



# Family Handbook

Summer 2026

*Last Updated Jan. 2026*



Community ~ Self-Discovery ~ Embracing the Natural World

# Welcome to Chewonki!

Your camper's Chewonki 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 this is a camper's first summer or returning for more adventures with us, 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.** We are always here to answer any questions you may have when preparing for camp, just reach out!

## Contact Us

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**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](mailto:Camp@chewonki.org)

Teen Backcountry Trips- [Trips@chewonki.org](mailto:Trips@chewonki.org)

### Mailing Address

Camp Chewonki 485 Chewonki Neck Road, Wiscasset, Maine 04578

### Directors & Staff

[Rev. Nancy J. Kennedy, Ph.D.](#)

*President*

[Ben King](#)

*Director of Camp Chewonki*

[Katie Malek](#)

*Associate Director of Camp*

[Griffin Davey](#)

*Associate Director of Camp*

[Kaylan Scott](#)

*Associate Director of Trips*

[Megan Lauber](#)

*Camp Chewonki Administrator*

# Checklist for Families

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All forms can be found in your [CampInTouch account](#). To access your account, click the previous link or you can always access your CampInTouch account by visiting our website at [camp.chewonki.org](http://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 notify the Health and Wellness Center at [health@chewonki.org](mailto:health@chewonki.org)
- Health Insurance Form**

### Due May 1st:

- Annual Camper Questionnaire**
- Essential Eligibility Criteria & Participant Behavior Agreement Form**
- Transportation Form**
- Camper Photo Form**

## 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.

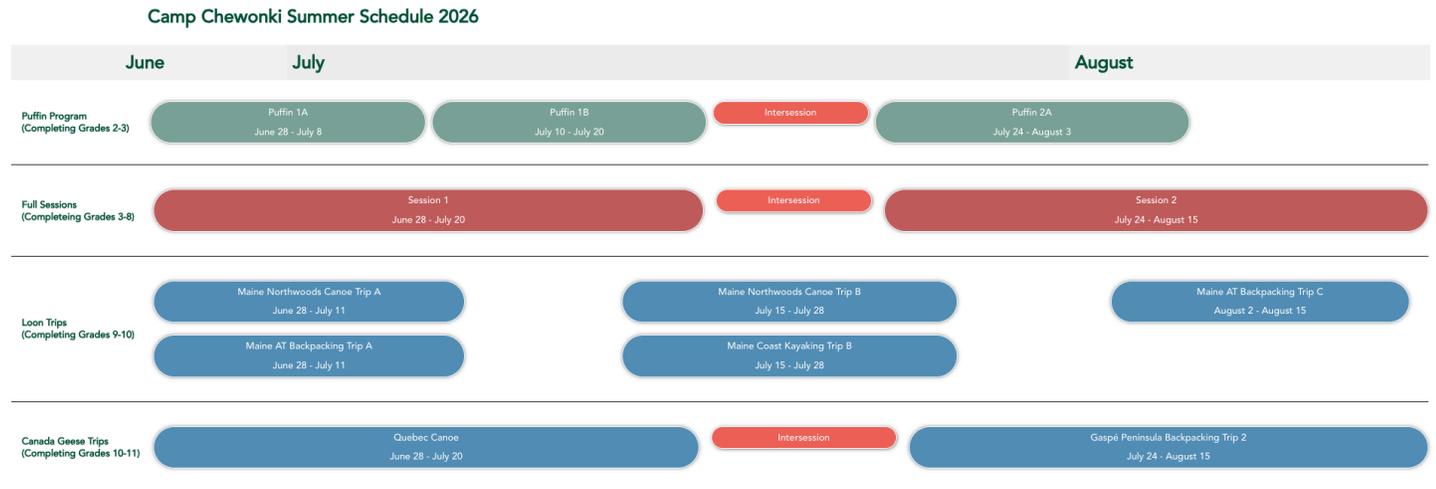
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## 2026 Chewonki Calendar

**FINAL TUITION PAYMENT & CAMPER FORMS DUE: Friday, May 1st**



## General Rules and Policies

### Participant Behavior Agreement

Our policy:

[chewonki.org/about/participant-guidelines-policies/participant-behavior-agreement/](http://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 digitally-connected world. Camp Chewonki is a screen-free community. This means 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.** Please note that if your camper chooses to bring an electronic device to use during travel, we will collect and store them in the camp office for the duration of their program. They are allowed to use them to and from camp on our shuttle.

### 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 show your gratitude through financial contributions we humbly invite you to make a donation to the Chewonki Foundation. To support our programming through donations please visit [chewonki.org/give](http://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.

