

2022 Camp Hidden Meadows

Parent Handbook

*Everything you ever wanted
to know to prepare for
summer camp!*

Camp Office Hours

Hours: 9:00 - 4:30, Monday - Friday

304-456-5191

800-600-4752

office@CampHiddenMeadows.com

Camp Paperwork due by May 15th!

- Email: office@CampHiddenMeadows.com
- FAX: 304-456-4184
- Snail Mail: Camp Hidden Meadows
17739 Potomac Highland Trail
Bartow, WV 24920



Camp Hidden Meadows

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Camp Hidden Meadows

Welcome!

Welcome to Camp Hidden Meadows! We have planned an incredible summer filled with an amazing staff, new programs and events, and all of the great things that make camp fantastic. We are so excited to be a part of your family's life this summer!

We have tried to anticipate some of your questions about camp - how to prepare, what to expect, and even how to get here. Look through the handbook for important information you will need for your camper's stay at Camp Hidden Meadows.

Please submit the medical form and any waivers that apply to your camper **by May 15th**, so our records will be complete. For clarification on anything, don't hesitate to call us at 304-456-5191.

We are excited to meet and get to know the parents and families of all of our campers. Many people will come together from all over the world to make this summer a memorable experience. We look forward to providing your camper with a safe and fun summer camp adventure. *See you this summer!*

Meet the Directors



Tom Bryant, founder and Executive Director

A native of West Virginia, Tom graduated from Marietta College with a B.A. in Business and from Minnesota State University with a Masters in Experiential Education. He first offered programs in 1992 with the goal of presenting innovative camp experiences which foster personal growth in an outdoor setting.



Tony Oyenarte, Director

Tony has been active in the American Camp Association, most recently as Vice-chair of the ACA National Board, and currently serves on several National Committees. He has dedicated his professional career to promoting the value of the outdoor experience. He loves to fly fish, paddleboard, mountain bike, and spend time with his family and two golden retrievers on the water in Florida.

Our Purpose

Camp Hidden Meadows' purpose is to create a safe, caring environment where young people can experience camp, make friends, and achieve personal growth. Our talented counselors and staff and the community they create are the source of our strength. They support our reputation and vitality. Camp Hidden Meadows values, above all, integrity, compassion, and respect for others.

At Camp Hidden Meadows we provide an opportunity for each individual to grow in an atmosphere of fun and friendship. Young people can build healthy relationships, gain self-confidence, and learn to see their lives as part of today's amazing and challenging world.

Camp Hidden Meadows

Online Camp Office

We use an online camp management service through *Camp Minder*, the leading provider of camp management software. Each family has an account, accessed with your email and password. To log in, select "[Account Login](#)" under "Current Families" on our homepage. Don't hesitate to contact our office at 304-456-5191 or office@camphiddenmeadows.com if you have any questions.

Health History Forms

Health History Online Form. To be completed by the parent.

- **Due May 15.** This is a digital, online form.
- Include health insurance information.
- Include prescription insurance information, if applicable.

Insurance

- Parents are responsible for payment of all medical charges by physicians, dentists, hospitals, and pharmacies.
- If your camper doesn't have health insurance, you may purchase a policy that covers your child for camp.

Insurance for International Campers

Insurance is not included. We suggest the following <http://www.travelinsure.com/what/vusahigh.asp>. When you go to the website we recommend Plan B, \$0 deductible, *no* additional AD&D, *no* intercollegiate sports coverage and *yes* for hazardous activities.

Medications

- In compliance with American Camp Association regulations, ALL prescription and over-the-counter medications (including vitamins and supplements) must be given to camp medical staff.
- Two ways to send these to camp:
 - I. Place medication in a 1 gallon zip close bag. Label bag with your camper's name and camp dates. Give that bag to our medical staff when you check in. Medication must be in its original container.
 - II. Send medication, vitamins, and over-the counter medicine through www.PillPack.com, an online pharmacy and delivery service. They package medications into packets labeled with the date and time that they should be dispensed. You pay only the copay.
- When you complete the online Health History Form, select "Yes" at the top of page 5. Then enter each medication or vitamin.
- Please do not send "just enough" pills in a zip-close bag – We will not dispense them!
- Health aids and substances not recommended for children will not be administered without a physician's note.
- If your camper uses medication for behavior or mood modification at school (such as Ritalin), please do not take him/her off the medication during camp.

Eyeglasses

- Campers who wear eyeglasses or contacts, *please* bring a second pair!

