2026 FAMILY HANDBOOK

OCKANICKON FOR BOYS
MATOLLIONEQUAY FOR GIRLS

YMCA OF THE PINES

EXPLORE. GROW. THRIVE.

YMCA of the Pines
1303 Stokes Road Medford, New Jersey 08055
P 609.654.8225 or 1.800.422.CAMP
www.ycamp.org

GREETINGS!

Thank you so much for choosing to send your child to our camps!

Our programs and activities are all led by our "Professional Role Models" and their incredible character traits are always on display for your campers. To us, providing a safe place for your campers means creating a place where kids can be themselves, learn about others and gain new skills.

At Camp Ockanickon for Boys and Camp Matollionequay for Girls, your camper will have opportunities to make new friends, have new experiences, learn about cultures from all over the world and gain skills that will teach your camper about being more independent.

Besides all the incredible activities we offer during the summer, our favorite part of camp is making new friends, building confidence, and developing character.

The Family Handbook is a useful "how-to" for attending our camps this summer. Many questions and concerns are answered throughout this book. Please contact us at any time if your family has any additional questions or concerns.

Thank you, and we can't wait to see you at camp!

CONTACT INFORMATION

YMCA of the Pines
1303 Stokes Road
Medford, NJ 08055

Phone: 609.654.8225 or 1.800.422.CAMP
Website: www.ycamp.org
Email: info@ycamp.org

Ockanickon for Boys

Director Cell Phone Number
609-923-6666
Eliana@ycamp.org

***Parent Liaison**
609-654-8225 ext 1524
OckyParent@ycamp.org

***Health Care Provider**
609-678-1466

***Mental Health Director**
OckyMentalHealth@ycamp.org

Matollionequay for Girls

Director Cell Phone Number
609-923-4037
KaitlynL@ycamp.org

***Parent Liaison**
609-654-8225 ext 1533
MatollyParent@ycamp.org

***Health Care Provider**
609.678.1447

***Mental Health Director**
MatollyMentalHealth@ycamp.org

Executive Director of Overnight Camps:
Charlotte@ycamp.org

* Will only be available during the summer months. Any questions prior, please contact the Camp Director.

TABLE OF CONTENTS

CAMPER REGISTRATION & REQUIRED PAPERWORK.....3
CAMP FEE DEADLINE.....4
CAMP CANCELLATION POLICY.....4
CHANGE OF SESSION POLICY.....4
CABIN GROUPS & BUNKMATE REQUESTS.....5
EMERGENCY CONTACT.....5
HOMESICKNESS.....5
LEAVING DURING CAMP.....5
HOW TO PREPARE FOR A SUCCESSFUL SUMMER.....6
CAMPER COMMUNICATION.....7
PROGRAMS AT CAMP.....8-9
SWIM PROCEDURES.....9
HORSEBACK RIDING.....9
TRADING POST (CAMP STORE).....10
HEALTHCARE AT CAMP.....11
SUPPORT AT CAMP.....13
BEHAVIOR MANAGEMENT POLICY.....14
MEALS.....16
BIRTHDAYS.....17
CHECK-IN & CHECK-OUT.....18
CHANGEOVER WEEKENDS.....19
PACKING LIST.....20-22
WILDERNESS TRIPS.....23-24
WILDERNESS PACKING LISTS.....25-35
HOW TO SELECT A SUNSCREEN.....36
GRIEVANCE POLICY.....37
IMPORTANT CONTACT INFORMATION.....38

2026 OVERNIGHT CAMP DATES

SESSION 1
ONE WEEK SESSION
Sunday, June 21 – Saturday, June 27

SESSION 2
ONE WEEK SESSION
Sunday, July 28 – Saturday, July 4

SESSION 3
TWO WEEK SESSION
Sunday, July 5 – Saturday, July 18

SESSION 4
TWO WEEK SESSION
Sunday, July 19 – Saturday, August 1

SESSION 5
ONE WEEK SESSION
Sunday, August 2 – Saturday, August 8

SESSION 6
ONE WEEK SESSION
Sunday, August 9 – Saturday, August 15

SESSION 7
ONE WEEK CO-ED SESSION
Sunday, August 16 – Saturday, August 22

CAMPER REGISTRATION AND REQUIRED PAPERWORK INFORMATION

We are excited to once again offer the convenience of online registration to our camp families. Our online registration portal allows you to have access to your camper's registration information 24/7.

For the 2026 camp season, we are implementing the completion of all required camper forms through the parent portal. No more paper forms to complete by hand. No more faxing or mailing. Best of all, no more calling the office to make sure that the forms were received. Upon online submission of the forms, you will see "completed" next to the form name. That's it! **Any changes to the information on a completed form can be made by emailing registration@ycamp.org.** Our registrars will handle the rest!

For those families preferring to submit the initial camp registration by paper, you will be sent a confirmation email once the paper registration is entered into our system. That email will provide you with the necessary instructions on creating a user account and password for our parent portal. You will now be able to access your camper's account to electronically complete the required camper forms. Credit card information is not required to create a user account.

Before your camper arrives at Overnight Camp, we require the following:

- Completed registration
- Payment in full
- Online completion of:
    - Camper Medical Form
    - Overnight Parent Confidentiality Form
    - Participation Waiver
    - Camper Form
- Online Trading Post deposit (optional)
- Bunkmate request (optional)

Note: The CIT program requires an additional application. The Camp Directors will reach out over email with that application.

CAMP FEE DEADLINE

- Any outstanding camp fees owed on May 15, 2026, will automatically be charged to the credit/debit card on file.
- Any registrations taken after May 15, 2026, must be paid in full at the time of registration unless alternative arrangements have been made.
- We accept all major credit cards, cash, and money orders. After May 15, 2026, checks are accepted two weeks prior to the start date of camp.

CAMP CANCELLATION POLICY

- Prior to March 15, 2026, deposits are refundable for cancellation or transferable to other sessions, if available. After March 15, deposits are non-refundable.
- For cancellations before March 15, all payments made, including your deposit, will be refunded.
- For cancellations after March 15: all fees paid up to the cancellation date will be lost.
- For cancellations after March 15 due to your child's health issue: if you can provide documentation from your pediatrician, you will be refunded all payments made, minus your deposit.
- No fee reductions will be made for late arrivals or early departures.

Refunds are not provided when a camper's behavior warrants dismissal from the program or for instances when the parent voluntarily withdraws the child from camp for any reason.

CHANGE OF SESSION POLICY

- One change of session per family is allowed up to March 15th, 2026 pending available space, at no cost. Thereafter, a $50 fee for each change request will be applied.
    - Note, for session changes requested at check-in for overnight camp, the fee is $150 due to the additional administrative time necessary to accommodate the request.
- There is a returned payment fee of $25 for all e-check payments and any scheduled credit card payments that decline for any reason.
- After March 15th, there will be a $50 fee for any session change.
- Cancellation of a camp session does not qualify as a change of session.

OVERNIGHT CAMP CABIN GROUPS & BUNKMATE REQUESTS

All campers are placed into groups of 5-7 with 1-2 staff per cabin. Each cabin is part of a larger cluster of cabins which make up a village. Since camp is about making new friends and cabin assignments are key to creating a positive camp environment, Camp Directors will place campers in cabin groups based on the following criteria:

- An exclusive mutual request made by two campers who are the same age and grade, known as a Bunkmate Request.
- If campers are more than 12 months apart and request to be together, their requests may be honored, but the older camper will be placed with the younger camper's village assignment.
- Camp will make every effort to honor Bunkmate Requests (up to 1), but due to the number of campers registered per session, we do not guarantee requests.
- If you are requesting that your camper not be placed with another camper, it is your responsibility to inform the other family prior to arrival at camp.

EMERGENCY CONTACT

- In the event of an emergency, parents should contact the Main Office at 609.654.8225 during our business hours Monday-Friday 9am-5pm.
- If calling outside of office hours, please use the Director's phone number listed on page 1.
- In the event of an emergency at camp, we will contact each camper's family, post messages on our website at www.ycamp.org as well as post updates on our Facebook page.

HOMESICKNESS

- Homesickness is not uncommon at camp, especially with first time campers. Our staff members are trained to make the transition from home to camp as easy as possible.
- We suggest that you mail a positive, cheerful letter a few days before your camper leaves for camp.
- If there is a serious case of homesickness, the Camp Director, Assistant Director, Mental Health Professional or Parent Liaison will contact you.
- We do not give refunds for homesickness. However, we will work with you and your camper to determine the best course of action. With sensitive guidance, almost all campers can overcome any initial difficulties and become a happy and active camper.

LEAVING DURING CAMP

- Campers are highly discouraged from leaving and returning to camp mid-session. Approval from the Camp Director is needed for a camper to be picked up early for reasons that are not medically related.

How to Prep Your Camper for a Successful Summer

Going to sleepaway camp for the first time can be a nerve-wracking experience for both the camper and parent—that's normal! As the saying goes, "Challenging yourself is the only path that leads to growth." However, there are ways to ease anxiety and prepare yourself and your camper for a successful sleepaway camp experience.

INFORMATION

Providing yourself and your camper with as much information as possible will reduce anxiety.

- Attend an open house or schedule a camp tour.
- Mark the dates your camper will be away on a shared calendar.
- Review the sample schedule, activity list, evening program schedule, and camp menu.
- Let campers know the policies regarding technology and communication at camp.
- Follow YMCA of the Pines, Camp Ockanickon and/or Camp Matollionequay on Instagram and Facebook.

