

# Camp Westwind 2025 Mini 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 your child is sick or presenting with any symptoms, please keep them home. We are happy to assist in rescheduling or refunding your reservation. If a camper presents symptoms while at camp, or if they are seriously injured, our medical staff will coordinate with parents 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](mailto:info@westwind.org).

## Your Camper's 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 your camper attending camp. This form is very important and ensures your camper 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 child.

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

## Transfers and Cancellations

We understand that plans change and you may have to cancel or transfer your reservation. If your camper 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.

## 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.



## Camp Store

We will have a limited selection of sweatshirts, t-shirts, and souvenirs such as hats, water bottles, sunglasses, etc. We recommend families pre-order on our website before coming to camp for home delivery. To purchase items on-site at our camp store, campers must have store money put in their account in advance. When you register for a summer session, you may include an amount that they can spend at the store. Campers may not use cash during youth camps.

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

## Mail

Campers love to receive mail, but before you drop that note or package in the mailbox please note, it often takes 4-5 days to reach camp. If you would like to send mail we encourage you to give it to the staff person checking campers in at the bus or Knight Park and we will make sure it gets to your camper. If you choose this option, please mark envelopes with a piece of paper with which day you would like it delivered (if you have a preference). **Mail will be delivered at lunch only on Thursday and Friday.**

Please DO NOT send food of any kind to your camper – our furry critters can't keep their paws out of it and it will be confiscated until the end of the week. We also ask that you refrain from sending toys, small plastic items that may become micro-trash, or glitter. These items are not aligned with Westwind's mission and often lead to increased litter on our beautiful site. Mail containing these items will be withheld during the week and given to children on Friday

If mailing please include a return address.

**Camp Westwind**  
**Session Name**  
**Camper's Name**  
**PO Box 408**  
**Otis, Oregon 97368**

We also offer an email service that you can pay for. One-way emails cost \$15 for the session and allow you to send emails to your camper that are delivered daily. You can add this to your camper's reservation online.

# Food at Camp

We are prepared to accommodate a variety of diets including vegetarian, gluten-free, and dairy-free. Meals are served family-style, which encourages campers to try new things. We have a breakfast and salad bar with a variety of options including proteins (meat and non-meat) for campers to access each meal. If your camper has specific dietary needs, including food allergies, please indicate this in detail on your health history forms. Note that complex dietary regimens (such as requiring the preparation of an entirely different meal for the camper) are difficult to accommodate and cannot be guaranteed. Lastly, please do not send personal snacks unless there is a medical need or condition (e.g., diabetes). Westwind maintains a nut-free kitchen.

# Medication While at Camp

Dedicated health center staff will manage your camper's medication needs. We will develop a plan with each camper to take their prescription meds. Every time a medication is given at camp, it is documented on your camper's medication record.

To best serve our campers with prescriptions, we only accept medications that have been prescribed by a healthcare provider. All medication needs to be in its original bottle with the pharmacy label, the camper's name, medication, and dose. We cannot accept any medications in ziplocks, unlabeled bottles, or with handwritten descriptions.

Please leave all non-prescription medications, vitamins, and supplements at home.

## Meds to Pack:

- Prescription medications (including prescription eye/ear drops, prescription topicals/ointments)
- Epi-pens
- Inhalers
- Allergy Medication (if needed daily)

## What to leave at home\*:

- Vitamins, fluoride
- Supplements: CBD, fish oil, probiotics, n-acetylcysteine, melatonin (kids are typically exhausted after a long day of camp and sleep well!), etc.
- Common over-the-counter meds: acetaminophen (tylenol), ibuprofen (motrin, advil), allergy medicine, Tums - we have these at camp.
- Common over-the-counter topicals: antibiotic ointment, hydrocortisone, benadryl cream, etc - we have these at camp.

\*We can accept these if they are prescribed (with a label as listed above).

# How Can I Prepare My Child for Camp?

## Bathroom Independence

Children attending Mini Camp must be potty trained and fully independent in the bathroom. Our staff are not permitted to assist children in the bathroom. If your child is still using pull-ups at night or as needed, they must be able to handle this independently and know when they should be using a pull-up. If you know your child has nighttime accidents, please consider packing them pull-ups. Nighttime accidents are very common and our staff are trained in handling these discreetly and kindly. Please let your child know that they can always tell their counselor if something happens and they will make sure their bedding and clothes are properly washed. Our staff also regularly check bunks for sleeping bags that need to be cleaned.

