

YMCA CAMP



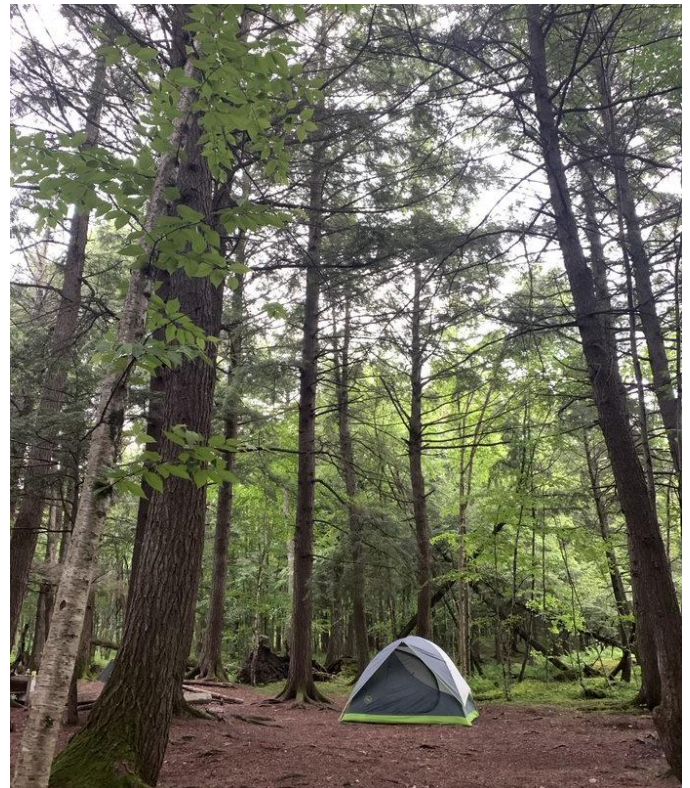
2024
BOLD & GOLD/
Adventure Trip

PARENT GUIDE

847-546-8086

32405 N US Hwy. 12
Ingleside, IL60041

YMCACAMPDUNCAN.ORG





WELCOME TO CAMP DUNCAN!

Dear Parents or Guardians:

Thank you for registering your child for summer overnight camp at YMCA Camp Duncan! An overnight camp experience provides excellent benefits to youth and teens. Through guidance by the American Camping Association (ACA) our dedicated and passionate team has one goal in mind, to provide every camper with a safe, fun, and transformational camping experience.

Having grown up attending a YMCA overnight summer camp from age 7 to 17, I am fortunate to be able to use that experience as well as my 16 years with the YMCA to confidently guide our team and our beautiful facility to provide magical moments. Everything we do at Camp Duncan is intentional with the camper experience in mind. From check in to check out, your camper can expect to make new friends, try new things, and make lifelong memories.

We look forward to our time with your child and a summer filled with memories and adventures. Please any questions, please feel free to contact us.

Thank you for entrusting your child to us!

Sincerely,
Bobby Thomas, Executive Director
rjthomas@ymcachicago.org
847-546-8086



STAY CONNECTED ALL WEEK LONG

Follow what is happening at camp through Camp Duncan's Facebook page, Instagram, and YouTube.



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CAMP'S MISSION AND VALUES

YMCA Camp Duncan aims to provide a safe, fun, educational and transformational experience for all campers through the demonstration of our four core values; **caring**, **honesty**, **respect**, and **responsibility** by practicing a camper first philosophy. Our goal is to do our part in building stronger campers and helping them become the best version of themselves.

YMCA Camp Duncan is committed to instilling values in today's youth. Through the efforts of our staff, as well as our programs, we use our core values in all that we do.

WHO CAN COME TO CAMP?

All children, within age restrictions, are welcome at camp. No matter your ability, we will do everything in our power to ensure each camper is successful and welcome.

CHECK-IN DAY PROCEDURES:

All sessions check-in on Sunday afternoon from 2:00 p.m. – 3:30 p.m.

