



Extraordinary Summers for Girls

**Parent Resource Book
2026**

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 2026

Dear Fernwood Cove Parents,

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

This is your Parent Resource Book for Summer 2026. You will find it helpful for keeping track of all the details needed to plan for and prepare your daughter for a summer at Fernwood Cove.

Overview:

Whether this is your first summer or you've 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 ensure you have the most current and accurate information.

This book is divided into five sections: Policies, Healthcare Center, Travel, Packing, and Program Offerings. Several information sheets are tucked inside the front cover and should be reviewed before your daughter arrives 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**.

Please review our Policies section carefully. It covers important topics such as **safety at camp**, expected behaviors and consequences, emails, phone calls, packages, and bunking. The following sections provide information on travel, accommodations, uniforms, health care, and details about our program offerings.

How to complete forms

Most forms can be found and completed online. To complete or print them, simply visit the Fernwood Cove website at fernwoodcove.com, click "Parent Login," and log in using your email address and password.

Need more information?

Please feel free to call with any additional questions or if you need further guidance. We are happy to speak with you at any time.

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

Kind Regards,
Jim, Beigette, Paddy, Noel, Luke, Alana & Rachel



DATES & RATES SUMMER 2026

Dates for Session I

Opening Day: Thursday, June 25
Rookie Camp Departure Day: Friday, July 10
Departure Day: Sunday, July 19

Dates for Session II

Opening Day: Thursday, July 23
Rookie Camp Departure Day: Friday, August 7
Departure Day: Sunday, August 16

Tuition: \$10,000
Rookie Tuition: \$6,500

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: \$3750 (Limited Enrollment-Total 30 hours of lessons)
Horse Program 3 week: \$1975 (Limited Enrollment -Total 15 hours of lessons)
Horse Program 1 week: \$675 (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	\$225	\$375
Lincoln Center - New York	\$225	\$375
Fairfield - Connecticut	\$225	\$375
Lexington/Newton - Boston Suburbs	\$175	\$325
Boston Logan Airport	\$175	\$325
Portland Jetport	Free Arrival	\$125 Departure

Address

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

E-mail:

cove@fernwoodcove.com

Website:

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 1
<input type="checkbox"/> CampMeds	<u>CampMeds.com</u>	April 1
<input type="checkbox"/> Junior/Senior Permission Trip Form	<u>Parent Account</u>	April 1
<input type="checkbox"/> Hard Copy Health Form (for Doctor to sign/stamp)	<u>Parent Account</u>	April 1
<input type="checkbox"/> Final Payment	<u>Parent Account</u>	May 15

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.



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

9:25 - 10:20 - Focus 1

10:30 - 11:25 - Focus 2

11:35 - 12:30 - Focus 3

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 - 8:15 - Evening Program

8:15 - 8:45 - Community Time

8:45 - Call to Quarters

9:00 - Taps (Lights Out)



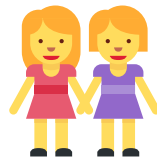
Fernwood Cove Values

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.

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.

Loyalty - 2026 Fernwood Cove Value

Through a strong understanding of Fernwood Cove values, Fernwood Cove campers, CITs, and staff are developed into ambassadors of 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.

Respect for the Outdoors

Immersed in the mountains and lakes of Maine, Fernwood Cove provides a multitude of opportunities to build understanding and comfort with 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

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 large number 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 campers 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 their personal belongings and maintaining their personal space, and when needed, working to resolve conflicts in an appropriate manner.

Traditions

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, 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 girls. 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. It is the value of Traditions which will keep the Fernwood Cove community alive long after their camper days have passed.

Personal Growth

At Fernwood Cove, we feel Personal Growth is a lifelong skill. All Fernwood Cove campers, CITs and staff are encouraged to seek new growth opportunities each summer at camp. Skill development is incorporated into all aspects of life at Fernwood Cove. Campers, CITs, and staff are actively learning new skills throughout each camp day. Through the thoughtful guidance of Fernwood Cove counselors, our campers and CITs gain valuable life skills like independence, communication, personal awareness, and responsibility. Living in a camp bunk is the perfect opportunity for Fernwood Cove girls to gain skills related to relationship development like inclusion, respect, and conflict resolution. Fernwood Cove's focus activities provide continued skill-based instruction, with most activities having an established skill level structure. Campers can return to camp each summer knowing there are continued challenges and opportunities for safe risk taking. As campers grow in our summer camp program, additional leadership responsibilities create holistic learning opportunities which help ensure ongoing personal growth. The Fernwood Cove Teen Leadership Programs provide continued growth opportunities for Fernwood Cove girls who have aged-out of our camper program.

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, as well as asking for help when they need it. 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 as well as 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 help us 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.
- Maintaining the appearance of how you arrived at camp. Please do not dye hair, pierce ears, 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

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.
- 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 that could cause 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 must be turned in at first contact with a Fernwood Cove staff member (example: Phone will be turned in to counselors chaperoning the bus).
- Abstaining from the 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.
- Maintaining the appearance of how you arrived at camp. Please do not dye hair, pierce ears, 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.

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

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/

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 1st
- Hard Copy Health Form (for Doctor to sign/stamp) - April 1st
- Junior / Senior Trip Form (Print) - April 1st
- Camp Meds - April 1
- Parent Vacation Travel (online) - As Needed

Safety at Camp - Prepared for the Unexpected

At Fernwood Cove, camper safety is not just a priority – it is the foundation of everything we do. While the natural beauty of our Maine setting is part of the camp experience, our location, facilities, and training are intentionally designed and maintained with safety and preparedness in mind.

Location Advantages

- High Elevation & No River Exposure - Fernwood Cove is not located on a river or in a floodplain.
- Low Risk for Severe Flooding - Our terrain and drainage make large-scale flooding, like that seen in other regions, virtually impossible here.

Emergency Preparedness & Infrastructure

We maintain detailed contingency plans for a variety of potential situations, including natural disasters and external threats.

- Two hurricane-rated buildings capable of sheltering the entire camp community.
- Backup generation for critical facilities, with long-term fuel reserves on site.
- Ample food supplies to sustain camp operations independently for weeks, with the ability to extend that for months if needed.
- Dedicated fire suppression network supplied by a high-capacity water source and designed to provide rapid access to firefighting equipment anywhere in camp.
- Comprehensive fire safety program, with annual training for designated fire teams during pre-camp staff training.

