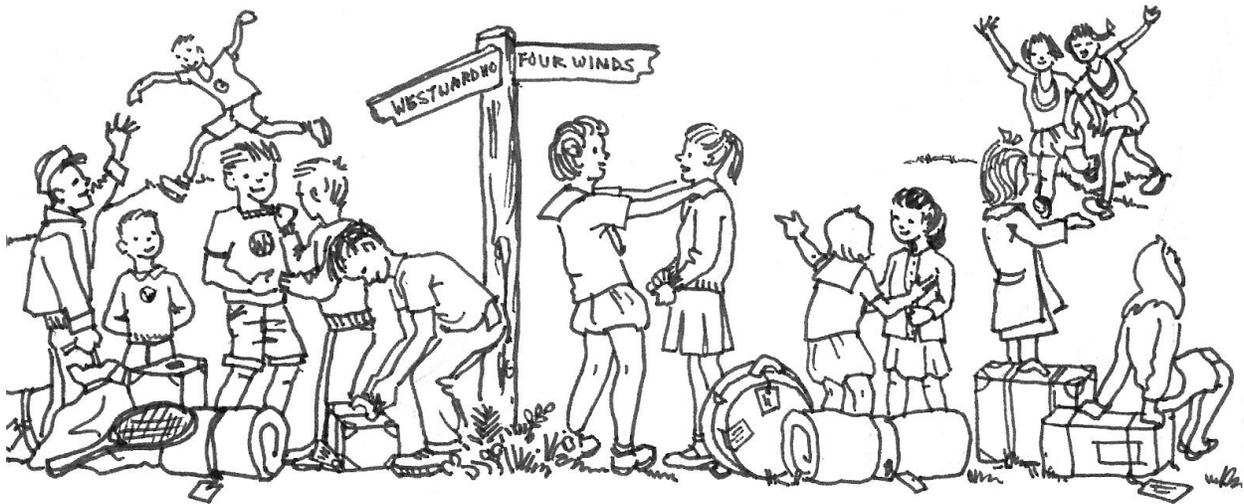


# FOUR WINDS \* WESTWARD HO PARENT HANDBOOK

---

*Four Winds was founded in 1927, Westward Ho in 1931. In 1967, at the founder's retirement, Four Winds \* Westward Ho became a non-profit corporation. For over 90 years, the philosophy and traditions have endured ~ to provide youngsters with an opportunity to live simply, learn new skills, develop a sense of independence and to break from the pace of the city, as well as the pressures of growing up. Our belief in the need for creativity, individuality, acceptance of social and cultural diversity, and the celebration of youth remains a central part of our effort with the campers.*

*We offer a wide range of experiences for our participants, from sailing to horseback riding, and arts to sports. We believe in a non-competitive atmosphere, focusing on group effort and cooperation.*



Welcome to Four Winds \* Westward Ho! We are very excited to have you and your child become members of our camp family. It is our hope that after the summer, your camper will be filled with stories of fun, song and adventure. We have put together this handbook to answer some commonly asked questions and share information and tips that we have learned through the years. It may not answer all of your questions so feel free to contact us with any others you may have. We are eager to work with you and your child this summer.

## TABLE OF CONTENTS

TABLE OF CONTENTS .....	2
BEHAVIOR .....	4
BIRTHDAYS .....	4
CABIN/TENT ASSIGNMENTS .....	4
CARLYN TRIP .....	5
CAMP STORE.....	5
CARE PACKAGES .....	5
CONTRIBUTIONS.....	6
EQUAL OPPORTUNITY AND ACCESS .....	6
FINANCIAL AID .....	6
FORMS .....	7
ACTIVITY SIGN-UP .....	8
HEALTH HISTORY .....	8
CAMPER PROFILE .....	9
TRAVEL INFORMATION .....	9
GYPSY JEWELRY .....	10
HEALTH AND MEDICATION .....	10
HOMESICKNESS .....	11
LATE ARRIVALS/EARLY DEPARTURES .....	12
LAUNDRY.....	12
LETTERS.....	12
LOST AND FOUND .....	13
LUGGAGE .....	14
TAGGING LUGGAGE.....	14
MAGIC: THE GATHERING.....	15
PACKING .....	15
SESSION DATES.....	16

SLIDE SHOWS.....	17
TELEPHONE .....	17
TRIP PROGRAM .....	17
TRANSPORTATION.....	18
TO CAMP.....	18
AIR TRAVEL .....	18
SEATTLE TACOMA INTERNATIONAL AIRPORT, SEATAC .....	19
WOODLAND PARK, SEATTLE.....	19
SKYLINE MARINA, ANACORTES.....	19
DIRECTLY TO CAMP.....	19
TRAVEL HOME AFTER CAMP.....	20
AT CAMP .....	20
AT SKYLINE MARINA IN ANACORTES.....	20
AT WOODLAND PARK IN SEATTLE.....	20
AT SEATAC AIRPORT .....	20
AIRLINE TRAVEL .....	20
TRAVEL PLAN CHANGES.....	20
TUITION.....	21
TUITION REFUND .....	21
UNIFORMS.....	22
VISITOR GUIDELINES .....	22
HELPFUL INFORMATION WHILE ON ORCAS ISLAND .....	24
ACCOMMODATIONS .....	24
RECREATION .....	26
DINING .....	26

## BEHAVIOR

We assume that campers will arrive ready and able to interact positively with other campers and staff. We do reserve the right to send home any camper when, in our opinion, it is in the best interest of camp community. We do not allow drugs, alcohol, smoking, intentional avoidance of counselor supervision, or sexual activity of any kind while in camp or during camp-sponsored activities. The person(s) involved will be sent home. Tuition will not be returned for any camper sent home. We look forward to a fun, safe and healthy summer for us all.

## BIRTHDAYS

If your child's birthday occurs during his/her camp session, he/she will have the whole camp community sing the Camp Birthday Song, and will receive a birthday treat to share with cabin/tent mates at lunch time. We encourage you to send a **non-food** care package such as decorations for his/her cabin/tent, cards from family and friends, and party favors. Gum and candy are not allowed at camp.