Orthodontic Retainer

- If your camper uses a retainer, carefully review how to care for the device and not lose it while at camp! The number one culprit is scraping the retainer into the pig food bucket. A very difficult item to find!

Camp Hidden Meadows

Tuition

Deadlines:

November 1st: Fall Discount. Registration and deposit by November 1st. Full payment by April 1st.

January 1st: Early Bird Discount. Registration and deposit by January 1st. Full payment by April 1st.

After April 1st: Full payment due at registration.

Cancellation Policy

In the case of serious accident or illness prior to camp, fees are refunded at the discretion of the Camp Director. No refund or reduction is made for late entry or early withdrawal.

No refunds are made for a camper leaving during the session for which he/she is registered, except with written verification of a physician. Any camper whose behavior disrupts the camp program or is harmful to him/herself will be dismissed with no refund.

Drug, Alcohol, and Tobacco Policy

Smoking and use of tobacco is not allowed at camp. Campers found possessing or using tobacco, alcoholic beverages, or controlled substances (drugs) will be dismissed from camp immediately with no refund of fees.

No Gratuities

Staff members are *not* permitted to accept gratuities.

Camp Store

Campers may visit the camp store to purchase Camp Hidden Meadows t-shirts, hats, stamps, and more!

How it works: Prior to camp, you make a deposit to open your camper's store account. The camper's purchases are deducted from this deposit. A balance of \$5.00 or more is returned to you at the end of our season. Parents of returning campers recommend a deposit of \$50 per week, depending on family spending habits.

Additional cash is not needed at camp - during the week, the store does not accept cash from campers. The store does not sell candy or sodas. Money may not be transferred between campers.

You may add money to your camper's account online.

Camp Hidden Meadows

Checklists!

Immediately upon Enrollment

- Review your camper's program and the financial statement sent by both email and snail-mail
- Take note of dates if you've selected automatic payments.
- Review travel plans. Sign up for shuttles ASAP!
- Horse riding – enroll early to avoid disappointment. Capacity is limited.
- Set up a Camp Store account.

Paperwork Due by May 15

- Health History – to be completed online.**
- Waivers** – White Water Rafting, Zip Line Canopy Tour, Via Ferrata, and other adventure activities may require a waiver. These waivers appear in your account only after the *Afternoon Adventure* form has been completed *and after* the camper has been assigned to that activity.
Note: waivers appear in your account about 2 weeks after completing the activity forms.
- Activity Preference Forms** – Workshops and Afternoon Adventure – two forms for each camper.
- Flight Itinerary** – a copy of the flight itinerary **MUST** be on file.
- Alternate Pick-up Form** – required when your camper will be picked up by someone other than you.

Log into your account to access all camp forms.

Select [Account Login](#) from the Current Families dropdown menu on our homepage:
www.CampHiddenMeadows.com.

10 Days Prior to Arrival

- Have you completed the activity preference forms and subsequent waivers?
- Parents: Mail a letter to your camper so he/she will have mail the first day of camp.
- Check the packing list to see if you have everything at hand.

The Night before ... Camp Hidden Meadows

- Do you have directions to camp?
If you plan to use cell phone GPS, make notes! There's no cell service in the mountains!
- Is your luggage packed? Use the packing list on the next page.
- Do you have your camper's medication?
- Eyeglasses or contacts? Pack an extra pair.
- Are you excited?

Camp Hidden Meadows

Clothing

- 8 t-shirts
- 10 pairs of socks
- 10 pairs of underwear
- 1 pair of jeans
- 1 pair long pants (jeans or other)
- 3 pairs of shorts
- 1 swimsuit—**No bikinis that tie or are skimpy.**
- 1 sweatshirt or jacket
- 1 long-sleeved shirt
- WATERPROOF raincoat or poncho
- Pajamas
- 1-2 pair of tennis shoes/hiking shoes. Be prepared to get at least one pair wet or muddy.
For Earth Expeditions: 1 pair hiking shoes or boots that have been well broken in before camp.
- 1 pair water shoes/sandals. We recommend sturdy sandals with toe protection.
- Flip flops may be used around the cabin or at the shower house. Not for activities.

Label everything!

Label everything!

