

# 2020 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](http://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 of 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 any time if your family has any additional questions or concerns.

Thank you and we can’t wait to see you at Camp!

Charlotte Brown & Matt Foran

## CONTACT INFORMATION FOR OUR CAMP DIRECTORS

YMCA of the Pines  
1303 Stokes Road  
Medford, NJ 08055

Phone: 609.654.8225 or 1.800.422.CAMP  
Website: [www.ycamp.org](http://www.ycamp.org)  
Email: [info@ycamp.org](mailto:info@ycamp.org)

### Summer Office Hours:

Monday – Friday: 8:30 am – 5:30 pm  
Saturday: 9:00 am – 2:00 pm  
Sunday: 11:00 am – 5:00 pm

### Ockanickon for Boys

Matt Foran  
[matt@ycamp.org](mailto:matt@ycamp.org)

Non-Summer Phone  
609-678-1524  
Summer Phone  
609-923-4037

\*Health Care Provider  
609-678-1466

### Matollionequay for Girls

Charlotte Brown  
[charlotte@ycamp.org](mailto:charlotte@ycamp.org)

Non-Summer Phone  
609-678-1523  
Summer Phone  
609-678-1440

\*Health Care Provider  
609-678-1447

\*Health Care Providers will only be available during the summer months. Any questions prior, please contact the Camp Director.

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**OVERNIGHT CAMP DATES**

**SESSION 1**

**ONE WEEK SESSION**

Sunday, June 28 – Saturday, July 4

**SESSION 2**

**ONE WEEK SESSION**

Sunday, July 5 – Saturday, July 11

**SESSION 3**

**TWO WEEK SESSION**

Sunday, July 12 – Saturday, July 25

**SESSION 4**

**TWO WEEK SESSION**

Sunday, July 26 – Saturday, August 8

**SESSION 5**

**ONE WEEK SESSION**

Sunday, August 9 – Saturday, August 15

**SESSION 6**

**ONE WEEK SESSION**

Sunday, August 16 – Saturday, August 22

**SESSION 7**

**ONE WEEK CO-ED SESSION**

Sunday, August 23 – Saturday, August 29

## 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 2020 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 sending an email to [registration@ycamp.org](mailto:registration@ycamp.org). Our registrars will handle the rest!

After June 19, you will have to submit the Trading Post (Camp Store) deposit manually by completing a Trading Post card and mailing it to the camp office. We strongly suggest that you utilize the convenience of our online registration portal to make the Trading Post deposit at the time of registration or prior to June 19.

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 and Overnight Parent Confidentiality Form
  - Date of last tetanus shot
- Online Trading Post deposit (optional)
- Bunkmate request, if applicable

Note: CIT and PLT programs require an additional application. Download the required application from our website at [www.ycamp.org](http://www.ycamp.org).

**CAMP FEE DEADLINE**

- Any outstanding camp fees owed on June 5, 2020 will automatically be charged to the credit/debit card on file.
- Any registrations taken after June 1, 2020 must be paid in full at time of registration unless alternative arrangements have been made.
- We accept all major credit cards, cash, and money orders. After June 1, 2020 checks are accepted two weeks prior to the start date of camp.

**CAMP CANCELLATION POLICY**

- For the 2020 season, we will provide a full refund if you need to cancel or modify your camper's registration for any reason.
- Instead of outright cancellation you may also apply any funds paid to the 2021 Summer Camp Season. In this case, we will lock in your session cost at 2020 pricing.
- 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**

- Allowed one change of session per family at no cost; thereafter, a \$35 fee for each change request will be applied.
- 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 outlined on page 1.
- 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](http://www.ycamp.org) as well as 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 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.
- Visit [www.campspirit.com](http://www.campspirit.com) for more guidance on how to prevent homesickness.

## VISITATION POLICY

- Visits are allowed, although discouraged, because the camp experience is partly about developing a sense of independence, which may be disrupted by scheduled or unscheduled visits. We request that you notify us, one day in advance, by calling the Camp Director.
- For safety reasons, we require that you check-in with our Main Office upon your arrival at camp.
- We encourage you to use this policy judiciously as visits may escalate those campers already prone to homesickness and can have a negative effect on other campers who don't receive visits from their families.

## 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:** One-way emails to campers available through [www.Bunk1.com](http://www.Bunk1.com), which is a private vendor that specializes in camper communications. Emails sent by 8:00 am will be printed and delivered that day. An access code is needed and will be available on check-in days or by contacting our Main Office at 609.654.8225. An additional fee is required.

**Photos:** Photos are also available through [www.Bunk1.com](http://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 available for purchase. We cannot guarantee every camper will have pictures taken while at camp.

