woodland harvest mountain farm

A TEACHING & LEARNING PERMACULTURE HOMESTEAD

SUMMER CAMP PACKET

Dear Campers, Parents & Guardians,

We are excited as the time approaches for Woodland Harvest Summer Camp! We are honored you have chosen Woodland Harvest, and we hope you have a positive and powerful experience! **Please read the entire Summer Camp Packet and be mindful of the gear list.**

Within this packet you'll find:

- Camper Health Information (with authorization to provide health care to minors)
- List of What to Bring and What not to Bring
- Participant Agreement & Liability Release
- Information & Directions to Woodland Harvest

All campers need to be adequately prepared to fully participate in, and enjoy, the variety of activities planned. Please adhere to the suggested packing list as closely as possible. Many of the items are directly related to your child's comfort, cleanliness and safety. Please do not think that you need to go out and buy new, high priced items to complete the packing list. Most of these things can be found at a local thrift store for a fraction of the price. If you are having issues obtaining anything, please contact us.

Please return the completed Health Form, Participant Agreement, and Liability Release, along with the remainder of your payment balance by no later than June 4th. We receive snail mail at PO BOX 1511, Boone, NC 28607, and email at woodlandharvest@riseup.net. Please pay online via Paypal at woodlandharvestmountainfarm.org or make checks payable to Woodland Harvest Mountain Farm.

Blessings & deepest appreciation,

lisa redman & elizabeth west
owners & operators of woodland harvest mountain farm

woodland harvest mountain farm

CAMPER HEALTH INFORMATION

Camper Name:

_____

First Middle Last

Age:_____ Date of Birth: _____/_____/_____ Gender:_____

Height: _____ Weight:_____

Medications: (please list medications taking, dosage(s), and time to be administered:

_____

_____

_____

ALL MEDICATIONS MUST BE GIVEN TO WOODLAND HARVEST STAFF UPON ARRIVAL TO CAMP

check giving approximate dates or current status:

Hay fever_____ Mumps_____ Poison Ivy _____
Diabetes_____ Insect Stings_____ Seizures _____
Penicillin Allergy _____ Other drug allergies _____ Food allergies _____
Chicken pox _____ Asthma_____ Hepatitis_____
Measles _____ Rheumatic Fever_____ German Measles _____
Fainting _____ Heart murmur_____Chronic/ Recurring illness _____
Influenza Type B _____ Diphtheria _____Operations/ Serious injuries_____

Has the participant ever had any allergies or **severe allergic reactions?** Please describe:

Please list any physical/mental restrictions, previous medical conditions, operations, etc. that might affect participation:

Further comments on any conditions (past or present):

Can the participant swim? (CIRCLE ONE) Good Swimmer Can Swim Non Swimmer

Other factors we should be aware of to best care for the participant (diet restrictions, sensitive issues, etc):

Emergency Contact Information

Participant's Name _____

Legal Guardian's Name(s) _____Phone(h)_____(w)_____

_____Phone(h)_____(w)_____

Address: _____

_____

Other Emergency Contact: _____Phone(h)_____(w)_____

Insurance Company: _____

Policy Number: _____

Liability Release

As the Parent/Legal Guardian of the above-mentioned participant, I hereby give my consent for participation in programs with Woodland Harvest Mountain Farm. Furthermore, I certify that all health information recorded on the Participant Health Information form is correct and thorough. I understand that although competent, trained, adult staff & volunteers will lead all programs utilizing all the necessary safety precautions, there still remains an inherent risk of injury and/or loss of life resulting from participation in these programs. I assume all risks and hazards incidental to such participation, including transportation to and from the program, and hereby waive, release, and agree to hold harmless Woodland Harvest Mountain Farm, its employees, its volunteers, and any sponsoring agency for any claims arising out of any loss or injury that the participant might sustain while engaged in this program. I understand that Woodland Harvest Mountain Farm does not provide insurance for participants, and is not responsible for the medical condition of the participant, nor any medical costs incurred resulting from emergency treatment. **If the need arises, I give permission to the staff and volunteers of Woodland Harvest Mountain Farm to perform first aid on the participant. In the event of an emergency in which the participant must be taken to the hospital for treatment, I hereby give permission for hospital staff to begin treatment immediately.** These completed forms may be photocopied for trips out of camp.

