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## WOMEN IN THE WOODS – 2019 CAMPER MANUAL

We are happy that you have chosen to spend some time “Deep-In-The-Woods” this summer. In order to make your stay more enjoyable, we are sending this information to help you plan what you will bring to camp and to promote a better understanding of camp procedures.

**Arrival of Campers** – *Women in the Woods for 2019 officially opens at 11:00 AM on Saturday, July 6<sup>th</sup>.* New campers arriving Sunday, July 7 to Tuesday, July 9 may check in at 11:00 AM until lunchtime. Please arrive promptly and proceed to the Dining Hall to register with the WIW Director.

***Any outstanding registration fees will be collected by cash or check at check-in.*** Proceed slowly and follow the directions of the Staff regarding parking.

**Departure of Campers** – Departing campers should plan to leave before 11:00 AM and check out with the WIW Director after breakfast. Day campers who are not staying overnight may depart at 10:00 PM. Please check out with the WIW director after dinner. ***All canteen and outstanding registration fees will be collected and by cash or check at check-out.***

### General Information

### Equipment and Clothing

<i>Sheets, pillow, and/or sleeping bag</i>	<i>Notebooks, pen/pencil</i>	<i>Bible, reading materials</i>
<i>Bath towels, Shower shoes</i>	<i>Stationary and stamps</i>	<i>Backpack</i>
<i>Washcloths and robe</i>		
<i>Bathing suits, <b>White Bathing Cap</b></i>	<i>Foldable camp chair</i>	<i>Sunglasses</i>
<i><b>(which can be purchased at camp for \$4)</b></i>		
<i>Beach Towel</i>		<i>Sewing kit</i>
<i>Shirts and shorts</i>	<i>Flashlight and batteries</i>	<i>Camera</i>
<i>Plenty of socks and underwear</i>	<i>Hat or baseball cap</i>	<i>Refillable water bottle/Canteen</i>
<i>Sneakers, boots or heavy shoes</i>	<i>Sunscreen and bug spray</i>	<i>Laundry bag</i>
<i>Sweaters/Sweatshirt</i>	<i>Toiletries (NOT berry scented)</i>	<i>Musical instrument</i>
<i>Poncho or jacket</i>	<i>Slippers</i>	<i>Cash/check for Canteen</i>

Please mark all your belongings **before** you arrive at camp.

### FOOD IN CAMP

Please do not bring extra food to camp if at all possible. You will have ample opportunity to purchase snacks and beverages at specified times. **There is absolutely no food allowed in the cabins and tents in order to keep wildlife away!** If you have a special dietary concern, please notify us well in advance of when you arrive. We will do what we can to accommodate you.

## **HEALTH INFORMATION**

All campers, adults and children attending WIW are to complete the enclosed 3-page health form before your arrival at camp. Since children must be accompanied by an adult during WIW, it is imperative that the adult have the insurance and health information available for all children they are responsible for. A copy of your health forms will be kept by the camp nurse in case of an emergency and information is needed immediately. A health form should be completed for EACH camper. You will have the opportunity to meet the Camp Health Director on your arrival. It is important that you discuss any health risks, concerns and history at this time.

## **DRUGS AND ALCOHOL**

Illegal drugs are not permitted. Campers will be sent home and the proper authorities notified if there is a violation. Alcoholic beverages are not permitted in camp at any time.

## **SMOKING**

Smoking will be allowed in a designated area **only**. Because of the danger of fires, this rule will be **strictly** enforced.

## **MAIL**

The summer mailing address is Camp Ma-He-Tu, PO Box 195, Sloatsburg, NY 10974. For packages that require a physical address for delivery, our address is Camp Ma-He-Tu, K-24, 520 Seven Lakes Drive, Bear Mountain, NY 10911. Mail is sent and delivered once a day.

## **Traditions of Women-In-The-Woods**

### **Saturday Afternoon: *Annual Kickball Staff v. WIWers Game***

A chance to burn off energy after a long car ride, cheer, play and laugh while trying to earn a victory of the Camp Ma-He-Tu staff.

### **Sunday Evening Program: *Open Mic Night***

Tune up your favorite instrument, bring your costumes, rehearse your favorite song, or write a skit and perform with friends during a wonderful evening celebrating the talent of all our Ma-He-Tu campers and staff.

