

WildChild WitchCamp 2009 Handbook

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Welcome

Welcome to Wild Child Witchcamp. We invite you to bring your inner child (and any actual children) and play in the woods with us.

You're a new camper?

In a sense we are all new campers. This is the first year of Wild Child Witchcamp so we will all be learning together. We will spend four days in a safe, sacred space, where we can discover and display our authentic selves to the delight of all. There will be an all camp meeting to answer any question you may have and generally help you feel more comfortable. If you still have any questions, feel free to snag a facilitator and fire away. The camp bulletin board (aka the "Grid") is in the dining hall and has the most up-to-date information as well.

When to Arrive

Please plan to arrive at Pocahontas on Thursday, May 21, no earlier than 4:00pm. Upon arrival, locate the Registration Desk in the Dining Hall. There, you'll receive a map of the campgrounds and your cabin assignment.

The afternoon will be for unpacking and settling in. If you have extra time, you are invited to help create altars.

Dinner will be served between 6:00 and 7:30 pm the first day. If you will arrive later than 7:30, plan to eat on the road.

The opening ritual is at 8:00pm. A circle will be cast around camp at that time and will remain up the entire weekend. If you need to arrive later,

please respect the sacred space that has been created.

The circle will be opened at or around 2:30pm Monday and we will be leaving the facility as soon after that as possible.

About SpiralHeart

If you really enjoy your weekend, you may be interested in attending SpiralHeart, a weeklong Witchcamp usually held the first week of August. SpiralHeart is an 18 and over camp held at the Claymont Society in Charles Town WV. See any facilitator for a registration form.

SpiralHeart Inc. is a non-profit educational organization based in the Eastern United States which has tax-exempt status under federal and state law.



Reclaiming Principles of Unity

The values of the Reclaiming tradition stem from our understanding that the earth is alive and all of life is sacred and interconnected. We see the Goddess as immanent in the earth's cycles of birth, growth, death, decay and regeneration. Our practice arises from a deep, spiritual commitment to the earth, to healing and to the linking of magic with political action.

Each of us embodies the divine. Our ultimate spiritual authority is within, and we need no other person to interpret the sacred to us. We foster the questioning attitude, and honor intellectual, spiritual and creative freedom.

We are an evolving, dynamic tradition and proudly call ourselves Witches. Honoring both Goddess and God, we work with female and male images of divinity, always remembering that their essence is a mystery which goes beyond form. Our community rituals are participatory and ecstatic, celebrating the cycles of the seasons and our lives, and raising energy for personal, collective and earth healing.

We know that everyone can do the life-changing, world-renewing work of magic, the art of changing consciousness at will. We strive to teach and practice in ways that foster personal and collective empowerment, to model shared power and to open leadership roles to all. We make decisions by consensus, and balance individual autonomy with social responsibility.

Our tradition honors the wild, and calls for service to the earth and the community. We value peace and practice non-violence, in keeping with the Rede, "Harm none, and do what you will." We work for all forms of justice:

environmental, social, political, racial, gender and economic. Our feminism includes a radical analysis of power, seeing all systems of oppression as interrelated, rooted in structures of domination and control.

We welcome all genders, all races, all ages and sexual orientations and all those differences of life situation, background, and ability that increase our diversity. We strive to make our public rituals and events accessible and safe. We try to balance the need to be justly compensated for our labor with our commitment to make our work available to people of all economic levels.

All living beings are worthy of respect. All are supported by the sacred elements of air, fire, water and earth. We work to create and sustain communities and cultures that embody our values, that can help to heal the wounds of the earth and her peoples, and that can sustain us and nurture future generations.



Camp Intention and Story

Intention: We contribute from our hearts and our minds and our souls and so create our community.

Story: Stone Soup

Traditional story, as told by Moonsister

The War

Once upon a time, in a country far, far away (no this isn't Shrek) they had a war. And like most wars, it lasted much too long and cost way too much and killed far too many people.



When the final battle had been fought and the mess on the battlefield had been cleaned up, the king gathered together all his remaining forces. He gathered his nobles and generals and the common soldiers.

He thanked the nobles for their support and all the money that they had given him to pay for the war. Then the nobles got into their carriages and drove away to their estates.