HANDS-ON EXPERIENCE

Providing a hands-on experience will make the first day of camp a breeze.

- Campers can learn and practice making their bed at home with help from a parent or guardian.
- Review the packing list together. Campers can start thinking of what clothing and items they would like to bring to camp.
- Begin putting their name on these items (all camper's belongings should have their name on them).
- If your camper has never been away from home, arrange a sleepover at a friend's or grandparent's house.
- Pack together so campers know where their belongings are located in their duffle bag. This will empower campers to feel confident as they unpack themselves on check-in day.
- Pack a small reminder of home, such as a family photo or a favorite stuffed animal.
- Meet other new or returning camp families prior to the start of camp.

ENCOURAGE

- Don't give your camper false promises, such as saying they can come home or call home if they are homesick. Avoid pick-up deals (For example, "If you make it until Wednesday and still don't like it, we'll pick you up). We know campers can push through their homesickness and have a terrific camp experience! Keep encouraging your camper and tell them you know they can do it!
- Write encouraging letters during camp. Don't give your camper FOMO (fear of missing out) about fun activities they are missing out on while they are attending camp.
- Reassure them that you will see them soon.

TALK IT OUT & PREPARE FOR DROP OFF

- Talk with your camper about what they're excited and nervous about throughout the year.
- Call camp with any questions or concerns.
- Let your camper know that drop-off will be short and sweet. Long farewells can make saying goodbye harder.

AND ALL THE OTHER THINGS

- Leave nice items at home.
- It's normal for parents to feel camper sick or have empty nest stress.
- Don't panic if you receive a homesick letter. Call or email camp, and we will work through it together.

YMCA OF THE PINES
EXPLORE. GROW. THRIVE.

CAMPER COMMUNICATION

At camp, one of our priorities is to facilitate communication with you. We want to ensure that you have avenues of communication with your camper and feel as comfortable as possible with the camp experience. We are committed to doing everything that technology allows us to do to make that happen.

Ways to Communicate with Your Camper:

Email: Bunk Notes, a one-way email to campers, is available through www.Bunk1.com. Bunk1 is a private vendor that specializes in camper communications. Emails sent by 8:00 am will be printed and delivered that day during rest hour right after lunch. Bunk Replies are scanned home on Tuesday and Thursday evenings. An access code is needed and will be emailed to you prior to the first day of camp. It is also available on check-in days or by contacting our Main Office at 609.654.8225. An additional fee is required.

Camp Blog: The Camp Blog is emailed nightly to families with daily highlights and updates for families to enjoy! It showcases our special events, programs, meals, photos, and a look ahead!

Photos: Photos are available through www.Bunk1.com. This service offers the ability to view daily pictures for Overnight Camp. An access code is needed and will be available on check-in days or by contacting our Main Office at 609.654.8225. Photos are free to view and available for purchase. We cannot guarantee every camper will have pictures taken while at camp. Photos are posted to our camp socials on Instagram and Facebook 2-3 times a day. On Facebook, you can find us at Camp Ockanickon, Camp Matollionequay and YMCA of the Pines, and on Instagram you can find us at @campockanickon, @campmatollionequay and @ymcaofthepines.

Mail & Packages: Incoming mail and packages will be distributed daily. Please clearly print your camper's name, the camp they are attending, the session they are attending, and the village (if known).

Camper's Name
Camp, Session & Village
1303 Stokes Road
Medford, NJ 08055

You may also drop off mail and packages at our Main Office during regular business hours (Monday-Friday 9am-5pm). **Any snacks brought to camp must not include any nuts, or made in a facility with nuts, and must be stored in an airtight container.** All snacks will be kept in the Journey/Village Leaders Cabin and will be available only at certain times. Stamps and stationery **are not** available for purchase in the Trading Post. The best way to ensure that your campers will write home is to provide them with self-addressed and stamped envelopes.

Wilderness Programs: All Wilderness programs are accompanied by a SPOT GPS messenger with emergency response capabilities. The Trips Coordinator will send families periodic updates regarding the trip's progress via email.

Phone Calls: Campers are not permitted to make or receive phone calls while at camp. Campers are not permitted to bring their cell phones to camp. If there are any issues with your camper, the Camp Director will contact you.

PROGRAMS AT CAMP

Mini Camp: (ages 6-8) is a condensed camp experience for younger campers running from Sunday to Wednesday night. Mini Camp offers a taste of overnight camp life, introducing campers to our traditional activities like archery, boating, and swimming, while also having the opportunity for choice through our daily choice options, and a different evening program each night.

Main Camp: (ages 7-16) enjoy a variety of traditional activities such as boating, swimming, archery, art, the challenge course, and nature exploration, along with an array of non-traditional offerings. To create a close-knit experience, we divide campers into five Journeys or Villages (youngest to oldest): Sprig, Neofol, Windle, Terranox, and Vistara. Each Journey or Village has a daily swim session. Campers ages 7-11 are considered Juniors, while those ages 12-16 are Seniors. Juniors have two set activity periods and two choice periods each day, while Seniors enjoy a fully personalized schedule with all activities chosen by them. Evenings feature unique programs, including a weekly overnight camping trip on the property for an extra touch of adventure.

Counselor in Training (CIT): (Age 16) Campers can embark on the Counselor-In-Training (CIT) program, a meaningful rite of passage at Ockanickon and Matollionequay that fosters personal growth through new challenges and responsibilities. In the first week, CITs focus on developing team-building and counseling skills. In the second week, they dive into activity facilitation, organize the all-camp Fourth of July carnival, and host an evening program. Week three brings the hands-on opportunity to shadow in cabins, while in the fourth and final week, they complete a culminating project. After completing the CIT program, CITs can apply to serve as Assistant Counselors at Lake Stockwell Day Camp while continuing to reside at their home camp.

YMCA of the Pines offers Wilderness Expeditions: Campers have the opportunity to develop leadership skills in a diverse group of peers aged 12-16. While hiking or canoeing through the wilderness and overcoming challenges together, they have the opportunity to develop courage, confidence, emotional intelligence, community awareness, and a sense of wonder – all necessary skills for success in school and in their communities.

- **Session 1: Groundbreakers: Service Trip (Ages: 13-15 years old)**
  Take advantage of this incredible opportunity to make a powerful difference in the local community. Travel to different locations in need of service every day and return to camp at night for fun activities!
- **Session 2: Trailblazers (Ages: 13-15 years old)**
  Explore the legendary Old Loggers Path in Pennsylvania! Start your journey in an old ghost town and head out on an amazing 27-moile journey through and incredibly scenic forest. Hike between 5 and 9 miles a day for 4 days, and spend 3 nights camping on the trail.
- **Session 3 & 4: Rangers I and Rangers II (14-16 years old)**
  Rangers is a capstone of the Ockanickon and Matollionequay camp programs. This 9-day, 8 night off-site back-country journey will challenge campers as they backpack through a section of the Appalachian Tail and paddle through the beautiful Delaware River National Recreation area.
- **Session 5:**
  Ocky: Castaways: Canoe/Fishing Trip (Ages 12-13 years old)
  Head out on camp's fishing and canoeing odyssey! Spend 4 days and 3 nights paddling down the Delaware River, casting your reels, and practicing outdoor living skills.
  Matolly: Great Vibes – Canoeing and Yoga (Ages 12-14 years old)
  Adventure meets mindfulness on this trip. Campers will canoe along the Delaware River, learning paddling skills, teamwork, and outdoor safety. Each day includes guided yoga to help them relax, build strength, and practice mindfulness.

- **Session 6:**
  Ocky: Castaways: Canoe/Fishing Trip (Ages 14-16 years old)
  Head out on camp's fishing and canoeing odyssey! Spend 4 days and 3 nights paddling down the Susquehanna River, casting your reels, and practicing outdoor living skills.
  Matolly: Cruising Chefs – Canoeing and Cooking (Ages 14-16 years old)
  Campers will canoe down the scenic Susquehanna River, learning paddling skills, teamwork, and outdoor safety along the way. Each day includes hands-on cooking, as campers work together to prepare delicious meals over a campfire and try out new recipes.
- **Session 7: Canoe and Survival (Ages 12-14)**
  This co-ed, week-long adventure will have you paddling 40 miles down the Susquehanna, mastering survival skills, and conquering the wilderness!

SWIM PROCEDURES

Every camper must participate in a swimming evaluation if they wish to swim while at camp. Our certified lifeguards will make the determination of swimming ability and place campers in the appropriate swim level sections. Each of our waterfronts is sectioned off into three different swimming levels: white, green, and red.

The white section is open to all campers and is the shallowest section. The green section is the middle section and requires a little more endurance. Finally, the red section is our deepest section at the waterfront and is best for campers who can comfortably swim for extended periods of time.

HORSEBACK RIDING

Our horseback riding program is provided by Pony World Adventure, LLC. Pony World Adventures prides itself on the quality of its instruction and horse lessons. Teaching more than riding itself, PWA offers stable practices and barn management, along with horse care and equipment.

The horseback riding program allows campers to learn the fundamentals of riding and horse care. The program is for basic-level campers with a minimum age of 8 and an additional fee is required. All lessons work with the camper's progression in horseback riding.

- All campers who participate in the equestrian program are required to wear long pants and sturdy, hard-sole shoes or boots with ½ inch heel.