Bedding & Linens

- 1 fitted twin sheet
- 1 sleeping bag
- 1 pillow with pillow case
- 1 bath towel
- 1 beach towel

Other Equipment

- Face Mask
- Laundry bag – clearly labeled with camper's name
- Flashlight & extra batteries
- Toiletries – travel size soap, shampoo, toothbrush, toothpaste, comb, etc. *Camp Store sells a few basic essentials!*
- Water bottle or canteen – any unbreakable material – not glass!
- Small backpack or daypack
- Insect repellent
- Sunscreen

Optional Items

- Sunglasses
- 100% cotton, white t-shirt (for tie-dye)
- Camera – LABEL it!!
- Books, magazines, cards, small games
- Stamps & envelopes

Horseback Riding Essentials! *(only required if you enrolled in horse riding)*

- Long pants/jeans
- Riding boots: a boot with a smooth sole and a definite heel.
- We provide helmets. If you already have your own, you are welcome to bring it.

Under bed storage works well for some campers.



Pack your old, comfy play clothes!

No fancy duds needed at camp.

Don't over pack!

Laundry service is provided for campers staying more than 1 week.

Camp Hidden Meadows

What *Not* To Bring ... the other packing list

- **Do Not** bring valuables or items of great sentimental value.
Inevitably, that precious item is forgotten on the trail, dropped in the river, or otherwise, simply doesn't make it home with your camper.
- **Do Not** bring cash. There's nowhere to spend it!
- **Do Not** bring electronics. No phones, tablets, iPods, games, players ...
- **Do Not bring food items.**
Outside food may present a life-threatening hazard for campers with severe allergies!
Edibles attract mice.

Electronics Policy

What? No MP3 players or iPods or games or phones – why not?

- We are screen free because a camper engaged with an electronic device is cut off and misses out on ...
... interacting with and absorbing the outdoors.
... interacting with a new group of peers.
... important safety instructions for activities!
- Electronic devices are best left at home.
If your camper brings one, it will be stored in the office during his/her stay.
- Campers do not have access to wifi or cell service while at camp.
- Camp Hidden Meadows is **not** responsible for any lost items *unless* they are stored in our office.

Appropriate Dress

Philosophically, we understand that for young people clothing is an important statement – who they are, how they wish to be seen. Our reality, though, is that we operate a camp with children of varying backgrounds, lifestyles, and ages.

Please be sure that camp clothing is appropriate. Campers will be asked to change if either the style or message is deemed inappropriate.

Bathing Suits. A general rule is nothing with ties & nothing that skimpy. Most campers bring a one-piece or a tankini or board shorts.

Laundry Service

Campers staying more than one week have laundry service at no additional cost.

LABEL all clothing. Campers must have a laundry bag – also labeled.

Lights and darks are NOT separated. Please do not send new clothing that may run or a bright white that will turn gray.

Visitors

Visitors disrupt the camp program and should be the exception.

Visitors to Camp Hidden Meadows *must* have *prior clearance* from the director.

Camp Hidden Meadows

Packing Tips!

Cooler Temperatures

Here in the mountains of West Virginia, we benefit from cooler summer temperatures than you probably experience at home! The elevation at camp ranges from 3000-3900 feet, one of the highest in mid-Appalachia, the basis for our cool mornings and cool evenings. The clothing list on page 7 includes extra layers for those cooler temperatures.

Wool and Polypropylene are the best choices for warmth. Both wick moisture away from your body while holding in body heat. We recommend adding a few essentials to your gear, such as warm socks or an undershirt or a fleece jacket. Extra warmth is important so that your camper will be comfortable and healthy throughout the program.

Hiking Boots

If your camper plans to bring hiking boots, **break them in at home**. Breaking in a pair of boots requires time—there's no shortcut! What to look for in a hiking boot? Basics include ankle protection and support, good tread, and a comfortable fit that allows them to be worn with heavy socks. Whether you choose leather or manmade material, wear them at home or school for several days and **WATERPROOF** your boots.

Knives

A knife is not needed; but if your camper wishes to bring one, a Swiss-army style knife is appropriate. **Large knives are not appropriate!** Campers rarely have to fight off bear or Sasquatch! Tom usually takes care of them singlehandedly!

Knives used in a hazardous manner will be kept in the office.

Rain Gear

Having **WATERPROOF** rain gear at camp is essential! *Waterproof* and *water-resistant* are *not* the same. If you wear a water-resistant jacket, you *will* get wet. Rain or shine, we typically continue outdoor activities. Other arrangements are saved for severe weather conditions. We want our campers to be comfortable and healthy throughout the program.

