

SUMMER CAMP HANDBOOK



Alice Ferguson Foundation
Hard Bargain Farm Environmental Campus
Summer Adventure Camp

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About Us

The Alice Ferguson Foundation

Since our establishment in 1954, the Alice Ferguson Foundation at Hard Bargain Farm has stewarded the farm and surrounding lands purchased by Alice Ferguson in 1922. In the 1960s, the lower half of the 330-acre property was deeded to the National Park Service to form the central part of Piscataway National Park, which preserves and protects the viewshed from Mount Vernon across the river in Virginia.

The Alice Ferguson Foundation aims to inspire environmental stewardship by giving people the tools to understand, appreciate, and protect nature.

For over 70 years, the Foundation has connected with hundreds of thousands of students and community members to provide them with these environmental tools.



Summer Adventure Camp

Led by our knowledgeable educators, campers explore the woods, wetlands, and Potomac River through hands-on activities. Our unique property offers campers the opportunity to experience life in the great outdoors in a safe setting. Campers spend every day outside, embracing the wonders of our beautiful environmental campus.



The Summer Adventure Camp blends fun, learning, and exploration, exposing campers to new outdoor adventures. Our program helps campers learn new skills, make new friends, and gain the confidence to try new things.

We are proud to be a Washington Parent Magazine finalist for Best Maryland Day Camps and Best STEM Camps in the Parent Picks competition!



About Us

Our Team



At Summer Adventure Camp, we are privileged to have a team of dedicated staff members. Many of our members work with us as outdoor educators year-round. With extensive backgrounds in outdoor education, our staff guides thousands of students through environmental programs during the school year. Their passion lies in sharing environmental knowledge, inspiring stewardship, and encouraging a love for the outdoors.

Our staff members:

- Complete a rigorous interview process and reference checks
- Undergo thorough background checks, including fingerprinting
- Are CPR and First Aid certified through the Red Cross
- Participate in extensive training throughout the year
- Are enthusiastic outdoor educators, excited to explore, educate, and inspire

Our Commitment

Our team is fully committed to ensuring the safety and well-being of each camper entrusted to our care. We pledge to maintain a secure and nurturing environment by adhering to rigorous safety protocols, providing comprehensive staff training, and fostering a culture of vigilance and responsibility. Our team is dedicated to implementing best practices in child supervision, emergency preparedness, and health management to guarantee that every camper experiences a fun, enriching, and safe summer. We are steadfast in our promise to prioritize the physical and emotional safety of all campers, ensuring that their time at camp is filled with joy, growth, and lasting memories.



About Us

Our Location

The Alice Ferguson Foundation is located in Accokeek, Maryland, within Prince George's County. It is on approximately 330 acres of stewarded land, crisscrossed with nature trails ready to be explored.

Our camp hub is located at [2201 Bryan Point Road, Accokeek, MD 20607](https://www.google.com/maps/place/2201+Bryan+Point+Road,+Accokeek,+MD+20607).



Our Contact

Mailing Address: 2001 Bryan Point Road, Accokeek, MD, 20607

Main Office Phone: 301-292-5665

Office Hours: Monday-Friday 9 am - 4 pm

Camp Hub Phone: 301-292-8680

Email: camp@fergusonfoundation.org





EXPERIENCE & EXPECTATIONS

Summer Adventure Campers Love Being Outside!

The Summer Adventure Camp is an outdoor camp focused on being outside every day! Campers will have the opportunity to explore the forest, meadows, wetlands, and riverbank. They will learn about habitats, observe animals and plants, participate in hands-on activities, join team-building games, and make lasting memories.

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Experience & Expectations

Positive Learning Environment

At Summer Adventure Camp, we strive to create a welcoming and inclusive environment for all our campers. We want our campers to form new friendships, learn new skills, and feel comfortable away from home. Our trained staff will gently encourage campers to step out of their comfort zone and try new things, respecting each camper's individual limits.

If you have specific concerns about your camper's needs, please discuss them with our team in advance of camp so that we can make appropriate accommodations. We are not equipped to give one-on-one services.



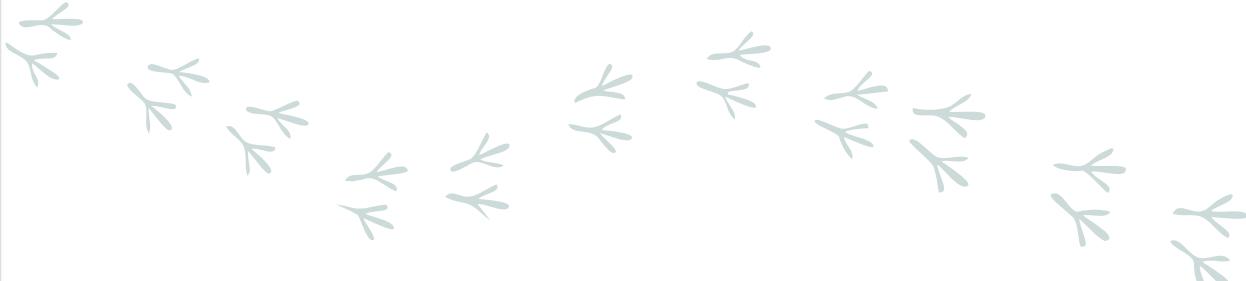
Building Resilience

As an outdoor camp, we believe it's important for children to develop the skill of being comfortable with being uncomfortable. Unexpected situations like rain, wet socks, or insect encounters are approached as opportunities for learning and growth. We encourage campers to embrace these experiences with a positive attitude.

Camper Responsibilities

We expect campers to be responsible for themselves and their belongings while at camp. Each camper must be able to use the restroom without assistance and verbally express their needs to our team. Our campers should be comfortable working in a team setting and being outside.

They will be responsible for their own belongings, which can be stored in their bag when not in use. We encourage campers to bring their own water bottle on adventures, but they must carry it themselves.



Experience & Expectations

Regular Camper Activities

Every day at Summer Adventure Camp brings new experiences! Each camper pack is led and programmed by a staff member who tailors the experiences to each camper's level. They are constantly creating innovative learning experiences and fun new ways to pique each camper's interests.

Our campers can expect a variety of activities such as:

- Hiking through the forest and along the Potomac River
- Dip netting for macroinvertebrates in the wetlands and creeks, learning about water quality
- Engage in water activities, including swimming at the Moyaone Pool and water play on our educational campus
- Participate in hands-on farming, gardening, and cow milking
- Explore nature through bird watching, plant identification, and sensory activities
- Tractor rides to the river
- Art activities such as tie-dye, making collage animals, and nature watercolors
- Learn practical skills like reading a compass, creating a map, and staying safe in nature
- Play games that teach teamwork and cooperation
- Rest time activities, such as yoga, mindfulness mapping, and story time



Experience & Expectations



Camper Packs

All campers are divided into 'Packs' based on age. This structure supports our commitment to fostering a positive learning environment and promoting camper resilience, confidence, and independence.

While all Packs participate in similar camp activities throughout each session, the way activities are facilitated is tailored to each group's developmental stage. This approach allows our staff to provide the safest, most supportive, and most effective learning environment for every camper.

Campers with friends or siblings in different Packs will have opportunities to see and interact with one another during the camp day. However, for safety and supervision purposes, campers are expected to remain with their assigned Pack during activities.

