

Camp Westwind

2025 Family Camp Handbook



Your Guide to a Safe
and Enjoyable
Experience 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

Health Guidance

If a member of your party is sick or presenting with any symptoms, please keep them home. We are happy to assist in rescheduling or refunding your reservation. If someone presents symptoms while at camp, or if they are seriously injured, our medical staff will coordinate with the adults in your party to make a treatment plan. For more information about our health policies, please visit the FAQ section on our website, or email us at info@westwind.org.

Your Health History Form

All health history information is captured in our online registration system. **We do not require any paper forms.** If you registered for camp in the past, you only need to verify the information is still up-to-date. While it is possible to skip the form and complete it at another time, it must be complete prior to attending camp. This form is very important and ensures your family is set up for a successful camp experience. We may follow up with families regarding information on health history forms to ensure we can provide the best care for your family

Please note that all this information is held with confidence and is shared only with the on-site medical volunteer and the Camp Directors.

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/>

Due to our waitlist, we cannot transfer reservations from one group to another.

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 all camper emergency contact information is up-to-date in your UltraCamp account.



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, water bottles, 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). Payment for your massage will occur at the end of the session during check-out.

Teen babysitters volunteer their time to help parents as needed and participate in kids’ 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. **All tips are cash only.**

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

Camp Payment

Camp Westwind offers flexible payment options. Any outstanding balances must be paid prior to your camper attending camp. Payment plans can be selected during registration or any time throughout the process. If you are in need of any financial assistance – even just partial fees – financial aid (campership) applications are available online.

Lost and Found!

Email 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 that are lost, stolen or damaged. Do not bring items that cannot be easily replaced or that you consider to be expensive.

Arrival, Departure, and Parking

Check-in is between 1pm-2pm on arrival day

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 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 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!

Staff Assistance Contact Information:

Westwind Office: 541-994-2383

Laura, Program Director:

503-927-9557

Reishelle, Assistant Camp Director:

503-680-8314

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. Our staffing and transportation options can vary and we may have limited capacity for late arrivals and early departures depending on these factors. Your request for special accommodations for late arrival and early departure must be made to the Camp Director by email or phone more than 24 hours prior to the start of your camp session.

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)
- Swimsuit
- 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

- 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.

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

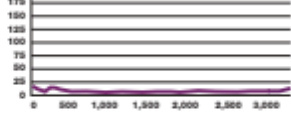
Please DO NOT bring these items to camp:

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

Westwind Trails

River – Beach Trail

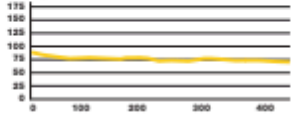
Trail Distance: **2 mile loop**
Time to Hike: **45 minutes**
Difficulty: **Easy**



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

Lost Lake Trail

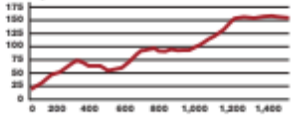
Trail Distance: **0.6 mile loop**
Time to Hike: **20 minutes**
Difficulty: **Moderate**



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.

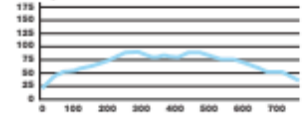


Westwind's campus is made up of two lodges, an office, central bathroom facilities, 18 cabins and a maintenance shop. Main trails lead out of camp south to High Meadow, west to the beach, and east to the river and boat landing.



Old Baldy Trail

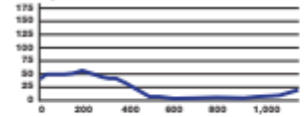
Trail Distance: **0.5 miles one way**
Time to Hike: **20 minutes**
Difficulty: **Hard**



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

Wysong Corridor Trail

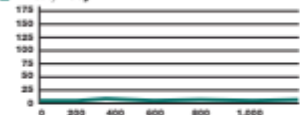
Trail Distance: **0.2 miles one way**
Time to Hike: **10 minutes**
Difficulty: **Moderate**



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.