



**Extraordinary Summers for Girls**

**Parent Resource Book  
2024**



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



Jim & Beigette Gill  
Owners/Directors

*Extraordinary Summers for Girls*  
**Summer 2024**

Dear Fernwood Cove Parents,

First and foremost, thank you for choosing Fernwood Cove for your daughter(s)! We feel privileged to be able to provide your daughter a much-needed, safe, outdoor, screen-free summer session.

This is your Parent Resource Book for Summer 2024. You will find this resource helpful in keeping track of all the details needed to plan and prepare your daughter for a 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, Healthcare Center, Travel, Packing, and Program Offerings. 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.

Carefully review our Policies section, it covers important topics such as expected behaviors/consequences, emails, phone calls, packages, bunking etc. The sections following, contain information regarding travel, accommodations, uniform, health care and a description of our program offerings.

**How to complete forms?**

Most forms can be found and completed online. To complete or print forms, simply go to the Fernwood Cove website at [www.fernwoodcove.com](http://www.fernwoodcove.com) and click "Parent Login" - login using your email address and password.

**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, Stevie, Paddy & Noel



# DATES & RATES SUMMER 2024

## Dates for Session I

Opening Day: Thursday June 20  
Rookie Camp Departure Day: Friday July 5  
Departure Day: Sunday July 14

## Dates for Session II

Opening Day: Thursday July 18  
Rookie Camp Departure Day: Friday August 2  
Departure Day: Sunday August 11

**Tuition: \$9,200**

## Payment Schedule

\$2500 Enrollment Deposit - due with signed Enrollment Form  
\$2500 December Payment - Due December 1st  
\$2500 February Payment - Due February 1st  
Remaining Balance - Due May 15th

\*All credit card charges are subject to a 4% surcharge rounded up to the nearest \$1.00

**Withdrawal/Refund: A full refund of all money paid is available through September 15th.**

Withdrawal after September 15th: A \$500 administration fee applies through December 1st.  
No Refunds are available for withdrawal after December 1st.

## Extra Charges

Horse Program Savvy Club: \$3000 (Limited Enrollment-Total 30 hours of lessons)  
Horse Program 3 week: \$1575 (Limited Enrollment -Total 15 hours of lessons)  
Horse Program 1 week: \$550 (Limited Enrollment -Total 5 hours of lessons)

## 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.

Bus/Van	One-Way	Roundtrip
Port Chester - New York	\$200	\$325
Lincoln Center - New York	\$200	\$325
Fairfield - Connecticut	\$200	\$325
Lexington/Newton - Boston Suburbs	\$150	\$275
Boston Logan Airport	\$150	\$275
Portland Jetport	Free Arrival	\$100 Departure

## Address

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

## E-mail:

[cove@fernwoodcove.com](mailto:cove@fernwoodcove.com)

## Website:

[www.fernwoodcove.com](http://www.fernwoodcove.com)

## 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.



# EASY REFERENCE CHECK LIST

	Location	Due Date Session 1/Session 2
<input type="checkbox"/> Travel Form	<u>Parent Account</u>	April 1
<input type="checkbox"/> Bunk Requests	<u>Parent Account</u>	April 1
<input type="checkbox"/> Parental Input Form- Camper Profile	<u>Parent Account</u>	April 1
<input type="checkbox"/> Online Health Form	<u>Parent Account</u>	April 1
<input type="checkbox"/> Code of Conduct	<u>Parent Account</u>	April 1
<input type="checkbox"/> Ship Camps	<u>Shipcamps.com</u>	April 15
<input type="checkbox"/> Final Payment	<u>Parent Account</u>	May 15
<input type="checkbox"/> CampMeds	<u>CampMeds.com</u>	May 20/June 18
<input type="checkbox"/> Hard Copy Health Form (for Doctor to sign/stamp)	<u>Parent Account</u>	June 1
<input type="checkbox"/> Junior/Senior Permission Trip Form	<u>Parent Account</u>	June 1

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

Ship Camps and Camp Meds forms can be completed via their websites. **Pay close attention to their deadlines because late fees will be assessed by these vendors and/or service may not be offered.**

# Fernwood Cove

## DAILY SCHEDULE

**7:15 - Wake-up/Reveille**

**7:45 - Flag Bell**

**7:50 - Flag Raising**

**8:00 - Breakfast**

**8:30 - Counselor Coffee**

**8:45 - Assembly in the Chick**

**9:00 - Bunk Clean-up**

**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**

**7:25 - 8:15 - Evening Program**

**8:15 - 8:45 - Community Time**

**8:45 - Call to Quarters**

**9:00 - TAPS**



# Fernwood Cove Values

## SIMPLE LIVING



Without distractions like fashion, electronics, and media, at Fernwood Cove we connect in a more meaningful way.

## COMMUNITY



Inclusion, support, and respect lay the foundation of Fernwood Cove. Here everyone contributes and is valued.

## PERSONAL GROWTH



At Fernwood Cove we are lifelong learners. Each day offers us the opportunity to grow in a variety of ways.

## FRIENDSHIP



The relationships developed at camp are unique. The magic of camp creates bonds that last long past summer.



## RESPECT FOR THE OUTDOORS

Reducing our impact on the earth drives many of our practices and daily lifestyle.



## TRADITIONS

Century old traditions like songs and campfire are intertwined with new traditions focused on today's girls.

## RESPONSIBILITY



All members in the camp community are empowered to take responsibility for themselves and their actions.

## DIVERSITY



Each summer we welcome international campers and staff. Cultural activities and events create a truly global experience.

## LOYALTY



Fernwood Cove is more than an experience. We remain loyal to camp, each other and ourselves well after our days in Maine.

# 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.

## Traditions - 2024 Fernwood Cove Value

While Fernwood Cove is young in comparison to many Maine summer camps, Fernwood Cove traditions are rooted in the century old traditions which 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 which 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 activities at Fernwood Cove are often the memory makers which camp stories are made in.

When Fernwood Cove girls reconnect away from camp they will share their summer camp stories, vividly remembering the Traditions which 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 which will keep the Fernwood Cove community alive long after the days of camp in Maine have passed.

## 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 and 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.

## 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.

## 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.

# 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.

# 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 of 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.

# Friendship

Friendships are one of the most rewarding benefits of attending summer camp. 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 in 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.

