Since its founding in 1877, The Fresh Air Fund, a not-for-profit youth development organization, has provided free summer experiences outdoors to more than 1.8 million children from New York City’s underserved communities. Young people also participate in year-round leadership, career exploration and educational programs. For more information, visit www.FreshAir.org.

Questions?
845-897-4320
sharpe@freshair.org
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Sharpe Reservation, located in the historic town of Fishkill in Dutchess County, is just 70 miles north of New York City. It originated in 1949 with the donation to The Fresh Air Fund of 1,000 acres of prime woodland by Dr. and Mrs. William Sharpe.

The Reservation now encompasses approximately 2,070 acres of forest, fields, streams, and lakes. Within the preserve are 15 miles of marked trails with scenic views of the Hudson Valley. During the summer, Fresh Air Fund camps have exclusive use of Sharpe Reservation, and in the three other seasons, Sharpe Environmental Center welcomes school groups and others to rent the facilities for residential and day trips.

The Sharpe Environmental Center, owned and operated by The Fresh Air Fund, provides students with the opportunity to explore the natural world, combining experiential education with environmental education. Sharpe educators include full-time staff, naturalists, retired schoolteachers, and interns. Classes cover a wide range of topics including natural sciences, the environment, regional history, and outdoor adventures. Here, hands-on learning engages students and teachers alike. The natural world offers discovery, delight, surprises, and many teachable moments every day.
A Breath of Fresh Air!

Whether you are making this trip to reinforce classroom lessons, build group collaboration and problem-solving skills, expose the students to new adventures, or just to get outside, Sharpe Environmental Center can offer:

**DISCOVERY**
- As widely recognized by education experts, children retain information best when they are actively involved in the learning process.
- Outdoor education – hiking, scooping pond water, building shelters in the woods, turning over rocks – engages them in doing and learning as they do.
- Out of their usual environment, children can think differently about themselves and often, act differently toward one another.

**A BOOST**
- A growing body of evidence shows that spending time in nature increases physical and emotional health. One of the main benefits is stress reduction.
- Chemicals released by trees in the forest also give the immune system a boost.
- According to Yale’s College of eco-psychology, just 120 minutes in nature lowers cortisol, drops heart rates, improves focus for students with ADHD, and reduces feelings of isolation.

**EXCELLENCE**
- We collaborate with teachers to ensure student learning aligns with the curriculum at the school site as well as State and National Learning Standards.
- Each of our educators brings a unique expertise to our program offerings. Whether it’s experience in an environmental field, farming, or training in adventure programming, they share a passion for the outdoors, for learning, and for teaching.
SAFETY
• For residential trips, a Sharpe staff member is on call 24 hours a day in case of emergency.
  • Sharpe Reservation does not provide nurses.
  • Please report any injuries to the on-call Sharpe staff person.
• Please advise parents of any emergency contact number(s) for you or your staff.
• Each chaperone should know which participants in their group need inhalers or epi-pens.
  • For any student with asthma, their pump should be with the group at all times.
  • For students with bee sting allergies, their epi-pens should be with the group at all times.
• Sharpe can accommodate participants with dietary restrictions and allergies. We request dietary restrictions be turned in at least 72 hours before the trip.
  • We do not serve any nuts, but our food comes from third-party vendors. Please let us know if any students have nut allergies. (Additional information on Page 5: Dining Hall Instructions.)

SUPERVISION & RESPONSIBILITY
• The user group assumes full responsibility for all participants for the duration of the trip.
• Students must be supervised at all times – including during free time and cabin time – and must always be where an adult can see or hear them.
  • Because adult chaperones know the students best, adults from the school community are responsible for all discipline. Sharpe instructors are responsible only for the facilitation of Sharpe program activities.
  • Each activity group must have an adult from the school. Sharpe instructors cannot leave the main complex with a group unless that adult is present.
• Each chaperone should have a roster of students in their group including accurate head count taken upon arrival.
• Security is provided by our full-time staff and a security company. Entrance to the property will be permitted only to people who are listed on authorized entry forms.

