















## STAY UP -TO -DATE

Keep up-to-date on photos, information, and other Y Camp events by liking and following us on Facebook with @YCampidaho. We will send a link to the camp photos once the session has started. It is not posted publicly for privacy reasons. Photos will be archived after in November of each year.

In the event of an emergency we will use Facebook and email as a way to communicate to parents immediately and broadly, and follow up with an email when possible.

## PHONES AND ELECTRONICS

Campers separating from their cellphones and other electronic devices is a great way for them to reconnect with themselves and others. We ask parents to please make sure your camper leaves their electronic devices at home. We are an unplugged camp, which means camper s ears will be free from earbuds and their eyes will be free from screens while they are at camp. This way conversations, friendships, and life-long memories happen.

We will never stand in the way of you communicating with your camper, however we recommend using the camp experience to allow your camper to build independence and self-confidence. If your camper asks to call home and speak to you, we will check with you first before putting them on the phone.

Any cell phones found at camp will be collected and returned to your camper at check-out.

## PHOTOS

We realize that campers today see their cell phones as a camera. For this reason we hire a staff photographer to take an abundance of photos each week and capture your camper s memories. These photos are uploaded to the SmugMug website. We will email a link to view and download the photos once the session has started. For privacy reasons this link is not publically available on our website. Disposable cameras on camp are fine.

## VISITORS DURING THE SESSION

Although we recommend that guardians pick their camper up from camp at the end of their session, we highly discourage visits during the camp session. Having visitors is logistically difficult, diminishes the opportunity for campers to learn independence, and seeing loved ones can create, or exacerbate, feelings of homesickness that your camper or other campers might be feeling. It also means your camper is missing the activity that is scheduled at the time of your visit. Of course, that being said we will never stand in the way of a parent/guardian and their child, so long as they can show valid ID and be listed as an authorized pick-up. Please contact camp beforehand and upon arrival, all visitors must check-in at the camp office.

## COME TO FAMILY CAMP OR TAKE A TOUR !

Seeing camp before you arrive is a great way to alleviate any concerns first time campers or their guardians may have. Tours are best schedule for late spring, though we do take tours during the summer and the fall. Contact the camp office to set up a tour.

We also highly recommend attending one of our family camps (Memorial Day Family Camp, 4<sup>th</sup> of July Family Camp, or Labor Day Family Camp) if you camper is at all nervous about attending overnight camp. More information can be found on our website.



## IS MY CHILD READY FOR A WEEK AT CAMP?

To ensure your camper is ready for such an experience, you should be able to answer “yes” to these questions

- Does my child consistently identify when they need to use the restroom?
- Has my child successfully spent at least one night away from home?
- Is my child willing to eat a variety of food?
- Can my child take a shower by themselves?
- Does my child effectively manage their own behavior around other children?
- If something is wrong, will my child advocate for themselves and let an adult know?

If the answer is “no” to any of these questions please contact the Camp Director via email: at [daniel.alpers@ymcatvidaho.org](mailto:daniel.alpers@ymcatvidaho.org) or by phone at 208 344 5502 ext 856 to discuss your child’s experience.

## MISSING HOME

Adjusting to any new environment is difficult for any person no matter your age. We understand no matter how great camp is there will be some campers that need extra attention or resources in order to adjust.

From the moment campers arrive our staff will keep your camper occupied and engaged. We have found that downtime, especially on the first day, can quickly lead to campers longing for the certainty of home. If a camper starts showing signs of homesickness or any particular need, we will contact you and seek your guidance and expertise.

Here are some ideas we have for you to prepare your camper ahead of time to be successful. Think of what makes them happy and let your camper’s counselor know. Set a goal with your camper ahead of time. We recommend completing the whole session, if a camper’s goal is ½ the week they tend to do great up until ½ the week. Ask them what they would need to complete this goal? Write them an email or a letter, but make sure to not go into too much detail about the cool stuff they may be missing. Try to not to schedule their session during any big events at home. If they ask what is going to happen at home while they are gone, explain that you will be doing something that they might not enjoy (example: chores, waking up early, mowing the lawn. Etc.) And finally of course, celebrate them if they achieve their goal!

Camp should be fun. We never want camp to feel like it is a punishment. A lot of campers might not be ready for the full session. If that is the case we want to catch it before we roughen camp for them and celebrate the progress they made.

Note: Visiting Family Camps and Camp Tours are a great way to put you and your camper at ease.

## BED WETTING

Our staff work diligently to keep bed-wetting a private matter just for your camper. If your camper has a history of bed-wetting, please be certain to inform your camper’s counselors at check-in if this is something we can assist with and to share any suggestions you may have. Counselors can help ensure your child does not drink any fluids before bed, we can set an alarm for the middle of the night in order to wake your camper to use the restroom, and if an incident does occur we will handle it with complete discretion. Our staff are trained to leave one staff member behind when we depart for breakfast. This staff will smell all the bunks and radio to handle any situations during breakfast. Bedding will be washed and returned before campers return from breakfast.

## A TYPICAL DAY AT CAMP

- 7:00 am Wake Up
- 7:45 am Breakfast/Flag Raising
- 9:00 am Morning activities Begin
- 12:30 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

**\*A note about weather\*** We cannot guarantee the availability of programs based on extreme weather. If there are storms/thundering/lightning, we are not able to offer outdoor activities until/when it passes. If the air temperature is too cold, we are not able to offer swimming activities.

## 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. In the past we have seen snow in the first two sessions of camp. 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; aerosol over lotion)
- 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

## JUNIOR ADVENTURE AND ADVENTURE CAMPERS

- Backpack (day-pack)
- Extra non-cotton Sweatshirt
- Mess Kit
- Sleeping pad
- Gloves and warm hat

\*Junior Adventure and Adventure campers sleep in group tents with staff every night of their session. If your child is not comfortable with exploring the outdoors or excited for tent camping, these programs may not be for them.

### OPTIONAL ITEMS:

- T-shirt to tie dye in Arts & Crafts!
- Travel games, cards, activity books (for toes up)
- 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)

\*Teen campers will spend one night, typically Wednesday, on an overnight campout under the stars with their group and should pack a set of extra warm clothes and sleeping bag for this occasion. This is weather permitting often the highlight of their session.

### 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. 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 and comfortable outfits for camp that reflect our values and you don't mind getting dirty.

### 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!

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## 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:** \_\_\_\_\_