**CAMP HIDDEN MEADOWS
AND ITS STAFF
ARE NOT RESPONSIBLE FOR
LOSS OR DAMAGE.**

DO NOT SEND VALUABLES OR CASH TO CAMP!

Less is better!

*... less to lose,
... less to pack,
... less to haul,
... less dirty laundry
to bring home!*

Camp Hidden Meadows

Communicating with Your Camper

Campers love to receive mail! Please pass this page on to others who may wish to send your child a letter! The best letters focus on what your child is doing here at camp. They're newsy, short & frequent, positive & encouraging. Avoid writing about what the camper is missing at home.

Snail Mail. A camper's favorite way to hear from you! Mail your letter 7-10 days before your camper arrives.

Camper Name
c/o Camp Hidden Meadows
17739 Potomac Highland Trail
Bartow, WV 24920

Fax. 304-456-4184 No charge. Up to 2 per day. No cover sheet. Put camper's name in subject line.

Emails. CampMinder offers a paid bunk note service. Information is in your [online account](#) under "CampStamps." You may write to your camper through CampMinder. Your camper will respond by snail-mail.

Packages. Please do not send care packages. They will not be delivered to your camper.

Phone Calls. Your camper's active schedule does not bring him/her near the phone. Speaking with your camper by phone disrupts the child's schedule, taking him/her away from activities and other campers. Phone calls may also awaken homesickness.

You may call the camp to check on your camper. Your message is relayed to one of our directors who will observe and visit with your camper during an activity or a meal and respond by email during his/her office hours. If there is cause for concern, we will contact you at once.

International Camper Calls. Your camper will contact you via cell phone from the airport. You will receive an email or text when your camper arrives at the camp.

Homesickness

Homesickness is not unusual, especially if this is your camper's first time away from home. Each homesick child is uniquely cared for. If you receive a *come-get-me!* letter, be patient. Homesickness usually disappears within a few days, so expect a second letter to be more cheerful. Camp Hidden Meadows offers a safe environment in which young people experience independence and make friends from around the world.

Keep in mind, parents can actually trigger a case of homesickness by focusing on what the camper is missing. Don't write, "The cat and dog miss you, and we wish you were home with us right now."

Receiving a letter often eases a camper's adjustment to new surroundings. Let your camper know that life at home is proceeding as usual, that you hope he/she is having a great time, and that you will see him/her soon. Ask about favorite camp activities, foods, counselors, and new friends.

If you think your child is homesick, remember phone calls tend to exacerbate these feelings. Please hold off—allow your camper time to adjust to camp! Our staff are trained to recognize and deal with homesickness. If your camper is having difficulty adjusting to camp, the Head Counselor or Program Director will call you and discuss ways to make camp a positive experience!

Camp Hidden Meadows

Opening and Closing Days

All camp sessions start on a Sunday and end on a Saturday.

If you're considering a shuttle but aren't sure, keep in mind that as summer nears, shuttles fill and are unavailable.

If your camper is riding a shuttle, please discuss a few rules of the road. Passengers are not permitted to move, stand, or trade seats while a vehicle is in motion. Campers should use the restroom just before meeting the shuttle.

Opening Day—Sunday

Arriving by Car. Registration is 1:00 - 4:00 p.m. on Sunday.

Do not bring pets to camp at any time!

Ground Shuttle. Meet between Noon and 12:15 p.m. on Sunday. Shuttle departs at 12:30 p.m. sharp!

Shuttle meeting point: Dulles North Transit Center

22599 Lockridge Road, Sterling, VA.

Eat lunch prior to meeting the shuttle.

Campers need to wear a mask on the shuttle. (as of October 2021 – will update if this changes)

If you are running late or cannot find the shuttle, call us immediately! 304-456-5191.

Airport Shuttle. Flights must arrive between Noon and 3:30 p.m. on Sunday.

- For flights outside this time, contact our office to arrange a private shuttle.
- The Airport Shuttle is reserved for campers arriving by plane.
- Please email a copy of your camper's flight itinerary!
- Your camper will be met by staff wearing a Camp Hidden Meadows shirt and holding a sign. We will meet your camper at either the gate or the security checkpoint, depending on airline instructions the day of the flight

Closing Day—Saturday

Departing by Car. Check out is 10:00 a.m. - Noon on Saturday.

Please complete the "Alternate Pick-Up Permission Form" for campers who will be picked up by someone other than a parent/guardian. The form is found in your online account.

Do not bring pets to camp at any time!

