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# YMCA CAMP SEYMOUR

## TREK PARENT GUIDE

Dear Parent or Guardian and Teen Participant:

Thank you for enrolling in a Teen Leadership Program with YMCA Camp Seymour! We are thrilled that you've chosen to join us this summer. This packet includes information on the TREK program, with special attention to the 4 day/3 night backpacking component of this program.

### TEEN PROGRAM GOALS

- Build a sense of community and stewardship through volunteer opportunities
- Develop group membership, leadership, and interpersonal skills
- Develop a sense of independence, gain self-confidence and self-worth, and assume personal responsibility for their own learning and actions

### PRE-TRIP PREPERATION

Each teen 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 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.

## **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 that 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).

## **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 private areas and undergarments.

## PLEASE BRING:

- Sleeping bag, w/stuff sack or plastic bag
- Pillow
- Laundry bag/pillow case for dirty clothes
- Wash kit (w/soap, shampoo, toothbrush and toothpaste)
- 1-2 Towels
- Flashlight (and extra batteries)
- Sunscreen (minimum SPF 15)
- T-shirts, underwear and socks- for two weeks
- 4-5 pairs of jeans or similar rugged pants
- 4-5pairs shorts
- 2 Sweatshirts
- Warm jacket
- Waterproof raincoat with hood or poncho
- 2 pair shoes (at least 1 pair sturdy tennis shoes)
- Sandals
- Swim suit
- Pajamas

## Optional Items:

- T-shirt to tie-dye in Arts & Crafts!
- Travel games, cards, books
- Pencil, paper, self-addressed envelopes, stamps
- Bug repellent
- Journal
- Camera

## ADDITIONAL EQUIPMENT REQUIRED FOR TRIP

TREK campers will participate in a four-day, out-of-camp backpacking trip. In order to have a successful and enjoyable trip experience, all TREKers need to bring in addition:

- Backpack (about 3000-4000 cubic inches)  
Limited supply available 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 one wool sock, at least ankle height.
- Footwear for around campsite (sport sandals, no flip flops)
- Fleece or wool hat
- 1 pair synthetic Long underwear top and bottom (no cotton or flannel)
- Fleece or wool sweater
- Pants (1-2 fleece, wool, or synthetic-NO JEANS OR COTTON SWEATPANTS)
- Shorts (synthetic)
- Hiking Socks (2-3 pair-wool or synthetic, no cotton)
- Sleeping Pad (closed cell pad or "therma rest" style)
- Rain Gear (tops and bottoms stitched seams. No heat-sealed)
- Mess kit: Mid-size "Tupperware" style bowl with lid. Insulated plastic mug, fork and spoon, mesh bag for hanging and drying dishes.
- Water bottle (Nalgene style)
- Current ID
- Whistle
- Heavy duty garbage bags (3)

**Note:** Backpacking 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."

**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.

**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.

## **ON-SITE**

### **MEDICAL CARE**

Our Health Care Director is in residence at our Health Center, and Dr. Roes, a family practitioner in Key Center, is on call 24 hours a day. In case of emergency, Mary Bridge Hospital (in Tacoma) accepts our campers as patients. Emergency transportation is available from the local fire department in Key Center. Should any serious accident or illness occur at camp, parents or guardians are notified immediately. In case of minor illness, parents are informed if their child remains in the Health Center for more than 24 hours. Our medical staff or team of directors will contact you (or your emergency contacts) if your child becomes ill or has any injury beyond a simple scrape or bruise. We reserve the right to send a camper home if our Health Care Director or a physician so advises. If you plan to be away for any length of time during your child's time at camp, please arrange for a relative or friend to be able to pick up your child should he or she become ill. Please notify camp of this situation by putting the name, address, and telephone number of the relative or friend on the Camper Release Form.

### **CAMPER MEDICATION**

All medication (including prescriptions, over-the-counter drugs, and vitamins) must be brought to camp in the original container (as purchased or issued). Prescription containers must detail the child's name, name of the medication, dosage directions, and the name of the person ordering the medication. All medication must be noted on the Health Form, and will be held by the Health Care Director, who will dispense it appropriately.

### **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.

## **TRIP INFORMATION**

Trek campers will hike the Ozette Loop Trail for a total of 9.3 miles. Below is a description of the trail.

### **LOOP TRAIL**

Two trails head to the coast from the ranger station. One leads southwest to Sand Point, three miles away; the other three miles northwest to Cape Alava - the westernmost point in the Lower 48. By hiking the beach connecting the two, you can create a triangular loop trip of 9.3 miles. You can also continue south on the beach for 2.3 miles to the Norwegian Memorial, a tribute to the victims of a 1903 shipwreck. There is much to explore in the Cape Alava area: fascinating tide pools, cannonball shaped rocks, an anchor from one of the ships that ran aground here, and even an occasional Japanese glass ball. This is probably the best place to see wildlife in Olympic National Park, with bald eagles in the air, deer along the beach, sea lions and seals in the water, and migrating gray whales in fall and spring. This area contains the largest population of sea otters in the Lower 48; look for them in the kelp beds off Sand Point. The Wedding Rocks area between Cape Alava and Sand Point is well known for its petroglyphs, which were carved by the original inhabitants of this land at an unknown time.

### **MEDICAL CARE**

Our trip leaders are trained in Wilderness First Aid, and carry a group first aid kit at all times. 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.

### **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 not 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!

## **DROP OFF AND PICK UP**

**CHECK-IN IS FROM 1:30 TO 3:00PM ON THE FIRST DAY OF CAMP.**

Please bring the forms in this packet with you to check-in for your teen's session. If your child is registered for more than one session, you only need to fill out one Health History form & Letter to Leader, but will need to complete a Camper Release for each session.

Be prepared to walk about 100-150 yards to the cabin with your camper. Please let us know in advance if you will need mobility assistance.

Parents are urged to leave camp shortly thereafter, so that campers can become actively involved in the camp program right away!

**CHECK-OUT IS FROM 9:30 TO 10:30AM ON THE LAST DAY OF CAMP.**

Park in the upper parking lot and you will be directed where to pick up your child. Adherence to this schedule is greatly appreciated. Remember to bring your "camper claim check" with you, if you do not have your claim check you will be required to stop and show photo ID.

## **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.