- All riders must wear a safety helmet while mounted. Camp provides helmets but it is permissible for your camper to bring their own, as long as it is SEI/ASTM certified.

Overnight equestrian campers will be absent from some other activities, and the missed activities cannot be made up. Credit will not be given for missed lessons.

TRADING POST (CAMP STORE)

- The Trading Post sells camp clothes, including sweatshirts, T-shirts, shorts, and long-sleeve shirts, as well as souvenir items like lanyards, flashlights, water bottles, beach towels, and small toy items. Additionally, it offers various beverages and snack items.

- Campers **should not** have cash in their possession while at camp. Funds may be deposited in your camper's Trading Post account through online registration or via cash, check or credit card, prior to their arrival at camp.

We recommend depositing $40.00 for a one-week session, which would be enough for one merch item and snack expenses. For just snack expenses, we recommend $20.00.

We recommend depositing $60.00 for a two-week session, which would be enough for one or two merch items and snack expenses. For just snack expenses, we recommend $30.00. Any unspent Trading Post funds will be donated to the Camper Scholarship Fund. Your camper will have an opportunity to spend down their account on their last scheduled visit to the Trading Post. The Trading Post is open during Check-in and Check-out.

HEALTHCARE AT CAMP

We have a skilled medical staff of registered nurses with experience in pediatrics, emergencies, critical care and pre-hospital emergencies.

Each camp has an on-staff health care provider and a fully stocked, climate-controlled infirmary to address all campers' medical needs. In addition, many of our staff are trained and certified in CPR with AED, blood borne pathogens, child abuse, basic first aid, certified first responder, wilderness first aid and/or lifeguarding. The Overnight Camp's health care providers live on-site while camp is in session.

In Case of Illness or Injury at Camp

Our goal is for your camper to have an outstanding camp experience by helping them feel better and return to activities as soon as possible. In the event your child becomes ill or injured, our team of experienced health care staff will evaluate and treat your child within the parameters set forth by you and in conjunction with our standing orders. In the event that your camper's condition falls outside of general supportive care, additional medical support may be sought from a local physician, dentist, orthodontist or Emergency Medical Services. Parents will be notified of all conditions requiring convalescence or observation in the infirmary for longer than 8 hours, emergency care that exceeds basic first aid, visits to the hospital or urgent care, or in cases where the health care staff require additional information that is not provided on the online Camper Medical Form. Payments for the services of an outside provider are the responsibility of the parent. In the event any treatment recommended by the hospital Emergency Department is refused, the camper must return to the care of their parents as soon as possible.

Our health care staff will contact you if any of the following occur to your camper while at camp:

- Remains in the Infirmary for more than 8 hours.
- Has multiple visits to the Infirmary for the same issue.
- Needs to be evaluated by a physician for non-emergencies.
- Is going to be sent to a hospital or clinical care for evaluations – campers will always be escorted by a camp staff member when being transported via ambulance.
- Obtains an injury to the head, back, spine, eye, or a cut that may leave a scar.
- Receives a bee/wasp sting.
- Has a temperature greater than 101°F.

Care for Ill or Injured Campers

Our health care staff is prepared to care for most childhood illnesses. Campers who are convalescing in the infirmary are monitored by our health care staff and camp counselors. The health care staff may request your camper convalesce at home for illnesses or injuries that would disrupt the camper's ability to participate in activities for more than 24 hours or if the camper is contagious and at risk of infecting other campers. For instances of home convalescence, your camper will be able to rejoin camp only after an evaluation from the camper's physician and a clean bill of health.

Prescription & Over the Counter (OTC) Medication

Our health care staff can administer all prescription and OTC medicine, supplements, vitamins, and topical ointments. For the safety of your camper, we require the following steps to be taken:

- All medications sent to camp must be in the original prescription container or packaging. Outdated medications, pill organizers, or loose medication in containers will not be administered to your camper.
- All medication will be dispensed as instructed on the original container, and by the parents/guardians instructions on the camper's online Camper Medical Form.
- All medications must be checked in at the Infirmary on the first day of camp by the parent/guardian. Please be sure to list any and all medications on your camper's online Camper Medical Form.
- Campers are not allowed to self-administer medication, supplements, vitamins or topical ointments.

Camp provides the following over the counter medications or their generic equivalent:

- Acetaminophen (Tylenol)
- Ibuprofen (Advil, Motrin)
- Pseudoephedrine decongestant (Sudafed)
- Phenylephrine decongestant (Sudafed PE)
- Guaifenesin cough syrup (Robitussin)
- Dextromethorphan cough syrup (Robitussin DM)
- Antihistamine/allergy medicine
- Diphenhydramine antihistamine (Benadryl)
- Sore throat spray/lozenges
- Laxatives for constipation (Ex-Lax)
- Bismuth subsalicylate for diarrhea (Pepto-Bismol)
- Antibiotic cream
- Aloe
- Calamine lotion
- Anti-sting (Topical Benzocaine)
- Gold Bond

All unused camper medicine will be available for pick up at the end of the session in the Infirmary.

Health Screening at Overnight Camp

Each overnight camper will be evaluated on the first day of each camp session. Our staff will check for head lice and the presence of nits. They will also familiarize the campers with the Infirmary and speak to them about proper hydration, checking for ticks, and getting plenty of rest.

If a camper is discovered to have head lice or nits, we are required to send the camper home immediately. It is the responsibility of the parents/guardians to have their camper checked for lice before arriving to camp. The treatment of this condition takes time, and refunds will not be considered for camp time lost.

Near the end of the session, our healthcare team will check the campers again for:

- Blisters, Cuts, Scrapes, Rashes
- Bug bites/ticks
- Feet check
- Fingernails clean and cut
- Hair clean & combed
- Sunburns

SUPPORT AT CAMP

We have various support systems in place at camp to help set campers up for success. These include:

- **Counselor & Journey/Village Leader Support:** Camp staff are trained on how to help support and guide campers through homesickness, making friends, perseverance, conflict resolution, character education and problem-solving.

- **Challenge by Choice:** Campers choose their own pace and level of participation in activities. Campers can opt out for physical, emotional, or personal reasons. However, campers are encouraged to contribute to the group experience. This approach fosters respect, individual choice, and peer support. In the spirit of Challenge by Choice your choice is respected by everyone else, facilitators, and participants alike. Challenge by Choice replaces the traditional 'challenge by intimidation' or 'challenge by group pressure' approach activities.

- **Outdoor Eating Option:** Mealtimes are typically filled with high energy and excitement, which can sometimes feel overwhelming. To provide a more peaceful alternative, campers can take advantage of the Zen Zone, available at every meal. In the Zen Zone, campers can sit outside in a calmer environment to decompress as needed, all while still having the opportunity to socialize with friends and be supervised by staff.

- **Respect of Personal Boundaries and Privacy:** All changing of clothes must be done in a bathroom stall, shower stall or individually in the cabin. Campers are not permitted to change clothes together in the cabin.

- **Behavior Plans:** We can work collaboratively with families to prepare for a camper's needs and develop strategies we can implement to help support a camper during their time at camp.

- **Additional Levels of Support:** If a camper continues to struggle in a particular area of camper life the Journey/Village Leader is able to collaborate with The Shield leadership team on how to best mobilize additional support from higher trained staff including:
    - Executive Director
    - Camp Director
    - Assistant Director
    - Mental Health Professional
    - Nurse
    - Parent Liaison

Our goal is to fully support campers and help them thrive at camp! We're committed to using various support strategies to encourage campers' success before discussing the possibility of an early departure. It's natural for new experiences to feel scary or intimidating at times, and we strive to guide campers through these emotions, teaching perseverance and confidence as they tackle new challenges and adventures. To support this process, we don't allow campers to call home, as doing so can strengthen the pull of the comfort zone. Instead, we'll reach out to families with updates and work together to ensure every camper has a successful, memorable experience!

BEHAVIOR MANAGEMENT POLICY

All camp activities are designed to reinforce the Y's core values of **caring, honesty, respect, responsibility, courage and inclusion.** For all campers to have the best possible experience, all campers need to be aware of the rules and agree to follow them. If a camper consistently or excessively breaks the rules and chooses not to take part in camp, they can negatively affect other campers by jeopardizing their physical or emotional safety. When this happens, all other campers in the village fail to receive the best possible camp experience. In the event that a camper chooses to not participate in camp we will encourage them to do so by following the rules and values of camp.

Behavior Guidelines:

- Campers are responsible for their words and actions.
- We respect each other and the environment.
- Honesty will be the basis for all relationships and interactions.
- We will care for ourselves and those around us.
- We will have the courage to speak up.
- We will embrace and include each other's qualities and differences.
- Campers are to follow directions from staff members.
- We keep our hands, feet and other body parts to ourselves.

As a program participant you will have a daily schedule to follow. Part of your growth at camp includes responsibility and independence. If you are not where you are supposed to be at any time your guardians may be called and you may be removed from the camp program.

Any disciplinary measures used will relate to the camper's specific actions and will be handled in a timely manner. No physical punishment, humiliation, scare tactics or controlling measures shall be allowed. Methods associated with food deprivation or extended isolation are not permissible. It may be necessary to separate the camper until he/she is able to regain control and join the village.

The following behaviors are not acceptable and may result in the immediate suspension of a camper for the remainder of the session

- Endangering the health and safety of oneself or others.
- Stealing or damaging camp or personal property.
- Continual disruption of the program.
- Using profanity or engaging in inappropriate conversations.
- Bullying behavior or any acts of violence.
- Not being where you are required to be.
- Refusal to follow the behavior guidelines.

