

Seven Rivers Handbook



Seven Rivers Enrichment offers exceptional outdoor enrichment to the communities in the greater Seacoast area of NH. We believe strongly in the value of nature based education and developing emotional intelligence. We strive to nurture empathy and perseverance, to kindle curiosity and creativity.

Our youth programs prioritize nurturing connection to land and wildlife while kindling a sense of community. We value the growth and resilience that occurs when children are given the freedom to explore, create, engage and problem solve with each other and individually.

Our programs include; Paddling, XC Skiing, Survival Skills, Art in Nature, Medieval Adventure, Backcountry Cooking, Archery, Carving, Shelter and Fire Building, Forest Theatre, Mountain Biking, Fishing and a myriad of seasonal projects and activities.

At Seven Rivers, we craft our programs with care, selecting attentive and skilled instructors. It is our priority to expose our participants to a wide array of practical application skills while encouraging collaboration.

HANDBOOK TOPICS

- Pack List and Gear Info
- What to Expect
- Communication
- Weather
- Fire, Tool & Water Safety
- Community Days & Events



PACK LIST

Please pack the following items in a backpack...

- Water (plenty on hot days)
- Nourishing Snacks & Lunch
- Extra Socks/Gloves/Layers (**full change of clothing for Wildlings**) in a waterproof bag
- Journal/Notebook & Pencil
- Toileting Bag (TP or tissues & hand sanitizer)
- Sunscreen/Bug Spray (as seasonally appropriate)
- Any necessary personal items (epi pens, meds, etc)

Wildlings students may require a bigger pack than they can comfortably carry out to our program sites- that's OK, we have wagons and sleds to ease the walk out!)

When planning for what to dress your child in we ask that you keep in mind that we will be outdoors for the duration of program in ALL WEATHER. **Please consider wool or synthetic materials during the cold/wet months, cotton is not recommended.**

Please refer to our layering guide for seasonally appropriate layering. Rain pants/boots/jackets are required in the fall and spring on wet days. Please be attentive to the weather forecast so that your child is dressed appropriately. **If a student is not dressed appropriately for the weather we will ask that they be picked up.** Dressing for the weather is imperative for the wellbeing and safety of students.

In the cold months, we encourage families to provide hand and foot warmers for their children. We do have some available if needed.

