

# 2018 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

[info@CampHiddenMeadows.com](mailto:info@CampHiddenMeadows.com)

### Camp Paperwork due by May 15th!

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



# Camp Hidden Meadows

## Table of Contents

Office Hours .....	Front Cover
Address, Phone & Fax, & Email Addresses	
Welcome!.....	3
Meet the Directors: Tom and Silke Bryant	
Our Purpose	
Our online camp office .....	4
Health History Forms	
Insurance Requirement	
Insurance for International Campers	
Medications, Eyeglasses, Orthodontics	
Tuition Deadline Dates .....	5
Cancellation Policy	
Drug, Alcohol, and Tobacco Policy	
No Gratuities Policy	
Camp Store	
Checklists! .....	6
Immediately upon Registration	
Paperwork Due by May 15	
10 Days Prior to Arrival	
The Night Before	
Packing List – What to Bring.....	7
What Not to Bring.....	8
Electronics Policy	
Appropriate Dress	
Laundry Service	
Visitors	
Packing Tips! .....	9
Cooler Temperatures	
Hiking Boots	
Knives	
Rain Gear	
Loss Policy – Do not send valuables or cash!	
Communicating with Your Camper.....	10
Homesickness	
Arrival & Departure.....	11
Times for Registration & Check-out	
Shuttle Logistics	
Driving Directions .....	12
Lodging En Route	
Map.....	13
GPS Coordinates	
Local Lodging	
ACA Accreditation .....	Back Cover
Reminder to Label Camper’s Belongings	
Birthdays at Camp!	

# 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, please don't hesitate to call us at 1-800-600-4752 or 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!*

*Tom and the Camp Hidden Meadows winter staff and office admin*

## Meet the Director

**Tom Bryant, owner, founder, director.**



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

## 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, from our homepage, click the "[Access Your Account](#)" link at the top of the page. Don't hesitate to contact our office at 304-456-5191 or [office@camphiddenmeadows.com](mailto:office@camphiddenmeadows.com) if you have any questions.

## Health History Forms

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

- **Due May 15.**
- Complete all sections.
- Include health insurance information.
- Include prescription insurance information, if applicable.
- Immunization history is a part of the form. You may enter dates or simply check the box that your camper's immunizations are up-to-date.

## 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 recommend 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) must be given to camp medical staff.
- All such items must be in original packaging.  
Please do not send "just enough" pills in a Ziploc 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 care of the device and not losing 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:

**January 1st:** Returning Campers and Friends Discount. Registration and deposit by January 1<sup>st</sup>.

**February 1st:** Early Bird Discount. Full payment and registration by February 1<sup>st</sup>.

**May 1st:** Full payment and registration by May 1<sup>st</sup>.

## Cancellation Policy

- Prior to May 1, we refund all but \$ 200 per camper.
- After May 1, we refund all but \$ 300 per camper.
- After June 1, no refund is available.

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 over \$5.00 is returned to you at the end of our season. Parents of returning campers recommend a deposit of \$35-\$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 the 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 personal payment plan.
- Make a note of your due dates and automatic payment dates.
- Review travel plans. Sign up for shuttles ASAP!
- Set up a Camp Store account.

### Paperwork Due by May 15

- Health History** – to be completed online.
- Waivers** – for White Water Rafting, Zip Line Canopy Tour, or Via Ferrata, \* (*see note*)
- Activity Preference Forms** – for Morning Workshops and New Adventure – for campers age 9 and up.
- Flight Itinerary** – a copy of the flight itinerary **MUST** be on file.
- Alternate Pick-up Form** – for campers who will be picked up by someone other than you.

Fax: 304.456.4184

Email: [office@CampHiddenMeadows.com](mailto:office@CampHiddenMeadows.com)

Snail Mail: Camp Hidden Meadows, 17739 Potomac Highland Trail, Bartow, WV 24920

### Camp forms are found online using your *Camp in Touch* account

\* Waivers for Rafting, Canopy Tour, and Via Ferrata will appear in your account once the camper has completed the “Adventure Trip” form and has been assigned to that activity.

### 10 Days Prior to Arrival

- Completed activity preference forms?
- Parents: Mail a letter to your camper so he/she will have mail the first day of camp.
- Sign up for One-way email. This allows you to send letters to your camper.
- Have medication ready to go in its original packaging.

