GPS: 162 W 62<sup>nd</sup> St. New York, NY 10023  
South side of Lincoln Center on West 62<sup>nd</sup> St. (between Amsterdam and Columbus Ave.)

## Port Chester, NY

Arrive by 8:30 am. for an 9:00 am. departure  
Travel Time 6 hrs.  
Please pack a healthy nut free lunch

Directions:

GPS: 431 Boston Post Rd, Port Chester, NY 10573  
Bus will be parked in front of Kohl's Shopping Center

## Fairfield, CT

Arrive by 9:30 am. for an 10:00 am. departure  
Travel Time 5 hrs.  
Please pack a healthy nut free lunch

Directions:

GPS: 165 Round Hill Road, Fairfield, CT 06824  
Take Exit 22 off I-95 (Northbound side Only) to the Fairfield Service Plaza

## Boston Suburbs

Arrive by 12:30 pm. for an 1:00 pm. departure  
Travel Time 3 hrs.  
Please have your daughter eat lunch prior to boarding the bus

Directions:

GPS: Lexington Service Plaza Northbound, Lexington, MA 02421  
Take Exit 30A off I-95 (Northbound side Only) to the Lexington Service Plaza

## Boston Logan Airport (AMERICAN AIRLINES Baggage Claim)

Arrive by 12:30 pm. for an 1:00 pm. departure  
Travel Time 3 hrs.  
Please have your daughter eat lunch prior to boarding the bus

Directions:

GPS: Boston Logan Airport, Boston, MA 02128  
If you are flying with your daughter or driving her to meet the Logan Bus, please meet us at the American Airlines Baggage Claim in terminal B (at door B102) no later than 12:30 pm.

## **BLACK CAR OR CAB SERVICE**

### **DMC Livery Service**

Camp to Airport Service & More

207-576-4750

[dmcliveryservice.com](http://dmcliveryservice.com)

### **Limousine Services**

Local Taxi Service

207-482-3778

[limoservicesinmaine.com](http://limoservicesinmaine.com)

### **Maine Limousine Service**

Limousine and Executive Car Service

800-646-0068

207-883-0222

[mainelimo.com](http://mainelimo.com)

### **Oxford Hills Taxi Service**

Local Taxi Service

207-743-7963

[oxfordhillstaxi.com](http://oxfordhillstaxi.com)

### **UBER**

Services can be used if traveling from Portland to camp. Please note, we do not have UBER drivers in our area making return travel by Uber difficult.



# FERNWOOD COVE UNIFORM REQUIREMENTS AND SUGGESTED PACKING LIST

Fernwood Cove is a uniform camp, which fulfills our desire to live simply without emphasis on appearances. The regulation Fernwood Cove uniform colors are white and hunter/dark forest green. No clothing of other colors or with other logos or emblems may be worn as uniforms. The [Amerasport](#) outfitters catalogue is provided as a convenience and a guideline for our uniform requirements, however there are many items which you can buy elsewhere (or your daughter may already own) which will be fine for camp. Here is a guide which will help you pack for your daughter's summer:

## 12 White Shirts

Any white shirt is fine - tank tops (*not* spaghetti straps), polo shirts, white Hanes t-shirts etc. Logos are limited to the front pocket area and should be no larger than 2" x 2". We do laundry at camp once every week (7 days), so the quantity of uniform your daughter brings to camp needs to get her from one laundry day to the next.

## 10 Forest/Hunter Green Shorts and 1 White Shorts

Soccer style nylon shorts, cotton shorts, chino style - any type are fine as long as they are the right color! Camper shorts must be in hunter green. Accents, trim, etc. in other colors is not permitted. Limited white accent stripes on shorts, pants, etc. is permitted. The catalogue comes in handy to double-check this. Your daughter needs one pair of white shorts in any style for special events (4-5 times during the session).

## Forest/Hunter Green Outerwear

Nights (and some days!) can get chilly in Maine, even in the summer time! We want your daughter to be warm, and still in uniform. We recommend a fleece outer-garment, as this is multipurpose. Amerasport sells a very nice quality green fleece. If she has a fleece, she will only need ONE forest green sweatshirt (for slightly less chilly weather). She will need 2-3 pairs of green pants to keep her legs warm.

## White Outerwear

One white sweatshirt will come in handy for our special events on colder days. White sweatpants are unnecessary.

## Socks & Underwear

Your daughter can never have enough socks - at least 12 pairs of cotton socks in any style she prefers (ankle, tube etc.). Wool socks are great for hiking, but not essential. Pack at least one pair of underwear for each day of the week, with at least a couple of spares.

## Rain Gear

Wet feet and clothing can make life miserable, so waterproof (not just shower proof) gear is very important. Your daughter will need either a longer style rain jacket or poncho (can be any color - most likely your daughter has one which will work), and a pair of waterproof shoes/boots (rain boots etc.).

## Sleepwear

Some nights are chilly, some are quite warm. Your daughter will need two pairs of sleepwear which cover both these weather possibilities. If she likes to sleep in shorts and t-shirts, or perhaps a nightgown - this is just fine. These items do not need to be in camp colors. Bedroom slippers can be nice to have in the bunk (the floors are wood), but are not essential.

### Swim Gear

Your daughter will need at least two bathing suits. These do not need to be in camp colors; one-piece or athletic style two piece are highly recommended (teeny bikinis don't work well for water sports).

A white bathing cap is essential for safety while your daughter is swimming - camp will issue these to the children at every swim lesson.

Two beach towels are important (one can be drying while the other is used) - any color is fine.

### Shoes

Sneakers or cleats will be used for field sports, tennis and other athletic type activities. No particular type of sole is necessary. Teva's/Crocs or other supportive athletic sandals (with a heel strap) are also acceptable footwear. **Flip-flops and slides (i.e. any shoe without a back-heel strap) are for shower use only.** Platform shoes, any shoes with sole which is one or more inches, are also not allowed in camp due to possible ankle injuries. Any inappropriate footwear which is sent to camp will be mailed back home.

### Bedding

We provide all bed linens and blankets. We do not provide towels. Please do not send personal blankets or sheets. Your daughter may bring up to two stuffed animals or a special "blanky."

Your daughter will need:

- A pillow and two pillowcases (except international Campers)
- A laundry bag (big enough for one week worth of clothing)
- A shoe bag (with many pockets, to hang on the wall, to hold shoes, brush, flashlight etc.)
- A bath robe (to get to and from her bunk to the shower house) - any color
- A sleeping bag (any style, does not need to be warm to freezing temperatures!)
- Two beach towels (so she still has one to use while the other is drying)
- Three shower towels

### Toiletries

Please pack sanitary napkins/tampons, toothbrush and toothpaste, soap, shampoo, conditioner, Kleenex, extra comb/brush, and any additional toiletries your daughter will use.

