Central Wisconsin Environmental Station

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Environmental Station

Summer Camp Parent Information

Central Wisconsin Environmental Station
College of Natural Resources
University of Wisconsin-Stevens Point

Central Wisconsin Environmental Station
715-346-2798 – 10186 County Road MM – Amherst Junction, WI 54407 – www.uwsp.edu/cwes

CWES Summer Camp Mission Statement:

CWES staff are committed to the leadership, support, and inspiration of youth to foster new perspectives, passions, and an appreciation of the outdoors. CWES provides a safe and healthy environment for positive growth experiences, quality education, and a nurturing setting for discovery and recreation.

Staff Goals:

When interacting with campers, staff will seek to:

- Nurture in campers a set of skills relevant and meaningful within and beyond camp
- Cultivate within campers an affinity for nature and an appreciation of their role within the natural environment
- Inspire in campers a spirit of exploration concerning their sense of self, their interactions with others, and their place in the world
- Encourage in campers the development of the social capacities and self-esteem necessary to create and sustain friendships
- Empower campers through the establishment of connections to positive role models

Camper Outcomes:

We hope that these goals will enable campers to achieve the following, both within and beyond camp:

- Increase self-awareness, self-confidence, and self-efficacy
- Identify and affirm hopes and dreams that lead to positive and meaningful experiences
- Reflect upon the value of building new skills and understandings
- Develop fulfilling and enduring friendships
- Enjoy a deeper connection with the outdoors

CWES Statement:

Camps offered at the Central Wisconsin Environmental Station (CWES) support all campers' physical, social, and mental well-being. CWES provides activities, opportunities and learning experiences for campers that meet the individual campers' needs, capabilities, interests, and overall well-being.

While CWES provides camps for all youth targeted audiences, there are varying levels of activities, risks, and challenges that our camps promote. To best facilitate camper's needs, CWES supports and promotes the following:

1. CWES Staff Support: All hired CWES staff participate in a 1-week training session, including a day focused on Mental Health Training. This allows all staff to be prepared professionally for all campers' overall well-being.
2. Age of Audience: Each camp is designed and designated for specific ages. Campers' ages are confirmed through registration.
3. Range of Difficulty and Physical Capability of Requirements for Participation: Each camp creates different experiences to meet these requirements for each camp group.

Welcome to CWES Summer Camp!

We are looking forward to your arrival at camp this summer! We are excited to offer another summer of great opportunities to enjoy the outdoors, make new friends, and create memories that last a lifetime. This information is to help you prepare for your camper's experience at CWES. Please don't hesitate to contact us with any questions.

Mission

CWES staff are committed to the leadership, support, and inspiration of youth to foster new perspectives, passions, and an appreciation of the outdoors. CWES provides a safe and healthy environment for positive growth experiences, quality education and a nurturing setting for discovery and recreation.

CWES hosts day and week-long coed camps for youth on a 200-acre field station of the University of Wisconsin-Stevens Point. On the shores of Sunset Lake, all camps include swimming, boating, campfires and more, while fostering environmental stewardship and personal development. We hope that all our campers get a chance to grow, learn, and connect at CWES Summer Camp.

Camp Map

CWES Map: Identification of boundaries for living areas and general activity areas.

Our Staff

CWES is staffed by year-round environmental professionals. Our Summer Camp Counselor/Naturalists are commonly college students from Wisconsin. The Summer Camp Director and Assistant Director are both graduate students of the College of Natural Resources at UWSP. All staff must pass reference and background checks to be hired. Before the beginning of summer camp, all Counselor/Naturalists go through one week of staff training that includes Youth Mental Health First Aid. Many summer staff have been campers at CWES when they were younger!

All Counselor/Naturalists are required to have CPR, First Aid, and AED training. The waterfront is staffed by certified lifeguards and various counselors. At all times, there are qualified medical personnel on-site.

