

Parents' Guide to Pok-O-MacCready Outdoor Education Center



The Pok-O-MacCready Outdoor Education Center (PMOEC) has been serving New England, New York, New Jersey and Quebec since 1974. We specialize in customized outdoor programs that blend education with team-building, adventure and fun. Our staff of professional outdoor educators ensures that every group has a unique and enriching experience.

Our mission is to create and encourage a sense of awe in the presence of nature, to build self-confidence, to nurture self-worth and to promote teamwork, communication and tolerance for students of all ages.

A trip to PMOEC offers your child a chance to appreciate the outdoors while developing lasting relationships, self-reliance, cooperation and interdependence—all while having fun! This guide is designed to offer advice and address specific issues such as preparing for the trip, health forms, parent-student communication, medical concerns, dietary needs, emergencies and homesickness. Your active participation, both before and after the trip, will enhance your child's experience and ensure a successful trip.

Campus

Our campus consists of over 300 acres inside the beautiful 6-million-acre Adirondack Park—the east's largest wilderness! Our property is criss-crossed by more than 20 miles of private cross country, skiing, mountain biking and hiking trails.

The Pok-O-Queen is our flagship building. It houses a lounge for teachers, as well as another for students. The Pok-O-Queen also houses our administrative offices and a four-season dining hall with a seating capacity of 120. The World Famous Egg Drop and Skit Night activities, as well as many class debriefs, take place in this building. Our four winterized dorms can host 120 students and adults. In the spring, and early fall, the 180-person Robinson Hall opens and during those times, groups may opt to stay in our rustic waterfront cabins.

Our location on Long Pond gives us easy access to canoeing, kayaking and fishing. In addition, Long Pond also serves as an outdoor classroom for our Pond Ecology classes. Lake Champlain is only minutes from our campus and the Eastern High Peaks, including Mount Marcy and the Giant Mountain Wilderness, can be accessed from several trailheads, each less than an hour from PMOEC.

Preparing for PMOEC

For all trips, your child should bring a sleeping bag, pillow, bath towel and toiletries. These items are not provided by the center. For winter trips, please make sure your child has warm, weather-proof winter boots (not Uggs), a warm coat, two pairs of socks per day, extra gloves, hats and proper long underwear/ layers. Your child's lead teacher has a more complete 'Packing List', which all parents should receive.

The 'Packing List' can also be found on our website, www.pmoec.org, by clicking on 'School Trips', then clicking on 'For Parents'. If you cannot obtain everything on our 'Packing List', certain items can be borrowed from our 'Hike House'. Please see the bottom of the 'Packing List' for more information.

Health Forms

All students who attend PMOEC must have a completed Health Form with a parent/guardians signature in order to participate in activities.

Medical Concerns

The health and safety of students at PMOEC is our primary concern. For the optimal health of your child in your absence, it is essential to openly convey information about any medical, behavioral or other care issues regarding your child to the Director and to the lead teacher from your child's school. All information provided to PMOEC is held confidential by the staff. New York State Department of Health forbids a PMOEC staff member from dispensing over the counter medication to anyone under the age of 18. During your child's stay at PMOEC, all medications, over the counter and prescription, will be held and dispensed by your child's lead teacher. Students with Epi-Pens and inhalers must carry these items on their person at all times.

All PMOEC Instructing Staff are trained in First Aid and CPR through the American Red Cross. In the event of a serious injury, an ambulance from the town of Willsboro will be called and students will be transferred to the nearest hospital, either the Champlain Valley Physician's Hospital in Plattsburgh, NY or the Elizabethtown Community Health Center.

Dietary Needs

Menus at PMOEC are designed to appeal to a wide range of students and include several separate menu items so that everyone will find something to enjoy. Fresh fruit and a salad alternative are available at all meals as well. We do not offer alternatives for picky eaters. However, our chef is adept at meeting a variety of special food needs, including the following: vegetarian and vegan, religious restrictions such as avoidance of pork, keeping meat and dairy separate (we cannot offer truly kosher or halal fare), nut allergies, egg allergies, dairy allergies, lactose intolerance, gluten intolerance and Celiac Disease.

If your child has dietary restrictions, be sure to list them in the box on the PMOEC 'Health Form and Parental Permission' sheet. Return this form to your lead teacher at least two weeks before your child's trip. The chef will only provide alternatives to students whose needs are listed on the health form. With advance notice, PMOEC will be able to provide special meals that are as similar as possible to the main meal, which will help students focus less on their meal and more on their experience at PMOEC. If your child's restrictions are especially severe, feel free to contact our Chef directly at 518-963-7647 or at chef@pmoec.org.

Food and Electronics

You may choose to send snacks with your children for the bus or train ride. Upon students' arrival at PMOEC, the staff will collect all non-perishable food and drinks, other than water, and store them in the Teacher's Lounge to be redistributed for the return ride home. The same will be done with all electronic devices such as MP3 players, iPods and cell phones.

Money

You may send money with your child to purchase a souvenir from our store on the last day of their trip. However, PMOEC is not responsible for any money lost by clients during their stay.

Lost and Found

We do our best to check dormitories and the Pok-O-Queen before a group leaves. However, PMOEC does not mail items that are left behind.

Parent-Student Communication

Students are not permitted to make or receive phone calls during their stay at PMOEC, except in the case of an emergency. PMOEC does not deliver faxes or e-mails to students, nor do we allow students to send faxes or e-mails. In our many years of experience dealing with young people, we have found that homesickness is in direct proportion to parental communication.

Phone messages for teachers will be taken at the Director's office (518-963-7967) and will be given to the lead teacher during meals. Please note that you may receive calls from teachers that come from a different number here at PMOEC. Do not call teachers back on this number, as it is shared with the Chef's phone line. You may choose to send mail to your student in advance of their stay at PMOEC. Our mailing address is 1391 Reber Rd., Willsboro, NY 12996. Mail will be delivered to the lead teacher upon the group's arrival.

Daily Schedule

7:00-7:50 AM	Early Bird Class
8:00 AM	Breakfast
9:15- 12:00 PM	Morning Class
12:30 PM	Lunch
1:15-2:15 PM	Recreation time
2:15-5:00 PM	Afternoon Class
5:30 PM	Dinner
6:15-7:00 PM	Teacher Activity Time
7:15-9:00 PM	Evening Program
9:00-10:00 PM	Dorm Time/ Lights Out

Student Evaluation of Trip

Upon returning home, please encourage your child to take our online evaluation found on www.pmoec.org to let us know how he/she enjoyed their trip!

Summer Camp

If your child had fun at PMOEC, her/she may want to consider spending the summer in the Adirondacks as well. Pok-O-MacCready Camps offer a traditional Adirondack Camp experience for girls and boys. Horseback riding and wilderness programs are emphasized, but there are a wide variety of activities to choose from. Call 518-963-POKO, or go to www.pokomac.com for more information.