Camp staff will always work toward developing a cooperative plan of action to maximize a camper's chance of success. YMCA of the Pines strives to be inclusive of all.

In the event a camp participant uses hateful speech, camp staff will work to develop a plan of action which emotionally supports affected participants and maximizes the opportunity for the offender(s) to learn and grow from their mistakes. This will include modification to their camp program, parent notification, and conversation about empathy and the severity of discrimination. If the behavior is repeated, the child will be dismissed from camp.

There may also be instances where we cannot accommodate campers whose needs are beyond the scope of our service. YMCA of the Pines, in its sole discretion, reserves the exclusive right to refuse any registration and/or dismiss any camper for any reason. To request an accommodation, please contact the Camp Director.

If redirection cannot work, the following steps may be taken:

First Phone Call to Parent/Guardian
Official warning of camper's behavior and plan of action for camper – warning of possible dismissal if camper continues to exhibit disruptive behavior

Second Phone Call to Parent/Guardian
Final warning and/or dismissal from Camp program

Third Phone Call to Parent/Guardian, if applicable
Dismissal from Camp program

YMCA of the Pines and staff reserve the right to immediately send home a camper from its programs. Chronic and/or extreme behavior may warrant dismissal and is at the discretion of the Camp Director.

Campers dismissed from camp for any reason may not be eligible to return to camp programs in the future. Camp fees are non-refundable and will not be pro-rated if a camper is sent home for any reason at the discretion of the camp.

MEALS

At camp, our professional Food Service staff serve up cuisine that might surprise you. Our cuisine is naturally "kid friendly" and we prepare foods in the healthiest way possible. Here's a little hint…we don't even have deep dryers at camp! It's not your typical camp fare. We strive to serve healthy options, to give everyone the right kind of energy and also hearty options and to give everyone enough energy for days full of all sorts of outdoor activities.

Along with the main entrée and sides at every meal, we have a large "build your own" salad bar that complements both lunch and dinner meals. The salad bar includes fresh romaine lettuce, cucumbers, tomatoes, olives, garbanzo beans, amongst a rotating cast of other toppings and salad dressing. Soy nut butter and jelly sandwiches are also available during lunch and dinner. In the morning, a breakfast bar is served that includes cereal, fresh cut fruits, whole fruit, yogurt, cereal and milk.

Our overnight campers will receive breakfast, lunch, mid-afternoon snack and dinner every day along with the occasional special treat and trips to our Trading Post. Fresh fruit is available at all meals.

Chef Kelly and her food service staff pay close attention to special diets and can accommodate just about any dietary need with enough prior notice and communication. If you are sending someone to camp with special dietary needs, please contact Chef Kelly at kelly@ycamp.org. With your cooperation combined with Chef Kelly's training and 12 years of experience, together we should be able to design a plan to suit your camper's needs while here with us at camp.

HEPA – Healthy Eating & Physical Activity

In 2011, Y-USA made a commitment to become the nation's healthiest childcare provider. By adopting and implementing Healthy Eating and Physical Activity (HEPA) Standards in more than 2,700 Ys across the country, the Y is developing healthy habits in over 1 million youth. As a cause-driven organization, the Y isn't merely looking to incorporate HEPA into its youth programs but seeks to improve health for youth in every community the Y serves. YMCA of the Pines has adopted HEPA standards in all its programs. The Y has simple guidelines on how to provide a healthy eating environment.

- Serve fruits or vegetables at every meal and snack
- Children serve themselves (family-style)
- No partially hydrogenated oils (trans fat), fried or pre-fried foods
- Serve whole grains when grains are served
- Serve foods free of sugar as one of the first three ingredients or less than eight grams of added sugar
- Offer water at the table during every meal and accessible at all times. Serve only water and whole milk, our alternative to milk includes soy and oat milk.

Will there be exceptions? **Yes!** We will still offer desserts at dinner. We will still have s'mores, because you can't have summer camp without s'mores! And in the Trading Post we will still offer ice cream and ice-cream novelties.

BIRTHDAYS

Each morning at camp, we kick off the day by raising the flag together before breakfast. On their birthday, a lucky camper is invited to lead the entire camp in the flag-raising and the singing of the National Anthem—a special moment that lets them shine in front of their friends!

At lunch, the birthday celebration continues as the camper takes center stage in the Dining Hall, where the whole camp joins in a lively rendition of our special Happy Birthday Song. To top it off, the camper and their cabinmates enjoy a birthday cake to share!

Parents are welcome to send nut-free snacks or party supplies to add to the fun. It's a memorable way to celebrate a camper's big day at camp!

CHECK-IN

Check-in on Sunday runs from 2:30 pm to 4:30 pm. To help us prepare camp for your arrival, we kindly ask that you do not arrive before 2:30 pm. If you anticipate being late, please call our Main Office at 609.654.8225 during summer business hours: Monday through Friday: 8:30 am to 5:30 pm, Saturday: 9:00 am to 1:00 pm, Sunday: 12:00 pm to 5:00 pm.

All campers must be signed in by a parent or guardian. Please note that vehicles cannot be left on-site. Campers are not allowed to bring any technology, in line with our camp policy.

During Check-In our staff will be completing checks for head lice and the presence of nits.

Campers who have missing paperwork will be directed to the check-in station to complete any missing paperwork. Campers who have completed all the necessary paperwork will be directed to their assigned village.

Parents and guardians will accompany their camper to their assigned cabin, where they'll have the chance to meet the counselors. Feel free to ask any questions you may have!

If someone other than yourself is picking up your child at check-out, or if you have a mid-week pick up or early check-out, please inform the Journey or Village Leader.



CHECK-OUT

Check-out is on Saturday from 9:00 AM – 10:00 AM.

Each camper must be signed out with the camper's Journey or Village Leader.

If you don't arrive by 10:00 AM, you will receive a call from our leadership team.

When you arrive, you'll be greeted by a staff member who will ask you for your photo ID.

Check to make sure your camper has everything with which he or she came with. Please visit the lost and found to double-check that you have everything.

MINI CAMP

Check-In

Please refer to the check-in procedure on page 18.

Check-Out

Check-out is on Wednesday night at 7pm.

Each camper must be signed out with the camper's Journey or Village Leader.

Check to make sure your camper has everything with which he or she came with. Please visit the lost and found to double-check that you have everything.

CHANGEOVER WEEKENDS

We offer all registered overnight campers the option to stay at camp between sessions for an additional fee of $195. Campers must be registered for the sessions preceding and following the changeover weekend.

Limited space is available, and campers must be registered one week prior to the specific Changeover Weekend. Campers will be supervised by our camp staff and enjoy a nice, relaxing weekend as there are no formal programs offered. Campers leaving the property with parents or guardians must be signed out and signed back in.

Changeover 1-2: June 27 – June 28
Changeover 2-3: July 4 – July 5
Changeover 3-4: July 18 – July 19
Changeover 4-5: August 1 – August 2
Changeover 5-6: August 8 – August 9

ABSENTEE CAMPERS

Please contact the Camp Director if your camper will not be arriving by the end of check-in (4:30 p.m.) for any registered session. We will contact the listed parent/guardian of all campers who have not arrived by the end of check-in, unless we have heard from you otherwise.

PACKING LIST:

All overnight campers will be staying in traditional camp cabins with no electricity. Please be sure your camper has an adequate amount of the following items for their overnight experience. Laundry service will not be available during the session. Be sure to clearly mark your camper's name on all items that come to camp. YMCA of the Pines will not assume liability for lost, stolen or damaged personal items.

One-Week Session:

- Sleeping bag & pillow
- 2 sets of twin sheets & a blanket
- 8 t-shirts
- 8 changes of underwear
- 8 pairs of socks
- 2 sweatshirts
- 2 pairs of long pants
- 8 pairs of shorts
- 2 swimsuits
- Beach towel
- 2 bath towels & wash cloths
- 2 pairs of closed toe shoes (required)
- 1 pair of shower shoes
- Sleepwear
- Rain Jacket
- Lightweight windbreaker
- Water bottle
- Backpack
- Flashlight with batteries
- Laundry bag
- Shampoo & soap
- Toothbrush & toothpaste
- Deodorant
- Sanitary supplies
- Hat
- Sunscreen
- Haircare tools & supplies
- Bug repellant

Two-Week Session:

- Sleeping bag & pillow
- 2 sets of twin sheets & a blanket
- 15 t-shirts
- 2 white Shirts for Tie-Dye
- 15 changes of underwear
- 15 pairs of socks
- 3 sweatshirts
- 3 pairs of long pants
- 10 pairs of shorts
- 2 swimsuits
- 2 Beach towels
- 2 bath towels & wash cloths
- 2 pairs of closed toe shoes (required)
- Sleepwear
- Rain Jacket
- Lightweight windbreaker
- Water bottle
- Backpack
- Flashlight with batteries
- Laundry bag
- Shampoo & soap
- Toothbrush & toothpaste
- Deodorant
- Sanitary supplies
- Hat
- Sunscreen
- Haircare tools & supplies
- Bug repellant

Camp has a policy of no electronic equipment. These include but are not limited to:

- CD/IPOD/MP3 player
- Radios/TVs
- Electronic games
- Cellular phones
- Laptop/handheld computers
- Electronic reading devices
- Hair dryers, hair straighteners, and curling irons.