Pack 1 | Day Campers, Ages 4-6

Pack 2 | Day Campers, Ages 7-9

Pack 0 | Mini-Overnight Campers, Ages 8-10, and Overnight Campers, Ages 10-13

If you have questions or concerns about a camper who falls on the "cusp" of an age group, please contact us. We are happy to work with families to ensure each camper is placed in the Pack that best supports their developmental needs and overall camp experience.



Experience & Expectations

Pool Days

Our Summer Adventure Camp is fortunate to have access to a beautiful, in-ground community pool located just a short walk from our environmental campus. The Moyaone Community Pool is located at 2311 Bryan Point Road, Accokeek, MD 20607.

Campers will have the opportunity to visit the pool at least twice per camp week for scheduled swimming sessions. The pool is staffed by certified lifeguards, in addition to our trained summer camp counselors, to ensure camper safety at all times.

All campers are required to swim in the shallow area of the pool unless they successfully pass a swim assessment administered by the pool lifeguards. Campers who pass the assessment may be permitted to swim in deeper areas under lifeguard supervision.

Parents are asked to provide any necessary flotation devices for their camper on pool days. Camp staff will ensure that campers use the flotation devices provided by families as needed.

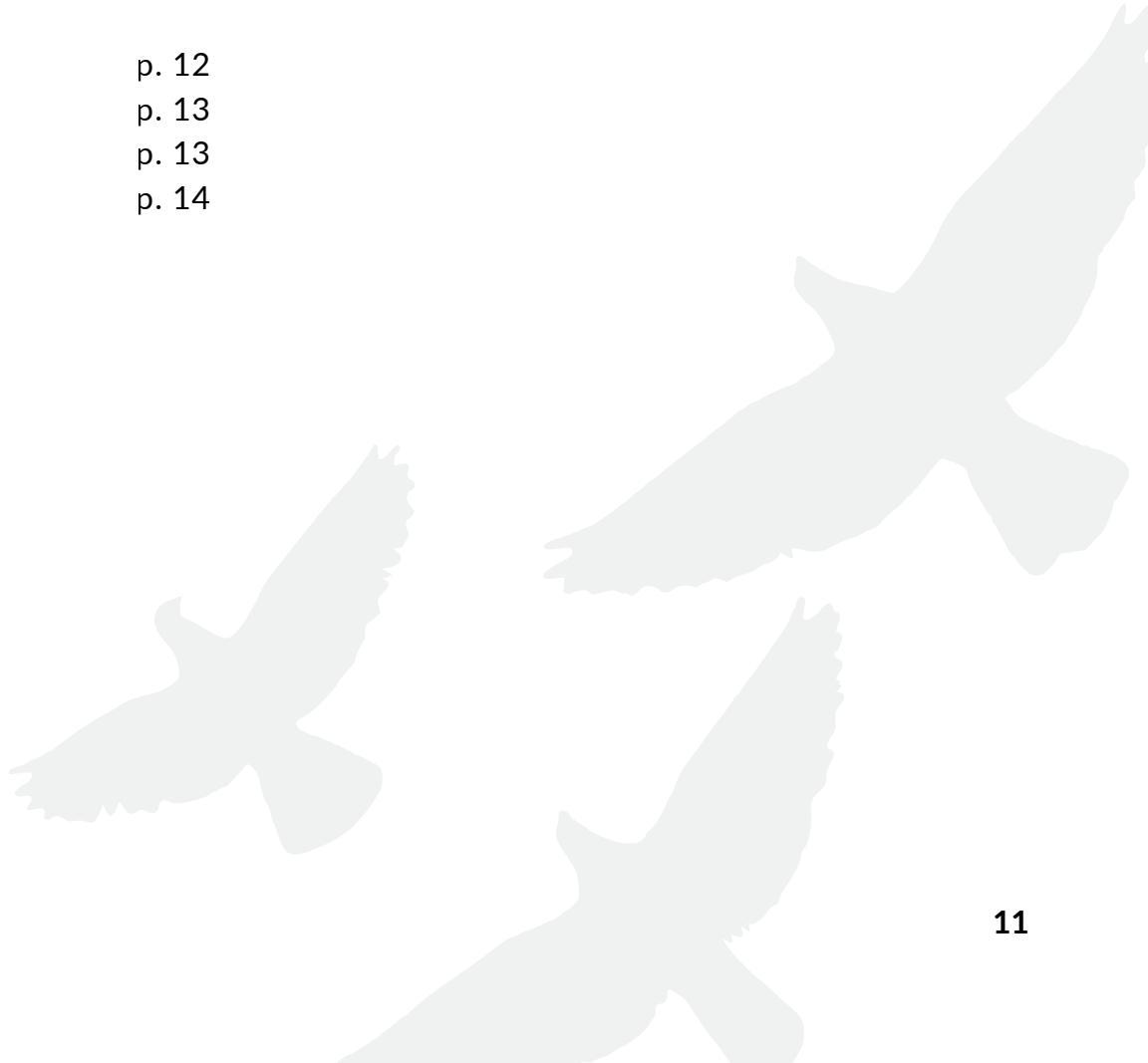




DAY CAMP

Every session of our Day Camp brings fresh opportunities for campers to build new friendships and enjoy new activities and experiences. Our program offers a fun and engaging way for campers to spend their summer outdoors—exploring, learning, and making lasting memories in the sunshine.

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Day Camp



Times & Schedule

Monday - Thursday: 9:00 am - 3:00 pm
Optional extended care to 5:00 pm

Friday: 9:00 am - 2:30 pm
Closing ceremony at 2:30 pm, Dismissal at 3:00 pm

Each Friday, we host an ice cream party and a closing ceremony. Families are invited to join us as campers share highlights and showcase the activities and experiences they enjoyed throughout the week.

Guardians are required to sign campers in and out each day with their assigned Pack Lead.

Example Day Camp Schedule:

-  9:00 Arrival
Parents/Guardians will sign-in and drop-off
-  9:15 All Camp G.A.S. (Greetings and Salutations)
Gather at the pavilion for morning announcements
-  9:30 Art Activity
Create a bee hotel to hang in the yard
-  10:30 Nature Hike
Explore the forest looking for animal prints
-  11:30 Lunch
Enjoy packed lunch in the outdoor space
-  12:30 Rest Period
Relax with a book or an activity during free time
-  1:00 Water Play
Run in the field during a team water game
-  2:00 Science Activity
Explore the garden for fresh veggies and critters
-  3:00 Pick-up
Registered parents/guardians will pick-up

Day Camp

Packing For Camp

To Wear:

- Clothes that can get dirty
- Sneakers or light boots that can get dirty and wet
- Cap or brimmed hat
- Sunscreen (at least 30 SPF)
- Bug spray

To Bring:

- Reusable Water Bottle (with strap)
- Rain gear (rain jacket or poncho)
- Sunscreen (at least 30 SPF)
- Bug spray
- Change of clothes
- Extra pair of socks and shoes
- Lunch

What NOT to bring:

- Toys
- Electronics
- Stuffed Animals
- Action Figures
- Umbrellas

NOTE:

Please **limit camper belongings to one bag** that campers can carry themselves.
Label all camper items with at least their last name.



Lunch Policy

Campers will bring their own **non-perishable, nut-free** lunch to enjoy during the day. Lunch bags will be stored in the camper's assigned space throughout the day. The camper will not have access to a refrigerator or microwave.

We encourage families to adopt a "trash-free" lunch approach, focusing on reducing single-use trash. Consider packing lunches in reusable lunch bags and using reusable containers for food items.