# Camper Code of Conduct

## 2nd - 5th Grade

At Fernwood Cove, we strive to create a kind & inclusive community for each camper, CIT and staff member. We ask that each Fernwood Cove camper helps us to create this extraordinary community by:

- Being inclusive, supportive and welcoming of others. Having acceptance and respect for all people - regardless of gender, race, religion, ethnicity, sexual orientation, etc.
- Working to build friendships among Campers, CIT and Staff.
- Using respect and good manners - “pleases” and “thank yous” are expected. Thank you!
- Outwardly discouraging bullying, discrimination, gossip, and other “mean girl” behaviors
- Modeling appropriate and respectful behavior towards the camp community and visitors, and general community when out of camp
- Showing appropriate and humble sportsmanship during Inter/Intra-camp competitions
- Acting in a calm manner without violence or aggression which could cause physical and/or emotional distress
- Creating personal connections throughout the Fernwood Cove community by disconnecting from the digital world and electronic devices.
- Respecting Fernwood Cove property, including physical structures and natural surroundings. This includes refraining from any graffiti on FC property.
- Maintain the appearance of how you arrive at camp. Please do not dye hair, pierce ears, tattoo bodies (stick-and-poke), etc. during camp.
- Using medication as prescribed and according to camp’s policies.
- Abiding by the Fernwood Cove uniform and dress code policies outlined in the Parent Resource Book.

Any deemed, or suspected violations of this Code of Conduct are grounds for immediate dismissal at the sole discretion of the Fernwood Cove Directors.

# Camper Code of Conduct

## 6th - 9th Grade

- Being inclusive, supportive and welcoming of others.
- Having acceptance and respect for all people - regardless of gender, race, religion, ethnicity, sexual orientation etc.
- Working to build friendships among Campers, CIT and Staff.
- Outwardly discouraging bullying, discrimination, gossip, and other “mean girl” behaviors
- Modeling appropriate and respectful behavior.
- Using good manners - “pleases” and “thank yous” are expected. Thank you!
- Acting in a calm manner without violence or aggression causing physical and emotional distress.
- Communicating with a Director, counselor or nurse if you or a friend is exhibiting behaviors of self-harm, such as: bulimia, anorexia, cutting etc.
- Creating personal connections throughout the Fernwood Cove community by disconnecting from the digital world and electronic devices. Electronic devices turned in at first contact with a Fernwood Cove staff member (example: Phone will be turned in to counselors chaperoning the bus).
- Abstaining from use of alcohol or drugs/ tobacco/vaping products.
- Storing ALL medication in the Health Care Center. All medications will be processed through Camp Meds. The Healthcare center stocks OTC medications for camper convenience. Sharing of any medication, even OTC medications, is strictly prohibited.
- Respecting Fernwood Cove property, including physical structures and natural surroundings. This includes refraining from any graffiti on FC property.
- Maintain the appearance of how you arrive at camp. Please do not dye hair, pierce ears, tattoo bodies (stick-and-poke), etc. during camp.
- Abiding by the Fernwood Cove uniform and dress code policies outlined in the Parent Resource Book.

Any deemed, or suspected violations of this Code of Conduct are grounds for immediate dismissal at the sole discretion of the Fernwood Cove Directors.

# Policies Tab Page

# Policies & 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, talk of self-harm or harming others, racist comments/slurs or any other social/emotional aggression.

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

[www.fernwoodcove.com/parent-login/](http://www.fernwoodcove.com/parent-login/)

Please contact us if you need assistance.

## Form Due Dates

- Travel Form (online) - April 1st
- Bunk Request Form (online) - April 1st
- Parental Input (online) - April 1st
- Health Form (online) - April 1st
- Code of Conduct (Online) - April 1st
- Ship Camps - April 14th
- Hard Copy Health Form (for Doctor to sign/stamp) - June 1st
- Junior / Senior Trip Form (Print) - June 1st
- Parent Vacation Travel (online) - As Needed

# Tuition Payments

## AutoPay by ACH - Electronic Transfer

### Preferred method of payment!

Leave the bill paying to us! AutoPay by ACH will pay all relevant invoices on the due date.

Here are the details:

1. Upon enrollment you must complete the ACH form OR from your Parent Account, you must complete one ACH transaction.
  2. AutoPay ACH will then automatically charge your bank account when payment is due for all future payments.
  3. A reminder will be emailed a few days prior to your account being charged.
- You can opt out of the program anytime by calling the office.

## AutoPay by Credit Card

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. You can opt out of the program anytime from your Parent Account or by calling the office.

## 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.

1. All credit card charges are subject to a 4% surcharge, rounded up to the nearest \$1.00.
2. Credit Card payments can be made by logging into your Parent Account and selecting "Make a Payment" or calling camp.

## Early Enrollment Discount

- Enroll your returning Camper or new sibling by **July 21st for Session 1 OR August 18th for Session 2** and receive a \$400 discount on tuition.
- Enroll your returning Camper or new sibling prior to September 15th and receive a \$300 discount on tuition.

## Payment Schedule

Deposit due upon enrollment: \$2500 with signed enrollment form

Horsemanship: additional fee due upon enrollment

December 1st: \$2500

February 1st: \$2500

May 1st: Remaining balance

# 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. We receive various requests and collect information throughout the year to ensure our policies around bunking are followed while keeping your camper's best interest in mind. Please remember our goal is to bunk your camper where we feel she will be most successful!

## 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, 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.

**It is of paramount importance that your bunk request form is submitted on time for the requests to be considered while bunking is completed.**

## 7th, 8th & 9th Grades:

7th grade is the summer where campers and friend groups are mixed more than previous summers. Our goal is for campers to make new connections before moving into Penguin and Flamingo, where the entire grade lives in one bunk together.

8th grade (Penguin) & 9th grade (Flamingo) are each one bunk. The entire grade lives together with the number of counselors necessary to meet our standard ratios of approximately 1 staff to 5 campers.

## Home Friends & School Friends:

**It is our policy to not 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. This also ensures home-friends remain friends after camp. If they choose, all 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 it does not include physically living in the same bunk.

**A friendship which cannot survive the distance between two screen doors, was in fact, never a friendship.**

# Mail, Packages, One-Way Emails & Phone Calls

## Mail

Please supply your daughter with 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-fashioned, snail-mail letters since these are more impactful when campers receive handwritten letters from home. **This is especially vital in helping new camper's 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 a lasting effect on your child's wellbeing. Keeping the "glass half full" approach will be appreciated by everyone.

Send mail to:  
Fernwood Cove  
ATTN: Camper Name  
350 Island Pond Road  
Harrison, ME 04040

## Packages

You have given your daughter the gift of camp! Fernwood Cove subscribes to a **NO PACKAGE** policy. Please do not send your camper(s) packages! In keeping with our philosophy of simple living and years of "brand-new stuff" being discarded, we do not allow "camper care packages". The only packages we will accept are birthday packages or forgotten uniforms, 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 Departure Day. Please explain this policy to extended family members to avoid disappointment of an undeliverable package. Thank you in advance for your cooperation! This policy helps us create a healthy, fun and safe environment for your camper(s).

