



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y CAMP AT HORSETHIEF RESERVOIR REDISCOVER THE GREAT IDAHO OUTDOORS



WELCOME TO Y CAMP!

Thank you for choosing YMCA Camp at Horsethief Reservoir this summer! By registering your camper for a week at Y Camp you have begun a journey that will change their life in more ways than you might imagine.

Y Camp is a place of magic and wonder, where under the tutelage of our highly trained staff, your camper will experience new activities and learn new skills with an emphasis on developing the YMCA core values of Caring, Honesty, Respect, and Responsibility. While experiencing fun and exciting adventures, campers will learn more about themselves and build friendships and memories to last a lifetime.

This packet was created to help prepare both you and your child for the resident camp experience including everything from what your camper needs to pack to how you can communicate with them while they are away from home.

We look forward to welcoming your child into our YMCA Summer Camp Family!

YMCA CAMP AT HORSETHIEF RESERVOIR

Parent/Camper Guide

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CHECK-OUT PROCEDURES

In order for Y Camp to check-out any camper, Camp staff will check valid photo ID on all authorized persons. **Please do not forget to bring a valid photo ID!** Parents/Guardians must be listed on the check-out authorization as well. If person is not listed, Y Camp will not release your camper to the individual.

Check-out with bus:

The buses depart camp before camp check-out begins, therefore early check-out will not be available for bus riders. Campers will arrive for Bus check-out from 3–4pm at the West Boise YMCA.

Check-out at Camp (no bus):

Check-out at Y Camp is from 12–1 PM on Friday of each session. If you need to pick up your camper early or before Friday, please notify camp in writing by your check-in day.

If the buses are running late for check-in or check-out we will notify you upon your arrival to West Boise YMCA.

HEALTH AND SAFETY

Safety is our number one priority at Y Camp. We achieve a high safety standard by recruiting and vetting great staff, detailing out an intentional plan for the summer that paces out fun and safety in all our programs, and then training our staff to become experts in youth development.

Some aspects of our safety plan at Y Camp Horsethief include: The rule of 3, no camper or counselor will ever be in a one on one situation around camp. 100% supervision, where there are campers there will also be counselors. Any visitor are will always be accompanied by a staff member.

YMCA Camp at Horsethief Reservoir engages volunteer medical staff for each session of camp. These volunteers hold a current RN certification. Our medical staff are responsible for all aspects of health management at camp from dispensing regular medications to first-aid and emergency care. All higher level care is provided by Cascade Medical center, a 24-hour emergency care clinic located about 20 minutes from camp.

MEDICATIONS

Medications include prescription, nonprescription (over the counter) medications, vitamins, etc. All medications sent with your camper must be listed on our Medications Information Page completed during registration and will be stored at the wellness center and dispensed by the medical staff. Exceptions can be made for emergency medications such as rescue inhalers and Epi-pens. This must be disclosed at check-in, and can stay with your camper. We ask that you also provide a back-up or second dose that we can store in the wellness center as a redundancy.

All prescription medications must be in their original containers with the original label and directions attached. Prescription administration must match the label or be accompanied by a note from your physician approving any change. Medication stored in anything other than the original container will not be accepted by camp staff. Only medications from pharmacies located in the United States will be accepted. Please send the enough doses needed for your camper's stay.

Generic over the counter Ibuprofen, Acetaminophen (Tylenol), and allergy medicines are available from the wellness center, and therefore do not need to be sent with your camper. Other “as-needed” medications are welcomed.

CABIN-MATE REQUESTS

Requests must be for the same gender identity, campers must be within one grade from each other, and the request must be reciprocal, meaning that each camper must request and accept the request of the other camper they wish to pair with. Y Camp will only honor roommate requests in pairs of two and no more. This is a long standing policy at Y Camp, established in an effort to foster a sense of belonging for all campers and encouraging all participants to interact with people in their Camp community. Y Camp focuses on helping your camper develop healthy and supportive relationships by giving them the opportunity to interact with the diversity of Y Camp participants. We are very aware of the anxieties, emotions, and desires that campers feel toward this life-changing experience. Our policies are part of a design that allows us to continue to practice youth development, healthy living, and social responsibility.

More often than not, when a camper comes with a friend it is something that matters right up until they actually arrive. Once campers get here our campers work hard to make an equitable start for everyone and campers tend to make friends with other campers quickly.

CAMP STORE

Campers may deposit money to a Camp Store account during the registration process online. At least once during the session campers will have the opportunity to make purchases. Counselors also help campers manage their money wisely so it lasts through the week. Clothing and souvenir items range from \$1 to \$40.

Camp Store will be open for parents to purchase at check-out at camp as well.

Any remaining balance of \$5 or less will be donated automatically to the YMCA Annual Campaign. This campaign is how we invest back into our community. We provides financial assistance to those who otherwise could not afford to participate in services and programs offered by the Treasure Valley Family YMCA.

LOST AND FOUND

The YMCA is not responsible for any lost or stolen items. To avoid lost items, be sure to label everything with your camper’s first and last name.

Lost and found items found during camp are displayed daily for campers.

Prudent attempts will be made to reunite labeled items with their owners after check-out, but due to limited space, all unclaimed lost and found items will be donated to charity 2 weeks after the end of your camper’s camp session.

