



Family Handbook

Summer 2024

Last Updated 1/9/2024



Community ~ Self-Discovery ~ Embracing the Natural World

Welcome to Chewonki!

As a Chewonki camper your summer experience will be focused on self-discovery, connection to the natural world, and living and working together in small groups, something we've been doing since 1915. This tradition teaches children about self-sufficiency, the power of community, the wonders of nature and the joy of exploration and being outdoors.

Whether you are a new or returning camper this handbook provides important information about camp life. Information in this handbook does change year to year, so **please take time to read this handbook completely with your family.**

Contact Us

Camp Office: (207) 656-1170

Other Contacts

Business Office: (207) 656-5891

Health & Wellness Center: (207) 656-5869 ~ Confidential Health Fax: (207) 882-9564

Foundation Switchboard: (207) 882-7323

Website and Email

Overnight Camp- camp@chewonki.org,

Leadership Expeditions- outdoors@chewonki.org

Mailing Address

Camp Chewonki 485 Chewonki Neck Road, Wiscasset, Maine 04578

Directors

Katie Goodman, Director- Camp Chewonki ~ Jen Adams, Director- Outdoor Programs ~ Griffin Davey, Associate Director- Boys & Nonbinary Camp ~ Kirsty McDonald, Associate Director- Girls & Nonbinary Camp ~ Zachary Whiting, Associate Director- Leadership Expeditions

Checklist for Families

All forms can be found in your CampInTouch account. To access your account, please visit our website at camp.chewonki.org and click on the "Login" button on the top of the page.

Required Forms (required for all participants)

Due April 1st:

- ☐ **Annual Health History Form:** (please be sure to have your immunizations records handy before you begin!) ****You need to submit a new form for each summer.****
- ☐ **Annual Physical Form:** In order to participate, your child needs to have had a physical WITHIN A YEAR OF THE START OF CAMP. If your child's annual physical date is after the due date but before camp, please contact the Health and Wellness Center.
- ☐ **Health Insurance Form**

Due May 15th:

- ☐ **Annual Camper Questionnaire**
- ☐ **Essential Eligibility Criteria & Participant Behavior Agreement Form**
- ☐ **Transportation Form**
- ☐ **Camper Photo Form**
- ☐ **Activity Preference Form (only Heron & Osprey campers)**

Additional Medical Forms

These forms are not mandatory if the conditions do not apply to your child.

- ☐ **Self-Administer Emergency Medication Form:** (Required for any camper using self-administered medication (e.g. inhaler, epi-pen). This form can be downloaded through CampInTouch. This form must be signed by the Parent/Guardian and Healthcare Provider.
- ☐ **Psychotropic Medication Form**
- ☐ **Insurance Waiver Form**

The Health & Wellness Center staff will share pertinent information from your child's health forms with your child's counselors and/or trip leaders on a need-to-know basis to ensure your child's safety.

Other

- ☐ **Clothing and Equipment:** Order early to avoid last minute rush and delays.
- ☐ **Hotel and Motel Reservations:** Please make reservations early as hotels fill up quickly.

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2024 Chewonki Calendar

FINAL TUITION PAYMENT DUE:	Monday, May 1st
SESSION 1 (3 Week) & PUFFIN SESSION 1A STARTS:	Sunday, June 23rd
LOON SESSION A BEGINS (2 Week):	Sunday, June 23rd
PUFFIN SESSION 1A ENDS:	Wednesday, July 3rd
PUFFIN SESSION 1B STARTS:	Friday, July 5th
BOATBUILDERS & GEORGE RIVER STARTS (5 Week):	Friday, July 5th
LOON SESSION A ENDS:	Saturday, July 6th
INTERSESSION A BEGINS:	Sunday, July 7th
INTERSESSION A ENDS:	Tuesday, July 9th
LOON SESSION B BEGINS (2 Week):	Wednesday, July 10th
SESSION 1 & PUFFIN 1B ENDS:	Monday, July 15th
INTERSESSION B BEGINS:	Tuesday, July 16th
INTERSESSION B ENDS	Thursday, July 18th
SESSION 2 (3 Week) & PUFFIN 2A STARTS:	Friday, July 19th
LOON SESSION B ENDS:	Tuesday, July 23rd
INTERSESSION C BEGINS:	Wednesday, July 24th
INTERSESSION C ENDS:	Saturday, July 27th
LOON SESSION C BEGINS	Sunday, July 28th
PUFFIN SESSION 2A ENDS:	Tuesday, July 30th
SESSION 2 ENDS:	Saturday, August 10th
LOON SESSION C ENDS	Saturday, August 10th
BOATBUILDERS & GEORGIA RIVER ENDS	Saturday, August 10th