The king then thanked the generals for all their brilliant battle plans that had helped win the war. The generals mounted their horses and rode away to their fine homes.

Finally the king thanked the common soldiers for all of their hard work and sacrifice in winning the war. He told them that he didn't need their services any more and that he was sorry, but all that he could offer them was his thanks. The war had been very expensive and there was no more money left in the treasury to pay their way home. Then the king got into his carriage and drove off to the palace.

The common soldiers just stood there. Finally they began to pack up their gear and divide up the little remaining food. Then they all left to go back to their homes as best as they could.

Among the soldiers were three friends from the same village. They had been together all through the war. With the rest of the soldiers, they gathered their share of the food and started the long walk home.

The three friends walked for days and days, camping beside the road at night and eating the food they carried with them. Finally they ran out of food altogether.

At the end of a long day of walking down the dusty road, with nothing at all to eat, they came to a small village.

The Village

This village had a very sad and beaten down appearance. Most of the buildings had been damaged and a few were completely destroyed. There was not one person in sight, only a thin cat sleeping in the late afternoon sun.

Before the war the little village had been beautiful, with its thatched roofs and dooryard flower gardens. It had been surrounded by fertile fields and pastures dotted with cattle and sheep. However the war had raged over the village several times and when a grain field becomes a battlefield, there is not much left of the crops.

The people of the village had had some very hard lessons and had learned that when soldiers came into view, bad things often came with them. Living in the middle of a war zone had been dreadful.

The three tired, hungry soldiers walked into the middle of the village. They went up to the well at the center of the village and just stood there, looking around. Finally one old woman crept from behind a cottage.

"What do you want?" she asked them.

"Well, ma'am," said the first soldier, "We have been walking for days and days and have nothing left to eat. We have no money to buy any food, but we will be glad to work for it."

"Yes," said the second soldier, "I see that your wood pile is low and that the front door of your cottage needs some repair. We could do these things for you if you would only give us some dinner and maybe breakfast in the morning."

"Go away!" shrieked the old woman, "We have no food."

By this time, as nothing bad had happened to the old woman, several other villagers had crept out of hiding.

Camp Intention and Story

"No food at all." they agreed with the old woman, "You might as well go away."

The soldiers looked at each other tiredly. "You have a fine well here." said the third soldier, "Could we at least have a drink of your clean water before we leave?"

The villagers whispered together. "I don't see any harm in that," one man finally said.

So the soldiers drew up a bucket of clean, fresh water and had a good drink.

The Soup

"This is good water," said the first soldier.

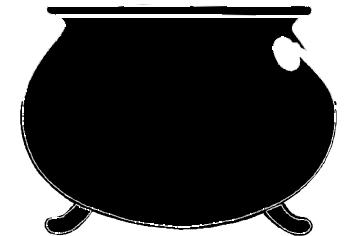
"Yes," said the second soldier, "It would make some fine stone soup."

"Why, so it would," said the third soldier. "I saw some wonderful stones just back the road. I'll go and get some."

The villagers were listening carefully to the soldiers. They all wondered just what the soldiers were talking about.

"No, wait," said the first soldier. "We don't have a big enough pot to make a good stone soup in."

"You're right," said the second soldier. "It's too bad, if we had a large pot we could make enough



Camp Intention and Story

stone soup to feed the entire village. They have no food and I'm sure that they're hungry, too."

The villagers thought about this for a while. "I have a large pot that you could use," said the old woman. "I'll go get it."

As the villagers watched with interest, the soldiers started a fire and fetched some round stones. They placed the stones into the large pot that they then filled with water from the well. They placed the pot over the fire.

Eventually, the water began to steam. "Ummm," said the soldiers, tasting the soup "this tastes wonderful! If only we had a pinch of salt, it would be so much better."

"Well, I do have a small pinch of salt at my house," said a man, "I guess I could let you have it." The man returned with a whole handful of salt. The soldiers added it to the steaming pot. They stirred it and stirred it. Finally they tasted it again.

"Oh, this is going to be good soup," they said.

"If only we had a few carrots, it would be so much better."

"I have a few carrots," said a woman, "They are a little shriveled, but I will get them." The woman returned with a large bunch of fine carrots and sliced them into the steaming water.

The soldiers stirred the steaming pot and tasted the soup again. "This is our best pot of stone soup yet," they exclaimed. "But if we only had a little garlic, it would be so much better."