#### 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

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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 Teen Backcountry Trips, medications are kept in medkits and administered by certified Wilderness First Responders with additional medication 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 Teen Backcountry Trip 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.

Our trips take place in remote areas. Our trip leaders are certified 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 at least 2 different devices through which to contact the camp leadership team and/ or emergency services. 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. For this reason, Chewonki invests a lot of time and

resources to train Trip Leaders on how to mitigate risk at every opportunity and make sound decisions while in the field with participants.

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 you may have before committing to a particular trip. We are always happy to go more in depth if you have specific questions. Please reach out to the camp administrator at [mлаuber@chewonki.org](mailto:mлаuber@chewonki.org) who can connect you with the right person.

## 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 print out the immunization form and have your doctor fill it out or upload a print-out of your child’s immunization record from your doctor’s office- this may be available on your provider’s patient portal.

## What About Head Lice?

- To help maintain a healthy camp community, families are asked to check their child’s hair carefully for head lice and nits in the weeks leading up to arrival at Chewonki.
- If treatment is needed prior to camp, please follow your pediatrician’s or a licensed professional’s instructions closely. All personal items—such as clothing, blankets, and sleeping bags—must be thoroughly cleaned before coming to camp.
- **Campers who show evidence of head lice at check-in will not be able to remain on campus.** A family member or guardian will be required to take the camper off campus and arrange for professional lice treatment. The camper may be cleared to return to Chewonki and rejoin the program once professional treatment has been completed and the family provides Chewonki with a receipt or note from the lice treatment facility.

- If a camper develops lice symptoms during their program, staff will respond promptly and discreetly. Transportation will be provided to an off-campus professional treatment center, and the family will be billed directly for treatment services.

## 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.
- Participants with sore throats should be tested to rule out a 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.

## Health and Wellness Center Contact Information:

**Phone:** (207) 656-5869

**Fax:** (207) 882-9564

**Email:** [health@chewonki.org](mailto:health@chewonki.org)

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## Arrival and Departure Days- Car

### Arrival Day

#### **Arrival Window: 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 so we can plan accordingly.

Arrival day is constructed to help campers transition smoothly into camp life. Campers will begin the check-in process with our health and wellness team to ensure they're ready to participate, families can help drop their luggage at the check-in station, they'll then say a final "see you soon!" and a member of our camp staff will escort them to join their cabin groups and counselors. An efficient check-in process 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 brought to 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.

If you're planning on staying in the area, check out our recommended places to stay and dine [here!](#)

## Departure Day

### Departure Window: 10:00am -12:00pm

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Departure day is a fun day at Chewonki and a great opportunity for families to experience a little taste of what makes a summer at Camp Chewonki so special! We welcome and encourage families to pick up their camper(s) and use this opportunity to visit camp. Please join us at **10:00 am for a short community gathering** led by Camp Director, Ben King. Then hangout with us for the morning to see camp, meet your camper's counselors, enjoy a snack, and chat with the Camp Chewonki team. 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.

**\*NOTE** - if you plan on having time to see campus, please arrive no later than 11:30am. Farm tours require participants to wear close-toed shoes, and unfortunately, pets are not allowed on the farm.

**Pets on Campus-** All pets need to remain on the leash at all times while on campus. Please refrain from bringing pets indoors and remember to pick up your pets droppings while touring campus.

## 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 up their camper from their designated check-out 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

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~ Please carefully review the information below for the 2026 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](mailto: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, Newton, MA, New Haven, CT, and New Rochelle, 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 or Boston Logan Airport 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**.
- For questions about shuttle services for Puffin campers please contact the camp office at [camp@chewonki.org](mailto:camp@chewonki.org)
- We are unable to provide transportation for Intersession Trips.

- **Camper travel plans and requests for shuttle services must be made by May 1, 2026** 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.
- In the case where there are changes in travel the day of an arrival or departure or an emergency, Chewonki will contact guardians via phone or text message. Please ensure you've signed up for text alerts through CampInTouch so you receive notifications via text.

## 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, and transit baggage fees.) Cancellations must be made 48 hours in advance to avoid being charged.