## CABIN/TENT ASSIGNMENTS

When we make cabin and tent assignments, we emphasize geographic diversity and encourage campers to make new friends. Campers are grouped according to gender, age, and school grade. Bunk requests can limit the camp experience for those involved, and can cause disruption within the cabin age/grade group; however, we will try to place new youngsters with a requested friend during their *first* year at camp, if they are of the same age, grade and gender. The request must be made in writing by both families on the [Cabinmate Requests](#) form in the Forms & Documents section of their [Four Winds Parent Account](#). Of course, if there is a circumstance where certain campers should not room together, we will do our best to honor that request.

We appreciate your timely return of the Camper Profile Form through your [Four Winds Parent Account](#). It is essential for insuring the best cabin/tent assignment possible.

## CARLYN TRIP

The *Carlyn*, our 61' yawl, takes a trip into Canadian waters with a group of 9 campers. The trip alternates between sessions each year and coincides with camp. Tuition is the same as that of regular session. Campers must be going into 9th or 10th grade and will be required to write a letter to the captain outlining the reasons to be chosen for this trip.

## CAMP STORE

An advance deposit amount will establish a Camp Store account for your child to charge purchases against. The store carries toiletry supplies, stationery, batteries, film, and some clothing items. Our store account system means that your child does not need money at camp. **Please do not send cash with your child.** We suggest anywhere from \$50-100 during the session for their store account.

## CARE PACKAGES

**Please do not send food of any kind (including gum) to camp!** We encourage you to send non-food items such as magazines, games, and accessories for special days. Packages of candy, gum, and home baked treats can lead to undesirable consequences, such as: luring critters into tents and cabins, causing hurt feelings among other campers, creating litter at camp, and possibly endangering camp attendees with food allergies. **Remember no food! Please spread the word to friends and family!**

Campers open their packages in the office. Those packages containing food will be mailed home on request. **The shipping charge or an amount of \$5.00 (whichever is greater)** will be deducted from your child's store account to cover shipping packages back home. **Receiving a package of food and having it sent back can be devastating for a homesick child who is looking forward to getting something special from home.**

If you need help brainstorming ideas, give us a call and we'll help you come up with some good options. You may also wish to use a company specializing in camp care packages, such as: Sealed with a Kiss ([eswak.com](http://eswak.com)), Just 4 Camp ([just4camp.com](http://just4camp.com)), The Wrinkled Egg ([thewrinkledegg.com](http://thewrinkledegg.com)), or Camp Pacs ([camppacs.com](http://camppacs.com)).

## **CONTRIBUTIONS**

Four Winds \* Westward Ho is a 501c3 non-profit corporation. All gifts are tax deductible. Funds are raised through formal and informal fund-raising efforts. Parent and alumni interest in specific camp needs is always welcome. Four Winds \* Westward Ho remains a strong experience for children today as a result of financial support through annual donations and bequests.



## **EQUAL OPPORTUNITY AND ACCESS**

Four Winds Camp is open to campers and staff without regard to race, creed, color, national origin, sex, honorably discharged veteran or military status, sexual orientation, gender identity, or the presence of any sensory, mental, or physical disability (or the use of a trained dog guide or service animal by a person with a disability). Washington law protects individuals from discrimination in employment and in access to public accommodations (such as Four Winds Camp) on the basis of any of these characteristics. The diversity of campers and staff enriches the camping experiences for all.

## **FINANCIAL AID**

We offer approximately 34 full and 34 partial financial aid openings each year to assist families whose children could bring leadership potential to camp, while gaining growth from their experience here. The application process requests some financial disclosure, three letters of recommendation, and a small deposit. Financial aid is awarded for a maximum period of three consecutive years as long as financial need is documented for each year. We require a Financial Aid Application, a standard camper registration form, and a small deposit by February 1. All of this can be done via our web site. Financial aid spots are limited in number and favor diversity, children from alumni families, and families who are in the helping professions as well as those with demonstrated leadership potential and financial need.

## FORMS

Forms are typically available on our website ([fourwindscamp.org](http://fourwindscamp.org)) around the end of March. Click on Parents, then Parent Login to access your [Four Winds Parent Account](#). The camper forms need to be completed and returned to us no later than 6 weeks before the start of each session.

It is important that we receive all forms by the due dates:

**May 11 for Session 1, June 10 for Session 2**

Activities are assigned and transportation is scheduled well before the actual start of the session. Receiving the paperwork in advance of the camper's arrival gives us the time needed to double check all the information, assures your child a better chance of getting the activities they want, and allows us to arrange travel more smoothly.

The standard forms you will see are:

- **Activity Preference** (web form)
- **Camper Profile** (web form)
- **Camper Uniform Information** (web form)
- **Health History** (web form)
- **Parental Permission Form** (web form)
- **Travel Information** (web form)
- **Insurance and Permission to Treat** (print, sign, return)
- **Physician's Examination** (print, sign, return) - must be signed by a doctor every year, based on *any* exam completed within **12 months** prior to start of your child's session at camp
- **Release of Liability Form** (print, sign, and return)

For the printed forms that need to be returned, you may:

1. Fax to the number on the bottom of the form,
2. Scan as a .pdf file and upload through your [Parent Account](#),
3. Scan as a .tiff file and email to [fourwinds@campminderfax.com](mailto:fourwinds@campminderfax.com)
4. Fax (360-376-5741), [email](#) (in almost any format), or mail to Mariah at Camp.

Options 1-3 are our preferred methods for returning forms. Also, please note the paper-based forms are **bar-coded** and **child-specific**. If you have multiple children attending Camp please be sure to match the form to the correct child.