General Rules and Policies

Participant Behavior Agreement

Our policy:

chewonki.org/about/participant-guidelines-policies/participant-behavior-agreement/

Electronics Policy

One of the major benefits of attending camp is the opportunity to unplug from our increasingly connected world. Camp is a screen-free community – meaning that campers will be away from cell phones, computers, digital cameras, tablets, televisions, and other electronic devices. Campers are asked to leave electronic devices at home, any devices brought to camp will be collected and stored in the camp office for the duration of the camp program.

Valuables

Please do not send campers with valuable or one-of-a-kind items. Chewonki is not responsible for lost or damaged items during the summer. Camper valuables needed for travel, such as passports, ID, or money, will be stored in the camp office for the duration of the camp program.

Gratuities

We prohibit offering gratuities or gifts to counselors and staff. Every staff member has been apprised of this policy and understands that if they accept a gratuity or gift, they will be forfeiting their position at camp. If you would like to make a donation to the Chewonki Foundation please visit chewonki.org/give.

Chewonki Tax ID

The Chewonki Tax I.D. is 01-0269460. Keep this information for your records.

Cancellation and Refund Policy

Program Cancellation:

- If Camp Chewonki cancels a program, families will receive a full-tuition refund, including the deposit.

Participant Cancellation:

- Should a family choose to withdraw their child from the program before May 15, the tuition is refundable, minus the non-refundable deposit.

Withdrawals:

- Should a family choose to withdraw their child for part or all of their program after May 15, even if due to illness or injury, the tuition will not be refunded. In the case of illness or injury, however, 50 percent of the remaining prorated balance may be credited to another program the following summer.
- Temporary Departures from camp: In partnership with the family, we may agree to send a camper home temporarily for unexpected family issues, complex health conditions that cannot be treated at Chewonki, or brief pauses to improve camper behavior. Temporary departures are not eligible for refunds.

Dismissals:

- If we choose to send a camper home for any reason, including but not limited to breaking the conditions of our Participant Behavior Agreement, no refund will be issued.
- In the case of dismissal, participants will be removed from the program immediately and families must coordinate pick up for the camper and must notify the camp team of those pick up plans within 6 hours of dismissal. Campers who have been dismissed from camp must be picked up within 24 hours or a reasonable timeline as determined by the camp team.

COVID-19

COVID-19 Cancellation Policy Addendum: we reserve the right to cancel, delay, substitute, or revise any program itinerary due to the COVID-19 pandemic. If Chewonki cancels programming prior to summer due to COVID we will refund tuition, including advance deposits.

Force Majeure:

Chewonki shall not be held liable for failure of or delay in performing its obligations hereunder if such failure or delay is the result of a force majeure, such as natural disasters (earthquake, hurricane, tornado, or flooding, etc.), biological outbreak (epidemic or pandemic), or in the case of war or actions of foreign enemies, labor dispute or strike, government imposed sanctions or restrictions, or failure of electrical service. Chewonki will attempt to meet its obligation and minimize the delay of performance.

Health and Wellness

For additional health & safety information, please [visit our webpage here](#).

Who is in the Chewonki Health & Wellness Center?

The Chewonki Health and Wellness Center (HWC) is staffed by a team of registered nurses, EMT's, and a full-time Licensed Clinical Social Worker. During summer programming we add EMT's and mental health aids to round out our department. A registered nurse is on-site every day and available to assist with medical needs 24/7 on-site as well as in the backcountry. Our nurses have also been trained as Wilderness First Responders. The overseeing physician for Our Health and Wellness Center is part of Lincoln Health Partners located in Damariscotta Maine.