Ground Shuttle. Drop off time is 2:00 p.m. on Saturday.

Campers need to wear a mask on the shuttle. (as of October 2021 – will update if this changes)

Shuttle meeting point: Dulles North Transit Center

22599 Lockridge Road, Sterling, VA.

If you are running late or cannot find the shuttle, call us immediately! 304-456-5191.

Airport Shuttle. Flights must depart 3:30 – 5:30 p.m. on Saturday.

- For flights outside this time, contact our office to arrange a private shuttle.
- The Airport Shuttle is reserved for campers departing by plane.
- Please email a copy of your camper's flight itinerary!

Camp Hidden Meadows

Driving Directions

From Baltimore, Washington, and points northeast of camp:

- From Interstate 81.
- Exit 296 near Strasburg, VA onto Rt. 55 West toward Wardensville, WV.
- At Moorefield, take the second exit which reads “220 and 55 Moorefield.”
- Once you exit follow signs for Rt. 28 South. You’ll pass through the towns of Moorefield, Petersburg, Seneca Rocks.
- At Seneca Rocks, veer left onto Rt. 33 East. *Stop to admire one of the premier rock formations on the east coast.*
- At Judy Gap, turn right, staying on Rt. 28 South.
- Camp Hidden Meadows is on the right, about 20-21 miles. You will see a camp sign and the office (a white two-story farm house).
- Note: if you reach the intersection of US 250 & Rt. 28, you passed the camp. Turn around; come back about a mile.

Lodging along this route

(20 miles) N-Rocks	(45 miles) Smoke Hole Resort	(68 miles) South Branch Inn
Circleville, WV	Cabins, WV	Moorefield, WV
877-435-4842	304-257-4442	304-538-2033
	800-828-8478	

From Richmond, Charlottesville, and points southeast of camp:

- From Interstate 81.
- Exit at Staunton, VA, onto US 250 North toward Monterey, VA.
- Continue on US 250 through Monterey, travelling another 22 miles to Rt. 28.
- Right turn onto Rt. 28 North. Drive about 1 mile.
- Camp Hidden Meadows will be on your left. Look for the camp sign and our office (a white two-story farmhouse).

Lodging along this route

Monterey, just 30 minutes from Camp, has a variety of Bed and Breakfasts and historic inns.

From points west of camp:

- From Interstate 79.
- Exit 99 at Weston onto US 33 East towards Elkins, WV.
- Take the second exit at Elkins, onto US 250 South. Remain on 250 South to the town of Bartow (about 1 hour).
- Turn Left in Bartow, keeping on US 250 South/Rt. 28 North.
- Turn Left onto Rt. 28 North at the yield sign.
- Camp Hidden Meadows will be on your left. Look for the camp sign and our office, (a white two-story farmhouse).

