

# **WELCOME TO CAMP WESTWIND**

## **2023 Family Camp Handbook**

**Your Guide to a Safe and Enjoyable  
Experience at Westwind**

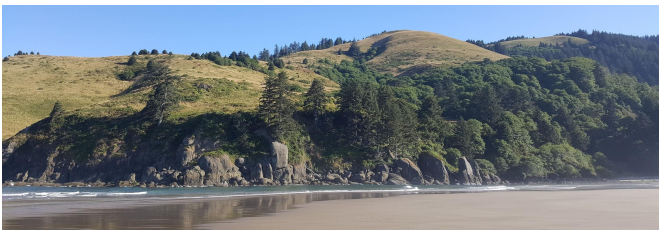


## We are excited to welcome you to Westwind this summer!

As you know, Westwind is a special place. Situated within the larger Cascade Head Biosphere Reserve, Westwind's 529 acres contain each iconic landscape of the Oregon Coast: headland meadows, dense Sitka Spruce and Hemlock rainforest, a dynamic estuary, and the unparalleled beach and rocky coastline of the Pacific Ocean. The Westwind Stewardship Group is charged with protecting Westwind's ecosystems and facilitating educational and inspirational experiences for children, families and private groups.

Stroll more than a mile of unspoiled ocean beach. Observe the abundant wildlife of the Salmon River estuary. Play in the sand. Explore deep rainforest ecosystems. Meander through upland meadows. Study marine life in coastal tide pools. Discover hidden lakes and babbling streams. This and more await you during a stay at Westwind.

## ABOUT WESTWIND



Westwind is a 529-acre camp, farm, and wilderness area set in the middle of the Cascade Head UN Biosphere Reserve in Oregon. Owned and operated by the Westwind Stewardship Group, Westwind is home to Camp Westwind, Outdoor School, workshops, events, and volunteer programs.

### Our Vision

All children have access to wild and undeveloped landscapes and are allowed to discover the interconnection, complexity and splendor of living in balance with natural systems.

### Our Mission

Conserve the Westwind site in perpetuity; foster life-changing outdoor experiences for all children, families and groups; and promote environmental stewardship as a basis for sustainable living.

## GENERAL INFORMATION

### COVID Guidance

As of November 1st, 2022, due to shared housing, we require all families to show proof of vaccination or a negative test result taken 48 hours before the start of the program. It's likely these precautions will change before summer 2023 begins. Please refer to our website for any updates. We will also send out information in the coming months as things change.

<https://westwind.org/about-westwind/covid-19-updates/>

### Important Information about Your Health History Forms

All health history information is captured in our online registration system. If you registered for camp in the past you merely need to verify the information is still up-to-date. While it is possible to skip the form and complete it at another time we still require completion prior to your session. This form is very important and ensures you and your camper are set up for a successful camp experience. **It is very important that we are aware of any dietary restrictions or allergies.** Our online system will remind you automatically if you have any incomplete forms.

Please note that all this information is held with confidence and is shared only with the on-site medical volunteer, the kitchen, and the Camp Director, and camp counselor as needed.

## \$ Camp Store, Massage Therapist, and Babysitters

Camp Westwind Family Camps offer a few perks. In our camp store we sell souvenirs such as T-shirts, sweatshirts, mugs and hats. Massage Therapists volunteer their time to offer massages for adult campers. All proceeds are donated to our financial assistance, or “campership” program (tips are theirs to keep - please bring cash for tips). These may all be “charged” to an account and settled at the end of camp.

Teen babysitters volunteer their time to help parents as needed and participate in kid’s groups. We collect tips for the babysitters and share them equally among them. If you would like to participate, please bring cash so we can distribute the tips at the end of the session.

To order from our online store, please visit:  
<http://otgpromoshop.com/westwind>

## Camp Payments

Camp Westwind offers flexible payment options. You may make payments in whatever fashion suits your budget be that weekly, monthly, quarterly, etc. We do need to have camp paid for prior to attending. If you are in need of any financial assistance, (even just partial fees), applications are available online.

## Transfers and Cancellations

We understand that plans change and you may have to cancel or transfer your reservation. If someone in your family is sick and cannot come to their session, we will provide a full refund, less the non-refundable deposit, with proof of a doctor’s note or positive test. If Westwind has to cancel its programs, we will offer refunds or credit. Please review the complete policies at:

<http://westwind.org/camps/general-information/>

## Emergency Contact

In the case of an emergency please call the camp office at **541.994.2383**. We are also available by email. Should there be any incident or major injury at camp, parents/guardians will be contacted. Please ensure all camper emergency contact information is up-to-date in your UltraCamp account.

## Arrival, Departure, and Parking

Check in time will be communicated prior to each session.

### Arrival:

- Parking is at Fraser Farm.
- Drive to 7500 N Fraser Rd, Otis, 97368. Fraser is off of Highway 101. Drive through the yellow and green gates, and another ¼ mile to our black gate.
- Continue through the black gate (checking in with any staff who are there) and continue up and around to the far side of our field. There will be traffic cones and staff directing parking.
- Please follow staff directions and park closely to other cars. Once you are parked, you can load your luggage onto our Westwind truck or trailer.
- From there, please enjoy the 2 mile walk down our beautiful Rainforest Trail into camp. Keep an eye out for salmon berries, eagles, and elk in the estuary!
- If a member of your group needs to be driven to the lodge and dropped off, please call 541-994-2383 or email [laura@westwind.org](mailto:laura@westwind.org) and make arrangements in advance of arrival.
- The luggage truck will arrive at Wilson Lodge once everyone has arrived.

### Departure:

- Check-out time will be communicated prior to the session. Please have your cabin packed, empty, and cleaned with your luggage on the Westwind truck or trailer at Wilson Lodge.
- Remember to check out with a staff member to pay any remaining store or massage balances! And tip your babysitter!
- Enjoy the walk back to the farm!

