

VOL.2 | AUGUST 2021

be brave

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Learn more about some of our frequently asked questions from campers and parents.



director's letter

Wow. Our inaugural summer camp season has been such an amazing experience. The campers were brave beyond measure by reaching out of their comfort zones and exploring outdoor spaces. We are looking forward to next season with so much gratefulness for parents and campers that have adventured with us. Looking ahead to 2022 we are expanding our offerings to be able to get more campers outside. Our program will now be able to adventure with children who have completed 1st grade to completed 12th grade. We are excited to introduce the Junior Maine Guide Program into our offerings as well.

"WE ARE EXCITED TO INTRODUCE THE JUNIOR MAINE GUIDE PROGRAM INTO OUR PROGRAMS."

Though we fully believe in all the adventures that Maine has to offer it was always our intention to adventure in Eastern Canada as well. In 2022 we will be able to offer a two-week trip to explore Canada's Eastern National Parks. We are so excited about what 2022 will bring. We can't wait to meet you and your camper.

In grateful joy,
Amanda Hatley, Director

"A FEMALE-ORIENTED CAMP THAT FOCUSES ON FOSTERING SELF CONFIDENCE THROUGH BRAVE OUTDOOR EXPERIENCES'

—SHE SUMMITS CO SUMMER ADVENTURES



Why Camp?!

She Summits is not your typical summer camp. We play hard, work on independence with every day skills, foster self confidence and autonomy.

01

DISCOVER THEIR BEST SELF

in our camp world, campers get the chance to practice self-reliance without their adults. They truly get a sense of how to care for themselves and others on a daily basis through camp chores and routines.

02

EXPLORE THEIR WORLD

We encourage campers to explore. We don't try to hike the fastest because we want campers to be present with what they are seeing. Trip Leaders encourage five sense activities taking in everything they can from their environment.

We have new places galore. It gives campers a chance to explore their world with supervision but in a new way without their adults.

03

MAKE NEW FRIENDS

We do our best to attract campers from all different backgrounds, places in life, states, and outdoors experience. It is a great place for campers to make new friends that may not be the same as them.



Camp Information



Summer Adventures

WHAT IS A TRIP CAMP?

Our adventures use the outdoors and their accommodations. We sleep in tents. We don't have a kitchen, in the traditional sense. We are outside all day: rain or shine.

WHAT TYPE OF FOOD WILL THEY EAT?

Meals may include pizza, burritos, macaroni and cheese, pasta, fruit, vegetable stir-fry, desserts, couscous, soup, biscuits, hummus, veggie wraps, scrambled eggs, bagels, and more. All participants share in creating a meal and clean up.

WHAT ABOUT THE BATHROOM? SHOWER?

Yes, we poop in the woods. Don't worry trip leaders will teach them how. On most base camp trips we have flush toilets. On backcountry trips, most campgrounds have an outhouse. or composting toilets. When backpacking, canoeing, or sea kayaking overnight you will likely have to dig a hole or go in a wag bag.

But, campers are really brave and learn to take care of themselves all the time. Plus, we have a rating system for bathroom views and there are some beautiful places to take care of yourself for a few minutes.

Showers are infrequent so baby wipes and river showers are often the choice.



She Summits Adventure Scale

For 2022, we have developed an "Adventure Scale" for our programs. This will help us, campers, and their adults be able to get the campers into the correct program at the adventure level that they want to experience.



Activities on trips: hiking <5 miles a day, camping, swimming, exploring, stewardship, riding on a boat

Designed for: campers that are just starting to explore the outdoors. These are for campers who have not adventured with their family or are apprehensive about sleeping outside. This is also great for campers who are minimally active or want a "chill" camp with more downtime to hang out and journal or read.



Activities on trips: hiking, 5-7 miles a day, camping, swimming, exploring, stewardship, sea kayaking <4 hrs, canoeing <4 hrs, and rock climbing <4 hrs.

Designed for: campers that have been on a few adventures or to an overnight summer camp before with success. This level is designed for campers who are wanting to increase their self-reliance and confidence in the outdoors.



Activities on trips: hiking, 5-7 miles a day, camping, swimming, exploring, stewardship, whitewater rafting, trail biking <8 hrs, sea kayaking <4 hrs, canoeing <4 hrs, and rock climbing <4 hrs, backpacking with 10% of body weight 5-7 miles, 2 days. Designed for: campers that are ready to experience an overnight in the backcountry relying on only the gear they have with them. These campers are physically fit and participate in outdoor activities on a regular basis.



