

George Mason University
HEMLOCK OVERLOOK CENTER FOR OUTDOOR EDUCATION

Overnight Participant Information

Suggested packing list

Extra change of clothes	Raincoat
Extra pair of closed-toes shoes/socks	Flashlight
Sleeping bag or bedding (sheet/blanket)	Cap or hat (warm for winter)
Pillow, optional	Mittens/ scarf (winter)
Personal toiletries (soap, towel, toothbrush/paste)	Sweater, sweatshirt, jacket

Layers of clothing are easier to manage as the weather changes.

Overnight Accommodations:

Each *side* of the cabin has 6 bunk beds, sleeping 12 – one of which must be an adult chaperone/teacher; two adults and 22 children per cabin. Total capacity is 96. The girl's cabins are Oak and Hickory. The boys have Pine and Poplar.

Information for Group Leader/ Chaperone

Upon arrival:

A Hemlock Overlook staff member will greet your group in the parking lot at the designated time per your contract. They will confirm numbers of children and adults, proper forms have been completed, and times of activities. You will receive your cabin assignments and the location and time to start your first activity. If you have any questions, please ask your greeter at this time.

Additional Responsibilities for Group Leader/ Chaperone

- Assist children getting settled in the cabins and arriving to all activities on time.
- Campfire program – you may bring marshmallows AND sticks/long forks to cook them on. We ask you NOT to break the branches or guess whether it is poisonous or not.
- Bring/organize/distribute any snacks between meals.
- Ensure proper disposal of litter.
- Ensure at least one adult is with every group of children at all times.
- Stress the “Buddy System” if going to the restroom.
- Ensure the children pack and clean their cabins before lunch on their last day. Cleaning supplies are in the front foyer closet of each dorm.
- Ensure the group obeys the quiet hours (10:00pm to 6:00am), both in the dorms and outdoors.

Meals

This is a general guide to the meals Hemlock Overlook provides. Groups may be served a similar meal due to availability.

Breakfast	Lunch	Dinner
Cereal, toast, juice, milk	Chicken nuggets, macaroni	Pasta, vegetables, bread, fruit
Coffee, eggs, pancakes	and cheese, fruit, salad,	salad, dessert, juice
Meat	dessert, juice	

Special dietary needs can usually be accommodated with enough advance notice. Vegetarian meals are available upon request.

Changes to your Schedule

Please read your contract for our policies on changing the number of participants. We provide staff on the basis of group size. Be aware that at some times of the year we will not be able to accommodate more participants than you scheduled for.

Weather

Your overnight program will run regardless of the weather, once you have arrived. Hemlock will utilize all facilities and indoor space to accommodate your program needs. During thunderstorms, all groups outdoors will seek inside shelter and continue to present a quality program. As the weather passes, groups will again be allowed to continue outside. It is extremely important to make sure all participants bring extra warm clothes in case of unexpected changes in the weather.

We hope you have a wonderful experience here with Hemlock Overlook Center for Outdoor Education.