## 2026 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.*

<b>Shuttle Meeting Location</b> <i>Chewonki Charge</i>	<b>Age</b>	<b>Arrival Day Pickup</b> <b>Session 1:</b> 6/28/26  <b>Session 2:</b> 7/24/26	<b>Departure Day Drop Off</b> <b>Session 1:</b> 7/20/26  <b>Session 2:</b> 8/15/26	<b>CampInTouch Selection</b>
<b>Boston, Mass</b> <b>Logan International Airport</b> <i>Chewonki Charge: \$200.00</i>	<b>all</b>	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
<b>Portland, Maine*</b> <b>International Jetport</b> <i>Chewonki Charge: \$75.00</i>	<b>all</b>	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

## 2026 Non-Air Travel Shuttles for Session 1 and Session 2

<b>Shuttle Meeting Location</b> <i>Chewonki Charge</i>	<b>Age</b>	<b>Arrival Day Pickup</b> <b>Session 1:</b> 6/28/26  <b>Session 2:</b> 7/24/26	<b>Departure Day Drop Off</b> <b>Session 1:</b> 7/20/26  <b>Session 2:</b> 8/15/26	<b>CampInTouch Selection</b>
<b>Newton, Massachusetts</b> Newton South High School 140 Brandeis Rd. <i>Chewonki Charge: \$200.00</i>	<b>all</b>	Chewonki shuttle meets at NSHS at 12:00 pm and arrives at Chewonki at 3:00pm	Chewonki shuttle leaves Chewonki at 8:00am and arrives at NSHS at 11:00am	Bus
<b>New Rochelle, New York</b> Isaac E Young Middle School 270 Centre Ave. <i>Chewonki Charge: \$275.00</i>	<b>all</b>	Leaves Isaac E Young Middle School at 8:00am and arrives at Chewonki at 3:30pm	Chewonki shuttle leaves Chewonki at 7:00 am and arrives at IEY Middle School at 2:30pm	Bus
<b>New Haven, Connecticut</b> Connecticut Post Mall 1201 Boston Post Rd. <i>Chewonki Charge: \$275.00</i>	<b>all</b>	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 12:00pm	Bus

## 2026 Shuttle For Loon Sessions

<b>Shuttle Meeting Location</b> <i>Chewonki Charge</i>	<b>Age</b>	<b>Arrival Day Pickup</b> <b>Loon Session B: 7/15/26</b> <b>Loon Session C: 8/2/26</b>	<b>Departure Day Drop Off</b> <b>Loon Session A: 7/11/26</b> <b>Loon Session B: 7/28/26</b>	<b>CampInTouch Selection</b>
<b>Portland, Maine Transportation Center (PTC) Amtrak Terminal</b> <i>Chewonki Charge: \$75.00</i>	<b>16+ with ID*</b>	Train leaves Boston South Station at 8:00am and arrives at PTC at 9:55am  Chewonki Shuttle leaves PTC at 10:15am and arrives at Chewonki at 11:15am	Shuttle leaves Chewonki at 6:45am and arrives at PTC at 8:00am  Train leaves PTC at 8:30am and arrives at Boston South Station at 10:25am	Train

<b>Portland, Maine International Jetport</b> <i>Chewonki Charge: \$75.00</i>	<b>all</b>	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
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*\* 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 roll call to ensure everyone is present before starting the check-in process with each camper. If your camper is bringing medication to camp, please turn this in to the Chewonki chaperones when dropping off your camper.
- If a camper is not present for roll call, we will call the primary contact to get an estimated arrival time.
- If we receive no response from any contacts and the camper is not at the departure point when the bus is scheduled to depart, we will assume the camper will not be traveling on the 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 include any items with nuts as some campers have allergies. We are a nut-free campus.**
- There is a restroom on the bus available for campers to use.
- Campers are required to be in their seats wearing their seatbelts (when provided) except for when they are using the bathroom.
- Campers are able to use their electronic devices on the bus, but they will be collected by Chewonki staff and stored in our office upon arrival at camp.

### 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 their 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.

- Upon arrival, one bus chaperone will check to confirm that all caregivers picking up a camper are authorized to do so.
- Once that is established, campers will be permitted to depart from the bus. Once campers leave the bus, 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 camper pick up point, we will call primary contacts, and then 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 arrival and departure 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 administrator with any questions prior to booking travel.
- Chewonki does not provide accompaniment on a 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 could leave your child without supervision or anyone to meet them. **We strongly recommend booking flights well in advance in order to find flight options that fall within our arrival and departure windows.**
- 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.

## Unaccompanied Minor 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 the following contact information as a placeholder:

Name: Ben King

Address: 485 Chewonki Neck Rd., Wiscasset ME, 04578

Phone Number: (207) 656 - 1170

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

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### Apparel

Coming to camp prepared with the necessary items will help keep your camper comfortable, safe, and able to focus on learning and fun in the outdoors! Please arrive with all of the required items from these lists. **All clothing and gear must be well marked with your camper’s name. First name and last initial works best.** We recommend not sending campers with irreplaceable or particularly valuable items. While counselors will support campers in this effort, campers are responsible for their items while at camp.

Some of the best quality items for life in the outdoors can be found at secondhand stores or gear exchanges! We highly recommend 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](#). For some assistance on what kind of gear and clothes to bring to camp, use this [visual packing guide](#). Please limit your camper’s packing to what’s included in the packing list. Participants are not permitted to bring vehicles (including bicycles) or pets/animals to camp.