Snacks may be provided by the camp staff throughout the program, especially during hiking or specialized activities. These snacks will be influenced by the dietary needs of the campers. Please be sure to include this information in the camper health forms. We will notify camp parents if we have dietary restriction concerns for the safety of other campers. For example, an allergy would impact what other campers.

Day Camp

Day Camp Pool Time

Each week, Day Campers will visit the Moyaone Community Pool on **Tuesdays and Thursdays from 11:00 am to 1:00 pm.**



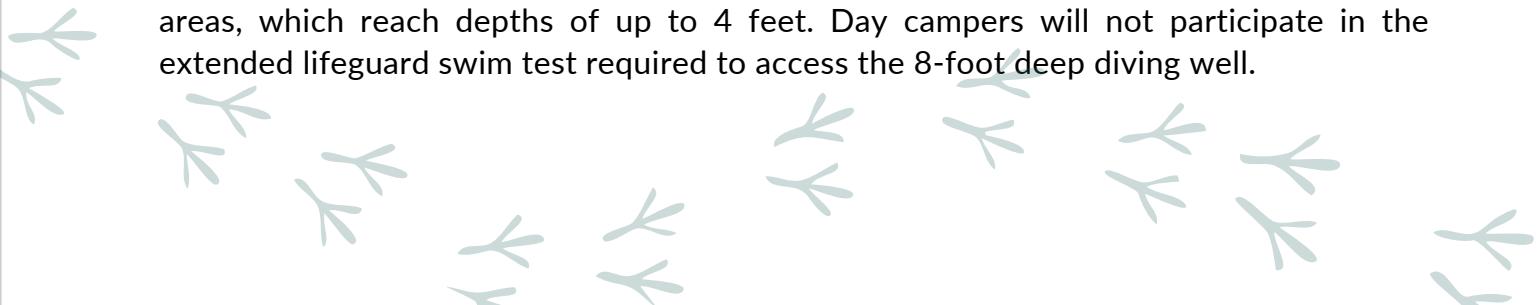
On pool days, campers should arrive at camp wearing their bathing suits and water shoes (e.g., sandals, Crocs). Campers must also bring a change of dry clothes in a labeled bag with their name clearly visible.

Campers must be able to change out of their bathing suits and independently dress themselves. Camp counselors are not permitted to assist campers with changing.

Campers will be given wristbands to indicate their swim level to camp staff and lifeguards. Swim levels are determined based on information provided during registration and a brief swim assessment administered by the lifeguard-trained Camp Manager.

If it is indicated during registration that a camper requires a personal flotation device to enter the pool, families must provide a Coast Guard-approved PFD on pool days. While the pool may occasionally have flotation devices available to borrow, availability is limited and cannot be guaranteed.

Campers who demonstrate strong swimming ability will have access to the main pool areas, which reach depths of up to 4 feet. Day campers will not participate in the extended lifeguard swim test required to access the 8-foot deep diving well.





MINI-OVERNIGHT CAMP

Our Mini-Overnight Camp is a special opportunity for campers to take their next step in outdoor adventure—building confidence, independence, and meaningful connections in a fun, supportive, and encouraging environment.

Campers will spend the first two days of the session, Monday and Tuesday, easing into the experience in a familiar Day Camp setting to make friends, learn routines, and get comfortable on campus. On Wednesday, campers will arrive ready for an exciting two-night stay in our modern bunkhouses, filled with shared adventures, camp traditions, and unforgettable memories. The Mini-Overnight Camp experience concludes on Friday.

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Mini-Overnight Camp



Times and Schedule

Monday:	9:00 am arrival - 3:00 pm <i>Optional extended care to 5:00 pm</i>
Tuesday:	9:00 am arrival - 3:00 pm <i>Optional extended care to 5:00 pm</i>
Wednesday:	9:00 am arrival - 10:00 pm lights out <i>Overnight Camp</i>
Thursday:	8:00 am breakfast - 10:00 pm lights out <i>Overnight Camp</i>
Friday:	7:00 am breakfast - 2:30 pm <i>Closing ceremony at 2:30 pm, Dismissal at 3:00 pm</i>

Each Friday, we host an ice cream party and a closing ceremony. Families are invited to join us as campers share highlights and showcase the activities and experiences they enjoyed throughout the week.

Guardians are required to sign campers in and out day with their assigned Pack Lead.

Example Mini-Overnight Schedule on Wednesday:

 9:00 Arrival Guardians will sign in & drop-off	 2:30 Snack Enjoy a healthy snack
 9:15 All Camp G.A.S. Gather for morning announcements	 3:00 Pool Head to the pool to keep cool
 9:30 Bunk Set-Up & Cabin Bonding Set up bunks & create cabin norm	 5:30 Fire Building Lesson Learn fire safety & strategies
 10:30 Team Building Obstacle Course Take on the forest course as a group	 6:00 Dinner Over the Fire Roast a hotdog or grilled cheese
 11:30 Lunch Enjoy a fresh & balanced lunch	 7:00 Night Hike See the nocturnal creatures waking up
 12:00 Dishes & Clean Up Assist in dishes & cleaning duties	 9:00 Nesting Hour Take showers & get ready for bed
 12:30 Rest Period Practice mindful listening to nature	 10:00 Story Time Listen to counselors read to the cabin
 1:00 Art Activity Find flowers & vines to make art	 10:30 Lights Out All lights & voices off for the night

Mini-Overnight Camp

Meals & Trying New Foods

On Monday and Tuesday, campers are expected to bring a packed lunch. Please review the Day Camp Lunch Policy for additional details.

Beginning with lunch on Wednesday and continuing through the close of camp on Friday, all camper meals will be prepared and provided on-site. Meals include breakfast, lunch, dinner, afternoon snacks, and evening desserts.

Our meals are designed to be nourishing, enjoyable, and flexible. Each meal offers campers choices so they can make decisions based on their preferences, while staff gently encourage campers to try new foods in a positive and supportive way. Our food is sourced from local producers and certified grocery stores. When available, campers may also participate in harvesting fresh fruits and vegetables from our garden as part of the camp experience.

Meal plans are thoughtfully curated to accommodate a wide range of dietary needs and restrictions. All staff are trained on camper allergies for each session, and major allergens are avoided.

Campers are encouraged to try new foods, but are not required to eat all items being served. If a camper has specific dietary needs, staff will work closely with them to ensure they are receiving the nourishment they need to stay healthy, energized, and happy at camp.



Mini-Overnight Pool Times

During each Mini-Overnight Camp session, campers will be able to visit the Moyaone Community Pool on **Wednesday and Thursday from 3:00 pm to 5:00 pm**.

Campers will be given wristbands to indicate their swim level to camp staff and lifeguards. Swim levels are determined based on information provided during registration and a brief swim assessment administered by the lifeguard-trained Camp Manager.

Proficient swimmers will be permitted to take the pool lifeguard test. If passed, the camper will be allowed to use the 8-foot deep diving well.

After each swim session, campers will hang their swimwear to dry so it will be ready for the following day.

Mini-Overnight Camp

Missing Home

Being away from home in a new environment can be uncomfortable for some campers, and this is perfectly normal. Our goal is to support campers through these feelings so they can fully enjoy their camp experience.

Before camp begins, we encourage families to talk with their camper about what to expect and to reassure them that it is okay to miss home. Encouraging campers to stay engaged in activities, build friendships, and lean into the camp community can make a big difference. When talking about these feelings, we recommend avoiding the term “homesick,” as it can sometimes make the experience feel more overwhelming or physical than it is and may make it harder for campers to re-engage in camp activities.