## ACTIVITY SIGN-UP

Campers will have six scheduled activities at camp: three per day on Monday, Wednesday, and Friday; and three per day on Tuesday, Thursday, and Saturday. Your child will choose three activities before arriving. **Activities are assigned in random order from a pool of those children whose required forms are all completed by the due date.** Please note that **no class selections are guaranteed.** On the form, select 3-4 activities for pre-sign-up, preferably from different activity areas at camp. Choices should be provided in order of preference so we can give your child his/her top choices whenever possible. Because our horseback riding classes fill regularly, campers may have only one barn class per session. Please use the "Comments" section of the form to provide alternatives to use when a camper's first barn activity choice is unavailable.



## HEALTH HISTORY

**This form is mandatory for attendance at Four Winds \* Westward Ho.** The health of your child is very important to us; therefore we ask that you review the following information carefully. The Health History form is vital for us to know your camper's needs, limitations, allergies, etc. Completion of the form in its entirety allows us to have immediate access to important information we may need during an illness or emergency. Each camper must have had a complete checkup within 12 months of attending his/her particular session at Camp, and the examining physician must complete and sign the Physician's Exam Form.

American Camp Association standards and state regulations do not allow campers or staff to keep medications in their possession. The first night of camp, all medicines--including over-the-counter (OTC) medicines and vitamins--are collected. All items must be in their original packaging.

The camp Health House dispenses medications as scheduled and permitted OTC medicines to the campers as the camp nurse sees fit. These include acetaminophen, cough syrup, cold and allergy treatments and antacids (a complete list is on the Health History form). It is not necessary for you to

send OTC items to camp, unless your child requires specific brands. If you do not want your child to receive any OTC drugs, please specify so on the Health History form.

**In all cases, it is mandatory to send your child’s medications in the original containers, with specific instructions of dispensing. We will not dispense drugs if they arrive in other packaging.**

It is also important that we have enough medicine to span the length of camp. If any changes occur between the completion of the health form and your child attending camp, please notify the office prior to the camper’s arrival. Please also make sure that the Tetanus booster is current. If it is not known to be up-to-date, an otherwise simple cut may result in a trip to the doctor to have it updated.

### CAMPER PROFILE

This form is a wonderful tool for you to introduce your child to us before he/she arrives. Even though your child may be a returning camper, the counselor may be new, and therefore may not know your child. Please be thorough and frank. Tell us about his/her passions and/or special needs. We want to be aware of anything that might be of concern for your child (such as bedwetting, divorce, uncertainty of leaving home, recent death in the family, how the school year went, etc.). The better we know your child, the more we can be prepared for your child to have a successful summer.

### TRAVEL INFORMATION

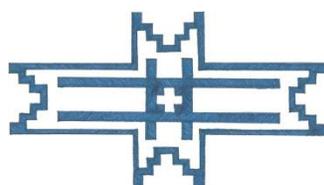
This is the form we use to arrange buses and boats and organize staff to escort your children during travel. It is important that the information is correct and that you inform us if plans change. The general arrival and departure meeting times and locations on travel days are:

	SeaTac	Woodland Park	Skyline Marina	Camp
To Camp	8:30 AM	11:30 AM	2:00 PM	2:30 PM
Return Home	12:30 PM	11:30 AM	9:00 AM	8:00 AM

If there are changes to your travel after submitting your form, please let us know in writing (you won’t be able to update the form once submitted). We ask that you make **no changes within 7 days of arrival and departure.**

## **GYPSY JEWELRY**

Gypsy jewelry recognizes those who capture a spirit of adventure and sense of wonder which is a part of Four Winds \* Westward Ho. All campers are awarded a Boon Pin in their first four-week session at Camp. In their third year attending, girls are awarded a Gypsy Ring and boys, a Polaris Pin. After several years at camp, girls may receive a Gypsy Bracelet and boys may receive a Polaris Ring when they have made substantial contributions to the camp community. The symbols on the jewelry signify a person's ability to show the way to others. On the Polaris Jewelry it is the compass rose, on the Gypsy Jewelry it is the pateran—crossed sticks which the Romany people left on trail intersections indicate to their companions a direction of travel.



## **HEALTH AND MEDICATION**

We have a Registered Nurse and an assistant nurse at camp full-time. In case of emergencies and the need to see a doctor, we have emergency medical coverage on the island 24-hours-a-day, 7-days-a-week. You will pay no extra charges for the use of our infirmary; however, you are responsible for all other medical expenses incurred while your child is at camp. It is vital that we have a copy of your child's health history and your insurance card on file. We will call you in case of an accident or illness, if your child has to see the doctor in town, has to spend the night in the Health House, or if our judgment indicates that a call is warranted. We will care for accidents and acute illnesses immediately and consult with you by telephone as soon as possible. Our RN will care for minor injuries in consultation with the local physician. There is EMT and ambulance service on-island, which puts us within 20 minutes of the clinic and doctor in Eastsound. Hospitals are available by a 20-minute airlift flight to Anacortes or Bellingham on the mainland. Purchasing our Airlift NW insurance for your child is strongly encouraged in case emergency transit is required.

Please see the Health History section (page 8) of the Forms portion of this Handbook for more information on the dispensing of prescription drugs, over-the-counter medication, and vitamins at camp.

## HOMESICKNESS

Homesickness can be part of the camp experience for many children, but we don't think it's something to be feared. Parents often tell us of the extraordinary growth they witness in their camper following their experience here. The truth is that growth doesn't occur from doing easy things. Being away from home for the first time can be one of those hard things, but our staff are well trained to support children through this age-appropriate challenge.

Often when a child is anxious about coming to camp, a parent has the inclination to tell them to "Just try it for a few days and then if you do not like it I will come get you." ***We strongly discourage this.*** It creates an artificial finish line for children and they have a hard time allowing themselves to fully immerse themselves into the camp experience.

