



Student Packet

The Prairie School – Senior Launch Retreat

Tuesday, August 18, 2026, - Friday, August 21, 2026



Welcome to Camp Lookout! At [Camp Lookout](#), students step into an experience built around them. Our program is student-led, giving participants the opportunity to explore, create, and shape their time alongside their peers. Whether they're trying something new or diving deeper into existing interests, this is a space designed for curiosity, connection, and a sense of adventure.

We are located in Northern Michigan between Lake Michigan and Lower Herring Lake—an inspiring setting for a few days away with classmates.

Camp Lookout is part of [Project Foxwood](#), a collaborative of outdoor programs that also includes [Camp Carvela](#) and [Crystalaire Adventures](#). Together, we focus on collaboration, creativity, and meaningful shared experiences.

Throughout the trip, students will have the opportunity to choose from a variety of activities and contribute to a community where their ideas and energy help shape the experience.

This packet is designed to help both students and their families prepare for the trip. Inside, you'll find important information, helpful tips, and answers to frequently asked questions. You'll also find required forms to complete prior to arrival, all accessible through clickable links.

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Required Student Paperwork

All guardians are required to complete the Health & Permission Form provided via Google Forms.

We ask that all sections be completed thoroughly and accurately. All information will remain private and will only be shared with Project Foxwood staff when necessary to ensure your student's care and safety.

Please submit the form by July 18, 2026.

[The Prairie School Health & Permission Form](#)

School Program Philosophy

At Project Foxwood, our mission is to help participants connect deeply with their community, the environment, and each other through outdoor, choice-based experiences.

Student Choice: In a camp-based program, each activity period includes several options. This ensures engagement, fosters group decision-making, and gives students opportunities to lead.

Unstructured Time: Daily free-time is essential. Students can relax, pursue a favorite activity, or plan for upcoming programs with staff support.

Trip-Based Learning: On wilderness expeditions, students take the lead. Our camper-led approach builds independence, teamwork, and resilience while strengthening connections to nature and self.

Student Cell Phone and Internet Policy

Camp Lookout is an unplugged community, free of phones, smart phones or any other similar devices. This includes devices with or without cellular, 3G, 4G or wi-fi capabilities (including e-readers, tablets, iPods, smart watches, etc.).

As a program, we are not opposed to electronics (they do a lot of amazing things for us!) but we feel they also come with tradeoffs that impact our mental well-being and our ability to be present with our peers, ourselves, and our surroundings. During your time with us, we kindly ask you to go screen-free and immerse yourself in the "camp magic" that happens when you fully unplug.

What is allowed?

- **Music players:**
 - "Screen-free" and "non-connected" (without any sort of wireless or data connection)
 - iPod shuffle, MP3 player, Tape or CD players (they're cool again 😊)
- **Time keeping device:**

- Good ol' wrist-watches (what do you need to know the time for anyway – it's camp!)
- **Cameras:**
 - 35mm or digital (without any sort of wireless or data connection)
 - Disposables still work well in a camp setting

Get to know Camp with your Student

- ❑ Watch our camp videos and take a peek at photos from around Camp Lookout- [Camp Lookout Gallery](#)
- ❑ Follow our camp on social media.
 - ❑ *Instagram:* @camplookoutmi
 - ❑ *Facebook:* @camplookoutmi

Camp Lookout Cabins

All [cabins](#) are equipped with bunk beds and mattresses. In keeping with our “unplugged” philosophy, cabins do not have electricity or running water. This simple setup helps students slow down, connect with one another, and fully engage in the camp experience.

No matter which cabin students call home during their time at camp, each is just a short walk from a nearby bath house with sinks, toilets, and showers.

Each cabin group is led by a dedicated cabin counselor who will guide the group, support students throughout their stay, and serve as a consistent presence during their time at camp.