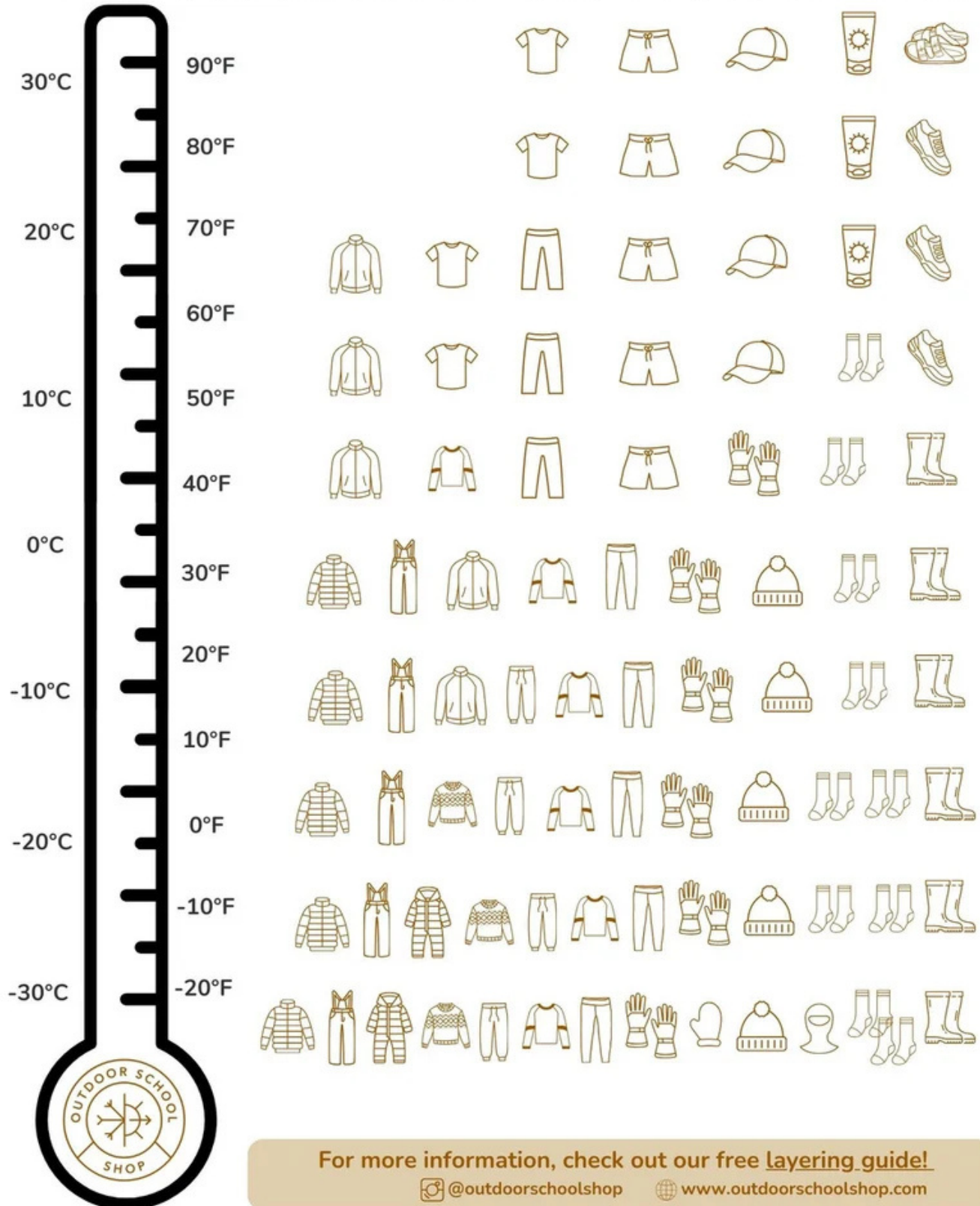
FINDING OUTDOOR APPAREL

- A great resource for outdoor gear, layering guides and what to wear in each season is www.outdoorschoolshop.com.
- Check out www.geartrade.com for second hand outdoor apparel
- Locally, the Children's Orchard (2nd hand clothing) and The Hidden Outlet (both in Newington, NH are super options for in person shopping!

Please be in touch if you need guidance on what to wear for the weather!

LAYERING GUIDE

WHAT SHOULD I WEAR TODAY?



For more information, check out our free [layering guide!](#)

[@outdoorschoolshop](#)

www.outdoorschoolshop.com

WHAT TO EXPECT

Each day at Seven Rivers will be rooted in the season and what skills we are building. In the first few weeks of Seven Rivers we will be getting to know each other, building community, going over the expectations and exploring the Crommet Creek Land. We encourage all students to adopt our philosophy of caring for the land, ourselves and each other. Once we have a sense of each group (their needs, their strengths, dynamics and challenges) we will begin to introduce and build skills.

Daily Rhythm

- Gather, check in & walk out to program spot
- Fire building, snack & unstructured play
- Activity/Land project/Skill Building
- Lunch & free time
- Journaling & Book Series

Students will begin each day gathering after drop off to do a brief check in and then walk out to program sites. After arriving at our respective sites we give time for snack and child led/unstructured time before we begin our project or activity for the day. These projects or activities may include introducing a new skill, a land project, a craft or seasonal adventures like XC skiing or paddling (tide dependent). Lunch follows the project/activity and then we have journal/book and a game before walking out. Students are welcome to eat as needed, but we always have designated times for snack and lunch.

