



WELCOME TO CAMP SHERWOOD!

Ages 13–16. Monday, July 17–Friday, July 21.

Camp Sherwood is an overnight camp composed of two groups based on age demographics. On Monday, we will tell you which group you are in. Campers who wish to be in a group with a friend of the same age should note this in the Friend Request section of the registration form when registering for camp.

SCHEDULE

Arrival: Monday, 9:00 am. Please arrive promptly.

Opening Circle: Monday, 9:15–9:45 am. This is a very important circle to attend.

Closing Circle: Friday. Parents, please arrive between 1:45 and 2:00 pm. Closing Circle is from 2:00–3:00 pm. Attending will greatly support your child’s integration.

If you have concerns about homesickness, please contact us.

Join us for **Flying Deer Family Day, Saturday, June 17**, at the Abode Mountain Camp.
Delicious food, nature stations, games, crafts, music and more!

LOCATION & DIRECTIONS

Location: The Abode of the Message, near Rt. 20 in New Lebanon, NY. **From East:** Take Rt. 20W from Pittsfield, cross the NY line, and turn left onto Darrow Road. **From South:** Take Rt. 22 into New Lebanon, turn right on Rt. 20, go 1/4 mile, turn right onto Shaker Road, which merges into Darrow Road after 1 mile. **From West:** Take Route 20 into New Lebanon, turn right onto Shaker Rd., which merges into Darrow Road after 1 mile. **From North:** Take Rt. 22 into New Lebanon, turn left on Route 20, go about 1/2 mile, turn right onto Darrow Road.

On Darrow Road: *Obey 25 mph speed limit!* Drive 1 mile to the Abode, turn right onto Chairfactory Road, go less than 1/10 mi., turn left into parking lot, follow signs, park tight!

Sowing Seeds of Respect for Self, Others, and the Earth

Flying Deer Nature Center, 5 Abode Road, New Lebanon, NY 12125, 518 794 6687, flyingdeernaturecenter.org

TO-BRING LIST

Campers, please participate in the packing process so you know where everything is in your pack. You should be able to carry your pack up to ½ mile. Please label as many items as possible.

1 larger backpack for camping gear—clothing, eating utensils, toothbrush, etc.
1 small daypack for short adventures—nature journal, knife, water bottle, snack, etc.
Lightweight sleeping bag: preferably synthetic (wet down makes poor insulation)
Sleeping pad: a camping pad (yoga mats are poorly insulated & heavy when wet)

Clothing: Wet cotton is heavy and can chill the body dangerously. Synthetic clothing dries quickly and keeps you warm even when wet. Good camping synthetics include nylon, polypropylene, and fleece. Wool and silk are great. Dress and pack thoughtfully. Muted earth tones are highly suggested (for forest "invisibility").

2 pair of shorts & 2 T-shirts (one for hiking, one for campsites)
Long johns (top and bottom)
Thin, long-sleeved shirt
Thin fleece (top and bottom)
Bathing suit
3 pairs of socks
Clothes for sleeping in
Waterproof raingear (top and bottom)
Hiking boots (worn in!)
Sandals (lightweight, sturdy Texas or equivalent)
If possible, bring one or two disposable brown, gray, or black garments to use to create ghillie suits.

2 sturdy 32-oz. water bottles
Nature journal, 3 pens and/or pencils
Camping (or non-breakable) bowl, plate, fork
Toothbrush, toothpaste
Headlamp (or flashlight if necessary)
Sturdy, sharp knife; non-folding with 2–3” blade preferable
Bug spray & sunscreen (in small, lightweight, tight-closing containers)
2 heavy-duty garbage bags (a.k.a. "contractor bags")
5 ziplocs (1-gallon, double zipper only)
Toothbrush and toothpaste

Optional: a musical instrument

We are certified by the New York State Health Department, who requires an operating permit and two yearly inspections. Inspection reports and required plans (filed at the Columbia County Department of Health in Hudson, NY) are available for review.

Questions? Contact us at 518.794.6687 or info@flyingdeernaturecenter.org.

Sowing Seeds of Respect for Self, Others, and the Earth

Flying Deer Nature Center, 5 Abode Road, New Lebanon, NY 12125, 518 794 6687, flyingdeernaturecenter.org