

Camp Westwind

2024 Teen Trekkers Handbook



A Guide to the Teen
Trekkers Program



We are excited to have you join Teen Trekkers this summer!

Program Overview

Teen Trekkers is focused on taking campers outside of Westwind to experience the adventures that the Oregon Coast has to offer. Each day will focus on a different activity within 60 miles of Westwind to give campers an experience unlike anything else we offer. Teen Trekkers will build confidence, teamwork, friendships, and problem-solving skills, by utilizing the amazing 529 acres of Westwind and exploring out into other wilderness areas that Oregon has to offer.

Activities

During the week, campers will depart from Westwind to explore the wonders of the Oregon coast through surfing, high ropes courses, and sea kayaking.

During time spent at Westwind, Trekkers embark on an overnight trip through Westwind's expansive forest and participate in traditional camp activities, such as campfire, archery, beach walks, and star stomping.

Activities away from Westwind will be hosted by companies not associated with Westwind and will include instruction from staff who are not Westwind employees.

The companies we work with for some of our activities require that campers must be comfortable with open water and be able to swim at a basic level.

Transportation

Campers will be transported to off-site activities in a Westwind vehicle driven by our staff. All off-site activities are within 60 miles of Camp Westwind.



Safety

Safety of campers on-site and off-site is our number one priority. Staff will be informed of any critical information regarding campers' health. All staff are trained in CPR and first aid and a lifeguard will accompany all water-based activities.

In case of emergency, staff will have charged cell phones on them with appropriate emergency contacts, including the camp director and assistant camp director.



Waivers

Due to the nature of the activities and the facilitation by companies outside of Westwind, campers will be required to bring signed waivers for all activities. Waivers will be sent out ahead of time via email and can be emailed to info@westwind.org or brought as paper copies to camper drop-off.

Campers will be unable to participate in activities without signed waivers.

Additional Packing List

The following items are necessities for Trekkers that should be packed for a successful week.

- Water bottle
- Swimsuit that is suitable for activities
- Closed toe shoes for high ropes
- Towel for drying off after activities
- Backpack for overnights (not required but helpful)
- Sunscreen