

**VERMONT  
WILDERNESS  
SCHOOL**

P.O. Box 2585  
BRATTLEBORO  
VERMONT 05303

802-257-8570



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**Dear Teens and Parents/Guardians,**

Welcome to the 2018 Teen Rendezvous. This is a special gathering of young people from many different communities throughout the Northeast who practice nature awareness and earth living skills. We are in our 16<sup>th</sup> year of offering the Rendezvous as an integral component of the Vermont Art of Mentoring program. Every year the Art of Mentoring program changes, evolves, and grows. This year will be no different, with experienced staff coming from around the Northeast and beyond to create a strong culture of learning for everyone.

The Rendezvous is a unique opportunity for young people to challenge themselves in the context of this larger community of peers and mentors. They are met with a great deal of support, with elders and program leaders overseeing their experience, and exceptional mentors guiding their experience in the field.

We recommend (but don't require) that parents also participate in the Art of Mentoring adult workshop. **Parents who are not participating in the Adult Program are welcome to stay for the teen send off on Monday evening, and/or come for their return from the wild on Friday afternoon** (see schedule on Page 3). If you are interested in doing this, please contact our office to work out details.

**This packet contains important information for making your travel plans and preparing for the program. Please read through it carefully.**

**PLEASE BE SURE TO COMPLETE A MEDICAL FORM FOR YOUR TEEN IF YOU HAVE NOT YET:**

[www.vermontwildernessschool.org/art-mentoring-medical-forms/](http://www.vermontwildernessschool.org/art-mentoring-medical-forms/)

If you have any questions, please contact us at 802-257-8570 or [office@vermontwildernessschool.org](mailto:office@vermontwildernessschool.org). We look forward to seeing you on Monday, August 27th!

Sincerely,  
Neill Bovaird, Teen Rendezvous Director  
Sam Stegeman, Vermont Wilderness School Executive Director

## Teen Rendezvous - Logistics

### Monday, August 28

12:00 – 1:30 pm

**Arrive, sign in, and set up your accommodations**

*Please plan for a relaxed arrival, but do not arrive before 12:00 pm. The first meal served will be Monday dinner; please arrive having eaten lunch and/or bring an easy-to-carry lunch or snack.*

2:00 pm

Program begins.

Evening (approx. 7pm)

**Teen Send-Off** (Parents invited to join)

### Friday, September 1

Afternoon (approx. 4pm)

**Teen Return** (Parents invited to join)

### Saturday, September 2

12:00 pm

**Teen Program Ends**

**Parents & Friends visiting AoM:** Parents & Guardians who are not attending AoM are invited to join for the teen send-off Monday and/or the teen return Friday, including staying for meal and/or overnight. Typically the return has been the more popular of these two, but you are welcome at both. Other friends and family members than parents are welcome too, but we don't encourage you bringing a large group. **If you plan to visit as a guest, please complete the online [Guest Registration Form](#) in advance!**

**Where:** The program is being held at the beautiful **Indian Brook Camp**, at the Farm & Wilderness Foundation near Plymouth, Vermont. Travel information and address is on the next page. For more information about Farm & Wilderness, go to [www.FarmandWilderness.org](http://www.FarmandWilderness.org).

**The number for loved ones to call Farm & Wilderness is 802-422-3448 (Indian Brook Kitchen). If it's a middle-of-the-night emergency, you can page a F&W staff member at 1-888-622-3276 and ask them to page "Retreat." Leave a brief message & call back number.**

**Accommodations:** Teen Rendezvous participants will sleep outdoors in the woods from Monday night to Friday night, in wilderness camps which they create with guidance and support of the Teen Rendezvous staff.

**Weather:** It can be rainy and cold in the low 50s and as warm as the high 80s in late August in the Green Mountains. Plan for being outside in the worst of it, and you'll be fine.

**Food:** All meals are provided, starting with dinner on Monday, and finishing with breakfast on Saturday. You have already supplied us with information about your dietary restrictions (in the registration form). Expect basic, delicious, and healthy food. We strive to provide food from local/regional, organic, and non-GMO sources whenever possible.

## Teen Rendezvous - Packing List

We don't have the option of going inside, so our clothing needs to keep us warm. It is essential to have good raingear, waterproof boots, a warm hat, and non-cotton insulating layers to avoid being cold and uncomfortable and to prevent dangerous chilling (hypothermia). **Remember that cotton loses all insulating value when wet!**

### Clothing

Bring EARTH-TONED clothing that you don't mind getting dirty!