Letters or packages (without food, candy, or gum) sent to your child at camp can be a tremendous help, but be careful of what you say in letters. Refrain from telling your child how terribly you, the family, and pets miss them and how everyone cannot wait for them to come home. This may only exacerbate any homesickness. We recommend focusing on the child and his/her camp experience: "*Dear Sam, I know you must be meeting many new wonderful friends. When I was your age, I always wanted to ride horses, but could not. Please tell me all about your sailing. Have you been in the cold water yet?*" Do not, however, send a letter every day. **One or two letters a week is optimal.**

If a child is very homesick, the first inclination a parent might have is to "rescue" the child by taking him/her home. Since the parent is usually homesick for the child as well, this seems like a reasonable answer. We prefer to help both parties work through the homesickness. Taking a child home from summer camp may solve a short-term problem, but it will teach the child that frustration and separation will be met with an instant answer from the parent. Completing camp can raise self-esteem, independence, and self-reliance; it can teach children how to cope with feelings of frustration. Please feel free to call us if you are concerned about your child or are getting homesick letters.

## LATE ARRIVALS/EARLY DEPARTURES

**The first and last days of camp are very important to your child's camp experience.** The first day of camp involves moving in, selecting bunks, meeting cabin/tent mates, selecting the remainder of the activities and touring camp. This 24-hour period is critical for a successful experience, particularly for new campers. At the end of the session, the final evening fire ends with candlelight around the maple tree. It is an important time for all the campers to have closure.

***Late arrivals and early departures impact greatly on the rhythm of camp, therefore we strongly discourage and advise against either. In case there are extenuating circumstances, contact the camp office well in advance of the summer to discuss the situation.*** The tuition amount will not be pro-rated in the event of late arrivals or early departures.

## LAUNDRY

Please send a laundry bag with a drawstring closure, **clearly marked with your child's full name.** Laundry is done once a week and returned cleaned the following day. The contents of each bag are washed and dried together, un-separated, and pockets are not checked. Sometimes laundry bags accidentally open, however, so **labeling your child's clothing is also important.** There are many companies that can provide name tags, such as Stuck on You ([stuckonyou.com](http://stuckonyou.com)) and Oliver's Labels ([oliverslabels.com](http://oliverslabels.com)). You may also just write your child's name on the items in permanent or fabric marker. **In all cases, please include your child's last name, not just initials or first name.**



## LETTERS

Letter writing between parents and their youngsters can be a very worthwhile process. You may want to send a "welcome to camp" note prior to your child's departure from home, so that it will be waiting for him or her shortly following arrival. The first mail call can be important in helping your child get settled. Campers are strongly encouraged to write one letter home

per week. The contents of their letters may be brief, particularly if they are busy and having a good time. In contrast, some youngsters love to share everything about camp life with their families. After the initial postcard, the first letter home is written approximately three or four days after the first day of camp. Again, this is a settling-in period, and first letters may cause you some concern. This is when homesickness can be at its worst and often the problem has been worked out by the time you receive the letter. Please feel free to contact us with any concerns you may have. **When writing to your child, focus on camp and activities** (“I know you’re having a wonderful time riding. What is the name of your favorite horse?”). **Comments about brothers and sisters, or a family pet can trigger homesickness.**

For a look at camp life visit our website: [www.fourwindscamp.org](http://www.fourwindscamp.org) and look under “Campers.” During the session, we will post an update on a weekly basis in the blog section, as well as daily updates on Twitter ([twitter.com/fourwindscamp](https://twitter.com/fourwindscamp)). Of course, having no access to technology, the campers do not see these and will not be able to read or post messages.

Domestic mail delivery usually varies from two-to-five days between home and camp. Parents who are outside the United States during the camp session may scan and email, or fax hand-written messages to Camp. We will deliver them to your camper. For parents inside the U.S., please help us stay old-fashioned, and send your letters by post.

Please be sure to **put your child’s name on the envelope** and to use the correct address for your delivery method:

US Postal Service ..... **PO Box 140**

UPS or FedEx..... **286 Four Winds Ln**

Both addresses are in **Deer Harbor WA 98243.**

## **LOST AND FOUND**

Clothing with name tags will be washed and returned to you as quickly as possible. Please put full names on the items and don’t forget to put names on shoes, too! Unmarked clothing and items with an apparent value of more than \$10.00 are held until the end of October. After that time, any unclaimed items will be donated to charity. If you are missing something do let us know; we always have many unmarked items left at camp.

## LUGGAGE

We ask that you pack the equipment in two duffels, if possible, or one large suitcase and one duffel. We discourage the use of footlockers in general as they do not hold up well in shipping and are difficult to store. **Please attach to each luggage item a Camp-provided colored tag marked with your camper's name.** The colored tags indicate where luggage is dropped off in camp. You can get luggage to camp by the following methods:

1. Ship: Save time at the airport by shipping bags no more than 2 weeks before your camper's arrival. **Please do not send by the US Postal Service! Use only UPS or FedEx** to send luggage for your camper. Our correct street address for UPS or FedEx delivery is:

**[Your Camper's Name]  
Four Winds Camp  
286 Four Winds Ln  
Deer Harbor WA 98243**

2. Carry: Send luggage with campers on the plane (but be sure to verify the bags are within the weight limits allowed by airlines). If meeting staff at SeaTac, Seattle or Anacortes, simply bring bags with you when you drop off your camper off. International campers are advised to carry luggage, as shipping items across national borders can be complicated.

## TAGGING LUGGAGE

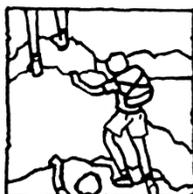
Please put your child's name, address, and phone number on the luggage tags that we provide and affix them securely to his/her luggage. We have color-coded tags for quick distribution at camp as bags are delivered to different parts of camp according to the tag color: **Green tags for boys, blue tags for Senior girls (grade 9+), and red for all other campers. CT/HH girls and all Carlyn campers also get red tags.** Please check to make sure that you were given the right color tags. If you think you need more than we provided, please contact us and we will send you more. Additionally, extra tags will be available at the various meeting locations we have for camper drop-off.

