



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA CAMP SEYMOUR

Overnight Camp Parent Packet

Dear Parent,

Thank you for choosing YMCA Camp Seymour for your child's summer overnight camp experience. Reading through this guide with your child is important and should answer any questions you may have. Please hold onto this guide as it has important information for before and during your child's camp experience.

Lincoln McLain, Senior Program Director

CAMP PROGRAM GOALS AND OUTCOMES

- Provide a socially and emotionally safe environment for every camper.
- Engage campers in summer learning.
- Build a sense of belonging in every camper, and ensure that every camper connects with a caring adult.

PRE-CAMP CHECKLIST

1. Review Parent Packet
2. Pay any unpaid balances by June 1
3. Complete forms and **bring them with you at check-in**
4. Help your child pack using the enclosed packing list as a guide
5. Check-in between 1:30pm-3:00pm on the first day of camp

CHANGES, CANCELLATIONS, AND REFUNDS

As indicated on the registration form, the registration deposit and limited member fee are non-refundable. Prior to the start of the session, you may change your camp session (space permitting) without penalty. Before June 1, if you cancel your registration, the camp fee minus the deposit amount will be refunded.

After June 1, fees are non-refundable without written documentation from a physician stating circumstances involving camper illness/injury, documented evidence of a significant life event, or consent of the Camp Director. Missing home, inappropriate camper behavior or change in plans is not sufficient grounds for a refund.

CABIN ASSIGNMENTS

We make every effort to place campers with requested cabin mates. We have found that placing more than three requested campers together tends to impact cabin dynamics and our emphasis of making new friends. Therefore, campers may mutually request two "buddies", within one grade of each other and in the same unit, on the registration form.

TELEPHONE CONTACT

Parents may contact Camp at any time to get a report on how their child is doing, or discuss their child's experience, at 253-884-3392. Our experience is that campers' telephone conversations with parents tend to exacerbate or kick-start missing home, so campers do not have access to a telephone. In the event a child requests to make a phone call, permission to do so is granted at the parent's discretion after staff make advance contact with the parent/guardian to discuss the situation.

MAIL

To help your child make a smooth transition to camp, try to write them regularly. You can start the letters before arrival, so one can be waiting on the first full day of camp. Mail from pets, siblings, relatives, and friends are great ways to show your love and support for your child. Funny cards and picture postcards are great, too. Ask questions about camp, and try to avoid telling your child how much you miss them or what they might be missing at home. Short declarations of love such as, "We're so proud of you," or "We love you", or "See you soon" are just what children want to hear. Please address mail to your child as follows:

EXAMPLE:

Child's Name, Session #
YMCA Camp Seymour
9725 Cramer Road, NW
Gig Harbor, WA 98329

Note: For your convenience you may bring mail for the whole week to check-in. Simply mark the mail with the day of the week you wish us to deliver it on and give the mail to the Camp Director in the dining hall.

EMAIL

To email your child while at camp, email mycamper@ymcapkc.org and include your camper's name and cabin name as the subject line. Emails will be printed at 3pm (in black and white) and distributed once daily with the mail. We are unable to print attachments or links to greeting cards. Campers will not have computer access to reply.

EXAMPLE:

To: mycamper@ymcapkc.org

Subject: Jack Smith – Hemlock Cabin

CARE PACKAGES

Putting a small gift in a letter or sending a package is a treat your child will appreciate. However, we need your help: please do not send food, candy, or snacks to camp. Packages with food or candy are an invitation to ants or critters to come and get dinner. Also, candy/food from home can negatively complicate camper relationships. We provide campers a snack each day, and three full meals. If you wish to send a care package, inexpensive non-food items (including books, small non-electronic toys, travel games, puzzles and the like - especially ones the whole cabin can enjoy) will show your child you care about and are thinking of them, and will not disrupt the camp environment.

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 child 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, contact YMCA Camp Seymour at 253-884-3392. In the event of an emergency, visits by a parent/guardian are allowed after contact with the Camp Director has occurred.