One of the children in the village said, "I know where there is some garlic, I will get it for you." So the child brought some garlic and the soldiers added it to the soup.

In this manner, potatoes, onions, turnips, dried beans, and some herbs were added. Contributed by people who thought they had nothing to give.

At long last, the stone soup was done. Everyone in the village had a big bowl full. "This is so good," they said, "and to think, it was made from just a few stones."



Camp Paths

Each morning from 9:30 to noon you will be at work (and play) in Path. You will meet with your path every morning beginning after the all camp meeting on Friday morning. Path is work (and play) that will last all weekend so consider your choice and your personal work carefully. Older teens may join an adult path with the agreement of their parents and the path facilitators.

Adult Path 1

Adult Path 2

Teen Path

Tween/Kids Path (ages 7-12)

Pixie Path (ages 2-6)

Self-Guided Paths

You may be called to do very focused solitary pathwork where you spend the mornings in deep meditation, silence, or a particular activity. Only you know if this is the path for you. If you do chose to work completely alone, please let other people know of your intention, and your destination if you chose to be alone away from camp.

What to Expect at Camp: Camp Values

Community Spirit

At Witchcamp, we build community spirit through the process of setting up camp, getting to know each other and creating sacred space. For this reason, we ask you not to leave camp during the weekend; staying on-site will help keep our circle strong and unbroken. If you have a need that simply cannot be met within our Circle, please contact a facilitator and see what can be arranged.

As part of the camp community, you will be asked to sign up for a job that will keep the camp running smoothly. Cost for the weekend has been kept as low as possible, so we need volunteers to assist in several areas. We ask that you sign up for at least one work session. Jobs include Meal Time Helpers, setting up the dish washing stations and keeping the water clean and hot, after meal clean up involves wiping the tables and sweeping the floor; Fire Tenders keep firewood stocked at the fire circles and light and extinguish fires; Bathroom Assistants will keep toilet paper stocked, empty the trash, and sweep the floor once a day; Trash Haulers will empty the trash in the dining hall, lodges, and outdoor receptacles.

We also ask you to help fill the sacred space we create with love, wisdom, truth, responsibility, understanding, and tolerance. Witchcamp

attracts, embraces, and celebrates diversity. You're sure to meet people whose spiritual tradition, national origin, race, sex, age, sexual orientation, and lifestyle differ greatly from your own. If this much diversity might be a problem for you, please reconsider your decision to come to camp.

Children at Camp

Wild Child is an all ages camp. Age appropriate path work will be provided for children/teens. Every effort will be made to ensure that children are happy in their path but if a child is not happy with his/her path and is disruptive, parents will be asked to take responsibility for that child during path times. Parents are responsible for their own children at all other times.

Parents are encouraged to make connections with other campers and especially other parents with an eye toward sharing child care duties. These arrangements are between parents and are not provided by the camp. Evening

ritual is a good time to take turns watching children who may need to be put to bed before ritual is over.

Confidentiality

Part of the Charge of the Goddess reads, "...you shall assemble in some secret place and adore the spirit of Me who is the Queen of all the Wise."



What to Expect at Camp: Camp Values

- Please speak about your own experiences as your own experience, and work with us to create an atmosphere that is respectful of all those in our community.

Green Responsibility

One of the Reclaiming Tradition's Principles of Unity is concern for the environment. We ask and encourage you to do everything you can to respect Mother Earth during our time together. A few basics:

- Bring your own eating utensils: plates, bowls, flatware, cups or mugs. Parents know if you dare not be without a sippy cup.
- Please recycle when possible. Some recycling bins are located in the dining hall. Use them religiously, please.
- Finally, be aware that unless you are of documented Native American heritage, it is illegal for you to possess any part of a bird of prey (owl, eagle, etc.). Help the camp and its facilitators avoid legal action by not bringing these items with you.

In a society where no one's life is safe from gossip and speculation, our Witchcamp community has striven to be a sanctuary that is private and safe for all campers. At Witchcamp, we are free to be our authentic selves, to explore who we really are, and to expand our understanding of the Mysteries of Life. Sometimes our discoveries profoundly change our lives, and often lead us to actions that not everyone – not even our fellow campers – would agree with. But no matter what, we strive to recognize the immanent divinity in each other and to honor each other's right to make choices about our lives.