If you arrive before the scheduled check-in time, the camp staff are often meeting and preparing for camp and may not be available to greet you. Camp activities begin at 3:30 p.m., so please try to arrive with enough time for your camper to settle into their cabin.



Before leaving home, checklist:

- Be sure that all forms have been uploaded to your camper's online account.
- Prescription medications, over-the-counter medications, and vitamins must be in their original containers. Our licensing does not permit our accepting medication **NOT** in the original container.
- You have labeled everything possible! From shoes to sleeping bags to hats, everything!
- Directions to camp: 32405 N US Hwy 12 Ingleside, IL 60041

Checking in at camp:

1. Please wait patiently for check-in to start upon arrival. Your first point of contact will be a Greeter- a camp staff person to greet you. They will hand you a map to your meeting area and info on Bunk1 (we'll share more later in this document).
2. All forms must be completed and uploaded to your online account BEFORE arriving at camp. If you have any outstanding forms, those will be attached to your map. You must fill these out first.
3. Drive to the meeting area and park in the designated parking area.

4. Unload your luggage and walk to the meeting area where trip leaders will be waiting to meet you!
5. Turn in all medication to trip leaders. If there is anything you would like them to know about your camper this is the time to tell them. The program director will also be present to answer any questions and give more detailed information on trip itineraries.
6. The camp store is open if you would like to buy some camp swag for the week or add money to your camper's account.
7. We urge parents to leave camp shortly after getting their camper settled, allowing new campers to become actively involved. If you suspect your camper is homesick, don't delay your departure from camp. Your camper is in good hands, and the trip leaders will take over right away.
8. Don't forget to stop by the main lodge to grab a bite to eat from our cookout! Meet the Executive Director and special guests like our Board members! There is no cost for this cookout, but donations are always welcome and go directly towards our scholarship programs.

CHECK-OUT DAY PROCEDURES

Our staff understands that you will be anxious to see your camper. Please follow the checklist below before picking up your camper.

Checking-out at camp:

- Check-out time is between 2:00 p.m. and 3:00 p.m. on Friday of your camper's session.
- The road will be blocked off like check-in but once we are all ready, you will meet a staff person to guide you in the right direction.
- **You'll need to bring a photo ID to sign out your camper.** Under no circumstances will camp release a child to someone not authorized on the Camper Release Form.
- If someone other than a custodial parent or guardian picks up your camper, Camp Duncan MUST have written parental consent by listing persons on the release form; otherwise, the camper cannot be released.
- Camper medication can be signed out with your camper's trip leaders.
- Pick up your camper and your camper's luggage at their picnic table area (same as drop off). Make certain that you have everything that your camper came to camp with!
- The Camp Store will be open for any camp swag you and your camper just can't live without!

CAMP REFUND/CANCELLATION POLICY

- **The \$150 Administrative fee/deposit is non-refundable/non-transferable. This is partly because camp has year round overhead costs like staff, registration site fees, credit card fees, etc.**
- YMCA Camp Duncan's policy is typically not to refund program fees. We understand that extenuating circumstances occasionally arise and make it impossible for a camper to attend camp. In these cases, every effort is made to reschedule the camper for another week if space is available. We are human, so we know things come up and we will try to work with you to make it right. We will be kind and understanding, we ask you do the same, please.
- Cancellations must be requested before the session starts. The camp office will charge total fees for any cancellations made after the start of the given session or for failure to notify us of cancellation. The balance of fees is refundable for medical reasons and in rare other cases. For medical reasons a doctor's authorized note may be required. No refunds or transfers will be given for any camper being

dismissed from camp due to disciplinary action, leaving early due to homesickness, or personal commitments.

- If a camper cannot complete the program due to medical reasons, upon approval by the Executive Director, a prorated refund will be initiated. Refunds for program fees paid by check often take up to 7-8 weeks. Program fees paid by credit card can be refunded within a couple of business days.
- There are no refunds for children sent home for behavioral reasons.

TRANSPORTATION

All camp families must provide transportation to and from Camp. We are located about 1 mile north of Route 120 and Highway 12. Most GPS can pick up Camp Duncan. It may say either Ingleside or Volo.