### The Night before Camp Hidden Meadows

- Do you have directions to camp?  
*If using cell phone GPS, make notes! There's no cell service in the mountains!*
- Is your luggage packed? Use the *What to Bring* 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

- 5 t-shirts
- 7 pairs of socks
- 7 pairs of underwear
- 2 pairs of shorts
- 1 pair of jeans
- 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 muddy/dirty.
- 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.

## Bedding & Linens

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

## Other Equipment

- Laundry bag—clearly labeled with camper's name.
- Flashlight & extra batteries
- Toiletries—soap, shampoo, toothbrush, toothpaste, comb, etc.
- Plastic water bottle or canteen
- Small backpack or daypack
- Insect repellent
- Sunscreen
- Bandana or hat

## Optional Items

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

## Horseback Riding Essentials!

- 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.

**Pack your old, comfy play clothes!**  
**No fancy duds needed @ camp.**

***Don't over pack!***  
**Laundry service is provided for campers staying more than 1 week.**

**Trunks work well as do duffle bags. Avoid large suitcases.**

**Toiletries – please note!**  
**Bring travel size shampoo.**  
**Body wash is easier than bar soap.**

# 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 the camper.
- Do Not** bring cash. There's nowhere to spend it!
- Do Not** bring electronics. No phones, 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?

- A camper engaged in electronic entertainment 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 for the trip to camp, 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 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 information on to others who may wish to send your child a package or letter!* The best letters from home are newsy, directed toward what your child is doing here at camp, short & frequent, positive & encouraging. Avoid writing about what the camper is missing at home.

**Contact Info.** See front cover for phone numbers and our mailing address.

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

**Packages. Do not send FOOD, GUM, or CANDY.** For camper safety, all packages are opened and inspected. Edibles are removed. Ideas: book, magazine, stationery, journal, sketch pad, game, autograph items, ... [Sealed with a Kiss, www.eswak.com](#), specializes in camper care packages.

**Emails.** A paid letter service is offered and accessible through our website under the "parent" tab.

**Fax.** No charge for up to two faxes per day. No cover sheet. Include camper's full name at the top of the page.

**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 and takes him/her away from activities and other campers. Phone calls may also awaken homesickness.

To check your camper's progress or to address a particular concern, please call our office. Incoming calls are relayed to one of our directors who observes and visits with your camper during an activity or a meal.

If we have a concern, we will contact you immediately; otherwise, the director will contact you during his or her scheduled office hours. Please hold off—allow your camper time to adjust to camp!

**International Camper Calls.** Campers arriving from abroad are permitted to call home upon arrival if requested. International campers may also receive a call every 2-3 weeks with prior arrangements.

## 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've receive a *come-get-me!* letter, be patient. Homesickness usually disappears within a few days, so expect a second letter home 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."

Writing often eases your camper's adjustment to new surroundings – see tips above! 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.

If you think your child is homesick, remember phone calls tend to exacerbate these feelings. 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—all passengers wear seatbelts. Passengers are not permitted to move, stand, or trade seats while a vehicle is in motion. Campers should use the restroom just before meeting.

## Opening Day—Sunday

**Arriving by Car.** Registration 2:00 - 4:00 p.m. Sunday.

*Do not bring pets to camp at any time!*

**Ground Shuttle.** Meet between Noon and 12:15 p.m. on Sunday, for 12:30 p.m. departure.

Cooper Middle School, McLean, VA. Back parking lot, adjacent to tennis courts.

Eat lunch prior to meeting the shuttle.

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

**Airport Shuttle.** Flights must arrive between Noon – 3:30 p.m. 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!
- The camper will be met at the baggage claim by staff wearing a Camp Hidden Meadows shirt and holding a sign.

## Closing Day—Saturday

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

Please complete the "Alternate Pick-Up 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 4:00 p.m. Saturday.

Cooper Middle School, McLean, VA. Back parking lot, adjacent to tennis courts

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

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

- 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!
- Campers will be taken to the gate by one of our staff.

# 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, and 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 large 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

(49 miles) Smoke Hole Resort *in* Cabins, WV  
304-257-4442  
800-828-8478

(69 miles) South Branch Inn *in* Moorefield, WV  
304-538-2033

### 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 Bread and Breakfasts, as well as the historic Highland Inn. For a full listing of places to stay visit the [Highland County Chamber of Commerce](#) website.