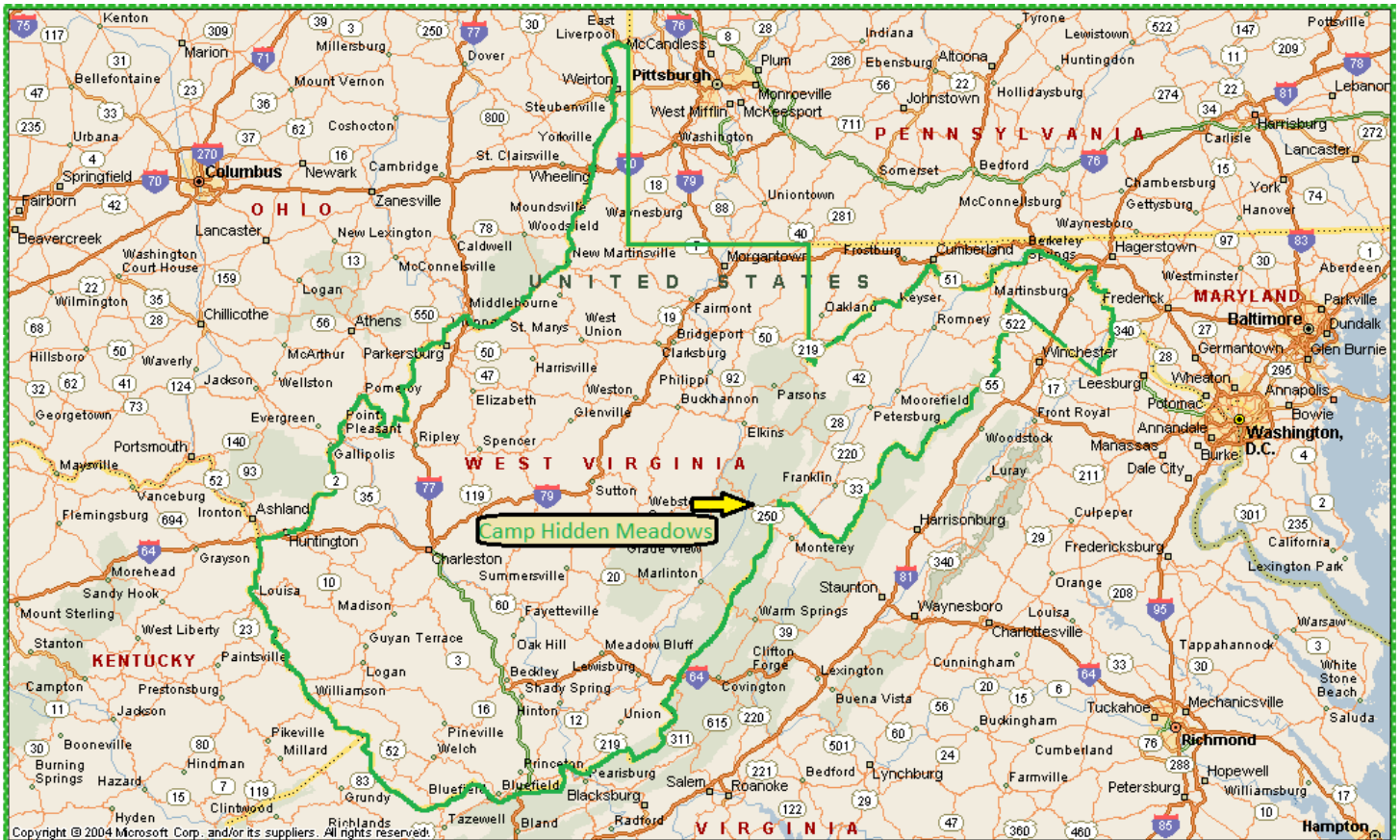
Lodging along this route

(42 miles) Hampton Inn <i>in</i> Elkins, WV	(44 miles) Holiday Inn Express <i>in</i> Elkins, WV
304-630-7500	304-630-2266

Camp Hidden Meadows

Map

We advise families to use the driving directions on the preceding page. GPS or internet mapping apps often route you differently. Our directions are the safest, quickest, and most enjoyable routes. Please don't hesitate to call if you have any questions.



GPS coordinates

38.563352, -79.726056

alternatively written as

38°33'47.1"N, 79°43'34.9"W

Located on Rt. 28, 1 mile north of the intersection of US 250 and Rt. 28.

Local Lodging

- (25 minutes) Nelson Rocks Lodge, WV
877-435-4842
- (35 minutes) The Inn at Mountain Quest, WV
304-799-7267
- (45 minutes) Snowshoe Mountain Resort, Snowshoe, WV
304-572-1000 or 877-441-4386
- (1 hour) Elk River Inn, Slatyfork, WV
304-572-3771

Camp Hidden Meadows



Birthdays!

If your camper is celebrating a birthday at camp, we will make sure they enjoy this special day! To wish your camper Happy Birthday, send your card or package 7-10 days in advance. In the upper left corner, write the date it should be delivered.

Label Belongings with Camper's *Full Name!*

Every summer we accumulate all kinds of lost and found items! Unfortunately we're unable to return many of these items because they are not labeled and are not claimed. If you label your belongings we will promptly return them to you.

ACA Accredited

American Camp Association

ACA Accreditation means that we at Camp Hidden Meadows care enough to voluntarily undergo a thorough review of our camp. The ACA evaluates all aspects of camp life—up to 300 standards—everything from staff qualifications & training to emergency management to the safety and fun of your child's activity programs.

As an ACA camp we provide:

- Dual focus on program quality and on health & safety.
- Healthy, developmentally appropriate activities and learning experiences.
- Discovery through experiential education.
- Caring, competent role models.
- Opportunities for leadership and growth.
- First aid facilities and trained staff available at all times.



In the camp business for 100 years, the ACA remains the only independent accrediting organization in the United States for children's camps. Our positive evaluation says, "We at the ACA have visited and inspected this camp and find that it meets or exceeds the most up-to-date standards in camp operations."