Staff Training & Emergency Response

- Leadership and activity staff include lifeguards, first responders, and nurses.
- Missing person and violent intruder procedures are trained and rehearsed by staff (only) to ensure swift, coordinated action if ever needed.
- The camp director is a former combat veteran and trained swiftwater rescuer, bringing a high level of crisis management and tactical preparedness to camp leadership.
- Annual emergency drills prepare both staff and campers to respond quickly and calmly to any situation.

Ongoing Vigilance

- Continuous monitoring of weather conditions and regional events.
- Preemptive adjustments to the schedule and activities in the event of developing weather or environmental concerns.
- Ability to shelter in place for extended periods with full access to food, water, power, and medical resources.

Our Philosophy

While some may joke about “prepping,” we believe in being thoroughly prepared. Our systems, resources, and training ensure that Fernwood Cove is ready to respond to the unexpected – so your daughters can enjoy every moment of camp knowing they are safe, supported, and cared for.

Tuition Payments

AutoPay by ACH - Electronic Transfer

Preferred method of payment!

Let us handle the payments for you! With AutoPay by ACH, your invoices will be paid automatically on their due date.

How it Works:

- Upon enrollment, you must either complete the ACH form or make one ACH transaction from your Parent Account.
- Once set up, AutoPay by ACH will automatically charge your bank account for all future payments on their due dates.
- You'll receive an email reminder about 15 days before your account is charged.
- You may opt out at any time by calling the office.

AutoPay by Credit Card

Let us take care of your payments! AutoPay by Credit Card ensures your invoices are paid automatically on their due date.

How it Works:

- From your Parent Account, make one credit card transaction and select the AutoPay option.
- AutoPay will then charge your credit card automatically for all future payments.
- You'll receive an email reminder about 15 days before your card is charged.
- You may opt out at any time from your Parent Account or by calling the office.

Credit Card Policy

You have the option to pay your daughter's account using MasterCard, Visa, or AMEX. Please note the following:

- A 4% surcharge, rounded up to the nearest \$1.00, applies to all credit card transactions.
- Payments can be made by logging into your Parent Account and selecting "Make a Payment" or by calling the camp office.

Early Enrollment Discount for 2027

We're excited to share an update to our Early Enrollment Discount for Summer 2027!

Families who re-enroll within one week of departure day will now **receive 5% off tuition plus an additional \$100 discount**—an increase from our previous \$400 flat-rate savings.

For families who need more time, the **5% Early Enrollment Discount** will remain available through September 15.

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

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

Many hours of pre-camp time are spent on bunking. Bunking is one of our most challenging tasks due to the complexities and intricacies of each camper and her 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 interests in mind. Please remember that we have all the information needed 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 and 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 Grade:

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 & 9th Grades:

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 not to bunk home or school friends together. In our experience, we find campers are successful sooner when they are bunked with a group of girls they do not know. This encourages girls to step outside of their comfort zone and make new friendships. 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.

Kid Checks & Photos

Kid Checks

For many of our families, this is your daughter's first time away from home. If you need reassurance about the well-being 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 does 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 an administrator know if you have any specific concerns. Please be transparent when speaking with us about your child. Diagnoses, social issues, or other characteristic traits that define your child that you share with us are confidential and only help us understand how to best make your daughter successful.
- 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, program counselors, and team leaders (as well as the other children on their list).
- Kid Checks requests are **limited to 2 per child per session**. Sending your child to camp allows them to learn independence and many other skills that cannot be taught at home. Too many Kid Checks will create more questions than answers.

Photos

Summer Photos

Fernwood Cove does not provide photos of campers or CITs throughout the camp session. This includes posts made on our social media platforms. Our dedicated Camp Photographers will be photographing 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

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 best, as the stick-on labels will come off in the dryers.



Mail, One-Way Emails & Phone Calls

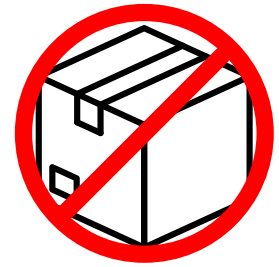
Mail

Please supply your daughter with stationery 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 campers transition to camp life.** Please avoid writing letters which dwell on home ties, sad topics, or worrisome topics in the media. The tone of parents' mail can have a lasting effect on your child's well-being. 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've given your daughter the incredible gift of camp, and we can't wait to welcome her! At Fernwood Cove, we know packages often come from a place of love, and this policy helps ensure fairness and simplicity. With this in mind, we embrace a **NO PACKAGE** policy to support our philosophy of simple living. Please do not send care packages to your camper. Over the years, we've found that unnecessary items often go unused, and we want to focus on meaningful experiences rather than material things.

The only exceptions to this policy are **birthday packages, forgotten uniforms, toiletries, and letter-writing supplies.** All other packages will be opened and checked. Items such as food, candy, gum, toys, and jewelry will be discarded, while non-essentials will be held in the office for pickup on Departure Day. To avoid any disappointment, please share this policy with extended family members as well. Your cooperation helps us create a fun, healthy, and distraction-free camp environment!

Our camp beds have very comfortable 6-inch thick mattresses! Because of this and our commitment to the environment, **we ask that campers not bring and are not sent mattress toppers (egg crates).** Any sent will be returned to the sender or held for pickup on Departure Day.

Finally, a quick note about mail: Our local post office experiences a significant increase in volume during the camp season, so mail delivery may be slower than usual. Rest assured, we deliver all incoming mail to campers promptly, and outgoing mail is sent daily (except Sundays) via USPS. Any delays are due to the postal service, but we do everything we can to keep the letters flowing!

Thank you for your understanding and support—we truly appreciate it!

Phone Calls

Through our years of experience, we have learned that camper 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 well-being - in doing so, we have enacted a **NO PHONE CALL** policy. Campers may call parents on their birthday or a parent's birthday. Please call or email the office to schedule.