### **Monday Evening: *Ladies Night Out***

A chance to get out of camp and relax with friends old and new. The outside deck at Rhodes in Sloatsburg will be reserved and the site of laughter and stories. You may even want to dress up in your favorite hat! Babysitting for children 16 and under will be arranged. There will be a party for the girls in the Rec Hall or for the younger ones, in-cabin supervision will be arranged. Listen for announcements to sign up your children for appropriate supervision. Please return to camp by midnight to allow the staff to get their sleep.

**DIRECTIONS TO CAMP MA-HE-TU**  
GPS Coordinates 41.13.220°N 74.07.240°W

### Driving to Camp Ma-He-Tu

Camp Ma-He-Tu is located within Harriman State Park. Our physical address is 520 Seven Lakes Drive.

When using a navigation system it is best to search for Camp Ma-He-Tu in Harriman State Park. If your system needs clarification, then use our physical address of 520 Seven Lakes Drive. You can also enter in our GPS coordinates: **41.13.220° N 74.07.240°W** which will lead you directly to our gated entrance.

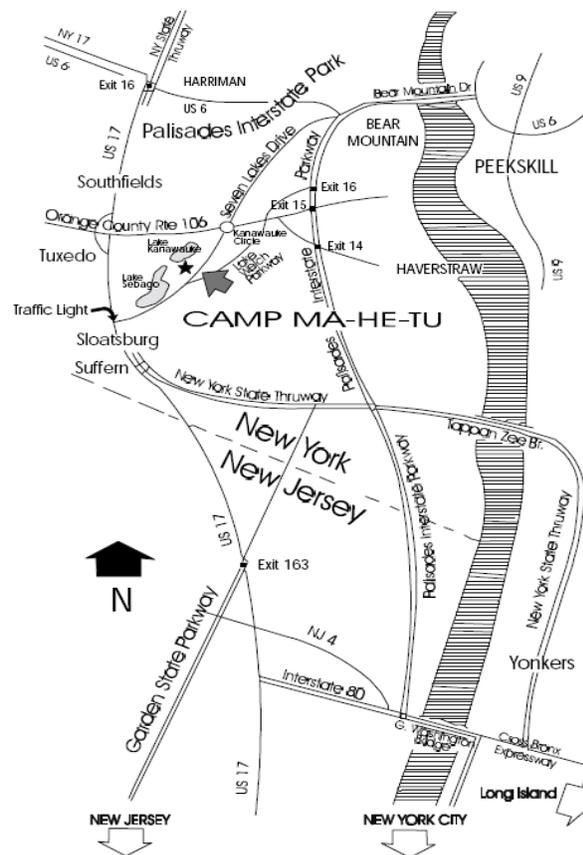
Please note that there is very limited cell phone service within Harriman State Park and even the satellites that communicate with the GPS systems installed in cars may not work well within the boundaries of Harriman State Park, so please review the driving directions below.

**From New York City:** George Washington Bridge to Palisades Interstate Parkway (PIP), Exit 14. Go left at the stop sign toward Lake Welch and Sebago Beach. You will be traveling on Willow Grove Road. Enter Harriman State Park and pass Lake Welch Beach. At Kanawauke traffic circle, travel  $\frac{3}{4}$  around circle and turn right onto Seven Lakes Drive. The camp entrance is one mile on right.

**OR** take Palisades Interstate Parkway to Exit 16 for Lake Welch Parkway. Take left fork toward Lake Welch and bear right at 2nd fork toward Seven Lakes Drive. At the stop sign turn right onto Seven Lakes Drive. The camp entrance is  $\frac{1}{2}$  mile on left.

**From New Jersey:** Route 17 North through Sloatsburg. Go right at traffic light onto Seven Lakes Drive. Camp entrance is 2nd on left after Sebago Beach.

**From Upstate New York:** NY Thruway to Exit 16. Route 17 South to US 6 towards Bear Mountain. Travel 8 miles to traffic circle. Bear right onto Seven Lakes Drive. Continue through two traffic circles; the second one is Kanawauke Circle. Travel  $\frac{1}{2}$  way round circle to continue on Seven Lakes. Camp entrance is one mile on right.



## **IMPORTANT INFORMATION TO KEEP IN MIND AT WOMEN IN THE WOODS**

**SAFETY AT ALL TIMES IS OUR PARAMOUNT CONCERN. Please keep the following information in mind while enjoying your stay at Camp Ma-He-Tu.**

### **CARS**

Please make sure your car has a Camp Ma-He-Tu Parking Permit in the dashboard at all times. This is particularly important if the need arises to have vehicles moved.

Do Not Park your cars on the Dumpster side of the Dining Hall. Parking on the Rec Hall side of the Dining Hall should be for unloading and checking in and checking out only. It is important that Park vehicles, delivery vehicles and the kitchen staff have access to these areas.