CWES believes that a safe and positive environment provides the best experience for growth for all our campers. This begins with the selection and training of staff. We expect our staff to model values of respect, positivity, responsibility, and professionalism. All staff are expected to abide by the CWES Staff Code of Conduct and its policies regarding tobacco, alcohol, drugs, discrimination, and harassment. Every staff member is aware of these expectations upon hire.

Camper Code of Conduct

Our camp programs provide a safe and healthy atmosphere where all youth can explore and learn about the natural world and other people. We expect campers to follow clear expectations regarding their behavior. CWES staff will work with all campers to comply with the rules.

The main expectations for campers are to be respectful and have fun! In addition, all participants are expected to:

- Participate in all scheduled activities
- Follow the directions of CWES staff
- Treat other campers with respect – bullying is not acceptable
- Act in a smart and safe way during camp activities, including at the waterfront
- Remain on the grounds, except when accompanied by staff for camp purposes
- If driving to camp, turn in keys during registration
- Leave all personal electronic equipment, including cellphones, at home
    - If brought to camp, it will be stored in a secure location until departure day
- Leave prohibited items listed on the packing list at home
- Abide by all other CWES rules including:
    - No smoking
    - No use of alcohol, illegal drugs, explosives, or weapons of any kind

Directions

We're glad you're coming to see us! For summer camp, it is the responsibility of the parent/guardian to secure transportation for their child to CWES. If you have further questions after reading these directions, please call us at (715) 346-2937.

From Stevens Point

Travel east on Highway 10 to Highway 161. Turn left on to 161 and follow 161 to County Highway A. Turn left (north) on A for 2 1/2 miles to MM and turn right (east). CWES will be on your left 3/4 of a mile down the road.

From Milwaukee

Take Highway 41 north to Oshkosh, then take exit 120. Follow on Highway 45 north to Highway 10 West. Take Highway 10 West to Highway 161.Turn right on to Hwy 161 west of Amherst. Turn left (north) on A for 2 1/2 miles to MM and turn right (east). CWES will be on your left 3/4 of a mile down the road.

From Madison

Take Highway 51[I-39] North to Stevens Point. Exit onto Highway 10 East. Travel east on Highway 10 to Highway 161. Turn left on to 161 and follow 161 to County Highway A. Turn left (north) on A for 2 1/2 miles to MM and turn right (east). CWES will be on your left 3/4 of a mile down the road.

From Minneapolis/St. Paul

From The Eau Claire/Chippewa Falls area, take 29 east toward Weston/Green Bay. Stay on 29 east to Highway 49 south, and then turn right. At Highway 66, turn right and go west for about one mile to County Highway A, and then turn left. Follow south on A for about 7 miles and go left (east) onto MM for 3/4 miles. CWES will be on your left.

From Green Bay

Take Hwy 29 West past Wittenberg. Once through Wittenberg take a left (south) on Hwy 49. Take a right on Hwy 66 and travel for one mile. Go left on Hwy A and follow A until you reach MM. Take a left on Hwy MM and CWES will be down the road on the left 3/4 of a mile down the road.

From Wausau

Take 45 South to 29. Go west on 29 for about 4 miles and turn left on 49 south. At Highway 66, turn right and go west for about one mile to County Highway A, and then turn left. Follow south on A for about 7 miles and go left (east) onto MM for 3/4 miles. CWES will be on your left.

Lodging

For overnight camps, the campers will stay in one of the Scandinavian-style log cabins, in Anderson Lodge, Shaw Cabin, Dutton Cabin, or Walker Lodge. Cabins will have an appropriate ratio of campers to counselors. All cabins are arranged by age and gender.

If a camper wants to stay in the same cabin with a friend/family member that is also attending camp, they must indicate so during the online registration process. We will do our best to place campers with the friends/family members they have requested.

Meals

Campers are provided with three meals per day at 8:00 AM, 12:00 PM, and 5:30 PM. Day campers will receive lunch and a snack. We have a limited ability to handle special dietary restrictions. CWES' registration process will ask you to include any dietary restrictions. Please be sure to complete this prior to your campers' arrival. Should you need to discuss this topic further, please email a CWES staff member. **Please advise:** We will make every effort to accommodate special diets and food allergy needs but cannot guarantee a complete absence of allergens.