Office Coverage

Our office phones are staffed daily from 8 AM to 11 PM to assist you. If you need to reach a Director outside these hours, please follow the prompts for an emergency. For general inquiries, contact Fernwood Cove at 207-583-2381.

We're here to help!

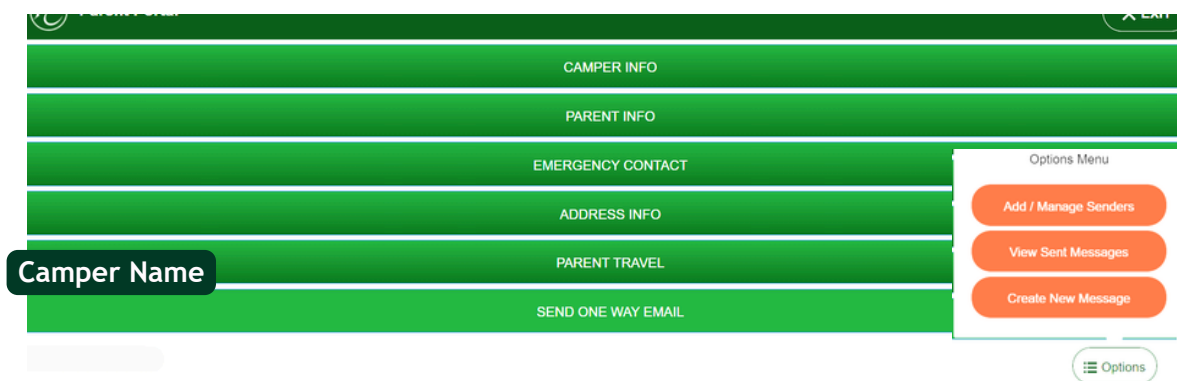
Camper One-Way Email

- Go to 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 9AM will be delivered the following day.

You may 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 ([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 the Menu button.
- 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 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 reuse it each time they want to write a one-way email.
- **Please note:** You can review all emails sent to your child, and 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.



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 (Campfire Player) with headphones or small speakers are okay for bunk use, and van rides only. Remember, there is limited access to power outlets for charging devices. 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 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 at 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 7-, 12-, and 15-passenger vans. Our vans are supplied through reputable rental companies that we vet annually prior to use and agreements being made. Fernwood Cove also works with charter bus companies for our arrival and departure transportation, as well as 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.

Pro tip: We recommend using an AirTag or Tile to track your daughter's duffel for added peace of mind during transit.

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 daughter's duffel via Ship Camps. This will expedite your daughter's arrival at 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 before her arrival.

CAMPERS FLYING TO LOGAN OR PORTLAND AIRPORTS

Please send your daughter's 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 (UPS/FEDEX)

Please send your daughter's 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 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**. Every situation is unique, and we approach each with great care. Whether it's a grandparent, immediate family member, or pet, 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 well-being 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!

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 and the Fernwood Cove Blog are included.

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



Podcast

A daily podcast will be available through Soundcloud. We will remind you of this feature through your Parent Account. The podcast is a daily update from Jim about special events that day, meals, evening programs, and other camp updates.



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!



YouTube

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 in helping 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 that 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 in 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 pick up 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 a Director 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

Healthcare at camp differs in some ways from the care your child receives at home. Due to the short duration of camp and our strong commitment to parents, we may take a more proactive approach to medical care. Our nurses may act more quickly to x-ray a sprain or treat a sore ear or throat than your physician might at home. Additionally, to provide an extra layer of medical expertise, Fernwood Cove has partnered with The Camp Doctors (www.thecampdoctors.com), specialists in virtual care for campers with non-emergent medical concerns. This partnership allows for faster access to medical care and helps reduce unnecessary trips out of camp when possible.

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) receive 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 that 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, LPNs, EMT's and student nurses, and therefore we are not able to accommodate campers with daily needs that are 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 May 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, Fernwood Cove 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.

General Health Considerations

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 Centers for Disease Control and Prevention (CDC), CDC recommends Campers stay home for at least 24 hours after their 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 that all children and staff be up to date according to the Centers for Disease Control recommendations 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 the 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 the cost and arrangement of travel or other accommodations within 24 hours of notification. Please be aware that, Maine Center for Disease Control guidelines may require no public travel depending on the infectiousness of the disease.
3. Should our community be exposed to a VPD such as measles, children/staff in the community who are unvaccinated but without symptoms may be required to receive immunization to remain in camp. Immunization and related costs will be the responsibility of the parent/staff.

Health Considerations

It is important to recognize that there is an added risk of exposure to communicable diseases in any residential camp setting. It is your responsibility to check with your daughter's physician to ensure that Fernwood Cove is an appropriate environment and to assess whether your daughter is in a higher-risk category for complications related to communicable diseases. If your daughter is considered high-risk, please contact us.

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 treated 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.

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) meds (see the 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.

CampMeds does not fill:

- CampMeds cannot supply the following medications: Inhalers, any liquid medications, EpiPens and Avi-Qs, Insulin, Growth Hormone injections, injectable medications, birth control, Accutane, Seysara, temperature-sensitive medications or supplements (e.g., certain probiotics), and Hiya or other subscription-based supplements.

If your camper takes any of these medications that cannot be provided, it can be sent with your camper - please reach out to Fernwood Cove Health Care Center for more information or with any questions.

Why CampMeds?

The reason we use CampMeds is that it's so much safer to ensure each camper is getting exactly what is requested or prescribed, and the possibility of 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) are 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 for 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 minimises 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 for checking your child's prescriptions and ensuring 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 daily pill-form medication while at camp.

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 and view their FAQ page for more information.

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

*Recommended by the American Academy of Paediatrics: "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 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 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 they have 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. These policies exist to protect the camper's experience and ensure fairness for all.