### Miscellaneous Articles

Please equip your daughter with a camera, film/memory cards, stationery and stamps, pen, etc.

### Sun Protection

We also encourage you to pack a good broad-spectrum sun block as well as a sun hat or visor for your daughter. Be sure to label each item with her name. Limited supplies of necessary items are available in the camp canteen.

### Camp Gear

Please pack your daughters clothing for the summer in a duffel bag or soft-sided suitcase. These are more easily stored and will not be used during the session.

Your daughter will need:

- Two water bottles (one for water the other for Gatoraid)
- [Crazy Creek™](#) or similar seat for sitting on the ground.
- An LED flashlight/headlamp and batteries (this is her source of light in the bunk - it should be a good one! Battery operated lanterns, headlamps, snake lights etc. are all fine as supplements.)
- Daypack (a size which you know your daughter can carry on trip day) school backpack size is fine.

### Activity Items

It is difficult to know what your daughter will enjoy most at camp, especially if this is her first summer! Here are some general equipment guidelines:

- *Tennis* - We have some tennis racquets to loan; however, your daughter will see greater improvement with a racquet fitted to her size and strength. We do not require Fernwood Cove Campers to bring their own tennis balls.
- *Natural Horsemanship Program* - We have limited helmets to lend at camp. If your daughter is planning on riding, she should bring a helmet, jodhpurs or inexpensive riding pants with no inner seam, boots etc. with her.
- *Water Sports* - Board shorts; Aqua socks are only necessary if your daughter is squeamish about putting her feet on the bottom of the lake (it is quite sandy).
- *Dance/Gymnastics* - Special shoes are not necessary; however, your daughter may bring tap, ballet or jazz shoes if she already owns them. She may also bring leotards for dance or gymnastic classes.
- *Hiking* - Special boots are not necessary (All terrain sneakers will be fine for our day hikes).
- *Sports* - We have all sports equipment needed at camp. Your daughter may bring soccer cleats and shin pads and a softball glove if she owns them. Mouth guards are supplied by camp.

### Non-Uniform Clothing

Your daughter will have the opportunity to wear non-uniform clothing during Campfire and special events. One or two outfits will be enough for the session (something she would wear out to the movies). Even though these events are “non-uniform,” clothing and shoe policies still apply (please refer to the policies section). A green T-shirt may also be added to be worn for Green and White Day, but since this is a one-day event the T-shirt is not a required item. She will also need a white outfit for banquet, held on the last Friday evening of camp - many of the girls wear white sun dresses.

### Clothing Taboo:

Spaghetti strap tops (<1 inch in width) or clothes exposing the midriff are not permitted at camp or outside of camp during your daughter’s camp stay. Please do not bring or send these items to camp.

### Footwear for Camp:

**Teva’s/Crocs:** (with a heel strap) may be worn throughout the day.

**Sneakers:** are to be worn during all sporting activities, including team sports and active evening programs.

**Closed Toed Shoes:** must be worn in the following areas: horse barn, sewing/fabric arts and at Campfire.

**"Gladiator Sandals"** and similar sandals with non-supportive straps are only allowed during Services and Banquet.

**Wedges or High-Heeled Shoes:** are not permitted at camp.

**Flip-Flops and Slides** may be worn to the shower house **ONLY**.

### Jewelry:

Please do not send your daughter to camp with expensive jewelry. Simple studs for pierced ears are fine. Dangling jewelry will not be permitted in most activities as it can be dangerous.

### Name Tapes

Please be sure your daughter’s name is on **EVERY** garment brought to camp, including all the clothes your daughter wears to camp. Waterproof markers can be used on clothes, sleeping bags, rainwear, boots, shoes, slippers, tennis racquets, flashlights, water bottles, cameras, etc. unmarked items are difficult to return to their owners.



# Fernwood Cove Packing List



<b>Uniform</b>	<b>Non-Uniform</b>
<input type="checkbox"/> 12 White T-Shirts	<input type="checkbox"/> 12 Socks
<input type="checkbox"/> 10 Green Shorts	<input type="checkbox"/> 10+ Underwear
<input type="checkbox"/> 1 White Shorts	<input type="checkbox"/> 4 Sleepwear (cool & warm)
<input type="checkbox"/> 2 Green Sweatshirts	<input type="checkbox"/> 2 Swimsuits
<input type="checkbox"/> 1 White Sweatshirt	<input type="checkbox"/> 2 Sets Regular Clothes (for Campfire)
<input type="checkbox"/> 2-3 Green Sweatpants/Leggings	<input type="checkbox"/> 1 Raincoat
<b>Shoes</b>	<b>Essentials</b>
<input type="checkbox"/> 2 Sneakers/Tennis Shoes	<input type="checkbox"/> 2 Beach Towels
<input type="checkbox"/> 1 Croc/Teva/Keen	<input type="checkbox"/> 3 Shower Towels
<input type="checkbox"/> 1 Rainboots	<input type="checkbox"/> 1 Sleeping Bag
<input type="checkbox"/> 1 Flip Flop—Shower Shoe	<input type="checkbox"/> 1 Pillow (except International Campers)
<input type="checkbox"/> 1 Slippers (Optional)	<input type="checkbox"/> 2 Pillow Cases
<input type="checkbox"/> 1 Shoe Organizer	<input type="checkbox"/> 1 Laundry Bag
<b>Toiletries</b>	<b>Activity Related (Optional)</b>
<input type="checkbox"/> Shampoo & Conditioner	<input type="checkbox"/> Soccer Cleats, Shin Guards
<input type="checkbox"/> Body Wash	<input type="checkbox"/> Tennis, Lacrosse & Field Hockey Gear
<input type="checkbox"/> Toothbrush & Toothpaste	<input type="checkbox"/> Ballet, Tap, Jazz Shoes
<input type="checkbox"/> Sun Block	<input type="checkbox"/> Leotards
<input type="checkbox"/> Bug Spray	<input type="checkbox"/> Riding Boots, Helmet & Pants
<b>Miscellaneous</b>	<b>Insider Tips (Optional)</b>
<input type="checkbox"/> 1 Flashlight & Extra Batteries	<input type="checkbox"/> 1 Crazy Creek
<input type="checkbox"/> 2 Water bottles	<input type="checkbox"/> 1 White Dressy Outfit
<input type="checkbox"/> 1 Backpack	<input type="checkbox"/> 1 Animal Onesie/Pajamas
<input type="checkbox"/> 1 Hat	<input type="checkbox"/> 1 Crazy Dress-Up Costume
<input type="checkbox"/> Medications (campmeds.com)	(Fairy Wings, Tutus, Neon Colors)
<input type="checkbox"/> Stationary & Stamps	<input type="checkbox"/> 1 Set of Black Clothes (leggings & top)
<input type="checkbox"/> Shower Caddy	(Dance/Gym Performances)



## PROGRAM ACTIVITIES

This section of the Parent Resource Book has been developed to describe various aspects of the Fernwood Cove Program including daily activities, trips and overnights.