**We have invested in new 6-inch-thick mattresses for the entire camp. PLEASE - No Mattress Toppers (Egg Crates)!** All mattress toppers will be returned to the sender or held in the office for pick up on departure day.

**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.**

## Phone Calls

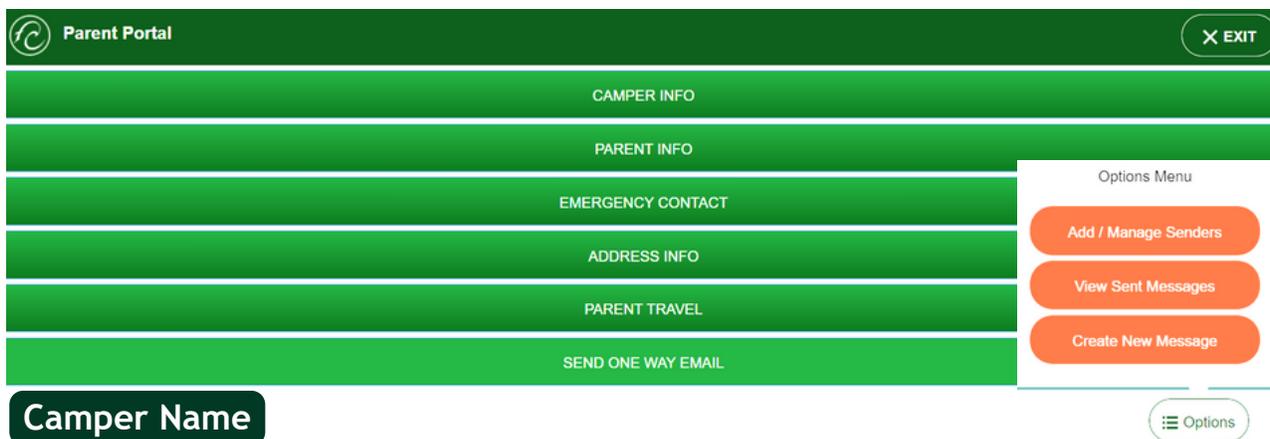
Through our years of experience, we have learned phone calls can cause more harm than good. A phone call will often cause anxiety and/or severe cases of homesickness, where there was otherwise none. This often hinders the Camper's ability to fully enjoy their experience at Fernwood Cove and leaves parents 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 the office to schedule.

# Camper One-Way Email

- Go to [www.fernwoodcove.com](http://www.fernwoodcove.com)
- Log into your [Parent Account](#)
- Click “SEND ONE WAY EMAIL”
- Type the desired message and click “SEND”
- One-way emails are delivered daily during Rest Hour
- 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)

- Simply login to your [Parent Account](#)
- Once you login, click on the green button which says SEND ONE WAY EMAIL (bottom button)
- On the right of your screen, you will see a MENU button, click on this
- Then click, Add/Manage Senders
- You will see an approved senders list, click on the +NEW button and enter their EMAIL ADDRESS and Name
- They will receive an email with a link allowing them them access to the one-way email function ONLY, not the rest of your account. This link is their “key” to writing one-way emails, they should save the link and re-use it each time they want to write a one-way email.
- **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 email address.



# Kid Checks & Photos

## Kid Checks

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" within the Forms section of your [Parent Account](#): Parent Account > Forms > Kid Check Request

The administrative staff 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:

- Let a Director know if you have specific concerns.
- Be PATIENT - the reply is coming. To provide you with accurate information, we/our staff members need to check in with your child and their counselors (as well as the other children on their list).
- Kid Checks requests are limited to 2 per session. Sending your child to camp allows them to learn independence and many other skills which cannot be taught at home. Too many Kid Checks will create more questions than answers.

## Photos

Our dedicated Camp Photographer will be photographing the Campers/CITs, 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.

### Summer Photos

Fernwood Cove does not provide photos of campers or CIT/Junior Counselors throughout the camp session. This includes posts made to our social media. 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.

# Laundry Service

## Laundry

Fernwood Cove provides laundry service once per week for each bunk. Clothes/towels will be washed, folded, and returned to the bunk in the large green "bunk" laundry bag. **Please ensure all clothing, bathing suits, socks, underwear, towels etc.** are clearly labeled. Names (full names please!) written in permanent marker (Sharpie) are the best as the stick-on labels will come off in the dryers.



# Personal Belongings, Electronics, Money & Animals

## 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.

## Electronics

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

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 (with "Amnesty" on the first night of camp) for safekeeping.

## 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

## Meals

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 salads. 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 which 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.

# Camper Transportation & Baggage

## Transportation

Fernwood Cove will transport campers in 8-, 12- and 15-passenger vans. Our vans are typically 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.

Per Maine State Law, any campers under the age of 8 who weigh between 40-80 pounds are required to use a booster seat. Parents can provide the booster seat upon drop-off. Camp has booster seats available as needed.

## Baggage

To simplify the process of sending luggage to camp, we have partnered with **Ship Camps**, which provides duffel delivery service from your door to your daughter's bunk; from her bunk, back to your door. A copy of Ship Camps literature is enclosed with this book and can be found on their website.

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 TO CAMP

**Please send your daughters duffel via Ship Camps.** 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.

### CAMPERS FLYING TO LOGAN OR PORTLAND AIRPORTS

**Please send your daughters duffel via Ship Camps.** 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 your daughter's bags with you to camp.

### PARENTS SHIPPING BAGS HOME

**Please send your daughters duffel via Ship Camps.**

**PLEASE NOTE\*** If your daughter has multiple bags and they are not ALL arriving or leaving camp by the same method (i.e. 2 bags arrive by Ship Camps and on departure 1 bag departs with Ship Camps and 1 bag departs by camper pick up) please note this on the Travel Form or email [transportation@fernwoodcove.com](mailto:transportation@fernwoodcove.com) to make sure we have all the information needed to get bags sorted correctly prior to departure day.

## Absentees, No-Shows & 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 sorts 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.

# Other Policies

## 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 can help you navigate this difficult time. We can offer sound advice so you and your daughter may have the best outcome.

## Drug & Alcohol Policy

Use, possession or distribution of cigarettes, E-Cigarettes, vaporizers, edibles, 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.

**There is 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 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.

## Mandated Reporters

All Fernwood Cove counselors and staff who work directly with campers are mandated reporters in Maine. They are required by law to report child abuse and are considered a crucial link in the child protection system. They also complete a training conducted by the State of Maine. The purpose of this training is to promote child safety by increasing the knowledge of mandated reporters regarding the identification of the signs of abuse and neglect and to explain the process for reporting abuse and neglect to Maine Department of Health and Human Services.

