



CAMPER MANUAL

WOMEN IN THE WOODS

AUGUST 13 - AUGUST 17, 2022

Whether you are a Women-in-the Woods regular or are a first-time camper, we hope this guide helps you get ready, and excited for, our time together!

Please note - we refer to all our participants, regardless of age, as “campers” for this session. Unless otherwise specified, children are participants 16 years of age and younger.

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CHECK-IN and CHECK-OUT

ARRIVAL

Each day of Women-In-the-Woods starts at 5:00pm on your first day and ends at 5:00pm on the following day.

Arriving on Saturday

- Please plan to arrive at or shortly after 5pm so you have time to get settled in before dinner.
- Our staff will direct you to get checked-in, park, and help you move your gear into your camp home!

Arriving on Sunday or Later

- Please check in at the Dining Hall at 5:00pm.
- Camp is already in session, so please drive slowly down to the Dining Hall.
- We will help direct you to your cabin and get you settled in.

Please be prepared to present your negative COVID-19 test results.

Any outstanding registration balances will be collected by cash or check at check-in.



DEPARTURE

Departing campers should plan to leave **by 5:00pm** and check out with the WIW Director in the Dining Hall.

Level Up

- If leaving at 5pm doesn't feel like quite enough time, you have the option of purchasing one more dinner before you leave us. Please let us know **24 hours in advance** so the kitchen knows how many people to cook for.

Settle Up

- While at camp, you can run a tab for beverages and purchases you make at the camp store ("Canteen"). When you check out, you will be asked to pay your canteen bill and any other outstanding charges.

All canteen fees will be collected and by cash or check at check-out.

GENERAL INFORMATION

Cars/Parking

Upon arrival, you will be given a permit. Please make sure your car has the Camp Ma-He-Tu Parking Permit on the dashboard at all times. This is particularly important if the need arises to have vehicles moved.

Please **DO NOT** park your cars on the dumpster side of the Dining Hall. Parking on the Rec Hall side of the Dining Hall should be for unloading and checking in and checking out only. It is important that Park vehicles, delivery vehicles, and the kitchen staff have access to these areas.

Leaving Camp

To minimize the risk of bringing COVID-19 into our “camp bubble”, we ask that you **limit your trips out of camp** as much as possible. If you must leave, we ask that you follow the below courtesies:

- If you leave camp at night, please close *but do not lock* the gate behind you.
- If you are planning to be gone for the day and would like us to provide a picnic lunch, please let us know the *night before*.
- If you are planning to miss a meal, please let us know so our cook has an accurate count and we do not create food waste.
- Stay in and let camp provide the fun! New this year - we will host a morning coffee bar (to cut down on trips to Dunkin) and host our very own Ladies Night **IN!**

Meals & Food

- All meals are served family-style in the Dining Hall.
 - Please **save 2 seats** at your table for staff members who will help serve and guide the flow of the meals.
- Each meal will consist of a hot entrée and sides as well as a fresh fruit, PB&J Bar, and cereal at breakfast and salad at lunch and dinner.
- Please indicate any special dietary needs on your **health form**. This will help our kitchen staff prepare enough food. If you have additional concerns, please contact us well in advance of your arrival so we can do our best to accommodate you.
- **DO NOT** bring extra food to camp. You will have ample opportunity to purchase snacks and beverages that can be eaten in the Dining Hall. **There is absolutely no food allowed in the cabins and tents in order to keep wildlife away!**
- After each meal, the campers in 2-3 cabins and tents will be assigned to help clean up the dining hall. You are expected to help with Dining Hall Kaper (sweep the floors) or Grounds Kaper (emptying the garbage). Announcements will be made at meals as a reminder. A schedule of kapers will be in the schedule packet you receive upon check-in.

Beverages

- Drinks will be available in a cooler in the dining hall.
- The cost for all beverages is \$1.00.
 - Please write a mark (/) next to your name for each drink you take. You're on your honor!
- To help our environment and cut down on the amount of plastic used at camp, you are encouraged to bring a refillable container for water. There are water fountains located throughout camp.

Valuables

- Please leave your valuables locked in your car.