### **Participation**

**Participation in all activities is optional.** You are welcome to come and go as you wish. Please do not feel that you must check in and out with us. If you leave camp at night, please close *but do not lock* the gate behind you. If you are planning to be gone for the day and would like us to provide a picnic lunch, please let us know the night before.

### **Supervision**

**Please be aware that children under 16 years of age must be supervised at all times.** The staff will be happy to supervise your children. We're very good at that. To meet NY State Health Code Standards, however, we have to have a system in place to make sure that every child is always accounted for at all times. If you would like your child to participate in an activity and you are planning to be elsewhere, we ask that you, or someone you designate, personally check your child in with the staff member in charge at the beginning of the activity period and meet your child at the end of the period. Additionally, if your child is under six years of age, we ask that you, or someone you appoint, stay on campgrounds and let your staff member know where to reach you while your child is under her supervision.

## **Overview of Activities**

### **Discussion groups**

Discussion topics are for the oldest girls and adults. Topics and facilitators will be announced at mealtime. If you have any suggestion or would be willing to facilitate a group, please let Madeline know.

### **Arts and Crafts**

All ages (adults optional) and will be held in the Arts & Crafts Cabin. A variety of projects will be offered each day. Listen to announcements for details.

### **Athletics**

Middle aged girls to adults (11+)

Softball, soccer, basketball, volleyball, bombardment schedules will be announced.

### **Zip-Line, Low Ropes & Archery Field**

These areas require that a trained staff member be present for all activities scheduled. Please do not wander to these fields unless there is a scheduled activity. If you would like to use the archery field at a time that is not listed please see the WIW Director and we will make arrangements for staff supervision.

## **THE WATERFRONT**

All children under the age of 16 must take a swim test to determine the safest area for swimming based on their ability.

There will be several sessions where the waterfront will be open for General Swim.

### ***ALL RULES APPLY GENERAL SWIM:***

- *Everyone must wear a white bathing cap*
- *Everyone must turn their buddy tag when walking onto the dock and upon leaving the dock*
- *Everyone must have a buddy and observe the directions of the Waterfront staff*

### ***ADULT AND STAFF GENERAL SWIM***

- *Children 16 and under should be in a supervised activity away from the waterfront*
- *Adults feel free to relax in and around the waterfront. But you must observe the directions of the waterfront staff.*

## **SMALL CRAFT SCHEDULE**

Equipment that can be used, by whom, and when...

**Morning:** Sailboats, kayaks, canoes, and rowboats are available to adults and children accompanied by adults.

*Children must be lake swimmers to use sailboats, kayaks, paddleboards, corcls and canoes*

*Children who are non-swimmers may go out in a rowboat with an adult swimmer*

*Swim level is determined by the Waterfront staff and their determination is final.*

**Afternoon:**

*First General Swim:* Sailboats, kayaks, canoes, and rowboats are available to adults and children who are lake swimmers. Children who are non-swimmers may go out in a rowboat with an adult swimmer.

*Second General Swim:* Sailboats, kayaks, canoes, and rowboats are available to adults only.

**Please observe the rules and parameters of where our small craft may be used out on the lake. Do not go past the split rocks to the right on the lake.**

## **OTHER USEFUL INFORMATION TO KEEP IN MIND**

### **MEALS**

All meals are served family style in the Dining Hall. Please save 2 seats at your table for staff members who will help serve and guide the flow of the meals.

***After each meal, the campers in 2-3 cabins and tents will be assigned to help clean up the dining hall. You are expected to help with Dining Hall Kaper (Sweep the floors) or Grounds Kaper (emptying the garbage) Announcements will be made at meals as a reminder. A schedule of kapers will be in the schedule packet you receive upon check-in.***

### **Beverages**

Drinks will be available in a cooler in the dining hall. The cost for all beverages is \$1.00. Please write a mark (/) next to your name for each drink you take. You're on your honor! To help our environment and cut down on the amount of plastic used at camp, you are encouraged to bring a refillable container for water. There are water fountains located throughout camp.

### **Valuables**

Please leave your valuables locked in your car.

**Canteen**

Canteen will be opened at designated times. There will be announcements at meals informing you as to when you may purchase desired items. You may run a tab and pay when you check out. *Payments are accepted in cash or check.*

**Garbage**

In order to minimize animal intrusion, please bring your garbage to the dumpster on a regular basis.

**NO FOOD IS ALLOWED IN THE CABINS AND TENTS!!!!**