



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CREATING LASTING FRIENDSHIPS

Parent/Camper Guide

YMCA CAMP AT HORSETHIEF RESERVOIR

www.ycampidaho.org

In here you will find information on:

- ◆ Directions to Y Camp
- ◆ Check-in/Check-out Procedures
- ◆ Payment/Cancellation Information
- ◆ Communication with your Camper
- ◆ Health and Safety at Y Camp
- ◆ Open House and Visitors at Y Camp
- ◆ What about Homesickness
- ◆ What to Pack (printable packing list)
- ◆ Financial Assistance Application



WELCOME TO Y CAMP!

Thank you for choosing YMCA Camp at Horsethief Reservoir this summer! By registering your camper for a week at Y Camp you have begun a journey that will change their life in more ways than you might imagine.

Y camp is a place of magic and wonder, where under the tutelage of our highly trained staff, your camper will experience new activities and learn new skills with an emphasis on developing the YMCA core values of Caring, Honesty, Respect, and Responsibility. While experiencing fun and exciting adventures, campers will learn more about themselves and build friendships and memories to last a lifetime.

This packet was created to help prepare both you and your child for the resident camp experience including everything from what your camper needs to pack to how you can communicate with them while they are away from home.

We look forward to welcoming your child into our Y Camp Family!

DIRECTIONS TO Y CAMP

From Boise:

Take highway 55 North to Cascade

Once you've passed through Cascade, turn right onto Warm Lake Road

Proceed 6 miles, then turn right onto Horsethief Road

Proceed 3 miles down to the west side of the reservoir (do not turn off the main road)

Our property is located at the south end of the reservoir; you will enter it shortly after the spillway*

Just before the cattle guard onto Y camp property, you will cross a spillway with water running over the road most times of the year. It is safe for most cars to proceed through the spillway.



YMCA CAMP AT HORSETHIEF RESERVOIR

301 Horsethief Rd

P.O Box 87

Cascade, ID 83611

(208) 344-5502

www.ycampidaho.org

CHECK-IN PROCEDURES

Bus transportation from Boise and back is \$5 each way (\$10 round trip). Parents/Guardians are encouraged to pick their camper up from camp if possible so they may show you around and join them for lunch. CIT campers will stay at camp the weekend between their sessions.

Changes to transportation must be determined by check-in day. Changes after this day are only allowed in case of emergency.

Times and Locations

Check-in for bus riders is from 2:30-4pm at Foothills Christian Church on Sunday. Busses depart no later than 4pm.

Check-in at Camp is from 4-5pm on Sunday. Please notify us if you cannot arrive at camp by 5pm. Dinner is at 6pm.

**All campers must be checked in by an adult. Check-in will take 15-30 minutes, please plan accordingly. The process includes tagging luggage, confirming registration information, turning in any medications, and talking to your campers counselor.

CHECK-OUT PROCEDURES

All authorized persons MUST bring a photo ID to check-out. Only those persons listed will be permitted to release your child from Y Camp staff. Parents/Guardians MUST be listed on the check-out authorization as well.

Times and Locations

Check-out at camp is from 1-2pm on Friday. If you need to pick up your camper early, written notification is required.

Check out for bus riders is from 3:30-4:30pm at Foothills Christian Church on Friday.

If the busses are running late the Camp Director will notify you upon your arrival at Foothills Christian Church.

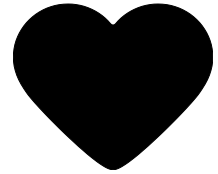
Foothills Christian Church
9655 West State Street
Garden City, ID 83714



HEALTH AND SAFETY

Safety is our number one priority at camp. We go above and beyond the ACA (American Camp Association) requirements by ensuring that all children are supervised and accounted for at all times and that any camp visitors are immediately greeted and accompanied. Rest assured that your camper is in good hands.

YMCA Camp at Horsethief Reservoir engages volunteer medical staff for each session of camp. These volunteers hold a current RN certification. Our medical staff are responsible for all aspects of health management at camp from dispensing regular medications to first aid and emergency care. All higher level care is provided by Cascade Medical center, a 24 hour emergency care clinic located about 20 minutes from camp.