Trading Post

The Trading Post is our camp store, which features items for purchase by campers throughout the week. Items include CWES merchandise, nature-themed souvenirs, and books. Campers may also purchase 2 food items per day, selecting from sports drinks, ice cream, candy bars, and chips.

On arrival day, parents/guardians and campers will deposit money into an account for the week at the Trading Post. Parents/guardians can deposit **up to $75**. Campers typically spend $20-$40 during the week. Deposits can be made by cash or check. We do not accept credit cards.

Campers visit the Trading Post most days. The money deposited by the parent/guardian is never touched by the camper. If the camper chooses to purchase something, the amount is recorded and deducted from their account. On departure day, the parent/guardian and camper are returned any change that may be left.

Missing Home

During the initial days of your camper's stay, it is not uncommon for campers to miss home. Our counselors are trained in ways to recognize and address this in campers, specifically by redirecting their attention to fun activities at camp and enjoying being part of the group.

If your camper's issues revolving around missing home persist beyond the initial days of camp or the issues become extreme, you may be called and consulted to help resolve the issue. However, calling home is a last resort if a child is missing home, as it often makes the camper feel worse. If your camper writes and says they are homesick, please feel free to call the camp office at 715-346-2937 so that we can give you an update on how they are doing since they wrote.

Residential Summer Camp Packing List

Each camper will have their own personal storage space within their cabin, whether it is a dresser, large drawer, or cabinet. Campers should be prepared for extended time outside, except in case of extreme weather. Proper clothing and gear functions as protection against the risk of poison ivy, sunburn, and bug bites.

Luggage: A large duffel bag or other type of soft-sided baggage works best. Please have each piece of luggage clearly identifiable with a luggage tag or full name written on the exterior.

Clothing

- 5-7 Pairs of socks
- 5-10 Pairs of underwear
- 5-6 Short-sleeved shirts
- 3-5 Pairs of shorts
- 1 Jacket or windbreaker
- 1 Long-sleeved shirt
- 1 Sweatshirt or sweater
- 1-2 Pairs of jeans or other heavy pants
- 1 Pair of pajamas
- 1-2 Swimsuits
- 1 Bandana or hat
- Raingear

Shoes

- Hiking boots or comfortable, sturdy tennis shoes
- Old tennis shoes or sandals that strap all the way around your foot
- Shower shoes/sturdy water sandals

Bathroom Items

- 2 Towels: bathing and the beach
- 1-2 washcloths
- Body soap
- Shampoo & conditioner
- Toothbrush & toothpaste
- Hairbrush/comb
- Hair ties
- Container/bag to carry toiletries to bathroom

Bedding

- Sleeping bag and/or sheets/blankets
- Sheet for twin size bed
- Pillow

Other Important Stuff

- Reusable water bottle
- Backpack or daypack
- Sunglasses
- Sunscreen
- Insect repellant
- Flashlight & batteries/headlight

Optional Items

- Camera (Disposable cameras are preferred)
- Swimming goggles
- Water Shoes
- Letter-writing materials
- Book
- Journal
- Fishing rod and tackle
- Costumes
- Small musical instrument
- Watch
- Earplugs
- Favorite stuffed animal

Trading Post Money

- Please review “Trading Post” section for more details.

Day Summer Camp Packing List

Please bring the following items in some sort of backpack. We strongly encourage all campers to have their names written on their items in case the items are misplaced. Campers should be prepared for extended time outside, except in case of extreme weather. Proper clothing and gear functions as protection against the risk of poison ivy, sunburn, and bug bites.

- Backpack for the following items
- Reusable water bottle
- Swimsuit
- Plastic bag for wet items
- Towel *(Optional: Goggles)*
- Water shoes
- Sunscreen
- Bug spray
- Any EpiPen, inhaler, or medication needed (to be carried by trained counselor)
- Sunglasses
- Hat

Prohibited Items

If CWES staff suspects that a child is in possession of any inappropriate items, the staff will have the authority to search the child's belongings. CWES staff reserves the right to confiscate any inappropriate items and securely store them until the end of camp. If any illegal items are brought to camp, items will be confiscated and parents/guardians will be notified.