**Late Arrival and Early Departures** The unique location of Camp Westwind is part of what makes camp so magical—it also makes accommodating late arrivals and early departures difficult. Your request for special accommodations for late arrival and early departure must be made to the Camp Director by email or phone in advance.



# RECOMMENDED PACKING LIST & TIPS

## Clothing

- Jeans, pants or sweatpants (2-3 pair)
- Shorts (2-3 pair)
- T-shirts, long sleeved shirts
- Sweatshirts, warm sweater
- Warm Jacket
- Underwear
- Socks
- Pajamas
- Waterproof rain gear (jacket/poncho)
- Swim suit
- Something White to tie dye (T-shirt, socks, etc.)
- A set of shorts, t-shirt, shoes that can get really muddy – “mud mucking clothes”
- Sturdy shoes or boots for hiking
- Sturdy shoes for sand & water (flip flops are not recommended)

## Sleeping

- Warm sleeping bag
- Pillow
- Twin sheet to cover mattress (optional, but recommended)

## Toiletries

- Bath towel
- Beach towel
- Toothpaste and toothbrush
- Soap
- Shampoo & conditioner
- Comb/brush
- Sunscreen-VERY IMPORTANT
- Insect repellent
- Medications (in original containers, marked, with instructions)

## Other

- Masks (2-3)
- Water bottle
- Flashlight/Headlamp and extra batteries
- Hat/Sun hat or visor
- Backpack for hikes/
- Camera
- Playing cards/travel games (optional)
- Beverages/Snacks for evening Adult Time

## Packing Tips

- Please label all belongings with your camper's full name - this helps facilitate the lost & found process.
- Please DO NOT bring your packed items in a plastic garbage bag - this does not support our environmental mission.
- Pack items in bags you can easily carry up a steep, sandy hill. Wheeled bags are NOT recommended.
- Remember coastal weather- it is typically 10+ degrees cooler than Portland. Please pack accordingly.

## A Note about Personal Care Products

Westwind is on a septic system and we need your help to keep it running properly. Please DO NOT use antibacterial soaps (the septic system relies on healthy bacteria to run properly), body washes and other products high in fats and proteins. There are biodegradable, castile, and other environmentally-friendly products available at most grocery stores.

## Please DO NOT bring these items to camp:

- Alcohol (ALL family camps will be alcohol free)
- Electronic equipment you don't want damaged
- Weapons
- Any illegal substance
- Pets

## Lost and Found!

Email [info@westwind.org](mailto:info@westwind.org) to schedule a time to find your belongings. We will open our office in September for you to retrieve your lost and found if you do not contact us during the summer.

Westwind is not responsible for items which are lost, stolen or damaged. Do not bring items that cannot be easily replaced or that you consider to be expensive.

## Staff Assistance Contact Information:

**Westwind Office: 541-994-2383**

**Laura, Program Director: 503-927-9557**

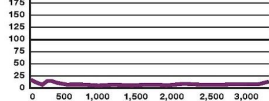
**Izzy, Program/Volunteer Coordinator: 608-239-5733**

**Sarah, Business Director: 971-409-5337**

# Westwind Trails

## River – Beach Trail

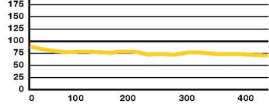
Trail Distance: **2 mile loop**  
Time to Hike: **45 minutes**  
Difficulty: **Easy**



Beautiful views of north and south headlands and up the Salmon river. Great tide-pooling, sea cave exploring, beachcombing, and wildlife viewing.

## Lost Lake Trail

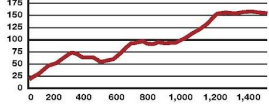
Trail Distance: **0.6 mile loop**  
Time to Hike: **20 minutes**  
Difficulty: **Moderate**



This six-acre lake attracts a wide variety of wildlife, offers beautiful reflections and is ringed by giant trees. Look for the old beaver dam at the lake's overflow point.

## High Meadow Trail

Trail Distance: **2 miles out and back**  
Time to Hike: **45 minutes**  
Difficulty: **Hard**



Longest of Westwind's trails, with overlooks to the Westwind beach, hobbit-like beach pine corridors, 25-foot high rhododendron plants, towering Sitka spruce trees, and expansive views up and down the coast from the meadow.

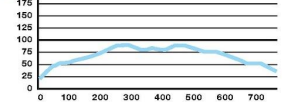


Westwind's campus is made up of two lodges, an office, central bathroom facilities, 18 cabins and a maintenance shop. Main trails lead out of camp south to High Meadow, west to the beach, and east to the river and boat landing.



## Old Baldy Trail

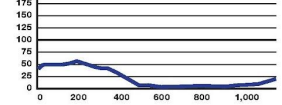
Trail Distance: **0.5 miles one way**  
Time to Hike: **20 minutes**  
Difficulty: **Hard**



Rigorous uphill climb rewarded by views of camp and glimpses of the beach to the west.

## Wysong Corridor Trail

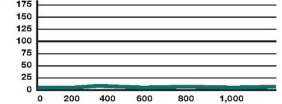
Trail Distance: **0.2 miles one way**  
Time to Hike: **10 minutes**  
Difficulty: **Moderate**



Splits off of High Meadow trail and winds through the forest downhill to the access road and a beautiful Sitka bog/estuary complex.

## Estuary Trail

Trail Distance: **0.7 miles one way**  
Time to Hike: **15 minutes**  
Difficulty: **Easy**



Running along the fringe of this fertile complex, this trail winds among serpentine waterways, beach grasses and shore pines, and ends up at Fishermen's point on the main stem of the river itself. Keep an eye out for abundant bird life.