

# Pilgrim Lodge Parent and Camper Guide for Youth Camps



[www.pilgrimlodge.org](http://www.pilgrimlodge.org)  
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Pilgrim Lodge is accredited by the American Camp Association.  
Information on accreditation standards can be found at  
[www.acacamps.org](http://www.acacamps.org).

## **All About Pilgrim Lodge**

### **Greetings Parents and Campers!**

Thank you for sending your child to Pilgrim Lodge this summer. This guide has been developed to help parents and guardians prepare for time at Pilgrim Lodge; and to help you and your child know what to expect on policies and procedures when camp time comes.

### **Mission**

Pilgrim Lodge extends the ministry of the Maine Conference United Church of Christ through quality camping and retreat experiences. Hosted programs at Pilgrim Lodge emphasize spiritual and outdoor exploration, personal growth, authentic self-expression in a safe environment, and intentional community that affirms individual sacredness.

### **Values**

Love of Creation – PL demonstrates the importance of environmental stewardship in our programming and use of resources

Love of Neighbor – PL creates a caring space for all people.

Love of Children – PL dedicates the majority of the summer to meaningful programming for youth.

Open and Affirming – PL stands for the inclusion of all people in accordance with our Statement of Faith. All who come in love have a seat at our table.

### **Statement of Faith**

Pilgrim Lodge is a ministry of the Maine Conference UCC. All people who strive for a just world are welcome at Pilgrim Lodge and integral to our mission, regardless of faith journey, age, gender identity or expression, ethnicity, skin color, ability, sexual orientation, income, citizenship status, or any other similar labels. We live our faith through serving children, groups and families of all background with the same loving grace that has so freely been given to us.

### **Pilgrim Lodge Camp Philosophy**

Pilgrim Lodge is a multi-generational summer camp and retreat space centered on the spirit of extravagant welcome. Ours is a ministry of inclusion: no matter who you are or where you are on life's journey, all who come in love have a seat at the table. We each bring our unique and sacred lived experiences as we are called into relationship with one another on the shores of Lake Umbagog. We believe that intentional periods of living together, seeing the divine in one another and sharing in appreciation of the beauty of the earth, gives our spirits a chance to open to life in a real and vital manner. We believe in providing space to slow down the rapid pace of modern life in order to tend to community.

As a camp, we offer classic elements of a Maine summer, including cabin living, meals in the dining hall, and time at the waterfront. Amidst the fun activities at camp, we seek to explore issues of justice, focus on care of self, others, and creation, and build relationships that equip us to return to the world beyond. While rooted in the Christian tradition of the United Church of Christ, we believe no single tradition holds all the answers to the questions and challenges our world faces. To that end, campers explore scripture and other texts through the lens of story, metaphor, and critical thinking. Campers also design and participate in worship and Sacred

Gathering experiences that find inspiration in a diversity of perspectives and in the natural world. Camp is for anyone on a journey of spiritual exploration, faith formation, or any other form of religious engagement.

### **Open Registration Policy**

Anyone may attend Pilgrim Lodge. Campers do not need to be a member of the Maine Conference United Church of Christ. Rules concerning acceptance and participation in all Pilgrim Lodge programs are the same for everyone according to our Statement of Faith.

### **Is Pilgrim Lodge the Right Fit for your Child?**

When considering whether Pilgrim Lodge is the right fit for your child, it is important to keep in mind that campers participate in a group living environment with shared cabins in bunk beds, meals and activities. Pilgrim Lodge is an accessible site with paths, ramps, and a boardwalk connecting the majority of the sites' facilities. It is a naturally wooded environment with areas of uneven terrain. A bell is rung to signal the change in activities. Please consider the following expectations of campers.

Campers must be able to:

- Attend to their own personal hygiene needs independently including brushing teeth, showering, getting dressed and using the toilet. For younger campers, counselors may offer minor coaching and Pilgrim Lodge is prepared to support instances of bed-wetting.
- Self-regulate during meals, be willing to try the foods at camp, and eat something of substance during mealtimes. A primary menu is served at every meal with alternatives available at each (oatmeal and cereal in the morning, a salad bar and sun butter and jelly at lunch and dinner). Pilgrim Lodge is prepared to support a range of dietary restrictions and food allergies, but extreme restrictions will have to be supplemented with food provided by the camper's family. Contact the Pilgrim Lodge office to plan accordingly.
- Participate in daily camp activities. Daily life at camp involves a significant amount of structure with engaging and stimulating activities. A rest period is available after lunch each day and breaks may be offered to campers for short intervals. Campers, however, should be prepared to participate in activities in an environment with a variety of sensory inputs and full days of program.
- Self-regulate emotions and seek support from adults when assistance is needed. Camp experiences can be intense and stimulating and emotions can run high. Conflict can occur in group living situations. Adults are available to provide support as issues arise and campers are expected to engage in problem-solving and conflict resolution practices.
- Adhere to behavioral expectations for camp in order to uphold safety for self and others.

