



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA CAMP SEYMOUR

QUEST PARENT GUIDE

Dear Parent or Guardian, and Teen Participant:

Thank you for enrolling in Quest with YMCA Camp Seymour! Quest has been a Camp Seymour leadership development tradition since 1984, and is a unique combination of an intense leadership experience with a wilderness trip. We're thrilled that you've chosen to join us on a trip this summer.

PROGRAM GOALS

- Practice and develop leadership and interpersonal skills by acting as "trail boss"
- Build self-confidence and independence
- Learning about stewardship by practicing "leave no trace" principals on trail

PRE-TRIP PREPERATION

Each trip requires attendance at a mandatory orientation meeting before the trip, where the trip leaders present important information regarding safety, equipment, preparation, trip expectations, and trip itineraries.

All trip participants must attend the pre-trip meeting with a parent/guardian.

CHOOSE BETWEEN:

Wednesday, May 10 from 6-7pm

Environmental Services Building
9850 64th Street W
University Place, WA 98467

Tuesday, June 6 from 6-7pm

Environmental Services Building
9850 64th Street W
University Place, WA 98467

PARTNERS WITH PARENTS

YMCA Camp Seymour will make every effort to ensure your teen has a wonderful experience on their trip. Parents can help us greatly in our efforts to do so, particularly by letting us know in advance about specific behavioral, health-related, emotional, or other issues that affect your child at home. With sufficient notice, trip leaders will contact parents in advance of your arrival at camp to discuss with you how we can best work with your teen during their trip experience. All conversations will be held in the strictest confidence, and will help our staff provide the best possible environment for your camper.

PHYSICAL PREPARATION

All Teen Adventure Trips require physical effort, whether it is hiking with a pack up a hill or paddling a kayak across open water into a headwind. If your teen is in shape, the trip will be much more fun! It is never too late to start getting physically ready – but the earlier, the better. Participants should prepare for their trip by doing some regular (3 days per week, 30 min. a day) cardiovascular conditioning. When training, try to do activities that resemble the trip's main activities. For example, for a hiking trip, using the Stairmaster, treadmill, or going for long walks will build endurance; putting some weight in a pack (20 lbs. or so) and carrying it will also help with backpacking endurance. For paddling, it's helpful to choose activities that emphasize endurance and strength in the upper body and torso.

DEVELOP REALISTIC EXPECTATIONS

Developing realistic expectations about the trip is very important. Parents can play a big role in helping their teen prepare for their trip by not over-glamorizing the experience. Obviously, going on the trip will be fun and worthwhile, but it is important to make sure your teen understands it may not be fun every minute – there may be problems to solve, feelings of worry or sadness to overcome, insecurities to work on and these problems and feelings are a normal part of stepping outside one's comfort zone.

Help your teen learn just how much they can and cannot control in their situation on the trip, and effective coping strategies for when the going gets tough. Ensure that your teen understands that once they start on the trip, there is no going back. Strategies for coping could include talking to the trip leader, or offering to help with a project - teens are quite resourceful in learning to handle their emotions. One of the most successful coping methods used is to do something fun and physical – and trips provide plenty of that.

ON TRAIL

MEDICAL CARE

Our trip leaders are trained in Wilderness First Aid, and carry a group first aid kit at all times. Participants may be several days away from doctors and/or advanced medical care. All trips have emergency evacuation plans. In case of minor illness, participants will be treated in the field. Should any serious accident or illness occur while on the trip, parents or guardians will be notified after contact with camp is established, and a parent/guardian is required to take over care of their camper within 24 hours of notification. We reserve the right to send a teen home if our health care director or a physician so advises. If you plan to be away for any length of time during your teen's time on their trip, please arrange for a relative or neighbor to be able to pick up and care for your teen should he or she become ill. Please notify camp of this situation by putting the name, address and telephone number of the relative or neighbor on the Participant Release Form.

EMERGENCY COMMUNICATION

In case of a medical or family emergency at home or at camp, contact YMCA Camp Seymour at 253-884-3392. After office hours, our voice mail system will give you an emergency cell phone number you may use, and/or an opportunity to leave a message with the Camp Director. In the event of an emergency, visits by a parent/guardian are allowed after contact with the Camp Director has occurred.

TELEPHONE CONTACT

Parents may contact the Camp Director at any time to discuss their teen's itinerary, at 253-884-3392. Many of our trips take place in remote locations without access to a telephone – we operate our trips on a "no news is good news" philosophy, so daily updates are not available. In those locations where a phone may be available, teens are not permitted to initiate telephone calls home. In the event a teen requests to make a phone call while on a trip, permission to do so is granted at the Trip Leader's discretion, after they make advance contact with the Camp Director and the parent/guardian to discuss the situation.