Medications

Medications is any substance a person takes to maintain and/or improve their health. This includes vitamins and natural remedies.

All prescription medications sent must be listed on the medication page, completed during online registration. Medications will be stored at the Y Camp Health Center and dispensed by the medical staff; with the exception of Inhalers and Epi-pens that can stay with your camper.

All prescription medications must be in their original containers with the original label and directions attached. Prescription must match the label or be accompanied by a note from your physician approving any change. Please provide enough medication to last the entire time your camper is away.

The Y Camp Health Center provides most common over the counter medications. Please do not send these to camp.

PAYMENTS

All summer camp programs require a \$65 non-refundable/non-transferable deposit to register. Final payment is due two weeks before the start of camp. Scheduled payments may be made online.

If payment is not received, your registration may be cancelled and your payments forfeited.

If you have extenuating circumstances or if you would like to apply for financial assistance please contact the Camp Registrar at 344-5502 x250.

Transfers or changes from the original registration are based on availability. Starting April 1, 2017 there will be a **\$25 transfer fee** for any change from the original registration. This includes switching weeks of camps.

CANCELLATIONS

All cancellations must be made in writing.

Full refund minus the deposit will only be issued for cancellations made in writing at least 14 days prior to the start of camp. No refund will be issued for cancellations made 13 days or less prior to the start of camp which is after the full balance is due.

All deposits are non-refundable/non-transferable.

CABIN MATE REQUESTS

Requests must be of the same gender, campers should be no more than a year apart in age, and the request must be reciprocal. Because we attempt to provide as diverse a cabin group experience as possible, we will honor **only one** cabin mate request from each camper.

We are very aware of the anxieties, emotions, and desires that campers feel toward this life changing experience. However, our goal is to remove the potential for cliques so that campers who do not already know some of their cabin mates will not feel left out.



CAMP STORE

Campers will have the opportunity to purchase items from the camp store. The camp store does not accept cash. Any money should be deposited onto the camp store account, which can be done online. Campers can then draw from their account during their week at camp.

The camp store offers a variety of t-shirts, sweatshirts, necessities, and souvenirs ranging in price from \$1-\$30.

At the end of camp, if there is any remaining balance left on the store account, it will be refunded unless you chose to donate it. Any balance less than \$1.00 will automatically be donated to the Annual Campaign.

The YMCA Annual Campaign provides financial assistance to those who otherwise could not afford to participate in services and programs offered by the Treasure Valley Family YMCA.

The camp store will be open during check-out at camp.



LOST AND FOUND

The YMCA is not responsible for lost or stolen items. To avoid lost items, be sure to label everything with your camper's first and last name.

Lost and found items found during camp are displayed daily for campers in the dining hall. Items not claimed by the last day will be posted on Y Camp's Facebook page.

Prudent attempts will be made to reunite labeled items with their owners after check-out. Due to limited space, all unclaimed lost and found items will be donated to charity 30 days after the end of the camp session.

If you are looking for a lost item, please contact the Camp Registrar at 344-5502 x250.

COMMUNICATION

Everyone loves to get mail at camp, and a letter or package from home can be an awesome surprise for your camper! Please *do not* send candy or other food as campers cannot store food in their cabins.

Y Camp is a NUT FREE Camp. Please do not send any food with your camper that contains nuts.

To ensure your camper's mail arrives while they are at camp, send mail by Wednesday. Mail received after a camper's session is returned to sender. If you want your child to receive mail on Tuesday, mail it Friday before he/she leaves. You may also bring letters or packages to check-in that we will deliver to your camper mid week. We do not deliver mail to campers on check-in or check-out days.

Fed Ex and UPS Address:

Camper's Name and Session
YMCA Camp
301 Horsethief Road
Cascade, ID 83611



US Postal Service Address:

Camper's Name and Session
YMCA Camp
PO Box 87
Cascade, ID 83611

Email

Although campers do not have access to respond to email, we print out and deliver emails daily beginning Monday morning. Emails should include your camper's name and cabin name in the subject.