**\*Campers are required to have 1 long sleeve rash guard top for use at the waterfront. Rash guard tops must be a bright color such as bright yellow, orange or pink, as seen as in the image below.**

# Swimwear Safety



## In the Lake



## 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.

Participants on Teen Backcountry Trips are welcome to arrive with all of their items packed into the large dry bag or backpacking bag they intend to bring on trip, or in a suitcase or duffle bag. In the case of the latter, luggage will be stored in safe space while they are on trail.

## 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.

# Communication During Camp

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## Mail

We highly 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. For Teen Backcountry Trips, these items can be safely and efficiently sealed in a sturdy ziploc bag to be taken on trail. 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.

Loon trip participants have opportunities to send and receive letters at their scheduled resupply/ies and once they have returned to campus at the end of the trip. Please note that sometimes logistics require the resupply driver to leave campus a day or two *before* the scheduled resupply, so make sure mail is sent to Chewonki well in advance whenever possible. We cannot absolutely guarantee that any mail received by a specific date will or will not make it to the group at their resupply, but we can promise we will try our hardest!

Because Canada Goose and North Star trip resupplies are carried out by our partners at local outfitters rather than Chewonki staff, these trippers will receive all mail when they return to campus at the end of their trip, and likewise will not have an opportunity to send letters during the trip.

### 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.
- Bring pre-written letters on arrival day. If you're dropping off multiple letters, it is helpful to number the envelopes in the order that you'd like your camper to receive them. The camp office staff will make sure that letters are delivered to cabin mailboxes.

## Address for Campers:

Camper's Name  
Program Name (i.e. Westside, Eastside, TBT "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](mailto: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 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

### Overnight 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. 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. The last scheduled email you'll receive is a trip update after your camper has returned from their cabin trip. Please be patient in receiving this news, as it can sometimes take time to gather stories and information about how their trip went.

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).

### **Teen Backcountry Trips**

Similarly, families of Teen Backcountry Trips participants can expect an email update the day after their first night on campus. Then they can expect an email update within 24 hours of a trip's scheduled resupply/ies, and a third email update confirming their safe and triumphant return to campus prior to departure day. The dates of scheduled resupplied will be communicated to families during the enrollment process, and again when the camper is dropped off on arrival day. Outside of those communiqués, we humbly ask you to trust that **no news is good news!**

To communicate with the camp leadership team or contact emergency services if necessary, trip leaders carry at least two communication devices on each trip, plus auxiliary battery banks and their personal cell phones. Trip leaders will use their satellite communication devices to check in with the camp leadership team daily and confirm their location each evening when they get to their "home" for the night.

If there is an acute challenge of some kind happening on a trip (injury, illness, pervasive homesickness, not adhering to behavior expectations, etc), the camp team will reach out to families. You know your camper so deeply, and we have found huge success in working collaboratively with families to find creative solutions to support success through those challenges.

### **Camp Newsletter**

During the camp season, the Camp Newsletter goes out once a week. This newsletter highlights what's happening at camp and includes the cabin trip schedule. During the off season, we send a Camp Chewonki Newsletter periodically to our enrolled camp families to keep you in the loop of life on Chewonki Neck! 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.

## Camp Photography

We strive to capture the camp experience through photography each summer. Our camp photographers take photos of campers, activities and other exciting camp happenings every day! Each day these photos are curated and posted in sets online to help families gain insight to the wonderful time their campers are having at Chewonki. Our Companion app is a great resource as it uses facial recognition to show you photos specifically of your camper. Please note that photographers are not able to take pictures of each camper each day, but they do their best to capture as many campers as possible!

We also send cameras out on each of our Teen Backcountry Trips and Cabin Trips. These photo sets will be available **after** the trip has returned to Camp Chewonki, which for Teen Backcountry Trips is **at the end of the session**.

You can view photos of your camper in your [CampInTouch account](#) or on the [Companion 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 and fully participate. 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.

On Teen Backcountry Trips, communication and contact with trips in the field is, by their very nature, limited. We are **not** able to facilitate phone calls between trippers and their families, friends, care teams, or anyone else while they are on trip.

Although as adventurers ourselves we are sympathetic to the impulse, please do not plan to visit or "run into" your camper while they are in the backcountry. It is Chewonki policy not to share exact itineraries with the public or constituents to protect the safety and privacy of campers. Even if you are able to coordinate such an event, this can have the unfortunate and unintended effects of exacerbating homesickness—either for your camper or others in the group—and can disrupt the culture the group has built during their time on trail.

## 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.