Camp Duncan will provide transportation to and from trip locations on our mini busses. Buses are driven by 21+ year old drivers who have undergone van training and driver's history checks.

BUILDING NEW FRIENDSHIPS AND SKILLS

Trips generally consist of 5-10 participants with 2 adult wilderness trip leaders. Campers will sleep in tents with 1-2 other participants each night of the trip. If campers register for trips with friends, tentmate requests can be accommodated but keep in mind a goal of BOLD & GOLD trips is for campers to make new friends. Large groups of friends signing up for trips is discouraged as it can be difficult for those on the trip who are not a part of the group.



CAMPER STORE ACCOUNT

Adventure trip campers will have access to the camp store on the first and last days of their trips.

- Parents are strongly encouraged to add money to their camper's Store Account before arriving at camp. If you have trouble accessing your online store account, please contact the main office.
- Campers are able to spend up to the set limit. Our system has the ability to notify you if that limit is getting close, should you select it when registering.
- A credit card is preferred and is easiest for you to manage through your registration account.
- While discouraged, if a check or cash are used, unused funds are not refundable.
- We recommend placing \$25-\$40 in your camper's account. Accounts set up by credit card will have the balance refunded approximately 1 week after camp ends. There is an option to donate that amount during registration.



HEALTH HISTORY FORMS

- All campers must have a completed Health History form and consent to treat to attend camp. This is done electronically through the registration system. Health history forms must be uploaded and completed before arriving at camp for check-in.

- Keep in mind that participants will be camping in tents each night of the trip with limited access to showers and running water. If your camper has a medical condition and you are not sure if an adventure trip is right for them, please contact the program director ahead of time to discuss.

HEALTH NEEDS AND MEDICATIONS

- Please send all medications in original containers with the original pharmacy label. Medication brought to camp, not in its original container, **cannot be** accepted.
- Please send enough medication to last the week.
- Parent/guardian will be notified by the Camp Director should your camper have an accident, injury, or illness that lasts longer than a couple of hours.
- General over-the-counter medications are available on trips and will be dispensed by staff. Campers cannot have medication of any kind in their bags on trips (unless discussed ahead of time with guardians and only for certain situations).
- Trip leaders are trained in Wilderness First Aid and CPR/AED and a wilderness EMT, as well as the camp nurse, is on call 24/7 while trips are in the field.
- All prescription medications and hospital care during camp are billed to the parent/guardian at the close of the camp session.
- **IMPORTANT:** Camp Duncan reserves the right to send a camper home if our Health Officer or trip leaders advises. If you plan to be away for any length of time during your camper's time at camp, please arrange for a relative or friend to be able to pick up your camper should they become ill. This information should be your emergency contact person on the health form.
- If your camper has any physical or special medical conditions, please disclose the condition in detail on their health form. Please notify the Camp Director before camp starts regarding your child's particular needs. This information is essential for our staff to be successful in helping your camper have a positive camp experience.

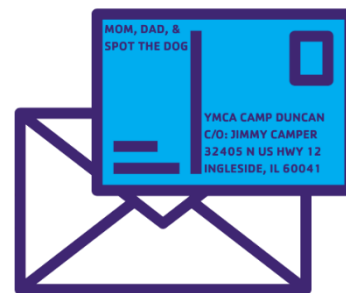
****YMCA CAMP DUNCAN DOES NOT CARRY HEALTH AND ACCIDENT INSURANCE ON CAMPERS**

COMMUNICATING WITH YOUR CAMPER

Due to the remote nature of trips, communication via Bunk1 is not reliable. If you or friends and family would like to write letters to campers ahead of time (and date them with when you would like them passed out) our trip leaders can bring letters along and hand them out.

TELEPHONE CALLS: 847-546-8086

In case of a medical or family emergency at home, contact the YMCA Camp Duncan office at the number above. Campers do not have a phone available to make phone calls home and there is often no service in the areas we travel. Our experience is that phone calls to or from home make camper adjustment more complex and create homesickness. Experienced staff are happy to discuss camper concerns or give a camper update.