FACILITATION
• Participants should be split into Activity Groups – the groups in which students will travel to activities – of between 12 to 18 participants.
• Please check with the Sharpe Program Office for additional guidance on group size depending on the ages of your students and the chosen activities).
• Participants should also be split into Cabin Groups – the groups that will stay in cabins together.
• We recommend going over the Packing List (p. 4), Dining Hall Procedures (p. 5) and Rules (p. 6), with your students before your visit.
  • Whenever possible, please let students know what activities have been chosen for the trip. Students do better when their expectations are as close to reality as possible (for example, we do not have a zipline)!
The majority of activities are outside, rain or shine – bring what you need to stay warm, dry, and comfortable. We recommend bringing a duffle bag or other bag that is easy to carry, as cabins may be up to a five-minute walk from the main area. (Wheeled suitcases do not work well as the ground may be uneven.)

Tip: Before your trip, check the weather for Fishkill, NY. We are at a high elevation, and it is often colder here than surrounding areas.

**PACKING LIST**

**Essentials**
- Sleeping bag
- Pillow (we do not provide pillows, even if your group is renting linens)
- Pajamas
- Towel and washcloth
- Toiletries: toothbrush, toothpaste
- Underwear and socks - bring extra socks!
- Shirts and Pants
- Sneakers or hiking boots (shoes will get muddy and dirty)
  - (Please do NOT wear crocs, sandals, or anything else uncomfortable)
- Rain gear
- Jacket
- Clothes for layering - long sleeved shirts, sweatshirts, etc.
- Reusable water bottle

**Depending on the season:**
- Sun hat and sunscreen
- Hat / Gloves / Scarf
- Thermals or base layers
- Snow pants
- Winter boots

**Things We Recommend Leaving at Home:**
- Money
- Handheld gaming units
- Jewelry
- Snacks (no food allowed in cabins)
- Expensive clothing and shoes (it can get muddy here, and we don’t want things to get ruined)
The dining hall routine is important to the success of any program. Each table seats 8 people. Please make sure to fill the tables to capacity. Meals are served family-style and food is portioned out by table; filling each table ensures that each person gets the right amount of food. Whenever possible, make sure there is an adult at each table. We ask that groups wipe off tables and sweep the floor after each meal.

**SERVERS**
- Each table should have one "server" for each meal.
- Servers come early to the dining hall to set up the table.
- Servers get the food, including seconds, and clear the table.
- Only the server is allowed to walk around during set up and clean up; everyone else should stay seated.
- Clean-up is done family-style, at the table. Please do not allow students to bring up plates individually.

**Dietary Restrictions:**
- We request dietary restrictions be turned in at least 72 hours before the trip.
- Once the main meal has been served, participants with dietary restrictions and food allergies should go to the kitchen with their plates to get their food.
- **Note:** We do not serve any nuts, but our food comes from third-party vendors.

**Coffee & Tea:**
- Coffee and tea are provided at all meals for groups with food service, and are for adults only.

**Salad and Breakfast Bar:**
- We recommend calling participants up by table for the salad and breakfast bar.
- Whenever possible, there should be an adult monitoring student use of the salad bar (there is NOT an unlimited supply of certain popular items like croutons and granola).
WATERFRONT & FISHING
• Waterfront: If boating or swimming is a part of your program, a lifeguard must be present at all times.
  • If you are providing your own lifeguard, a copy of their certification must be provided two weeks before the trip.
• Catch-and-release fishing is permitted in our pond and lakes when supervised by a teacher or chaperone. Fishing equipment should not be kept in the cabins.

GENERAL
• The Fresh Air Fund is not responsible for lost or damaged personal items. Sharpe does not have an official lost and found. You may want to assign one of your adults to oversee that for your group.
• Food is not allowed in cabins, as it draws bugs and other local wildlife indoors.

FACILITIES
• Please report any issues with facilities (heat, lights, toilets, etc.) to Sharpe staff as soon as the problem is noticed.