How are medications given on campus or in the backcountry?

- On Chewonki Neck all over-the-counter and prescription medications/supplements/vitamins are kept in the HWC and administered by our trained staff.
- On Leadership Expeditions, medications are kept in medkits and administered by certified Wilderness First Responders with additional med administration training.
- The only exception to this is for families that choose to have their child carry their own Epi-pen or emergency inhaler.
- These specific medications require a special permission form signed by a provider, to be submitted before their session begins. (This form is available on your CampInTouch account page in the Forms and Documents section.)
- Medication distribution times are before meals or before bedtime. If your child needs an exception to this system please let us know in advance.
- The HWC stocks over-the-counter medications such as acetaminophen, ibuprofen, diphenhydramine, etc. that our standing orders permit us to give on an as-needed basis.
- There is no need to send any of the over the counter medications that you approved in your CampInTouch account.
- Our Health and Wellness Center staff has the right to refuse any medication that is deemed ambiguous and/or unsafe to give a child while at Chewonki.

What if my child becomes ill or injured during a Chewonki program?

We have standing orders signed by our local physicians to administer first aid and non-prescription medications. In addition to our supervising physician at Lincoln Medical Partners, Mid Coast Hospital is located nearby in Brunswick, Maine.

We will inform you of any necessary physician visits, overnights in the Health and Wellness Center, or removal of your child from the field. Chewonki expects campers and leadership expedition participants to have their own health insurance coverage in case of injury or illness that may occur while taking part in our programs. Please be sure to provide us with complete insurance information (front and back copies of your insurance card) as requested in CampInTouch.

What about trips and trip safety?

All of our trips operate under rigid safety guidelines and procedures. We take pride in our excellent safety record and in our commitment to managing the risks associated with the experiences that we provide. We expect that participants bring a positive attitude and the understanding that each individual's mental and physical health impact the wellbeing of the entire group.

Many of our trips take place in remote areas. Our trip leaders are certified in Wilderness First Aid or as Wilderness First Responders. They are well trained in problems unique to backcountry travel and have a well-developed safety system in place. All off-site trips have 24-hour cell or satellite phone access to a nurse in the Health and Wellness Center. Although we carry these emergency communication devices, there are times when even these can fail and participants should be aware of that possibility. In the event of an emergency, outside medical help may be hours or even days away.

Participants and caregivers should understand that there is an inherent risk in outdoor adventure experiences, and participants may find themselves engaging in activities with higher risk. It is important to understand the physical and emotional requirements of the trip that you are joining, and that you clearly discuss any mental or physical health concerns that you may have before committing to a particular trip.

What about Immunizations?

- The American Camping Association requires us to collect documentation of immunizations and the dates of administration for all campers. The policy of the ACA is that their accredited camps follow the state's Department of Education immunization requirements.
- In September of 2021, Maine law changed so that religious and philosophical exemptions are no longer permissible. [Guidelines](#) for medical exemptions are governed by the Maine Chapter American Academy of Pediatrics.

- If you are seeking a medical exemption to immunizations, [this link will take you to the form](#) that will need to be submitted to the HWC for all such requests.
- If your child is fully vaccinated or does not qualify for medical exemptions, please complete the online or paper immunization form and upload to CampInTouch or upload a print-out of your child's immunization record. This may be available on your provider's patient portal.

What about Head Lice?

- Please check your child's hair for nits and lice in the weeks prior to coming to Chewonki.
- If treatment is needed, carefully follow your pediatrician's instructions.
- Make sure all personal items (such as blankets, sleeping bags and clothing) are cleaned thoroughly before coming to Chewonki.
- Leadership Expedition participants who display evidence of lice at check-in will be quickly and discreetly treated, and then monitored for the necessity of re-treatment.
- Treatment kits will be sent with trip leaders for follow up treatment in the backcountry where possible.
- Education for signs and symptoms of head lice will be provided to campers and staff.

What about Communicable Diseases?

- Please call us prior to coming to camp if your child has been exposed to or is infected with any contagious disease.
- Sore throats should be cultured to rule out strep infection.
- Your child should be fever free for 24 hours without the aid of medication before their arrival to Chewonki.
- We expect your child to arrive at Chewonki healthy and ready to fully participate.