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### DAILY ACTIVITIES

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#### FOCUS ACTIVITIES

Focus activities are instructional activities which occur daily for five days. Each five-day period is called a “focus week”- there are three Focus Weeks during the camp session. There are six focus activities per day, each lasting 55 minutes.

#### INTENSIVES

An “intensive” which is an activity 8<sup>th</sup> & 9<sup>th</sup> grade Campers take for multiple Focus Weeks. During the first week of camp your daughter may “try out” activities she feels she would like to take as an intensive. After the first focus week she can decide which activities she would like to keep as her intensives for the remainder of the camp session. Intensives are optional. Only 9<sup>th</sup> grade campers are eligible to have Water Skiing or Wakeboarding as an intensive.

#### ACTIVITIES

Focus Activities are separated in to seven (7) activity categories. These are Adventure, Athletics, Creative Arts, Natural Horsemanship & Agriculture, Performing Arts, Studio Arts, and Waterfront.

Campers submit activity choices weekly. Most activities are offered every week of camp. However, there are new activity options each week as well, ensuring every camper can explore something new.

Campers are required to select ten activity choices, but will also be required to choose a certain number of activities from each category listed below:

- 2nd, 3rd & 4th grade Campers will be required to choose at least one activity from 4 of the 7 activity categories.
- 5th and 6th grade Campers will be required to choose at least one activity from 3 of the 7 activity categories.
- 7th and 8th grade Campers will be required to choose at least one activity from 2 of the 7 activity categories.

REQUIREMENTS Some activities are required throughout the summer. They are:

- All Campers are required to take one Sport/Fitness activity each week.
- All Campers in 2<sup>nd</sup> - 6<sup>th</sup> grades are required to take one week of swimming. Additionally, any 7<sup>th</sup> - 9<sup>th</sup> grade Campers who are not Level 6 swimmers are required to take a week of swimming. Participating in Swim Fitness counts towards fulfilling the swimming requirement.
- Campers in 2<sup>nd</sup> - 5<sup>th</sup> grades are required to take one week of Canoeing.
- 2<sup>nd</sup> & 3<sup>rd</sup> grade Campers are required to take one week of Outdoor Living Skills
- 6<sup>th</sup> grade Campers participate in Moxie’s Adventure, a teambuilding activity to help prepare campers for leadership responsibilities as 7<sup>th</sup> - 9<sup>th</sup> grade campers.

## ADVENTURE

**Mountain Biking** Fernwood Cove girls can build their understanding of bike mechanics and their biking skills while participating in mountain biking. Girls progress from basic biking to maneuvering over obstacles such as rocks and logs while utilizing the miles of trails on the Fernwood Cove property. Fernwood Cove supplies all equipment, including helmets. Mountain Biking instructors are experienced and skilled in mountain biking techniques and are well oriented to the trail system on the camp property.

**Climbing** Campers challenge themselves both physically and mentally while learning basic climbing techniques in a safe, controlled environment. All Campers and instructors wear appropriate safety gear and equipment while participating in climbing activities. The climbing facilities (structures and equipment) at Fernwood Cove are safety certified yearly. Additionally, climbing instructors inspect all equipment each activity day to ensure safety throughout the summer. Campers are not required to bring any equipment with them to camp for climbing activities. However, Campers are required to wear close-toed athletic shoes during climbing activities. All climbing instructors have training, certification, and experience in rock climbing.

**Ropes Course** The ropes course is separate from the climbing program and combines both the low ropes and high ropes course elements. This program builds teamwork skills with instructors facilitating various activities which challenge Campers both mentally and physically. Some of the skills gained include trust, cooperation, communication, listening, leadership and goal setting.

*Little Leaders* is offered for Campers in 2<sup>nd</sup> - 4<sup>th</sup> grades and includes age appropriate ground and ropes course activities.

*Ropes Course* is a double-focus activity offered for 5<sup>th</sup> - 9<sup>th</sup> grade Campers.

*S.I.X (Succeed-Inspire-Xplore)* is a unique leadership development program for our 6<sup>th</sup> grade Campers. This single-focus, sixth grade only program introduces key leadership skills to help girls develop valuable skills as they grow to be leaders in the camp community. All 6<sup>th</sup> grade Campers are required to take this activity during camp.

*Emerging Leaders* is a single-focus leadership exploration activity offered for Campers in 7<sup>th</sup> - 9<sup>th</sup> grades.

The ropes course is safety certified annually and Fernwood Cove ropes course instructors inspect all elements and equipment on a regular basis. Campers are required to wear close-toed athletic shoes while participating in ropes course activities. Ropes course instructors have documented training and/or experience in low and high ropes course facilitation and instruction.

**Outdoor Cooking** Campers can learn to cook a variety of recipes while experiencing the outdoor environment. Campers also can learn to build fires, use solar ovens and other outdoor cooking equipment. Outdoor Cooking instructors have a strong background in Outdoor Living Skills, including fire building and food preparation.

**Outdoor Living Skills** Campers who choose OLS will learn about Camping/hiking safety, preparation for overnight trips regarding food and equipment. Campers will also learn practical skills like orienteering, fire building, outdoor cooking and the need for environmental awareness. OLS instructors are experienced in backpacking, hiking, and outdoor skills. These instructors are also certified in First Aid and CPR.

## **ATHLETICS & FITNESS**

*Activities with a star (\*) meet the weekly Sports & Fitness requirement.*

**Archery** Fernwood Cove offers a Junior Olympic Archery Development (JOAD) program. This training enables Campers to build their archery skills while progressing in a nationally recognized program. Fernwood Cove supplies all necessary equipment for Campers to participate in archery. If your daughter already has a bow and would like to bring it to camp, please contact us to make proper storage arrangements for her equipment. The archery Staff have training - certification and experience in archery instruction.

**Fitness\*** Aerobics & Zumba and Sports Training are perfect for all Fernwood Cove Campers, whether they want to learn more about exercise and nutrition or simply stay in shape while at camp. All needed equipment is supplied by camp. Campers do need to wear sneakers for this activity.

