

Camp Westwind 2024 Mushroom Camp Handbook



Your Guide to a Safe
and Enjoyable
Experience at Westwind

We are excited to welcome you to Westwind this fall!

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

Westwind will always welcome people to these wild shores and green hills to discover that caring for the land is caring for ourselves and our communities.

Our Mission

The Westwind Stewardship Group inspires people to be stewards of the environment and their communities by conserving Westwind's diverse ecosystems in perpetuity and fostering life-changing experiences for children, families, individuals, and groups.

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. 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 via email.

Important Information

Please remember to confirm that all important information is updated in our online registration system. This includes dietary request forms, cabin requests, and final payments. **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.

Lost and Found!

Email info@westwind.org to schedule a time to find your belongings. Westwind is not responsible for items that are lost, stolen, or damaged. Do not bring items that cannot be easily replaced or that you consider to be expensive.



Mushroom Camp Specific Information

Foraging Responsibly

- You are welcome to forage and take mushrooms home with you. We share this property with many others, even outside of Mushroom Camp, who also enjoy the bountiful supply of edible mushrooms. Please be mindful as to how many you collect for yourself and be sure to leave some for others.
- When foraging, respect the land by taking only what you need, practicing Leave No Trace, and causing minimal disruption to the forest and undergrowth.

Workshops/Lectures/ID and Free Time

- Workshops will be done in small group rotations.
- Lectures throughout the weekend will take place inside Wilson Lodge. These lectures are optional but highly recommended.
- ID and Free Time: during the day, there will be opportunities to gather around our mushroom findings and identify what we have found. The display tables will be at Wilson Lodge. This time can also be used to go on a hike, visit our tide pools or beach, or any other recreation opportunity around Westwind.
- A schedule will be available for you upon arrival.



Arrival, Departure, and Parking

Check-in for Mushroom Camp is 3:30 – 5pm.

*We recommend arriving as early as possible to avoid hiking in the dark!

Arrival

- Parking is at Fraser Farm.
- Drive to 7500 N Fraser Rd, Otis, 97368. Fraser is off of Highway 101. After turning onto Fraser Rd., proceed through the yellow and green gates, and another ¼ mile to our black gate.
- Continue through the black gate and continue up and around to the far side of our field. There will be traffic cones and staff directing parking.
- At approximately 5:30pm, the luggage truck will arrive at Wilson Lodge.
- 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.
- 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 and make arrangements.
- We recommend arriving before 6pm so you are not walking in the dark.

Departure

- Check-out time is at 12:00pm. Please have your cabin packed, empty, and cleaned by 10am with your luggage at the lodge before the morning foray.
- Remember to check out with a staff member to pay any remaining store balances!
- We will have lunch at 12:30pm and then you may begin your hike out! Enjoy the walk back to the farm!

Staff Assistance Contact Information:

Westwind Office: 541-994-2383

Laura, Program Director:
503-927-9557

Reishelle, Assistant Camp Director:
503-680-8314

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

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.



Recommended Packing List & Tips

Packing List:

- Clothing appropriate for length of stay
- Warm clothing layers
- Warm jacket
- Warm hat and gloves
- Waterproof rain gear (pants and coat)
- Sturdy shoes or boots for hiking (waterproof recommended)
- Warm sleeping bag
- Pillow
- Toiletries
- Medications
- Water bottle
- Flashlight/headlamp and extra batteries

Optional

- Camera
- Twin sheet to cover mattress
- Silk scarf for dying
- Basket or cloth bag for collecting mushrooms
- Small plastic tackle box for mushroom collections
- Compass
- Mushroom field guides
- Led Loupe
- Small paint brush with soft bristles
- Snacks and drinks (BYOB)

Packing Tips

- 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.

Our septic system is also unable to process flushable wipes. Please do not bring, use, or flush flushable wipes while at Westwind.

Please DO NOT bring these items to camp:

- Electronic equipment you don't want damaged
- Weapons
- Any illegal substance
- Pets