



CAMPER HANDBOOK



CAMP DARK WATERS

**A CAMPER'S TREASURE, A QUAKER
TRADITION SINCE 1928**

Camper's Rights

We want Camp Dark Waters to be a safe and fun place for everybody. No one comes to camp and wants to get picked on or made fun of. We believe that everybody deserves to be treated fairly and equally, so we've adopted the following Camper's Rights. These are really important at camp, so please take a few minutes to read them.

- **I have the right to be happy and to be treated with kindness.** This means that no one will laugh at me, ignore me or deliberately hurt my feelings
- **I have the right to be myself.** This means that no one will treat me unfairly because of my size, ability, race, gender, sexuality, religion, or any part of my identity. I am different because I am myself.
- **I have the right to be safe.** This means that no one will hit me, kick me, push me or pinch me. I will be free from physical and verbal threats.
- **I have the right to hear and be heard.** This means that no one will yell, scream, or shout at me, and my opinions and desires will be considered in any plans we make.
- **I have the right to learn about myself.** This means that I will be free to express my feelings and opinions without being interrupted or punished.

Frequently Asked Questions

So you're going to be a camper at Camp Dark Waters? That's awesome! I bet you probably have a few questions. Here are the ones we get most often. If you have any more questions, you or a family member can get in touch with us by calling (609)-654-8846, emailing info@campdarkwaters.net or reaching out to us on social media.

What will I do at camp?

A whole lot of different exciting things! Every day there are four assemblies, where you'll have a chance to pick the activity you want to do from four to six different options. There will be a sport activity like ultimate frisbee, soccer or a camp favorite - benchball. An arts and crafts activity like friendship bracelets, watercolors or lizigators. Some activities are classic camp activities like archery and fishing while others are a little zanier like having no bones or crab hands. Every day there is a free time when you can play tetherball, go canoeing or just hang out with your friends. After dinner, the whole camp comes together to do an Evening Activity (creative name, huh?) and then it's time for Friendship Circle. From there you'll spend time with your cabin mates before going to bed. Camp days are jam packed full of as much fun as possible!

Will I be bored?

It's a challenge to get bored at camp. If you can't think of anything fun to do, talk to your counselors! They're great at coming up with new, fun activities. Who knows? Maybe you'll come up with everyone's new favorite camp game together.

Where will I sleep?

Campers and counselors sleep in cabins. Most cabins have room for ten people- 8 kids and 2 counselors. A few of the cabins are a little bigger. You'll get to pick whether or not you want a top or bottom bunk once you get here.

What will I eat?

We've got an amazing kitchen team that works hard to make delicious meals three times a day. You'll have food like cheesesteaks, pierogies and chicken parm. At breakfast there's always a cereal bar and at lunch and dinner there's a salad bar. And don't worry, there's something extra tasty for dessert! There's always a fruit bowl out if you want a snack, and you'll get Evening Snack before Friendship Circle every night.

What if I miss home while I'm at camp?

It's normal to miss home a little when you're at camp. If this happens to you, talk to any of your counselors. They're experts at helping you work through your feelings and some of the best listeners out there. They'll help you find things to be excited about at camp and feel better in no time!

What is the first thing I will do when I get to camp?

Check in with the office so we know you're here and can tell you what cabin you're in. From there, you'll check in with the nurse and then it's off to your cabin to pick your bed and get moved in.

That sounds kind of boring....when does the fun stuff happen?

After you move in! Once your family heads out, you'll go to the Main Area which is the central part of camp where you'll hang out during free time. There will be counselors starting games like knockout and gaga, arts and crafts supplies, ping pong tables, tetherball poles, swings and lots of other kids to hang out with. When everyone's all moved in, all of the campers and counselors play a few big group games together. Then you'll meet your crew, which is the group you'll eat with, and head off to dinner. The night will end with a campfire where you'll meet all of the counselors and learn some camp songs before Friendship Circle.

This sounds pretty fun. Why can't I come to camp RIGHT NOW!?!?!?

Well, the counselors aren't there yet, and camp's not nearly as much fun without them. When it's not summer, they're spread out all over the world working and going to school. Don't worry though, they'll be here and ready for you when you drive down the lane! We can't wait to see you this summer!

Meet Your Year Round Staff!

Most people who work at camp only work for the summer, but these four work at Camp all year long!