**Land Sports\*** Activity instruction is offered in soccer, basketball, softball, volleyball, field hockey, and lacrosse. Fernwood Cove also participates in games and tournaments with nearby Camps. Campers need to supply their own cleats for soccer, lacrosse, field hockey, and softball (mouth guards are supplied by camp). Campers may also bring their lacrosse and/or field hockey sticks, shin guards, softball gloves and goalie equipment if these items are already owned. Fernwood Cove has equipment for Campers to use. Our land sports instructors have experience in participating in various team sports and coaching.

**Tennis\*** Campers from beginners to advanced competitors can improve their skills on our five tennis courts. Tennis classes are organized by skill level. Campers participating in tennis should have sturdy athletic shoes (with non-marking soles). Campers are strongly encouraged to bring a tennis racquet from home. Fernwood Cove tennis instructors are highly qualified to teach tennis, many with advanced level competition experience.

Gymnastics\* The state-of-the art gymnastics building offers a wide variety of apparatus. Campers can focus on specific skills or try various skills in different areas in either the Recreational Program or Competitive Program. Some Campers wear leotards for gymnastics class, but they are not required. Many Campers wear one-piece swimsuits and their shorts while participating in this activity. Gymnastics instructors have strong backgrounds in gymnastics, including coaching and/or instructing youth.

## **CREATIVE ARTS**

Arts and Crafts This inclusive program is perfect for the budding artist in every Fernwood Cove Camper. Some of the arts and crafts explored are silkscreen, drawing, painting, candle making, and stained-glass mosaics. Campers complete at least one artistic or crafty masterpiece during each focus week.

Fabric Arts Campers learn to use a sewing machine and can complete varying projects based on their age and skill level. There are many sewing projects available for Campers such as PJ pants, trendy bags and decorative pillowcases. Sewing instructors monitor the use of all equipment in the sewing studio.

Culinary Arts Culinary Arts continues to be a major hit with Campers of all ages. The Culinary Arts studio provides a professional cooking experience in a relaxed and “homey” atmosphere. Campers gain cooking and food preparation skills while preparing a variety of appetizers, snacks, entrees and desserts. Campers who participate in Cooking will also be given recipes for each of the dishes they make during the Focus Week.

## **NATURAL HORSEMANSHIP & AGRICULTURE**

Horsemanship The Fernwood Cove Natural Horsemanship Program allows Campers to experience Natural Horsemanship in a week-long or more intensive 3 week program. Please note: The Natural Horsemanship Program takes priority over all other activities when scheduling activities. Campers interested in participating in the Natural Horsemanship Program should register prior to the summer. All Fernwood Cove Natural Horsemanship Program Staff have training and/or experience in Natural Horsemanship and riding. The Head of the Natural Horsemanship Program has advanced level experience and knowledge in horsemanship and horse care.

FC Farm Girls The Fernwood Cove Farm Girls program provides Campers the opportunity to experience a variety of aspects of farm life. Campers assist in completing the daily chores associated with the Fernwood Cove livestock and garden. Campers also learn about the products which can be made from livestock- whether it’s collecting eggs to be used in cooking, making butter or ice cream from fresh milk, or felting with sheep’s wool. Farm Girls offers Campers with an opportunity to see a different aspect of the world while introducing them to the importance of agriculture.

## PERFORMING ARTS

Dance	Fernwood Cove girls may participate in ballet, tap and hip-hop/jazz classes. All classes develop Campers' skills while preparing a dance routine for Performance Night each week. Campers wishing to take dance classes should bring their own shoes, especially for ballet and tap classes. Sneakers are fine for jazz and hip-hop classes. Campers are not required to wear "dance attire" while in dance classes, but may feel free to wear their leotard and tights if they wish. Campers interested in participating in dance activities should bring a black shirt and long black leggings to use during weekly Performance Night. Campers can also audition for our large Dance Production. Dance instructors are well qualified in technical dance instruction and performance.
Theater/Drama	Campers can participate in one of the many dramatic performances produced during the camp session. Campers taking theater as a one-week focus activity will perform short plays, monologues, and improvisation. Campers may also audition for our large theater productions. Auditions occur during the first few days of camp for our three-week production. All performance-based classes will give a performance each week.
Guitar	Guitar is available to all Campers- beginner to advanced- allowing Campers to learn guitar skills while preparing a performance piece for weekly Performance Night. Guitar activities are purposely structured by age and in small groups to ensure adequate, individual attention allowing all Campers to be successful. Guitar counselors have a strong background in guitar technique and music, either as performers or as a student.
Music	A recent addition to the Performing Arts options, Campers can now enjoy additional music opportunities which explore different music styles, as well as additional music instruments and concepts. Activities range from percussion based "bucket beating" to "Rock Band" and allow Campers to gain new musical skills while preparing a short performance piece for Performance Night. Music activities are instructed by a variety of counselors from our Guitar and Vocal Theater activities, ensuring appropriate instruction for Campers of all experience levels.
Vocal Theater	Singing is an integral aspect of every Fernwood Cove day; our Vocal Theater program helps Campers of all abilities take their singing to the next level. Fernwood Cove's vocal program is open to Campers of all ages and helps Campers learn the basics of vocal performance, including reading music, while preparing a performance piece for Performance Night. More advanced Campers can choose to audition for singing groups, such as A 'Capella, to prepare more detailed performance pieces.

## STUDIO ARTS

- Ceramics** Campers learn how to construct pottery pieces, from beginning to end. Campers develop a variety of hand-building skills while creating a project of their choice. Campers in 6<sup>th</sup> - 9<sup>th</sup> grades have the opportunity to learn more advanced skills on the pottery wheel. Once glazed, Camper's pieces are fired in the kiln. All kiln operation is conducted by Ceramics Counselors. Counselors have a strong background in Ceramics and have been trained in the proper use of using the kiln.
- Jewelry** The jewelry department offers Campers of all ages the opportunity to design and create a variety of types and styles of jewelry. All activities are age appropriate with basic jewelry activities are offered for Campers in 2<sup>nd</sup> - 5<sup>th</sup> grades and more advanced metalsmithing activities offered for 6<sup>th</sup> - 9<sup>th</sup> grade Campers. Jewelry instructors have training and experience using all equipment and tools used in the jewelry studio, with many taking university or professional level metalsmithing courses.
- Digital Photography** Fernwood Cove's Digital Photography program provides Campers of all ages with the opportunity to explore a variety of photography techniques while using Digital SLR cameras, with a focus on using and understanding manual settings to create a variety of photographs. Campers also learn technical aspects of digital editing while utilizing digital editing software like Adobe Photoshop. Campers will focus on quality versus quantity, learning the finer aspects of photography in today's digital age. All equipment required for Digital Photography activities is provided.
- Woodworking** Woodworking provides Campers the opportunity to learn some of the most traditional skills. Campers of all ages can learn the basics of woodworking while using hand tools and power tools to create everything from boomerangs to clipboards to jewelry boxes. Campers learn about the importance of wood selection, measuring and safety while creating their pieces from scratch. Each Camper designs and builds her own individual project to take home at the end of camp.