## MAGIC: THE GATHERING

Magic: The Gathering is a collectable card game that a significant number of kids play at Camp. For some kids, it's a great game for Camp. It's not electronic, and it involves some math and strategic thought. At Camp, we also try to make it an experience that supports good sportsmanship and positive social interaction. We decided to add a paragraph about it in our parent manual because some Magic cards can be very expensive, and we want to encourage you to **not send Magic cards that have significant monetary value to Camp**. In organized Magic tournaments in the non-Camp world, decks regularly run into the hundreds of dollars, and that that's not what we're going for at Four Winds. We want the barrier to entry to the game to be low, and we don't want the dominant players to be the ones that brought hundreds or even thousands of dollars' worth of cards to Camp. In addition, the presence of small pieces of paper that are worth significant money causes all kinds of problems in Camp:

- Trading of cards can be imbalanced.
- Cards can be lost, damaged, or stolen.
- Many of the staff are unaware of which cards are valuable, so they are unable to help campers make good choices.
- Financial circumstances in the camper's home life can be highlighted.

All in all, Magic can be great at Camp, but bringing expensive cards makes it less so. We do sell inexpensive cards and decks in the camp store, and if your camper is a serious player, tell them to bring their Pauper decks. We promise they'll know what you're talking about.



## PACKING

You will find a list of equipment for girls and boys in your [Four Winds Parent Account](#). **Do not send delicate or expensive equipment. If campers bring cell phones, iPods, or other electronic devices, they will be collected on the first night of camp and returned to the camper for the trip home. Do not send money, live animals, weapons, or vehicles.** Folding pocket knives, such as a Swiss Army knife, or a woodcarving knife are acceptable; hunting knives are not.

We live simply at camp. We want to encourage campers to make their own music and to escape some of the noises of modern life. Remember that tents and cabins also have no electricity.

Summer weather at camp is usually mild, with day-time temperatures averaging 75-80°F and nights generally ranging in the 50s (although sometimes colder).

Warmer clothes for the evenings, such as a sweater, sweatshirt, and warm socks are advised. It has been known to rain for a few days in a row, so please include rain-proof clothing such as a poncho with a hood. **Please do not send expensive or treasured clothes to camp.** We are in a rural environment with trails, dust, occasional mud, and lots of physical activity. The laundry also gets less than gentle treatment.

We have sundry items as well as Four Winds memorabilia in the camp store. You may want to have your child purchase some items upon arrival, instead of packing them from home.

While in camp, all campers sleep on cot-sized bunks (plywood or spring base and mattress). We recommend **both** sheets and blankets and a sleeping bag. We realize that this takes up a lot of space when packing. Sending these items ahead by UPS/FedEx (**[Camper Name], Four Winds Camp, 286 Four Winds Ln, Deer Harbor 98243**) is helpful. We feel that campers are much more comfortable in sheets which will be laundered weekly. Sleeping bags are used for overnight trips and sleep-outs. **Remember to mark all bedding and the sleeping bag with your camper's full name.**



## SESSION DATES

**Session dates are dependent upon Labor Day and in 2019:**

**First session:** begins June 22 at 3:45 PM (Camp opens at 2:30 PM)  
ends July 19 at 8:00 AM

**Second session:** begins July 22 at 3:45 PM (Camp opens at 2:30 PM)  
ends August 18 at 8:00 AM

## SLIDE SHOWS



Early January through February we travel to camper homes to show pictures from the previous summer. We begin planning slide shows in September. If you are interested in being a host family we would love to hear from you. Gatherings can range in size from 10 to 75, with the presentation running for approximately one and one quarter hours.

## TELEPHONE

**There is no telephone service for campers.** Our limited telephone service connects our office to the outside world. The rural location makes it important to keep this link open for business and emergency communications. **We encourage letter writing**, and, in fact, every camper is prompted to spend at least one rest period per week writing a letter home. We have found that phone calls home can cause or increase homesickness. They also impede the child's development of independence at camp. Of course, in the case of an emergency, a telephone call is certainly appropriate and we will work with you to arrange it. Parents are welcome to contact the Camp Office at any time to check on their child's camp experience.

## TRIP PROGRAM

Canoe, sailing, kayak, and hiking trips are offered continuously beginning the 3<sup>rd</sup> through the 25<sup>th</sup> day of the session. Trips vary in length, from a few hours to 6 days, to allow for all ages and abilities. Cabin groups sign-up for trips which are supervised by at least two staff members. Destinations cover the San Juan Islands. Nearly all of our trips require human power for transportation, cooking, and setting up campsites. Senior trips for all high school aged campers are for six days beginning around the 3<sup>rd</sup> week of each month long session. Please see the section on [Visitor Guidelines](#) in this Handbook (page 22) and contact the office if you are planning a visit, to make sure your camper will be in camp.



## TRANSPORTATION

Our remote setting can be a challenge, and we make every effort to simplify your child's travel to and from camp. **PLEASE BE ON TIME FOR ALL ARRIVALS AND DEPARTURES.** We will be in the Camp Office at 6 AM (or earlier) on the day of arrival and departure if you need to get in touch with us. Your options for transporting children to and from camp are to:

1. have him/her fly solo or with one of our chaperoned group flights,
2. meet us at one of our pick-up/drop-off locations, or
3. drive/boat the child(ren) directly to camp.

## TO CAMP

### AIR TRAVEL

The Seattle-Tacoma International Airport (SeaTac) is our pick-up point for campers flying to camp. For ease of booking your camper's flights please **use Sojourn Travel**. A custom web-form for Four Winds Camp is available at [fourwindscamp.org/travel](http://fourwindscamp.org/travel).

**Group Flights:** We provide chaperoned group flights from Los Angeles and San Francisco, booked through Sojourn Travel.

**Individual Flights:** Campers flying from locations other than Los Angeles or San Francisco should have flights which are scheduled to land at SeaTac **between 8:30 and 10:30 AM**. We realize that scheduling flights can be difficult with such constraints, but **PLEASE CONTACT US BEFORE YOU MAKE TRAVEL ARRANGEMENTS IF YOU ARE UNABLE ARRIVE WITHIN THE ALLOTTED HOURS.**

Our staff will meet campers at their arrival gate and escort them to our buses. **If your child's flight is delayed, do not panic.** WE WILL NOT LEAVE YOUR CHILD AT THE AIRPORT ALONE.