PLEASE LEAVE CELL PHONES AT HOME.

Cell phones found will be taken to be stored and locked in the Camp Director's office. They will be given back to the parent/guardian at check-out. Remember, we all want the best experience for your child. Help us give them a chance to be "unplugged" for the week. If campers want to take pictures, they are welcome to bring a disposable camera along!

EMERGENCY COMMUNICATION

- Family or Medical Emergency - In case of a medical or family emergency at home, contact the Camp Director at 847-546-8086. Trip leaders can be contacted in the field via satellite device if necessary.
- If there is an emergency in the field, trip leaders will contact the program director (and/or 911) via phone or satellite device. Someone is always on call at camp in the event an evacuation from a trip is necessary.

Camp Contact information:

Bobby Thomas, Executive Director – **Direct:** 847-410-5246 **E-** rjthomas@ymcachicago.org

Abby Sullivan, BOLD & GOLD Director – 847-410-5251 **E-** amsullivan@ymcachicago.org

FOOD

We will be eating a few meals at the camp dining hall on either end of our trip and for the duration of trips will be cooking and eating out on the trail/river. If your camper has must-have snacks, feel free to send some but we will provide snacks for each day.

Typical meals include:

- Breakfast: oatmeal, grits, pop-tarts, granola
- Lunch: PB&J, summer sausage and cheese, tortillas, crackers, tuna packets, fruit
- Dinner: mac and cheese and bacon, rice and beans, loaded mashed potatoes, ramen
- Snacks: Goldfish, trail mix, fruit, beef jerky, fruit snacks, granola bars



DIETARY RESTRICTIONS

- Please include any dietary restrictions your camper may have on the Health History Form. We need to have this information to inform trip leaders of any special needs.
- We are able to accommodate reasonable dietary restrictions. We will do as much as reasonably possible to accommodate picky eaters, but allergies take priority. This is a good time for your camper to try new foods!
- Unless there is an allergy, there will be peanuts on trips. Please let us know if your camper has allergies!

PETS

Please leave pets at home, including check-in and check-out days. The wilderness areas we will be traveling in have plenty of animals to enjoy.



CUSTOMER SERVICE

It is essential to the YMCA Camp Duncan staff that you and your camper have the best experience possible. We pride ourselves on delivering a quality camp program. If you or your camper has any concerns or the camp didn't meet your expectations, please reach out to Bobby Thomas, Executive Director, at rjthomas@ymcachicago.org. The issue cannot be resolved or remedied if we don't know about it. By informing the Executive Director, it allows the YMCA staff to take appropriate action to resolve any issues that may be of concern.

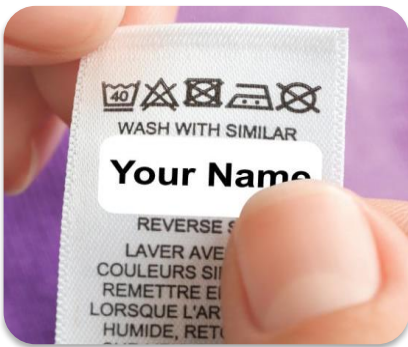
CLOTHING AND LOST/FOUND

Campers should have enough clothing to last the duration of their camp stay. Campers should bring clothing that can get wet and dirty without concern (see packing list for more details). Clothing should be appropriate for a value-based camp environment without slogans or pictures that are in poor taste and/or inappropriate. YMCA Camp Duncan reserves the right to prohibit any inappropriate clothing.

Please label all clothing and items with your child's first and last name in permanent marker. We will attempt to identify and return all items at the end of each week. If you discover that your camper has left an item behind, please inform us, and we will do our best to locate it. If found, items will be mailed back. All items left behind are stored at camp for two weeks and then donated to Goodwill.

YMCA Camp Duncan is not responsible for any lost or damaged personal items. Campers are encouraged not to bring valuable items or clothing to camp.