Packing List

When packing for camp, remember that **if you think you are packing too much, you probably are!** Focus on packing items that can double or triple duty rather than packing lots of “extras.” At camp, comfort is key. Pack things that will be comfortable for hiking, jumping, running, lounging, etc. And remember that camp can be hard on clothes and shoes, so please pack items that you are okay with getting worn, torn, or dirty. **For a 4 Day/ 3 Night Camp experience we recommend:**

Clothing

- 4 shirts (mix of short and long sleeves)
- 1–2 warm layers (hoodie, sweatshirt, or fleece)
- 1 warm jacket or coat (evenings can be chilly)
- 1 rain jacket or poncho (waterproof)
- 2 pairs of pants (jeans, sweatpants, or leggings)
- 2 pair of shorts for warmer weather
- Swimsuit
- Undergarments
- Socks
- Sleepwear (warm for cool nights)

- Hat and gloves (optional, but mornings can be cold)
- Comfortable shoes (closed-toe for activities)
- Rain boots or waterproof shoes (optional but helpful)

Personal Items

- Toiletries (toothbrush, toothpaste, soap, shampoo, deodorant, brush/comb)
- Towel
- Beach towel
- Medications (if needed, in original containers)
- Reusable water bottle
- Sunscreen
- Bug repellent

Bedding

- Sleeping bag or twin sheets and a blanket
- Pillow

Other Miscellaneous Gear

- Small backpack for day hikes
- Flashlight or headlamp with extra batteries
- Journal and pen (for notes or reflections)
- Book (to enjoy before bed or during free time)
- Disposable camera

What NOT to Bring

- Electronics (tablets, gaming systems, smart watches, phones, etc.)
- Valuable jewelry or money

Packing Tips and Tricks

- **Pack a few days in advance of departure** to avoid last-minute stress.
- **Lay out items *before* you pack them into your bag** so you can see everything you're bringing and eliminate "extras."
- **Pre-pack your daypack/backpack** with the items you'll need throughout the day at camp: water bottle, notebook, writing utensils, disposable camera, etc.

- **Remember your layers!** Double check that you're packing items that can be mixed, matched, and layered to keep you comfortable in a variety of temperatures.
- **Label your items with your name** so they won't get lost or mixed up with others' things at camp

Dining and Dietary Restriction Information

- At camp, we provide healthy, wholesome and creative meals for the camp community. The camp kitchen's goal is to offer healthy fuel sources so meals are well-balanced, include whole grains when possible, and meet standards for servings of protein, fruits and vegetables.
- We've supported students with a wide range of dietary requirements, from allergies to intolerances, and we are a **nut-free camp**. If you have any concerns, please reach out.
- Our kitchen can typically accommodate vegetarian, dairy-free, wheat/gluten-free, and other special diets with prior input from families. All dietary information is shared with our Health Officer, and an action plan will be implemented for any severe allergies to ensure your student's safety.
- Our team will use the [Health & Permissions Form](#) (to be completed by July 18, 2026) to ensure all dietary needs are met.

Health & Safety Information

The health and safety of your students is our number one priority! Camp Lookout will have a Health Officer on-site 24-7 during your students' stay at camp and will serve as your students' direct support for all health needs.

All Camp Lookout staff are first aid and CPR certified through the American Red Cross. And we work with Dr. Phoebe Danziger, MD, FAAP of Stowe Farm Pediatrics as our camp doctor and oversees our medical policies and practices.

If your student feels unwell or requires basic medical attention while at camp, our on-site health officer is available to care for students at our Health Lodge. Located at the center of camp, the Health Lodge is open 24-7 and includes a sick room for students who require extra rest and observation.

In the unlikely event of a severe medical emergency, our staff is equipped to transport students to a nearby hospital or urgent care center.

Parents/guardians and/or emergency contacts will be contacted early and often in the event of student illness, injury, or other incident.

Medications

All medications brought to camp must be in their original containers and will be kept in the Health Lodge (with the exception of inhalers and EpiPens, which can be kept with students and/or counselors). Neither students nor staff are allowed to keep any medication in their cabin, including vitamins and over-the-counter medicine.