Arrival and Departure Days- Car

Arrival Day

Times: 1:00pm - 4:00pm

In order to keep drop off running smoothly, you will be asked on your CampInTouch transportation forms to provide an estimated drop off time. Please do your best to stick to your chosen time.

Arrival day is constructed to help campers transition smoothly into camp life. At drop off, campers will say a final "see you soon!" and then be quickly brought through check-in by a

member of the camp staff and then integrated into their cabin by their counselors. A speedy changeover helps campers focus on the start of their camp experience and associate their new space with positivity and excitement. Prolonged goodbyes are emotionally harder for campers. Please plan on a quick goodbye at the car for drop off and organize a meaningful send off for your camper the night before arriving at camp.

Arrival Day Policies

Once a camper has been matched with their Chewonki staff chaperone, we assume responsibility for the camper and, in order to best facilitate this transition, parents are encouraged to leave promptly.

Unless we have been otherwise informed by a parent or guardian, any camper who has not arrived by 4pm will be considered a late drop off, and we will begin calling caregivers to try to determine when the camper is expected to arrive.

Departure Day / Visiting Day

Times: 9:00am -12:00pm

Departure day is our visiting day at Chewonki! We welcome and encourage families to pick up their camper(s) and use this opportunity to visit camp. Please hang out with us for the morning to see camp, meet your camper's counselors, participate in a camp sing along and hear from the Directors. You can also join a tour of Chewonki's Salt Neck Farm or our extensive nature trails led by activity counselors. An email with more details will be sent as we get closer to the day.

Departure Day Visit Schedule:

Time:	Activity:
9:00a.m.	Families welcomed into camp
10:00a.m.	Camp meeting (sing songs, hear from directors)
10:30a.m.	Farm Tour/Nature Trail Tour (not on 7/6 or 7/23)
11:00a.m.	Farm Tour/Nature Trail Tour (not on 7/6 or 7/23)
11:30a.m.	Last chance for Arrival
12:00p.m.	End of departures

Departure Day Policies

- Campers must be picked up on the last day of their program.
- Only parents/guardians or other specifically authorized individuals are permitted to pick up campers.
- If parents/guardians are unable to do camper pick up, they should contact the camp team prior to departure day to specify an alternative caregiver they authorize to pick up the camper.
- Once caregivers have picked their camper up from their designated meeting point, the caregiver assumes responsibility for the camper and Camp is no longer responsible.
- If a camper has not been collected by a caregiver by 12:00pm, the camp team will begin to call caregivers to establish a pick up time.
- Families will be subject to additional payment for any camper not picked up by 5pm.

Arrival & Departures Days- Transportation

~ Please carefully review the information below for the 2024 season ~

Helpful links when planning your travel plans

[Boston Logan International Airport \(BOS\)](#)

[Portland International Jetport \(PWM\)](#)

[Amtrak Downeaster Train](#)

For information on the [Midcoast Maine area](#).

Thank you for your careful planning and attention to detail, allowing us to provide safe travel to and from Chewonki. Please be in touch with the Camp Office at camp@chewonki.org if you have any questions.

Chewonki Shuttle Service Details

- For arrival and departure for Session 1 and Session 2, we provide chaperoned shuttles for pickup and dropoff at locations in Portland, ME, Boston, MA, New Haven, CT, and Yonkers, NY.
- For arrival and departure for Loon Sessions that *do not* overlap with Session 1 or Session 2, we will provide pick up and drop off to and/or from Portland Jetport if needed. Additionally, we provide chaperoned shuttles for pick up and drop off at the Portland, Maine Transportation Center Amtrak Terminal **for campers who are 16 or older**.
- We are only able to provide transportation to and/or from Portland Jetport for Puffin 1b arrival or Puffin 2a departure, not Boston Logan Airport.
- We are unable to provide transportation for Intersession Trips.

- Camper travel plans and requests for shuttle services must be made by May 15, 2024 to avoid late fees. Please note, the New York/Connecticut Shuttle has a limited availability due to the size of the coach bus.
- Shuttle confirmation emails will be sent 48 hours prior to pickup.