The following items are prohibited at CWES Summer Camp:

- Tobacco, drugs, alcohol
- Firearms, knives, or weapons of any kind
- Matches/lighters
- Laser pointers
- Fireworks
- Squirt guns
- Expensive jewelry
- Food, candy, gum, snacks, soda
- Pets/animals
- Personal sports equipment (such as archery equipment, baseball bats, golf clubs, etc.)
- "Good" clothes
- Inappropriate or offensive clothing
- Cell phones
- Electronic entertainment devices (games, music, etc.)
- Computers/iPads/tablets/electronic book readers

Technology

Campers must leave electronics at home (unless stated otherwise). Any electronics brought to camp will be collected and stored securely until the end of the week. We feel that campers get the most out of their experience by being more directly connected to the environment through the absence of personal electronics.

Lost and Found

Please be aware that CWES is not responsible for lost or stolen items. We recommend that all clothing and gear be clearly labeled or marked with your camper's name. We will work with campers to help them keep track of belongings and check for lost items throughout the week. Lost and found items will be displayed at the checkout tent on departure day for recovery. We will hold lost and found items for two weeks after the end of camp. If you call us, we will make our best effort to find and return the lost item.

Health Care

Medications

All medications must be in the original prescription bottle, clearly labeled, with the prescription from the doctor on the bottle. The correct name, date, and instructions must be on the bottle. Written instructions must be provided for dispensing the medication. We will not administer medication that is improperly labeled or not prescribed by a physician to that specific camper. We are not allowed to dispense medication in dosages higher than the prescription or packaging indicates. Any unused prescriptions will be returned during check-out on departure day. CWES cannot be responsible for medications left behind.

Non-prescription medications will be dispensed daily per instructions provided by the parent on the camper's Health History or per camp standing orders when needed for occasional treatment.

All medications will be kept locked in the Health Lodge or a lock box to ensure the safety and privacy of campers. Trained health staff will dispense medications. Asthma inhalers, bee sting kits, insulin injection needs, EpiPens, glucose tablets, and glucagon kits can be kept with a supervisor near the child or with the child if approved.

Health Care Counselor

CWES employs a Health Care Counselor as the primary care provider for minor illnesses and basic first aid at our summer camps. The position is responsible for providing individualized care and attention for campers, including dispensing all medications that campers require. The Health Care Counselor possesses at least a Wilderness First Aid certification and Lifeguard certification. The Health Care Counselor works under the direction of an off-site Wisconsin licensed consulting physician. Qualified health care personnel are always on-site. The nearest clinic and hospital are located approximately 25 minutes from CWES. Minor medical issues will be taken care of on-site.

Parent/Guardian Notification

Parents/guardians will be notified of camper illness or injury leads to contact with emergency services, your camper stays overnight in the Health Lodge, has an illness that persists for over 24 hours, or has a highly contagious illness as diagnosed by the Health Care Counselor or our medical consultant. If non-emergency transportation for medical care is needed, emergency contacts on the camper's Health History Form will be contacted for instruction. We do not transport campers.

Insurance

Campers must have health & accident insurance. Medical bills incurred will be mailed to the address on file.

General Camp Schedule

Schedule is Subject to Change:

7:30-8:00: Wake Up and Prepare for Day
8:00-8:45: Breakfast
8:45-10:15: Activities
10:15-10:30: Break and Games
10:30-12:00: Activities
12:00-1:00: Lunch
1:00-2:00: Cabin Time, Rest & Trading Post
2:00-3:30: Activities
3:30-5:00: Waterfront
5:00-5:30: Change for Evening
5:30-6:30: Dinner
6:30-8:00: Evening Activity
8:00-9:00: Campfire/Night Hikes
9:00-9:30: Prepare for Bed and Lights Out