Please notify the camp office of any special circumstances that your child may be facing prior to arrival at camp such as a recent loss, family divorce, or a change in medication may contribute to a camper's behavior. All information shared will be handled with sensitivity and with the adults who will support the camper on a need-to-know basis.

Please let us know ahead of time if you, or your camper, require specific accommodations or mobility assistance, so we can be sure to have an appropriate plan in place. ***If your***

*child requires additional assistance with verbal or sign language interpretation, vision, social interaction, mobility or fine motor skills, medical or other personal situations, we ask that they attend with an “aide” to provide the extra care needed, ideally a parent/guardian* or individual with a personal relationship and knowledge of the campers’ situation. The aide could participate in camp activities on a similar level to a counselor, but their main focus and priority would be to ensure the camper has the assistance and support they require to have the best experience possible at their camp session.

### **Camp Session Leadership - DEANS**

Each session at Pilgrim Lodge is organized by volunteer leaders called Deans. Most sessions have two Deans who are responsible for organizing the program and schedule. Because the deans and counselors are at PL as volunteers, for your event only, they bring a fresh and exciting feel to each session. Shortly before your session is to begin, you will receive a letter written by your Deans from the camp office by email. This letter will describe the theme, outline special events, tell you special things to bring, and let you know of any deviation from information in this guide. Deans’ letters are also posted online on the camp listing.

### **Counselors**

Counselors are volunteers who support a single camp session and are screened and trained by the Pilgrim Lodge staff. **Background checks are performed on all adult deans, counselors and staff members.** A counselor is assigned to each cabin to provide supervision and support camp activities. Counselors meet daily with the deans and a member of the PL staff to discuss camper issues and gain support for particular behavioral issues.

### **Camp Outreach Project**

Each summer Pilgrim Lodge has an outreach project that is incorporated into each session, typically as an evening program presentation and activity. Through this program, campers learn about an organization or multiple organizations that Pilgrim Lodge will support, how those involved with the organization work to help others, and what Pilgrim Lodge campers can do to help their organization. As part of the project, campers and families have the opportunity to contribute monetary or other specific donations. These donations are generally collected during check-in at camp or the family may designate remaining store balances at the end of the week to be donated to the outreach project.

For more information about this summer's Outreach Project, visit our website - <https://www.pilgrimlodge.org/summer-camp/outreach-project/>

### **Theme and Curriculum**

Each year has a different theme divided into concepts to explore each day that relate to a scripture passage, sacred text or other guiding content for that day. The curriculum provides age appropriate activities that are generally utilized during Family Group time. For multifaith camp programs, thematic material from the curriculum may be used while drawing upon a variety of other texts. Deans, counselors, and staff are encouraged to weave the themes throughout the day as well.

**Outcomes:** The Pilgrim Lodge program and use of curriculum are designed to support campers in developing a sense of community and belonging through increased self-confidence and being accepted for one's authentic self. Through exploration of concepts of faith and spirituality, campers will be encouraged to reflect upon the value of spiritual seeking in their own lives.

## Registering and Preparing for Camp

### Registration

Registration and payment is through Pilgrim Lodge's UltraCamp platform. Confirmation notices will be sent after registration and the deposit are received and accepted. Registration confirmations are sent by email. If the UltraCamp system presents a barrier, contact [info@pilgrimlodge.org](mailto:info@pilgrimlodge.org) or 207-724-3200.

### Payment & Refunds

There is no refund for campers sent home for illness, homesickness, injury or discipline. A non-refundable deposit of \$100 for week-long sessions and \$50 for half weeks, and \$25 for weekend events is required with the initial registration. **Please note the balance is due two weeks before the start of the camp session.** We do not accept payment at camp. If payment is not received on time, campers may forfeit their spot to others on the waiting list.

If a camper withdraws *more than two weeks* before the start of a session the deposit will be forfeited, while any additional payments that have been made will be refunded.