Throughout all this, many campers place great trust in fellow campers to not reveal their full identities to those outside the camp community, or speak about our actions or experiences there, without permission to do so. For many members of our community, jobs, family ties and more are at stake. This is an agreement we all make each year when we come to be a part of camp, cast a circle and enter sacred space together for the whole weekend. And it is one we must honor between camps, too.

Wild Child Witchcamp asks that you respect and keep the following commitments:

- Please do not give out the full names of campers to people who have not been a part of our camp community, unless you have that person's express permission to do so.
- Please do not speak in detail about someone else's actions or experience at camp in a way that identifies the person to others outside our community circle.



What to Expect at Camp: Camp Values

Witchcamp is Drug and Alcohol Free

Witchcamp is an intense experience, with both students and facilitators channeling a great deal of energy. Reclaiming facilitators are unwilling to work with students in an intense learning environment when some are “high”, “spaced out,” or “hung over.” It’s simply too difficult.

If you think this may be difficult for you – or if you think Witchcamp will be a great opportunity for you to dry out, clean up, or detox – please think again. If our alcohol and drug rule will affect you physically or emotionally, please prepare for camp by detoxing at home. If this requires several weeks, please take them. The Reclaiming Community deeply appreciates the difficult work this represents, and thanks you for helping us make Camp a safe and nurturing environment.

The Reclaiming Community requires that there be no alcohol or illegal drugs at any of its Summer Intensives.

A Word about Prescription Medicine

If you need to bring prescription medication for your stay at camp, or have a special health condition (severe allergies, etc.), please notify the camp Safety Witch after the All Camp Meeting. The Safety Witch needs this information to help ensure your health and safety.

What a Facilitator Can and Cannot Do

Although studying and practicing in the Reclaiming Tradition can be profoundly healing, Reclaiming classes, workshops and intensives are not substitutes for medical or psychiatric care. Facilitators are not responsible for diagnosing illnesses or recommending treatments. Students are responsible for seeking professional help if they need it.



Contact Information

Shortly after Camp, we’ll be sending out the Campers’ Contact List. Your fellow campers have voluntarily signed up to stay in touch and expand our community’s network. Be sure to add your own contact information to the list. The contact list will be available in the dining hall.

What to Expect at Camp: Camp Life

The Surroundings

Wild Child Witchcamp is held at the Algonquian Ecology Camp, which is located in Pocahontas State Park, Chesterfield, Virginia. The park is located 20 minutes south of Richmond, Virginia. The group cabin areas at Pocahontas State Park are group facilities dedicated to providing day use and overnight accommodations in a scenic, tranquil park setting.

The camps consist of four cabin units and a Dining Hall. Each cabin unit consists of wood cabins sleeping 6-8 persons each, a shared restroom and shower house facility and a lodge. The rustic sleeping cabins have bunk beds and mattresses only. There are ceiling lights only in sleeping cabins. **Tenting is not permitted in this area!**

The Dining Hall is air conditioned, with a main hall with tables and chairs, restrooms and a commercial kitchen.

The dining hall and bathhouses are handicapped accessible. There are two or more steps to all of the cabins.

The Schedule

A “typical” day a Witchcamp begins with breakfast, followed by Path work for approximately 2 ½ hours, lunch, and Affinity Groups (small groups of campers that create a safe place for expressing feelings that come up in Path, Ritual, or Camp) will meet after lunch. Mid-afternoon is reserved for family time or personal time. The craft cabin will be open for parent supervised crafting time, there are hiking trails in the park, and the swimming pool will be



open (there is a small additional fee to use the pool). Of course there is everyone’s favorite; nap time, available in your cabin or under a friendly tree. Dinner is served about 6 pm. An all-camp ritual will start at roughly 8:00 pm, preceded at 7:30 by pre-ritual drumming. Snacks are available in the Dining Hall after the ritual and throughout the day.