If discovered, these items will be held in a safe place until the camper leaves camp.

We strive to keep camp a safe environment. The following are forbidden:

- Illegal drugs and/or drug paraphernalia
- Tobacco products and/or vaping devices
- Alcohol
- Knives, guns, or any weapon
- Fireworks or explosive
- Matches, lighters or candles
- Animals/Pets
- Camper motorized vehicles

Returning Campers:
Don't forget to pack your Emblem Block!

CIT Packing List (Four Weeks):

- Sleeping bag & pillow
- 2 sets of twin sheets & a blanket
- 15 t-shirts
- 2 white Shirts for Tie-Dye
- changes of underwear
- 15 pairs of socks
- 4 sweatshirts
- 4 pairs of long pants
- 15 pairs of shorts
- 3 swimsuits
- 2 Beach towels
- 2 bath towels & wash cloths
- 4 pairs of closed toe shoes (required)
- Sleepwear
- Rain Jacket
- Lightweight windbreaker
- 2 water bottle’s
- Backpack
- Flashlight with batteries
- Laundry bag
- Shampoo & soap
- Toothbrush & toothpaste
- Deodorant
- Sanitary supplies
- Hat
- Sunscreen
- Haircare tools & supplies
- Bug repellant

Mini Camp Packing List (Sunday-Wednesday):

- Sleeping bag & pillow
- 2 sets of twin sheets & a blanket
- 5 t-shirts
- 5 changes of underwear
- 5 pairs of socks
- 2 sweatshirts
- 2 pairs of long pants
- 5 pairs of shorts
- 3 swimsuits
- Beach towel
- 2 bath towels & wash cloths
- 2 pairs of closed toe shoes (required)
- 1 pair of shower shoes
- Sleepwear
- Rain Jacket
- Lightweight windbreaker
- Water bottle
- Backpack
- Flashlight with batteries
- Laundry bag
- Shampoo & soap
- Toothbrush & toothpaste
- Deodorant
- Sanitary supplies
- Hat
- Sunscreen
- Haircare tools & supplies

Optional Packing Items (For ALL Campers):

- Disposable camera
- Fishing rod
- Stationery, pen & stamps
- Journal
- Sunglasses
- Musical instruments
- Toiletry container
- Plastic 3 drawer “dresser” ideal size: (15.24"D x 21.89"W x 25.63"H)
- Clothes for Dances

Dance Themes:

- Session 1: Under the Big Top
- Session 2: Party in the USA
- Session 3: Black & White
- Session 4: Golden Ball
- Session 5: Cowboys vs. Aliens
- Session 6: Decades Dance
- Session 7: Disney

WILDERNESS TRIPS:

ELIGIBILITY AND REQUIREMENTS:

Physical and Medical Requirements:

Physical Fitness:

- Ability to hike 5-10 miles per day with a loaded backpack (25-40 pounds).

Experience and Skills:

Prior Camping Experience:

- For Rangers: Participation in at least one overnight camping trip or a multi-day outdoor program.
- For Rangers: Familiarity with camp activities like setting up a tent, cooking over a camp stove, and Leave No Trace principles.

Basic Outdoor Skills:

- Basic understanding of wilderness safety, including recognizing hazards.

Behavioral and Emotional Preparedness:

Teamwork Skills:

- Demonstrate ability to work cooperatively in a group setting.

Resilience:

- Emotional maturity to handle challenging conditions like bad weather, fatigue, or setbacks.
- Able to listen, understand and follow through with instructions.

Pre-Trip Commitment:

Pre-Hike Orientation/Training:

- Participation in a preparatory meeting or skills clinic to assess readiness and teach essential trip-specific skills.

Gear and Equipment:

Group Gear Training:

- Basic understanding of shared gear responsibilities, like handling tents and cooking equipment.

SAFETY:

You will be living outside, so having the right clothing is important for your comfort and safety. There could be rain, hot sun, or strong winds on your course. Our clothing list reflects the importance of the "layering" principle. Dressing in several light layers rather than one heavy layer allows you more flexibility as the weather and workloads change. Please review this checklist carefully and make sure you have all the required items. There is very limited space in your backpack, so please bring only what is on this list.

SAVING MONEY:

You do not need to buy all gear at camping stores or specialty stores. You can find many of these items at discount outdoor stores or at thrift stores. You may own some of the items already or be able to borrow them. If you do not have an item on the list and wish to borrow from YMCA of the Pines, we will do our best to help supplement the items that you do not have.

GROUP GEAR:

We will provide all shared group camping gear – see page 25 or 27. There is no need to pack any of this prior to your trip.

GEAR CHECK:

We will check your gear before we depart to make sure you have everything you need and nothing you do not. We may ask you to leave something behind to be stored securely at base camp if we think it will be unnecessary or inappropriate.

MEDICINES:
If you are on any medication, prescribed or over-the-counter, we need to know about it. Please indicate it on your medical form. Any medication must be approved before your course begins. If it is approved, make sure to bring double the amount you need in separate waterproof, non-breakable containers labeled with written dosage instructions. If you use an inhaler, please bring an extra in case one is lost or broken. Instructors will keep all medication with them. If you need epinephrine, please bring a kit with you, as our supply is limited.

ALCOHOL/DRUGS/CIGARETTES:
No alcohol, drugs, or cigarettes are allowed during any time of our course. If such items are found in a participant's possession, it will be grounds for expulsion and immediate evacuation from a course at the family's expense.

WHY NO COTTON?
Cotton is not a good fabric for the outdoors because it will not keep you warm when it gets wet, and it takes a very long time to dry. Avoid blends with cotton. Wool, fleece, capilene, and polypropylene (100% polyester) are good fabrics for the outdoors! Only t-shirts, underwear, and bandanas should be cotton.

Wilderness Trips Packing Lists

Session 1: Groundbreakers:

Please see 1-week Main Camp packing list.

Session 2: Trailblazers:

AT CAMP:

Campers will be staying in traditional camp cabins with no electricity for two days (Sunday and Friday). Please be sure your camper has an adequate amount of the following items for their overnight experience. Laundry service will not be available during the session. Be sure to clearly mark your camper's name on all items that come to camp. YMCA of the Pines will not assume liability for lost, stolen or damaged personal items.

- 1 Pillow
- 1 Set of twin sheets & a blanket
- 1 Bath towel & wash cloth
- 1 Pair of closed toe shoes (required)
- 1 Pair of shower shoes
- Sleepwear
- Shampoo & soap
- Toothbrush & toothpaste
- Small sized deodorant
- Sanitary supplies
- Haircare tools & supplies

GENERAL TRAIL PACKING LIST:

HEAD:

- 1 Sun Hat: Baseball cap or wide-brim hat
- 1 Warm Hat: Wool, fleece, or polypropylene (optional for summer)
- Sunglasses with a neck strap, if possible

UPPER BODY:

- Three insulating layers that will fit comfortably over each other plus a rainproof/windproof layer
- 1 Lightweight Long Underwear Top: Polypropylene (100% polyester)
- 1 Warm Pullover or Sweater: Polyester, fleece, or wool
- 1 Waterproof Rain Jacket: 100% waterproof, not water resistant! It must have a hood
- 2-3 Short-Sleeve T-Shirts: Preferably synthetic but cotton is okay
- 2 Bras (if worn): Sports bras are generally preferred

LOWER BODY:

- 1 Pair of long Pants: Synthetic quick-dry material
- 1 Pair of Waterproof Rain Pants: An extra pair of long pants can be substituted
- 1-2 Pairs of Shorts: Quick-drying athletic or hiking shorts – no cotton or denim
- 4-5 Pairs of Underwear: Cotton is okay though synthetic with cotton lining is preferred

FEET:

- 1-2 Pairs of Lightweight Liner Socks: Wool or synthetic – No cotton
- 3 Pairs of Hiking Socks: Wool or synthetic- No cotton
- 1 Pair of Sport Sandals: Must securely fasten over the heel (no flip flops) OR 1 Pair of Camp Shoes- Lightweight athletic shoes or Crocs that can get wet
- 1 Pair Light-Medium Weight Hiking Boots or Hiking Shoes: Boots should be well broken in with solid ankle support and good treads. If you are buying new boots, make sure to spend plenty of time walking or hiking in them before the trip. Good footwear is critical to your comfort while backpacking.

MISCELLANEOUS CLOTHING:

- 2 Bandanas: Cotton is acceptable
- 1 Swimsuit: Nylon blend. Please make sure your bathing suit will stay on your body while paddling, swimming, and moving boats. A tank top and nylon shorts may be substituted.
- 1 Optional Set of Clothing: Clean clothes for traveling from/to home on first and last day

GEAR:

- Large Internal-Framed Backpack: 60-75 Liters (3500-4500 cu. in.) with adjustable straps and hip belt
- Synthetic Sleeping Bag (+30F or warmer): Needs to be lightweight and very compressibleYou will have limited space in your backpack and dry bag.
- Compression Stuff Sack: To compress and store sleeping bag
- Sleeping Pad: Three-quarter or full-length
- 3 Water Bottles: Durable plastic, wide-mouthed, at least 1 liter each (Nalgene-type)
- Eating utensils: 1 spoon/spork, one plastic bowl or Tupperware with lid, and one plastic mug (can be another material as long as it is lightweighted)
- 1 Headlamp or Flashlight: With extra batteries
- Whistle with neck strap: To be worn at all times
- 3 Heavy Duty Trash Bags: To keep clothes and sleeping bag dry
- 3 Large Ziploc freezer bags: To waterproof items.