Activities

While each of our weekly camps offers a unique variety of fun activities, each camp includes swimming, boating, and campfires, while fostering environmental stewardship and personal development. Here are some of the activities that your child might experience at camp:

Waterfront: Swimming, canoeing, kayaking, stand up paddle boarding, fishing, log rolling

Nature Exploration: Pond study, nature journaling, arts and crafts

Outdoor Adventure: Archery, tree climbing, survival strategies, zipline

Residential Camp Arrival Day

Camper arrival is from 2:00 P.M. – 3:30 P.M. During camper arrival, you and your camper will go through the following steps:

1. Check-in and unload gear at the check-in tent; receive cabin assignment
2. Complete Pick-Up Slip to be presented by person picking up camper on departure day
3. Deposit money in the Trading Post for camper use in the store during the week
4. Drop off any camper mail
5. Complete health check and deposit medications at one of our health stations
6. Head to your assigned cabin to move in with a CWES Counselor
7. Say goodbye to camper

If alternate arrangements for arrival must be made, please contact us at 715-346-2937.

Residential Camp Departure Day

Camper departure is from 1:00 PM – 2:30 PM. During camper departure, you will go through the following steps:

1. Check-in at the main parking lot. Participate in check out procedures for/with your camper
2. Your camper's counselor will be called to bring your camper to the parking area if they're not already there
3. Collect any medications from CWES Health Care Counselor
4. Check the Lost and Found for your camper's gear
5. Visit the Trading Post and collect any remaining balance of camper money
6. Collect camper gear to load into your vehicle
7. Have camper say good-bye to counselor and friends

If alternate arrangements for departure must be made, please contact us at 715-346-2937.

Day Camp Arrival and Departure Times

Arrival time is between 7:30 and 8:00 AM with departure at 4:30 PM. Please be prompt so we can start activities right away. The Trading Post will be open at 4:00 pm if you arrive early and want to shop for a souvenir before your camper is done for the day.

Communicating with Campers

Parents/Guardians to Campers

The best way to communicate with campers is by sending mail. Please address your letters as follow:

Camper Name
CWES Summer Camp
10186 County Road MM
Amherst Junction, WI 54407

CWES Staff distribute camper mail each day.

Notes on Camper Mail

- Camper mail can be dropped off on arrival day; make sure to list camper name and the day you want the mail delivered
- **Care packages should not include food or any other prohibited items found on page eight**
    - Any prohibited items sent to camp will be confiscated and disposed of
- Consider sending your camper pre-addressed and stamped envelopes and stationery for them to write to you (stamps are also available at CWES as needed)
- If you need to contact your camper in case of emergency, please call the CWES Office Main Phone Number: 715-346-2937, or the Summer Camp Director: 715-346-2711
- In your letters, be aware of the following considerations to ensure the best camp experience possible for your child:
    - Be positive and encouraging
    - Ask open-ended questions that invite descriptive responses

- Remember that one of the reasons your child is at camp is to build a sense of independence and confidence
- Help alleviate homesickness by not dwelling on how much you miss your camper or other things that might make them miss home

Parent/Guardian Visits

We do not allow parents to visit camp or call unless an emergency arises. One of the purposes of camp is to give children a chance to have an experience away from home, in the outdoors, with new people to really discover their interests and learn about themselves. We have found that if parents visit camp, it can limit this process and contribute to homesickness.
In all cases, for the security of campers, all visitors must first check in at the camp office and be prepared to show a picture ID.

Campers to Parents/Guardians

Campers can send mail to parents, family members, and friends while at camp. Considering the following things will help your camper best communicate with you at camp:

- Sending pre-addressed and stamped envelopes and stationery with your camper best ensures they will write to you while at camp
- Campers will not be able to call home or take your calls while at camp
  - We have found this often contributes to homesickness and reduces the positive impacts of camp
  - If we have a concern about your child, we will contact you
- Cell phones are not permitted at camp
  - Cell phones with a camera feature are not considered cameras at camp

Questions? Concerns?
Please call CWES at 715-346-2493!

We can't wait to see you at CWES!