If a camper withdraws *two weeks or less* before the start of a session the parent or guardian will be responsible for the full camp fee; no refunds will be made.

### Unpaid Balances:

Individuals with an unpaid balance from previous years will not be allowed to register until past balances are paid. Payments received will be used to pay unpaid balances from previous years and not toward registering for new events.

### Event Cancellation:

All events are subject to cancellation due to insufficient registration. If an event is cancelled, full refund of payments (including registration deposit) will be made.

## Scholarships

Many local churches and some community organizations have their own camp scholarship program. If you are associated with a church, please ask your pastor if such a program is available. Additionally, scholarships are also available from the Maine Conference UCC by applying through Pilgrim Lodge. There are a limited amount of funds for distribution. Scholarships will be dispersed as long as funds remain for the season. Please apply only if you are truly in need in order to attend camp. Scholarship options are available at: <https://www.pilgrimlodge.org/summer-camp/scholarships/>. Please contact us at [info@pilgrimlodge.org](mailto:info@pilgrimlodge.org) or calling 207-724-3200 for support or questions.

## **Physical Exam and Health Form Requirements**

Health forms are to be submitted to camp at least two weeks prior to arrival.

Health forms are available online or will be mailed by request.

Parents will have the option to fill out the Health Form 1 online through the registration system. After completing the online form once, information will be saved and parents will only have to update any changes to the form from year to year.

### Physical Exam

A physical examination is required and documented on Health Form 2 by a licensed prescribing provider with their signature within 24 months of attending camp.

### Vaccine Record

A current vaccine record should be submitted at least two weeks prior to arrival.

## Frequently Asked Questions About Health Forms

### **1. Which Health Forms do I need to complete?**

- Parents fill out Health Form 1
- A prescribing providers signature is needed on Health Form 2
- Only those with inhalers, epi-pens, or other medications that *must be kept on their person* must fill out Health Form 3, signed by both the prescribing provider and a parent (Maine State Law)
- Current vaccine records must be provided by the parent or Health Care Provider

### **2. Can I use last year's form again this year?**

Documentation of a physical examination is required and documented on Health Form 2 within 24 months of attending camp. If records that you provided to Pilgrim Lodge in the prior camp season satisfy this requirement, you can use last year's forms again this year. If you are unsure of the date of your child's most recent physical examination on file with Pilgrim Lodge, please contact us (207-724-3200, [info@pilgrimlodge.org](mailto:info@pilgrimlodge.org)).

### **3. Does my child's sports exam suffice?**

A physical form signed by a doctor within the last 24 months that clears the camper for school sports may be substituted for Health Form 2 only. Parents still must complete Health Form 1.

### Medications

ALL medications (including birth control and non-prescription medicines) must be turned over to the camp Health Care Provider at registration. Failure to provide medications to the Health Care Provider will result in a camper being sent home without refund. Do not bring common over-the-counter medications (such as Tylenol) as these are available from the camp Health Care Provider. Medications should be in their original container and clearly marked with the camper's name, the name of the medication, and usage instructions. Medications not in their original containers (including prescription medications) will not be accepted. Daily pill boxes will not be accepted. Unused medications are to be picked up at the end of the week. We recommend you speak with your health care provider about keeping your child on medications prescribed during the school year while at camp.

### Disclosure of Medical Conditions

In order for us to help your child have the best experience possible, the Camp Director needs to be aware in advance of any physical, emotional or behavioral needs a child may have. Special arrangements can be made. This information is shared only with those responsible for the care of your child.

### Health Screening

A Camp Health Care Provider or trained staff member will perform a brief health screening upon arrival.

### Health Care

A Health Care Provider is on duty during all youth camps, with standing orders from a prescribing provider on call. We will attempt to reach parents or guardians if an illness or injury requires a visit to an external Health Care Provider, Express Care or the Emergency Room. If we cannot reach parents or guardian, we will take the camper for treatment and continue to try to reach parents. Parents or guardians are responsible for health care costs should a camper need to be brought to our on-call provider's office, Express Care or the Emergency Room. Parents are responsible for payment directly to the health care provider. At the time the camper is picked up, parents will reimburse Pilgrim Lodge for prescription medication purchased on a camper's behalf.