PERSONAL ITEMS:

- Small Towel: Quick-dry synthetic pack towels are ideal, but a small cotton hand towel is fine.
- Small Journal and pen or pencil
- Toiletry Kit: Toothbrush, toothpaste (small), comb or brush
- Sunscreen and lip balm: SPF 15 minimum
- Insect repellent: Small/personal size
- 2 Pair Prescription eyewear (if applicable): Glasses with neck strap. Contact lens case/cleaning solution if bringing them. (Glasses preferred on trip)
- Prescription Medications/Inhaler: Please remember to label with dosage and give to the nurse at check-in. Camera (optional): waterproof disposables work great

If Applicable Feminine Hygiene Items: It's best to be prepared! A sudden increase in physical activity and change in diet and environment can affect your cycle. Tampons or pads, one small pack of wet wipes and 2-3 small Ziploc bags can be useful

Session 3 & 4: Rangers:

AT CAMP:

Campers will be staying in traditional camp cabins with no electricity for multiple days before/after their trip (Sunday, Monday, Tuesday and Thursday, Friday). Please be sure your camper has an adequate amount of the following items for their overnight experience. Laundry service will not be available during the session. Be sure to clearly mark your camper's name on all items that come to camp. YMCA of the Pines will not assume liability for lost, stolen or damaged personal items.

- 1 Pillow
- 1 Set of twin sheets & a blanket
- 1 Bath towel & wash cloth
- 1 Pair of closed toe shoes (required)
- 1 Pair of shower shoes
- Sleepwear
- Shampoo & soap
- Toothbrush & toothpaste
- Small sized deodorant
- Sanitary supplies
- Haircare tools & supplies

HEAD:

- 1 Sun Hat: Baseball cap or wide-brim hat
- 1 Warm Hat: Wool, fleece, or polypropylene (optional for Summer)
- Sunglasses: With a neck strap if possible

UPPER BODY:

- Three insulating layers that will fit comfortably over each other plus a rainproof/windproof layer.
- 1 Lightweight Long Underwear Top: Polypropylene (100% polyester)
- 1 Warm Pullover or Sweater: Polyester, fleece, or wool
- 1 Waterproof Rain Jacket: 100% waterproof, not water resistant! Must have a hood
- 3-4 Short-Sleeve T-Shirts: Preferably synthetic but cotton is okay
- 1 sleep t-shirt: Any material will do
- 4 Bras (if worn): Sports bras are generally preferred

LOWER BODY:

- Two insulating layers plus a durable wind/rain layer.
- 1 Pair Long Underwear Bottoms: Polypropylene or wool
- 1 Pair Long Pants: Synthetic quick dry material
- 1 Pair Waterproof Rain Pants: An extra pair of long pants can be substituted
- 3-4 Pairs of Shorts: Quick drying athletic or hiking shorts – no cotton or denim
- 4-5 Pairs Underwear: Cotton is okay though synthetic with cotton lining is preferred

FEET:

- 2-3 Pairs of Lightweight Liner Socks: Wool or synthetic – NO cotton
- 3 Pairs of Hiking Socks: wool or synthetic- NO cotton
- 1 Pair Light-Medium Weight Hiking Boots or Hiking Shoes: <u>Boots should be well broken in with solid ankle support and good treads. If you are buying new boots, make sure to spend plenty of time walking or hiking in them before the trip. Good footwear is critical to your comfort while backpacking.</u>

- 1 Pair of Sport Sandals: Must securely fasten over the heel (no flip flops)
- OR 1 Pair of Camp Shoes- Lightweight athletic shoes or Crocs that can get wet

MISCELLANEOUS CLOTHING:

- 2 Bandanas: Cotton is acceptable
- 1 Swimsuit: Nylon blend. Please make sure your bathing suit will stay on your body while paddling, swimming, and moving boats. A tank top and nylon shorts may be substituted.
- 1 Optional Set of Clothing: clean clothes for traveling from/to home on first and last day

GEAR:

- Synthetic Sleeping Bag (+30F or warmer): No cotton-lined or down/feather bags. Needs to be lightweight and very compressible- You will have limited space in your backpack and dry bag.
- Compression Stuff Sack: To compress and store sleeping bag
- Sleeping Pad: Three-quarter or full-length
- Daypack/Small Backpack: To carry your personal items for any day hiking; many backpacking packs have a detachable "brain" (the top part of the pack) that can be used as a day pack
- Large Internal-Framed Backpack: 60-75 Liters (3500-4500 cu. in.) with adjustable straps and hip belt
- 2 Water Bottles: Durable plastic, wide-mouthed, at least 1 liter each (Nalgene-type)
- Eating utensils: 1 spoon, on plastic bowl or Tupperware with lid, and one plastic mug
- 1 Headlamp or Flashlight: With extra batteries
- Whistle with neck strap: To be worn at all times
- 3 Heavy Duty Trash Bags: To keep clothes and sleeping bag dry
- 3 Large Ziploc freezer bags: To waterproof items.

PERSONAL ITEMS:

- Small Towel: Quick-dry synthetic pack towels are ideal, but a small cotton hand towel is fine.
- Small Journal and pen or pencil
- Toiletry Kit: Toothbrush, toothpaste (small), comb or brush
- Sunscreen and lip balm: SPF 15 minimum
- Insect repellent: Small/personal size
- 2 Pair Prescription eyewear (if applicable): Glasses with neck strap. Contact lens case/cleaning solution if bringing them. (Glasses preferred on trip)
- Prescription Medications/Inhaler: Please remember to label with dosage and give to director at check-in.
- Camera (optional): Waterproof disposables work great

If Applicable Feminine Hygiene Items: It's best to be prepared! A sudden increase in physical activity and change in diet and environment can affect your cycle. Tampons or pads, one small pack of wet wipes and a 2-3 small Ziploc bags can be useful.

Session 5 & 6: Ocky: Castaways - Canoeing/Fishing

AT CAMP:

Campers will be staying in traditional camp cabins with no electricity for two days (Sunday and Friday). Please be sure your camper has an adequate amount of the following items for their overnight experience. Laundry service will not be available during the session. Be sure to clearly mark your camper's name on all items that come to camp. YMCA of the Pines will not assume liability for lost, stolen or damaged personal items.

- 1 Pillow
- 1 Set of twin sheets & a blanket
- 1 Bath towel & wash cloth
- 1 Pair of closed toe shoes (required)
- 1 Pair of shower shoes
- Sleepwear
- Shampoo & soap
- Toothbrush & toothpaste
- Small sized deodorant
- Sanitary supplies
- Haircare tools & supplies

GENERAL TRAIL PACKING LIST:

HEAD:

- 1 Sun Hat: Baseball cap or wide-brim hat
- 1 Warm Hat: Wool, fleece, or polypropylene (optional for summer)
- Sunglasses: With a neck strap if possible

UPPER BODY:

- Three insulating layers that will fit comfortably over each other plus a rainproof/windproof layer
- 1 Lightweight Long Underwear Top: Polypropylene (100% polyester)
- 1 Warm Pullover or Sweater: Polyester, fleece, or wool
- 1 Waterproof Rain Jacket: 100% waterproof, not water resistant! It must have a hood
- 2-3 Short-Sleeve T-Shirts: Preferably synthetic but cotton is okay
- 2 Bras (if worn): Sports bras are generally preferred

LOWER BODY:

- Two insulating layers plus a durable wind/rain layer
- 1 Pair of long Pants: Synthetic quick-dry material
- 1 Pair of Waterproof Rain Pants: An extra pair of long pants can be substituted
- 1-2 Pairs of Shorts: Quick-drying athletic or hiking shorts – no cotton or denim
- 4-5 Pairs of Underwear: Cotton is okay though synthetic with cotton lining is preferred

FEET:

- 1 Pair of closed toe shoes (sneakers)
- 1-2 Pairs of socks
- 1 Pair of Sport Sandals: Must securely fasten over the heel (no flip flops) OR 1 Pair of Camp Shoes- Lightweight athletic shoes or Crocs that can get wet

MISCELLANEOUS CLOTHING:

- 2 Bandanas: Cotton is acceptable
- 1 Swimsuit: Nylon blend. Please make sure your bathing suit will stay on your body while paddling, swimming, and moving boats. A tank top and nylon shorts may be substituted.
- 1 Optional Set of Clothing: Clean clothes for traveling from/to home on first and last day

GEAR:

- Synthetic Sleeping Bag (+30F or warmer): Needs to be lightweight and very compressible. You will have limited space in your backpack and dry bag.
- Compression Stuff Sack: To compress and store sleeping bag
- Sleeping Pad: Three-quarter or full-length
- 2 Water Bottles: Durable plastic, wide-mouthed, at least 1 liter each (Nalgene-type)
- Eating utensils: 1 spoon, on plastic bowl or Tupperware with lid, and one plastic mug
- 1 Headlamp or Flashlight: With extra batteries
- Whistle with neck strap: To be worn at all times
- 3 Heavy Duty Trash Bags: To keep clothes and sleeping bag dry
- 3 Large Ziploc freezer bags: To waterproof items.