What You’ll Eat

All meals and snacks are included as part of your camp fee. Roughly half of our campers are vegetarians or vegans. The cooking staff provides a healthy, balanced diet with a variety of vegetables and grains. They are able to meet a variety of special dietary needs. In addition, meat-based dishes will be available for the omnivores among us. You know your own (and your child’s) dietary preferences best, if there are items you cannot be without, feel free to bring any items that don’t require refrigeration and can

What to Expect at Camp: Camp Life

be sealed against insects. (NOTE: while some refrigerator space is available, it's limited. Bring minimal amounts of perishables. Mark your refrigerator items well. This will help prevent confusion on those bleary-eyed mornings.)

Room Supplies and Maintenance

You'll be expected to leave your cabin neat and tidy at the end of your stay (broom clean and trash removed).



Candles and Smoking

For safety reasons, all cabins are designated non-smoking. Burning candles inside them is also prohibited. Outdoor smoking areas will be designated for those who want them.

Help Keep Mealtimes for Meals

Rather than making an announcement during meals, give your information to the Camp Operations Person or place it on the dining hall bulletin board.

Lost & Found?

It's located in the Dining Hall. Check for your missing items there.

Share your talents!

Optional Offerings are activities/classes offered by campers during free time in the afternoon. An Optional Offering could be anything from a craft class to a yoga class to a nature walk. If you'd like to present an Optional Offering, simply find an open slot in the afternoon schedule and write it up on the Grid in the Dining Hall.

Silent Auction

There will be a silent auction on Saturday afternoon. Bring items to donate for auction and don't forget cash or your checkbook for those items you will want to bid on.

The Craft Cabin

The Craft Cabin will be open to all during the afternoon free time. Please bring paper, glue, ribbons, fabric, whatever you would like to share. You can take the leftovers home with you if you want or leave them for future camps.

What to Expect at Camp: Taking Care of Yourself

Reaching Out to Each Other (for New & Experienced Campers Alike)

If you're new, or alone, camp can sometimes feel overwhelming. Here are some ideas on how to connect.

At mealtimes, take the initiative to ask the person next to you for their name. Say "Hi," find out where they're from, or what brings them to camp. Ask if you can join an ongoing conversation – you might get a "no" if it's private, but generally if it's at mealtime, or a large group conversation, it's probably not. There will be chances to discuss the evening rituals or specific topics. Let someone know if you are new, scared, overwhelmed, or have questions. More than likely, every person at camp will have felt the same way at one time or another, and can listen and relate.

If you're having a hard time, and need to talk to someone, ask a facilitator for suggestions. If they don't have the time to sit and listen, they will probably know of someone who's experienced the same thing you're going through, and will introduce you.

If you're an experienced camper, not alone, and/or already have a group of familiar friends you hang out with at camp, be open to widening your acquaintances. If you see someone new, or someone looking scared, overwhelmed, or pensive, introduce yourself. Ask if they'd like to join your conversation. See if they'd like to get involved in a project that you're working on. Find out where their interests lie. If you don't



feel that you can offer them anything of interest, introduce them to other people who might!

Sexual Energy and Your Camp Experience

You may find that camp can have a highly charged sexual atmosphere. We in the Craft affirm the erotic as sacred. Do not be surprised if you experience sensations and feelings that may be new to you, or more intense than usual. As you become more comfortable, your inhibitions may fall away, and it can feel like the energy that you feel is resulting in action when it may just be an energetic charge moving through you and others. In spite of appearances, however, not everyone is having sex!

Sexual activity at camp is "extra curricular," and is neither promoted, nor prohibited. You are encouraged to think about where your comfort zone is and set boundaries accordingly. During camp, check in with yourself often, and please respect the expressed boundaries of other's in turn.

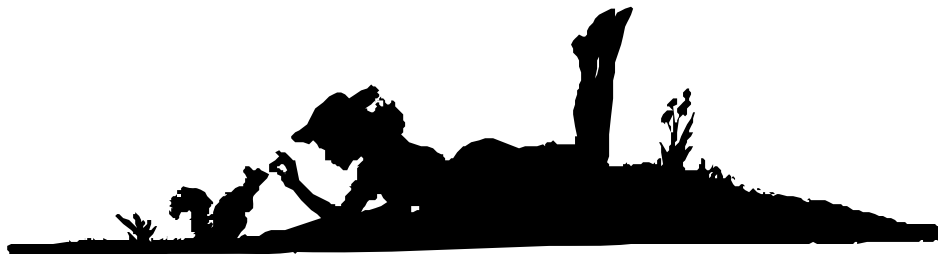
What to Expect at Camp: Taking Care of Yourself

We expect the adults at camp to treat sexual activity at camp with the same level of consideration that they would anywhere else. The combination of having your heart open, pushing edges in community and the sexual energy swirling around can lead to that “swept away feeling.” If you make the choice to take a lover, please practice safe sex.