Every day at Seven Rivers will include social-emotional guidance and assistance navigating conflict. We plan lots of team building games and activities to build these important relational skills.

Phones and Apple/Android watches are not permitted during program time. We are happy to store these things in our vans in the parking lot while students are in program.

There will be occasional discomfort as a result of heat/cold, bugs etc. Part of what students are exploring about themselves at Seven Rivers is how to navigate being outdoors for several hours at a time and building a tolerance for environmental/natural discomforts. We are always attentive to individual students safety in regard to the weather and environment.

TICKS are abundant, please check your child after program thoroughly.

COMMUNICATION

Seven Rivers Office:

Alicia Sawtell 603 969 7659

Peter Sawtell 603 969 4448

Seven Rivers Program Phone:

603 397 7958

Email

alicia@sevenriverspaddling.com

for all program related questions, payment info, EFA, etc.

If your child will be absent, late or you will be late picking them up please call or text 603 397 7958 (program phone). This number can also be reached during program for urgent communication.

WEATHER

Weather cancellations most frequently occur for high winds (more so than any other reason!) being in the forest at our program sites is unsafe when there are high winds due to falling limbs. There are also times we will cancel for inclement/severe weather. Here are a few things to know about how we manage weather related decisions.

- We have the occasional use of a Browne Center yurt.
- We rotate which programs get to use the yurt in effort to reduce cancellations.
- There are some days that it may be too cold for a wildlings group, but our older groups can be out.

Weather related changes will be communicated via email by 7am the day of.

We do our very best to make a plan that is safe for our students based on the forecast and communicate that accordingly.

TOILETING

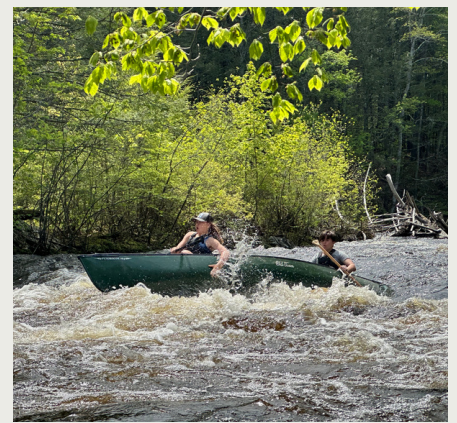
There is a toilet at the Browne Center for our use if needed, but students generally use the 'toilet tent' that has a small toilet seat or find a private place in the forest to go to the bathroom. We carry out any solid waste and teach environmentally safe 'wild toileting' practices.

FIRE & TOOL SAFETY

We teach students to safely & appropriately use a variety of tools (knives, axes, hatchets, matches and flint & steel) in our programs. We carefully monitor each student's ability to show an understanding of tool rules & safety. If a student is unable to manage a tool safely we will offer them an alternative activity until they demonstrate readiness.

WATER SAFETY

When we take students to the water for paddling days all students and instructors are required to wear a PFD at all times regardless of swimming level. Our staff are required to attend our water safety and rescue training once a year in addition to attending the Wilderness First Aid Certification class that we offer in collaboration with SOLO. We always try to get as many of our students on the water for paddling as the tides and weather allow in the fall and spring seasons, this can vary year to year and is subject to the conditions.



COMMUNITY DAYS & EVENTS

Each year we host a variety of seasonal community events! Our Seven Rivers Regatta (summer), Forest Feast (fall), Snow Day (winter) & Forest Theatre Production (spring) are student inspired, seasonal events to fundraise for our Scholarship Program.

Starting in the fall of 2026 we are also offering community days that will include coming together over projects such as program site maintenance, woodsplitting, seasonal tasks and sharing some food. These are fun ways to get to know the Seven Rivers Community and also share what we do with others!



EXPLORE
CREATE
ENGAGE



SEVEN RIVERS
ENRICHMENT