### **Photographs and Publicity**

By registering for camp, campers and parents/guardians agree that photographs taken of campers may be used for promotion by the Maine Conference United Church of Christ including, but not limited to: future camp brochures, promotional slide shows, video presentations and the Pilgrim Lodge or Maine Conference UCC website and social media platforms.

Every camper will receive an 8X10 photo of all the people in their camp. During youth sessions, photographs from camp are posted in UltraCamp and available through the log-in of the primary contact for the camper. Photos can be viewed as follows:

1. Log into your UltraCamp Account
2. Look for the three horizontal lines in the top left corner, select Photo Gallery
3. Select the appropriate camp season by year
4. Select the camper who is at camp this week
5. Follow instructions to purchase photos as desired.

### **Pre-camp Visits**

Parents concerned that their child is nervous or may become homesick can do some things to help the child prepare for camp. A visit to camp ahead of time is the best way for a child to know what to expect. Please call before you visit. Coming to camp with a friend is another good idea.

## Communication

### Visitation

Parents, family members and friends of campers are invited to accompany the camper during registration and drop-off. At other times campers will be fully occupied and family and friends are asked to please refrain from visiting or calling by telephone.

### U.S. Mail to campers

Letters from home are encouraged. Please keep letters upbeat and do not focus on how much you miss your camper. **Do not mail candy or food.** Do not send any mail after Thursday.

### Address letters this way:

Camper's Name,  
Name of Session (ie: Middler Spirit) Cabin # (camper's cabin number)  
Pilgrim Lodge  
103 Pilgrim Lodge Lane  
West Gardiner, ME 04345

### Email to campers

Campers may receive emails. This option is available through UltraCamp, our online registration system as follows:

1. Log into your Ultra Camp/Registration Account
2. Look for the three horizontal lines in the top left corner
3. Select Message Center
4. Select Email a camper
5. Purchase Email Credits (\$5 / email)

## Cell Phones

Disconnecting from the world of electronics is a necessary part of camp community building.

**Youth campers are not allowed to possess cell phones or other forms of electronic communication at camp and may be sent home if found possessing a cell phone.** Parents have access to an emergency number (207-458-8219). Using cell phones as a watch is not an acceptable excuse for possession of cell phones at camp. Aside from the fact that cell phones are expensive and can get lost or stolen and that the physical camp environment is not kind to such items, utilizing cell phones interferes with some of the fundamental goals of camp which include disconnecting from daily routines and settling into a new pace at camp, especially in connection to the natural environment available at Pilgrim Lodge. When children come to camp and interact with adults beyond their family environment, it is one of the growth-producing, yet challenging aspects of camp. As children learn to trust other caring adults, they grow and learn, little by little, to solve some of their own challenges. We believe this emerging independence is one of the greatest benefits of camp. It is one important way your child develops greater resilience. We will contact you to let you know if your child is experiencing a challenge in their adjustment to camp. You can help by talking with your child before they leave for camp and telling them that there is always someone they can reach out to, whether it be their counselor, a trusted staff member, a



Dean, the camp Health Care Provider, or the Director. We are all here to help. Please don't give your child permission to break this rule: it is a confusing message and a precedent about how other rules apply to them.

### **Phone Calls and Off-Hour Emergencies**

Phones are available for use by campers only in case of emergency.

The office phone number is 207-724-3200.

If the office is closed and IN THE EVENT OF EMERGENCY ONLY you may call 207-458-8219.

Please do not call the emergency line for administrative or non-emergency reasons. Please do not ask to speak to your camper for non-emergency issues. The camp Director and staff are happy to check in with deans and counselors and give you a full report on how your camper is doing. Call the office during business hours for a check in.

### **Packing and Arriving at Camp**

IT'S ALMOST TIME FOR CAMP! A Packing List for Youth Sessions

#### **What to Bring\***

- Casual relaxing clothing
- Warm layers for cold days or nights
- Warm pajamas
- Rain gear
- Shorts
- Jeans / pants
- Sweatshirt or fleece coat
- Bathing suit and Beach towel(s)
- Shower shoes / beach shoes
- Sneakers / closed-toed shoes for recreational activities
- Bathroom items (towel, hand towel, washcloth, soap, toothbrush, floss, comb/brush, shampoo, etc.)
- Sleeping bag or sheets and blankets for twin-sized cot
- Pillow with pillowcase
- Flashlight
- Laundry bag
- Insect repellent and Sunscreen (SPF 30 or more)
- Water bottle with camper's name written on it
- Notebook, pen, stationary, stamps
- Musical instrument (optional)
- Money for store and optional Outreach Project donation
- Medications: Prescriptions must be in **their original container** and clearly marked with the camper's name. (Bring medications through the registration line to provide to the Health Care Provider)

- Items specified in the Dean's letter for the session which could include:
  - Bible or other reading materials for the program
  - Clothing to tie-dye
  - A dress-up outfit or costume for Fancy Dinner

\*Please contact the office if there are items that you don't have. We may be able to share!