While phone calls home are not prohibited, we generally discourage them. Experience has shown that speaking with family during moments of missing home can sometimes intensify those feelings. Our staff is trained to support campers through these moments with care and comfort.

We will never prevent a camper from going home who really wishes to. However, we ask families not to present this as an option before camp begins. If a camper believes it is a possibility, it is more likely for them to request this as nighttime approaches.

We encourage families to remind campers how excited you are for them to have this experience and to express pride in their courage. Camp is a safe and supportive place where campers learn that they are capable of doing hard things, and those lessons stay with them long after camp ends.



Lights Out Away From Home

At camp, everyone follows the same sleep schedule so that all campers can get the rest they need for a full day of activities. Following the “lights out” rule helps ensure that everyone can sleep well and wake up ready for a fun day.

If your camper feels anxious in the dark or has trouble falling asleep, consider packing a comfort item from home, such as a favorite stuffed animal or blanket. For campers who may need to get up during the night, a small flashlight can be very helpful. You can also discuss simple strategies with your child, like counting, deep breathing, or flipping the pillow to the cool side, to make bedtime easier.

Mini-Overnight Camp

Keeping Personal Space Clean

Campers share close quarters with other campers, so keeping sleeping and living areas organized is important. Before camp, talk about strategies with your camper for staying tidy. Providing a laundry bag for dirty clothes, using under-bed space and wall hooks, and keeping items in designated areas will help campers easily find what they need.

Following the camp packing list also helps avoid overpacking, giving campers a clear sense of what they have and making it easier to stay organized throughout the session.

Cleaning as a Community

At camp, we work together to keep our campus, facilities, and grounds safe, clean, and welcoming. The Alice Ferguson Foundation's mission to create environmental stewards starts with taking responsibility for our spaces. Campers will be asked to help with tasks such as sweeping the floor, assisting with dishes, wiping down bathrooms, and cleaning up after activities.

These small actions help campers learn the value of caring for their surroundings and build pride in being part of a community that respects and protects the space they share.



Mini-Overnigh Camp

Packing List

All campers will have their own space around their bunkbed to store items. Consider packing items in a trunk or suitcase that provides easy organization. It is important that campers are included in the packing process so that they are aware of what is in their bag.

Gear:

- one pillow
- bottom sheet (twin mattress)
- top sheet
- blanket or sleeping bag
- a comfort item (i.e. stuffed animal)
- bath towel
- toiletries (i.e. toothbrush, toothpaste, shampoo, washrag)
- book (with optional book light)
- pool towel

Clothes:

- t-shirts (3)
- shorts (2)
- long pants (2)
- underwear (3+)
- long sleeve shirt (1)
- sandals/ watershoes
- sneakers or light hiking shoes
- socks (3+, at least 2 tall for hiking)
- boots/closed-toe shoes to get dirty/wet
- wool/fleece sweater or light jacket (1)
- bathing suit

*Optional Bonus:

- a costume for the camp dance!

Daypack/ Small Backpack:

- reusable water bottle
- sunscreen (at least 30 SPF)
- bug spray (aerosol discouraged)
- small flashlight
- rain jacket or poncho
- cap or a brimmed hat

DO NOT BRING:

- cell phones
- electronics (iPods, watches, speakers, etc)
- knives
- jewelry
- expensive personal belongings
- aerosol deodorant or perfumes





OVERNIGHT CAMP

Our Overnight Camp is a wonderful opportunity for campers to grow independence, confidence, and resilience while enjoying the outdoors. Over the course of the week, campers will form strong friendships, explore nature, and experience the excitement of unplugging from technology in a safe and supportive environment.

The Overnight Camp session runs from Sunday through Friday, providing a full week of adventure, learning, and memorable experiences.

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Overnight Camp



Times & Schedule

Sunday:	4:00 pm Arrival and Opening ceremony 5:00 pm Dinner - 10:00 pm Lights Out
Monday - Thursday:	8:00 am Breakfast - 10:00 pm Lights Out <i>Overnight camp</i>
Friday:	7:00 am breakfast - 2:30 pm <i>Closing ceremony at 2:30 pm, Dismissal at 3:00 pm</i>

On Sunday, parents and campers join us for the camp opening ceremony. This includes meeting the camp team, picking a bunkbed, and a look around our campus.

Each Friday, we host an ice cream party and a closing ceremony. Families are invited to join us as campers share highlights and showcase the activities and experiences they enjoyed throughout the week.

Example Overnight Schedule:

7:30 Wake Up Rise and shine	2:30 Snack Enjoy a healthy afternoon snack
8:00 Breakfast Fuel up for the days activities	3:00 Pool Head to the pool to keep cool
8:30 Dishes and Clean Up Tidy up before day campers to arrive	5:30 Evening Game Play a round of Cows and Chickens
9:15 All Camp G.A.S. Gather for morning announcements	6:00 Dinner Enjoy a warm nutritious meal
9:30 Cabin Free Time Spend time bonding with bunkmates	6:30 Dishes and Clean Up Show good stewardship
10:30 Pack Lunches Make sandwiches & snacks for a hike	7:00 STEM Experiment Make marshmallow catapults
11:00 Hike to Max North Hike to the creek	8:00 Camp Dance! Put on a costume & dance
12:00 Lunch by the Creek Enjoy lunch out in nature	9:00 Nesting Hour Take showers & get ready for bed
1:30 Hike back to camp Practice mindful listening to nature	10:00 Story Time Listen to counselors read to the cabin
2:00 Rest Period Recharge after a full morning	10:30 Lights Out All lights & voices off for the night

Overnight Camp

Meals

All camper meals from Sunday dinner through closing on Friday will be provided. Meals include breakfast, lunch, dinner, afternoon snacks, and evening desserts.

Our meals are designed to be nourishing, enjoyable, and flexible. Each meal offers campers choices so they can make decisions based on their preferences, while staff gently encourage campers to try new foods in a positive and supportive way. Our food is sourced from local producers and certified grocery stores. When available, campers may also participate in harvesting fresh fruits and vegetables from our garden as part of the camp experience.

Meal plans are thoughtfully curated to accommodate a wide range of dietary needs and restrictions. All staff are trained on camper allergies for each session, and major allergens are avoided.

Campers are encouraged to try new foods, but are not required to eat all items being served. If a camper has specific dietary needs, staff will work closely with them to ensure they are receiving the nourishment they need to stay healthy, energized, and happy at camp.



Overnight Pool Times

During each Overnight Camp session, campers will be able to visit the Moyaone Community Pool on **Tuesday, Wednesday, and Thursday from 3:00 pm to 5:00 pm**.

Campers will be given wristbands to indicate their swim level to camp staff and lifeguards. Swim levels are determined based on information provided during registration and a brief swim assessment administered by the lifeguard-trained Camp Manager.

Proficient swimmers will be permitted to take the pool lifeguard test. If passed, the camper will be allowed to use the 8-foot deep diving well.

After each swim session, campers will hang their swimwear to dry so it will be ready for the following day.

Overnight Camp

Missing Home

Being away from home in a new environment can be uncomfortable for some campers, and this is perfectly normal. Our goal is to support campers through these feelings so they can fully enjoy their camp experience.