Be respectful of the children and teens present and limit public displays of affection to levels that are honest but not of the “get a room” variety. Remember that a child’s sex education is up to their parents and is something that every family will handle differently.

If you need time for yourself, take it!

Whether you’re naturally an introvert or an extrovert, the continual social activity of Witchcamp can drain anyone! So if you’re feeling a bit frazzled, take time for yourself – even if it means skipping a class, a workshop, or a ritual. All we ask is that, as a safety measure, you let someone know what you’re doing, and where you’ll be.



Ground that excess energy!

Feeling nervous, wired, or spacey after an intense ritual? It could be all the left-over energy you drew up during the event itself. Try placing your hands or forehead on the earth and imagine the energy draining back into the soil. If that isn’t calming enough, have a snack or protein-rich “grounding” foods like nut-butter sandwiches, cheese, or a hard-boiled egg. A variety of snacks will be available in the dining hall after each evening ritual. Still spaced out? Take a nice long shower, rinsing the energy back to the earth, or ask someone to give your aura a “brush down.”

Preparing for the Journey

You’ll have a lot more fun if you plan and pack carefully. Knowing that you have everything you need will help clear your mind for the weekend’s spiritual work. Being prepared will let you stay in camp for the entire time, preserving our unbroken sacred circle.

Here are some things to keep in mind as you pack.

Eating

Bring a set of dishes (plate, bowl, cup or mug) and flatware for your own use. You will be responsible for taking care of your own dishes. Dish washing stations will be provided after each meal. Dish drainers for air-drying will be provided, if you prefer to towel dry, bring your own dishtowel. Bring a cloth napkin for your own use during camp. Bandanas are a good size if you don’t have cloth napkins handy.

Sleeping

Bring your own sleeping bags, blankets, sheets, pillows, pillowcases and comforters for use on the single beds provided by the camp. Beds in the cabins are bunk beds and are provided with a plastic covered mattress.

Self-Care

Bring your own towels and washcloths, toiletries, soap, sunscreen, menstrual supplies, sunscreen, bug repellents, clothes hangers and hair dryers.

What to Bring to Camp

Practical Clothing

Bring summer clothes for daytime and warmer clothes for evening. Bring layers, such as tights, leggings, thermal underwear, and t-shirts. Bring sweats, socks, and jackets for rain & cold, a poncho, a bathing suit, sandals, a sun hat, and sturdy waterproof shoes or boots. Hiking boots and rugged athletic sandals are recommended choices for the gravel roads.

If it sounds like we are advising you to be ready for anything – we are. Spring weather in central Virginia can go from blazing hot (upper 80’s) to cold and rainy (50’s), sometimes during the same weekend. More usual temperatures are upper 70’s during the day and upper 50’s at night.



Ritual Clothing

Many campers enjoy wearing ritual garb for evening rituals, or for the entire weekend. Some go “all out” wearing elaborate costumes, glitter and body paints. Velvets are nice and warm in the cooler evenings. Cottons are good for the warmer days. Big scarves can be used as sarongs, bandeau shirts, or skirts. Cloaks, medieval garb, sequined dresses, cut-off denim

What to Bring to Camp

short, bright tank tops – it's all welcome, and in good fun. Again, bring layers to wear underneath – tights, leggings, thermal underwear, t-shirts, etc. It can get cold at night. You can't go wrong with bringing something red, something white, and something black. First time campers in the past who didn't bring something fun to wear were always disappointed that they didn't!



Here are some ideas for Ritual Clothing

Sew it yourself! <http://www.garbmonger.com> Geared toward medieval garb, but lots of easy-to-sew, useful ideas for camp. The web author gives you patterns and ideas on how to do it quickly & cheaply. Don't want to sew, and on a budget? Check out thrift stores. Guys, check the

women's section for colorful vests and silk/baggy trousers. Also, some sports shops carry "body-builder" pants that are baggy and colorful as well. If you like wearing body paints and glitter, bring some and extra to share. If all else fails, borrow from a friend or another camper!