Canteen (Camp Store)

- Canteen will be open at designated times. There will be announcements at meals informing you as to when you may purchase desired items.
- You may run a tab during your stay and pay when you check out.
 - **Payments are accepted in cash or check.**

Garbage

- To minimize animal intrusion, please bring your cabin or tent garbage to the dumpster on a regular basis. Remember, **NO FOOD or DRINKS are ALLOWED IN THE CABINS AND TENTS!!!!**

FUN TRADITIONS

Sunday Evening: *Open Mic Night*

Tune-up your favorite instrument, bring your costumes, rehearse your favorite song, or write a skit and perform with friends during a wonderful evening celebrating the talent of all our Ma-He-Tu campers and staff.

Monday Evening: *Ladies' Night!*

A chance for ladies to relax with friends, old and new! Babysitting for children 16 and under will be arranged. There will be a party for the girls in the Rec Hall or for the younger ones, in-cabin supervision can be arranged. Listen for announcements to sign up your children for appropriate supervision.

Annual Kickball Game

Who will win the coveted Knick-knack trophy???

Hike Day

Explore surrounding Harriman State Park!

DAILY ACTIVITIES

Participation

Participation in all activities is optional. You are welcome to come and go from activities as you wish. Child-supervision rules apply.

The Waterfront

General Swim:

- Open swim for all ages – all rules apply!

Adult Swim:

- Children 16 and under should be in a supervised activity away from the waterfront.
- Adults are free to relax in and around the waterfront.
- Swim caps are optional during adult swim.

Small Craft (Canoes, Kayaks, SUP, Corcls):

- For adults and deep-water children swimmers.

Pickleball – New for 2022!

Adults are welcome to challenge each other to a match! Campers 16 and under must be accompanied by an adult or staff member. New to the game? Let us show you how it's done!

Zip-Line, Low Ropes, & Archery

Please note - these are Restricted Activity Areas. Please do not wander to these fields unless there is a scheduled activity. If you would like to use the archery field at a time that is not listed, please see the WIW Director and we will make arrangements for staff supervision.

Discussion Groups

Discussion topics are for the oldest girls and adults. Topics and facilitators will be announced at mealtime. If you have any suggestions or would be willing to facilitate a group, please let Igoe know.

Arts & Crafts

A variety of projects will be offered each day. Listen to announcements for details. Favorites include Tie-Dye, Fuse Beads, Friendship Bracelets, Popsicle Stick Construction, and more!

Athletics

Up for some softball, soccer, basketball, volleyball, or bombardment - let us know if you want to get a game together!

Games

Check out our **GAGA** pit or let us help you get a game of **Nine Square** going. Other games and events for all ages will be announced. Have any ideas? Let us know and we'll try to make it happen.

KEEPING YOU SAFE

CHILD SUPERVISION

New York State Department of Health **requires** that an adult **supervise children 16 years of age and under at all times** while they are at camp.

The staff will be happy to supervise your children. We're very good at that!

- If you would like your child to participate in an activity and you are planning to be elsewhere, we ask that you, or someone you designate, personally **check your child in with the staff** member in charge at the beginning of the activity period and meet your child at the end of the period.
- Additionally, if your child is **under six** years of age, we ask that you, or someone you appoint, stay in camp and let your staff member know where to reach you while your child is under her supervision.
- If your child is not participating in a staff supervised activity, she must be with you or an adult designee. This applies to anywhere in camp, including your living area.

HEALTH SERVICES

Health Information:

- **An age-appropriate health form must be completed for EACH camper** before your arrival at camp.
 - For campers under 18 years old - Use the "Health Form – Child"
 - For campers 18 and older - Use the "Health Form – Adult"
- Please bring a paper copy of your health forms to check-in. They will be kept by the medical staff in case of an emergency and information is needed immediately.
- You will have the opportunity to meet the medical staff upon your arrival. It is important that you discuss any health risks, concerns, and relevant history at this time.
- Adults must have the insurance and health information available for all children in their care.

During your Stay:

- A health care professional will be onsite and available to help with health needs.
- Adult guardian participants are responsible for administering and managing medications for the minor camper in her care. Please bring what you anticipate needing.
- There are urgent care and emergency health care services available in the local area.

COVID RESTRICTIONS

For complete details about our updated 2022 COVID-19 policies and procedures, please see the WIW-specific [COVID-19 Playbook](#).