### **What NOT to Bring**

- Cell phones, electronic communication devices, computers, electronic handheld games, or any device that uses wireless or cellular data
- Alcohol or illegal drugs
- Weapons (including pocket knives) or fireworks
- Pets (contact the office in the event that a camper utilizes a service animal)
- Valuables or jewelry
- SCUBA Equipment
- "Healies," skateboards, in-line skates or bicycles

### **Clothing**

Pilgrim Lodge wishes to affirm everyone's right to self-expression and their right to express their individuality. The intent of the clothing guidelines is to ensure that everyone feels comfortable and accepted as they are at Pilgrim Lodge. The following will not be tolerated on clothing: Profanity; pictures or message of a sexual nature; weapons, violence; drug, alcohol or tobacco related material; or any item that degrades others or is offensive.

### **Insect Repellent and Sunscreen**

Lyme Disease and other insect-borne illnesses are a risk in any outdoor activity in the state of Maine. Campers need to bring and apply appropriate, non-aerosol insect repellent. There have been cases of Lyme Disease allegedly contracted at Pilgrim Lodge. Exposure to the sun also carries risk. Campers need to bring and apply sunscreen with an SPF factor of *at least* 30 before outdoor activities. Please send only sunscreens and insect repellents in non- aerosol containers.

### **Personal items**

Campers are free to bring personal items such as musical instruments, (larger instruments usually are left in the music cabin), music devices (see below), and sporting equipment, provided their name is written on the item. Pilgrim Lodge is not responsible for lost, stolen or broken items. We recommend writing your name on all items, including clothing.

### **Music Devices**

Middle and High School age campers may bring listening devices to camp to help them fall asleep *if the following conditions are met*.

The device:

- is not internet capable
- is not also a cell phone, electronic communication, or gaming device
- is not used at any time other than when lying down on one's bunk, at either bunk or bed

time

- does not leave the cabin (except for approved program specific events)
- is used with headphones or earbuds so that others cannot hear the music
- is turned off at the counselor's request

Counselors may choose to keep listening devices in their possession and distribute them before bed or bunk time. Any listening device can be confiscated if used outside these guidelines, or guidelines established by the deans or cabin counselor. If confiscated the device will be returned at the end of the session.

### **Drop Off and Pick Up**

Transportation to and from Pilgrim Lodge is primarily the responsibility of parents or guardians. In the case of campers traveling from out of state by plane, bus or train or if the family does not have access to a vehicle and transportation presents a barrier to attending camp, please contact the camp office at least one month in advance to make arrangements.

Drop off and pick up times are posted in the camp brochure and on-line. Most sessions register between 2 and 3 pm of the first day and pick up is usually at 9:30-10:30 am on the last day. *Any changes will be reported in the Dean's Letter.*

### **Dropping off late/picking up early**

Pilgrim Lodge desires to create a community with all of its participants. Arriving late and leaving early creates gaps in that community that affect all participants. Therefore, we expect campers to arrive at the designated time and to stay for the duration of the program. If you cannot make this commitment, please contact us at 207-724-3200. Deposits are non-refundable. (Please note, a few parents with last minute issues like traffic have been concerned that their child would not be accepted if they were a bit late. This is not the case! A camper will be released for their own medical health or on the death of a family member).

### **Camp Store and Store Accounts**

The camp store sells postcards and stamps, Pilgrim Lodge apparel, hats, flashlights, memorabilia, and necessary items such as toothbrushes, and combs. All Pilgrim Lodge clothing is certified sweat-shop and child labor free! All proceeds from the Pilgrim Lodge store go directly to support Pilgrim Lodge.

No cash is accepted at the store during the week. Parents set up camper store accounts upon arrival. The account is drawn down during the week. Upon camper pickup you will receive any change due, if you indicated at the time of drop-off you wanted cash back. *Other options: donate remaining balance to Summer Outreach Project, donate remaining balance to Pilgrim Lodge, maintain remaining balance in account (if camper is coming back for another session).* During the week the store will open once a day for ice-cream sales (\$1.50 per day) and other items.