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 that your daughter's therapist 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 are necessary while your daughter is at camp.
- A description of the behaviors the camp staff should note indicates that your daughter is decompensating, and who should be contacted if these behaviors are witnessed.
- A description of the 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 to be given permission to speak directly with your daughter's therapist prior to camp. Additionally, in the event that 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. We must understand the extent of the problem and how best to 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 her 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 cell phones and 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 have partnered with Atlas Travel to arrange ALL air travel to camp. Lisa will be your personal air-concierge, arranging flights, seats, and is your go-to resource when things change (because they will). Lisa will keep you apprised of any changes in flight numbers & departure times. It is imperative that ALL air travel is booked through Lisa, 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 Lisa, email: lisa.funicella@atlastravel.com Phone: 508-488-1286

- When you call or email Lisa, please provide her with the following information:
- 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 PM 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! Adding this line to your daughter's record supports our staff in gaining 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 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 that 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. and 3:00 pm. or Portland Jetport between 10:00 am and 5:00 pm. She will then be met at the gate by a Fernwood Cove Staff member and transported to camp in one of our vans. This policy assists Campers traveling across time zones who may experience jet lag 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 the booking reference number. We've been in consultation with Portland Jetport management and 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, 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, as this avoids overbooking of any charter buses.** We assign seating based on camper's grade/bunk assignments. We have detailed the pick-up locations and times on the next page.

Car Travel

In the spring, we'll send you a link to book your arrival time for camp. Drop-offs will take place between 1:30 PM - 3:30 PM, and you'll have plenty of time slots to choose from to make arrival as smooth and convenient as possible. Scheduling in advance helps keep traffic flowing and ensures a stress-free transition into camp.

When you arrive, you'll have a moment to step out, give your camper a quick hug, and say your goodbyes. From there, they'll head right into the Chick Theater, one of our main buildings, to kick off their camp experience! Before you hit the road, we'll have a "rest stop" available if needed. More details will be shared via email as camp approaches—we can't wait to see you!

Travel Home

Departure Day is all about celebrating an incredible summer and sharing a little bit of the camp experience with you! When you arrive to pick up your daughter, you'll also get the chance to explore camp on a **self-guided tour**—a perfect way to see where all the fun happened.

Plan to arrive between **9:00 AM and 10:00 AM**, and we'll have everything ready—your camper, her bags, and plenty of memories to share. The **self-guided tour** will be open until **12:00 PM noon**. **Light refreshments will be available at the Feeder for your convenience.**

We can't wait to welcome you back to camp and give you a glimpse into the magic your daughter has been a part of all summer!

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. **Staff members will stay at the gate and in the airport until they confirm the Camper's plane has left the ground.**

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.

Transportation Charges

Bus/Van	One-Way	Roundtrip
Port Chester - New York	\$225	\$375
Lincoln Center - New York	\$225	\$375
Fairfield - Connecticut	\$225	\$375
Lexington/Newton - Boston Suburbs	\$175	\$325
Boston Logan Airport	\$175	\$325
Portland Jetport	Free Arrival	\$125 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.

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 during the off season or 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.

Lincoln Center, NYC	
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: bit.ly/3j7czvu 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: bit.ly/3j7czvu GPS: 162 W 62nd St. New York, NY 10023 South Side of Lincoln Center on West 62nd St (between Amsterdam and Columbus Ave.
Port Chester, NY	
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: bit.ly/3YohpFa 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: bit.ly/3YohpFa GPS: 431 Boston Post Rd, Port Chester, NY 10573 Bus will be parked in fronts of Kohl's Shopping Center
Fairfield, CT	
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 - bit.ly/3FSPzt6 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- bit.ly/3PpplSc 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

Boston Suburbs	
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 - bit.ly/3j1RMd5 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 - bit.ly/3Wzih0L 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>
Boston Logan Airport	
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

PWM Transportation
Camp/Airport Service
207-660-8578
pwmlimo.com

DMC Livery Service
Camp/Airport Service
207-576-4750
dmcliveryservice.com

Limousine Services
Camp/Airport Service
207-482-3778
limoservicesinmaine.com

Maine Limousine Service
Limousine and Executive Car Service
800-646-0068
207-883-0222
mainelimo.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.

Rental Cars

During the summer months, rental cars in Maine can be very hard to reserve due to the volume of visitors in Maine. We recommended reserving a vehicle at the beginning of the year to guarantee getting one.

Packing Tab Page



Packing List

Please label all clothing with a Sharpie!

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

- 15 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
- Black outfit (top & leggings) for Performance Nights



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
- Crazy Creek Chair
- Animal onesie
- White "dressy" outfit for Services/Banquet



Grade-Specific Additional Items to Pack

Our 7th, 8th & 9th grade campers take special overnight trips and some additional items are needed. More information on the trips can be found in the Program Section of the PRB.

7th Grade - Maine Huts & Trails Trip

- Shoes that can get muddy
- Daypack backpack

8th Grade - Acadia National Park Trip

- FC green leggings or spandex bike shorts
- Daypack backpack

9th Grade - Crabapple Whitewater Rafting Trip

- Water shoes (not Crocs)

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, 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 plenty!** Please send lotion/non-aerosol sunscreen if possible.

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

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 a Director - we have a no-package policy at camp

Fernwood Cove Uniform Requirements and Suggested Packing List

Fernwood Cove is a uniform camp, which complements 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 is 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., are 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 showerproof) 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's worth of clothing)
- A shoe bag (with many pockets, to hang on the wall, to hold shoes, a brush, a 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, a pen, etc. Pre-addressing envelopes with your home address or printing labels with the 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 a 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 a 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 the 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 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

The Fernwood Cove Program includes daily activities, day trips, and overnights. All parts of the program are aligned with the Fernwood Cove Values, with the intention that the campers learn new skills and try new activities, but also learn more about themselves, connect with nature and their fellow campers, and increase their confidence and competence over the summer. In this section of the Parent Resource Book, there are descriptions of the different aspects of the program.

Daily Activities and Scheduling at Fernwood Cove

At Fernwood Cove, our “choice with structure” system allows every camper to enjoy a personalized schedule that balances their weekly activity sign-ups with the required activities, creating a well-rounded experience.

How Scheduling Works

- **Personalized Choices:** Campers create their schedules each week by selecting activities from seven exciting categories: Adventure, Athletics, Creative Arts, Natural Horsemanship & Agriculture, Performing Arts, Studio Arts, and Waterfront.
- **Variety for All Ages:** Younger campers (2nd-6th grades) are guided to explore a wide range of activities, ensuring they try new experiences. As campers grow older, the requirements for variety lessen. By 9th grade, campers have complete freedom to design their schedule.
- **Focus Weeks:** The summer is divided into three "Focus Weeks." During each week, campers engage in six daily activities, each lasting 55 minutes. This structured approach helps them develop skills and immerse themselves in their interests.
- **Intensives:** 8th and 9th graders have the option to dive deeper into their passions by enrolling in "intensives"—activities they commit to for multiple Focus Weeks.