**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. **Any snacks brought to camp must be stored in an airtight container.** All snacks will be kept in the village chief's cabin and will be available only at certain times. Campers will be encouraged to write one letter home each week. Stamps and stationery are available for purchase in the Trading Post or your camper may bring their own. The best way to ensure that your campers will write home is to provide them with self-addressed and stamped envelopes.

**BOLD/GOLD Programs – Boots & Boats and Rocks & Rafts:** All BOLD/GOLD 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. If there are any issues with your camper the Camp Director will contact you.

## TRADING POST (CAMP STORE)

- The Trading Post sells camp clothes such as sweatshirts, t-shirts, shorts, and long sleeve t-shirts; souvenir items such as lanyards, flash lights, water bottles, beach towels, small toy items; toiletries such as toothbrushes and toothpaste; 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.

Overnight Camp: We recommend depositing \$25.00 for a one-week session and \$50.00 for a two-week session.

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.

## 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.

Campers are able to retest for higher swimming levels at the beginning of each week.

## HORSEBACK RIDING

Our horseback riding program is provided by Suffolk Stables. Suffolk Stables prides itself on the quality of its instruction and horse lessons. Teaching more than riding itself, Suffolk Stables offer 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 and intermediate 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 wear 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.



## 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 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 him or her 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 abilities 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 is able to administer all prescription and over the counter 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 conclusion 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 health care 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.**

## BEHAVIOR MANAGEMENT POLICY

All camp activities are designed to reinforce the Y's core values of **caring, honesty, respect, responsibility, courage and inclusion**. In order 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.
- Campers must travel with their group.

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 current day and the next day for day camp and for the remainder of the session at overnight camp.**

- Endangering the health and safety of oneself or others.
- Stealing or damaging camp or personal property.
- Continual disruption of the program.
- Refusal to follow the behavior guidelines.
- Using profanity or engaging in inappropriate conversations.
- Bullying behavior or any acts of violence.

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 Director of Operations.

**BEHAVIOR MANAGEMENT POLICY CONTINUED...**

If redirection and mediation 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 fryers 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 compliments 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 hot oatmeal, fresh cut melons, whole fruit, yogurt, cereal and milk.

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

Chef Jason and his 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 Jason at [jason@ycamp.org](mailto:jason@ycamp.org). With your cooperation combined with Chef Jason’s training and 20 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 of its programs. The Y has pretty 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
- Offer water at the table during every meal and accessible at all times. Serve only water and plain, low-fat (one percent) or non-fat milk

This means things like no breaded chicken and potato chips. It also means the elimination of things like candy and sugary drinks in the Trading Post.

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.

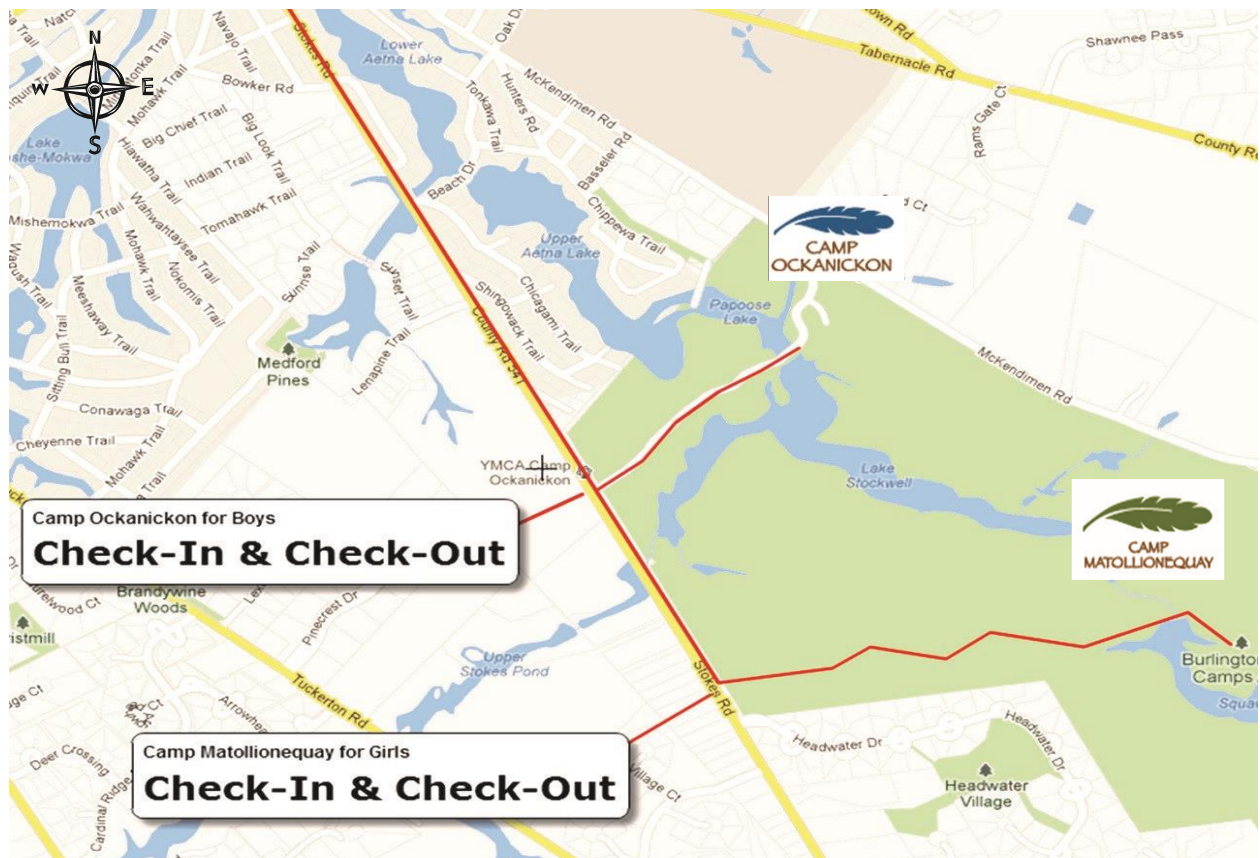
HEPA also includes the following suggestions:

- **Engage parents** at least once per quarter regarding HEPA
- **Limit screen time** to less than 30 minutes per day for half day programs and 60 minutes per day for full day programs.
- **Role Model** healthy eating and physical activity

## OVERNIGHT CAMP CHECK-IN & CHECK-OUT

### Check-In

- Overnight Camp's check-in starts at 2:30 pm and ends at 4:30 pm. To ensure camp is completely ready for your arrival, we kindly ask that you do not arrive prior to 2:30 pm. If you are going to be late, please call our Main Office at 609.654.8225 during our summer business hours; Monday through Friday 8:30 am to 5:30 pm, Saturday 9:00 am to 2:00 pm, and Sunday 11:00 am to 5:00 pm. All campers must be signed in by a parent/guardian. Campers are not permitted to leave a vehicle onsite.
- Campers who have missing paperwork will be directed to the camp check-in station to complete any missing paperwork. Campers who have completed all the necessary paperwork will be directed to their assigned village.
- You will accompany your camper to his/her assigned cabin so you may meet and talk to the counselors. Please feel free to ask questions.
- If someone other than yourself is picking up your child at check-out, or if you will have a mid-week pick up or early check-out, please inform the village chief.



### Check-Out

- Check-out is on Saturday from 9:00 am – 10:30 am.
- Each camper must be signed out with the camper's journey 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 you have everything.

## OVERNIGHT CAMP CHECK-IN & CHECK-OUT CONTINUED...

### OVERNIGHT MINI-CAMP SESSIONS

#### Check-In

- Please refer to Overnight Camps check-in procedure outlined above.

#### Check-Out

- Check-out is on **Wednesday night at 7pm.**
- Each camper must be signed out with the camper's journey 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 you have everything.

### CHANGEOVER WEEKENDS

We offer all registered overnight campers the option to stay at camp between sessions for an additional fee of \$150.00. 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. Laundry service is available for an additional fee and will be charged to your camper's Trading Post account.

Changeover 1: July 4 – July 5  
Changeover 2: July 11 – July 12  
Changeover 3: July 25 – July 26

Changeover 4: August 8 – August 9  
Changeover 5: August 15 – August 16

### Absentee Campers

Please contact our 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.

## WHAT TO BRING TO OVERNIGHT CAMP

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.

The following is a suggested list of items and quantities for two-week overnight campers. For a one-week overnight session, please use the list as a guide.

- Sleeping bag & pillow
- 2 sets of twin sheets & a blanket
- 13 t-shirts
- 13 changes of underwear
- 13 pairs of socks
- 2 sweatshirts
- 3 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
- Non-aerosol bug repellent

**Note: BOLD/GOLD programs require additional items. Please see the BOLD/GOLD section of our website at [www.ycamp.org](http://www.ycamp.org) for a complete packing list.**

### Optional items:

- Disposable camera
- Fishing rod
- Stationery, pen & stamps
- Journal
- Sunglasses
- Musical instruments
- Toiletry container
- Plastic 3 drawer "dresser"

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



## 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 experiences have positively impacted their children. Please just ask how we can serve you.

Boy's Camp Director:	Matt Foran	609.678.1524	matt@ycamp.org
Girl's Camp Director:	Charlotte Brown	609.678.1523	charlotte@ycamp.org
Food Service Director:	Jason Ostroski	609.678.1530	jason@ycamp.org
Registration:	Lynne Gally	609.654.8225	registration@ycamp.org