**Note: wool or synthetic is preferred over cotton or 50/50.**

**Make sure two layers can fit over each other.**

- Long underwear tops and bottoms (synthetic, wool or silk is preferred)
- Warm Pants (wool or fleece. cotton with water proof or water resistant rain pants will do)
- Layers for torso (wool or fleece sweater, shirt, etc.)
- Warm hat (wool or synthetic)
- Jacket (warm jacket, down coat, etc.)
- Underwear (enough for a 5-night program & some extra)
- Rain gear (rain jacket or poncho)

### Footwear

- Socks (at least four pairs of medium to heavy weight wool or synthetic)
- Hiking boots (waterproof & ankle high- sneakers are a poor 2nd choice)

### Sleeping Gear

- Sleeping bag (rated to at least 30°F)
- Small pillow (optional)

### Packs

- Backpack or duffel (to organize your gear)
- Day pack (for excursions)

### Miscellaneous

- Flashlight (one flashlight w/extra batteries per person)
- Knife (3" to 4" sheathed or locking blade)
- Water bottle (quart sized for longer excursions from camp)
- Toiletries (towel, toothbrush & toothpaste (+ whatever else you need)
- Pencil or pen w/blue or black ink
- Small notebook or pocket journal
- Food container (w/sealable lid labeled in waterproof ink w/camper's name and any dietary restrictions)
- Camp cutlery (knife, fork and spoon)
- Bow drill, hand drill, baskets, other crafts you'd like to share

***Please label your gear – every year things get left behind!***

**\*\*What NOT to bring:** cell phones, electronics, candy/sweets, cigarettes or other tobacco products, alcohol, illegal drugs. **Any teen participant found in use of, possession of, or under the influence of alcohol, illegal drugs, or tobacco products will be required to leave the program.\*\***

# Travel Information

Indian Brook Camp is a part of [Farm & Wilderness](#), at [263 Farm & Wilderness Rd, Plymouth, VT 05056](#). The site is 600 acres and includes a reservoir lake, extensive forests, and fields.

## Driving Directions:

**From Boston (NH, northern VT):** Interstate 93 to Interstate 89. Take Vermont Exit 1 - Woodstock/Rutland/US Rt. 4. West on Rt. 4 to Rt. 100 South in West Bridgewater. 1.9 miles South on Rt. 100. Left on Farm & Wilderness Road. Follow the signs to Indian Brook Camp.

**From New York City, New Haven, Hartford, southeastern VT:** Interstate 91 to Rt. 103, (Exit 6 - Ludlow/Rutland) North on Rt. 103 to Rt. 100 North. 12.3 miles North on Rt. 100. Right on Farm & Wilderness Rd. Follow the signs to Indian Brook Camp.

**From Western & Upstate New York areas:** Interstate 87 to Exit 20 (Fort Ann) to 149 East. From 149 E take US 4 North to VT. Follow Route 4 East through Rutland and Killington, then take Rt. 100 south in West Bridgewater. Drive 1.9 miles and turn left on Farm & Wilderness Road. Follow the signs to Indian Brook Camp.

## Travel by Bus & Train:

Bus service via the Dartmouth Coach ([www.dartmouthcoach.com](http://www.dartmouthcoach.com))

Bus service via Greyhound/VT ([www.greyhound.com](http://www.greyhound.com)) (1-800-231-2222)

Train Service via Amtrak ([www.amtrak.com](http://www.amtrak.com))

Van Service from Manchester Airport via Upper Valley Shuttle (<http://www.uvshuttle.com/>)

Busses and trains can be taken to regional transport centers Rutland and White River Junctions. To get a ride from there to Farm & Wilderness you can sign up on the [carpooling website](#).

## Travel by Air:

If part of your travel includes air travel, consider one of the following airports:

LEB - Hanover (Lebanon), NH

\*MHT - Manchester, NH

RUT - Rutland, VT

\*BDL - Hartford (Bradley), CT

\*BOS - Boston (Logan), MA

\*BVT - Burlington, VT

If you fly into one of these airports, a bus, such as the [Dartmouth Coach](#), [Greyhound](#), or [Upper Valley Shuttle](#) can get you to Rutland, VT or White River Junction, VT. To get a ride from there to Farm & Wilderness you can sign up on the [carpooling website](#).

## Carpooling:

**We're trying something out this year:** both to ease transportation coordination and save some gas you can now sign up on our [Group Carpool Webpage](#). This allows people who need rides to match themselves with folks who can offer them.