## 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 policies do not allow staff members to directly contact campers or CITs after camp. If parents wish to host a Fernwood Cove staff member(s) after or before camp, it is the responsibility of the parents to ensure appropriate and safe guidelines are established and understood by any visitor. If you have questions about this policy, please call camp.

## Fernwood Cove - Share the Extraordinary

We understand you may want to keep the Extraordinary World of Fernwood Cove a secret for your daughter only. We feel every girl would benefit from the magic we share at camp. If you are concerned about school or home friend dynamics, call and ask to speak with a Director. 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 throughout the off-season. Important updates and reminders, as well as information about upcoming events, deadlines 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.



## **Parent Account**

Once campers arrive at camp, Fernwood Cove parents will receive regular updates via their online Parent Account. A daily podcast will be available through Soundcloud and a notification will populate in your Parent Account. The podcast is a daily update from Jim about special events that day, meals, evening programs, and other camp updates. Please note: There may not be an update every day. Additionally, the daily podcast will be made later in the evening or the following morning, depending on the schedule and goings-on at camp.



## **Facebook**

<http://www.facebook.com/FernwoodCove>

The Fernwood Cove Facebook Page is a great place to connect with camp, learn more about Fernwood Cove values and programs, and the impact of camp. 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 reconnect 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!



## **Summer Photos**

Fernwood Cove does not provide photos of campers or CIT/Junior Counselors throughout the camp session. This includes posts made to our social media. 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.



## **YouTube**

[www.youtube.com/fernwoodcove](http://www.youtube.com/fernwoodcove)

While not actively updated, the Fernwood Cove YouTube Channel provides great insight into Fernwood Cove traditions, activities, and events. It is a great resource for families to learn what to expect this summer. Please note, there will not be Vlog updates via the Fernwood Cove YouTube Channel this summer.

# Preparing Your Daughter for Camp & Child-Sick Parents

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 and not missing the possibilities right in front of her. We ask for your assistance by preparing your daughter for camp.

**Here are some important guidelines and resources:**

### **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 Opening Day, birthdays, 4th 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 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 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 Tab Page

# 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. Our Health Care staff provide medical services to the full extent of their qualified scope of practice.

## 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.

Please note there is no electricity in the camper living space, therefore we cannot accommodate campers needing full-time medical equipment requiring electricity. Our Health Center is staffed with RNs, LPN's, EMT's and student nurses and therefore we are not able to accommodate campers with daily needs more than the scope of care beyond the RN level.

Fernwood Cove is not a rehabilitative or therapeutic program and does not specialize in serving children with special needs, including mental, emotional, social, or behavioral difficulties.

## 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 April 1st, the Hard Copy Health Form (printable) needs to be completed by your daughter's medical provider and returned by June 1st. Exam date must be within 24 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-Administered 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](#).

## EpiPens & Inhalers

Most families opt to have EpiPens and inhalers kept in the Health Care Center, in which case you do not need to complete the Self-Administered form. If you would like to have your daughter carry her emergency medication at all times, please complete the Self-Administered form and ensure her name is clearly labeled on her medication.

# Communicable Disease Prevention

## Healthy Camp Begins at Home

Partnering (buy-in) with YOU, regarding Policies/Procedures before camp will be crucial to a safe, successful summer. The health and safety of your daughter, and the entire camp community, is of utmost importance.

## Communicable Diseases

Fernwood Cove 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 COVID-19, CHICKEN POX, WHOOPING COUGH, MEASLES, FLU, ETC.** In addition, please inform the Directors if your daughter has suffered any health condition which 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 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.

## Vaccine-Preventable Disease & 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 highly recommended.

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 (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 the child or staff is diagnosed with a VPD, the following will occur:

1. Parents will be notified, and the child/staff will be isolated and if needed (depending on the discretion of the Directors and health care team) removed from camp immediately.
2. Parents/staff will be responsible for cost and arrangement of travel or other accommodations within 24 hours of notification. Please be aware, 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.

## Health Considerations

It is important to recognize there is added risk of exposure to Covid-19 and other communicable diseases in a residential setting. It is your responsibility to check with your daughter's physician to ensure Fernwood Cove is an appropriate setting and assess if your daughter is in a high-risk category related to COVID-19 or other communicable diseases. If your daughter is in a high-risk category, please contact us.

## COVID-19 Vaccination for Campers

Fernwood Cove is highly recommending all eligible campers be vaccinated and up to date for COVID-19 based on Center of Disease Control and Prevention (CDC) recommendations, acknowledging your daughter is at higher risk of exposure to COVID-19 in a residential setting. As a parent we feel it is important for you to assess the risks and make the responsible decision for your daughter. Fernwood Cove Health team will review and follow CDC recommendations as needed throughout the summer based on our camp community health status.

## 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 daughter's stay.

## 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.

## Ticks

Ticks at camp are rare since the entire camp is sprayed for ticks and mosquitoes prior to campers arriving. When ticks are encountered, it is 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.

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

## Medication

Campers who take daily medication while at Camp, are required to register with 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.

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

CampMeds 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, gummy vitamins etc. (taken daily)
- Our camp stocks most Over the Counter (OTC) see list below - there is no need to have CampMeds dispense typical OTC items if they are not taken daily.
- Vitamins (for specialty vitamins/supplements, email CampMeds to confirm they can provide). If they can't provide them, contact camp to make arrangements.
- The exceptions: Accutane, growth hormone, insulin, injections, birth control pills.
- Contact camp to make arrangements for liquid and powdered medications.

### 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 medication, at the correct time, in the correct dose. We have used this system for 10 years and feel strongly, your daughter is safer at camp because of CampMeds.

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 cooperation.  
Warmly, Beigette

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

## Medication - Continued

Medications in pill form are filled by CampMeds and 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 line!

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 and ensure they 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.

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 or if they will not fill your request. 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."

## Over-the-Counter Medication

Fernwood Cove stocks over the counter (OTC) medication.

Please do not send your daughter with Over-the-Counter Medication.

The following medications may be stocked in the camp Health Center and are used on an as needed basis to manage illness and injury. You do not need to register with Camp Meds if your daughter only needs access to these medications on an "as needed" basis. If she will need any of the following medications daily, then you will need to register with Camp Meds. Please list on the camper health form if you do not wish your daughter to be given any of the medications listed below.