Shuttle Fees

Parents who request travel-related services must have a credit card on file. Your credit card number may be entered directly into your CampInTouch account or you may call the business office to provide that information. Fees for all travel-related services, including no shows, will be automatically charged to that credit card on the day service is provided. (These fees include, but are not limited to, transportation, unaccompanied minor charges, transit baggage fees and shipping.) Cancellations must be made 48 hours in advance to avoid being charged.

2024 Air Travel Shuttle for Session 1 and Session 2

Specific pickup and drop off locations and times will be provided as we get closer to the start of camp.

Shuttle Meeting Location <i>Chewonki Charge</i>	Age	Arrival Day Pickup Session 1: 6/23/24 Session 2: 7/19/24	Departure Day Drop Off Session 1: 7/15/24 Session 2: 8/10/24	CampInTouch Selection
Boston, Mass Logan International Airport <i>Chewonki Charge: \$175.00</i>	all	Please select a flight that arrives within a 9:00 am - 12:00 pm arrival window	Please select a flight that departs within a 10:00 am - 4:00 pm departure window	Air / Individual Flight
Portland, Maine* International Jetport <i>Chewonki Charge: \$75.00</i>	all	Please select a flight that arrives within a 9:00 am - 1:00 pm arrival window	Please select a flight that departs within a 9:00 am - 1:00 pm departure window	Air / Individual Flight

** Transportation to and from Portland Jetport is also available for Puffin 1b and Puffin 2a.*

2024 Non-Air Travel Shuttles for Session 1 and Session 2

Shuttle Meeting Location <i>Chewonki Charge</i>	Age	Arrival Day Pickup Session 1: 6/23/24 Session 2: 7/19/24	Departure Day Drop Off Session 1: 7/15/24 Session 2: 8/10/24	CampInTouch Selection
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Boston, Mass Logan International Airport Terminal E Arrivals Info desk <i>Chewonki Charge: \$175.00</i>	all	Chewonki shuttle meets at Logan at 12:00 pm and arrives at Chewonki at 3:30pm	Chewonki shuttle leaves Chewonki at 8:00am and arrives at Logan at 11:00am	Bus
Yonkers, New York Cross County Shopping Center 8000 Mall Walk	all	Leaves Cross County at 8:00am and arrives at Chewonki at 3:30pm	Chewonki shuttle leaves Chewonki at 7:00 am and arrives at Cross County at 1:00pm	Bus
New Haven, Connecticut Food Truck Paradise 351 Long Wharf Drive <i>Chewonki Charge: \$250.00</i>	all	Leaves Food Truck Paradise at 9:30 am and arrives at Chewonki at 3:30pm	Chewonki shuttle leaves Chewonki at 7:00 am and arrives at Food Truck Paradise at 11:30am	Bus

2024 Shuttle For Boat Builders and Loon Sessions

Shuttle Meeting Location <i>Chewonki Charge</i>	Age	Arrival Day Pickup Loon Session B: 7/10/24 Boat Builders LE: 7/5/24 Loon Session C: 7/28/24	Departure Day Drop Off Loon Session A: 7/6/24 Loon Session B: 7/23/24	CampInTouch Selection
Portland, Maine Transportation Center (PTC) Amtrak Terminal <i>Chewonki Charge: \$75.00</i>	16+ with ID*	Train leaves Boston North Station at 8:50am and arrives at PTC at 11:20am Chewonki Shuttle leaves PTC at 11:45am and arrives at Chewonki at 1pm	Shuttle leaves Chewonki at 6:15am and arrives at PTC at 7:25am Train leaves PTC at 7:58 am and arrives at Boston North Station at 10:30am	Train
Portland, Maine International Jetport <i>Chewonki Charge: \$75.00</i>	all	Please select a flight that arrives within a 9:00 am - 1:00 pm arrival window	Please select a flight that departs within a 9:00 am - 1:00 pm departure window	Air / Individual Flight

* Campers must be at least 16 years old and have a valid ID in order to travel by train unaccompanied.