Ways to label all of your camper's belongings:



SWIM ATTIRE

To help maintain an atmosphere of modesty, we respectfully ask for only boxer-type swim trunks, one-piece swimsuits, or modest two-piece suits that cover camper's bodies appropriately.

SWIMMING ASSESSMENT

Each camper's swimming ability will be evaluated during our first trip to the pool by the Aquatic staff and lifeguards. Everyone who swims during their stay at camp must have a swimming assessment. On canoe trips and rafting trips we will all be wearing PFDs anytime we are in a boat regardless of swimming ability. There will be opportunities to swim on all trips but it is not required. If your camper does not wish to take the swim test, they will be a red chip swimmer.



Our swim test is broken down into three levels: Blue, White and Red. Blue being the chip that we try to have campers work towards!

Chip	BLUE	WHITE	RED
Test	Swim 2 lengths any stroke, have the ability to jump in the deep end, and tread water for 2 minutes.	Swim one length any stroke, able to jump in the deep end, tread water for 1 minute.	Have the ability to jump in the shallow end, wear a PFD (personal flotation device) and be able to float on their back for 10 seconds.
On trips	Blue chip swimmers can swim in all parts of lakes/ivers we swim in (as deemed safe by staff).	White chip swimmers can swim in up to chest high water in all lakes/ivers we swim in.	Red chip swimmers can swim in waist deep water in all lakes/ivers we swim in.



WHILE YOUR CHILD IS AT CAMP

The YMCA Camp Duncan experience focuses on self-discovery, self-confidence, and self-esteem – all learned through positive reinforcement, encouragement, and acceptance. For more than 102 years, children have been allowed to create a very special community focused on friendship, inclusiveness, and independence at YMCA Camp Duncan. Camp's programs will challenge each camper at an age-appropriate level while giving them something to look forward to next year.

Teamwork is a big part of the camp experience. Many of our activities allow campers to move out of their comfort zone (i.e. canoeing, hiking, camping, etc.) As part of group living, campers travel everywhere as a group, help prepare meals and clean camp together, and lead us through our daily routines.

BULLYING

Bullying is one of the most significant challenges facing children today. As a bully-free zone, YMCA Camp Duncan is committed to every camper's physical and emotional safety. Through our staff training and program design, we will make every effort to prevent and manage incidences of bullying in fair, reasonable, and consistent ways. In addition to the camp policies and procedures, you can also take steps now to prepare your child for camp:

- Help your child understand bullying. Talk about bullying and how to stand up to bullies safely. Emphasize that bullying is unacceptable.
- Help them be more than a bystander. Talk to them about what to do if they see someone else being bullied.
- Let your camper know if they are being bullied or see someone else being bullied while at camp; they can always let the camp staff know immediately.
- Check-in with your child about their camp experience at pick-up. Listen to them. Learn about their friends, ask about camp, and listen to concerns. We will provide some open ended questions when you check-out!
- Model and teach your child how to treat others with kindness and respect.

CAMPER MENTAL HEALTH

A lot has happened in the past few years. Our campers are resilient, but sometimes may need extra encouragement, someone to talk to, or just a friendly ear to vent. At camp, we have the perfect setting for campers to find comfortability talking about their struggles and to find ways to take their mind off of the tough things they face each day.

YMCA Camp Duncan has partnered with the YMCA of the USA and Hello Insight to incorporate mental health activities during our evening reflections and morning routines. They include activities around mindfulness, resilience, and coping skills and encourage self-reflection integrated into the camper experience. These short activities are intentional and meant solely to improve the camper experience.

BEHAVIOR MANAGEMENT

We believe that every child has the right to experience camp and all it offers. We believe in setting limits and explaining the boundaries for campers. When these boundaries are tested, we use specific procedures to help the camper continue their camp experience.

As a commitment to the success and enjoyment of camp by each camper, we want you to know our usual steps for redirecting challenging behavior.

On the first day of camp, our staff will go over the ground rules of camp life and trip expectations. Campers have the opportunity to ask questions about policies and rules, so everyone is clear about the expectations.