Alex (he/him/his) Executive Director



How many years have you been at Camp?

I started as a Counselor in 2008 and held a few different positions for five summers between 2008 and 2014. I came back to work full-time at CDW in 2017, first as Camp Director and, since November 2022, as Executive Director.

What's your favorite camp song?

The Moose Song, or The Bear Song. Anything with large, furry animals.

What's your favorite camp activity?

I think just about everything we do at camp is a ton of fun but I have a special love for a good game of kickball.

Where's your favorite place on Camp?

The deck around our Dining Hall. I love being able to look out over camp and see everyone having a blast.

What's your favorite thing about Camp Dark Waters?

There are so many wonderful things about our community, but the thing I love most is the level of choice offered at camp. Everyone here has the chance to do what they love and will be supported when stepping out of their comfort zone and trying new things. Camp is a safe place where you can figure out what you really love and have a great time doing it!

Katie (she/her/hers)

Camp Director



How many years have you been at Camp?

My very first year at camp was in 2006 as a camper. I went through both the TIC and TAC Programs and went on to be a counselor from 2011-2014. I started back at camp as the Camp Director in 2023. CDW has always been a big part of my life and I couldn't be happier to be here as the Camp Director!

What's your favorite camp song?

Johnny Vorbeck. There's always been something silly to me about the idea of meat coming to life and doing a jig around a butcher's shop!

What's your favorite camp activity?

Either Friendship Bracelets or Magic: The Gathering. I've always felt very zen at both activities and they involve two of my favorite things: arts & crafts and card games.

Where's your favorite place on Camp?

I've always loved the Softball Field. It's the best place on camp to go stargazing or run around attempting to catch a bunch of fireflies. I also really like the New Campfire site.

What's your favorite thing about Camp Dark Waters?

The community. There isn't another place in the world that feels the way camp does. Everyone is so happy, welcoming, and down to have fun. You feel like you're a part of a massive, goofy family. Camp has always felt to me like coming to my second home.

Sara (she/her/hers)

Outdoor Center Director



How many years have you been at Camp?

I joined the Camp Dark Waters community at the end of Summer 2023 as the Outdoor Center Director. I was originally connected to CDW back in 2018 through the Adventure Therapy course I took in graduate school and worked a bit during the off season that year.

What's your favorite camp song?

Definitely Little Red Wagon! It was the first camp song I learned and the one I find myself singing at random times throughout the day.

What's your favorite camp activity?

I love anything that involves climbing, so high ropes is my favorite! Also, a good game of softball!

Where's your favorite place on Camp?

The Dining Hall overall is my favorite place at camp both over the summer and the off season. Inside the dining hall itself is the most lively spot when campers are here and I can never get enough of that energy. The dining hall deck overlooking the creek with a cup of coffee is the most peaceful spot in the offseason.

What's your favorite thing about Camp Dark Waters?

How magical of a place it is for not only myself, but for everyone who has the opportunity to spend time here. No matter who you talk to in the camp community, this place holds a special spot for everyone who has encountered it, and that's pretty magical.

Joe (he/him/his)

Facilities Director



How many years have you been at Camp?

I started at camp way back in 2002, before flush toilets and individual sinks and showers. I have been at camp in some form or fashion for 12 summers. I started as a counselor and then moved on to maintenance. After a 9 year hiatus, I came back to become the Facilities Director.

What's your favorite camp song?

If I only had to choose just one, I would go with "Goldilocks (The 3 Bears)".

What's your favorite camp activity?

My favorite activity time and free time activity is Knockout of any variety. My favorite Evening Activity is Mission Impossible.

Where's your favorite place on Camp?

My favorite place at camp is the Dining Hall during meal times. Sure it gets hot and stuffy but I really like when announcements happen.

What's your favorite thing about Camp Dark Waters?

My favorite thing about camp is that no day is ever the same as the last. Whether it's new challenges, talking to new people, new activities, etc. No two days are alike during camp.

Skill-Based Programs

Here at Camp Dark Waters, we have four skill based programs: trailblazers, canoeing, fishing and archery. These programs require ongoing hard work and dedication from campers. By going to activities and working during free time, you can achieve all three levels of mastery and call yourself a Tracker, Master, Arapaima or Narliotis.