The Skyclad Option

Going "skyclad" or naked, is an old and honored Wiccan tradition. It is NOT an option that is available at this camp due to Virginia State Park regulations.

Ritual Items

You're invited to bring objects you'd like to place on the public altar, as well as drums, rattles and other musical instruments, magical jewelry and other accessories.

In the tradition of previous Witchcamps, please bring with you a small amount of water collected from a place that's meaningful to you. Your water will be combined with others' at a ritual to create Waters of the World, and you'll be invited to take some of the combined waters with you.

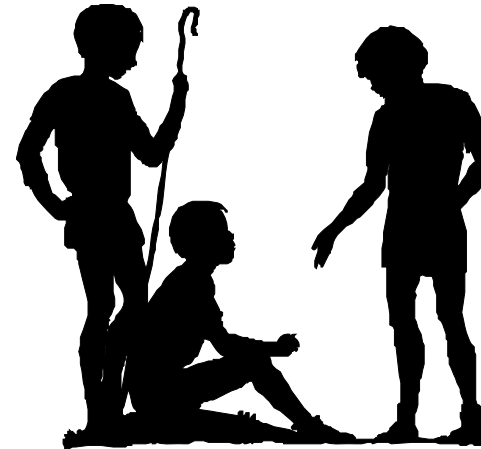
Writing/Art Supplies

Witchcamp usually involves a lot of writing or journaling, so bring pens, pencils, notebooks, loose paper, crayons, watercolors or anything else you enjoy using for self-expression. We welcome donations to the Craft Cabin of any other art supplies you would like to use/share.

Security for Valuables

Witchcamp is a trusting, caring community and thefts are rare. However, if you want additional security, bring a lockable suitcase or store valuable items in your locked vehicle.

Other Tips Offered by Experienced Campers



- A bedside rug (or towel on the floor) is nice to wipe off your feet before slipping between the sheets. Also, a bathmat on the floor for stepping on when you get out of the shower keeps your feet clean until you can get them dry.
- A battery operated or wind-up clock with alarm is good to help wake up in time for breakfast.

What to Bring to Camp

- A small thick blanket (cotton or wool "Mexican"-style blankets work well) is good for lying down for guided trance, for extra warmth on your bed, or folded up and used as a meditation cushion.
- Bring emotional comfort items. It could be a snuggly blanket, a stuffed animal, or a favorite photo. Bring a stash of your favorite tea or coffee.
- If you need junk food, bring some of your favorites, and a bug-proof bag or container in which to keep them.
- "Sports Drink" mixing powders for water are good to have when you're sweating a lot. Bring a portable drinking container, and drink plenty of fluids (especially if it is hot)!
- If you smoke, bring a metal tin (like a bandage box or mints box) for cigarette butts.
- A small reading lamp (battery powered is best, electrical receptacles are limited!) is good, since the cabins have only one overhead light. A mattress pad keeps that clammy feeling from the plastic covered mattress from being so intense. You can bring things in a few crates or boxes that can serve as tables or altars. Those inexpensive plastic storage boxes that they sell at your home improvement store work great.

How to Get Between the Worlds: Driving Directions

From I-95 North or South

- At Exit 62 head North on I-288 (the sign says I-288 North but you are traveling West)
- Travel on I-288 for 6 miles and take the Route 10 East (Ironbridge Rd.) exit
- Travel on Rt. 10 East for 1.8 miles and turn right onto Beach Road (3rd traffic light, BB&T bank on the corner)
- Travel 4.1 miles on Beach Rd and turn right at the entrance to the park

From I-64 traveling East

- At Exit 175 head South on I-288 for 25.8 miles
- Take the Route 10 East (Ironbridge Rd.) exit.
- Travel on Rt. 10 East for 1.6 miles and turn right onto Beach Road (3rd traffic light, BB&T bank on the corner)
- Travel 4.1 miles on Beach Rd and turn right at the entrance to the park

From I-64 traveling West

- From I-64 head South on I-95
- Follow the directions for I-95 above

When you arrive at Pocahontas State Park

At the Gate House, tell the Park Ranger that you are attending Wild Child at the Algonquin Ecology Camp, they will not charge you the entrance fee to the park.