PROCEDURES WE FOLLOW

- Trip leaders will talk about the specific undesirable behavior with the camper and together make a verbal corrective plan for success. The trip leader will let the BOLD & GOLD Director know what has happened.
- If the behavior continues, the BOLD & GOLD Director will have a conversation with the camper and create a plan for change. After a conversation with the Director, the Director will call the camper's home, explain what has happened, let a parent/guardian know the approaches that we have tried, and ask for advice about the situation ("What do you do at home when _____ occurs?" "Is there something that might be causing this behavior?" "Do you have any suggestions?"). We have been incredibly successful in partnering with parents in the past.
- However, if the behavior continues, the Director will involve the parent in a phone conversation with the camper. This call would be initiated and supervised by the Director.
- Unfortunately, there are situations when campers are removed from camp activities, and parents are asked to pick up their child from camp without a refund. This, of course, is not our preference, but for the well-being and safety of the whole group, or as a logical consequence for continued inappropriate behavior, dismissal from camp may be required by the Director.

If a camper must be sent home, the parent/guardian needs to make transportation arrangements in a reasonable amount of time pursuant to their location. If the trip is out on the river/trail your camper will need to be evacuated out by camp staff and then picked up by you.

Some behaviors will result in immediate dismissal from the camp program. YMCA Camp Duncan reserves the right to dismiss any camper due to violence, possession of an illegal substance, inappropriate conduct (i.e. fighting/bullying- harming another camper), or any other destructive behavior. Camp fees will not be returned in these instances.

Behavior management is a balance of kind yet firm discipline. The policy is based on three general rules:

1. A camper may not disturb or hurt others verbally or physically.
2. A camper may not damage any equipment or camp property.
3. A camper may not place themselves in a dangerous situation.

PREPARING FOR CAMP

YMCA Camp Duncan makes every effort to ensure your child has a wonderful experience at camp. Parents can help us greatly in our efforts, mainly by letting us know about specific behavioral, health-related, emotional, or other issues that affect your camper at home. With sufficient notice, parents and camp staff can discuss strategies for helping to ensure your camper's success at camp.

HELPING CAMPERS SUCCEED

There is no formula for when a camper is ready to go to camp, but the following can act as a guide to communicating with your camper about different aspects of camp. The number one characteristic of a successful camper at YMCA Camp Duncan is that the camper **WANTS** to be at camp. **Remember, adventure trips are not a punishment!**

HAPPY CAMPERS ARE:

Emotionally confident and independent enough to enjoy the camp experience; able to care for themselves at an age-appropriate level, able to respect others in their group, able to maintain basic hygiene (brushing teeth, showering, table manners, etc.); emotionally appropriate with peers and staff and physically safe with self and others.

MISSING HOME (HOMESICKNESS)

For many children (including those who have been to camp before), missing home is part of coming to overnight camp. Parents can play a big role in helping their camper to overcome missing home, both before and during camp, and in doing this, grow even closer to their camper.



DEVELOP REALISTIC EXPECTATIONS



Developing realistic expectations about camp is very important. Parents can sometimes over-glamorize the camp experience. (“Honey, you are going to have the best time of your life!” or “You will make the greatest friends!”) Going away to camp is fun and worthwhile, but it is important to make sure your camper 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 normal.

Any time there is a group living situation (campers living together for 24 hours for multiple days), there are bound to be issues that arise. How campers deal with those issues is important. Go ahead and talk about the fun they will have, but also discuss rainy days; about relating to some people more than others (both campers and staff); about the difficulty of making choices in the camp program. Discuss their worries about not being “good” at an activity or making new friends. By doing this, you help set expectations for campers and their feelings to better recognize and cope with them.

INCLUSION STATEMENT

The YMCA of Metropolitan Chicago believes that everyone, regardless of ability, race, gender identity, income, faith, or sexual orientation, has the right to live life to the fullest and enjoy the Y's programs and facilities. Moreover, the principles of diversity, equity, and inclusion inform every aspect of our Association—including staff hiring and training, strategic planning, program offerings, and more. We are committed to deepening our work in this area to ensure that every segment of society feels welcome and supported by the Y.