- |  |                                 |                                 |
|--|---------------------------------|---------------------------------|
| * Acetaminophen (Tylenol)                          | * Cortisporin otic              | * Milk of Magnesia              |
| * Aloe   | * Cough Drops                   | * Mylanta                       |
| * Antibiotic Ointment (Bacitracin, Neosporin)      | * Diphenhydramine (Benadryl)    | * Phenylephrine (Sudafed PE)    |
| * Bismuth Subsalicylate (Pepto-Bismol, Kaopectate) | * Dramamine                     | * Polyethylene Glycol (Miralax) |
| * Calamine Lotion                                  | * Fexofenadine (Allegra)        | * Pepcid                        |
| * Calcium Carbonate (Tums, Rolaids)                | * Hydrocortisone 1% (Cortisone) | * Simethicone                   |
| * Cetirizine (Zyrtec)                              | * Ibuprofen (Advil, Motrin)     | * Robitussin                    |
|  | * Loratadine (Claritin)         | * Pseudoephedrine (Sudafed)     |

# Lice - No Nits at Camp

We want to ensure a safe and healthy environment for all campers at Fernwood Cove, and to achieve this, we strictly adhere to a NO NIT POLICY regarding lice. It's important to note that even if your child has no live lice but just a single nit, it will be considered a positive case, and your child will receive treatment while at camp.

Here are some essential definitions and details to help you understand our approach:

## Lice:

- Lice, or Louse (singular), are live parasitic insects that feed on blood. While this may sound unappealing, please rest assured that lice or nits at camp are not a cause for alarm. Our dedicated staff and the entire Fernwood Cove community will show care and empathy towards your child's inconvenience. Lice are not a significant concern or social stigma at camp.

## Nits:

- Nits are eggs laid by a louse and are attached to the hair shaft close to the scalp. If nits appear yellow, tan, or brown, it means the lice haven't hatched yet. When nits are white or clear, it indicates that the lice have hatched, and only the egg remains. Lice eggs typically hatch within 1 to 2 weeks after being laid.

## Screening:

- On Opening Day, all incoming campers undergo screening by the Lice Treatment Center (LTC). This screening process typically detects 15 to 25 positive cases. If a camper is found to have lice or nits, treatment will be administered over the next 5 days during rest hour. Campers are never isolated due to a positive case of lice or nits. After the initial treatment (day 0), all live lice are eliminated, allowing your daughter or her bunkmate to rejoin the community. If your daughter is positive for lice or nits, you will receive a call or email from our Health Care team.

## Treatment:

- Initial treatment and all treatment products are provided by the Lice Treatment Center, and these products are natural and non-toxic. LTC will conduct the initial treatment, followed by our Fernwood Cove staff continuing comb-outs and treatments during a 5-day period during Rest Hour. On or about day 3 of treatment, LTC will return for a recheck and may recommend continued treatment beyond day 5. A charge of \$365.00 will be billed to your daughter's account for the treatment, which is our cost from LTC.

## Outbreaks:

- Lice outbreaks occur when screening and treatment procedures are not followed correctly, leading to multiple campers and staff contracting lice. However, thanks to our rigorous screening and treatment protocols, outbreaks do not occur at Fernwood Cove.

## At Home, Please:

Head lice can be persistent in communal settings where children have close contact. Every summer, we take proactive measures to prevent lice within our close-knit community. Your assistance, vigilance, and compliance with the following measures at home are crucial:

- Please read the information provided by the National Pediculosis Association (NPA) at [headlice.org](http://headlice.org) to familiarize yourself with lice, nits (lice eggs), and their symptoms.
- Regularly check your daughter's hair at home to become familiar with the process.
- Two weeks before camp, examine your child's head. If any evidence of lice is found, consult your pediatrician for treatment, comb out all nits, and notify us so that we can double-check upon arrival.
- The day before departure for camp, check your child's head again. If there is any evidence of lice or nits, please notify us. The Lice Treatment Center will administer treatment, and you will be billed for the cost of the treatment products (our cost).

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

# Continuing Therapy at Camp

In recent years, we have had an increase in requests for campers to continue therapy sessions with an existing therapist/psychologist while their daughter is attending camp.

As camp Directors, we want to discourage these sessions due to the impact it has on your daughter's camp experience. By having your daughter attend therapy sessions while at camp, it disrupts the experience and takes your daughter out of activities, valuable camp moments, and being present in the moment.

It is important as a parent to consider how continuing therapy sessions during camp will impact your daughter's camp experience. Is this call necessary or can it be rescheduled outside of camp dates? Is continuing therapy during camp serving the best interests of your daughter?

If you feel it is important and necessary, please read below:

In response to these requests, we have created a procedure to guide this process. Please recognize Fernwood Cove is not a rehabilitative or therapeutic program and does not specialize in serving children with special needs. This includes mental, emotional, social, or behavioral difficulties.

First and foremost, we want to ensure camp is the right environment for your daughter. It is important you and your daughter's therapist have discussed this prior to attending camp.

We request your daughter's therapist to provide a letter to camp including:

- A statement from the professional, in the professional's opinion, that your daughter is ready and is in a good mental and emotional state to attend Fernwood Cove.
- Continuing therapy sessions is necessary while your daughter is at camp.
- A description of the behaviors the camp staff should note which indicate that your daughter is decompensating and who should be contacted if these behaviors are witnessed.
- A description of management strategies the therapist has provided your daughter to help with self-regulation of mental, emotional, and social health concerns.

In partnership with parents, we require the Directors be given permission to speak directly with your daughter's therapist prior to camp. Additionally, in the event concerns, or questions arise, we request that Directors and Healthcare staff be given direct access (phone) to your daughter's therapist.

**Please ask your daughter's therapist for a release of medical information.**

To minimize disruption in your daughter's camp experience and ability to connect and develop relationships with other campers, therapy sessions will be during Focus activity periods as outlined in the Daily Schedule. When your daughter is not meeting with her therapist, she will be scheduled to Read Under the Tree for the activity week, i.e. if your daughter needs a therapy call each week, she will have Read Under the Tree as one of her Focuses each week, with five other options that she chooses as normal.

Due to the additional logistics and scheduling, there is an additional **fee of \$200** for any campers who need therapy calls during the session. This will be added to your account as an additional charge.

## Guidance for the Therapist

Not all therapists have a background or understanding of the unique complexities and benefits camp presents:

- If something arises during a therapy session regarding a situation at camp, please advise the therapist to contact the Directors directly. It's important we understand the extent of the problem and how to best help.
- Remind therapists we do not allow parents to call/zoom or speak with campers while at Fernwood Cove. Camp is about cultivating skills of independence, building confidence and resilience. These developmental growth opportunities occur by preserving the camp experience and being away from parents.

# Travel Tab Page

# Travel Information

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

**Please have your daughter travel 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 Phones, Mobile Devices, and Other Devices

All technology 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 returned prior to the camper's departure from camp.