Expectations for Shuttle Riders

The ride to camp

- Arrive at the departure locations AT LEAST 30 MINUTES before the scheduled departure time.
- Upon arrival, the coach chaperones will take a quick roll call to ensure everyone is present before starting the more detailed check in process with each camper.

- If a camper is not present for the roll call, we will call the primary contact to try to establish an estimated arrival time.
- If we receive no response from any contacts and the camper is not at the departure point when the coach bus is scheduled to depart, we will assume the camper will not be traveling on the coach bus.
- Campers should bring lunch and a drink in a small, disposable bag. Only pack enough for lunch, as we do not allow food in camp.
- Please do not send an abundance of sweet snacks and candy as any food left over from the bus will be taken and stored by camp until the end of the session.
- Please DO NOT include any items with nuts as some campers have allergies.
- There is one bathroom on the bus available for campers to use.
- Campers are required to be in their seats wearing their seatbelts (where provided) except for when they are using the bathroom.

The ride from camp

- Only parents/guardians or other specifically authorized individuals are permitted to pick up campers.
- If parents/guardians are unable to do camper pick up, they should contact Camp prior to departure day to specify alternative caregivers they authorize to pick up the camper.
- Arrival time is shared with caregivers on the travel form. If there are any changes to the arrival time, camp will contact caregivers by text.
- Caregivers should arrive at pick up locations by the scheduled coach arrival time.
- Upon arrival, one bus chaperone will check to confirm that all caregivers providing camper pick up have been authorized to do so.
- Once that is established, campers will be permitted to disembark from the bus. Once campers disembark the coach, the caregiver assumes responsibility for the camper and Camp is no longer responsible.
- If there is no one to pick up a camper when the coach arrives at the coach pick up point, we will call primary contacts, and move to the camper's emergency contacts.
- Families will be subject to additional payment for any camper not picked up within thirty minutes of the coach's arrival time.

Air Travel Considerations

- When booking flights please adhere to the windows provided. We are only able to greet campers at these arrival times. Please do not book trips that arrive at other times.
- Please contact the camp office with any questions prior to booking travel.
- Chewonki does not provide accompaniment on third party plane, train or bus ride.
- Campers will be met at (or taken to) their designated handoff by a Chewonki chaperone.
 - See below for unaccompanied minor air travel information.

- Traveling outside of our recommended travel times will likely leave your child without supervision or anyone to meet them.
- If an unavoidable travel delay occurs please call as soon as possible so that an alternative plan can be facilitated. In turn, we will contact you if we experience any travel delays. Under no circumstances will we leave a meeting place without accounting for every child.

A word about unaccompanied minor air travel:

Due to heavy travel to and from Maine in the summer months, we encourage you to make your camper's travel reservations as soon as possible to obtain the best rates and schedule. Most airlines require that you purchase an unaccompanied minor service, which ensures that your child is boarded onto the aircraft, chaperoned during connections, and turned over to the appropriate person upon arrival at their final destination. Each travel service has their own policies, rates and services, so please check with the company for specifics. When booking a flight for an unaccompanied minor, you will be asked by the airline to provide the name of the person dropping off or picking up your child from the gate. We will contact you with the names of the Chewonki chaperones at least 48 hours prior to flight departure or arrival. In the meantime, please enter a placeholder name.

Any "unaccompanied minor" charges that we may have to pay will be reflected on your final bill. We will have paid cash to the airline, and will supply the receipt showing the fees we paid for your child. In cases of double payments for unaccompanied minor fees, it will be your responsibility to follow up with your airline.

Packing for Camp

Apparel

Coming prepared to camp sets the stage for a summer focused on learning and fun in the outdoors. Please arrive at camp with all of the required items from these lists. **All clothing and gear must be well marked with your camper's name.** We recommend not sending campers with irreplaceable or particularly valuable items.

Some of the best quality items for life in the outdoors can be found at secondhand stores or gear exchanges! Young people grow quickly, so we highly recommend that you look for stores in your area where you can find secondhand items for a lower price. You can find logoed versions of some items on our packing list in the [Chewonki Store](#) (we encourage you to order early).

