

WOMEN'S WELLNESS CAMP
CAMP BELKNAP

INFORMATION

1. DATE: September 5-8, 2024.
2. WHO: Women ages 18 or older who want to come to camp and be in nature to renew, replenish and retreat.
3. PROGRAM: Over the course of the weekend immerse yourself in activities to replenish the mind, body and spirit. Enjoy guided activities that range from trail walks, yoga, art, writing, creating, archery, kayaking, leadership and self-discovery workshops. Enjoy laughter, friendship, fun and relaxation during this long weekend of women, celebrating women. The 2024 program and workshop schedule will be posted online in the summer at <http://campbelknap.org/news-events/women's-retreat-weekend/>.
4. REGISTRATION: Please complete the online registration form by August 10, 2024, with the non- refundable \$125 registration fee. The online registration form can be found at: <http://campbelknap.org/newsevents/womens-retreat-weekend/>
5. COST: Total cost is \$450/person includes \$125 non-refundable registration fee, food, lodging, classes, and workshops. Private treatments such as massage are separate. Fees will not be pro- rated if you are unable to attend the entire program. A \$125 non-refundable registration fee is due at the time of registration and the rest of full payment is due by August 10, 2024. If payment is not received by Aug 10th, you will be responsible for \$75 in late fees, and we cannot guarantee a spot.
5. SLEEPING: Upon arrival you will be assigned a cabin. These wooden rustic cabins are an open room with 10 beds (bunk beds), an overhead light and one outlet. They do NOT have bathrooms attached but have a communal bathroom that is a short walk approximately 100 yards away. If you are unable to be housed in a traditional cabin and request a cabin with a bathroom attached, please indicate on the registration form. We have a limited number of these cabins and will provide these with preference to those with medical needs/concerns and first come first serve. Because there are limited number of cabins with attached bathrooms, you/your group will be housed with other campers in the specialized cabin that may not be in your party. If you want to participate in the weekend activities but do NOT want to sleep at camp, please ensure you have indicated that on the registration form. For all cabins, you bring your own bedding including sheets and pillows.
6. FOOD: 9 meals will be served, and snacks provided. Dietary allergies and preferences should be listed on the registration form, and you should contact the main office at the time of registration to inquire if accommodations can be made.
7. FACILITIES: In addition to the program schedule, you will have access to the tennis courts (with lights), canoes (life jackets provided), kayaks, paddle boards, athletic fields, walking trails, craft shop/art studio and lodges with fireplaces.

8. **PACKING LIST:** An equipment list can be found on our website under the Women's Wellness Camp Page.

9. **SCHEDULE:** Check-in will start at 4pm on Thursday in the Conlon Lodge and check-out is by 12 pm on Sunday. Programs will be offered throughout the weekend until noon on Sunday. It is not mandatory to engage in every program and activity and you may choose to have some down time, take a canoe out, sit on the beach, paint in the studio, or play some tennis.

10. **PRIVATE TREATMENTS:** You will have the opportunity to indulge yourself with therapeutic massage, healing treatments and more. These private treatments are separate costs paid directly to the provider/practitioner. You will have the opportunity to sign up for the treatments upon arrival.

11. **RULES:** Illegal substances, fireworks, guns, rifles, knives, hatchets, burning candles/open flames and pets/animals are prohibited for all participants. No food in rustic traditional cabins (Keep this in the dining facility). Fires only in designated areas. No one person can swim alone. PFDs/Lifejackets must be worn while using a boat. Adhere to quiet hours. A detailed list of updated rules and policies will be provided during orientation.

12. **ARRIVING HEALTHY:** Please plan to come to camp healthy. If any you have had any of the following in the 10 days prior to attending camp, we ask that you call and talk with the staff at (603) 569-3475 prior to arriving: COVID positive test, household member with COVID, fever, fatigue, headache, cough, sore throat, congestion, difficulty breathing, loss of taste, loss of smell, nausea, constipation, or diarrhea. We do not have a health team on camp during this camp session.

13. **QUESTIONS** - If you have questions, please call camp at (603) 569-3475 or email admincb@campbelknap.org.