## Pack with Your Child

Labeling your child's belongings is a huge help with knowing what items belong to who. Another helpful thing to do is pack with your child. Make sure they are familiar with the items they are bringing so they don't leave things behind or pack someone else's items when they leave. Our counselors are managing cabins of 6-8 kids and are not able to keep track of campers belongings, so please make sure you are teaching your camper how to manage their belongings and repack at the end of their visit.

## Your Child Might Be Homesick

And that's okay! We work with homesick campers all the time and our staff are well trained in supporting your child through those big feelings. The best thing you can do for your child is to be honest. Please avoid telling your child that they can call home at any time or that they can go home if they want. We discourage homesick campers from calling home as it often makes things harder for them. We are building resilience at camp and part of that is working through our feelings when things feel hard rather than going home. We will always involve parents if we believe that is in the best interest of the child. Please also be conscious of what you send with mail. Notes like "we miss you so much," delivering tough news, or even photos of family members can often result in homesickness. We absolutely believe that mail can be positive for camper experience and love, support, and encouragement are always the best things for a child to hear when they are trying something new!

# Bus and Transportation

We are happy to offer transportation in 2025. The bus are departing from the Multnomah Education Service District (MESD) located at:  
11611 NE Ainsworth Cir, Portland, OR 97220

Please go to the back of the building and look for staff who will provide further instruction. To view check-in and check-out times for each schedule, please regard the schedule below.

You must indicate whether your camper will be arriving by bus or car. To do this, follow these steps:

- Login to your UltraCamp account
- Click on "My Reservations"
- Select the applicable reservation
- Select "Edit" next to "Options"
- Choose a transportation option (bus or no bus, round-trip or one-way)

When you collect your camper's luggage, please verify you have the correct bag(s) as many bags look alike. We recommend labeling everything.

We highly recommend packing a lunch for your camper for the bus ride on Wednesday. Food is not provided on the bus for the ride to camp and the first meal children will be served is dinner at 6pm. We do provide a pack lunch for the return trip on Saturday. Please plan accordingly for your camper.





# Arrival and Departure

## Bus Schedule

Check-in at MESD	July 16	11:30am	Pick-up at MESD	July 19	2:00pm
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## Car Schedule

Check-in at Knight Park	July 16	1:30pm	Pick-up at Knight Park	July 19	11:00am
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Westwind uses Knight County Park and its boat ramp all summer along for dropping off and picking up campers. This is a public space and we ask that you help us keep it clean by using trash cans and limiting your stay. Please drive slowly and carefully on 3 Rocks Road. Westwind is one of many neighbors, and we want to keep our neighborhood safe for everyone.

## 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.





# Packing List & Tips

## Clothing

- Jeans, pants or sweatpants (1-2 pair)
- Shorts (1-2 pair)
- T-shirts, long sleeved shirts
- Sweatshirts, warm sweater
- Warm jacket
- Underwear
- Socks
- Pajamas
- Waterproof rain gear (jacket/poncho)
- Swimsuit
- A set of shorts, t-shirt, shoes that can get really muddy – “mud mucking clothes”
- Sturdy shoes for sand & water (flip flops are not recommended)

## Sleeping

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

## Toiletries

- Bath towel
- Toothpaste and toothbrush
- Soap
- Shampoo & conditioner
- Comb/brush
- Sunscreen-VERY IMPORTANT
- Insect repellent
- Medications (in original containers, marked, with instructions – must be turned in at Check In)

## Other

- Water bottle
- Flashlight/Headlamp and extra batteries
- Hat for the sun
- Camera

## 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.

## Packing Tips

- Please label ALL belongings with your camper's full name – this helps facilitate the lost & found process.
- Please pack with your camper to familiarize themselves with the items that they will be responsible for bringing home
- 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:

- Electronics other than cameras (phones, tablets, music devices, etc.)
- Weapons/knives
- Any illegal substance – including vapes
- Pets
- Food (other than meals for the bus)

\*Devices brought to camp or on the bus for entertainment will be checked in on the first day and checked out on the last.

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.