Packing Lists for each program can be found under the Current Families tab on the Camp Chewonki [webpage](#). Please limit your camper's packing to what's included in the packing list.

Luggage

We prefer soft sided luggage as opposed to hard trunks. Please label your camper's luggage and bags as campers often don't remember what their bags look like. Please ensure all items your camper brings to camp are in a bag upon arrival. Loose items often get misplaced during drop off.

Lost & Found

The camp team works hard to return all lost & found items to campers before departing camp. If, after your camper's return, you discover that they are missing an item, please contact the [camp office](#) immediately. We will do our best to locate the missing item and mail it to you. We will send you an invoice for the shipping costs. Labeling your campers' items is the best way to prevent lost items. We recommend not sending campers with irreplaceable or particularly valuable items.

Stay Connected- Overnight Camp Only

Mail

We encourage families to write to their campers. Campers love to receive mail. **We recommend writing at least once a week and ask that families limit letters to no more than three per week.**

It's helpful to send a supply of stationary and properly self-addressed, pre-stamped envelopes with your camper. In this electronic age, we have found that many of our young participants are not familiar with the proper way to address an envelope. We encourage you to review this with them as they prepare for camp. The cabin name does not need to be included on the envelope.

Letter Writing Tips:

- The best letters share casual news from home, express interest and enthusiasm for all the camper is experiencing, and convey a sense of confidence.
- Avoid writing about how much the camper is missed to avoid triggering or worsening homesickness.
- Avoid writing about large, impactful news that may distract or upset their time at camp.

Address for Campers:

Camper's Name
Program Name (i.e. Boys Camp, Girls Camp, "Maine Coast Kayak")
Camp Chewonki
485 Chewonki Neck Rd
Wiscasset, ME 04578

*For international families, or families with special circumstances that make it difficult to mail a letter, emails may be sent to camp@chewonki.org. These messages will be printed and delivered to your child, but your child will not be able to reply by email. **Please limit email messages to no more than 3 per week.***

No Package Policy

We have a "letter only" mail system. Please **do not mail packages to your camper(s)**. You can send flat envelopes up to 9"x12" without contacting camp. The contents of any envelope should be "camp friendly" items such as magazines or stationery and *should not include food* of any kind to help us keep cabins critter-free.

We will strongly enforce this policy in order to minimize distractions from the camp experience, including comparisons between campers about gifts from home. Please share this information with family members and friends who might send your camper a package.

Our No Package Policy does not pertain to any gear/clothing that needs to be mailed to a camper for their use while at camp or on trip (such as rain coats, shoes, socks, etc.). Please [contact](#) the Camp Office if you have any questions, or if you are anticipating needing to mail an item other than gear/clothing. When the package arrives at camp, we will open the package to confirm there are no prohibited items in the package (including candy) and then get it to your camper.

Contacting Camp

Our camp team strives to return all calls and emails from families within 24 hours. Please note that we are not always near a phone or our email as we try to be as present as possible with our campers. Incoming calls are monitored daily from 8:00 am - 7:00 pm. Please do not hesitate to reach out with any questions!

Contact from Camp

During your camper's time with us, you can expect to hear from the camp team via email on the first night of camp. This email will include information about your camper's cabin, counselors, and how they're settling into camp. You will receive an additional email from the camp team after your camper's third full day of camp with more specific information on how they're adjusting to camp. We like to provide an update after the first couple of days as campers have had enough time to truly acclimate to life at camp.

During the rest of your camper's session, please consider **no news as good news!** The camp team views families as partners in making each camper's experience the best possible. We will actively reach out with any important updates or to gain additional insight into your camper as needed (for example, if your camper is having a hard time falling asleep we'll reach out to find out what you do at home to support their sleep).

Camp Newsletter

During the camp season, the Camp Newsletter goes out once a week. The newsletter includes features on goings on at camp and updates on the trip schedule.

During the off season, we send a Camp Chewonki Newsletter monthly to our enrolled camp families to provide updates on the happenings on campus. You can expect to keep up with the latest from the Camp Office, Salt Marsh Farm, and the Wildlife Center. Every so often, we will include an activity you can do at home with your family. We always encourage you to take

pictures for us to share in the next month's newsletter so your friends can see what you're up to. You can visit our [website](#) to find past newsletters.