Because we must print emails to deliver them, we respectfully request that you send no more than one email per day, per camper and no attachments.

Emails may be sent to

horsethief@ymcatvidaho.org

Phone

Campers do not have access to phones and cell phones are not allowed at camp. Campers are not able to make calls home. If there is an issue needing your attention, please contact the Summer Camp Director.



Any cell phones will be collected and locked in the Camp Director's office and returned to your camper on the final day of the session.

VISITORS

Although we recommend that guardians pick their camper up from camp at the end of their session, we highly discourage visits *during* camp. Having visitors diminishes the opportunity for campers to learn independence and seeing loved ones can 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.

If you would like to visit camp, please call to schedule a visit. Upon arrival all visitors must check in at the camp office.



OPEN HOUSE

Attending this annual event is a great way to alleviate any concerns first time campers or their guardians may have.

This day is for everyone to explore our beautiful camp in Cascade, Idaho. Bring your family and friends and come tour the facility, enjoy an informational session and refreshments. We will be answering all questions and concerns you have regarding your child's stay at camp.

This year's open house will be held on April 15th and May 13th. First session is 10am-12pm and the second session is 2pm-4pm.

Please RSVP to ycamp@ymcatvidaho.org

HELP YOUR CAMPER SUCCEED

Whether this is your camper's first time staying away from home or they are a veteran Y camper, we want to do all we can to help make it an incredible experience. Parents/guardians can help by taking time in advance to communicate any special concerns or needs. To discuss any concerns, please contact the Summer Camp Director at 208 344-5502 x246.

Homesickness

This is a very natural feeling for campers and most cases are managed easily by our well trained staff. Camp is a place of great excitement but also change for some (different schedule, new environment), which can lead to homesickness. The best ways to prepare your child to deal with these feelings is to ensure them it is very natural and encourage them to focus on the fun new experiences and talk to their new friends or counselors when they start experiencing these feelings. We also suggest sending a favorite stuffed animal or photos of the family.

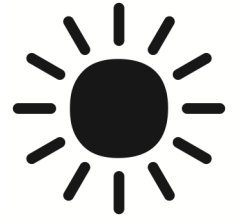
Pre-addressed, stamped envelopes and paper to write home are another way for campers to stay connected. Please *do not*, tell your camper they can call home or that you will come get them if they start to feel homesick. In extreme cases the camp director will contact you for help, but calling home generally leads to more issues for campers so it is used as a last resort. Visiting camp before summer is a great way to put you and your camper at ease.

Bed Wetting

Our staff work diligently to keep this a private matter for your camper. Please be certain to inform your campers counselors at check in if this is something we need to assist with and to share any suggestions you may have. Counselors can help ensure your child does not drink for a time before bed and work one on one to ensure accidents are handled with complete discretion.

A TYPICAL DAY AT CAMP

7:00 am	Wake Up
7:45 am	Flag Raising
8:00 am	Breakfast
9:00 am	Morning Reflection
9:45 am	Period 1
11:10 am	Period 2
12:30 pm	Lunch
1:20 pm	Toes Up (Rest Hour)
2:30 pm	Period 3
4:00 pm	Period 4
5:20 pm	Flag Lowering
5:30 pm	Dinner
6:40 pm	Evening Prep
7:30 pm	Evening Program
9:30 pm	Devotions/Lights Out



If your camper participates in the Rags & Leathers program, ceremonies will take place at 6:30am for Leathers and 10:00pm for Rags.

WHO DO I CONTACT?

KELIE NAGL

Camp Director
kelie.nagl@ymcatvidaho.org

ERIK BULLOCK

Executive Director
erik.bullock@ymcatvidaho.org

SHANA LENZI-STEIGER

Camp Registrar
shana.steiger@ymcatvidaho.org

MAIL: 301 Horsethief Rd
P.O. Box 87
Cascade, ID 83611

PHONE: 208-344-5502
Ext. 250

CAMPER EMAIL: horsethief@ymcatvidaho.org

**EMERGENCY
PHONE:** 208-389-2267

WHAT TO PACK

Please use the camper inventory on the back of this page to record what your camper brings to camp. We also suggest putting the list in the camper's luggage so that they can check to make sure they have everything when packing to go home.