## WATERFRONT

*Activities with a star (\*) require Campers successfully complete the deep-water swim test before they may participate. Campers take the deep-water swim test during their first full day of camp. The swimming assessment consists of 300 yards continuous swimming. The second aspect of the deep-water swim test is a deep-water assessment of entering deep water, submerging and re-surfacing, floating or treading water for 1 minute, and swimming to the exit point. Campers must successfully complete both the swimming assessment and deep-water assessment to pass the swim test. If a camper does not complete the swim test, they are given additional opportunities to take the test throughout the summer.*

*Please note: Your daughter's American Red Cross swimming level is not an additional requirement to participate in any water sports.*

*\*\*All boating and skiing classes require Campers to wear proper protective gear and lifejackets/Personal Flotation Devices while participating. This gear is provided by camp. Athletic style swimsuits are preferred during participation in all waterfront activities.*



Crew/Rowing*	Campers learn technical rowing skills along with teamwork and cooperation. Crew is limited to Campers in 5th Grade and up. Crew instructors are certified lifeguards and have an extensive background in rowing.
Canoeing	Campers learn flat-water paddling in a safe and fun environment. Campers complete various skill levels and work their way towards qualification for out-of-camp canoe trips. Canoeing instructors are certified lifeguards and have training/experience/certifications in canoeing and flatwater paddling.
Kayaking*	This activity is more challenging than canoeing. Campers learn to paddle kayaks in a flat-water environment. Older, more advanced paddlers also have the option of participating in a basic river kayaking focus. These Campers learn river skills on the lake at camp prior to going to a nearby river to further hone their skills. Kayaking instructors are certified lifeguards and have training/experience/certifications in kayaking.
Stand-Up Paddling*	Campers of all ages can enjoy this paddling activity which incorporates motor skills such as balance and coordination. Campers can also challenge themselves with more physically demanding activities, including Paddle Board Yoga. Stand-Up Paddling instructors are certified lifeguards and have training and/or experience in Stand-Up Paddling and/or Surfing.
Sailing*	Fernwood Cove Campers learn what it takes to become a successful sailor. Instructors teach Campers how to assemble, maneuver, and disassemble sailboats in a proper and safe manner. With multiple styles of sail boats, Campers of all skill levels can challenge themselves while enjoying a breezy day on Island Pond. Sailing instructors are certified lifeguards and have experience/training in sailing.
Swimming	Swimming skills are fundamental and are required for all water sports at Fernwood Cove. Fernwood Cove has certified Water Safety Instructors which teach the American Red Cross Learn-to-Swim program.
Water Skiing*	Water skiing continues to be one of the most popular activities at camp. Out-of-camp skiing is available to older skiers. All instruction is provided by instructors who are certified lifeguards and who have experience/training in water skiing. Instructors participate in a boat driving and maintenance course each summer. Instructors must show proficient boat driving skills prior to pulling Campers for skiing activities.
Wakeboarding*	Similar to water skiing, wakeboarding is one of the most popular activities at camp. Out-of-camp wakeboarding is also available for older riders. All instruction is provided by instructors who are certified lifeguards and who have experience/training in water skiing and/or wakeboarding. Instructors participate in a boat driving and maintenance course each summer. Instructors must show proficient boat driving skills prior to pulling Campers for wakeboarding activities

## Fernwood Cove Natural Horsemanship Program 2020

Updated!

Fernwood Cove girls who enroll in the Natural Horsemanship Program will have the opportunity to learn horsemanship skills, which will provide a great foundation for the future. This program will allow them to work with a horse that matches their personality to help them grow their confidence, team building and leadership skills. Campers who are more experienced riders will be able to practice and advance their skills from their current level.

Fernwood Cove's program will focus on the horse's horsemanship and how we can work with the horse on both the ground and in the saddle to gain a healthier and safer relationship with our equine partners. By participating in the natural horsemanship program your daughter will learn how to read the body language of their horse and how their own personalities can help them, and their horse become strong and enjoyable partners.

Fernwood Cove has a wonderful 11 box stall barn, two large outdoor arenas and two round pens designed to facilitate your daughter's learning. We also have an extensive network of trails on camp property which provides a great location for Campers to enjoy riding outside the ring.

Enrollment is limited as we want every girl to receive the attention she deserves. Enrollment for the Natural Horsemanship Program occurs when you enroll your daughter for camp.

**Required Equipment:** Campers in the Horse Program must bring a helmet (ASTM-SEI approved), jodhpurs or inexpensive riding pants and boots which have heels, smooth soles and covers the ankle when working with the horse. Please note: Your daughter will not be able to ride until she has the appropriate required equipment.

### Fees for the Natural Horsemanship Program

**Savvy Club:** 30 focus periods  
Tuition \$1600

This program is a double-focus period, which provides an extensive experience in Natural Horsemanship. Savvy club focuses on truly understanding their horses and how they think and respond to a true human relationship. Your daughter will learn how to be a true leader and partner with their horse through developing a relationship on the ground, which in turn will provide a better understanding for developing their riding skills. This program is open to all campers whether they want to grow their riding skills or just want to have an unconditional loving relationship with their equine friend. Returning Campers can continue where they left off in the previous summer, allowing for continual growth from summer to summer.

**3-week focus activity:** 15 focus periods  
Tuition \$975

This program is a more extensive experience in Natural Horsemanship than the 1-week program and is appropriate for Campers of all experience levels. Campers begin with building ground-work skills with the focus of building their individual skills and the relationship with their horse. When appropriate, Campers progress to horseback riding, incorporating the skills and knowledge they have gained in the ground-work activities. Returning Campers can continue where they left off in the previous summer, allowing for continual growth from summer to summer.

**1-week focus activity:** 5 focus periods  
Tuition \$375

This program is a basic introduction to Natural Horsemanship and is appropriate for Campers who are interested in learning Natural Horsemanship and an introduction to riding. This option allows Campers to gain a strong understanding of the horse and provides them an opportunity to gain a relationship with a horse without the longer commitment of the 3-week program. Campers who choose the 1-week program option are limited to basic level horseback riding and should not expect to complete skills such as cantering and jumping. Campers who participate in the 1-week program are welcome to visit the barn and arena areas during Visiting Day; however, they do not participate in Horse Program activities on visiting day.