Activities on trips: hiking 5-7 miles a day, camping, swimming, exploring, stewardship, whitewater rafting, trail biking <8 hrs, sea kayaking two days in a row <8 hrs, canoeing two days in a row <8 hrs, and rock climbing <8 hrs, backpacking with 15% of body weight <10 miles a day for 2-3 days. Designed for: campers that are ready to experience a multiday backcountry experience. These campers should be physically fit and participate in outdoor activities on a regular basis. They have likely successfully completed a backcountry overnight as well.



Activities on trips: hiking >8 miles a day, camping, swimming, exploring, stewardship, whitewater rafting, trail biking < 8 hrs, sea kayaking multiple days in a row <8 hrs, canoeing multiple days in a row <8 hrs, and rock climbing <8 hrs, backpacking with 15-20% of body weight 10+ miles a day for 3+ days. Designed for: campers that are active outdoors people who want to learn new backcountry skills to be self-sufficient. These campers are ready to take on leadership roles in the outdoor space and enjoy most outdoor activities.

Camps At-A-Glance 2022

Week	Dates	Program	Adventure Scale	Grades	Cost
Week 1	June 19th- 25th	Day Camp Adventurer- Acadia (M-F)	2	1st- 3rd	\$249.00
		Jr. Maine Woodsperson Explorer	3	4th- 6th	\$1,500.00
		Coastal Maine Pathfinder (2 weeks)	4	10th-12th	\$3,200.00
Week 2	June 26th- July 2nd	Day Camp Adventurer- Multisport (M-F)	2	1st- 3rd	\$249.00
		Coastal Explorer (North of Acadia)	3	4th- 6th	\$1,500.00
		Kathadin Voyager (2 weeks)	3	7th- 9th	\$3,000.00
		Coastal Maine Pathfinder (2 weeks)	4	10th-12th	\$3,200.00
		Junior Maine Guide (6 weeks)	5	9th- 12th	\$4,200.00
Week 3	July 3rd - 9th	No Day Camp	-	1st- 3rd	
		Coastal Explorer (South of Acadia)	2	4th- 6th	\$1,500.00
		Kathadin Voyager (2 weeks)	3	7th- 9th	\$3,000.00
		Katahdin Pathfinder (2 weeks)	5	10th-12th	\$3,200.00
		Junior Maine Guide (6 weeks)	5	9th- 12th	\$4,200.00
Week 4	July 10th- 16th	Day Camp Adventurer-Make Believe (M-F)	1	1st- 3rd	\$249.00
		Katahdin Explorer	2	4th- 6th	\$1,500.00
		Coastal Voyager (2 weeks)	4	7th- 9th	\$3,000.00
		Katahdin Pathfinder (2 weeks)	5	10th-12th	\$3,200.00
		Junior Maine Guide (6 weeks)	5	9th- 12th	\$4,200.00
Week 5	July 17th- 23rd	Day Camp Adventurer-Water (M-F)	2	1st- 3rd	\$249.00
		Mahoosuc Explorer	3	4th- 6th	\$1,500.00
		Coastal Voyager (2 weeks)	4	7th- 9th	\$3,000.00
		Leadership Pathfinder (2 weeks)	4	10th-12th	\$3,200.00
		Junior Maine Guide (6 weeks)	5	9th- 12th	\$4,200.00
Week 6	July 24th- 30th	Day Camp Adventurer-Acadia (M-F)	2	1st- 3rd	\$249.00
		Coastal Explorer (North of Acadia)	3	4th- 6th	\$1,500.00
		Western Maine Voyager (2 weeks)	4	7th- 9th	\$3,000.00
		Leadership Pathfinder (2 weeks)	4	10th-12th	\$3,200.00
		Junior Maine Guide (6 weeks)-Assessment Camp	5	9th- 12th	\$4,200.00