## Air Travel

Due to continued inconsistencies and disruptions within the airline industry we partnered with Atlas Travel to arrange ALL air travel to camp. Dianne Doucette will be your personal air-concierge arranging flights, seats and is your go-to-resource when things change (because they will). Dianne will keep you apprised of any changing flight numbers & departure times. It is imperative that ALL air travel is booked through Dianne as her relationship with airlines assists with Unaccompanied Minor and Airline Assist flights where our staff need a gate pass to meet your daughter at the gate.

Contact Dianne - email [Dianne.Doucette@atlastravel.com](mailto:Dianne.Doucette@atlastravel.com), phone: 508-488-1193

When you call or email Dianne, please provide her with the following information:0

- Daughter's Name, Session, Departure City, and any return travel information (if applicable)

On arrival to Portland, Maine/Boston Logan, 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.

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 so you can relay the updated information to the airline.

## Unaccompanied Minors & 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; 1st try speaking with a manager to resolve the issue; 2nd 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 assistance.

# International & West Coast Families

## or campers traveling more than 3 hours by plane

Please plan to have your daughter travel to camp one day early. Her flight should arrive at Boston Logan Airport between 1:00 pm EST and 3:00 pm EST or Portland Jetport between 10:00 am EST and 5:00 pm EST. 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.

If you have questions, please don't hesitate to call the office.

- After you book a flight, submit the online Travel Form through your Parent Account. While this may seem redundant - by submitting the Travel Form, it verifies to us, your understanding of the date/time of your daughter's departure.
- Please make sure to include all information, especially booking reference, in consultation with Portland Jetport management we have been advised this is key information for our staff to be issued a gate pass.

## Bus Travel

We will provide chartered bus service from Lincoln Center, New York; Port Chester, New York; Fairfield, Connecticut; and Lexington/Newton, 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. Please make sure you complete the Travel Form for all your daughters attending camp, even if they will have identical travel plans, this avoids overbooking of any charter buses. This summer we will be assigning seating based on camper's grade/bunk assignments. We have detailed the pick-up locations and times on the next page.

## Car Travel

We will be sending you a link in the spring which will allow you to book your arrival time to camp. For planning purposes, the window will be between 1:30 pm EST - 3:30 pm EST for drop offs. Details will be communicated via email leading up to the start of camp. You will sign up for a time slot prior to arrival and there will be ample time slots available to provide you a time which is convenient for you. This will help stem vehicle congestion and allow for a smooth drop off and transition to camp. Campers will literally be dropped off - we ask all non-campers to remain in the vehicle. As you depart, we will provide you a "rest stop" (if needed) to use the bathroom.

## Travel Home

If you are picking your daughter up at camp on Departure Day, we will provide you with a link which will allow you to book a specific time to arrive and collect your child and any baggage that will be traveling with you. For planning purposes, the window will be between 9 am - 10 am EST. Details will be communicated via email a week prior to the end of camp. If you wish to take part in the self-guided visiting day option, there will be parking available elsewhere in camp form which you can then explore. The self-guided tour will run until 12 pm EST noon. As you depart, we will provide you a "rest stop" (if needed) to use the bathroom.

If your daughter needs alternative means of transport home, we offer a camp van/bus to Boston Suburbs, Logan Airport, Portland Jetport, 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.

**Rookie Pickup:** Pickup only - no return transportation provided. Pickup at 10:30 am EST at the Fernwood Cove Office on Rookie Departure Day. Tours around camp are not available on Rookie Departure Day.

## Release of Campers

Campers are not released to anyone other than a legal parent or guardian without prior permission. Permission must be given in writing by a legal guardian, specifying who the Camper is to be released to and for what reason (i.e. departing camp on Closing Day). Please email written permission to [transportation@fernwoodcove.com](mailto:transportation@fernwoodcove.com)

## Transportation Charges

Bus/Van	One-Way	Roundtrip
Port Chester - New York	\$200	\$325
Lincoln Center - New York	\$200	\$325
Fairfield - Connecticut	\$200	\$325
Lexington/Newton - Boston Suburbs	\$150	\$275
Boston Logan Airport	\$150	\$275
Portland Jetport	Free Arrival	\$100 Departure

If your travel plans to or from camp change, it is important we are updated 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 1st.** This is important information for us when reserving buses 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 LOCATIONS

All buses are chaperoned by Fernwood Cove staff members and are air-conditioned, have movies playing, and contain bathroom facilities.

Please note: All drop off/pickup times are subject to change depending on local traffic conditions and weather. We will provide regular updates to parents and families on the day.

We have linked the drop off and pick up locations on Google Maps below.

<b>Lincoln Center, NYC</b>	
Drop Off / To Camp	Pick Up / Going Home
Arrive by 8:00 am EST for 8:30 am EST departure Travel Time: 6 hours Please pack a healthy nut-free lunch Directions: <a href="http://bit.ly/3j7czvu">bit.ly/3j7czvu</a> GPS: 162 W 62nd St. New York, NY 10023 South Side of Lincoln Center on West 62nd St (between Amsterdam and Columbus Ave.	The bus is scheduled to arrive at 2:00 pm EST Directions: <a href="http://bit.ly/3j7czvu">bit.ly/3j7czvu</a> GPS: 162 W 62nd St. New York, NY 10023 South Side of Lincoln Center on West 62nd St (between Amsterdam and Columbus Ave.
<b>Port Chester, NY</b>	
Drop Off / To Camp	Pick Up / Going Home
Arrive by 8:30 am EST for a 9:00 am EST departure Travel Time for 6 hours Please pack a healthy nut-free lunch. Directions: <a href="http://bit.ly/3YohpFa">bit.ly/3YohpFa</a> GPS: 431 Boston Post Rd, Port Chester, NY 10573 Bus will be parked in fronts of Kohl's Shopping Center	The bus is scheduled to arrive at 1:00 pm EST Directions: <a href="http://bit.ly/3YohpFa">bit.ly/3YohpFa</a> GPS: 431 Boston Post Rd, Port Chester, NY 10573 Bus will be parked in fronts of Kohl's Shopping Center
<b>Fairfield, CT</b>	
Drop Off / To Camp	Pick Up / Going Home
Arrive by 9:30 am EST for a 10:00 am EST departure Travel Time 5 hours Please pack a healthy nut free lunch. Directions: Fairfield Service Plaza Northbound - <a href="http://bit.ly/3FSPzt6">bit.ly/3FSPzt6</a> GPS: 165 Round Hill Road, Fairfield, CT 06824 Take Exit 22 off the Northbound I-95 to the Service Plaza	The bus is scheduled to arrive at 12:00 pm EST Directions: Fairfield Service Plaza Southbound- <a href="http://bit.ly/3PpplSc">bit.ly/3PpplSc</a> GPS: 267 Round Hill Rd, Fairfield, CT 06824 Take Exit 22 off the Southbound I-95 to the Service Plaza