PERSONAL ITEMS:

- Small Towel: Quick-dry synthetic pack towels are ideal, but a small cotton hand towel is fine.
- Small Journal and pen or pencil
- Toiletry Kit: Toothbrush, toothpaste (small), comb or brush
- Sunscreen and lip balm: SPF 15 minimum
- Insect repellent: Small/personal size
- 2 Pair Prescription eyewear (if applicable): Glasses with neck strap. Contact lens case/cleaning solution if bringing them. (Glasses preferred on trip)
- Prescription Medications/Inhaler: Please remember to label with dosage and give at check-in.

Optional:

- Camera: Waterproof disposables work great
- Fishing Gear: You can bring your own rod and tackle box with lures, hooks, bobbers, etc. If you don't have fishing gear, all necessary equipment will be provided.

Session 5: Matolly: Great Vibes – Canoeing and Yoga

AT CAMP:

Campers will be staying in traditional camp cabins with no electricity for two days (Sunday and Friday). Please be sure your camper has an adequate amount of the following items for their overnight experience. Laundry service will not be available during the session. Be sure to clearly mark your camper's name on all items that come to camp. YMCA of the Pines will not assume liability for lost, stolen or damaged personal items.

- 1 Pillow
- 1 Set of twin sheets & a blanket
- 1 Bath towel & wash cloth
- 1 Pair of closed toe shoes (required)
- 1 Pair of shower shoes
- Sleepwear
- Shampoo & soap
- Toothbrush & toothpaste
- Small sized deodorant
- Sanitary supplies
- Haircare tools & supplies

GENERAL TRAIL PACKING LIST:

HEAD:

- 1 Sun Hat: Baseball cap or wide-brim hat
- 1 Warm Hat: Wool, fleece, or polypropylene (optional for summer)
- Sunglasses: With a neck strap if possible

UPPER BODY:

- Three insulating layers that will fit comfortably over each other plus a rainproof/windproof layer
- 1 Lightweight Long Underwear Top: Polypropylene (100% polyester)
- 1 Warm Pullover or Sweater: Polyester, fleece, or wool
- 1 Waterproof Rain Jacket: 100% waterproof, not water resistant! It must have a hood
- 2-3 Short-Sleeve T-Shirts: Preferably synthetic but cotton is okay
- 2 Bras (if worn): Sports bras are generally preferred

LOWER BODY:

- Two insulating layers plus a durable wind/rain layer
- 1 Pair of long Pants: Synthetic quick-dry material
- 1 Pair of Waterproof Rain Pants: An extra pair of long pants can be substituted
- 1-2 Pairs of Shorts: Quick-drying athletic or hiking shorts – no cotton or denim
- 4-5 Pairs of Underwear: Cotton is accepted though synthetic with cotton lining is preferred

FEET:

- 1 Pair of closed toe shoes (sneakers)
- 1-2 Pairs of socks
- 1 Pair of Sport Sandals: Must securely fasten over the heel (no flip flops) OR 1 Pair of Camp Shoes- Lightweight athletic shoes or Crocs that can get wet

MISCELLANEOUS CLOTHING:

- 2 Bandanas: Cotton is acceptable
- 1 Swimsuit: Nylon blend. Please make sure your bathing suit will stay on your body while paddling, swimming, and moving boats. A tank top and nylon shorts may be substituted.
- 1 Optional Set of Clothing: clean clothes for traveling from/to home on first and last day

GEAR:

- Synthetic Sleeping Bag (+30F or warmer): Needs to be lightweight and very compressible. You will have limited space in your backpack and dry bag.
- Compression Stuff Sack: To compress and store sleeping bag
- Sleeping Pad: Three-quarter or full-length
- Yoga Mat: You can use your sleeping pad as long as it is not inflatable (it's going on the ground/dirt)
- 2 Water Bottles: Durable plastic, wide-mouthed, at least 1 liter each (Nalgene-type)
- Eating utensils: 1 spoon, on plastic bowl or Tupperware with lid, and one plastic mug
- 1 Headlamp or Flashlight: With extra batteries
- Whistle with neck strap: To be worn at all times
- 3 Heavy Duty Trash Bags: To keep clothes and sleeping bag dry
- 3 Large Ziploc freezer bags: To waterproof items.

PERSONAL ITEMS:

- Small Towel: Quick-dry synthetic pack towels are ideal, but a small cotton hand towel is fine.
- Small Journal and pen or pencil
- Toiletry Kit: Toothbrush, toothpaste (small), comb or brush
- Sunscreen and lip balm: SPF 15 minimum
- Insect repellent: Small/personal size
- 2 Pair Prescription eyewear (if applicable): Glasses with neck strap. Contact lens case/cleaning solution if bringing them. (Glasses preferred on trip)
- Prescription Medications/Inhaler: Please remember to label with dosage and give at check-in.
- One small pack of wet wipes (optional)
- Camera (optional): Waterproof disposables work great

If Applicable Feminine Hygiene Items: It's best to be prepared! A sudden increase in physical activity and change in diet and environment can affect your cycle. Tampons or pads, one small pack of wet wipes and a 2-3 small Ziploc bags can be useful.

DRY BAGS WILL BE PROVIDED

Session 6: Matolly: Cruising Chefs – Canoeing and Cooking

AT CAMP:

Campers will be staying in traditional camp cabins with no electricity for two days (Sunday and Friday). Please be sure your camper has an adequate amount of the following items for their overnight experience. Laundry service will not be available during the session. Be sure to clearly mark your camper's name on all items that come to camp. YMCA of the Pines will not assume liability for lost, stolen or damaged personal items.

- 1 Pillow
- 1 Set of twin sheets & a blanket
- 1 Bath towel & wash cloth
- 1 Pair of closed toe shoes (required)
- 1 Pair of shower shoes
- Sleepwear
- Shampoo & soap
- Toothbrush & toothpaste
- Small sized deodorant
- Sanitary supplies
- Haircare tools & supplies

GENERAL TRAIL PACKING LIST:

HEAD:

- 1 Sun Hat: Baseball cap or wide-brim hat
- 1 Warm Hat: Wool, fleece, or polypropylene (optional for summer)
- Sunglasses: With a neck strap if possible

UPPER BODY:

- Three insulating layers that will fit comfortably over each other plus a rainproof/windproof layer
- 1 Lightweight Long Underwear Top: Polypropylene (100% polyester)
- 1 Warm Pullover or Sweater: Polyester, fleece, or wool
- 1 Waterproof Rain Jacket: 100% waterproof, not water resistant! It must have a hood
- 2-3 Short-Sleeve T-Shirts: Preferably synthetic but cotton is okay
- 2 Bras (if worn): Sports bras are generally preferred

LOWER BODY:

- Two insulating layers plus a durable wind/rain layer
- 1 Pair of long Pants: Synthetic quick-dry material
- 1 Pair of Waterproof Rain Pants: An extra pair of long pants can be substituted
- 1-2 Pairs of Shorts: Quick-drying athletic or hiking shorts – no cotton or denim
- 4-5 Pairs of Underwear: Cotton is accepted though synthetic with cotton lining is preferred

FEET:

- 1 Pair of closed toe shoes (sneakers)
- 1-2 Pairs of socks
- 1 Pair of Sport Sandals: Must securely fasten over the heel (no flip flops) OR 1 Pair of Camp Shoes- Lightweight athletic shoes or Crocs that can get wet

MISCELLANEOUS CLOTHING:

- 2 Bandanas: Cotton is acceptable
- 1 Swimsuit: Nylon blend. Please make sure your bathing suit will stay on your body while paddling, swimming, and moving boats. A tank top and nylon shorts may be substituted.
- 1 Optional Set of Clothing: Clean clothes for traveling from/to home on first and last day

GEAR:

- Synthetic Sleeping Bag (+30F or warmer): Needs to be lightweight and very compressible. You will have limited space in your backpack and dry bag.
- Compression Stuff Sack: To compress and store sleeping bag
- Sleeping Pad: Three-quarter or full-length
- 2 Water Bottles: Durable plastic, wide-mouthed, at least 1 liter each (Nalgene-type)
- Eating utensils: 1 spoon, on plastic bowl or Tupperware with lid, and one plastic mug
- 1 Headlamp or Flashlight: With extra batteries
- Whistle with neck strap: To be worn at all times
- 3 Heavy Duty Trash Bags: To keep clothes and sleeping bag dry
- 3 Large Ziploc freezer bags: To waterproof items.

PERSONAL ITEMS:

- Small Towel: Quick-dry synthetic pack towels are ideal, but a small cotton hand towel is fine.
- Small Journal and pen or pencil
- Toiletry Kit: Toothbrush, toothpaste (small), comb or brush
- Sunscreen and lip balm: SPF 15 minimum
- Insect repellent: Small/personal size
- 2 Pair Prescription eyewear (if applicable): Glasses with neck strap. Contact lens case/cleaning solution if bringing them. (Glasses preferred on trip)
- Prescription Medications/Inhaler: Please remember to label with dosage and give at check-in.

If Applicable Feminine Hygiene Items: It's best to be prepared! A sudden increase in physical activity and change in diet and environment can affect your cycle. Tampons or pads, one small pack of wet wipes and a 2-3 small Ziploc bags can be useful.

DRY BAGS WILL BE PROVIDED

Session 7: Canoe and Survival (Co-ed)

AT CAMP:
Campers will be staying in traditional camp cabins with no electricity for two days (Sunday and Friday). Please be sure your camper has an adequate amount of the following items for their overnight experience. Laundry service will not be available during the session. Be sure to clearly mark your camper's name on all items that come to camp. YMCA of the Pines will not assume liability for lost, stolen or damaged personal items.