Week 7	July 31st - August 6th	Day Camp Adventurer- Multisport (M-F)	2	1st- 3rd	\$249.00
		Coastal Explorer (South of Acadia)	2	4th- 6th	\$1,500.00
		Western Maine Voyager (2 weeks)	4	7th- 9th	\$3,000.00
		Canadian Pathfinder (2 weeks)	3	10th-12th	\$3,200.00
		Junior Maine Guide (6 weeks)	5	9th- 12th	\$4,200.00
Week 8	August 7th- 13th	Day Camp Adventurer- Make Believe (M-F)	1	1st- 3rd	\$249.00
		Katahdin Explorer	2	4th- 6th	\$1,500.00
		Coastal Voyager (2 weeks)	4	7th- 9th	\$3,000.00
		Maine Woodsperson Voyager (2 weeks)	4	7th- 9th	\$3,000.00
		Canadian Pathfinder (2 weeks)	3	10th-12th	\$3,200.00
Week 9	August 14th- 20th	Day Camp Adventurer- Water (M-F)	2	1st- 3rd	\$249.00
		Mahoosuc Explorer	3	4th- 6th	\$1,500.00
		Coastal Voyager (2 weeks)	4	7th- 9th	\$3,000.00
		Maine Woodsperson Voyager (2 weeks)	4	7th- 9th	\$3,000.00
Week 10	August 21st- 27th	Day Camp Adventurer - Bangor Local (M-F)	1	1st- 3rd	\$249.00



Program Overviews

Our programs are expanding for 2022. We have the intention that these will be the names and grades of our permanent programs for many years to come. A camper can come for many years and have a different experience each year learning backcountry skills, increasing their self-confidence, and creating connections or renewing connections with others that they have met on our adventures.

adventurers

completed
1st to 3rd
grades



ADVENTURE SCALE 1-2

For campers just starting to explore the outdoors or those that are looking to explore away from their family. These weeks are all about having fun outside and exploring the local area. All trips are within two hours of Bangor.

ACTIVITIES OFFERED VARIOUS WEEKS

Hiking <5 miles a day, canoeing, kayaking, swimming in ocean, lakes, rivers, playing in tide pools, exploring rocks, and stewardship events. See week descriptions for activities that particular week.

DROP OFF AND PICK UP

We pick up and drop off at the Cross Insurance Center Parking Lot across the street from the Main Entrance.

WHAT DOES A DAY LOOK LIKE?

7:30 am- Pick Up at Cross Center

8:00 am- Leave for our Adventure

9:30 am -Arrive at our first Adventure Area for the day and explore, hike, or canoe

12:00 pm- Have lunch at a picnic area and play games

12:30 pm- Head to Adventure Area #2 for the day/ new hike

3:00 pm- Leave Adventure Area #2 for Cross Arena

4:30 pm- Arrive Back at the Arena and come back tomorrow ready to adventure again.

PACKING LIST IS PROVIDED ON WEBSITE

explorers

completed
4th to 6th
grades



ADVENTURE SCALE 2-3

For campers who are ready to spend a few nights away from home and increase their self-reliance in the outdoors. These trips are base camp based in one place for the whole week and campers explore from that base camp each day.

ACTIVITIES OFFERED VARIOUS WEEKS

Hiking 5-7 miles a day, canoeing, kayaking, rock climbing, whitewater rafting, swimming in the ocean, lakes, rivers, playing in tide pools, exploring rocks, and stewardship events. One week does offer an overnight backpacking trip. See week descriptions for activities that particular week.

DROP OFF AND PICK UP

We pick up and drop off outside of the Bangor International Airport at 1:00pm on Sundays and 10:30am on Saturdays.

WHAT DOES A DAY LOOK LIKE?

- 7:30 am- Breakfast and Morning Chores
- 9:00 am- Leave for our Adventure
- 9:30 am -Arrive at our Adventure Area for the day
- 12:00 pm- Have lunch on trail or at the summit
- 3:00 pm- Leave Adventure Area
- 4:30 pm- Arrive back at base camp for tent time, crafts, journalling.
- 5:30 pm- Dinner Prep and Evening Chores
- 7:00 pm-Swimming, Campfire, Dessert, Leader Check-in with Director
- 9:00 pm- Lights Out/ Quiet Time

PACKING LIST IS PROVIDED ON WEBSITE

voyagers

completed
7th to 9th
grades



ADVENTURE SCALE 3-4

For campers who are ready to backpack, canoe, or sea kayak overnight away from a base camp. These trips teach backcountry skills and increase self reliance for overnight backcountry trips.

ACTIVITIES OFFERED VARIOUS WEEKS

Hiking 5-7 miles a day, overnight canoeing, overnight kayaking, overnight rock climbing, whitewater rafting, swimming in the ocean, lakes, rivers, playing in tide pools., backpacking, and stewardship events. See week descriptions for activities that particular week.