**Continued on next page**

# FERNWOOD COVE CHARTERED BUS LOCATIONS

<b>Boston Suburbs</b>	
Drop Off / To Camp	Pick Up / Going Home
<p>Arrive by 1:00 pm EST for 1:30 pm EST departure            Travel Time 3 hours            Please have your daughter eat lunch prior to boarding the bus.            Directions: Lexington Service Plaza Northbound - <a href="http://bit.ly/3j1RMd5">bit.ly/3j1RMd5</a>            GPS: Lexington Service Plaza Northbound, Lexington, MA 02421            Take Exit 46 second exit on right 100 yards after Exit 46 A (previously Exit 30A)</p>	<p>Bus is scheduled to arrive by 8:45 am EST            Directions: Newton Service Plaza Southbound - <a href="http://bit.ly/3Wzihol">bit.ly/3Wzihol</a>            GPS: Newton Service Plaza, I-95 Southbound, Newton, MA 02462            Take Exit for Newton Service Plaza 100 yards after Exits 38-37B I-95 South.</p>
<b>Boston Logan Airport</b>	
Drop Off / To Camp	Pick Up / Going Home
<p>Arrive by 12:00 pm EST for 12:30 pm EST departure            Travel Time 3 hours            Please have your daughter eat lunch prior to boarding the bus.            Directions: American Airlines Baggage Claim, Terminal B, doors B102.            GPS: Terminal B Arrivals, Boston Logan Airport, Boston, MA 02128</p>	<p>Bus is planned to arrive no later than 10:00 am EST.            Directions: American Airlines Baggage Claim, Terminal B, doors B102.            GPS: Terminal B Arrivals, Boston Logan Airport, Boston, MA 02128.</p>

# 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/Lyft**

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

# Packing Tab Page



# Packing List

## Uniform Items

- 12 White T-shirts
- 10 Green Shorts
- 1 White Shorts
- 2 Green Sweatshirts
- 1 White Sweatshirt
- 2-3 Green Leggings/Sweatpants



## Shoes/Footwear

- 2 Pairs Sneakers/Tennis Shoes
- 1 Pair Crocs
- 1 Pair Rainboots
- 1 Pair Flip-Flops/Shower Shoes
- 1 Pair Slippers - Optional
- 1 Shoe Organizer



## Toiletries

- Shampoo & Conditioner
- Body Wash
- Toothbrush & Toothpaste
- Sunblock
- Bug spray
- Shower Caddy



## Non-Uniform

- 12 Pairs Socks
- 10-12 Pairs Underwear
- 4 Sets of Sleepwear
- 2-3 Swimsuits
- 2 Sets Regular Clothes (Campfire) - Please see Dress Code Requirements
- 1 Raincoat

## Essentials

- 2-3 Beach Towels
- 3 Shower Towels
- 1 Sleeping Bag
- 1 Pillow - Domestic/US Campers
- 2 Pillow Cases
- 1 Laundry Bag

## Activity-Related (Optional)

- Soccer Cleats & Shin Guards
- Tennis, Lacrosse, Field Hockey Equipment
- Ballet, Jazz, Tap Shoes
- Gymnastics Leotards
- Riding Boots (with a heel), Helmet, & Pants

## Miscellaneous

- 1 Flashlight or Headlamp (or both!)
- 2 Water Bottles
- 1 Backpack/Daypack
- 1 Hat
- Stationary, Stamps, & Pre-Addressed Labels
- 1 Waterproof Watch

- 1 Pair Sunglasses
- Extra Books
- Extra batteries
- Camera - Polaroid (with extra film) or digital



# Packing List FAQ

## Uniform Items

- Not all uniform items need to have the Fernwood Cove logo or be purchased from Amerasport
- Amerasport items are the correct colors for uniform - use these as a guide!
- **Please do not alter any uniform items - for example, cutting the collar for off-the-shoulder, cropping the bottom, etc.**

## Shoes/Footwear

- Any shoes with a heel or backstrap are fine, Crocs are just the preferred camper shoe!
- A half-size over-the-door shoe organizer works great for the end of the camp beds

## Toiletries

- Campers need enough shampoo, body wash, face wash, etc. for one shower a day for three weeks
- Campers will re-apply sunscreen multiple times throughout the day - **pack more than enough!**

## Non-Uniform

- Any non-uniform clothing for campfires must follow the Dress Code outlined in the Parent Resource Book
- Please **do NOT** pack any crop top shirts or clothing that does not follow Dress Code Guidelines
- Strapless dresses for Services & Banquet are not permitted

## Essentials

- Sleeping bags are needed for camper overnights
- No need to pack extra sheets, blankets, etc. - we have plenty!

## Activity-Related (Optional)

- Camp is equipped with all activity-related items campers may need

## Rookie Campers

- Rookies need to follow the **same** packing list for their shorter session

## Miscellaneous

- A bag of Croc Jibbitz is great to pack for Jibbitz trading!
- Please **do NOT** send or pack candy or food
- Nail polish is fine - please leave fake or press-on nails at home for safety purposes!
- Please do not send Kindle Readers
- **Please only ship items to campers if they are requested by the Unit Leader - see our no-package policy information**

# Fernwood Cove Uniform Requirements and Suggested Packing List

Fernwood Cove is a uniform camp, which compliments 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 catalog 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 are not permitted. Limited white accent stripes on shorts, pants, etc. is permitted. The catalog 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 summertime! 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 a 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 (Fernwood Cove will provide a pillow for 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 bathrobe (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

**Please DO NOT send an egg crate/mattress topper. We upgraded to 6-inch-thick mattresses to avoid this need! Any egg crates/mattress toppers received will be returned to the sender.**

## 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. Pre-addressing envelopes with your home address or printing labels with necessary addresses always helps, too!

## Sun Protection

We also encourage you to pack a good broad-spectrum sunblock 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 daughter's 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 Gatorade)
- 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 - **please see more info in the Programming Section of the PRB.**
- 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 gymnastics 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 the 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 the Banquet, held on the last Friday evening of camp - many of the girls wear white sundresses.

## 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.

## Labeling & 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 (Sharpie) markers and name tapes 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.

# Programming Tab Page

# 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.

Fernwood Cove campers have their own individual schedule based on their weekly choices. Campers choose activities in our “choice with structure” system which requires campers to choose a certain number of activities from the various activity categories. Additionally, a camper’s schedule will have activities from a variety of activity areas, with younger campers being required to experience activities from more areas. The required number of activity areas lessens as campers get older, with our Senior (9th grade) campers having no activity area requirements.