Camp Photography

We strive to capture the camp experience through photography each summer. Our camp photographers take photos of campers, activities and camp goings-on each day and post curated sets online once a day to help families gain a glimpse of the wonderful time their campers are having at Chewonki. Please note that photographers are not able to take pictures of each camper each day.

We also send cameras out on each of our leadership expeditions and trips. These photo sets will be available **after** the trip has returned to Wiscasset, which for Leadership Expeditions is **at the end of the session**.

You can view photos of your camper in your [CampInTouch account](#) or on the [Campanion App](#).

Phone Calls and Visits to Camp

In accordance with our tech-free and immersive approach to camp, we do not facilitate camper phone calls home. Phone calls with home are disruptive to a camper's ability to engage with camp. Even the most well adjusted camper can struggle with a phone call as it easily triggers homesickness. If you have an extenuating circumstance, please reach out to the camp office. Likewise, we cannot accommodate visits to camp aside from departure day. Visits from family can be very disruptive to campers.

Directions to Camp Chewonki | 485 Chewonki Neck Road, Wiscasset, Maine 04578

FROM PORTLAND JETPORT TO CHEWONKI (1 hour)

Take I-295 North to US-1 North towards Falmouth. Follow I-295 to US-1 North in Brunswick. Take Exit 28 to merge onto US-1 North toward Coastal Rte/Brunswick/Bath. Continue for approximately 16 miles. Turn right onto ME-144 South for .4 mi. Turn Right onto Chewonki Neck Road.

FROM THE NEW YORK METROPOLITAN AREA (6.5 hours)

Including Manhattan, Long Island, New Jersey, Westchester and Connecticut: Take I-95, The New England Thruway, Connecticut Tpke, North towards Connecticut. Stay on I-95 to I-91 North heading toward Hartford-Boston OR take Rte. 15 (Hutchinson River pkwy - Merritt Pkwy to I-91). I-91 then joins I-84 East to the Mass Tpke, I-90. Follow directions below from I-90.

FROM THE MASS TURNPIKE - I-90 (2.5 hours)

Take Mass Tpke I-90 heading East toward Boston. There is only one service area on the Mass Tpke before you exit. This is your last chance to get gas directly on the highway until Maine. Exit the Mass Tpke at Exit 10 toward Worcester, follow signs to 290 north. Follow 290 North to I-495 North. Stay on 495 North until it connects with I-95 at Amesbury, Mass. Route I-95 becomes the New Hampshire Tpke, which then becomes the Maine Tpke.

Exit the Maine Tpke at Exit 52 (The I-95, 295 connector) toward Freeport, Brunswick, and Augusta. Follow I-295 to US-1 North in Brunswick. Take Exit 28 to merge onto US-1 North toward Coastal Rte/Brunswick/Bath. Continue for approximately 16 miles. Turn right onto ME-144 South for .4 mi. Turn Right onto Chewonki Neck Road.

FROM PHILADELPHIA (8 hours)

Take NJ Tpke to Exit 11. Exit onto the Garden State Pkwy. Continue North to the end of the Garden State entering the New York Thruway at Spring Valley. Proceed to the Tappan Zee Bridge via the Thruway. Once over the bridge, exit onto the Cross Westchester Expy - Rte 287 East - Exit onto I-684 North toward Brewster. Pass Brewster and continue on 684. Exit onto Rte 84 East, toward Danbury. Continue following 84 East to Hartford and the Mass Tpke. Follow above directions from Mass Tpke.

FROM MONTREAL (6 hours)

Take Autoroute 10 East. Take QC-141 South to NH-26 East in Colebrook, United States. Continue on NH-26 East to Oxford County. Turn right onto US Rte 2 West. Take ME-26 and ME-119 South to Rotary in Auburn. Take Washington Street North to High Street. Take ME-136 and Durham Road to Old Portland Road in Brunswick. Take US-1 North toward Coastal Rte/Brunswick/Bath. Continue for approximately 16 miles. Turn right onto ME-144 South for .4 mi. Turn Right onto Chewonki Neck Road.