DROP OFF AND PICK UP

We pick up and drop off outside of the Bangor International Airport at 1:00pm on Sundays and 10:30am on Saturdays.

WHAT DOES A DAY LOOK LIKE?

6:30 am- Breakfast, Morning Chores, Pack

8:00 am- Leave for our Adventure

Backpack 3-5 miles. Typically at 1.5 mph pace.

12:00 pm- Have lunch on trail or at a summit
Backpack 3-5 miles. Typically at 1.5 mph pace. Swimming/ Siesta stop if wanted.

4:00 pm- Arrive at camping area for the night. Set up camp, journal, dinner prep

7:00 pm- Leader Check-in with Director and Camper discussion on the day, next day plan

9:00 pm- Lights Out/ Quiet Time

PACKING LIST IS PROVIDED ON WEBSITE

pathfinders

completed
10th-12th
grades



ADVENTURE SCALE 3-5

For campers who are independent and looking to start taking their own backcountry trips or gain more backcountry skills than they current have. These camps offer autonomy to the group with trip leaders as guides.

ACTIVITIES OFFERED VARIOUS WEEKS

Hiking 7+ miles a day, overnight canoeing, overnight kayaking, overnight rock climbing, whitewater rafting, swimming in the ocean, lakes, rivers, backpacking up to 10 miles a day , and stewardship events. See week descriptions for activities that particular week.

DROP OFF AND PICK UP

We pick up and drop off outside of the Bangor International Airport at 1:00pm on Sundays and 10:30am on Saturdays.

WHAT DOES A DAY LOOK LIKE?

6:30 am- Breakfast, Morning Chores, Pack

8:00 am- Leave for our Adventure

Backpack 3-5 miles. Typically at 1.5 mph pace.

12:00 pm- Have lunch on trail or at a summit

Backpack 3-5 miles. Typically at 1.5 mph pace. Swimming/ Siesta stop if wanted.

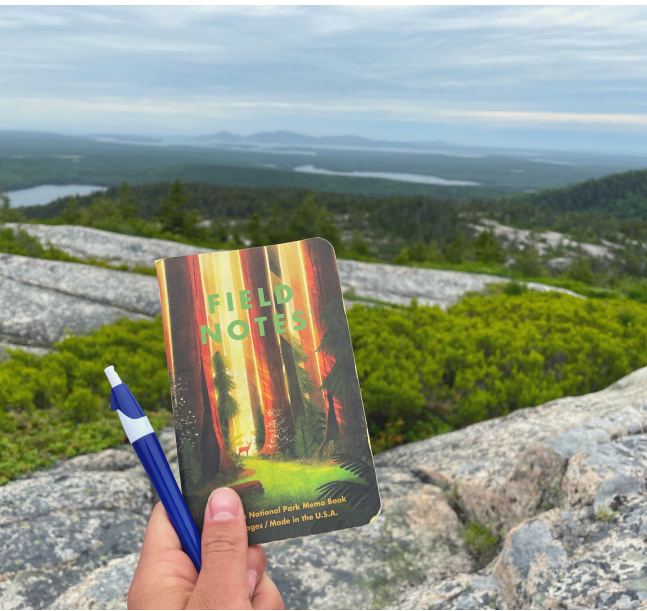
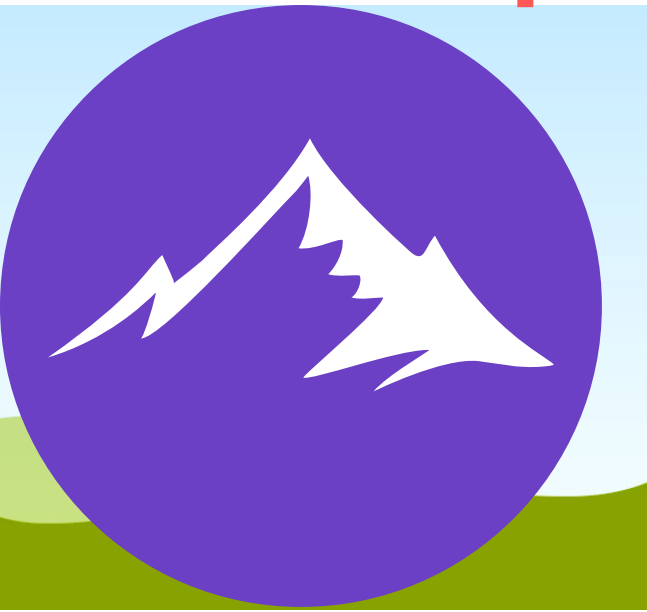
4:00 pm- Arrive at camping area for the night. Set up camp, journal, dinner prep

