



Camp Guide 2020

Watershed Nature Camp

609-737-3735 | camp@thewatershed.org

31 Titus Mill Rd.

Pennington, NJ 08534

CONTACT

Business Hours: Monday through Friday, 8 a.m. - 5:30 p.m.

Camp Director: Michelle Perkins, 609-737-3735, ext. 37

- Please leave a message; we check and return calls/emails regularly
- Contact us during a cookout or campout, dial the Camp Director's extension; your call will be routed to the administrator on site.

HOURS

Camp Program: 9 a.m. to 4 p.m., with some exceptions:

- Counselor-In-Training: 8:30 a.m. - 4:30 p.m., Thursdays until 8 p.m. or overnight
- Campers age 8-9: Thursdays until 8 p.m.
- Campers age 10-14: overnights as scheduled; drop off and pick up as usual

Check-In: 8:50-9:10 a.m.

- Campers dropped off before 8:50 a.m. will be charged for Early Care.

Check-out: 3:50-4:10 p.m.

- Campers not picked up by 4:10 p.m. will be charged for Late Care.

EXTENDED CARE

Early Care: 8-9 a.m.

Late Care: 4-5:30 p.m.

We recommend sending an extra snack and a quiet activity to do during this time, such as a book. Drawing supplies, playing cards, and board games will be provided. Staff will provide quiet activities during extended care. Campers in Late Care must be picked up by 5:30 p.m., or late fees will apply. Late Care is provided by Watershed Institute staff.

DROP-OFF AND PICK-UP

Location: Watershed Center at 31 Titus Mill Road, Pennington. The driveway is one-way with a speed limit of 10 m.p.h.

Drop off/Pick up: We require a signature from an authorized adult at drop-off and pick-up; please park your vehicle and walk to the check-in area. All adults must show a photo ID at pick-up.

- Campers must stay with their groups until they are signed out.
- Campers must have written parental permission to ride their bike to and from camp.

Authorized Adults: Must be listed CampDoc health Profile. If an adult is not listed there they will not be allowed to pick-up the camper.

Busing: If your camper will be riding the camp bus as part of their financial aid award, we will contact you soon to verify your dates, bus stop, and pick-up and drop-off times.

ABSENCE, LATE ARRIVAL, AND EARLY PICK-UP

Our camp activities occur all across the Watershed Reserve (almost 1000 acres). We cannot accommodate regular late drop-offs or early pick-ups.

Absence: We request you inform us of any camper absences, we will contact you if your camper has not been dropped-off by 9:15 a.m.

Early Pick-up: We request you inform us at least 24 hours in advance if you need to pick-up your camper before 3:45 p.m.

Late Arrival: We request you inform us at least 24 hours in advance if your camper will be dropped off after 9:15 a.m.

- Due to the nature of the camp programming occurring, at times, miles away from the center we are not always able to accommodate late arrival or early pick-up. If you inform us a week in advance we will do everything possible to accommodate.

ILLNESS POLICY

Campers must not have had a fever, vomited, or had diarrhea for a full 24 hours (without medicine) before coming to camp.

- We do not have facilities or staff to care for sick campers.
- We will call you to pick up your camper if they becomes sick during the camp day.

Campers recovering from illness may infect others, plus they may not feel their best during the hot, strenuous days of camp. Keep your camper home if they are sick.

HEALTH & SAFETY

Medications: Campers are not permitted to carry any medications, with the exception of Epi-pens or rescue inhalers.

- All medications (prescription, over the counter, homeopathic, etc.) must be given to the Group Leader in its original packaging. The Group Leader will keep all medications in a locked bag and administer them when appropriate. Prescription medications must have your camper's name on the label.
- All campers taking medications must also have a complete Medication Administration form on file for each medication.

Emergency Inhalers & Epi-pens: Please inform us of all food allergies or sensitivities, asthma, and environmental allergies that your camper has, as well as their possible reactions.

- All campers carrying an epi-pen or other epinephrine auto-injector must have a completed Food Allergy action plan on their CampDoc health profile.
- All campers carrying an emergency inhaler must have a completed Asthma Action plan on their CampDoc health profile.

Allergies: We do not exclude food allergens from camp (peanuts, eggs, dairy, etc.). Because of this we prohibit sharing food between campers and take measures to prevent food contamination. Campers are instructed to wash hands before and after meals to limit contamination as well.

HYGIENE

Campers are encouraged to wash their hands before meals and after toileting. Each group carries baby wipes and hand sanitizer for cleaning when we are away from the building. Each group also carries a 'potty bag' for toileting in the woods responsibly and hygienically.

FIRST AID

Each camp staff member is certified in Standard First Aid and carries a first-aid kit at all times. Each group also contains at least one CPR-certified staff member.

TICKS

Staff members are trained to teach campers how to identify and avoid natural hazards like ticks and poison ivy and help campers conduct regular tick checks throughout the day. We recommend that parents also thoroughly check their campers nightly, regardless of insect repellent use. Please refer to the Centers for Disease Control and Prevention (CDC) for further information and recommendations: https://www.cdc.gov/ticks/avoid/on_people.html

DRESS CODE

The purpose of the Watershed Nature Camp dress code is to help maintain safety, wellness, and comfort for campers during active outdoor days.