Trailblazers

A Trailblazer is a camper who loves the outdoors and wants to improve their wilderness survival skills. There are three levels to the Trailblazers Program: Greenhorn, Scout and Tracker. As a Trailblazer you'll learn how to build a fire, stalk silently and whittle. By the time you've earned your Tracker, you'll be a confident survivalist who feels at home in nature.

Canoeing

By joining the Canoeing Program at CDW, you'll become a member of camp's longest running program. There are three levels to the Canoeing Program: Bowman, Sternman and Master. As you progress through the levels you'll earn the right to take out a canoe alone or even a kayak. If you earn your Masters, you'll be able to go on the infamous 3-day Masters' canoe trip at the end of the summer.

Fishing

The Fishing Program is CDW's newest skill-based program, established in 2018. While anyone can go fishing during free time, only the members of the Fishing Program are able to use spinning rods and master the creek. There are three levels to the Fishing Program: Perch, Pike and Arapaima. In the Fishing Program you'll learn how to identify different types of fish, how to cast a line and maybe even catch the legendary Moby Carp!

Archery

Camp's final skill-based program is the Archery Program. Anyone can go try their hand at a bow and arrow during free time, but if you'd like to master the sport the Archery Program is for you. There are three levels to the Archery Program: Bullseye, Hawkeye, and Narliotis. If you want to spend a lot of your free time behind the shooting line, this is the program for you!

Typical Daily Schedule

7:30 Wake-up
7:45 Meal set-up crew
8:00 Breakfast
8:30 Crew duties
9:00 Cabin clean-up
9:45 Assembly - 1st activity period
10:45 Transition time
11:00 Assembly - 2nd activity period
12:00 Free time
12:15 Meal set-up crew
12:30 Lunch
1:00 Crew duties and free time
2:00 Rest hour
3:00 Assembly – 3rd activity period
4:00 Transition time
4:15 Assembly - 4th activity period
5:15 Free time
5:30 Meal set-up crew
5:45 Dinner
6:30 Crew duties and free time
7:15 Evening program
8:30 Prepare for bed
9:00 Taps, lights out, Counselors read to campers

Camp Terms

We have a lot of terms that we only use at Camp or that mean different things in the outside world. Here's a guide to some words and terms you'll hear at camp that may be new to you.

- **Ad Staff**- Also known as the Administrative Staff, these are people who work at camp alongside counselors to help give you the best camp experience possible.
- **Assembly**- Each day we have four assembly periods where everyone gathers together to hear what that period's activities are. We all sing a song and then counselors make announcements explaining what their activity is.
- **The Bell**- The Bell is rung by the PD (Program Director) and signals any big transition during the day.
- **Bunny Ears**- A hand sign used to signal everyone should be quiet. When you see someone hold their hand up with their pointer and pinky fingers up in a rock and roll sign, you should put your hand up as well and quiet down.
- **Cabin Choice**- Once a week every cabin

cooks dinner over a campfire and does an Evening Activity as a small cabin group instead of with all of camp.

- **Cabin Clean-Up-** Each morning everyone goes back to their cabins to get ready for the day and clean their cabins. Everyone pitches in by making their bed and doing small chores like raking and sweeping. The nurse ranks each cabin's cleanliness every day.
- **Cabin Eight-** A wooded area on the furthest perimeter of Camp past the culvert. There's no actual cabin, but is a space where we go on nature hikes and do overnight camping trips.
- **Change Day-** The first/last day of the session when new campers arrive and old campers leave. Campers check-in, see the nurse and get moved into their cabins before playing in the Main Area after arriving at camp.
- **Crews-** Every camper and counselor is assigned to a crew to eat, do crew duties and play some Evening Activities with. Each crew has about eight to ten campers from all different cabins and two or three

counselors assigned to it.

- **Crew Duties**- Chores campers do with their crew before or after meals each day. There is a daily rotating schedule of crew duties including jobs such as dishes, cleaning bathrooms and watering plants.
- **Evening Activity**- An activity we play as an entire camp each night. Types of Evening Activities include Capture the Flag variations, skit nights and roleplaying games. Each Sunday campers participate in an educational Evening Activity called a Vesper.
- **The Dell**- An area of camp just past Elderberry where we gather for Meeting for Worship.
- **The Dining Hall**- The big raised building in the Main Area where we eat all of our meals and do some activities.
- **The Edge**- The camp office named after Steve Edgerton, a former camp director.
- **The Fort**- The living space for the CITs and their directors.
- **Four Pong**- A four player ping-pong game played with similar rules to Four Square.
- **Friendship Circle**- A gathering in the Main

Area each night just before the campers and counselors head back to cabins to get ready for bed. The whole camp makes a circle by holding hands and sings a song: *Here we stand, hand in hand, wishing peace, freedom, joy, for each one. When there's love in our hearts, God is nigh* (sung to the tune of *Taps*).