Before camp begins, we encourage families to talk with their camper about what to expect and to reassure them that it is okay to miss home. Encouraging campers to stay engaged in activities, build friendships, and lean into the camp community can make a big difference. When talking about these feelings, we recommend avoiding the term “homesick,” as it can sometimes make the experience feel more overwhelming or physical than it is and may make it harder for campers to re-engage in camp activities.

While phone calls home are not prohibited, we generally discourage them. Experience has shown that speaking with family during moments of missing home can sometimes intensify those feelings. Our staff is trained to support campers through these moments with care and comfort.

We will never prevent a camper from going home who really wishes to. However, we ask families not to present this as an option before camp begins. If a camper believes it is a possibility, it is more likely for them to request this as nighttime approaches.

We encourage families to remind campers how excited you are for them to have this experience and to express pride in their courage. Camp is a safe and supportive place where campers learn that they are capable of doing hard things, and those lessons stay with them long after camp ends.



Lights Out Away From Home

At camp, everyone follows the same sleep schedule so that all campers can get the rest they need for a full day of activities. Following the “lights out” rule helps ensure that everyone can sleep well and wake up ready for a fun day.

If your camper feels anxious in the dark or has trouble falling asleep, consider packing a comfort item from home, such as a favorite stuffed animal or blanket. For campers who may need to get up during the night, a small flashlight can be very helpful. You can also discuss simple strategies with your child, like counting, deep breathing, or flipping the pillow to the cool side, to make bedtime easier.

Overnight Camp

Keeping Personal Space Clean

Campers share close quarters with other campers, so keeping sleeping and living areas organized is important. Before camp, talk about strategies with your camper for staying tidy. Providing a laundry bag for dirty clothes, using under-bed space and wall hooks, and keeping items in designated areas will help campers easily find what they need.

Following the camp packing list also helps avoid overpacking, giving campers a clear sense of what they have and making it easier to stay organized throughout the session.

Cleaning as a Community

At camp, we work together to keep our campus, facilities, and grounds safe, clean, and welcoming. The Alice Ferguson Foundation's mission to create environmental stewards starts with taking responsibility for our spaces. Campers will be asked to help with tasks such as sweeping the floor, assisting with dishes, wiping down bathrooms, and cleaning up after activities.

These small actions help campers learn the value of caring for their surroundings and build pride in being part of a community that respects and protects the space they share.



Overnight Camp

Packing List

All campers will have their own space around their bunkbed to store items. Consider packing items in a trunk or suitcase that provides easy organization. It is important that they are included in the packing process so that they are aware of what is in their bag.

Gear:

- one pillow
- bottom sheet
- top sheet
- blanket or sleeping bag
- a comfort item (i.e. stuffed animal)
- bath towel
- toiletries (i.e. toothbrush, toothpaste, shampoo, washrag)
- book (with optional book light)
- pool towel

Clothes:

- t-shirts (6)
- shorts (5)
- long pants (2)
- underwear (7+)
- long sleeve shirt (2)
- sandals/ watershoes
- sneakers or light hiking shoes
- socks (6+, at least 2 tall for hiking)
- boots/closed-toe shoes to get dirty/wet
- wool/fleece sweater or light jacket (1)
- bathing suit (2)

Optional Bonus:

- a costume for the camp dance!

Daypack/ Small Backpack:

- reusable water bottle
- sunscreen (at least 30 SPF)
- bug spray (aerosol discouraged)
- small flashlight
- Rain jacket or poncho
- cap or brimmed hat

DO NOT BRING:

- cell phones
- electronics (iPods, watches, speakers, etc)
- knives
- jewelry
- expensive personal belongings
- aerosol deodorant or perfumes





RULES & REGULATIONS

Our team is dedicated to creating a safe, positive, and respectful environment for all our campers and their families. We expect our camp families to review and follow the Rules for Play and Code of Conduct, as well as all applicable Alice Ferguson Foundation rules and regulations to ensure a positive experience for all.

Code of Conduct	p. 28
Rules for Play	p. 29
Communication Devices	p. 29
Disciplinary Actions	p. 30

Camp Regulations



Code of Conduct

We aim to make camp a positive experience for all. We maintain a code of conduct, expecting campers to avoid bullying, harassment, hate speech, and disrespect. On their first day, counselors will work with campers to create a set of camp rules and expectations, which will be followed throughout the week.

Campers, parents, family members, staff, and volunteers are expected to:

- 1) Be respectful, courteous, and considerate of others at all times.
- 2) Communicate appropriately and clearly. Refrain from using abusive or foul language or gestures, harsh words, yelling, or harassing others.
- 3) Be responsible for their actions and understand that irresponsible behavior will result in disciplinary action.
- 4) Refrain from deliberately causing harm to oneself or others. Bullying (in any form) will not be tolerated.
- 5) Be careful to never jeopardize the health and safety of others.
- 6) Be respectful of the property of others and the property of the facility/program.

As a camper, I will:

- 1) Learn and follow the camp's Code of Conduct and Rules of Play.
- 2) Follow directions and cooperate with staff.
- 3) Be kind and show respect for others. I will not bully, tease, pick on, kick, bite, hit, or fight with others. I will give space to another camper when asked.
- 4) Use my words to communicate a problem to another camper or a counselor.
- 5) Use program equipment, supplies, and facilities in a safe, responsible, and respectful manner.

As a parent or guardian, I will:

- 1) Review the camp's Code of Conduct and Rules of Play with my child.
- 2) Submit all required documentation and requested information in a timely manner in the requested documentation format.
- 3) Ensure my child arrives and departs the program site on time.

Rules & Regulations

Rules for Play

★ Listen carefully

Make an active effort to hear what counselors and fellow campers have to say.

★ Respect others and yourself

Treat people with kindness and regard for their thoughts, feelings, rights, and wishes.

★ Respect this space

Be mindful of the plants and animals around us and the facilities that we use.

★ Show up!

Be on time, attentive, and ready to participate.

★ Leave valuables at home

Avoid damage or lost property by only bringing items necessary for camp activities!



Camper Communication Devices

Summer Adventure Camp is intended to be an immersive activity that embraces the natural world and the environment in which we live. Accordingly, our goal is to have a cell phone and technology-free camp.

Because personal devices are often lost, misplaced, or can be damaged during outdoor activities, we encourage you to protect your camper from the risk of breaking or losing their devices, or not getting the most out of their week, by sending them to camp cell phone and technology-free!

We understand the importance of staying connected with your camper. However, we encourage you to allow them to disconnect from their phones while at camp.

To ensure their safety and your peace of mind:

- The main office and camp hub are equipped with landline phones for emergencies. The numbers can be found on page 5.
- The camp manager will be on-site every day and will have a cell phone available for parents to contact. The number will be sent out prior to camp opening.
- Camp packs stay connected with each other and the director using walkie-talkies.

Rules & Regulations

Disciplinary Actions

We recognize that campers may experience nervousness or emotions that are out of character for them. We are committed to supporting our campers through their emotions while prioritizing the safety of all campers.

In the event that a camper's emotions and/or reactions misalign with our Code of Conduct or Rules for Play, we will implement the following disciplinary actions.

Disciplinary actions for campers may include (depending on the severity of the incident):

- Redirection to more appropriate behavior.
- Verbal warning with documentation.
- Time out with notification to parent/guardian via written documentation.
- Phone call to parent/guardian.
- Parent conference.
- Suspension from program (without refund).
- Dismissal from the program (without refund).