### 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 large two-story farmhouse).

### Lodging along this route

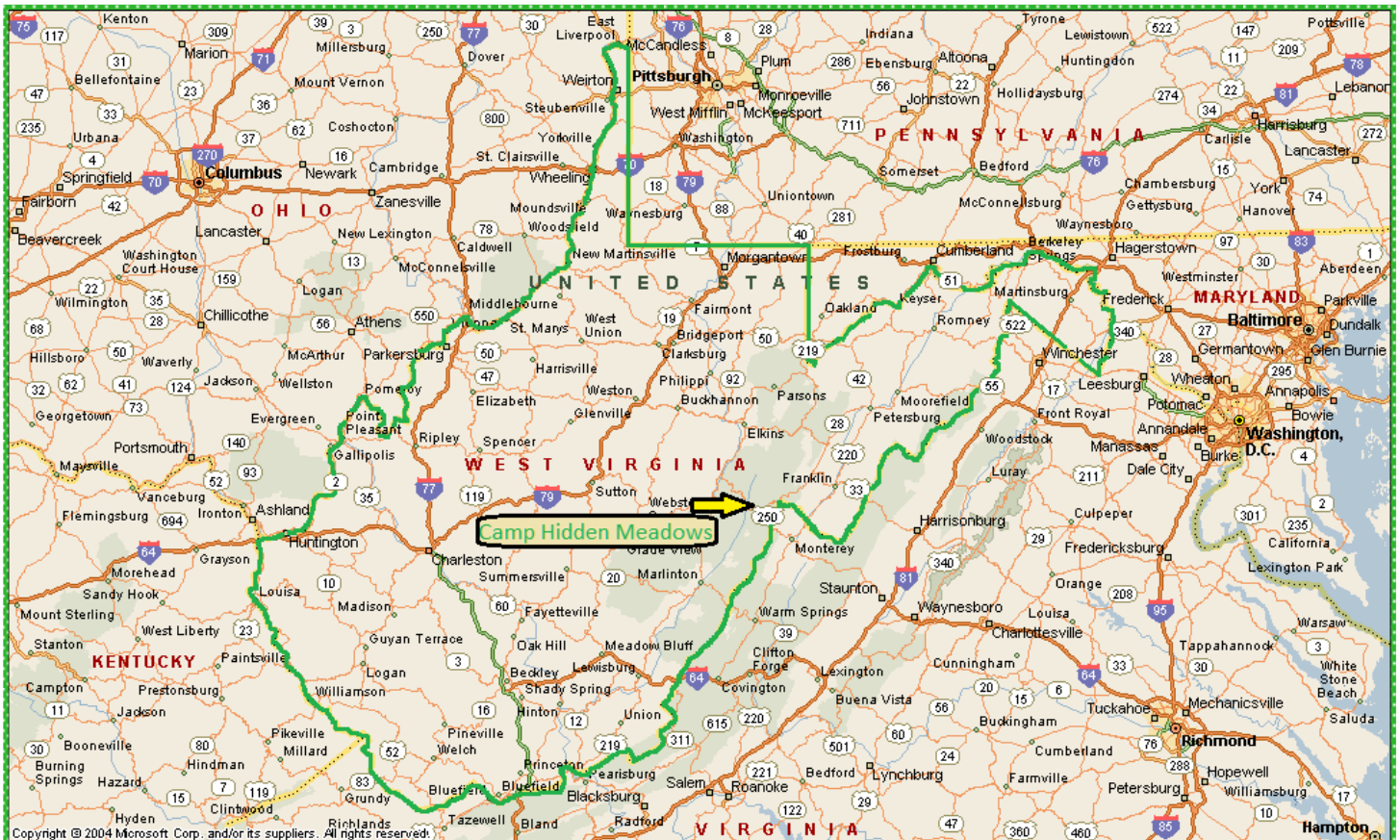
(49 miles) Hampton Inn *in* Elkins, WV  
304-630-7500

(42 miles) Holiday Inn Express *in* Elkins, WV  
304-630-2266

# Camp Hidden Meadows

## Map

We advise families to use the driving directions on the preceding page. GPS, Google maps, MapQuest, etc., 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

**38.56 45 93, -79.72 50 37**

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 and Restaurant, 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 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."