### **Camper Life**

## **A Typical Day at PL**

No two days are exactly alike and there will be some slight differences depending on the camp session and age of campers. Generally, the program schedule looks like this:

- 7:00 Wakeup bell, optional swim
- 8:00 Breakfast Jumper Bell (*Jumpers set tables*) and Cabin cleanup
- 8:15 Breakfast
- 9:00 Chapel or Sacred Gathering – *for multifaith camp programs*
- 9:30 Morning watch - *quiet reflection*
- 9:45 Family Group - *curriculum based, group building activities, worship or Sacred Gathering planning*
- 11:00 Option time - *swimming, boating, crafts, music, nature education, games in the lodge*
- 12:00 Lunch Jumper Bell
- 12:15 Lunch
- 1:00 Bunk Time - *rest period in bed for reading or writing; Mail delivery*
- 2:00 Interest groups - *small group activities led by counselors or staff*
- 3:00 Ice Cream time
- 4:00 Family Group
- 5:00 Option time - *swimming boating, crafts, music, nature education, games in the lodge*
- 6:00 Dinner Jumper Bell
- 6:15 Dinner
- 7:00 Vespers or Sacred Gathering
- 7:30 Evening Program
- 8:45 Snack and evening medication time
- 9:00 Bedtime - *younger campers*

## **Older Campers**

- 9:00 Boardwalk Time - *time for socialization on the boardwalk*
- 9:30 In cabins
- 10:00 Lights out

## **Names and pronoun use at Pilgrim Lodge**

At Pilgrim Lodge, we invite campers, volunteers and staff to share their names and pronouns during introductions. No one is required to share pronouns if they do not want to and, in that case, will simply be referred to by their name. We respect a camper's decision to share their name and pronouns. If a camper chooses to use a different name than that listed on their registration form, counselors will use the name that campers use for themselves. Counselors and staff will not inform the camper's parent or guardian of their name and pronouns used at camp unless the camper requests that they do so. The unique experience of camp is that campers are able to explore who they are away from their families and social circles at home. As with any number of activities or experiences provided by being at camp, all of this is part of healthy development and independence.

## **Supervision**

Campers are supervised by counselors and staff. At each interval campers know what their

options are and where they are supposed to be. Sometimes the volunteer counseling staff is in charge and at other times (i.e. 'Option Time') the summer staff are supervising. There are some periods of informal socializing in the lodge or on the boardwalk, but with adults close by. Campers are not allowed to wander the camp alone or without supervision and can be sent home for defying this regulation. Set shower times are supervised by the cabin counselor sitting in (or just outside) the cabin, within earshot.

All counselors that supervise cabins are age 18 or older (a cabin may include a Counselors-in-Training which will be between the ages of 16 and 18 and will always be paired with a counselor over the age of 18). Counselors complete an application and screening process and undergo an annual background check. We maintain a staff to camper supervision ratio of 1:8.

Counselors, Deans and camp staff participate in training before campers arrive at camp to review strategies and procedures for maintaining a safe environment at camp.

Just as topics such as race, ethnicity, and personal faith or religious views are not off limits when discussed with respect and authenticity, conversations related to gender diversity may also arise and be handled with respect and care. Our counselors will be trained in how to answer basic questions about gender at an age-appropriate level so that campers of gender minorities do not have to (unless they want to) as well as how to escalate these questions to the Deans or Camp Director, if necessary. To be a little uncomfortable is a good way to stretch and grow, feeling unsafe can be traumatizing. Therefore, if there is an issue of chronic bullying in a cabin, steps will be taken to attempt to resolve the issue with the camper, but if it continues the camper doing the bullying will be sent home.

## **Cabins**

Pilgrim Lodge offers choices for cabin assignments: Boys, Girls or All-Gender Cabins.

- **Girls Cabins:** for cisgender girls (assigned female at birth and identify as female), trans girls (assigned male at birth and identify as female), trans boys (assigned female at birth and identify as male), and nonbinary campers (assigned either male or female at birth and identify as neither or both male and female).
- **Boys Cabins:** for cisgender boys (assigned male at birth and identify as male), trans boys (assigned female at birth and identify as male), trans girls (assigned male at birth and identify as female), and nonbinary campers (assigned either male or female at birth and identify as neither or both male and female).
- **All-Gender Cabins:** for anyone and everyone who feels safest in this space, including gender diverse campers or cisgender campers who identify with their sex assigned at birth. People who select this housing option are comfortable being housed with people of all different gender identities. (Note that, if you select this as the only option for your camper and there are not enough campers who opt-in to an All-Gender Cabin, we will contact you to determine which cabin will be the best fit for your camper).