_____

Printed name & Signature of Parent/Legal Guardian (if participant is under 18 yrs.) Date

_____

Printed name & Signature of Participant (if 18yrs or older) Date

Woodland Harvest Mountain Farm
The Farmstead Experience Summer Camp
639 Edwards Rd – West Jefferson, NC 28694
PO Box 1511, Boone, NC 28607
336-877-3715 ⋆ woodlandharvest@riseup.net
www.woodlandharvestmountainfarm.org

What to Bring to Woodland Harvest Summer Camp

Clothing:

- ✓ ·**Sweater** - 100% wool or polyester fleece
- ✓ ·**Warm Hat** - Wool or Polyester Fleece
- ✓ ·**Rain Coat** – *100% waterproof!* No water resistant material (i.e. windbreakers)
- ✓ ·**T-shirts** - 5- 8
- ✓ ·**Long sleeve shirt** - pull over or button down (wool or polyester)
- ✓ ·**Shorts** - 4 pairs
- ✓ ·**Long pants** - 2 pair of light weight, quick drying pants - poly/nylon blend is preferred
- ✓ ·**Socks** – one pair for each day of camp (at least a couple pair of wool/poly socks)
- ✓ ·**Underwear** – 7 unless you're planning commando all week – which is fine!
- ✓ ·**2 Bathing Suits**
- ✓ ·**2 towels**
- ✓ ·**1 pair of hiking boots / shoes** – broken in, comfortable & sturdy.
- ✓ ·**1 pair of water/river shoes** – old tennis shoes or water sport sandals (no flip-flops! These must be secured to your feet!)
- ✓ ·**1 pair of comfortable camp shoes** – for lounging around camp

Bedding:

- ✓ **Sleeping bag** (compactable, with a stuff sack & rated to at least 40 degrees)
- ✓ **Sheet** is optional for summer sleeping

Toiletries:

- ✓ Toothbrush, toothpaste, floss
- ✓ Shower supplies (keep it simple and biodegradable)
- ✓ Feminine hygiene needs (also biodegradable)

Other Required Gear:

- ✓ ·**Pocket Knife** – small 2.5 –3.5" blade
- ✓ ·**2 Water bottles** – 1quart size
- ✓ ·**Bandanna** – a multi-use, handy tool
- ✓ ·**Flashlight** – small size with fresh batteries plus one set of extra batteries.
- ✓ ·**Sunblock** (small tube)
- ✓ ·**Daypack –** sturdy pack to carry your daily supplies around camp or on day hikes
- ✓ ·**Large Plastic bags to separate dirty clothes**

Medications / Special Needs:

- ✓ any medications you will need while at camp (these will be turned into Camp Staff)
- ✓ please call us to discuss any special needs so we can help to accommodate

Optional:

- ✓ Sun Hat / Sun Glasses
- ✓ Rain Hat / Rain Pants
- ✓ Camera
- ✓ Journal / pencils
- ✓ Pillow
- ✓ Book for reading during rest time
- ✓ Small container of bug repellant
- ✓ Any backpacking gear you already own and are comfortable with (packs, sleeping pads, etc. – ***No Tents)***

Please pack all of your belongings into a sturdy duffel type bag or large backpack.

Additional Packing Notes

Mark Your Belongings – Please clearly mark all of your clothes and equipment with your name **in permanent ink.** This allows us to serve you better in the returning of lost items.

Clothes Washing –There will be time allotted for instruction and completion of low-impact, old-timey, hand washing of clothes. We view this as a valuable teachable moment to connect with our ancestors and aid in the realization of the convenience of modern washing machines.

Purchasing Clothing & Gear –It is not necessary to shop at high dollar outdoor gear retail stores to secure items from this list. Much of this clothing can be found in your local thrift store or through discount dealers like Sierra Trading Post (check their website). Water bottles can be a simple as an empty "Gatorade" bottle. Please don't think you have to spend a lot to outfit yourself for camp; call us for assistance or clarification.

What not to Bring –You are coming to Woodland Harvest to get away from your everyday world, experience new and wonderful things, and nurture your relationship with the natural world. Please leave your electronic devices (game boys, i-pods, cell phones, etc.) at home with the exception of cameras (NOT phone's with cameras ☺). We have many scaly and furry neighbors that would love to share any food you may bring to camp. In order to avoid any unwanted visitation by these friends, please leave all snack foods, candy, drinks, etc. at home. Of course all alcohol, illegal drugs and dangerous weapons are strictly forbidden. Please contact us with any questions about these issues. Thank you for your cooperation and understanding.

Participant Agreement Form

Woodland Harvest Mountain Farm is a teaching and learning farm located in the beautiful mountains of Southern Appalachia. We specialize in experiential learning, and our teaching and learning opportunities are diverse and range from gardening to primitive building to expressive arts to primitive skills to homesteading basics to renewable energies and beyond. These activities, because of their nature, hold certain inherent risks. Some examples of these risks are: insect / animal bites, twisted ankles, strained muscles, injuries associated with water, poison ivy, abrasions, cuts and the failing or malfunction of equipment. These activities can be strenuous, both physically and emotionally. We recognize Nature as an incredible classroom and playground waiting to be explored and deserving of the utmost respect.