Activity Highlights

- **New Adventures Every Week:** Most activities are available every week, with fresh options introduced regularly. This ensures campers can both refine their skills and discover something new.
- **Required Activities:** To ensure a well-rounded experience, some activities are required for certain age groups:
 - **Sport/Fitness:** All campers participate in at least one Sport/Fitness activity each week.
 - **Swimming:**
 - Campers in 2nd-6th grades complete one week of swimming during the summer.
 - Campers in 7th-9th grades who are swim Level 4 or below also participate in one week of swimming. Swim Fitness can fulfill this requirement.
 - **Canoeing:** Campers in 2nd-5th grades take part in at least one week of canoeing.

Adventure

At Fernwood Cove, adventure is all about creating a safe space for campers to step out of their comfort zone, challenge themselves, improve their communication and teamwork, discover new skills, and connect with nature and the great outdoors. Through these experiences, our campers grow in resilience, confidence, and awareness of surroundings. Here's what campers can look forward to:

Mountain Biking

Campers can further their biking skills and learn about bike mechanics in this activity. Starting with the basics, they will naturally progress as they explore camp's extensive trail system.

What's Provided: All equipment, including helmets, is supplied by Fernwood Cove.

Expert Guidance: Instructors are experienced riders with detailed knowledge of the trails.

Climbing

Our climbing program challenges campers in a safe, controlled environment, building strength, coordination, communication, and problem-solving skills.

Safety First: All campers and instructors wear certified safety gear, and climbing facilities are inspected annually. Equipment is checked daily.

Requirements: Campers must wear closed-toe athletic shoes. All other climbing gear is provided.

Qualified Instructors: All climbing staff are trained, certified, and experienced in rock climbing techniques.

Ropes Course

The Ropes Course combines low and high elements to promote teamwork, leadership, and personal growth through a range of physical and mental challenges in a safe environment of learning and discovery.

Age-Specific Programs:

Ropes Course (5th-9th grade): A double-focus activity emphasizing trust, communication, and leadership.

Little Leaders (2nd-4th grade): Age-appropriate ground and ropes course activities tailored for younger campers.

Moxie's Adventure (Leadership Development): A single-focus program introducing key leadership skills for growth within the camp community.

Emerging Leaders (7th-9th grade): A leadership exploration activity that builds confidence and teamwork.

Safety Standards: The course is inspected annually by ACCT-certified inspectors, and equipment is checked regularly. Closed-toe athletic shoes are required.

Experienced Instructors: All ropes instructors have specialized training and experience in course facilitation.

Outdoor Cooking

Campers can enjoy the fun of cooking in nature while learning valuable outdoor skills.

What They'll Learn: Campers prepare a variety of recipes and learn to safely build and manage fires, and operate other outdoor cooking equipment.

Expertise on Hand: Instructors bring strong backgrounds in outdoor living skills, including fire building and food preparation.

Outdoor Living Skills

This immersive program teaches campers the essentials of camping, hiking, and outdoor safety.

Skills Covered:

Preparation for overnight trips, including food and equipment.

Practical skills like orienteering, fire building, outdoor cooking, and environmental awareness.

Qualified Staff: Instructors are experienced in backpacking and outdoor skills.

Adventure

**Little Leaders
(2nd-4th grade)** Age-appropriate ground and ropes course activities tailored for younger campers.

**Moxie's
Adventure
(Leadership
Development)** A single-focus program introducing key leadership skills for growth within the camp community.

**Little Leaders
(2nd-6th Grade)** A single-focus program where campers learn about leadership through activities rooted in our values of respect for the outdoors and community.

**Emerging
Leaders
(7th-9th
grade)** A leadership exploration activity that builds confidence and teamwork.

Safety Standards: The course is inspected annually by ACCT-certified inspectors, and equipment is checked regularly. Closed-toe athletic shoes are required.

Experienced Instructors: All ropes instructors have specialized training and experience in course facilitation.

Athletics & Fitness

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

Fernwood Cove's Athletics & Fitness program encourages campers to develop sports skills, build confidence, and stay active in a fun and supportive environment.

- Archery** Campers can hone their archery skills through our Junior Olympic Archery Development (JOAD) program, a nationally recognized training program.
Equipment: All necessary equipment is provided, but campers with personal bows can bring them to camp after making storage arrangements with us. If your camper is planning on bringing archery equipment to camp, please contact Paddy to arrange.
Expert Instructors: Archery staff are experienced in safety archery practices and certified US Archery Level 1 Coaches as a minimum.
- Fitness*** From Aerobics to Zumba to Sports Training, these activities promote healthy living and fitness in an exciting way.
What's Provided: All required equipment is supplied by camp.
What Campers Need: Sneakers are necessary for participation.
Perfect For: Campers who want to learn about exercise and nutrition or just stay active during their time at camp.
- Land Sports*** Campers can improve their skills in a variety of team sports such as soccer, basketball, softball, volleyball, field hockey, and lacrosse.
Equipment:
Campers should bring their own cleats for soccer, lacrosse, field hockey, and softball. Additional items like lacrosse and field hockey sticks, shin guards, softball gloves, and goalie equipment are optional but encouraged.
Fernwood Cove provides mouth guards and other necessary equipment for those who don't bring their own.
Experienced Coaches: Our instructors have extensive experience in playing and coaching team sports.
- Tennis*** Whether a beginner or an advanced competitor, campers can develop their skills on our five tennis courts.
Organized by Skill Level: Classes are tailored to match each camper's abilities.
Equipment:
Campers are encouraged to bring a tennis racquet from home.
Sturdy athletic shoes with non-marking soles are required.
Highly Qualified Staff: Many of our instructors have advanced competition experience.
- Gymnastics*** Our state-of-the-art gymnastics facility provides opportunities to explore a variety of apparatus and focus on recreational or competitive gymnastics.
What to Wear:
Leotards are optional. Many campers wear a one-piece swimsuit with shorts.
Expert Coaches: Instructors have strong backgrounds in youth gymnastics coaching and instruction.

