



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BEST CAMP EVER

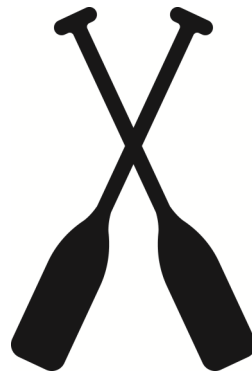
## Parent/Camper Guide

YMCA CAMP AT HORSETHIEF RESERVOIR

[www.ycampidaho.org](http://www.ycampidaho.org)

In here you will find information on:

- ◆ Directions to Y Camp
- ◆ Check in/out procedures
- ◆ Payment/Cancellation Information
- ◆ Communication with your camper
- ◆ Open House
- ◆ Homesickness
- ◆ Packing List
- ◆ Financial Aid



# 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 YMCA Summer 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 gate into camp, 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.



### Y CAMP AT HORSETHIEF RESERVOIR

301 Horsethief Rd

P.O Box 87

Cascade, ID 83611

(208) 344-5502

[www.ycampidaho.org](http://www.ycampidaho.org)

## CHECK IN PROCEDURES

Bus transportation from Boise and back is \$5 each way. Guardians are encouraged to pick their camper up from camp if possible so they may show you around and join them for lunch.

Changes to transportation requests must be made no later than Wednesday of your camper's session. CIT campers will stay at camp the week-end between their sessions.

### Times and Locations

Check in for bus riders is from 2-3pm at The Treasure Valley West YMCA Sunday for every camp. Busses depart no later than 3:30pm.

Check in at Camp is from 4-5pm on Sunday for every camp.

All campers must be checked in by an adult - check in will take 15 - 30 minutes please plan accordingly. The process includes tagging all bags, confirming registration information, turning in any medications, and talking to your camper's counselor prior to leaving.

## CHECK OUT PROCEDURES

All authorized persons MUST bring a photo ID to check out or we cannot release your camper to the individual. Parents/Guardians must be listed on the check out authorization as well.

### Times and Locations

Check-out at camp is from 12:00pm - 1:00 pm on Friday for every camp. If you need to pick up your camper early or before Friday, you must notify camp in writing by your check in day.

Please note that the busses depart camp before camp check out begins, therefore early check out will not be available for bus riders.

Check out for bus riders is from 3:00 - 4:00pm at The Treasure Valley West YMCA for every camp.

If the busses are running late the Camp Director will notify you upon your arrival at the checkout location.

## 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.

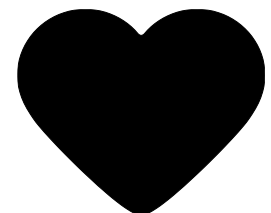
YMCA Camp at Horsethief Reservoir engages volunteer medical staff for each session of camp. These volunteers hold a current RN certification. Our medical staff are responsible for all aspects of health management at camp from dispensing regular medications to first aid and emergency care. All higher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

### Medications

Medications include prescription and non-prescription (over the counter) medications, vitamins, etc. All medications sent with your camper must be listed on our Medications Information Page, completed during registration, and will be stored at the wellness center and dispensed by the medical staff. With the exception of rescue Inhalers and Epi-pens which must be disclosed at check-in, but can stay with your camper.

**All prescription medications must be in their original containers with the original label and directions attached. Prescription administration must match the label or be accompanied by a note from your physician approving any change. Please send only a few more doses than is needed for the week.**

Over the counter Ibuprofen, Acetaminophen (Tylenol), and allergy medicines are available from the wellness center and therefore do not need to be sent with your camper.



## PAYMENTS

Final payment is due two weeks before camp (unless prior arrangements have been made). Scheduled payments may be made online. If payment is not received, your registration will 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.

## CANCELLATIONS

Full refunds minus the deposit will only be issued for cancellations made in writing at least 14 days prior to camp. No refund will be issued for cancellations made 13 days or less prior to camp. All deposits are non-refundable.

## CABIN MATE REQUESTS

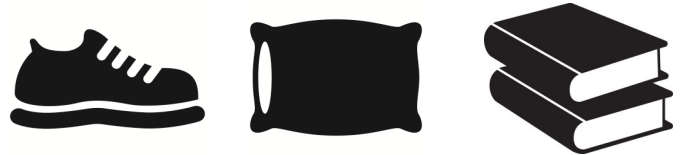
Requests must be of the same gender, campers should be no more than a year apart in age, and the request must be reciprocal. Because we attempt to provide as diverse a cabin group experience as possible we will honor **only one**, cabin mate request from each camper. Our goal is to remove the potential for cliques so that campers who do not already know some of their cabin mates will not feel left out. We are very aware of the anxieties, emotions, and desires that campers feel toward this life changing experience. Our policies are part of the design that allow us to continue to practice youth development, healthy living, and social responsibility.

## CAMP STORE

Campers may deposit money to a camp store account during the registration process online. At least once during the session campers will have the opportunity to make purchases. Counselors also help campers manage their money wisely so it lasts through the week. Clothing and souvenir items range from \$1 - \$60.