**NOTE: due to increased airline security, please provide us your flight confirmation code and give the airline the name Mariah Armenia as an additional contact.**

**Unaccompanied Minor:** If your child is traveling as an unaccompanied minor, you will need the name of the person who will meet your child at the gate. We will provide this information to you via email only a day or two before camp begins. For travel home, we will need the full name and phone number of the person who will be meeting your child at the gate.

### SEATTLE TACOMA INTERNATIONAL AIRPORT, SEATAC

Parents who are flying with their campers or for whom SeaTac is a more convenient drop-off point can meet our staff at the airport between 8:30-10:30 AM on arrival day. **Please sign-in your child with the staff on duty before you depart.**

### WOODLAND PARK, SEATTLE

Our charter buses will meet campers in the western side of the Woodland Park parking lot off of N 50th Ave in Seattle's Wallingford neighborhood between 11:30 AM and 12 noon. **Please sign your child in with the staff on duty.**

### SKYLINE MARINA, ANACORTES

Our charter buses will meet campers in the far right parking lot of Skyline Marina at 2011 Skyline Way in Anacortes. It is about 1 mile past the ferry terminal on the left side. Your camper needs to arrive at Skyline by 2:00 PM. **Please sign your child in with the staff on duty.**

### DIRECTLY TO CAMP

The first day of camp is exciting for both parents and campers. If you are dropping your camper off at Four Winds, you will have the opportunity to meet your child's counselor, see his/her cabin or tent, and perhaps meet some of the other cabin mates.

Sign in is with Mariah Armenia, and she will connect your child with their counselor. Director Paul Sheridan and the staff nurse will also be available at check in.

As a lot is happening the first day to get camp ready, **we ask that you arrive no earlier than 2:30 PM.** From 2:30 to 3:30 camp is open and you can tour it with your camper. **At 3:45 PM, camp closes,** goodbyes are said, and your child is off to meet those campers arriving by boat.



**Please note:**

Summer ferry lines are long and you may wait 30-90 minutes or more to board! A reservation system is now available through the Washington State Ferry System website ([wsdot.wa.gov/ferries](http://wsdot.wa.gov/ferries)) for travel to the San Juan Islands. Even with this reservation system be sure to allow enough time to:

1. wait for the ferry in line at the terminal,
1. make the ~80-minute ferry ride, and
2. drive 20 minutes to Four Winds.

You may wish to arrive earlier on arrival day or the day before and explore the island before camp begins. A list of accommodations and other information for island visitors is in the back of this book. Ferry schedules are available online at the website above or by calling 206-464-6400.

**TRAVEL HOME AFTER CAMP**

Again, you have several choices. In each case we ask that you **remember to sign your camper out with the staff on-duty and remember to pick up your campers luggage and belongings before you depart.**

**AT CAMP:** Arrive at 8:00 AM and sign out your child with Mariah Armenia at the Gate House circle. She will direct you to your child in camp.

**AT SKYLINE MARINA IN ANACORTES:** the boats will arrive between 9 and 9:30 AM. You can meet the campers as they get off the boat.

**AT WOODLAND PARK IN SEATTLE:** the buses will arrive between 11:30 AM and 12 noon at the Park's SW parking lot.

**AT SEATAC AIRPORT:** campers can be picked up near the Alaska Airlines check-in counter between 12:30 and 4:00 PM.

**AIRLINE TRAVEL:** All airline travel (group or individual flights) should be booked through Sojourn Travel at [fourwindscamp.org/travel](http://fourwindscamp.org/travel). Those campers who are not on the group flights should reserve a flight that departs SeaTac between **2:00 and 4:00 PM**. For campers whose flights cannot fit into this schedule, call the office and we can help with arrangements. **PLEASE DO NOT MAKE ARRANGEMENTS OUTSIDE OF THIS WINDOW BEFORE YOU CHECK WITH THE OFFICE.**

**TRAVEL PLAN CHANGES**

Because of boat and charter bus seat counts and staff coverage, we are **unable to accept changes within 7 days of travel.**

## TUITION

Tuition includes the camp program, transportation on chartered buses/boats between Camp and our drop-off/pick-up meeting locations, once-a-week laundry during our four-week session, and the use of uniforms. The Camp Store account is one of only a handful of additional costs to a family (e.g. our optional AirCare membership). The Camp Store account works on a debit system so your child can buy sundries and some clothing items at our store.

The tuition balance was due in full by **February 1, 2019**. Full payment may be made at the time of enrollment or at any time prior to the deadline. Space may be relinquished if payment is not received by this date and refunds will be made according to our cancellation policy.

## TUITION REFUND

**All withdrawals must be made in writing** (email is fine). Refund of your deposit/tuition will be dependent on our cancellation fee structure:

<b>Withdrawal Date</b>	<b>Cancellation Fee</b>
Prior to December 1	\$0 (full refund of deposit)
December 1 – January 31	\$1,000 (full deposit)
February 1 – March 31	\$3,000 (half tuition)
After April 1	\$6,000 (full tuition)

*We reserve the right to send children home without refund of tuition.*

If your child is on the waitlist you may withdraw your child at any time and your refund will be made in full. You may also choose to keep your deposit with us, and we will automatically apply it to your application *if* you complete a registration form for the new season. All applicants are encouraged to submit a registration form as early as possible to have the best chance of obtaining a space in camp.



## UNIFORMS

We have a rich tradition of uniforms at Four Winds. Each camper will receive 3 sets of uniforms for his/her daily use while at camp. Girls wear a middy (a loose-fitting sailor top), bloomers and tie; royal blue for every day and white middy/navy bloomers for dress. Boys wear navy blue polo shirts and shorts; with a white polo for dress. The campers are expected to wear the whole uniform during the day. They may also bring (or purchase from our store) lightweight, plain, white T-shirts to wear during sport or riding classes. Sleeveless or spaghetti strap shirts are not allowed.

## VISITOR GUIDELINES

Ours is a community of campers, parents, alumni, staff and families that span generations. Every one of you is vital to our collective history and our continuation as a summer camp for young people.