Disciplinary actions for parents and others may include (depending on the severity of the incident):

- Warning - either oral or written.
- Dismissal of your camper(s) from the program (without refund).
- Suspension of parent/guardian from future Alice Ferguson Foundation/Hard Bargain Farm programs.

Note: Suspension refers to being removed from our program and/or facility for a designated time. Dismissal refers to being removed from our programs and/or facility for an indefinite time or the duration of the specific program.





HEALTH & SAFETY

At Summer Adventure Camp, the well-being of our campers is our top priority. To ensure their safety, our camp staff undergo extensive training annually on our emergency procedures. From medical forms to medication administration guidelines, our goal is to provide a safe and nurturing environment where every camper's health needs are met with care and attention. Together, we'll ensure a worry-free experience, focusing on each child's health and happiness throughout their time with us.

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Medications at Camp	p. 33
Hydration & Sun Safety	p. 34
Food & Dietary Needs	p. 35

Health & Safety

Standard Procedures

At Summer Adventure Camp, the health and safety of every camper is our top priority. All staff undergo rigorous hands-on training to ensure they understand proper procedures and how to respond to emergencies. In addition, our staff follows the strict requirements and standards set by the Maryland Department of Health.

A licensed healthcare provider is on duty throughout the camp to support campers' medical needs. Before camp begins, the healthcare provider reviews each camper's health history and physician's forms to ensure staff are prepared for any potential concerns. Please note that our staff are not trained to provide care for specialized medical needs, including insulin-dependent diabetes or a history of seizures.

Our nurse station is fully stocked with first aid supplies, and a first aid kit accompanies all hikes, campus explorations, and pool trips. For added safety, an Automated External Defibrillator (AED) is available in the nurse's station.

All medical incidents are carefully documented, including the circumstances and the treatment administered. In the event of a serious medical emergency, parents will be notified promptly by phone and, if necessary, asked to pick up their camper.

For additional safety, the Summer Adventure Camp is conveniently located just 2 miles from the Accokeek Fire Department and 8 miles from the Fort Washington Police Department.

The Fort Washington Medical Center, 7 miles away at 11711 Livingston Rd, Fort Washington, MD, is available for emergencies beyond our on-site capabilities. Their phone number is (301) 292-7000.

Your camper's well-being is our highest priority, and we are fully equipped to handle any situation that may arise to ensure a safe and positive camp experience.



Camp Regulations

Medications at Camp

All medications will be given to the Camp Nurse or Camp Director on the first day of camp by the camper's guardian. The medication and paperwork will be reviewed.

All medication must be in the original bottle with the prescription label, the camper's full name, the prescribed dosage, and the prescribing doctor on the medication label.

To streamline the process, please combine all medication bottles and boxes (both prescriptions and over-the-counter) in a clear bag labeled with your camper's full name. Consider including a photo of your camper in the bag for easier identification.

Expired medications will not be accepted.

All medications brought to camp MUST have a completed and signed Maryland Department of Health (MDH) Medication Administration Form submitted before the start of camp. For campers with asthma, the MDH Asthma Action Plan must also be completed and signed by their doctor.

Emergency medications, including Epi-pens and inhalers, will either be carried by the camper or their camp counselor at all times. This will be determined by the "self-carry" box on the Medication Administration form. Non-emergency medications will be stored and locked in the nurse's station.

All medications must be signed in and out every time they arrive or leave our camp. This includes medications that campers self-carry and bring daily.

Our dedicated camp nurse will carefully review these documents to ensure our staff is fully prepared. Your camper's safety and well-being are our top priorities, and we want to ensure a smooth and comfortable experience for everyone.



Health & Safety

Hydration & Sun Safety

At Summer Adventure Camp, we love spending time outdoors and hope each day is filled with sunshine and fun! To help your camper stay safe and energized, proper hydration is essential. Please send your camper with a reusable water bottle each day. Our staff will remind campers to drink frequently and refill as needed.

For optimal hydration, **we strongly encourage water over juices or sodas.**

While much of our time is spent in shaded areas on the campus and in the forest, campers also enjoy activities in open fields and at the pool. To protect your child from the sun, please consider sending sun-protective clothing, a hat, and sunscreen.

We encourage campers to learn to apply sunscreen themselves as part of building independence. Staff are happy to assist campers who need help, but this must be noted on the camper registration form so proper supervision can be provided.

Please **label all personal items**, including water bottles, hats, and sunscreen, with your camper's name to ensure they stay with your camper throughout the camp session.



Preparation for Camp

Food & Dietary Needs

All dietary restrictions, allergies, and medical concerns need to be disclosed during the camper registration process.

Day Camp Programs

Campers will bring their own non-perishable lunch to enjoy during the day. Lunch bags will be stored in the camper's assigned space throughout the day. The camper will not have access to a refrigerator or microwave.

Snacks may be provided by the camp staff throughout the program, especially during hiking or specialized activities. These snacks will be influenced by the dietary needs of the campers. Please be sure to include this information in the camper health forms. We will notify camp parents if we have dietary restriction concerns for other campers.

Overnight Camp Programs

Balanced meals will be provided to our campers three times a day with a snack. Every meal will include some options for the camper to make decisions about their preferences. We will encourage campers to try new foods. Our food is sourced from local producers and certified grocery stores. When available, we also encourage campers to join us in harvesting fresh fruits and vegetables from our garden.

We encourage families to adopt a "trash-free" lunch approach, focusing on reducing single-use trash. Consider packing lunches in reusable lunch bags and using reusable containers for food items.





CAMP TRANSPORTATION

We know how busy summer can be for families, and we strive to make the outdoors accessible to as many campers as possible. To help with this, Summer Adventure Camp partners with the local child transportation service EK4KDS to provide safe and convenient bus options.

This year, we offer two camp bus pick-up locations: one in Northwest DC and one in Southeast DC. Families who wish to use this transportation option will review this information and sign a transportation agreement during registration.

Transportation Plan	p. 37
Supervision Requirements	p. 37
Safety Standards	p. 38
Southeast DC Route	p. 39
Northwest DC Route	p. 39

Transportation

Transportation Safety Plan

The Transportation Plan informs camp staff members and volunteers of the actions to follow to ensure each camper's safety while on the camp's organized transportation. These steps are required and must be known and followed by all camp staff involved in camper transportation.

A copy of the Transportation Plan will be provided to each camp staff member, vehicle operator, as well as being included in the camp binder that remains with the camp at all times. Camp staff members will be trained on the Transportation Plan before the start of camp and will be allowed to discuss the program, as well as ask questions. Each staff member, upon completion of the Transportation Plan training, will sign the staff training document.

Supervision Requirements

A staff person will sign in campers with approved guardians at morning pick-up and sign out campers with approved guardians at afternoon drop-off. Approved guardians include the primary and secondary guardians indicated at registration and any additional guardians added in the transportation agreement.

Camp staff will not leave a camper unattended until an approved guardian has signed them out. If there are to be 10 or more campers in a vehicle, there will be a second adult, aside from the driver, in the vehicle as well.

No driver or staff person will ride alone without another staff member in the vehicle. If there is only 1 camper being transported, there will be a second adult, aside from the driver, in the vehicle as well.



Transportation

Safety Standards

The camp transportation safety standards must be followed by staff, contractors, campers, and parents when using and coordinating camper transportation.