Sports Equipment

If your camper will be bringing their own land sports equipment, we highly recommend that it be shipped to/from camp, as experience has shown shipping to be the safest and most reliable way for your camper's equipment to travel.

Creative Arts

Fernwood Cove's Creative & Studio Arts programs offer campers a chance to explore their artistic side, develop new skills, and create lasting memories. Whether they're budding artists, aspiring chefs, or curious photographers, there's something for everyone to enjoy!

- Arts & Crafts** Let creativity shine! Campers can explore a variety of artistic mediums, including silkscreen, drawing, painting, candle making, and stained-glass mosaics.
What to Expect: Each camper completes at least one unique masterpiece during every Focus Week, perfect for taking home as a keepsake.
- Fabric Arts** Campers can dive into sewing projects tailored to their age and skill level while learning to use a sewing machine.
Project Options: From trendy bags to decorative pillowcases and PJ pants, there's a project for everyone.
Safe Environment: Instructors monitor the sewing studio and guide campers through each step.
- Culinary Arts** A favorite with campers of all ages year after year, the Culinary Arts Program creates a relaxed and "homey" atmosphere. Where campers can enjoy learning one of the most important life skills - how to cook a variety of sweet and savory dishes! While enjoying the preparation (and eating) of their culinary creations, campers will also explore the underlying nutritional and cultural values of food.
Hands-On Skills: Campers gain confidence in food preparation, cooking techniques, and kitchen safety.
Take the Fun Home: Recipes for all the dishes prepared during Focus Week are shared with campers.
Quality Staff: Our culinary arts instructors' experience goes beyond the home kitchen, with culinary studies at the college level and/or hospitality experience.

Studio Arts

- Ceramics** From clay to creation, campers learn the joy of pottery by working on their own creations. Techniques explored cover both shaping and glazing by hand or using our slab roller or pottery wheels. It continues to be one of our most popular activity offerings.
Advanced Options: Campers in 6th-9th grades can learn pottery wheel skills.
Firing Process: Finished pieces are glazed and fired in the kiln, managed by trained ceramics counselors.
Skilled Instructors: All ceramics staff are trained in kiln operation and ceramics techniques.
- Jewelry** Campers can craft stunning jewelry while exploring age-appropriate techniques.
For All Ages:
Campers in 2nd-5th grades enjoy fun, basic jewelry-making projects.
Older campers (6th-9th grades) delve into advanced metalsmithing techniques.
Expert Guidance: Jewelry instructors are experienced and trained, with many holding professional or university-level qualifications in metalsmithing.
- Digital Photography** Capture the world through a lens! Campers explore photography techniques using Digital SLR cameras while learning the art of manual settings.
Focus Areas: Campers learn about composition, lighting, and the technical aspects of photography, including digital editing with software like Adobe Photoshop.
Quality Over Quantity: The program emphasizes creating thoughtful, high-quality photographs.
All-Inclusive: Fernwood Cove provides all equipment needed for this activity.

Horsemanship

The Natural Horsemanship Program allows campers to connect with horses in a meaningful way through a week-long or intensive three-week program.

Program Details

- Natural Horsemanship takes priority when scheduling activities.
- If campers have all or some of the riding equipment, please bring it to camp. Bring all required riding equipment (see the Natural Horsemanship section for the detailed list).
- We recommend that campers bring comfortable (stretchy) pants to ride in and a boot with a heel. Your camper is welcome to bring their own riding equipment. If they do so, please make sure it meets the standards mentioned in the kit list below. We have riding apparel and certified helmets available to campers if needed.
- Pre-registration is required to participate in this program.
- Camper choice - the Natural Horsemanship Program is open to all levels of rider and non-rider. There is full flexibility and opportunity within the program to participate in the full learning experience, while only taking part in groundwork activities if the camper chooses.

Expert Instruction

- All staff are trained and experienced in natural horsemanship and riding.
- The program is led by an advanced-level expert in natural horsemanship with 30 years professional experience.

Farm Girls

This immersive program introduces campers to a variety of aspects of farm life. Campers assist in completing the daily chores associated with the Fernwood Cove livestock and garden.

Activities Include

Collecting eggs, feeding the goats, and learning about sustainable farming practices.

Creative Projects

Campers may use fresh milk to make butter or ice cream and may learn spinning techniques with sheep's wool.

Why It's Special: Farm Girls provides a unique opportunity to connect with nature, discover the importance of agriculture, and experience a different side of life.

Performing Arts

Fernwood Cove's Performing Arts program offers campers a stage to shine, whether through dance, drama, music, or a mix of all three. With options for every interest and skill level, campers can explore their creative passions and perform for the camp community.

Dance

Campers can explore a variety of dance styles, including ballet, tap, hip-hop, jazz, and more. They will develop skills in technique and choreography as they prepare a routine for Performance Night, held weekly. They can also audition for the Dance Production, a grand three-week showcase performed for the entire camp at the end of summer.

What to Bring:

- Ballet and tap shoes (required for specific classes).
- A black shirt and long black leggings for Performance Night or the Dance Production.

Expert Instruction: Dance instructors are experienced in technical dance instruction and performance coaching.

Theater, Drama & Vocal Theater

Campers can immerse themselves in dramatic arts, with opportunities ranging from dramatic or improv acting to musical theater.

Weekly Focus Options:

Perform short plays, monologues, or improvisation in one-week theater focus classes.

Explore Acting Through Song using their voice to express emotion.

Participate in Musical Theater and perform full scenes or revues from musicals.

Join the Mini Musical, combining music, acting, and movement.

Theater Production:

Auditions for the three-week Large Theater Production take place on the first day of camp. The campers perform this for all of camp at the end of the summer.

Weekly performances allow all participants to showcase their growth in front of an incredibly supportive and encouraging audience of their peers.

Music

Explore a variety of music styles and instruments in a fun, collaborative environment.

Activities Include:

Bucket Beating: A percussion-based activity.

Rock Band: Learn to play and perform in a multi-instrumental group.