NON-MEDICAL EVACUATIONS

If a participant is evacuated early from a trip for non-medical reasons (e.g. refusal to complete the trip) or removed from the trip for other reasons (e.g. refusal to abide by camp rules or trip expectations, or failure to keep themselves or others safe) the participant's family will be charged an evacuation fee of no less than \$100. The actual fee may be higher, to account for staff time, transportation costs, other expenses related to the evacuation. To ensure a safe, quality experience for every participant, please be sure your teen is ready and willing to complete the trip before they arrive at camp. Our trips are not "boot camp"-style experiences. We strongly discourage sending teens if they are unwilling to go. Campers must want to be here!

S.A.D.T.V. RULE

Sexual contact, Alcohol, Drugs, Tobacco, and Violence, in any form, will not be tolerated at any YMCA Camp Seymour program. A teen who chooses to violate this rule will be sent home at the expense of his or her family (and will be sadly watching T.V. while the rest of the group finishes the trip).

HOMESICKNESS

For many teens, this will be the first time they've spent this much time away from home in a remote wilderness setting. For some, this can bring up feelings of homesickness. There aren't many comforts of home out on the trail, so please prepare your teen for all the potentials: bad weather, hard work, going to the bathroom outside, camp stove meals, and sharing a tent. Your teen will most likely find that there are enough activities to keep him/her very busy. In the event of severe homesickness, our Trip Leaders are trained to discuss the situation and set goals with the teen to better their experience. For teens with a history of homesickness, we recommend bringing a small keepsake from home (e.g. a family photo) to help with sadness that may occur.

PACKING LIST

YMCA Camp Seymour will supply tents, stoves, trip food, snacks, kayaks, maps, first aid kits, and other essential 'group gear.'

Camp Staff will answer questions and go over proper equipment at the pre-trip meeting; if you have any questions about items on this list or where to get them before then, please call camp at 253-884-3392.

Trips are hard on clothing and equipment. Consider each item carefully as you pack. Is it durable? What would happen if it were torn, lost, or damaged? All clothing and equipment will be unpacked and evaluated at camp as part of trip preparation. Bring a small bag for items you do not take with you on the trip, and to keep a change of clean clothes at camp for your return. All personal belongings should be plainly marked for identification.

Dress code: Teens are expected to wear clothing appropriate for active days in the outdoors; and swim suits appropriate for swimming and water games. Please work with your teen to select modest, athletic, durable clothing for camp. Our expectation is that clothing covers bathing suit areas and undergarments.

Note: Quest involves carrying all of your packed belongings – consider weight and size of equipment when choosing gear. Also consider that you will likely end up wearing the same thing each day while "on trail."

Lost and found: YMCA Camp Seymour is not responsible for lost, damaged, or stolen items. Label items plainly with your name, and check through all belongings when you return home. If you are missing an item, please call camp. All unclaimed items will be donated 30 days after the session has ended.

PLEASE BRING:

- Internal or external frame pack (about 4000 cubic inches; available to borrow from Camp Seymour. call 253-884-3392 to reserve)
- Footwear for hiking (sturdy waterproof boots, well broken in, fitting comfortably with 1 liner sock and 1 wool sock, at least ankle height)
- Hiking Socks (3 pair, wool or synthetic, no cotton)
- Liner socks (2 pair) (synthetic "wicking" sock (e.g. polypropylene); no cotton)
- Footwear for paddling & wading (water sandals, aqua socks, or another quick drying alternative; no flip flops)
- Fleece or wool hat
- Hat with brim (baseball cap or bucket hat)
- Long underwear top and bottoms (1-2) (Synthetic (e.g. polypropylene or capilene). NO cotton or flannel)
- Fleece or Wool Shirt/Sweater (1-2)
- Pants (1-2, fleece, wool, or synthetic – no jeans, no cotton sweat pants)
- Short-sleeve shirts (2) (cotton okay)
- Nylon shorts (2 pair)
- Raingear (Waterproof jacket with hood and rain pants – no ponchos. Stitched seams, no heat seal)
- Swimsuit (for active play – no bikinis or Speedos)
- Small quick-drying towel
- Underwear
- Bandana (cotton okay)
- Sunglasses
- Sunscreen & lip balm (SPF 15+)
- Small flashlight or headlamp, with extra batteries & bulb
- Sleeping bag and stuff sack (synthetic or down insulation, mummy-style bag preferred, avoid cotton)
- Sleeping pad (closed-cell foam or "therm-a-rest" style)
- 1 qt. water bottles (2) (Nalgene-style)
- Insect repellent (small, non-aerosol)
- Whistle (waterproof)
- Heavy-duty garbage bags (3)
- Journal/notebook, pen