[Return to Table of Contents](#)

## Trips and Overnights

Fernwood Cove Campers participate in two Trip Days each summer. Trip Day provides a variety of experiences in and around Maine and New Hampshire. Campers experience the lakes, mountains, and trails (hiking, natural waterslides, canoeing) along with rock faces and nature discoveries (climbing, kayaking, ocean, berry picking). Sometimes special interest trips are arranged for photography, art or community service. Campers also complete an overnight camping experience. As the girls grow older there are specific age group overnights offered. In all cases our intent is to give them a treat and a challenge.

Here is a sample of the summer trips we undertake, and a short description of what they entail. Of course, all trips end with a generous scoop of ice cream!

- Hike** Beginner and intermediate level hikes take place in the nearby mountains of Maine and New Hampshire. Hikes are age appropriate and often entail swimming in lakes and rivers as a treat.
- Canoe/Kayak** Basic level paddling trips are offered on nearby rivers. All river trips are age appropriate and accompanied by lifeguard certified counselors.
- Ocean Beach** Enjoy surfing, castle building and games on the sandy beaches of Maine. All beach trips are accompanied by lifeguard certified counselors.
- Adventure** A variety of activities ranging from rock climbing to cliff jumping at local swimming holes. All activities are accompanied by counselors qualified in the activity being offered.
- Overnights** Campers in 2<sup>nd</sup> - 6<sup>th</sup> grades can choose from Onsite Overnights, Campsite Camping Overnights or Adventure Overnights. Campers in 7<sup>th</sup> - 9<sup>th</sup> grades participate in age group specific overnights. All Campers enjoy a Campfire where they prepare dinner, sing songs and make s'mores!

### Onsite Overnight

An onsite overnight provides Campers with the opportunity to experience Camping outdoors- complete with S'mores and sleeping in a tent- while having the security of knowing the familiar surroundings of Fernwood Cove aren't far away. Onsite overnights are like sleeping in Fernwood Cove's backyard! Three established Camping areas provide a rustic feeling associated with sleeping under the stars while also ensuring Campers are comfortable in their surroundings.

### Campsite Camping

This overnight option is similar to what many returning Campers have experienced in previous summers. Campers who would like to go out of camp for their overnight, however would like to maintain some of the "comforts of home" are looking for the Campsite Camping experience! Groups will likely participate in their overnight in conjunction with a Trip Day activity- ending their Trip Day experience at an established Campground where they enjoy a night under the stars.

### Adventure Overnight

Campers who are looking for a challenge and a more wilderness-based experience are looking for the Adventure Overnight. The Adventure Overnight will operate in conjunction with a Trip Day activity where Campers will be responsible for carrying all the gear (tents, sleeping bags, food supplies, etc.) with them as they hike, bike or canoe to their Camping location. Once at their camping location Campers will assist their counselors in setting up camp and preparing dinner. After an enjoyable night, Campers will help take down camp and hike/bike/canoe back to the trip vehicle where they will return to camp.

### Sweetster Overnight (7<sup>th</sup> Grade Trip)

Fernwood Cove's 7<sup>th</sup> grade Campers are transitioning to becoming leaders in the camp community. Their ropes course teambuilding overnight provides the age group the opportunity to develop greater connection while also learning important leadership skills that will help them as they coordinate camp events like Carnival. Campers and staff participate in a day-long teambuilding program facilitated by Sweetster staff. The Sweetster Ropes Course is inspected annually by an ACCT approved vendor and their staff are trained according to ACCT standards.

Campers and staff then camp at a nearby campground where they experience a traditional Fernwood Cove tent camping experience. Campers often begin brainstorming for events and discuss how they can become stronger leaders in the camp community.

There is no charge for this trip.

### Acadia Overnight (8<sup>th</sup> Grade Trip)

Our 8<sup>th</sup> grade Campers travel with their counselors to Acadia National Park to experience the trip of a lifetime. Campers and staff camp within Acadia National Park or a nearby campground where they experience the traditional Fernwood Cove tent camping experience. Following their overnight stay, they enjoy a day of rock climbing within Acadia National Park.

Climbing activities are guided by the staff from Acadia Mountain Guides from Bar Harbor, Maine. A business member of Maine Summer Camps, Acadia Mountain Guides has been in operation since 1993. Having helped in the development of nationally recognized training programs, Acadia Mountain Guides staff provide safe, challenging adventures for our Campers. Rock Climbing on the sea cliffs of the Maine coast is truly an extraordinary experience which creates lifetime memories and further strengthens Campers' relationships in a safe and supportive environment.

A charge of \$125.00 will be added to the May statement.

### White Water Rafting Overnight (9<sup>th</sup> Grade Trip)

The highly anticipated Senior Overnight provides our Senior (9<sup>th</sup> grade) Campers and their counselors with a traditional river rafting experience surrounded by the beauty of Maine. River rafting, lodging, and meals are contracted with Crabapple Whitewater in The Forks, Maine.

Since 1983 Crabapple Whitewater has provided full-service rafting experiences in Maine, Massachusetts, and Vermont. All river guides are highly trained, and each guide carries a satellite or cell phone in case of an emergency. After their amazing rafting experience Campers and counselors enjoy a cookout lunch before heading back to Fernwood Cove. Campers return to camp full of stories and memories of their rafting adventure - definitely one of the highlights of their senior camper experience!

A charge of \$200.00 will be added to the May statement.



## Parents Visiting Day Guidelines

We look forward to your visit at the end of your child's stay... and she will too! We will be writing to you with more details during your daughter's session. **Please let us know where we may reach you if you will not be at your regular address.** We would like to suggest the following for a happy visit:

- The camp gates will open for visitors at 9:15 am. on Visiting Day. We will have Staff directing you to appropriate parking and to the welcome area where you will check-in and greet your daughter(s).
- Campers are not allowed to leave camp during Visiting Day. The only exception to this is if your daughter has a brother at another camp with the same Visiting Day. Approvals to take your daughter out of camp will be made on a case-by-case basis.
- We plan our visiting day for you to share a *sample* of camp life and your daughter's experience at Fernwood Cove. Please support our program and activities by not asking to take her out of camp.
- You are invited to swim, play tennis and general sports with your daughter. Please bring a swimsuit and towel and we will provide you with a place to change. Visiting Day is a time for your daughter to showcase what she's learned and enjoyed while at camp. For this reason all other activities are for Campers only.
- The Fernwood Cove property is a natural landscape with uneven terrain and rolling hills. Please dress for an active day, including footwear. Additionally, we will continue with Visiting Day activities in most weather conditions. Please come prepared with a water bottle, sunscreen, and even a rain jacket.
- **Please do not bring food, candy or drinks to Camp.** Parents often feel they need to bring their daughters "food & candy" as gifts or treats - you have given your daughter the most incredible gift of camp. Please let your daughter enjoy her last night of camp healthy. Often our Healthcare Center is inundated with girls on the last night because of the excessive "food" which parents have brought to Visiting Day. Remember there are always girls at camp with severe nut allergies (some have reactions just by touching nut products).
- We adhere to the "non-tipping" policy. This is a professional position, and gratuities should not be offered.
- We do not permit our Staff or guests to smoke or use vaporizers on the camp property. Please do not use any of these products while you are at camp; this includes in the woods and in the cabins. Thank you for your cooperation.
- If your daughter's friend is not receiving any visitors, it is appreciated if you "adopt" her for the day. Your daughter, in the security and joy of seeing you, will not mind sharing you a little.
- If you must bring your pets, they need to be leashed. **Under no circumstances are pets allowed in the Horse Program area or the Archery range.** This is for the safety of everyone.
- Please note: While it may seem convenient to pick your daughter up on Visiting Day, ***the last night of camp is very special*** and culminates her experience. Please allow your daughter to finish what she has started and spend the last night with her summer sisters. Thank you!

# Visiting Day Schedule

## Welcome to Fernwood Cove!

- 9:15 Check in  
*At the registration table on the Feeder porch and help yourself to coffee and refreshments*
- 10:00 Campers reunite with parents outside the Chick  
Self-guided tours, counselor meet & greet at activity areas
- 10:30 Optional Activities Begin; Dance Production Performance
- 11:00 Optional Activities Continue; Musical Theater Performance
- 12:00 Buffet style lunch served in the Feeder for outdoor picnic under the tent
- 1:00 Greetings from Directors
- 1:30 Optional Activities Continue; Gym Show
- 2:30 Indoor Closing Campfire (with Director goodbyes)  
*This will provide Parents with the experience of a traditional Fernwood Cove Campfire. Enjoy Campfire stories and traditional Fernwood Cove songs - experience some of the camp magic your daughter lives each week at camp!*
- 3:30 Visiting Day Concludes  
*All Visiting Day activities conclude at 3:00 pm and families depart at 3:30 pm.*

### **RE-ENROLL & SAVE!**

Re-enroll or enroll a sibling on visiting day weekend and receive an early enrollment  
**Discount of \$400**

**Packed duffels may be carried to cars.**

**Thank you for visiting us!**

### **PICK UP (Closing Day)**

Tomorrow between 8:30 am. and 9:30 am.\*

\*Unless your daughter is being driven by camp transportation.

## Nearby Accommodations

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### Harrison- (2-6 miles)

#### **Greenwood Manor Inn**

52 Tolman Road  
PH: (207) 583-4445  
Email: [info@greenwoodmanorinn.com](mailto:info@greenwoodmanorinn.com)  
Web: [www.greenwoodmanorinn.com](http://www.greenwoodmanorinn.com)

#### **Portash Happiness Is B&B**

Rt. 35, Cape Monday Road  
PH: (207) 583-4095

#### **Harmony Farm B&B**

282 Maple Ridge  
PH: (207) 583-4004

### Waterford-(6-8 miles)

#### **Bear Mountain Inn**

364 Waterford Road  
PH: (207) 583-4404  
Email: [innkeeper@bearmtinn.com](mailto:innkeeper@bearmtinn.com)  
Web: [www.bearmtinn.com](http://www.bearmtinn.com)

#### **Waterford Inne**

258 Chadbourne Road  
PH: (207) 583-4037  
Email: [inne@zwi.net](mailto:inne@zwi.net)  
Web: [www.waterfordinne.com](http://www.waterfordinne.com)

### Poland- (20 miles)

#### **Wolf Cove Inn**

5 Jordan Shore Drive  
PH: (207) 998-4976  
Email: [info@wolfcoveinn.com](mailto:info@wolfcoveinn.com)  
Web: [www.wolfcoveinn.com](http://www.wolfcoveinn.com)

### Bridgton- (10 miles)

#### **Bridgton House**

6 Main Street, Rt. 302  
PH: (800) 779-3335  
Email: [wberghoff@choate.edu](mailto:wberghoff@choate.edu)  
Web: [www.bridgtonhouse.com](http://www.bridgtonhouse.com)

#### **Highland Lake Resort**

Rt. 302  
PH: (207) 647-5301  
Email: [Info@HighlandLakeResort.com](mailto:Info@HighlandLakeResort.com)  
Web: [www.highlandlakeresort.com](http://www.highlandlakeresort.com)

#### **Noble House B&B**

81 Highland Road  
PH: (207) 647-3733, (888) 237-4880  
Email: [innkeepers@noblehousebb.com](mailto:innkeepers@noblehousebb.com)  
Web: [www.noblehousebb.com](http://www.noblehousebb.com)

#### **Shawnee Peak**

734 Mountain Road  
PH: (207) 647-8444  
Web: <http://www.shawneepeak.com>

#### **The Pleasant View, Too**

118 Sam Ingalls Road  
PH: (207) 647-9578  
Email: [pve@roadrunner.com](mailto:pve@roadrunner.com)  
Web: [www.pleasantview2.com](http://www.pleasantview2.com)

#### **Tarry-A-While Resort**

17 Tarry-A-While Road  
PH: (207) 647-2522  
Web: [www.tarryawhileresort.com](http://www.tarryawhileresort.com)

### Denmark- (10 -12 miles)

#### **Denmark Stage House**

476 East Main Street  
PH: (207) 256-4422  
Email: [reservations@denmarkstagestop.com](mailto:reservations@denmarkstagestop.com)  
Website: [www.denmarkstagestop.com](http://www.denmarkstagestop.com)

### Casco- (13-20 miles)

#### **Alyssa's Motel**

Rt. 302, 11 Roosevelt Trail  
PH: (207) 655-2223  
Email: [alyssas@pivot.net](mailto:alyssas@pivot.net)  
Web: [www.alyssasmotel.com](http://www.alyssasmotel.com)

#### **Maplewood Inn & Motel**

549 Roosevelt Trail  
PH: (207) 655-7586  
Web: [www.maplewoodinnandmotel.com](http://www.maplewoodinnandmotel.com)

#### **Migis Lodge**

PH: (207) 655-4524  
Email: [migis@migis.com](mailto:migis@migis.com)  
Web: [www.migis.com](http://www.migis.com)

