

WELCOME TO CAMP WESTWIND 2023 Fall Family Camp Handbook

Your Guide to a Safe and Enjoyable
Experience at Westwind



We are excited to welcome you to Westwind this fall!

As you likely 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

Lodging

If you would like to share your cabin with another family or friend who is also attending, you can request this in your reservation or email us and let us know. We will do our best to accommodate all requests.

If you are coming with just your family, you will likely be paired with another family in a cabin - we do our best to pair families based on similar ages. We cannot guarantee that your family will have a cabin all to themselves.

If you or someone in your family require any special or additional lodging accommodations, please let us know in advance.

If you or someone in your family is sick or are showing any symptoms of Covid, please stay home! You can review our cancellation policy on our website or contact us with any questions.

Important Health and Diet Information

It is very important that we are aware of any dietary restrictions or allergies. Please ensure this information is up-to-date if you have registered before.

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.

If there is any other important medical information we should know ahead of time, please email us so we can best support you and your family.

Arrival, Departure, and Parking

Check-in for Fall Family Camp is 4:30-6pm

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 close 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 fall foliage, 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 izzy@westwind.org and make arrangements in advance of arrival.
- At approximately 6:30pm, the luggage truck will arrive at Wilson Lodge.

Departure:

- Check-out time is at 11:30am. Please have your cabin packed, empty, and cleaned by 11am 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 balances! And tip your babysitter! Cash tips only.
- 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 program staff by email or phone in advance.

\$ Camp Store, Massage Therapist, and Babysitters

Camp Westwind Family Camps offer a few perks. In our camp store, we sell a limited selection of 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>

Emergency Contact

In the case of an emergency please call the camp office at **541.994.2383**. We are also available by email.

Please ensure emergency contact information is up-to-date in your UltraCamp account.

Staff Contact Information:

Westwind Office: 541-994-2383

**Laura Chase, Program/Camp Director:
503-927-9557**

**Reishelle Hoeschen, Assistant Camp Director:
503-680-8314**

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

RECOMMENDED PACKING LIST & TIPS

Packing List:

- Weather-appropriate clothing
- Waterproof rain gear (jacket/poncho)
- Sturdy shoes or boots for hiking
- Sturdy shoes for sand & water (flip flops are not recommended)
- Warm sleeping bag
- Pillow
- Twin sheet to cover mattress
- Toiletries
- Medications
- Sunscreen and insect repellent
- Water bottle
- Flashlight/Headlamp and extra batteries
- Hat/Sun hat or visor
- Playing cards/travel games
- Beverages/Snacks for evening Adult Time

Packing Tips:

- 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 are alcohol free)
- Electronic equipment you don't want damaged
- Weapons
- Any illegal substance
- Pets

Lost and Found!

Email info@westwind.org to schedule a time to find your belongings at the Portland office. 5933 NE Win Sivers Dr, Suite #202, Portland, OR 97220

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.

Harvest Festival

The Harvest Festival will take place on Saturday afternoon at Tillicum. This is a fall-themed carnival with a variety of activities and games where families can win prizes, treats, and celebrate fall Westwind style! Featured activities may include:

Burlap Sack Race

Grab a burlap sack and race some friends in the sand!

Pin the Spider on the Spider Web

Once you're blind-folded and spun around 3 times, do your best to pin the tiny spider as close to the center of the web as possible! Be careful - you're going to be a little dizzy!

Face Painting

Staff will provide you with a paintbrush and face paint and you're welcome to paint each other's faces. See how spooky you can get!

Pumpkin Decorating

Staff will have paint brushes, paints, and pumpkins and you can decorate one however you'd like!

Photo Booth

Head over to our festive photo booth and snap a photo or two with your family or friends!

Cake Walk

Jump in any time and walk the numbers to the beat of the song that is playing. When the music stops, a staff member will read a number. If it's the number you're standing on, you've won a yummy treat!

Monster Dance-off

Find a willing adversary and face them in a slack-jaw monster dance-off! The first person to smile or laugh loses.

Candy Corn Ring Toss

Throw each ring and try to land them on the candy corn cones!

Pumpkin Checkers and Tic-Tac-Toe

Find a partner and play a game of either checkers or tic-tac-toe with multicolor pumpkins and our big game boards!

Ghost Archery

Try to pin down the Westwind ghost with an arrow! A Westwind staff member will show you how to aim and fire safely.

All Monsters Dance Party

At the end of the Harvest Festival, join us for a spooky outside dance party!