We are dedicated to creating a physically and emotionally safe learning environment where individuals can find harmony and empowerment through self-understanding, self-confidence, simple living, friendships and fun. In order to effectively enact our mission and provide high quality educational experiences for every participant, we all must agree on certain guidelines:

- We must respect each other, our personal gear and our space – We are here to support each other and grow, so act accordingly. Treat the buildings and land in and around the farm with care. Listen to our staff and follow their directions; most of what they say is for your education and safety. Positive Mental Attitudes go a long way.

- While on the farm and out on adventures, we will all have a few simple chores each day to help maintain a clean, healthy space for us all to share. Please accept these willingly with the realization of their importance.

- Please leave your candy, snack food and electronic devices at home or securely locked in your vehicle until after the program.

- There is absolutely no tolerance for illegal drugs, alcohol, or harmful intent towards another participant. If we all agree to follow these few, simple guidelines, it will make for an experience that will be fun for all, safe for all, educational for all and create positive memories that will last a lifetime! As a participant of programs with Woodland Harvest Mountain Farm, I understand that I will be involved in outdoor activities, some of which may be physically strenuous and may involve some inherent risks associated with outdoor activities. Furthermore, while participating in programs with Woodland Harvest Mountain Farm, I agree to adhere to the four simple guidelines outlined above in order to create the safest and most effective learning atmosphere for myself and all other participants.

_____ _____

participants name (print) participants signature and date

_____

signature of legal guardian if participant is under 18 yrs. old and date

woodland harvest mountain farm

Liability Release

As parent or legal guardian of _____ and in consideration of

(minor's name)

registration of this minor for Summer Camp at Woodland Harvest Mountain Farm: I, intending to be legally bound, hereby for myself and heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Woodland Harvest Mountain Farm, their representatives, successors, assigns and land owners, for accident or injury incurred by said minor during or because of this event.

The Releaser releases and forever discharges the Releasee, their directors, officers, employees, agents, assigns and successors from all manner of actions, causes of action, debts, accounts, claims and demands for or by any damage, loss or injury to person and property which may be sustained while attending said event.

This agreement will be construed in accordance with and governed by the laws of the State of North Carolina. It is declared that the terms of this Release of claim are fully understood.

_____ _____

parent/ guardian signature date

Additional Notes:

Telephone: During camp, you may contact us and leave a message at **(336) 620-2062. NOTE: Emergencies only please!** Please leave a clear, concise message and someone will return your call ASAP. This voice mail service is checked at least twice daily when camp is in session. Campers will not be allowed to phone home, except upon the request of parents.

Arrival & Departure: We will all meet at the "Drop off area" at the top of our driveway **at 2PM on Monday June 22, 2015.** From there, once everyone is accounted for, we will hike into camp (gear will be transported).

On pick up day, **Saturday, June 27, 2015,** families are invited to a 10:00am camper sharing circle. **Campers must depart with parents/guardians no later than 11am** as we prepare to host the High Country Farm Tour later that day.

Paperwork: Please be sure and return your Health Form, signed medical release and signed Participant Agreement & Liability Release**.** Woodland Harvest Mountain Farm's Summer Camp will carry **NO** health or accident insurance for you or your child. By signing the medical release form on the application, you have granted us permission to seek professional medical help for your child in the event of an accident or illness.

Directions **from Boone, NC:**

take highway 421 South about 10 miles to LEFT on highway 221 North. travel on 221 for about 9 miles.
LEFT on Clarence Lyall Rd.
RIGHT on Baldwin Rd.
LEFT on Bald Mountain Rd. then travel about 2.5 miles to a stop sign.
LEFT on Edwards Rd. (gravel) then travel .5 mile to "DROP OFF " area.

from West Jefferson, NC:

take Beaver Creek School Road south about 2 miles to RIGHT on Golf Course Rd. then about 1.5 miles to a "T" intersection w/stop sign.
RIGHT on Bald Mountain Rd. then travel about 2.5 miles to a stop sign.
LEFT on Edwards Rd. (gravel) then travel .5 mile to "DROP OFF " area.

from Tennessee:

take highway 88 to West Buffalo Rd. travel south to hairpin curve & LEFT at Buck Mountain Rd.
RIGHT on Bald Mountain Rd.
Edwards Rd. (gravel) then travel .5 mile to "DROP OFF " area.