- Only commercial transportation licensed to carry children shall be hired to transport campers.
- All passengers must remain seated at all times and only in seats provided in-vehicle by the manufacturer, and no more passengers shall be transported than legally allowed in the vehicle.
- All passengers must use inside voices, not throw items, and refrain from any other behaviors that could distract the driver.
- All passengers must keep all body parts inside the vehicle and to themselves at all times.
- All passengers must utilize seat belts when provided – one person per seatbelt.
- All passengers must listen to and follow the rules given by the bus driver.
- Passengers shall only enter and leave the vehicle under the direction of a staff member and/or driver.
- If the vehicle makes an emergency stop, passengers must follow the directions of the staff member and/or driver.
- All passengers must adhere to the Camp Code of Conduct and Rules of Play while on a camp-provided vehicle.
- Whenever campers are to be transported, the Camp Director or Camp Manager will either be present or on call via cell phone for consultation.
- The Camp Director and Camp Manager reserve the right to discontinue transportation privileges at any time if these rules are not followed.



Transportation

Southeast Bus Route

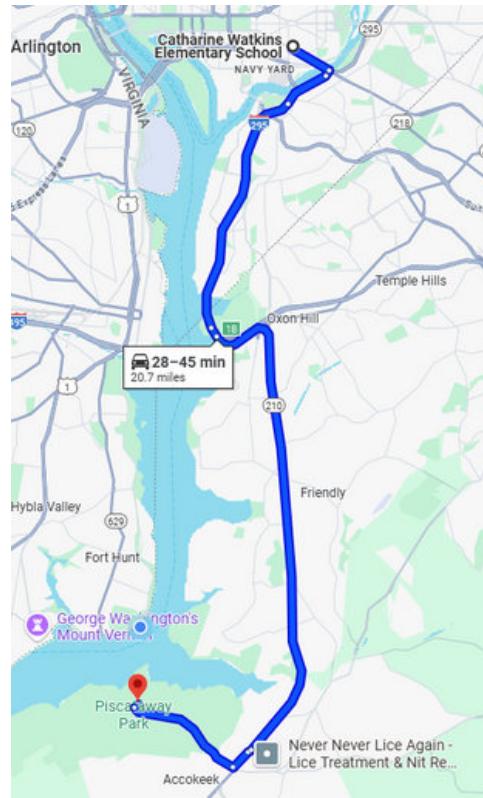
The Southeast DC Area Bus will pick up campers at Watkins Elementary, 420 12th St SE, Washington, DC 20003, at approximately 7:45 am on designated camp days.

The bus will arrive at Camp, 2201 Bryan Point Road, Accokeek, MD 20607, at approximately 8:40 am on designated camp days.

The bus will depart Camp at approximately 3:30 pm on designated camp days.

The Southeast DC Area Bus will drop off campers at Watkins Elementary, 420 12th St SE, Washington, DC 20003, at approximately 4:00 pm on designated camp days.

The approximate route of the DC Area Bus will follow Pennsylvania Ave to I-295, and continue on MD-210. The Southeast Bus will take the same approximate route back to Watkins Elementary.



Northwest Bus Route

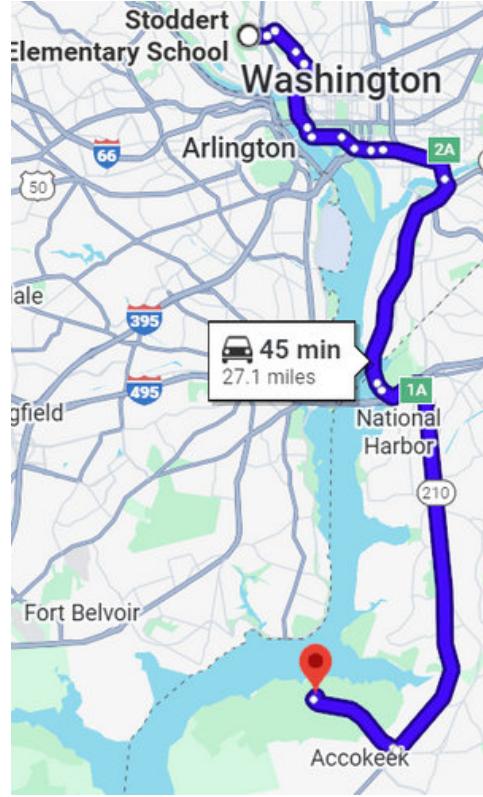
The Northwest DC Area Bus will pick up campers at Stoddert Elementary 4001 Calvert St NW Washington, DC 20007 at approximately 7:45 am on designated camp days.

The bus will arrive at Camp, 2201 Bryan Point Road, Accokeek, MD 20607, at approximately 8:50 am on designated camp days.

The bus will depart Camp at approximately 3:30 pm on designated camp days.

The Southeast DC Area Bus will drop off campers at Stoddert Elementary 4001 Calvert St NW Washington, DC 20007, at approximately 4:00 pm on designated camp days.

The approximate route of the DC Area Bus will follow either Rock Creek PKWY or George Washington PKWY to I-395/I-695 to I-295, and continue on MD-210 and will take the same approximate route back.





PAYING FOR CAMP

Camp is an opportunity for children to learn and grow. Our rates include all camp-related activities your camper will participate in. Additionally, there is the opportunity to add extended care or transportation to and from camp, depending on your family's needs. We strive to make camp financially accessible. If you need financial assistance, we encourage you to apply for the Stovall Scholarship Fund or explore the other funding opportunities included in this section.

Camp Costs	p. 41
Cancellation and Refund Policy	p. 42
Stovall Scholarship Fund	p. 43
Other Resources	p. 44

Paying for Camp

Camp Costs

Day Camp:

Standard Rate - \$375/week

Day Camp Additions:

Extended Care added at time of registration - \$150/week

Extended Care added after registration - \$45/day

Camp Bus - \$175/week



Note: Campers may register for either extended care or the camp bus. The camp bus will not be offered after extended care.

Camp bus is offered Monday - Friday.

Extended care is offered Monday - Thursday.



Mini-Overnight Camp:

Early Bird Rate (register before 3/2/26) - \$650

Standard Rate - \$675

Mini-Overnight Camp Additions:

Extended Care added at time of registration - \$60/week

Extended Care added after registration - \$45/day

Camp Bus - \$175/week

Note: Campers may register for either extended care or the camp bus. The camp bus will not be offered after extended care.

Camp bus is offered Monday - Wednesday, and Friday

Extended care is offered on Monday and Tuesday.

Overnight Camp:

Early Bird Rate (register before 3/2/26) - \$950

Standard Rate \$975

Note: Overnight campers will not need extended care, nor will they be eligible to register for the camp bus.



Camp Regulations

Cancellation and Refund Policy

We understand that plans can change between the months of registration and when campers arrive. However, to protect the integrity of our camp programming, we discourage 'place holding' and cancellations. We incur significant non-refundable costs in advance of the camp season and scheduled sessions, and as such, the below cancellation policy will apply in the event that plans change affecting your camper's ability to attend camp.

Upon registration, the Alice Ferguson Foundation will keep 10% of tuition to cover credit card processing fees and other administrative expenses.