- Clothing may get dirty and stained. We do tie-dye each Monday.
- Clothing should be appropriate for outdoor activities and provide sun coverage.
- Shirts should cover enough of the torso and shoulders to provide adequate protection from the sun. Tube tops, halter tops, and some tank tops do not provide this protection.
- Pants and shorts should adequately protect from the outdoors, excessively ripped pants or very short shorts do not provide adequate protection.
- Clothing should not display inappropriate subjects such as profanity, adult and/or illegal substances, sexual content, and violence.
- Watershed Nature Camp shirts should be worn on all day trips off The Watershed Institute's property. **With some exceptions*
- All footwear must be camp-appropriate (closed toes, hard soles, and heel straps).

Suggested for everyday: sneakers, hiking boots, or camp-appropriate sandals.

Suggested for water activities: camp-appropriate sandals or sneakers. Rubber boots are not ideal; they usually fill with water and then rub the skin and create blisters.

GEAR LIST

Each camper should bring all their gear packed in a large bag (tote, duffel, or backpack). A smaller, comfortable backpack will be used for carrying essentials on the trail. Everything (especially water bottles) should be labeled with campers' names. Do not send candy, electronics, or anything that should not get wet or dirty.

- Water bottles: Campers will carry water bottles with them at all times and refill throughout the day. Each camper should have enough water bottle volume for at least half a day; we will fill them up for longer hikes away from the building. For shorter hikes we will carry less water.
 - For younger campers, 1-2 quarts.
 - For older campers, 2-3 quarts.
- Food: Lunch and at least two snacks that do not require refrigeration/reheating. We play hard and it's hot out; fuel and hydration are key to staying happy and healthy. Send your camper with plenty of food (including protein, electrolytes/salt, and complex carbs). *Food sharing is prohibited.*
- Second pair of shoes. (See Dress Code) One pair of shoes that works for both wading and hiking may be worn all day, but please also send an extra pair of shoes in case of discomfort.
- Hat and/or sunglasses for sun protection.
- Complete change of clothes, including socks and underwear.
- Rain gear (waterproof poncho or jacket); no umbrellas.
- Small towel for drying feet after the stream, pond, or a rainstorm.
- Plastic bags, wet bags, or dry bags for wet or dirty clothing and shoes.
- Rescue inhalers and Epi-pens – Perhaps in a separate mini fanny-pack for ease.
- Sunscreen and insect repellent – Sunscreen and insect repellent should be applied before camp. Campers will be instructed to re-apply mid-morning and mid-afternoon. Staff can assist younger campers with application when necessary. No aerosol sprays.

CELL PHONES & PHONE CALLS

Camp staff is in constant communication with the Camp Director by cell phone.

Campers are not permitted to use phones, make calls, or receive calls while at camp, especially on trips and overnights. We will contact you in an emergency.

If you choose to send a phone with your older camper in case of emergencies, you do so at your own risk; camp is not responsible for damage. Emergency phones must be kept silent and out of sight at all times.

COOKOUTS FOR AGES 8 – 9

Cookouts happen Thursday evenings and are optional.

Cookout Hours: 4 p.m.-8 p.m.

- We provide dinner and a campfire dessert. When you notify us of any food restrictions or allergies; we will do our best to accommodate them.
- Campers need a mess kit; a bag containing a metal or plastic plate or bowl, fork and spoon. Mesh bags work well and may be found in the laundry aisle of the grocery store.
- Campers who ride the daily camp bus will need to be picked up by a parent.

OVERNIGHTS FOR AGES 10 – 14

Reserve Overnights happen Thursday-Friday and are optional.

Reserve Overnight Hours: Thursday 4 p.m.- Friday 9 a.m.

- We provide dinner, breakfast, lunch, and snacks on these days (please pack lunch for the first day). When you notify us of any food restrictions or allergies; we will do our best to accommodate them.
- For packing list please refer to the Reserve Overnight Overview on the website (thewatershed.org/camp)

TRIP OVERNIGHT FOR AGES 12-14

Most of the sessions for 12-14 year olds have 1-2 night trips away from the center. More information about each trip can be found on our website (thewatershed.org/camp).

Trip Overnight Hours: Either Thursday 9 a.m.-Friday 4 p.m. or Wednesday 9 a.m.-Friday 4 p.m.

- We provide dinner, breakfast, lunch, and snacks on these days (please pack lunch for the first day). When you notify us of any food restrictions or allergies; we will do our best to accommodate them.

REST TIME FOR AGE 5

After lunch, campers in this age group will have an afternoon rest in a cool room where they will have a chance to relax.

- Campers who fall asleep will be allowed to rest up to 90 minutes. Campers who do not fall asleep will be able to do quiet activities such as drawing, looking at books, etc.
- For comfortable resting, please send: a yoga mat, a small lightweight blanket and pillow.

HELP YOUR CAMPER PREPARE

We want your camper to have a wonderful time at camp. These are some things you can discuss with them to ensure they have the best experience possible!

Follow all rules and instructions given by the camp staff.

Report problems to your counselors. They want you to be safe and happy.

Show respect for people and nature.

Try to make new friends.

Cooperate and help out.

Camp is full of new experiences. You may not love them all, but give them a try!