PROHIBITED ITEMS
• Any and all types of the following are prohibited on Sharpe Reservation property:
  • Flammable liquids or materials
  • Power tools and hand tools
  • Explosives
  • Firearms and ammunition
  • Weapons
  • Alcoholic beverages and other controlled substances.
Checklist
Before You Leave

PLEASE CHECK CABINS TO MAKE SURE:
• All personal items are removed.
• Cabins are in good condition.
• All lights, water, and heat are off.
• All windows and exterior doors are closed.

FOR GROUPS WITH RENTAL LINENS:
• Please bring all linens down to the main complex on the morning of your departure.
• Please separate blankets and sheets.

PLEASE CHECK MAIN COMPLEX TO MAKE SURE:
• All personal items are removed.
• All chairs are stacked.
• Tables have been wiped clean. Doors and windows are closed.
• Any program supplies you brought have been removed.

Please report any damage or facility issues to a Sharpe staff member.

CONTACT INFO

To make a reservation or for questions about programming:
Tim Stanley – Director • tstanley@freshair.org

Questions about paperwork:
Jennifer O'Leary – Office Manager • joleary@freshair.org
# Residential Sample Schedule

#### Camp Mariah

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Activity 1</th>
<th>Activity 2</th>
<th>Activity 3</th>
<th>Activity 4</th>
<th>Activity 5</th>
<th>Activity 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30</td>
<td>Arrival / Move into cabins</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>11:30</td>
<td>Orientation</td>
<td>A</td>
<td>A</td>
<td>D</td>
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<tr>
<td>11:45</td>
<td>Lunch</td>
<td>B</td>
<td>B</td>
<td>E</td>
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<tr>
<td>1:00</td>
<td>Teams Course</td>
<td>C</td>
<td>C</td>
<td>F</td>
<td>F</td>
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<td>4:30</td>
<td>Supervised Free Time</td>
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<tr>
<td>5:30</td>
<td>Dinner</td>
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<tr>
<td>6:30</td>
<td>School Led Evening</td>
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<td>Programming</td>
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Please bring ALL luggage to the dining hall before breakfast on Sunday.

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<table>
<thead>
<tr>
<th>Activity</th>
<th>Instructor</th>
<th>Activity 1</th>
<th>Activity 2</th>
<th>Activity 3</th>
<th>Activity 4</th>
<th>Activity 5</th>
<th>Activity 6</th>
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</thead>
<tbody>
<tr>
<td>High Ropes</td>
<td>Lindsay / Cam / Julia</td>
<td>A</td>
<td>A</td>
<td>D</td>
<td>D</td>
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<td></td>
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<td>B</td>
<td>B</td>
<td>E</td>
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<td>C</td>
<td>C</td>
<td>F</td>
<td>F</td>
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</tr>
<tr>
<td>Fishing</td>
<td>Brian</td>
<td>D</td>
<td>E</td>
<td>G</td>
<td>A</td>
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<td></td>
</tr>
<tr>
<td>Orienteering</td>
<td>Jane</td>
<td>E</td>
<td>D</td>
<td>A</td>
<td>G</td>
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<tr>
<td>Hike</td>
<td>Lou</td>
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<tr>
<td>Planetarium</td>
<td>Jill</td>
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<td>F</td>
<td>C</td>
<td>B</td>
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<tr>
<td>Floater</td>
<td>Pat</td>
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</tbody>
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Note: The table above outlines the schedule for camp activities, including specific times, locations, and instructors for each activity. Participants are reminded to bring all luggage before breakfast on Sunday to ensure smooth transitions throughout the weekend.
The Facilities

Camp Hidden Valley

Hidden Valley Cabins

Grace Pond
The Facilities

Camp Mariah

Camp Mariah Cabins

Beaver Lake
The Facilities

Camp Tommy

Camp Hayden Marks

Camp ABC
The Facilities

The Planetarium

The Sugar Shack

High Ropes