Visiting can be a wonderful way to get a taste of what your child is experiencing at camp. It is also a great way for your child to show off his/her "other home" to you. However, visiting can also cause some problems for children who are struggling with homesickness. We encourage you to call us if you suspect that your child may be suffering from homesickness, because a visit just when they are getting their "sea legs" can upset them for the rest of the session. If you decide to visit, we ask that you make **no more than one visiting day per session**. Too many visits can disrupt a camper's growing independence and camp experience. We have found that, if children who are homesick get through that first summer successfully, camp can be amazingly life changing.

### **Our visiting periods for 2019 are**

**Session 1: June 29 - July 12 and Session 2: July 28 - August 10.**

Every child will go on an overnight trip sometime during the session, so we like to know in advance if you are planning to come. Please contact our office early and we will add you to our Expected Visitors Calendar to do our best to ensure that your child will be in camp.

### **Senior Division campers are out of camp for 6 days:**

**Session 1: July 9 - 14 and Session 2: August 8 - 13**

Sign in at the office when you arrive and get a nametag and visitor tie. Having these is a safety precaution to help all staff and campers know that

you have checked in at the office.

In keeping with camp's back-to-nature philosophy, we request that you **leave all electronics in your car or check them at the office.** This includes: iPhones, blackberries, PDAs, iPods/MP3 players, portable DVD players and any other portable electronics.

Visitors can expect a camper to be available between the end of breakfast and start of evening activity (generally 9:30 AM - 8:15 PM for Session 1, 8:30 AM - 7:15 PM for Session 2). We would love you to stay with your child during camp activities and let them give you a tour of camp. You can meet the staff and, if you are here on Sunday, join us for our Evening Fire. Campers can also leave the property during your visit, but only with their own parent, grandparent, or legal guardian.

Sign your child out and back in at the office when leaving from and returning to camp. Make sure that the child's counselor knows of their departure, especially if they are going out for a meal. They will be missed! Please do not send your child back to camp with food of any kind. Enjoy your day together, and bring your child back to camp before the start of evening activity.

**PLEASE do not bring food or candy or gum into camp!**

If you are visiting a staff member, please do so during their time off.

We are not able to provide lodging at camp during visits. However, Orcas has many wonderful accommodations, some of which are listed in the back of this handbook. We encourage you to make reservations in advance as Orcas Island is a popular vacation destination during the summer months. If you are coming by boat, you are welcome to come for the day and tie up at our guest float, but may not stay overnight. Many of our boating families love to stay at the nearby Deer Harbor Marina. If you are planning to visit camper directly by boat, please contact the office so we may give the waterfront advanced notice to expect you.



## HELPFUL INFORMATION WHILE ON ORCAS ISLAND

If you are planning a visit to Orcas Island this summer while your child is at camp the following information may help you. The Orcas Island Chamber of Commerce (360-376-2273 or 360-376-8888) has more information about accommodations and availability, dining, and recreational activities. Please remember that this is a rural area with limited taxi and shuttle/bus service, and few car rental options. We recommend that you reserve cars at least one month ahead of your visit. Use area code 360 for all phone numbers unless otherwise noted.

### EMERGENCY – 911

### CELL PHONE EMERGENCY – 378-4141

**Orcas Island Medical Center** – 376-2561

**Moran State Park** – overnight camping facilities. Reservations required. 376-2326

**Washington State Ferries:** [wsdot.wa.gov/ferries](http://wsdot.wa.gov/ferries)

In State: 888-808-7977

Out of State: 360-464-6400

**Orcas Taxi:** 376-TAXI (8294), 24-hour service

**New Orcas Taxi Tours:** 298-1639

**Car Rentals:** 376-RIDE (7433)

## ACCOMMODATIONS

Below you will find a sampling of lodging options on Orcas Island. Additional information is available at [orcasisland.org/lodging](http://orcasisland.org/lodging). The time figure listed in this table is approximate drive time in minutes from Four Winds Camp.

Accommodation Name	Time	Phone #	Additional Information
Cabins on the Point	15	376-4114	Head of Westsound <a href="http://cabinsonthepoint.com">cabinsonthepoint.com</a>
Beach Haven	20	376-2288	Log cabins on the beach <a href="http://beach-haven.com">beach-haven.com</a>
Blue Heron B&B	10	376-4198	<a href="http://orcasblueheron.com">orcasblueheron.com</a>
Buckhorn Farm Bungalow	30	376-2298	Family vacation cottage on 10 acres – <a href="http://buckhornfarm.com">buckhornfarm.com</a>
Cascade Harbor Inn	45	376-6350	Rooms w/ kitchens, next to Rosario <a href="http://cascadeharborinn.com">cascadeharborinn.com</a>
Deer Harbor Inn	5	376-4110	<a href="http://deerharborinn.com">deerharborinn.com</a>
Double Mountain B&B	25	376-4570	<a href="http://doublemountainbandb.com">doublemountainbandb.com</a>