Average daytime highs are 75-85 degrees while evening lows can be as low as 35 degrees. Please be certain your camper has warm clothing. Long sleeves and pants are required 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. Please send OLD clothes, towels, and shoes and be sure to label ALL clothing and equipment.

Please do not pack cell phones, electronics, pocket knives, firearms, alcohol, illegal drugs, or tobacco.



STAY UP TO DATE

Keep up to date on photos, information, and other Y Camp events by liking us on Facebook.

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

www.facebook.com/ycampidaho

We want to hear about your campers experience! After check-out, you will receive an email parent evaluation. We ask you to go through this evaluation with your child and return it to us as soon as possible so we can make our programs and services even better.

SUMMER CAMP BUCKET LIST

Start checking things off your bucket list at Y Camp this summer!

- ◇ Make a friend for life
- ◇ Participate in a program you have never done before
- ◇ Climb to Canada
- ◇ Meet counselors from 2 different countries
- ◇ Learn the history of Y Camp
- ◇ Hit a bulls-eye in archery
- ◇ Learn to build a campfire
- ◇ Roast a s'more
- ◇ Learn a greater appreciation for the Idaho wilderness
- ◇ Locate one of our resident animals (owl, fox, or buck)
- ◇ Earn a rag in the ragers program
- ◇ Write a handwritten letter home
- ◇ Sleep under the stars
- ◇ Learn about others around a campfire
- ◇ Sing a song
- ◇ Throw a stick into the closing campfire
- ◇ Provide input into the future of Y Camp at Horsethief Reservoir
- ◇ Reserve your spot for 2018, we fill up fast!

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 soon!



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 FOR SOCIAL RESPONSIBILITY

Y CAMP AT HORSETHIEF RESERVOIR

CAMPER INVENTORY

Camper's Name: _____

This is a suggested list of clothing and equipment for a one week stay. Please place this list in your camper's suitcase or duffel bag so that they can double check their belongings when packing to return home.

PACKED		RETURNED
	1 Sleeping Bag	
	Pillow	
	Laundry Bag	
	Toothbrush & Toothpaste	
	Shampoo and Conditioner	
	Hairbrush or Comb	
	2 Towels (at least 1 bath & 1 beach)	
	Washcloth & Soap	
	2 Pairs of Pants	
	4-6 Pairs of Shorts	
	6 Sets of Underwear	
	6 Short-Sleeve Shirts	
	2 Long-Sleeve Shirts	
	1-2 Sweatshirts or Jackets	
	Bathing Suit	
	Pajamas	
	Closed Toed Shoes (flip flops & sandals can only be worn in the shower or at waterfront)	
	1 Raincoat or Poncho	
	Flashlight, Insect Repellent & Sunscreen (non-aerosol)	
	Writing Supplies & Stamps	
	Water Bottle	
	Adventure Campers: Backpack, Extra Sweatshirt, Mess Kit, Sleeping Pad, Gloves, Warm Hat, and Hiking Boots (optional)	



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Financial Assistance

WELCOME TO ALL

THE ESSENCE OF THE Y

With a commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility, the Treasure Valley Family YMCA ensures that every individual has access to the essentials needed to learn, grow and thrive.

EVERYONE IS WELCOME

The YMCA welcomes all who wish to participate and believes that no one should be denied access because of an inability to pay. Through our Financial Assistance Program, the Y provides assistance to youth, adults, and families based on individual needs and circumstances.

COMMITTED TO OUR COMMUNITY

Determining assistance amounts is handled by all Y branches in a fair and consistent manner. Every Y member receives the same membership benefits, regardless of whether or not they receive assistance. Y members can feel confident knowing they are a part of an organization that cares greatly for the well-being of all people. We're committed to youth development, healthy living, and social responsibility.

Financial Assistance reduces membership fees on a sliding scale; it does not eliminate them. All members pay something.