SMOKING

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

DRUGS AND ALCOHOL

Illegal drugs and cannabis/THC products are prohibited. Campers will be sent home and the proper authorities notified if there is a violation. Do NOT bring alcoholic beverages to camp.

AT THE WATERFRONT

The waterfront director and lifeguards have full authority at the waterfront. You must follow the instructions of the waterfront staff.

Buddy Tags:

- Everyone will be assigned a buddy tag for the duration of their stay.
- The buddy tag must be turned to the “In the Water” section when walking onto the dock and returned to the “Out of Water” section when leaving the dock.

Swim Testing:

- **All children (16 years and under)** must take a swim test to determine the safest area for swimming based on their ability.
 - Swim level is determined by the waterfront staff and their determination is final.
 - Campers showing improvement in swimming during their stay can ask to be retested.

General Swim Rules:

- **Everyone** must wear a white swim cap.
- Everyone must swim with a buddy.

Small Craft (Canoes, Kayaks, SUP, Corcls):

- Life jackets must be worn at **all** times by **all** people in **all** of our small craft.
- Children must be deep water swimmers to use small craft without an adult.
- Children who are non-swimmers may go out in a rowboat with an adult swimmer.
- Please observe the rules and parameters of where our small craft may be used out on the lake and directions of the waterfront staff.

WILDLIFE SAFETY

- **There is absolutely no food or drinks allowed in the cabins and tents.** It attracts insects and other (bigger) wildlife. You will have ample opportunity to purchase snacks and beverages that can be eaten in the Dining Hall.
- **Please consider the importance of:**
 - Putting on bug spray in the evening and during the day if they have activities that take place in the woods or tall grass such as the ropes course or hiking.
 - Wearing long pants and/or tall socks and keeping long hair tied back in a bun or ponytail if you will be participating in activities where ticks may be prevalent.
 - Checking yourself and your children for ticks every day. If you find something you think might be a tick, you can inform the medical staff who can assist with removal.
- Please leave all wild creatures alone. If you would like to get to know more about our native wildlife, we can assist you in making a visit to the Nature Museum or the Bear Mountain Zoo.
- If you are being bothered by any wildlife, please let us know immediately.

EMERGENCY SIGNALS

Air horns will be used to alert you to any emergency situations

- **ONE LONG BLAST**
 - Take immediate **cover** in the nearest building with four full walls and a ceiling
 - Cabins, Den, Infirmary, Rec Hall, etc – Good
 - Tents, Dining Hall, Johns, etc – Not Good
- **THREE QUICK BLASTS**
 - Go to the **meadow** and wait for further instructions

RESTRICTED ACTIVITY AREAS

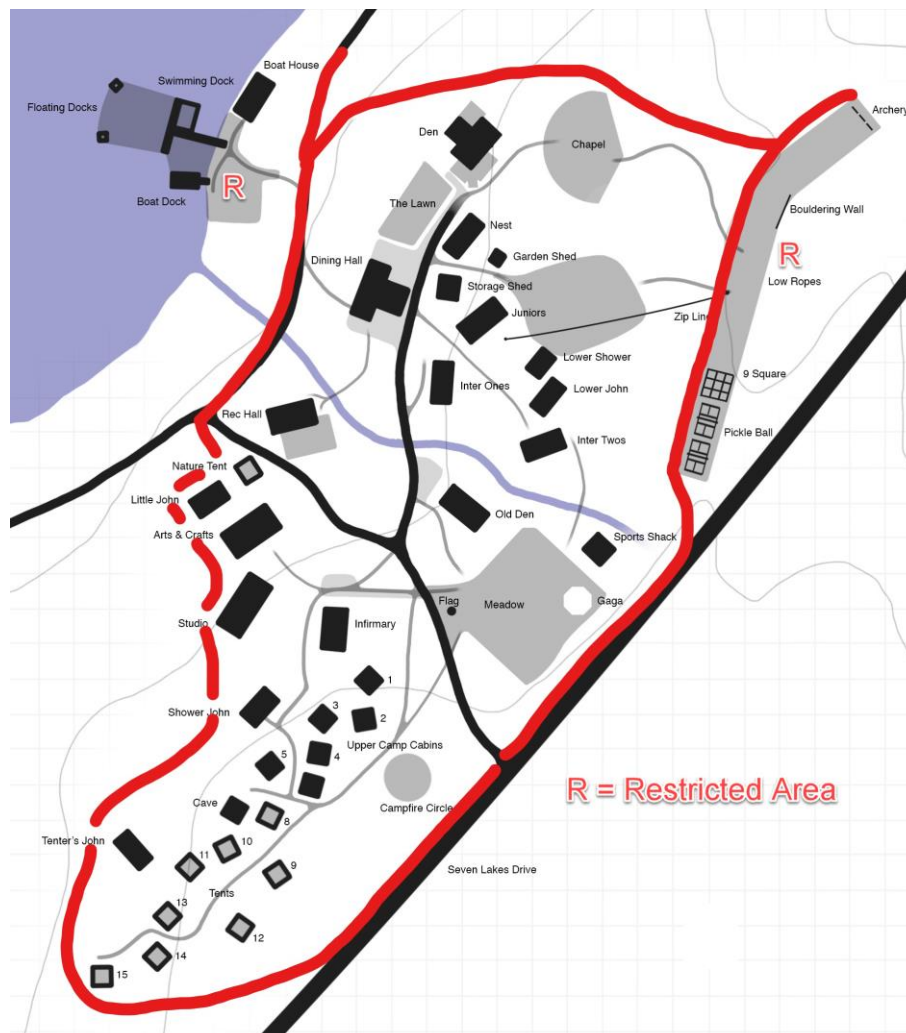
A trained staff member must be **present** for the below-scheduled activities. Please do not wander to these areas unless there is a scheduled activity.