<b>Accommodation</b>			
<b>Name</b>	<b>Time</b>	<b>Phone #</b>	<b>Additional Information</b>
Eagle Ridge Guesthouse	30	376-5634	<a href="http://eagleridgeguesthouse.com">eagleridgeguesthouse.com</a>
Eastsound Landmark Inn	25	376-2423	Daily condo rentals <a href="http://orcasisland-landmark.com">orcasisland-landmark.com</a>
Eastsound Suites	25	376-2887	Luxury condo-style suites, water view <a href="http://eastsoundsuites.com">eastsoundsuites.com</a>
The Inn at Ship Bay	30	376-5886	<a href="http://innatshipbay.com">innatshipbay.com</a>
The Inn on Orcas Island	5	376-5227	<a href="http://theinnonorcasisland.com">theinnonorcasisland.com</a>
Lieber Haven Marina	45	376-2472	Beach-side cabins with kitchens <a href="http://lieberhavenresort.com">lieberhavenresort.com</a>
The Kangaroo House	30	376-2175	Near Eastsound airport - <a href="http://kangaroohouse.com">kangaroohouse.com</a>
The Kingfish Inn	10	376-2500	Westsound rooms & dining - <a href="http://kingfishinn.com">kingfishinn.com</a>
North Beach Inn	30	376-2660	Rustic cabins on the beach - <a href="http://northbeachinn.com">northbeachinn.com</a>
Old Trout Inn	15	376-7474	<a href="http://oldtroutinn.com">oldtroutinn.com</a>
Orcas Hotel	15	376-4300	Old-fashioned hotel - <a href="http://orcashotel.com">orcashotel.com</a>
Otter's Pond	30	376-8844	Near entrance to Rosario - <a href="http://otterspond.com">otterspond.com</a>
Outlook Inn	30	376-2200	Rustic & luxury rooms, dining - <a href="http://outlookinn.com">outlookinn.com</a>
Smuggler's Villa	30	376-2297	Duplex units with kitchen, pool and private beach - <a href="http://smuggler.com">smuggler.com</a>
Turtleback Farm Inn	5	376-4914	<a href="http://turtlebackinn.com">turtlebackinn.com</a>
West Beach Resort	30	376-2240	Cabins; boat rentals/moorage; fishing, tackle & bait; camping & trailer hookups - <a href="http://westbeachresort.com">westbeachresort.com</a>
WorldMark Deer Harbor	5	376-4200	WorldMark by Wyndham Timeshare Resort - <a href="https://www.worldmarkbywyndham.com/resorts/dh/">https://www.worldmarkbywyndham.com/resorts/dh/</a>

## RECREATION

These are just a few things one can do on the island. Please see the full list at [orcasislandchamber.com/web-category/category/activities-adventures/](http://orcasislandchamber.com/web-category/category/activities-adventures/).

Bi-plane Tours	Magic Air Tours	376-2733
Bicycle Rentals	Wildlife Cycles	376-4708
Boat Rentals & Sailing	Emerald Isle Charter Sailing	376-3472
	Orcas Boat Rentals	376-7616
Golf	Orcas Island Golf Club	376-4400
Kayaking & Instruction	Body Boat Blade	376-5388
	Shearwater Kayak Tours	376-4699
Whale Watching	Deer Harbor Charters	376-5989 800-544-5758
	Eclipse Charters	376-6566

## DINING

Options for food and drink on Orcas Island. Please contact the individual establishment to obtain hours of operation.

<b>Deer Harbor Area (~5 minutes from Camp)</b>		
<a href="#">Deer Harbor Inn</a>	376-1040	Family-style dinner
<a href="#">Deer Harbor Marina</a>	376-3037	Grill, breakfast & lunch, ice cream
<a href="#">Island Pie</a>	376-2505	Pizza, pasta, salads, soups & dessert
<b>Westsound Area (~10 minutes from Camp)</b>		
<a href="#">Red Rabbit Farm</a>	376-3208	Farm-to-table dinner, special event catering

**Orcas Village Area/Ferry Landing (~20 minutes from Camp)**

<a href="#">Boathouse Cider Works</a>	622-2992	Handcrafted cider from heirloom Orcas orchards
<a href="#">Orcas Hotel Café / Octavia's Bistro</a>	376-4300	All meals (at Café), breakfast & dinner at the Bistro

**Eastsound (~25 minutes from Camp)**

<a href="#">Acapulco Mexican Restaurant</a>	488-6271	Mexican-style lunch
<a href="#">The Barnacle</a>	622-2675	Tapas bar & bistro, cocktail bar
<a href="#">Brown Bear Baking</a>	855-7456	Bakery and café
<a href="#">Chimayo</a>	376-6337	Tex-Mex lunch at Odd Fellows Hall
<a href="#">Clever Cow Creamery</a>	376-5222	Ice Cream & Lunch offerings
<a href="#">Darvill's Coffee Bar</a>	376-9866	Coffees & Teas, open daily
<a href="#">Doe Bay Wine Co</a>	376-7467	Wine bar and small bites
<a href="#">Enzo's Caffe &amp; Gelateria</a>	376-3732	Baked goods, espresso, pizzas & crepes
<a href="#">Hogstone / ÆLDER</a>	376-4647	Farm-to-table pizza & salads
<a href="#">Inn at Ship Bay</a>	376-5886	Full dinner, reservations recommended
<a href="#">Island Hoppin' Brewery</a>	376-6079	Local brews
<a href="#">Island Skillet</a>	376-3984	Nicely priced breakfast, lunch & dinner
<a href="#">Kathryn Taylor Chocolates</a>	298-8093	Chocolates, coffee & pastries
<a href="#">The Kitchen</a>	376-6958	Asian-style take-out, lunch and early dinner
<a href="#">The Loft at Madrona</a>	376-7173	Upscale dinner on Fridays & Saturdays
<a href="#">Lower Tavern</a>	376-4848	Lunch and dinner, pub food. 21+ only or take out
<a href="#">Madrona Bar &amp; Grill</a>	376-7171	Lunch and dinner, water view

<a href="#">Mia's</a>	376-6427	Breakfast and lunch
<a href="#">Mijitas Mexican Kitchen</a>	376-6722	Great Mexican food & atmosphere
<a href="#">New Leaf Café</a>	376-2200	At Outlook Inn, reservations recommended
<a href="#">Pizzeria Portofino</a>	376-2085	Long-standing pizza tradition on Orcas
<a href="#">Rose's Bakery Café</a>	376-5805	Soups, sandwiches and specials for lunch
<a href="#">The White Horse Pub</a>	376-7827	Irish fare for lunch and dinner
<a href="#">Wild Island Juice, Bagels &amp; Bowls</a>	298-3404	All meals
<b>Rosario, Olga &amp; Doe Bay (~45-60 minutes from Camp)</b>		
<a href="#">Catkin Café</a>	376-3242	Breakfast and lunch at Olga Artworks
<a href="#">Doe Bay Café</a>	376-8059	Farm-to-table brunch and dinner
<a href="#">The Mansion Restaurant</a>	376-2222	Breakfast & Dinner