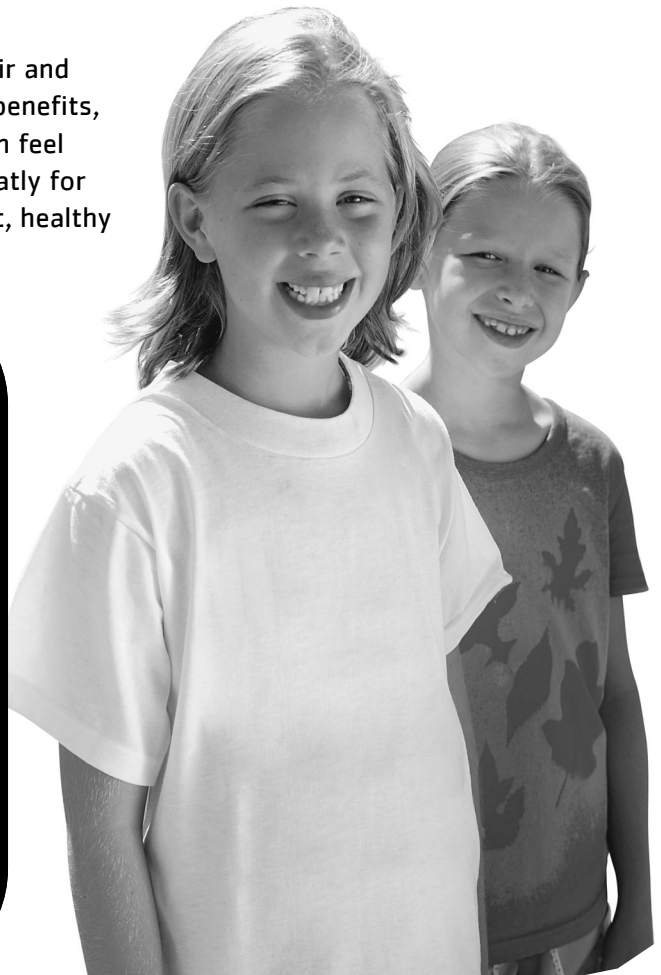
Program fees are also reduced by financial assistance. Occasionally the program fee minimum exceeds the amount of assistance.

Register for programs in person to receive assistance; online registration does not give financial assistance discounts.

Treasure Valley Family YMCA's require that individuals and families reapply every 12 months with updated documentation unless otherwise specified.

If you do not reapply, your membership will increase by 10% of our regular fee. We send a courtesy letter as a reminder, but it is each participating member's responsibility to reapply.

Please contact us if you have any questions:



~MEMBERSHIP WILL REMAIN ACTIVE UNLESS WRITTEN CANCELLATION IS RECEIVED~

**Caldwell YMCA
208.454.9622**

**Downtown YMCA
208.344.5501**

**Homecourt YMCA
208.855.5711**

**West YMCA
208.377.9622**

ymcatvidaho.org

SHARE YOUR STORY

At **Y Camp at Horsethief Reservoir** we believe children discover themselves through interactions with others and having the freedom to explore. Y Camp immerses children in a community where making friends is natural, exploring new interests is encouraged, and discovering inner strength is guaranteed. Y Camp teaches self-reliance, instills a love for nature and the outdoors, and builds character and leadership - all amidst the fun of camp fires, canoeing, archery, friends, zip-lining, paddle boarding, mentorships, ropes course, and so much more. YMCA Camp at Horsethief Reservoir is positively the best way to change a child's life.

Our Financial Assistance program is made possible by the generous support of our members and other donors in the community.

In the spaces below, please share your thoughts on why you chose Y Camp at Horsethief Reservoir for your camper and how you believe it will impact their life. (If you wish to remain anonymous, please check the box at the bottom of the form).

Name: _____

Date: _____

{ } Please do not include my personal information when sharing my story

CAMPER: please share a short story about yourself and why you would like to come to camp.

Camper Name: _____

Date: _____

{ } Please do not include my personal information when sharing my story