All medication **MUST** be documented with the specified dosage on your student's Health History form, which you will complete during registration. The Health Officer administers medications every morning and evening (and at other times as-needed).

Any medication remaining at the end of your student's session will be returned to you at pick-up on the last day of camp.

Please be sure to complete your student's [Health Permissions Form](#) thoroughly by July 18, 2026.

Swimming and Waterfront Activities

Your student will have the opportunity to participate in free-swim (weather permitting). In addition, water activities are a big hit at camp and they will also have the opportunity to swim, play games in the shallow water, kayak, canoe, water hike, and paddleboard.

- **Shallow Water Test:** The student must be comfortable in the water, and be able to fully submerge underwater.
- **Deep Water Test:** Complete the shallow water test, then swim to our raft successfully, climb aboard and jump off, then swim around two buoys (100-150 feet apart) twice and tread water for 2 min.

All swimming activities are guarded by trained Lifeguards and overseen by required ratio as set forth by the State of Michigan. While students are aboard any sort of water vessel (kayak, canoe, stick-built raft, pontoon boat) not only will they also be guarded as required by the State of Michigan, they will also be wearing a Coast Guard approved life jacket.

Day in the Life of at Camp Lookout

Every day at Camp Lookout brings something new! Our daily schedule allows plenty of time for projects, activities, meals, free time, creativity, and rest. This outline offers a general rhythm for the day, but we remain flexible, each day naturally evolves based on group goals.

DAY 1 – ARRIVAL & WELCOME

Evening

- Ferry Ride - Project Foxwood staff lead light programming on board
- Pack out Dinner
- Camp Arrival, Welcome Circle, & Cabin Assignments
- Camp Tour/Orientation & Connection Mixer
- Swim Test + Waterfront Free Time (If time allows also for Faculty)
- Evening Program - All-group activity or game; high or low energy depending on group's needs - Full Group
- Firelight Circle & Mellow Time
- Cabin Time & Lights Out - Cabin Groups

DAY 2

Morning

- Breakfast
- Swim Test + Waterfront Free Time (Also for Faculty)
- **ACTIVITY PERIOD**

Afternoon

- Lunch
- **ACTIVITY PERIOD** (Group Hike)
- Free Swim / Free Time (waterfront activities, art shed, etc all available for use)

Evening

- Dinner
- Evening Program - Full Group (see details below)
- "Mellowtime" (campfire, music, open mic, etc.) - Full Group
- Cabin Time & Lights Out - Cabin Groups

DAY 3

Morning

- Breakfast
- **Morning Activities**

Afternoon

- Lunch
- **Afternoon Activities**
- Free Swim / Free Time (waterfront activities, art shed, etc all available for use)

Evening

- Dinner
- **Evening Program**
- “Mellowtime” (campfire, music, open mic, etc.) - Full Group
- Cabin Time & Lights Out - Cabin Groups

DAY 4 – DEPARTURE & CLOSURE

Morning

- Breakfast
- Cabin Clean-Up
- Final Closing Circle
- Departure

Schedule Definitions

Free Time

This is intentional unstructured time for students to explore, create, and breath. During this time, students and staff often collaborate to bring their ideas for activities and evening programs to life.

Activity Periods (Morning & Afternoon)

Camp has 2 activity periods a day. During these times students will work with our staff to co-create a list of games and activities to enjoy. [Here is a list of student-staff collaborated activities we have done in the past!](#)

Rest Hour

students can relax in their cabin. They can read a book, take a nap, journal, play a quiet card game, or write a letter home.

Evening Program

All of camp will experience a program together. It may be a camp wide game, skit night, carnival, adventure into the woods, or something completely different!

Mellow Time

This is our way of ending the day. All of the camp community comes together, usually around a campfire, and student and staff are welcome to sing a song, read a poem, tell a story, etc

Closing: *Thank you & see you soon!*

Thank you for taking the time to complete this packet and get ready for your trip. We truly appreciate your support in helping us create a safe, supportive, and engaging experience. We can't wait to welcome you to Camp Lookout soon!