Performances: Campers prepare a short piece for weekly Performance Night.

Qualified Instructors: Music activities are led by counselors from Guitar and Vocal Theater, ensuring high-quality instruction for all levels.

Guitar & Ukulele

From beginner to advanced, campers can develop musical skills and confidence while preparing a piece for Performance Night.

They will learn chords, strumming, solos, and more.

Structured small-group lessons ensure individual attention.

Expert Guidance: Guitar counselors bring strong backgrounds as performers or students of guitar and ukulele techniques.

Waterfront

The Fernwood Cove Waterfront program offers a wide range of water-based activities, combining skill development, fun, and safety. Before participating in waterfront activities marked with an asterisk (*), campers must pass the deep-water swim test conducted on their first full day of camp.

Deep-Water Swimming Skills Check

The check includes:

Swimming Assessment: 100 yards of continuous swimming. Campers are encouraged to use all the strokes they feel comfortable and confident in. If your camper is nervous about taking part, a staff member **will** get in the water with them.

Deep-Water Assessment: Entering deep water, submerging and resurfacing, treading or floating for 1 minute, and swimming to the exit point.

Campers who do not pass initially have opportunities to retake the test throughout the summer. American Red Cross swimming levels are not additional requirements for participation.

Safety Guidelines

Lifejackets/Personal Flotation Devices (PFDs) and proper protective gear are provided and mandatory for all boating and skiing classes.

Athletic-style swimsuits are preferred for waterfront activities.

All waterfront activities will be taught and supervised by qualified American Red Cross Lifeguards at appropriate supervision ratios.

Crew/Rowing*	Learn technical rowing skills, teamwork, and cooperation. Open to campers in 5th grade and above. Instructors have extensive rowing experience.
Canoeing	Focuses on flat-water paddling techniques. Campers progress through skill levels to qualify for out-of-camp canoe trips. Instructors: Experienced paddlers with training and certifications in canoeing.
Kayaking*	Offers more challenge than canoeing with flat-water kayaking techniques. River Kayaking (6th Grade & Up): Advanced paddling techniques for moving water, culminating in a Grade 2 river trip. Instructors: Experienced paddlers trained in a variety of kayaking techniques and moving water rescues.
Stand-Up Paddling*	Combines balance and coordination with optional challenges like Paddle Board Yoga. Suitable for all ages and skill levels. Instructors: Staff experienced in Stand-Up Paddling and surfing.
Sailing*	Campers learn to assemble, maneuver, and disassemble sailboats. Multiple boat styles accommodate all skill levels. Instructors: Staff with extensive sailcraft and water experience, including coaching certifications.

- Swimming*** A required activity and life skill, our program follows the American Red Cross Learn-to-Swim program, focusing on water safety and skill maintenance rather than traditional lessons.
Swim focuses are taught by certified Water Safety Instructors.
- Waterskiing*** A perennial favorite among campers.
Older campers can enjoy out-of-camp skiing opportunities with our purpose-built boats on nearby Lake Pennessewassee.
Instructors: Experienced water skiers with additional water ski training. Instructors complete boat driving and maintenance training annually.
- Wakeboarding*** Similar to waterskiing and equally popular.
Older campers have access to out-of-camp wakeboarding using our full size wakeboard/surf boat on nearby Lake Pennessewassee.
Instructors: Experienced wakeboarders/surfers with additional training in wakeboarding, with advanced boat driving proficiency.
- E-Foils** Take the adrenaline rush of surfing and the thrill of “flying over the water”, campers will learn how to operate e-foils safely, staying balanced and centered to cruise around the lake in style. Open to campers, 7th grade and up. Helmet, PDF (as with all waterfront activities) required.
Instructors: Staff experienced in surf and stand-up paddleboarding receive further in-house training on how to operate, maintain and coach e-foils.

Fernwood Cove Natural Horsemanship Program

The Fernwood Cove Natural Horsemanship Program offers campers a fun opportunity to develop foundational and advanced natural horsemanship skills in a supportive and educational environment.

Program Highlights

Personal Growth: Campers are paired with a horse that matches their personality to develop confidence, teamwork and leadership skills.

Skill Development: Beginner riders learn foundational skills to stay safe, while more experienced riders advance their natural horsemanship skills.

Equine Understanding: The program emphasizes the horse's "horsenality," teaching campers how to read a horse's body language and build a healthier, safer relationship with their equine partner.

Our Equine Facility includes an 11-stall barn, two large outdoor arenas, two round pens, and an extensive trail network for riding outside the ring. Our Facility gives us plenty of space for campers and horses to explore while working closely, often with an individual instructor.

Enrollment Details

- Enrollment is limited to ensure personalized attention.
- Registration occurs at the time of camp enrollment.
- Contact: cove@fernwoodcove.com to inquire or confirm registration status.

Equipment Standards

If Campers have their own items on the following list, please bring them to camp before packing. Check that they meet the standards shown:

- ASTM-SEI-approved helmet
- Jodhpurs or inexpensive riding pants
- Boots with heels and ankle coverage (smoother sole preferred)

Note: Campers have to wear a helmet when riding.

Savvy Club	Duration: 15 days (2 hours/day) Cost: \$3750 Overview: A double-focus program, campers learn more about "horsenality", increasing their understanding of equine body language and creating a stronger horse and rider connection.
3-Week	Duration: 15 days (1 hour/day) Cost: \$1975 Overview: A comprehensive program suitable for all experience levels. Campers start with groundwork, progressing to horseback riding as they develop their skills, confidence, and connection with their horse. Ideal for continuous growth across summers.
1-Week	Duration: 5 days (1 hour/day) Cost: \$675 Overview: This introductory program focuses on building groundwork skills and fostering a bond with the horse. Riders advance to horseback riding when ready. Open to all experience levels and supports continual progress for returning campers.

Trips & Overnights

Fernwood Cove offers a variety of trips and overnight experiences that allow campers to explore the lakes, mountains, and natural beauty of Maine and New Hampshire. Activities include hiking, canoeing, kayaking, rock climbing, and more. These trips provide both challenges and treats, ending with a generous scoop of ice cream!

Day Trips

Hiking: Beginner and intermediate hikes in nearby mountains, often including swims in lakes and rivers.