Families will not be notified of medical histories or any other personal information about their child's cabin mates or counselors before, during, or after their session. The cabin counselor for each of the three options may be of any gender.

During registration, you will be given multiple choice options to indicate the cabin that is the best fit for your camper including their willingness to be placed in an All-Gender cabin. All cabins are supervised by trained counselors and have access to private changing areas in the bathroom and shower room. Pilgrim Lodge will honor requests by participants to be in the cabin that best fits their gender identity. If you have questions about cabins, please contact us at [info@pilgrimlodge.org](mailto:info@pilgrimlodge.org) or 207-724-3200.

### **Campers staying in the same cabin with friends from home**

We do not house friends from the same church together, nor do we grant requests for campers to be together unless it is the first camp experience at Pilgrim Lodge for the camper. Our experience is that friends from home tend to relate to one another instead of getting to know new cabin mates. We hope campers will make new friends in their cabin. Cabin time is limited and there is ample time for friends to be together during camp.

### **Behavior**

Certain behaviors deemed inappropriate or unsafe for the camp environment may result in a camper being sent home.

These behaviors include, but are not limited to:

- Bullying, hazing, threatening another, or use of derogatory language or slurs,
- fighting, hitting, biting,
- threats of self-harm,
- stealing, destruction of or intrusion into another's property, or vandalism of camp property,
- defying a counselor, dean or staff member,
- refusal to eat,
- wandering from program areas,
- sexual activity,
- possession or use of cell phones (if not authorized for the specific program),
- possession or use of weapons or fireworks,
- possession, use or distribution of tobacco products, alcohol, marijuana, illegal drugs, misuse and distribution of prescription or non-prescription medication or use of inhalants.

Any camper sent home will be reaccepted for a Pilgrim Lodge session only after consultation with the Pilgrim Lodge Leadership Team and the Camp Director. If a camper is associated with a church, the minister may be contacted as a resource for supporting the camper and family during or following this process.

### **Conflict at Camp**

Disagreements and conflicts are a natural part of living together in a community. When addressed proactively, they can often lead to growth and new understandings. Pilgrim Lodge uses Restorative Practice strategies to help campers address and repair harm. We ask that campers be prepared to participate, to the best of their ability, in creating a community at camp and working together to address disagreements or conflicts.

## **Directions to Pilgrim Lodge**

**Office Phone: 207-724-3200**

### Traveling North on I-295:

Take exit 51, turn Left on Route 126. Follow Route 126 about 2.5 miles.

At the blinking light turn RIGHT onto Spears Corner Road

Continue straight for 4.3 miles (through 2 stop signs) to a third stop sign

*Careful: cross traffic does NOT stop at any of the three stop signs*

At that third stop sign turn LEFT onto Neck Road

Pilgrim Lodge will be one mile ahead on your RIGHT

### Traveling North on I-95:

Take exit 86 and turn LEFT onto Route 9

Drive a mile and half and turn RIGHT on route 126

In 10.8 miles at the blinking light with “Litchfield Country Store” on your right, Turn LEFT at Batchelder’s Corner (the post office should now be on your right)

In 2 miles bear LEFT on Neck Road

Pilgrim Lodge is 2 miles ahead on the LEFT

### Traveling South on I-95:

From I-95, take exit 109 B onto Route 202 west.

*See below for remaining directions.*

### Traveling West:

Travel through Augusta on Route 202, cross over I-95

*See below for remaining directions.*

### ***South and West continued:***

After 2.5 miles, (by the Manchester Citgo), at the stoplight where route 17 turns right (don’t turn right) and 202 goes straight (don’t go straight) turn LEFT onto Pond Road

Proceed South for about 6.5 miles

Pilgrim Lodge will be on your RIGHT

### Traveling East:

Take 126 from Lewiston to Litchfield.

At the blinking light with “Litchfield Country Store” on your right, Turn LEFT at Batchelder’s Corner (The post office should now be on your right)

Drive 2 miles and turn LEFT onto Neck road

Pilgrim Lodge will be in 2 miles ahead on your LEFT