HOW TO REQUEST DISABILITY MODIFICATION?

If you require a modification due to a disability to participate in any of our programs, please inform camp staff at the time of enrollment and select the request on your enrollment paperwork so that a member of our Inclusion team can reach out to you. Questions? Email inclusion@ymcachicago.org

FORMS YOU NEED TO DO BEFORE COMING TO CAMP

Please check to ensure that you have all forms completed and uploaded to your online account BEFORE the first day of your camper's session. Full payment and all completed forms must be received on the first day of camp for your camper to attend. ALL FORMS CAN BE FOUND IN YOUR REGISTRATION ACCOUNT.

- **CAMP HEALTH HISTORY:** All campers must have a completed Health History form to attend camp. This form is filled out online during the registration process. This is a requirement for our ACA accreditation and our licensing from the State of Illinois.
- **CAMPER AUTHORIZED PICK-UP RELEASE FORM:** This Form needs to be completed and signed by a parent/guardian. This form indicates to whom your camper may be released. Please note we cannot release campers to anyone other than those on this form. Parents, please don't forget to put yourself on the Release Form.
- **CAMPER STORE ACCOUNT:** The Camper Store Account can be updated on your online account or by calling the main office.
- **FACILITY USE WAIVER:** This is a waiver each camper needs on file to be at camp. It is signed when you register.

Special Note for Campers Attending Multiple Sessions: Multiple form copies are unnecessary for campers attending multiple sessions. As long as you have filled out and uploaded one copy, it will be attached to all of your camper's registrations.

BOLD & GOLD SPECIFIC INFORMATION

- BOLD & GOLD is a national Y program that aims to inspire leadership, friendship, and community in young people from diverse backgrounds through outdoor adventures. All BOLD & GOLD trips involve camping in tents, peer to peer mentoring and leadership, teamwork, and social emotional learning.
- Youth will take the lead on trips! They will be setting up and breaking down their own tents (with the help of other campers), cooking meals for the group, and hiking and paddling for miles at a time.
- All trips are beginner friendly and do not require prior outdoor experience. They do require a good attitude, willingness to try new things, and great teamwork skills.
- Trips will spend the first night at Camp Duncan at our campsite and depart Monday morning for the trail/river/wilderness area. Many trips travel out of state to Wisconsin.

STAFF

- BOLD & GOLD trips are led by 2 wilderness instructors who are certified in Wilderness First Aid, CPR/AED, and most are lifeguards (each trip will have at least one lifeguard).
- In addition to Camp Duncan staff training and YMCA of Metro Chicago training, staff take part in an extensive training trip where we mock up a BOLD & GOLD trip and visit the areas we will be traveling in. Staff who will be driving mini buses also take part in van driver training.

SAFETY AND COMMUNICATION

- The safety of participants is our highest concern. Travel in the outdoors always involves risk. The most important thing we do to mitigate risk in our programs is to be certain our instructors follow our safety policies and practices.
- Staff will carry cell phones and a satellite device with them on trips. Some trip areas have cell phone service and others do not. In the event of an emergency trip leaders can contact 911 and the program director from their phones or from the satellite device.
- In the event there is an emergency, we have developed an extensive Emergency Action Plan (EAP) that includes communication with land managers and provides support for all of our groups out in the field. Instructors are the first to provide emergency care and will provide initial medical care to the level of their training. Additionally, our program has an on-call wilderness EMT and camp nurse if needed.
- In the unlikely event that the YMCA would make the decision to evacuate a BOLD & GOLD trip, we will attempt to contact the primary caregiver(s), then the emergency contact person, in that order. At that time, the person we make contact with will be given further instructions as to how the evacuation will proceed. Such an emergency may require caregivers or emergency contact persons to pick up their teen at a predetermined location.