7:00 pm- Leader Check-in with Director and Camper discussion on the day, next day plan

9:00 pm- Lights Out/ Quiet Time

PACKING LIST IS PROVIDED ON WEBSITE

junior maine guides/ woodsperson



ADVENTURE SCALE 3-5

For campers who are interested in actively learning more backcountry skills so they can be independent and plan backcountry trips. These camps are focused on learning. Campers will come away from camp with skills they can apply.

ACTIVITIES OFFERED VARIOUS WEEKS

Hiking 5-7 miles a day, overnight canoeing,, learning backcountry skills, swimming in the ocean, lakes, rivers, backpacking up to 7 miles a day , and stewardship events. See week descriptions for activities that particular week.

DROP OFF AND PICK UP

We pick up and drop off outside of the Bangor International Airport at 1:00pm on Sundays and 10:30am on Saturdays.

WHAT DOES A DAY LOOK LIKE?

6:30 am- Breakfast, Morning Chores, Pack, review Trip Leader for the Day

8:00 am- Leave for our Adventure

Backpack 3-5 miles. Typically at 1 mph pace due to exploring.

On Trail learning through identification and leadership practice

12:00 pm- Have lunch on trail or at a summit

Swimming/ Siesta stop if wanted. Second less for the day.

5:00 pm- Arrive at camping area for the night. Set up camp, journal, dinner prep

7:00 pm- Leader Check-in with Director and Camper debrief on the day, next day plan

9:00 pm- Lights Out/ Quiet Time

**PACKING LIST IS PROVIDED ON
WEBSITE**

"LEAVE A PLACE BETTER THAN YOU FOUND IT"

- STEWARDSHIP



We try our best to have each week complete a stewardship event to give back to the lands that we use. We want every camper to understand that they can effect the area them just by the little things that they can do.

Our stewadrship events are typically with public land non-profits in our area . We help them complete projects from trail maintenance to natural resource inventory to beach clean ups. We have a blast learning about the ways we can be stewards to the land.

staff training



**OUR TRIP LEADERS
COMPLETE THREE WEEKS
OF TRAINING BEFORE
CAMPERS ARRIVE.**

WILDERNESS FIRST RESPONDER

Trip Leaders are our first responders on every trip so we make sure they are trained to be so.

MENTAL HEALTH FIRST AID

We believe that mental health first aid and having the space to be able to respond appropriately to mental health challenges helps campers and trip leaders.

MAINE TRIP LEADER

Maine has a tradition of making sure that Trip/Travel Leaders are well prepared and our leaders have to pass the Maine Trip Leader Certification before they can be with campers.

LEAVE NO TRACE

We firmly believe in the principles of Leave No Trace and that our trip leaders should teach them to the future generation so all of our trip leaders go through training to be able to teach these principles.

MAINE NATURAL AND INDIGENOUS HISTORY

Maine is an incredible state with a long history of our public lands having been taken from indigenous populations because of this we believe in our Trip Leaders being able to not only talk about the trees and leaves but also the indigenous history of the people who are the first stewards of this land.

registration questions?!

Schedule Posted: August 1, 2021

Deposits Due: October 1, 2021, or at registration for dates after November

Final Payments Due: May 1, 2021 or at registration for dates after May.

01

HOW DO I GET REGISTERED?

Before October 1, 2021- email

info@shesummitsco.com so that we can invoice you for the deposit and ask a few questions.

After October 1, 2021: Please follow the links on the website that say "Register Now".

02

DO YOU OFFER SCHOLARSHIPS?

Yes, we do! Please visit our scholarship page on shesummitsco.com to fill out our application. We award scholarships based on family needs and on a first come first serve basis. Families are expected to contribute as much as possible to their camper.

We also offer payment plans for campers registered between August and January. Please email info@shesummitsco.com for more information.

03

CANCELLATION POLICY

\$200 of your deposit received before May 1st is refundable, \$300 is non-refundable. Cancellations after May 1st result in a loss of 100% of your tuition. There may be situations where this is negotiable. If She Summits has to cancel we will refund 100% of your tuition.