## Daily Activities

**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 8th & 9th grade Campers take for multiple Focus Weeks.

**Activities** Focus Activities are separated into 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. In addition, there are new activity options each week as well, ensuring every camper can explore something new.

**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 2nd - 6th grades are required to take one week of swimming. Additionally, any 7th - 9th 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 2nd - 5th grades are required to take one week of Canoeing.
- Campers in 2nd & 3rd grades are required to take one week of Outdoor Living Skills

## 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.

## Adventure

### 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.

Ropes Course is a double focus activity offered for 5th - 9th grade Campers.

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

Moxie's Adventure is a unique leadership development program. This single-focus program introduces key leadership skills to help girls develop valuable skills as they grow to be leaders in the camp community.

Emerging Leaders is a single-focus leadership exploration activity offered for Campers in 7th - 9th grades.

The ropes course is inspected by ACCT trained inspectors 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 the 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. 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.

## Athletics & Fitness

**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 & 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. In order to ride, campers must have with them the required equipment list detailed in the Natural Horsemanship section below. 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 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 production. 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.

## 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 6th - 9th 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 operations are 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 offered for Campers in 2nd - 5th grades and more advanced metalsmithing activities offered for 6th - 9th 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.

## Studio Arts

### 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.

## 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 100 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. 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 sailboats, 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. This year, swimming will focus on water safety and skill maintenance rather than the traditional structure of swim lessons. Fernwood Cove has certified Water Safety Instructors which teach the American Red Cross Learn-to-Swim program.

# Waterfront

## **Waterskiing\***

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 2024

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 which 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. Please contact us at [cove@fernwoodcove.com](mailto:cove@fernwoodcove.com) to enquire about registering your daughter or to check your registration status.

**Required Equipment: Campers in the Horse Program must bring a helmet (ASTM-SEI approved), jodhpurs or inexpensive riding pants and riding boots or hiking boots with low tread and a heel. Please note: your daughter will not be able to ride until she has the appropriate required equipment.**

**Savvy Club**      15 days - 2 hours/day  
Cost - \$3000

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**      15 days - 1 hour/day  
Cost - \$1575

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, Camper's 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**      5 days - 1 hour/day  
Cost - \$550

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, Camper's 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.

# Trips & Overnights

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!

- |                    |  |
|--------------------|--|
| <b>Hike</b>        | 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.   |
| <b>Canoe/Kayak</b> | Basic level paddling trips are offered on nearby rivers. All river trips are age appropriate and accompanied by lifeguard certified counselors.  |
| <b>Ocean Beach</b> | Enjoy surfing, castle building and games on the sandy beaches of Maine. All beach trips are accompanied by lifeguard certified counselors.   |
| <b>Adventure</b>   | 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.   |
| <b>Overnights</b>  | Campers in 2nd - 6th grades can choose from Onsite Overnights, Campsite Camping Overnights or Adventure Overnights. Campers in 7th - 9th 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 is a great option if you are a camper who would like to go off camp for their overnight and still maintain some of the "comforts of home." Groups will likely participate 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.

# **Trips & Overnights**

## **Lakeside Cabin Overnight (7th Grade Trip)**

At this stage of their camp journey, our 7th-grade campers are stepping into leadership roles within our close-knit community. To foster stronger connections and cultivate essential leadership skills, they will embark on a day of team-building at our ropes course. Facilitated by our Camp Leadership and Adventure program staff, this immersive program will not only build camaraderie but will also equip our campers with the skills they'll use to organize events like Carnival. All our Adventure staff are rigorously trained according to ACCT standards.

As a highlight of their camp experience, our 7th graders will embark on a one-night retreat to a lakeside cabin, accompanied by their counselors and Team Leader. During this overnight adventure, they'll engage in guided discussions, fun-filled games, and moments of reflection. The focus will be on empowering them to become even stronger leaders within the camp community. This retreat often sparks the initial brainstorming sessions for upcoming Junior and Senior Special Events, such as Banquet and Color Games.

There is no charge for this trip.

## **Acadia Overnight (8th Grade Trip)**

Our 8th 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 \$275.00 will be added to the May statement.

## **White Water Rafting Overnight (9th Grade Trip)**

The highly anticipated Senior Overnight provides our Senior (9th grade) Campers 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 \$350.00 will be added to the May statement.

# Tutoring

We are excited to offer tutoring services through Fusion Global Academy. Fusion Global Academy is a fully accredited private school serving grades 6-12. In addition to their traditional academic services, they provide tutoring services for academics as well as ACT & SAT test preparation. Tutoring services are optional and provided as an option for campers who must maintain academics throughout the summer. We partner with Fusion based on our shared values of personal growth through a safe and supportive environment.

Tutoring sessions are one-on-one, live sessions led by professional educators who specialize in the respective academic area. The teacher works individually with your camper for the duration of every tutoring session. Fusion tutors can utilize specific curricula if it is required by your camper's school or at-home tutor- simply communicate this when registering.

Tutoring sessions are 50 minutes long and delivered virtually from camp. Fernwood Cove provides a designated and quiet working space. Additionally, we provide computers, document cameras, and other devices needed for virtual sessions. Tutoring sessions occur as a part of a camper's focus activity schedule. This means they have tutoring as a part of their activity day and are not pulled from bunk time, rest hour, shower time, etc. for tutoring. Fusion offers a variety of tutoring packages to fit the needs of each camper. On days that a camper does not have tutoring with Fusion she will be scheduled for Read Under the Tree where she can work independently on academic work, reading, etc. or have personal reading time.

Registration occurs through Fusion Global Academy at [www.FusionGlobalAcademy.com/FernwoodCove](http://www.FusionGlobalAcademy.com/FernwoodCove). Once registered our representative will provide us with the necessary information to coordinate tutoring sessions throughout the camp session.

A full-page, color flier is included with printed copies of the Parent Resource Book. This flier outlines all of the services and provides more in depth information about Fusion Global Academy.

For questions, email [paddy@fernwoodcove.com](mailto:paddy@fernwoodcove.com)

# Where to Stay

## Waterford - (5 miles)

\*Waterford Inne  
258 Chadbourne Road  
PH: (207) 583-4037  
Email: [stay@thewaterfordinne.com](mailto:stay@thewaterfordinne.com)  
Web: [www.waterfordinne.com](http://www.waterfordinne.com)

\*Our preferred inn and the closest accommodation to camp.

## Harrison - (10 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)

## 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)

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)

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)

## Casco - (13-20 miles)

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

## 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)

# Where to Stay

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

## North Windham - (28 miles)

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

## New Gloucester - (40 Miles)

Guest Houses at Pineland 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)

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: [conciiergeprh@theregency.com](mailto:conciiergeprh@theregency.com)  
Web: [www.theregency.com](http://www.theregency.com)





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