If you are looking for a lost item, be sure to contact the camp staff at ycamp@ymcatvidaho.org immediately after discovering an item has been misplaced.

A TYPICAL DAY AT CAMP

- 7:00 am Wake Up
- 7:45 am Breakfast/Flag Raising
- 9:00 am Morning activities Begin
- 12:45 pm Lunch
- 1:20 pm Toes Up (Rest Hour)
- 2:30 pm Cabin Activities
- 4:00 pm Waterfront Time (times vary)
- 6:00 pm Dinner/Flag Lowering
- 7:00 pm Evening Program
- 8:30 pm Daily Reflections
- 9:15 pm Embers/Lights Out

WHAT TO PACK

Please use the Camper Inventory included in this packet to record what your camper brings to camp.

Average daytime highs are between 75–95 degrees Fahrenheit while evening lows can be as low as 35 degrees Fahrenheit. Please be certain your camper has warm clothing. Long sleeves and pants are encouraged for evenings at camp as they help protect against the cold as well as insect bites.

Remember that your camper will be spending most of the day outdoors, and they will get dirty. Camp might not be the best place for expensive clothing or irreplaceable items. Please be sure to label ALL clothing and equipment.

Remember, cell phones, electronics, pocket knives, firearms, alcohol, illegal drugs, or tobacco are not allowed.

- Sleeping bag, with stuff sack or plastic bag
- Pillow
- Laundry bag for dirty clothes
- Wash kit (with soap, toothbrush and toothpaste)
- 2 Towels and 1 Washcloth
- Flashlight (and extra batteries)
- Pencil, paper, self-addressed envelopes, stamps
- Sunscreen (we recommend SPF 50; lotion over aerosol)
- Chapstick (minimum SPF 15)
- 6 T-shirts, 6 sets of underwear, 6 pairs of socks
- 1 pair of jeans or similar rugged pants
- 3 pairs shorts
- 2 Sweatshirts
- Warm jacket
- 2 pair closed toe shoes (at least 1 pair sturdy tennis shoes)
- Swim suit (should only be worn when at swimming program)
- Pajamas
- Refillable Water bottle

*Adventure Campers: Backpack (day-pack), Extra non-cotton Sweatshirt, Mess Kit, Sleeping Pad, Gloves, Warm Hat

OPTIONAL ITEMS:

- T-shirt to tie dye in Arts & Crafts!
- Travel games, cards, activity books (for toes up)
- Fishing pole (w/barbless hooks, artificial bait)
- Non-aerosol insect repellent
- "Itch & sting stick" for insect bites
- Family photo, Stuffed animal, or blanket (for comfort)
- Journal
- Rain jacket (check the weather forecast beforehand)
- Sandals (for waterfront and showers only)
- Books (old fashioned paper)
- Camera
- Feminine Hygiene products (camp will have supplies)
- Instead of a duffle bag consider a Rubbermaid tub (It's easier to stay organized and it doubles as a bedside table)

Y Camp Dress Code

Camp is a place where we all come together. Please do not pack anything derogatory, vulgar, violent, offensive, drug/alcohol/tobacco related or divisive clothing or items. This includes, risqué clothing or swim ware, as well as overt political statements. Particularly, swim ware should not include speedos for male identifying campers and should either be tankinis that cover midriff or one piece. Everything we do at camp is through the lens of our core values, caring, honesty, respect, and responsibility and our attire should reflect that. Please choose modest outfits for camp that reflect our values and are not too revealing.

SUMMARY

We look forward to meeting you and your Camper this summer! If you have any questions regarding your camper's experience please let us know what we can do to help.

See you at Y Camp!



A LETTER TO MY CHILD'S LEADER

To be completed by camper's parent/guardian. Bring this letter directly to your camper's cabin leader at check-in.

Dear Leader,

This is _____'s _____ year at an overnight camp and _____ year at YMCA Camp at Horsethief Reservoir. I want them to go to camp because _____

While at camp, I hope that they will _____

My child is: most happy when _____

...most unhappy when _____

...most enthusiastic about _____

...not fond of _____

...apt to be afraid of _____

...allergic to _____

...is _____ at personal hygiene (brushing teeth, changing dirty clothes, washing hands)

...and is _____ at taking care of personal belongs.

At home my child is often disciplined for _____

He/she/they has the following responsibilities at home: _____

Please pay special attention to: _____

Are there any diagnoses pertaining to diverse abilities, difficulties or challenges we should know of to make sure your camper is successful at camp? If so, please explain (Note, this letter will be given directly to your cabin leader and used to help us provide the best possible experience for your child. If the Health Center Staff or Camp Director should be aware of these needs please include them in the Medical information collected through the online porthole.) _____

Parent/guardian's Signature _____

LETTER TO MY LEADER

To be completed by the camper.

Dear Leader,

My name is _____ . My friends call me _____ .

In my spare time, I like to _____

_____ .

When I am not in school, the things I like to do least are _____

_____ .

I am good at _____

_____ .

I am coming to camp because _____

_____ .

I hope to be able to do the following things at camp _____

_____ .

When I'm at camp I don't want to _____

_____ .

I get along with friends who _____

_____ .

Last summer, I _____

_____ .

Next summer I will be in _____ grade in school.

Camper's signature: _____