- Waterfront Area
- Archery
- Low Ropes Course
- Zip Line

CAMP BOUNDARIES

The boundaries of camp are marked by the below landmarks. Please do not wander beyond these areas.

- Seven Lakes Drive
- Tent 14 and 15 in Upper Camp
- The Studio, Arts and Crafts Building, and Little John in the Program Area
- The Lower Road and Waterfront
- The Archery, Low Ropes, and Pickle Ball Courts



DIRECTIONS TO CAMP

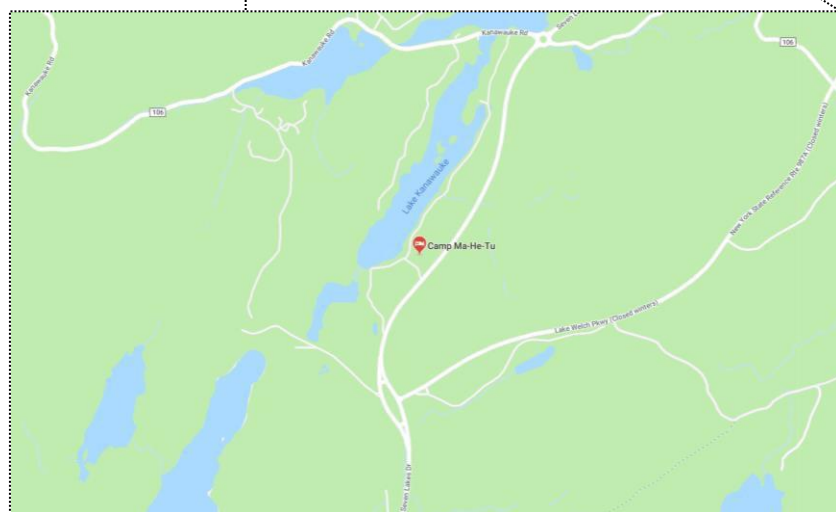
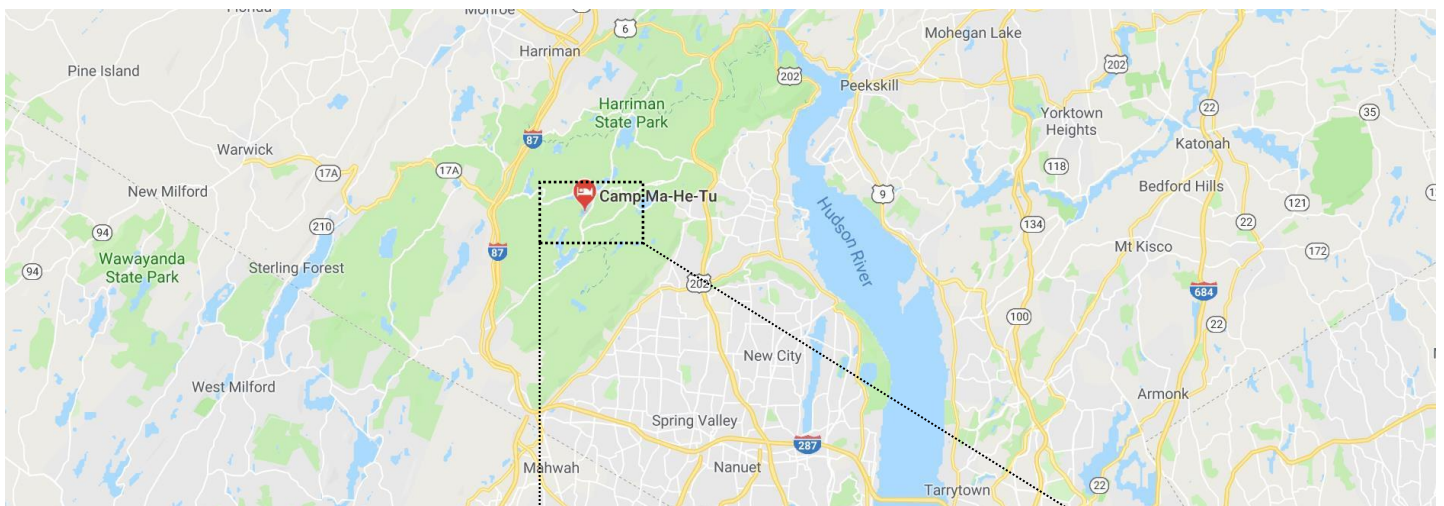
Camp Ma-He-Tu is located within Harriman State Park. Our physical address is 520 Seven Lakes Drive.