- 1 Pillow
- 1 Set of twin sheets & a blanket
- 1 Bath towel & wash cloth
- 1 Pair of closed toe shoes (required)
- 1 Pair of shower shoes
- Sleepwear
- Shampoo & soap
- Toothbrush & toothpaste
- Small sized deodorant
- Sanitary supplies
- Haircare tools & supplies

GENERAL TRAIL PACKING LIST:
HEAD:
- 1 Sun Hat: Baseball cap or wide-brim hat
- 1 Warm Hat: Wool, fleece, or polypropylene (optional for summer)
- Sunglasses: With a neck strap if possible

UPPER BODY:
- Three insulating layers that will fit comfortably over each other plus a rainproof/windproof layer
- 1 Lightweight Long Underwear Top: Polypropylene (100% polyester)
- 1 Warm Pullover or Sweater: Polyester, fleece, or wool
- 1 Waterproof Rain Jacket: 100% waterproof, not water resistant! It must have a hood
- 2-3 Short-Sleeve T-Shirts: Preferably synthetic but cotton is okay
- 2 Bras (if worn): Sports bras are generally preferred

LOWER BODY:
- Two insulating layers plus a durable wind/rain layer
- 1 Pair of long Pants: Synthetic quick-dry material
- 1 Pair of Waterproof Rain Pants: An extra pair of long pants can be substituted
- 1-2 Pairs of Shorts: Quick-drying athletic or hiking shorts – no cotton or denim
- 4-5 Pairs of Underwear: Cotton is accepted though synthetic with cotton lining is preferred

FEET:
- 1 Pair of closed toe shoes (sneakers)
- 1-2 Pairs of socks
- 1 Pair of Sport Sandals: Must securely fasten over the heel (no flip flops) OR 1 Pair of Camp Shoes- Lightweight athletic shoes or Crocs that can get wet

MISCELLANEOUS CLOTHING:

- 2 Bandanas: Cotton is acceptable
- 1 Swimsuit: Nylon blend. Please make sure your bathing suit will stay on your body while paddling, swimming, and moving boats. A tank top and nylon shorts may be substituted.
- 1 Optional Set of Clothing: Clean clothes for traveling from/to home on first and last day

GEAR:

- Synthetic Sleeping Bag (+30F or warmer): Needs to be lightweight and very compressible. You will have limited space in your backpack and dry bag.
- Compression Stuff Sack: To compress and store sleeping bag
- Sleeping Pad: Three-quarter or full-length
- 2 Water Bottles: Durable plastic, wide-mouthed, at least 1 liter each (Nalgene-type)
- Eating utensils: 1 spoon, on plastic bowl or Tupperware with lid, and one plastic mug
- 1 Headlamp or Flashlight: With extra batteries
- Whistle with neck strap: To be worn at all times
- 3 Heavy Duty Trash Bags: To keep clothes and sleeping bag dry
- 3 Large Ziploc freezer bags: To waterproof items.

PERSONAL ITEMS:

- Small Towel: Quick-dry synthetic pack towels are ideal, but a small cotton hand towel is fine.
- Small Journal and pen or pencil
- Toiletry Kit: Toothbrush, toothpaste (small), comb or brush
- Sunscreen and lip balm: SPF 15 minimum
- Insect repellent: Small/personal size
- 2 Pair Prescription eyewear (if applicable): Glasses with neck strap. Contact lens case/cleaning solution if bringing them. (Glasses preferred on trip)
- Prescription Medications/Inhaler: Please remember to label with dosage and give at check-in.
- One small pack of wet wipes (optional)
- Camera (optional): Waterproof disposables work great

If Applicable Feminine Hygiene Items: It's best to be prepared! A sudden increase in physical activity and change in diet and environment can affect your cycle. Tampons or pads, one small pack of wet wipes and a 2-3 small Ziploc bags can be useful.

DRY BAGS WILL BE PROVIDED

PLEASE DO NOT BRING:

Cell phones, headphones, or other electronic devices, pocket knives or hatchets, snacks – especially those containing peanuts or other nuts, lighters or matches, jewelry or other valuables.

YMCA of the Pines will provide the following group gear.
We recommend that you do not bring any of these items:

Tents	Maps and Compasses
Safety Equipment including PFDs for canoeing	First aid kits
All Food including Snacks	Repair kits
Cooking stoves and supplies	Water purification supplies
Camp knives and lighters	Water dromedaries

Please feel free to contact us with any questions you might have about the gear.

How to Select a SUNSCREEN

Choosing the right sunscreen can help reduce your risk of skin cancer and early skin aging caused by the sun.

Sunscreen is an important tool

in the fight against skin cancer, including melanoma, the deadliest form of skin cancer.

1 in 5 Americans will develop skin cancer in their lifetime.



The American Academy of Dermatology recommends choosing a sunscreen that says:

Broad spectrum
Means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause cancer.

SPF 30 or Higher
How well a sunscreen protects you from sunburn.

Water resistant or very water resistant
For up to 40 or 80 minutes. Sunscreens are not waterproof or sweatproof and need to be reapplied every two hours or after swimming or sweating.





One ounce of sunscreen, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body.

Remember, sunscreen alone cannot fully protect you. In addition, seek shade and wear sun-protective clothing, including a wide-brimmed hat and sunglasses, whenever possible.

To learn more about skin cancer prevention and detection, talk to a board-certified dermatologist or visit **SpotSkinCancer.org**.

AAD spot skin cancer

Copyright © by the American Academy of Dermatology and the American Academy of Dermatology Association. | 20-506-CMM

GRIEVANCE POLICY

YMCA of the Pines believes campers and parents/guardians have valuable thoughts and insights to share regarding our operations. Accordingly, the YMCA of the Pines encourages campers and parents/guardians to share opinions, suggestions, concerns, questions and/or grievances about policies, personnel, and/or other matters impacting the organization.

In general, the best person initially to bring opinions, suggestions, concerns and/or questions is the Camp Director. However, to the extent the concerns relate to the Camp Director, or to the extent a camper or parent/guardian believes the Camp Director did not fully address a matter, campers and parents/guardians may direct their opinions, suggestions, and/or questions to the Executive Director of Overnight Camps, Charlotte Brown or the Chief Operating Officer, Greg Keresztury.

To remedy concerns that appear to have been ignored or unresolved after initial reporting, utilize this formal grievance procedure. This procedure provides for a timely, thorough and objective investigation of the following concerns:

Inappropriate Behavior by Employees/Volunteers:
Inappropriate Behavior by Campers:
Retaliation: and/or:
Whistleblower complaints:

The Camp Director, Executive Director and/or Chief Operating Officer will thoroughly investigate the issues raised in the grievance and will protect the privacy and confidentiality of all parties involved to the extent possible by law. All parties must cooperate with the investigation. If YMCA of the Pines determines a violation of policy or law has occurred, the organization will take appropriate action, up to and including termination and notification of external authorities.

While we hope that our families feel that they can openly communicate any concerns, complaints, or grievances directly to someone in the organization, we understand that doing so can often be difficult. Because it is important to us that everyone be able to share their concerns, we provide the following mechanism through which you can make an anonymous report:

The mail slot at the Welcome Center (1303 Stokes Road, Medford) is checked daily Monday to Friday when the office is first opened during normal operating hours. Anonymous complaints may be submitted after hours through the mail slot. Further, a camper may submit an anonymous complaint by putting a letter in a box kept at the Dining Hall on the fireplace mantle by the “Pony” box. This box will be checked by camp leadership staff daily.

This organization strictly prohibits retaliation against campers and/or parents/guardians for reporting, filing, testifying, assisting or participating in any manner in any investigation, proceeding or hearing conducted by the organization or a federal or state law enforcement agency or court. Campers and/or parents/guardians should report any suspected retaliation to the Camp Director and/or Chief Operating Officer immediately after becoming aware of it. Any report of retaliatory conduct will be objectively, timely and thoroughly investigated. If a report of retaliation is found to be valid, the organization will take appropriate remedial action, up to and including discharging the individual(s) responsible. YMCA of the Pines will not retaliate against any campers or parent/guardian for raising a complaint and will not knowingly permit retaliation by management or other employees.

IMPORTANT CONTACT INFORMATION

We have been in the business of serving children and families for more than 100 years and bring that experience and joy to our work every day.

We know that the camp experience can be magic, but it is completely natural to feel a bit nervous about sending your child to camp, whether for the first time or the tenth. We have an immense amount of resources we can share with you, and we are able to give you referrals from other families who have found that our camp experience has positively impacted their children. Please just ask how we can asist you.

Executive Director of Overnight Camping:	Charlotte Brown	609.678.1523	Charlotte@ycamp.org
Camp Ockanickon Director:	Eliana Koenigsberg	609.678.1512	Eliana@ycamp.org
Camp Matollionequay Interim Director:	Kaitlyn Lawless	609.654.1526	KaitlynL@ycamp.org
Head Chef:	Kelly McHugh	609.678.1530	Kelly@ycamp.org
Registration:	Lynne Gally	609.654.8225	Registration@ycamp.org

THANKS SO MUCH FOR CHOOSING CAMP OCKANICKON FOR BOYS & CAMP MATOLLI0NEQUAY FOR GIRLS