Mess Kit:

- Insulated mug w/ lid
- Durable fork & spoon
- Bowl w/ lid (Tupperware works well)
- Small nylon or mesh bag for storage

Toiletry kit:

- Toothbrush & small tube of toothpaste
- Toilet paper (1/2 - 3/4 roll in Ziplock Bag)
- Contact lens wearers: extra pair of contacts, lens cleaner, extra eyeglasses
- Unscented deodorant
- Feminine hygiene products for females
- Medications, vitamins (in original containers, will be collected by staff at check-in)
- Current I.D. (WA state photo ID (available at DMV offices) or school ID)
- 2 changes of clothes, shampoo/soap, towel, and pillow, for use while in Camp, in a duffle or other bag (to be left at Camp Seymour during trip)

Optional Items:

- Small camera and film
- Money for possible stops at gas stations during travel time (\$5-\$7)
- Sit pad (small piece of closed-cell foam)
- Fleece or wool gloves, fleece vest
- Baby wipes and/or hand sanitizer
- Small nylon "stuff sacks" for organizing gear

Personal sports equipment: Personal footwear, apparel, and gloves are permitted at camp; all other personal sports equipment (PFD's, climbing rope, archery bows, etc.) are prohibited. Camp Seymour will provide sports equipment for all program activities. Additionally, Camp Seymour has a limited supply of backpacks, sleeping bags, and sleeping pads available for loan with advance reservation.

Prohibited Items

The following items (or any other inappropriate or hazardous items) are not permitted on any YMCA Camp Seymour trip – if campers do bring them, the items will be confiscated and returned to parents at check-out.

- Weapons, knives (including pocket knives), fireworks, matches, drugs, tobacco, alcohol
- Electronic devices of any kind (including cell phones, CD/MP3 players, electronic toys/games, laptops, e-readers, smartwatches, etc.). They are too heavy to carry and are a distraction from the trip experience.
- Hair sprays/gels, face washes, make-up, perfume, body creams, scented soaps, etc. should not be packed - the odor of these items attracts bears, raccoons, and other animals.
- Valuables – if you would be very sad to lose it or ruin it, do not bring it!
- Pets – even to check-in/out.

LOCAL OUTDOOR EQUIPMENT SUPPLIERS

Recreational Equipment Incorporated (REI) - 3825 S Steele Street, Tacoma, 253-671-1938

Big 5 Sporting Goods - 11010 Harbor Hill Drive, Gig Harbor, 253-851-2172

Dicks Sporting Goods - 3500 Meridian Street South Hill Mall, 253-845-5188

ON-LINE DISCOUNT EQUIPMENT SUPPLIERS

REI Outlet - www.rei-outlet.com

Sierra Trading Post - www.sierratradingpost.com

Campmor - www.campmor.com

DROP OFF/PICK UP

CHECK-IN IS FROM 11:00AM TO 11:30AM ON THE FIRST DAY OF THE TRIP

- Please park in the upper parking lot where you will be greeted by your trip leaders. Our staff will be involved with final preparations for your trip up until 11am. Early check-in is not possible.
- Please bring the forms in this packet with you to check-in for your child's trip. If your child is registered for more than one session, you need only to fill out a second camper release form – we'll keep your health form and letter to trip leader on file.
- Please be prepared to give the Trip Leaders all medications or supplements to be taken at camp/on the trip.
- Teens should be prepared to walk about 100-150 yards with their luggage to main camp.

CHECK-OUT IS AT 10AM ON THE LAST DAY OF THE TRIP

TRANSPORTATION

Teens must be dropped off and picked up by a parent or guardian, or an adult who is designated by the parent or guardian and listed on the Camper Release form. Teens may not park a car at camp for the duration of their camp session. Driving directions are printed on the map to YMCA Camp Seymour included in this packet.

DIRECTIONS

FROM HIGHWAY 16:

Take Purdy/302 Exit. Follow 302 across the Purdy Bridge. Continue on this road toward Key Center for approximately 5.5 miles. Turn left at the sign for YMCA Camp Seymour onto 134th Avenue. Follow 134th for about two miles (134th will become Cramer Road) and turn left onto Thomas Road. The entrance to camp is about 25 yards up the hill on the right. Please drive slowly-the speed limit is 5 MPH in main camp.