



# Wilderness Parent Manual

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## **Essential Information About My Child**

If you have any special needs or requests, please be sure to include this in the *Essential Information About My Child* form on CampMinder. The information will be helpful in giving your child the best possible trip experience. Though we will not acknowledge personally the helpful comments you have made, the information will be shared with her trip leaders. It is essential that we have this information by May 15.

## **Health History and Examination**

Campers are required to be vaccinated for Covid-19 (unless granted a medical exemption by an MD or DO for a contraindication) and we strongly encourage being boosted.

Medical forms must be completed on CampMinder website no later than April 15. We need to do a thorough review with wilderness and camp health staff of all trippers' health histories prior to the end of May, so it is especially important that your child's health forms on CampMinder are complete as soon as possible.

If your child has been exposed to a contagious disease just prior to arrival at camp (Covid-19, chicken pox, measles, mumps, etc), she should not be sent to camp until the period of incubation has passed. Trippers should be fever free for 24 hours before drop off at camp. All trippers must have an up-to-date tetanus booster (within the last 5 years).

In order to ensure timely arrival and review of any medications, Wilderness follows a different procedure for medications from the rest of camp (i.e. you do not use CampMeds). If a tripper will need to take medication on the trip, please make arrangements with your local pharmacy for a six-week supply. Bring the medication with you when you come to camp and turn it in to the Wilderness trip leaders. Medications need to come in the original bottle from the pharmacy with the original label. The camp health staff will be in touch in June to discuss how the medication will be administered by the trip staff during the course of the trip.

## **Head Lice**

Please be sure that your child is examined for head lice before coming to camp. Because head lice can spread rapidly and because it is hard to get rid of, a tripper with head lice at a residential camp can be a big problem.

## **Medical Insurance**

Keewaydin and Songadeewin do not provide health insurance. Trippers must be covered by their parents' or guardians' health insurance in order to attend Keewaydin. Parents are responsible for reimbursement to Keewaydin of any bills related to hospital or doctor visits. These bills will be sent to you.

## **Protocol for Calling Parents in Medical Situation**

Parents can expect to hear from camp in the following situations:

- Tripper goes to the emergency room (when visit happens and after visit)
- Tripper visits a doctor, dentist, or orthodontist (before and after visit)
- Tripper spends more than one night in the Health Center

## **Bills**

Your final bill for camp this summer was sent to you prior to March 1. In order for your child's place on the Songa Wilderness trip to be secure, your bill must be paid in full. No refunds are given after March 1.

## **Trip Insurance**

We strongly encourage you to purchase trip insurance. This will allow you to recoup your tuition fee in the event that your child is unable to come to camp for reasons approved by the insurance company and will pay for evacuation costs. Keewaydin and Songadeewin, as per our application, do not give refunds. We recommend [Travel Insured International](#).

## **Passport**

All trippers need to have a valid passport and signed *Travel Authorization* form in order to cross the Canadian border. Please check your passport's expiration date now as there is still time to renew. Trippers from outside of the US may also need a visa. Please consult your embassy or consular office.

## **Camp Arrival and Departure**

Plan to arrive to Songa on July 4 between 10:00 - 11:00 am. Pick up from camp is on August 12 between 9:00 - 10 am.

If you are flying to camp or from camp, use the Burlington, VT airport. We will provide transportation from the airport to camp and vice versa. Please provide flight information on the *Transportation Form* on CampMinder.

## **Baggage Information**

Trunks and other baggage may be sent to camp in the following ways:

- UPS - They will deliver right to camp.
- Federal Express Ground
- Private deliveries

## **What to Pack**

See Wilderness Outfit list in your [CampinTouch portal](#).

We ask that trippers not bring to camp any clothing that advertises or promotes alcohol, drugs, or other questionable areas.

## **Technology**

Cell phones and other devices may be used while at camp, only in special situations with the Trip Leaders' permission, and then only in designated areas. These items will be kept in a secure location at camp while you are on the trip.

## **Knives**

A knife or multitool is handy to have on the trip, but is not required. Please do not bring a knife with a long blade; a pocket knife is fine. Switchblades are illegal in Canada. If you are flying, please be sure your knife is packed appropriately in checked baggage.

**Please Note** - Keewaydin and Songadeewin are not responsible for lost, damaged, or stolen personal items or clothing. If anything happens to such items, consult your homeowner's insurance to cover the loss.

## **Online & Social Media**

In order to protect the privacy of our campers and the reputation of Keewaydin, we ask that trippers and staff adhere to the following policies regarding the use of photos on personal website and social media (e.g. Facebook, Twitter, Instagram):

- Do not use the Keewaydin or Songadeewin logo on social media
- Do not post pictures of campers on social media
- Do not post any photo that might jeopardize the reputation and good name of Keewaydin and Songadeewin

We welcome excellent photos of camp (campers, trippers, staff, activities, trips) for our website. If you have photos you would like to have posted on Songadeewin's website, consult the Camp Director.

## **Communication & Letters Home**

Trippers receive mail just once during the trip—at the ‘resupply’ at the midpoint of the trip. The address for resupply mail will be provided along with an updated itinerary prior to the trip’s departure. Any mail sent after the ‘resupply deadline’ should be sent to Songadeewin and will be given to the trippers when they arrive on campus.

We do not permit care packages. In order to prevent animal problems, promote sharing, and manage dietary and environmental issues, we will be packing one shared care package for the trip, which will be transported with the rest of the resupply. If you have a particular item that you think your child must have to share with the group, please email camp by June 1 so we can try to arrange for that item to be included.

The Songa Wilderness trip carries a satellite phone and geolocator for use in an emergency. Camp has a system of communication with the trip leaders whereby trips periodically check in to report their location and progress. From time to time, camp will share a gps ‘spot’ update with parents via email that will show the group’s location.

## **Contacting Camp**

Songadeewin  
500 Rustic Lane  
Salisbury, VT 05769

Songa Camp Office Phone: (802) 352-9860  
Songa Camp Office e-mail: [songaoffice@keewaydin.org](mailto:songaoffice@keewaydin.org)

## **Money & Camp Store**

Trippers will not need money at camp or on the trip. If they have money for their travels home, trip leaders will store it in the camp safe before the trip leaves. Trip leaders will give the trippers pocket money (Canadian currency) while in Canada when they need it. If there are any unusual expenses, we will pay for them and bill you.

Our store makes available on a charge to the parent's account necessary personal items such as toothpaste, stamps, stationery, flashlights, batteries, etc. Campers may not use money for these purchases. For such standard items the charges generally amount to no more than \$75. If trippers purchase such things as baseball caps, T-shirts, sweatshirts, polo shirts, or waterproof trip bags, the amount will be larger. We attempt to keep all purchases to a minimum. Please advise your child of any limits you expect.

## **Gratuities**

We ask that you not give gratuities to our staff or directors. We do encourage you to express your appreciation by making a contribution, in the name of the staff person you wish to honor, to the Abby Fenn Wilderness Trip Scholarship Fund which helps provide financial aid to campers in need.

## **Transportation**

We need to know how your child will be traveling to and from camp. Please complete the *Transportation Form* under 'Forms & Documents' [CampinTouch portal](#) by May 15.

### **Arrival by Airplane**

If your child is arriving by airplane please arrange for a late morning or early afternoon arrival at the Burlington, Vermont (BTV) airport on the arrival date. Camp staff will meet flights that you designate. Our fee is \$110 one way and will be charged to your account. Please plan departing flights out of Burlington for late morning. Please provide all flight details in the *Transportation Form* under 'Forms & Documents' [CampinTouch portal](#) by May 15.