

# Camp Westwind 2025 Camper 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).

## 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.



## 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.

# 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.

## 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).



## 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.

## 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>

## 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.



# Cell Phone and Technology Policy

Westwind aims to connect children with nature and disconnect for technology. Due to the unique nature of our site, we do not have consistent cell service and devices are often lost or damaged in the sand and water. To help campers fully connect and decrease risk to devices, any phone, tablet, gaming device, smartwatch, headphones, or other technology beyond cameras will be collected at the beginning of the week and returned at the end of the week.

Westwind does not have phones available for campers to make calls. In emergency cases, you will be contacted by a medical volunteer or Camp Director. **Please do not tell your camper that they can call home any time.** Our staff are well versed in homesickness and are able to support your camper through those feelings.

## 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 daily at lunch Monday through Thursday.** We do not deliver mail on 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.

# Bus and Transportation

We are happy to offer transportation in 2025. Buses 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 Sunday. 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 Friday. Please plan accordingly for your camper.



# Arrival and Departure

## Bus Schedule

Session	Start Date	Check-in at MESD	End Date	Pick-up at MESD
1	June 22	11:30am	June 27	3:30pm
2	June 29	11:30am	July 4	3:30pm
3	July 6	11:30am	July 11	3:30pm
Mini	July 16	11:30am	July 19	2:00pm
4	July 20	11:30am	July 25	3:30pm
5	July 27	11:30am	August 1	3:30pm
6	August 10	11:30am	August 15	3:30pm
7	August 17	11:30am	August 22	3:30pm

## Car Schedule

Session	Start Date	Check-in at Knight Park	End Date	Pick-up at Knight Park
1	June 22	1:30pm	June 27	11:30am
2	June 29	1:30pm	July 4	11:30am
3	July 6	1:30pm	July 11	11:30am
Mini	July 16	1:30pm	July 19	11:00am
4	July 20	1:30pm	July 25	11:30am
5	July 27	1:30pm	August 1	11:30am
6	August 10	1:30pm	August 15	11:30am
7	August 17	1:30pm	August 22	11:30am

At check-in for bus or car on the first day of camp, please find a staff member to check-in with and follow instructions.

The person who picks up your camper after camp **MUST** have a photo ID and be on the Authorized Pick-Up List. If you need to verify this list please email us at [info@westwind.org](mailto:info@westwind.org).

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.



# 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)
- 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
- Backpack for hikes/overnights
- 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.