#### **Pleasant Lake House B & B**

1024 Meadow Road, Route 121  
PH: (207) 627-6975  
Email: [pleasantlakehouse@mac.com](mailto:pleasantlakehouse@mac.com)  
Web: [www.pleasantlakehouse.com](http://www.pleasantlakehouse.com)



### South Paris- (15 miles)

#### **King's Hill Inn**

56 King Hill Road  
PH: (207) 744-0204  
Email: [kingsinn@megalink.net](mailto:kingsinn@megalink.net)  
Web: [www.kingshillinn.com](http://www.kingshillinn.com)

### Naples- (17 miles)

#### **Augustus Bove House**

11 Sebago Road  
Corner Rt. 302 & 114  
PH: (207) 693-6365, (888) 806-6249  
Email: [augbovehouse@adelphia.net](mailto:augbovehouse@adelphia.net)  
Web: [www.naplesmaine.com](http://www.naplesmaine.com)

#### **The Lakeview Inn**

15 Lake House Road  
PH: (207) 693-9099  
Email: [info@lakeviewinnmaine.com](mailto:info@lakeviewinnmaine.com)  
Web: [www.lakeviewinnmaine.com](http://www.lakeviewinnmaine.com)

### Bryant Pond- (21 miles)

#### **Mollyockett Motel**

1132 S Main Street  
PH: (207) 674-2345  
Email: [info@mollyockettmotel.com](mailto:info@mollyockettmotel.com)  
Web: [www.mollyockettmotel.com](http://www.mollyockettmotel.com)

### Bethel- (21 miles)

#### **Grand Summit Hotel**

Sunday River Resort  
97 Summit Avenue  
PH: (207) 824-3000 or (800) 523-2754  
Web: [www.sundayriver.com](http://www.sundayriver.com)

#### **Jordan Grand Hotel**

Sunday River Resort  
Grand Avenue  
PH: (207)824-3000 or (800)523-2754  
Web: [www.sundayriver.com](http://www.sundayriver.com)

#### **Bethel Inn Resort**

21 Broad Street  
On the Common  
PH: (207) 824-2175 or (800)654-0125  
Web: [www.bethelinn.com](http://www.bethelinn.com)

#### **The Sudbury Inn**

151 Main Street  
PH: (207) 824-2174  
Email: [info@sudburyinn.com](mailto:info@sudburyinn.com)  
Web: [www.thesudburyinn.com](http://www.thesudburyinn.com)

### Fryeburg- (25 miles)

#### **The Oxford House Inn**

548 Main Street  
PH: (207) 935-3442  
Email: [innkeeper@oxfordhouseinn.com](mailto:innkeeper@oxfordhouseinn.com)  
Web: [www.oxfordhouseinn.com](http://www.oxfordhouseinn.com)

#### **Admiral Perry Inn B&B**

27 Elm Street  
207 935-1269  
Email: [info@admiralpearyinn.com](mailto:info@admiralpearyinn.com)  
Web: [www.admiralpearyinn.com](http://www.admiralpearyinn.com)

#### **One Thirty Three Main Street B&B**

660 Main Street  
PH: 207 935-7171 or (800) 295-2806  
Email: [innkeeper@mainstbandb.com](mailto:innkeeper@mainstbandb.com)  
Web: [www.mainstbandb.com](http://www.mainstbandb.com)

#### **Handy Farm**

254 West Fryeburg Road, Rt. 113  
PH: (207) 869-5289  
Email: [info@hardyfarm.com](mailto:info@hardyfarm.com)  
Web: <http://www.hardyfarm.com/contact/>

### North Windham- (28 miles)

#### **Sebago Lake Lodge & Cottages**

White's Bridge Road  
PH: (207) 892-2698  
Web: [www.sebagolakelodge.com](http://www.sebagolakelodge.com)

#### **Northeastern Motel**

322 Roosevelt Trail  
PH: (207) 892-4834  
<http://northeasternmotel.com/>

### New Gloucester - (40 Miles)

#### **Guest Houses at Pine Land Farms**

16 Pineland Drive Suite 200  
PH: (207)688-4162  
Web: [www.PinelandFarms.org](http://www.PinelandFarms.org)

## **Portland- (42 miles)**

### **Westin Portland Harborview**

157 High Street  
PH: (207) 775-5411  
Web: [www.westinportlandharborview.com](http://www.westinportlandharborview.com)

### **Embassy Suites Hotel**

1050 Westbrook Street  
PH: (207) 775-2200  
Email: [embassy@embassysuitesportland.com](mailto:embassy@embassysuitesportland.com)  
Web: [www.embassysuitesportland.com](http://www.embassysuitesportland.com)

### **Hampton Inn Airport**

171 Philbrook Avenue  
PH: (207) 773-4400  
Web: [www.portlandhamptoninn.com](http://www.portlandhamptoninn.com)

### **Hilton Garden Inn Airport**

145 Jetport Blvd.  
PH: (207) 828-1117  
Web: [www.hiltongardeninn.hilton.com](http://www.hiltongardeninn.hilton.com)

### **Hilton Garden Inn Downtown**

65 Commercial Street  
PH: (207) 780-0780  
Web: [www.hiltongardeninn.hilton.com](http://www.hiltongardeninn.hilton.com)

### **Holiday Inn by The Bay**

88 Spring Street  
PH: (207) 775-2311  
Fax: (207) 761-8224  
Email: [sales@innbythebay.com](mailto:sales@innbythebay.com)  
Web: [www.innbythebay.com](http://www.innbythebay.com)

### **West End Inn**

146 Pine Street  
PH: (207) 338-1377  
Web: [www.westendbb.com](http://www.westendbb.com)

### **Percy Inn**

15 Pine Street  
PH: (207) 871-7638  
Web: <http://www.percyinn.com/>

### **Portland Harbor Hotel**

468 Fore Street  
PH: (207) 775-9090  
Email: [ResMgr@harthotels.com](mailto:ResMgr@harthotels.com)  
Web: <http://www.portlandharborhotel.com/>

### **The Portland Regency Hotel**

20 Milk Street  
PH: (207) 774-4200 or (800) 727-3436  
Email: [conciergeprh@theregency.com](mailto:conciergeprh@theregency.com)  
Web: [www.theregency.com](http://www.theregency.com)

### **Courtyard Marriott**

321 Commercial Street  
PH: (207) 780-6000  
Web: <http://www.marriott.com/>

### **For more information contact:**

Maine Lakes Region Chamber of Commerce  
Web: [www.minelakeschamber.com](http://www.minelakeschamber.com)  
Or [www.visitmaine.com](http://www.visitmaine.com)