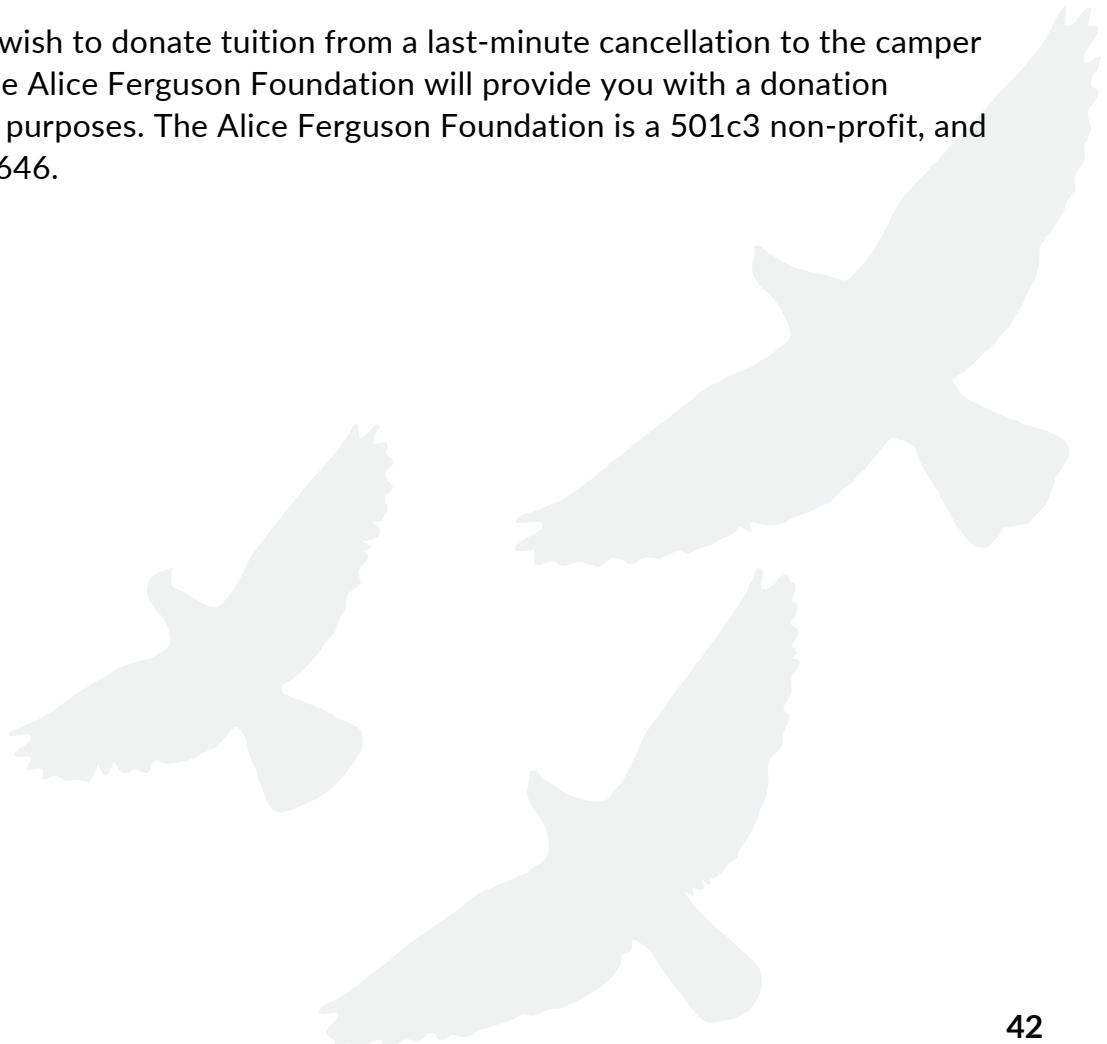
Cancellations before May 1 will receive a full refund, minus the 10% fee.

Cancellations after May 1 will receive a 50% refund.

Cancellations after June 1 will NOT be refunded.

Our Camp Director will consider special circumstances if you must cancel due to a medical reason that is verified by a doctor's note.

Additionally, if you wish to donate tuition from a last-minute cancellation to the camper scholarship fund, the Alice Ferguson Foundation will provide you with a donation receipt for your tax purposes. The Alice Ferguson Foundation is a 501c3 non-profit, and our EIN is 52-0694646.



Paying for Camp



Stovall Outdoor Scholarship Fund

The Stovall Outdoor Scholarship Fund honors the life and legacy of Mikey Stovall, a devoted husband, father, and passionate outdoorsman. Born and raised in our local neighborhood of Accokeek, Mikey grew up exploring the woods, waterways, and open spaces that make our region so special. Whether fishing, kayaking, or snowboarding with his family, he found joy in nature and shared that joy with those he loved.

Mikey Stovall tragically lost his life in the American Airlines Flight 5342 accident, leaving behind his wife, Ashleigh, an educator at the Alice Ferguson Foundation, and their son, Jake. In memory of Mikey and his passion for the outdoors, this fund will underwrite outdoor experiences for other youth who would otherwise be unable to participate.

To apply, guardians are to enter the necessary information and then upload a piece of work, or a photo of a piece, done by the camper that answers this question:

“What does spending time outdoors mean to me?”

The question can be answered through a video, a picture collage, an art piece, a handwritten note, or any other means that the camper is inspired to respond to the question.

Each camper chosen will have 30% of one week-long session of their choosing covered by the fund. Multiple campers from a single family may apply; families must complete a separate application for each camper.

To apply, please visit

<https://www.fergusonfoundation.org/stovall-fund-campership-application/>
or email camp@fergusonfoundation.org for more details.

Paying for Camp

Other Resources

If your family is looking for ways to financially support your camper's summer adventure, we suggest looking into these third-party options. We will add to this as we become aware of more resources.

Learn24 OST Summer Strong DC Grant

Learn24 is a network that supports equitable access to high-quality, Out-of-School-Time ("OST") programs for the District's students. Managed by the Greater Washington Community Foundation, Learn24's OST Youth Scholarship Program provides funding to help students and their families – especially those with specific needs – access the programs they need to strengthen their education, health, and well-being outside of school.

For Washington DC Residents

Applications open in March

<https://learn24.dc.gov/page/ost-office-grants>





SEE YOU AT SUMMER ADVENTURE CAMP!

Thank you so much for choosing to spend the summer with us! We are thrilled to welcome your camper(s) to Summer Adventure Camp and look forward to an adventurous and safe summer for all.

Feeling nervous about camp is natural for both parents and campers, and we take our responsibility of caring for your camper(s) very seriously. We are honored to play a part in your camper's growth and are committed to setting them up for a successful summer at camp.

If you have any questions or concerns about your upcoming Summer Adventure Camp experience, please don't hesitate to reach out. We are here to help and ensure your camper has the best summer ever!

Camp Director: Michelle Hickerson
Camp Manager: Alexandra Martinez
Office Number: 301-292-5665
Email: camp@fergusonfoundation.org



Handbook Highlights

- **Submit Camper Health Forms:** Ensure all camper health forms are submitted before the start of camp to guarantee forms can be reviewed by the camp nurse.
- **Leave Electronics Behind:** Cell phones and other electronics are not permitted at Summer Adventure Camp, encouraging campers to fully “unplug” and immerse themselves in outdoor experiences.
- **Double Check the Packing List:** Review the packing list thoroughly to ensure your camper is fully prepared for the week ahead with all necessary items.
- **Communication Is Key:** Take the time to talk to your camper about any concerns they may have regarding camp, helping to alleviate any worries and ensuring they feel comfortable and excited.
- **Embrace Outdoor Adventure:** Get ready to embrace outdoor adventure every day! Encourage your camper to immerse themselves in the natural surroundings and enjoy the wonderful experiences awaiting them at camp.