PACKING LIST

CLOTHING/EQUIPMENT

Be aware that camp is hard on clothing. We recommend against bringing new or expensive clothing, luggage, or other items. **All personal belongings should be plainly marked with camper's name for identification.** Each camper will care for his/her own belongings, and storage is limited. Please bring only 2 items of luggage: a sleeping bag & one (1) suitcase/duffel bag.

DRESS CODE

Campers are expected to wear clothing appropriate for active days outside; and swim suits appropriate for swimming and water games. Please work with your camper to select modest, athletic, durable clothing for camp.

PLEASE BRING:

- 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 lotion over aerosol; minimum SPF 15)
- Chapstick (minimum SPF 15)
- 6 T-shirts, 6 sets of underwear, 6 pairs of socks
- 2 pairs of jeans or similar rugged pants
- 3 pairs shorts
- 2 Sweatshirts
- Warm jacket
- Waterproof raincoat with hood or poncho
- 2 pair shoes (at least 1 pair sturdy tennis shoes)
- Swim suit (& goggles recommended)
- Pajamas
- Water bottle

OPTIONAL ITEMS:

- T-shirt to tie dye in Arts & Crafts!
- Travel games, cards, activity books (for rest time)
- Fishing pole (w/barbless hooks, artificial bait)
- Non-aerosol insect repellent
- "Itch & sting stick" for insect bites
- Family photo (for comfort)
- Journal
- Rain pants
- Sandals
- Books
- Camera & film

PROHIBITED ITEMS – Please do NOT bring

The following items (and other inappropriate/hazardous items) will be confiscated if brought to camp:

- Food, candy, or snacks. Treats in camper bags invite ants & critters into cabins. We provide a daily snack, as well as three full meals with a fruit or salad bar. Food from home can complicate cabin relationships.
- Live pets must stay home (even during check-in/out), but a small plush stuffed-animal is great.
- Electronic devices (toys, games, CD/MP3 players, cell phones, e-readers, smartwatches, etc.). They are a distraction from the camp experience & easily lost.
- Pocketknives, weapons or hazardous materials (e.g., matches, fireworks, etc.).
- Cosmetics, curling irons, hair strengtheners, etc.
- Alcohol and drugs.

LOST AND FOUND

YMCA Camp Seymour is not responsible for lost, damaged or stolen items. Label items plainly with your child's name, and be sure to check the lost and found when you pick up your camper. Additionally, check through your child's belongings when he/she returns home. If your child is missing an item, please call Camp at 253-884-3392. If we do have the item, please make arrangements to pick it up at Camp. All unclaimed items will be donated two weeks after the camp session ends.

PAPERWORK

Please fill out enclosed paperwork out and bring it with you on the first day of camp.

- **Camper Release** -The Camper Release form is used to authorize specific individuals to pick-up and/or drop off your child at camp.
- **Agreement to Participate** Form
- **Health and Medical History** - Campers will not be admitted to camp without an accurately completed and signed health form. A medical exam is required only if the camper has had surgery, serious illness, injury that has limited his/her activity, or has been hospitalized in the past year. Additionally, immunization records are required as part of the Health History form. Please Note: It is the responsibility of the camper's parent(s) or legal guardian to provide accident and health coverage for their camper while participating in activities with YMCA Camp Seymour. The YMCA of Pierce and Kitsap Counties does not provide any accident or health coverage for its participants.
- **Letter to My Leader** and **Letter to My Child's Leader** - Provides you and your child an opportunity to communicate with your cabin leader.

DROP OFF AND PICK UP

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

Please bring the forms in this packet with you to check-in for your child's session. If your child is registered for more than one session, you only need to fill out one Health History form and Agreement to Participate form, but will need to complete a Camper Release and Letter to Leader form 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! If you suspect your child may become homesick, don't delay your departure from camp. He or she will be in good hands.

CLOSING CAMPFIRE IS AT 9:00AM ON THE LAST DAY OF CAMP FOLLOWED BY A PANCAKE BREAKFAST

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 TO CAMP

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.