- **Jean's Place**- The gazebo where all of the arts and crafts supplies are kept and where most arts and crafts activities take place. Named after Grandma Jean Nicholson.
- **Lacy Shoes**- Closed toe shoes, usually a pair of sneakers, that are worn for activities like archery, high ropes and running games.
- **Lazy Morning**- Every Thursday morning campers and counselors are given the opportunity to sleep in until 8:30 (instead of the normal 8:00) and a cold breakfast is served in the Main Area.
- **Limited Activity**- An activity like archery or Big Swing where only a certain number of campers can participate during an Assembly period. Counselors select

campers at random during Assembly.

- **Lizigator**- A lizard/alligator hybrid made using beads and gimp.
- **The Lodge**- The staff lounge for the staff.
- **Main Area**- The central playing space for the camp, most free time is spent here for both campers and staff. The Main Area is where tetherball, ping-pong, and general hanging out takes place.
- **Meeting for Worship**- Each Sunday, we gather in the Dell and participate in a Friends' Meeting where everyone sits in silence for about half an hour and takes time to reflect.
- **Necessity Store**- When a camper needs something like a toothbrush or shampoo, their counselor can get it for them from the Necessity Store in the Edge.
- **Nurse Check**- Each day after Cabin Clean Up, the nurse goes around to each cabin and scores them based on cleanliness.
- **Rest Hour**- Each afternoon at 2:00 everyone goes back to their cabins to relax and participate in chill activities for an hour like reading, writing letters or taking a nap.

- **Reveille**- A song played each morning at 7:30 by the Program Director to wake up camp.
- **Sign-Up Sheet**- Any trip or tournament will have a sign-up sheet posted on the bulletin board on the side of the Lodge (Huh!) where campers will write their names to sign-up.
- **S.P.I.C.E.S.**- The Quaker values all of camp adheres to which are Simplicity, Peace, Integrity, Community, Equality and Stewardship.
- **TAC**- The Teen Adventure Camp (TAC) program is a two-week camping trip for fifteen and sixteen year old campers full of activities like backpacking, white water rafting and mountain biking. Campers in the program are referred to as TACs.
- **TIC**- A TIC is a Counselor-in-Training (CIT) at Camp. TIC, or CIT backwards, is an affectionate nickname for these campers.
- **Tail**- a six-inch or longer piece of fabric tucked into the back of one's pants that replaces tagging or tackling during running games.
- **Taps**- A song played at 9:00 each night to

signal all overhead cabin lights need to be turned off. Everyone enjoys the song silently in their cabins before transitioning into quiet cabin time before bed.

- **Theme Day-** What's Theme Day?
- **T-Time-** Transition time between activity periods when campers can change in or out of swimsuits, put lacey shoes on or grab something from their cabins.

Words of Wisdom

Here's some advice from current campers and
CDW Staff, aka The Experts!

"Camp Dark Waters is a place where I can just be me. All the kids there are so nice, and the environment feels so safe around there. I LOVE CDW!!" - Marleigh

"I feel like Camp Dark Waters is a place where I can express my emotions--a place where I can be me. One thing I really love is the community. You can become friends with anyone, no matter the age. At CDW, I feel safe, and can't wait to come back." - Oliver

"Camp is one of the few places in my life where I've never been afraid to get dirty, roll in the mud, dance in the rain, and to see the dirt under my fingernails as a sign of good times. One of the best decisions I made as a camper was joining the fishing program, through that I learned interesting skills and found many amazing friends!" - Peter

"Camp Dark Waters is the place where I can go to always be at ease and where everyone is kind and ready to have fun. Camp is so special to me because of how it has helped me to grow into the person I am today. At this point, camp is like a second home for me. I have had so many great experiences there that I can't even remember all of them!" - Silas

**We Can't Wait to
See You This
Summer!!!**