OUTDOOR ACCOMODATIONS

- Campers will be sleeping in tents for the duration of adventure trips. Our tents are large and comfortable but there will be dirt, bugs, and the possibility of bad weather.
- Campers will likely sleep either 3 people in a 4 person tent or 2 people in a 3 person tent. Instructors will be sleeping in single tents nearby. Tents will be separated by gender identity on all gender trips. If this gender arrangement will not work for your camper please reach out to the program director so that we can make other arrangements.
- Most trips do not have access to showers. There are a few exceptions, but prepare your camper to not be able to shower for the week. River and lake baths are often possible on trips.
- Most trips will stay at campsites with primitive outhouses. Canoe trips do not have this luxury and campers will be using the facili-trees (catholes dug outside using leave no trace guidelines).

PACKING

- Packing lists vary by trip and will be sent out upon registration. Please pack as minimally as possible. Anything not brought on trips will be stored at Camp Duncan. Campers are also welcome to bring a bag of extra clothes and toiletries to leave on the bus for their return from the field.
- Here are some general guidelines:
 - Avoid cotton for active times (hiking, canoeing) as once it is wet it will not dry. Synthetic clothing that dries quickly (think sports or wicking material) is best. Outdoor clothes do not have to be expensive! Thrift stores often have options as well as discount stores like Sierra. Cotton clothing is fine for non-active times (hanging at camp, bus riding).
 - YMCA Camp Duncan is not responsible for damaged or lost items.
 - Please do not pack medication in your camper's luggage.
 - Camp Duncan reserves the right to ask the camper to change their clothes if they are deemed inappropriate to foster values and appropriateness. This includes, but is not limited to, extremely short shorts, baggy pants worn too low, shirts with offensive or rude messages, and clothing/swimsuits that are too revealing.

- Any camper discovered with tobacco products, alcohol, non-prescription/illegal drugs, firearms, or knives is subject to immediate dismissal from camp.
- **We DO NOT allow CELL PHONES at camp.** If your camper is found to have a cell phone, it will be taken to the Camp Director's office, where it will be stored until check-out day.
- Staff will go through camper's items with them before we leave for the field to ensure that everything is present. Camp staff reserve the right to disallow use of personal gear if it is not appropriate for the trip at hand.

SAMPLE ITINERARY

- Day 1: check-in at Camp Duncan, go through items and repack, set up camp at basecamp, get to know you games, dinner, swim test, evening activity.
- Day 2: break down camp, breakfast, depart for wilderness area, start hiking/paddling, set up camp for the night, dinner, evening activity and campfire.
- Day 3-5: break down camp, breakfast, hike/canoe to new campsite, set up camp, games, dinner, evening activity and campfire.
- Day 6: Arrive back at Camp Duncan, clean and put away gear, visit camp store, BBQ lunch with camp, pickup.



YMCA CAMP PHILOSOPHY & GOALS

CHARACTER DEVELOPMENT

Character Development is challenging people to accept and demonstrate the Y's four core values—caring, honesty, respect, and responsibility. It is the foundation for the development of the important character traits that will remain with a child for their entire life. The Y camp mission statement puts it best: The Y provides trained leadership and the resources of the natural surroundings to help each camper achieve his/her fullest potential in terms of mental development, physical well-being, social growth, and spiritual awareness. Challenging people to accept and demonstrate positive values is more effective than treating problems because it deals with the roots and not just the results.

Y Camp is important to a child's development because...

- Children grow personally. They are given the chance to experience new things and interact with other children on a daily basis.
- Children learn new things. Whether it's playing a new game, practicing an existing skill, or developing their social skills, children leave our camp having learned something they can remember for a lifetime.
- Children learn to appreciate diversity in each other. We live in a multicultural community and our camp reflects this. Children learn that each person is unique. They have fun and respect each other regardless of race, religion, gender, or social status.
- Children learn lifetime values. From the simplest of values and attitudes like sharing, sportsmanship, and giving respect to others, comes our basis for making more complex value decisions as they mature.
- Campers have fun! Without fun, the above reasons for children to attend our camp become harder to accomplish. Games, stories, hikes, field trips, swimming, sports, and crafts are all done with the children as the primary focus.