

WOMEN IN THE WOODS – 2010 CAMPER MANUAL

www.mahetu.org (845) 351-1657

We are happy that you have chosen to spend some time “Deep-In-The-Woods” this summer. In order to make your stay more enjoyable, we are providing this information to help you plan what you will bring to camp and to promote a better understanding of camp procedures.

Arrival of Campers – *Women in the Woods for 2010 officially opens at 11:00 AM on Saturday, July 3rd.* New campers arriving Sunday, July 4th to Tuesday, July 6th may check in at 11:00 AM. Please arrive promptly and proceed to the Dining Hall to register. Proceed slowly and follow the directions of the Staff regarding parking,

Departure of Campers – Departing campers should plan to leave before 11:00 AM. Day campers who are not staying overnight may depart at 10:00 PM. Please check out with the WIW director.

General Information

Equipment and Clothing

Sheets, pillowcase OR sleeping bag	Notebook and pen/pencil
Pillow	Bible
Blankets	Stationery and stamps
Bath Towels	Flashlight and extra batteries
Wash Cloths	Bathing Suit(s)
Pajamas	White Bathing Cap (1 for each camper)
Bathrobe	Jacket
Slippers	Sweater or sweatshirts
Raincoat or poncho	Jeans or heavy slacks
Boots or heavy shoes	Hat
Soap and dish	Changes of underwear
Shampoo (unbreakable containers)	Sneakers
Toothpaste and brush	Socks
Comb and brush	Shorts
Laundry Soap	Shirts
Laundry Bag	

Optional items you might want to remember are a camera, musical instrument, sewing kit, knapsack, canteen, sports equipment (tennis racket, softball glove), and books to read. Please mark all your belongings **before** you arrive at camp.

FOOD IN CAMP

Please do not bring extra food to camp if at all possible. You will have ample opportunity to purchase snacks and beverages at specified times. In order to keep wildlife from cabins and tents, any food that you bring must be sealed in a tight plastic or metal container. If you have a special dietary concern, please notify us well in advance of when you arrive. We will do what we can to accommodate you.

HEALTH INFORMATION

Please complete both pages of the health form before your arrival at camp. A health form should be completed for EACH camper. You will have the opportunity to meet the Camp Health Director on your arrival. It is important that you discuss any health risks, concerns and history at this time. The WIW health form is available on our website at www.mahetu.org on the “WIW” page.

DRUGS AND ALCOHOL

Illegal drugs are not permitted. Campers will be sent home and the proper authorities notified if there is a violation. Alcoholic beverages are not permitted in camp at any time.

SMOKING

Smoking will be allowed in a designated area **only**. Because of the danger of fires, this rule will be **strictly** enforced.

MAIL

The mailing address is Camp Ma-He-Tu, K-24, 520 Seven Lakes Drive, Bear Mountain, NY 10911. Mail is sent and delivered once a day.

DIRECTIONS TO CAMP MA-HE-TU

From New York City: George Washington Bridge to Palisades Interstate Parkway (PIP), Exit 14. Go left at the stop sign toward Lake Welch and Sebago Beach. You will be traveling on Willow Grove Road. Enter Harriman State Park and pass Lake Welch Beach. At Kanawauke traffic circle, travel $\frac{3}{4}$ around circle and turn right onto Seven Lakes Drive. The camp entrance is one mile on right.

OR take Palisades Interstate Parkway to Exit 16 for Lake Welch Parkway. Take left fork toward Lake Welch and bear right at 2nd fork toward Seven Lakes Drive. At the stop sign turn right onto Seven Lakes Drive. The camp entrance is $\frac{1}{2}$ mile on left.

From New Jersey: Route 17 North through Sloatsburg. Go right at traffic light onto Seven Lakes Drive. Camp entrance is 2nd on left after Sebago Beach.

From Upstate New York: NY Thruway to Exit 16. Route 17 South to US 6 towards Bear Mountain. Travel 8 miles to traffic circle. Bear right onto Seven Lakes Drive. Continue through two traffic circles; the second one is Kanawauke Circle. Travel $\frac{1}{2}$ way round circle to continue on Seven Lakes. Camp entrance is one mile on right.