Canoe/Kayak: Basic paddling trips on nearby rivers, guided by lifeguard-certified counselors.

Ocean/Beach: Surfing, sandcastle building, and games on Maine's sandy beaches with lifeguard-certified counselors.

Adventure: Activities like rock climbing and cliff jumping, supervised by qualified counselors.

Overnights

Campers participate in overnight camping experiences tailored to their age group, with activities such as campfires, singing, and making s'mores.

Options by Age Group

Onsite Overnight (2nd/3rd Grade):

A camping experience on Fernwood Cove's grounds, offering the rustic feel of sleeping under the stars while staying close to familiar surroundings.

Includes campfire activities and tent camping in one of three established areas.

Campsite Camping (4th-6th Grade):

Combines a Trip Day activity with a night at an established off-site campground.

Offers a balance between adventure and comfort.

Adventure Overnight (4th-6th Grade):

A wilderness-based experience involving hiking, biking, or canoeing to the campsite.

Campers carry and set up their gear, prepare dinner, and assist with breaking down camp the next day.

Lakeside Cabin Overnight (7th Grade Trip)

- **Overview:** A one-night retreat to a lakeside cabin where campers participate in discussions, games, and reflection activities designed to foster leadership.
- **Focus:** Preparation for Junior and Senior Special Events like Banquet and Color Games.
- **Cost:** No charge.

Acadia Overnight (8th Grade Trip)

- **Overview:** Campers camp in Acadia National Park and enjoy a day of rock climbing on the Maine coast, guided by the experienced team from Acadia Mountain Guides.
- **Highlights:** Traditional tent camping, climbing sea cliffs, and team bonding.
- **Cost:** \$275 (added to the May statement).

White Water Rafting Overnight (9th Grade Trip)

- **Overview:** A river rafting adventure with Crabapple Whitewater in The Forks, Maine, including meals and lodging.
- **Highlights:** A cookout lunch, professional guides, and the thrill of rafting in a safe environment.
- **Cost:** \$350 (added to the May statement).

The Trips & Overnights program is designed to create memorable experiences, foster personal growth, and deepen friendships.

Tutoring

We are pleased to offer tutoring services in partnership with Fusion Global Academy, a fully accredited private school serving grades 6-12. Fusion specializes in academic tutoring as well as ACT & SAT test preparation, providing personalized support for campers who need to maintain academics during the summer.

Tutoring Details

Session Format:

One-on-one, live sessions led by professional educators who specialize in the relevant academic area. Tutors can follow specific curricula provided by your camper's school or at-home tutor. Simply communicate any special requirements when registering.

Sessions are 50 minutes long and conducted virtually from camp.

Quiet and designated working spaces are provided by Fernwood Cove, along with necessary equipment such as computers and document cameras.

Scheduling:

Tutoring is scheduled as part of the camper's regular focus activity schedule. This ensures that tutoring does not interfere with essential camp activities like bunk time, rest hour, or shower time.

On days without tutoring, campers can participate in Read Under the Tree, where they can work independently on academic tasks or enjoy personal reading time.

Registration:

Parents can register their campers directly through Fusion Global Academy at www.FusionGlobalAcademy.com/FernwoodCove.

Once registered, our representative will work with Fernwood Cove to coordinate the necessary details for tutoring during the camp session.

Additional Information:

A full-page color flyer outlining all services is included in the Parent Resource Book. This flyer provides in-depth information about Fusion Global Academy.

For questions, please email paddy@fernwoodcove.com.

Fusion Global Academy shares our commitment to personal growth and providing a safe, supportive environment for every camper. Tutoring is an excellent opportunity for campers to continue their academic development while enjoying the enriching camp experience.

Where to Stay

Waterford - (5 miles)

*Waterford Inne
258 Chadbourne Road
PH: (207) 583-4037
Email: stay@thewaterfordinne.com
Web: 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
Web: www.greenwoodmanorinn.com

Poland - (20 miles)

Wolf Cove Inn
5 Jordan Shore Drive
PH: (207) 998-4976
Email: info@wolfcoveinn.com
Web: www.wolfcoveinn.com

Bridgton - (10 miles)

Bridgton House
6 Main Street, Rt. 302
PH: (800) 779-3335
Email: wberghoff@choate.edu
Web: www.bridgetonhouse.com

Noble House B&B
81 Highland Road
PH: (207) 647-3733, (888) 237-4880
Email: innkeepers@noblehousebb.com
Web: www.noblehousebb.com

Tarry-A-While Resort
17 Tarry-A-While Road
PH: (207) 647-2522
Web: www.tarryawhileresort.com

Casco - (13-20 miles)

Migis Lodge
PH: (207) 655-4524
Email: migis@migis.com
Web: 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
Web: www.naplesmaine.com

The Lakeview Inn
15 Lake House Road
PH: (207) 693-9099
Email: info@lakeviewinnmaine.com
Web: 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

Jordan Grand Hotel
Sunday River Resort
Grand Avenue
PH: (207)824-3000 or (800)523-2754
Web: www.sundayriver.com

Bethel Inn Resort
21 Broad Street
On the Common
PH: (207) 824-2175 or (800)654-0125
Web: www.bethelinn.com

Where to Stay

Fryeburg - (25 miles)

The Oxford House Inn
548 Main Street
PH: (207) 935-3442
Email: innkeeper@oxfordhouseinn.com
Web: www.oxfordhouseinn.com

Admiral Perry Inn B&B
27 Elm Street
PH: (207) 935-1269
Email: info@admiralpearyinn.com
Web: www.admiralpearyinn.com

North Windham - (28 miles)

Sebago Lake Lodge & Cottages
White's Bridge Road
PH: (207) 892-2698
Web: 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

Portland - (42 miles)

Westin Portland Harborview
157 High Street
PH: (207) 775-5411
Web: www.westinportlandharborview.com

West End Inn
146 Pine Street
PH: (207) 338-1377
Web: 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
Web: <http://www.portlandharborhotel.com/>

The Portland Regency Hotel
20 Milk Street
PH: (207) 774-4200 or (800) 727-3436
Email: conciiergeprh@theregency.com
Web: www.theregency.com



Extraordinary Summers for Girls