

Camp Oswegatchie

New Camper Information Sheet

As a new camper to Oswegatchie, we know that you may be slightly nervous about heading into an unfamiliar environment. We have put this page together so that you will know what to expect for your week of camp.

- ◆ Summer camp starts with registration at 12 noon on Sunday. This day is very important because we get everyone organized. This day includes swim tests, signing up for activities, and getting into campsite group.
- ◆ When you arrive at camp, you will register at the main lodge. You will want quick access to your medications, outstanding payments, money to put in a store account, and your swim suit and towel.
- ◆ Your medications will be kept by the camp medical director at the first aid cabin. The medical director will make sure you take your medications throughout the week.
- ◆ Any money you want to keep safe for the week should go into a “Camp store account”. When you buy something at the store, that amount will be subtracted from your store account. At the end of the week, anything you have left is returned to you. Any money not in your store account is at your own risk, meaning if you lose it, you are responsible not Oswegatchie. The camp store account is your only insurance that you will not lose your money.
- ◆ We require all campers who wish to participate in water activities to take the swim test. We need to test you to make sure that you will be safe in the deep water for swimming and boating. Our test includes treading water for 5 minutes and swimming 2 laps across our swimming area. It is not a race and you can take as much time as you need. When you take your test, it will be with about 4 other campers. The best tips for swim test success are to stay relaxed, take your time, and do not give up. If you pass your swim test you can sign up for activities like canoeing, kayaking, waterskiing, tubing, and you will be able to swim in the deep end of the swimming area. If you do not pass the test or choose not to take it you will still be able to fill your schedule with exciting land activities.
- ◆ After dinner on Sunday each campsite takes a camp tour. This will help you find your way around the main camp area and allow you to understand the rules of each area.
- ◆ Our campsites are spread out around the property. Each campsite includes 3 cabins, a lean-to, a fire ring, and an outhouse or access to a nearby bathhouse. Each evening you will go out to your campsite to spend time with your campmates, build a campfire, and sleep. In the morning you will return to main camp with all of the stuff you will need for that day. Since our campsites are so spread out, visiting your campsite during the day is not permitted. This is why we recommend that you bring a day pack that you can repack for each day's events.

- ◆ You will be outside and active every day. This means that you need to prepare yourself to stay comfortable and healthy for a busy 5 days.
- ◆ For Comfort: Make sure that you bring clothing for all types of weather. It will likely be warm and sunny during the day so shorts and T-shirts are perfect. However at night and in the early morning it will be chilly and you will want some warmer clothing. Oswegatchie still has activities in the rain so have a rain poncho or jacket handy. Footwear is very important, at Oswegatchie footwear is required at all times except at the beach front. So be sure to bring sneakers and sandals or shower shoes. Also if you want to participate in horse back riding you should be sure to pack long pants and a stiff shoe or boot, no sneakers or sandals will be allowed for horseback riding. For comfort at your campsite be sure to bring all of your own bedding Oswegatchie does not provide any type of bedding.
- ◆ For Health: It is very important that you stay hydrated and eat well while you are at camp. If you stay busy, you will want and need to keep fueled up! Water is always available at Widrick lodge, you can bring a water bottle or purchase an Oswegatchie nelgene at the camp store. We serve three hearty meals each day and make snacks such as apples and trail mix available though out the day in the dining hall. Please do not bring large amounts of snack food as there is no good place to store it away from campsite critters. Candy bars and other snack foods are available for under a \$1 at the camp store.
- ◆ Contact with home: When you come to Oswegatchie it is important to know that there is a no available phone use for campers, also there is no cell phone reception at camp. We ask that you please leave your cell phones at home. Emails are distributed daily, but there are no computers available for campers to respond. Please remember that Oswegatchie is only a 5 day program. Only in the case of an emergency will campers be permitted phone use.

We hope you will have a great week at camp and look forward to meeting you! By coming to camp, you will be taking a challenge that will change you forever. You will meet countless people, try many new things, and have one unforgettable experience. See you Soon!