When using a navigation system, be sure to **verify** the pin is located in Harriman State Park as pictured below. If using your phone, we recommend using Google Maps or Waze and searching for "Camp Ma-He-Tu". Be sure to select the address on Seven Lakes Drive. Apple Maps is not as reliable.

You can also enter in our GPS coordinates:

41.13.220 N 74.07.240 W which will lead you directly to our gated entrance.

Please note that there is **very limited cell phone service** within Harriman State Park and even the satellites that communicate with the GPS systems installed in cars may not work well within the boundaries of Harriman State Park, so please review the driving directions below as well.



From NYC/Long Island: George Washington Bridge to Palisades Interstate Parkway (PIP), Exit 14. Left at stop sign toward Lake Welch and Sebago Beach (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 toward Sloatsburg and Sebago Beach. 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 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.

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

SUGGESTED PACKING LIST

- | | | |
|--|--|--|
| <input type="checkbox"/> Twin Sheet Set & Blanket
OR Sleeping Bag | <input type="checkbox"/> White Bathing Cap (can be purchased at camp for \$4) | <input type="checkbox"/> Cash or Checkbook for Canteen |
| <input type="checkbox"/> Pillow + Pillowcase | <input type="checkbox"/> Bathing Suits | <input type="checkbox"/> Camera |
| <input type="checkbox"/> Shirts and Shorts | <input type="checkbox"/> Beach Towel | <input type="checkbox"/> Notebooks, pen/pencil |
| <input type="checkbox"/> Plenty of socks and underwear | <input type="checkbox"/> Bath towel and robe | <input type="checkbox"/> Musical instrument |
| <input type="checkbox"/> Pajamas | <input type="checkbox"/> Toiletries (NOT berry scented) | <input type="checkbox"/> Flashlight and batteries |
| <input type="checkbox"/> Sweaters/Sweatshirts | <input type="checkbox"/> Shower shoes | <input type="checkbox"/> Foldable camp chair |
| <input type="checkbox"/> Poncho or raincoat | <input type="checkbox"/> Washcloth or Loofah | <input type="checkbox"/> Refillable water bottle |
| <input type="checkbox"/> Hat or baseball cap | <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Face Mask (just in case!) |
| <input type="checkbox"/> Sneakers or hiking boots | <input type="checkbox"/> Sunscreen and bug spray | <input type="checkbox"/> Reading materials |
| <input type="checkbox"/> Laundry bag | <input type="checkbox"/> Backpack | |

Please label all your belongings **before** you arrive at camp.