Some clothing items will be on display for parents to purchase at check out at camp as well.

Any remaining balance less than \$1 will be donated to the YMCA Annual Campaign. This campaign provides financial assistance to those who otherwise could not afford to participate in services and programs offered by the Treasure Valley Family YMCA.



## 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 but 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, be sure to contact the Camp Registrar at 344-5502 x250 no later than 2 weeks after your camper's session.

## 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. 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.

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.

### 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  
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](mailto: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 the camp director will contact you.

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 the camp number to schedule a visit. Upon arrival all visitors must check in at the camp office.



## OPEN HOUSE

Attending this 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.

Check our website: [ymcatvidaho.org/camp/](http://ymcatvidaho.org/camp/)

Or like us on Facebook @ [facebook.com/ycampidaho/](https://www.facebook.com/ycampidaho/)

For upcoming open house dates.

## 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. Guardians can help by taking time in advance to communicate any special concerns or needs. The summer camp director can be reached via email; [ycamp@ymcatvidaho.org](mailto:ycamp@ymcatvidaho.org) or by phone at 344-5502 ext 246.

### 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, 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.

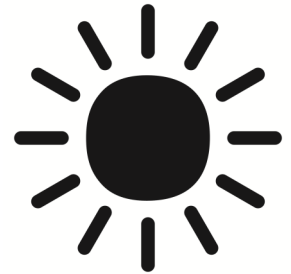
### Bed Wetting

Our staff work diligently to keep this private matter just that for your camper. Please be certain to inform your camper's 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	Breakfast/Flag Raising
9:00 am	Morning activities Begin
12:45 pm	Lunch
1:20 pm	Toes Up (Rest Hour)
2:30 pm	Cabin Activities
4:00 pm	Waterfront Time (times vary)
6:00 pm	Dinner/ Flag Lowering
7:00 pm	Evening Program
8:30 pm	Daily Reflections
9:15 pm	Devotions/Lights Out

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



## WHO DO I CONTACT?

### CHELSEA JOHNSTON

Camp Director

[Chelsea.johnston@ymcatvidaho.org](mailto:Chelsea.johnston@ymcatvidaho.org)

### ERIK BULLOCK

Executive Director

[erik.bullock@ymcatvidaho.org](mailto:erik.bullock@ymcatvidaho.org)

### SHELLYE WILSON

Camp Registrar

[shellye.wilson@ymcatvidaho.org](mailto:shellye.wilson@ymcatvidaho.org)

### MAIL:

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

### PHONE:

208-344-5502 or  
208-389-2267

**CAMPER EMAIL:** [horsethief@ymcatvidaho.org](mailto: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 follow up with an email.

[www.facebook.com/ycampidaho](http://www.facebook.com/ycampidaho)



## 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 fire
- ◇ Provide input into the future of Y Camp at Horsethief Reservoir
- ◇ Reserve your spot for 2018, we will 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 at Y Camp soon!**



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# Y CAMP AT HORSETHIEF RESERVOIR

## CAMPER INVENTORY

Camper's Name: \_\_\_\_\_

This is a suggested list of clothing and equipment suggested 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/or Conditioner	
	Hairbrush or Comb	
	2 Towels (at least 1 bath & 1 beach) & 1 Swim Suit	
	Washcloth & Soap	
	2 Pairs of Pants	
	4-6 Pairs of Shorts	
	6 Sets of Underwear and Socks	
	6 Short-Sleeve Shirts	
	2 Long-Sleeve Shirts	
	1-2 Sweatshirts or Jackets	
	Pajamas	
	Closed Toed Shoes (flip flops & Sandals can only be worn in the shower or at waterfront)	
	1 Raincoat or Poncho	
	Flashlight with Extra Batteries	
	Insect Repellent & Sunscreen (non-aerosol)	
	Writing Supplies & Stamps	
	Refillable Water Bottle	
	<b>Adventure Campers:</b> Backpack, Extra Sweatshirt, Mess Kit, Sleeping Pad, Gloves, Warm Hat	





FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# Y CAMP AT HORSETHIEF RESERVOIR

## CAMPER INVENTORY

Camper's Name: \_\_\_\_\_

This is a suggested list of clothing and equipment suggested 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/or Conditioner	
	Hairbrush or Comb	
	2 Towels (at least 1 bath & 1 beach) & 1 Swim Suit	
	Washcloth & Soap	
	2 Pairs of Pants	
	4-6 Pairs of Shorts	
	6 Sets of Underwear & Socks	
	6 Short-Sleeve Shirts	
	2 Long-Sleeve Shirts	
	1-2 Sweatshirts or Jackets	
	Pajamas	
	Closed Toed Shoes (flip flops & Sandals can only be worn in the shower or at waterfront)	
	1 Raincoat or Poncho	
	Flashlight with Extra Batteries	
	Insect Repellent & Sunscreen (non-aerosol)	
	Writing Supplies & Stamps	
	Refillable Water Bottle	
	<b>Adventure Campers:</b> Backpack, Extra Sweatshirt, Mess Kit, Sleeping Pad, Gloves, Warm Hat	



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# 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.

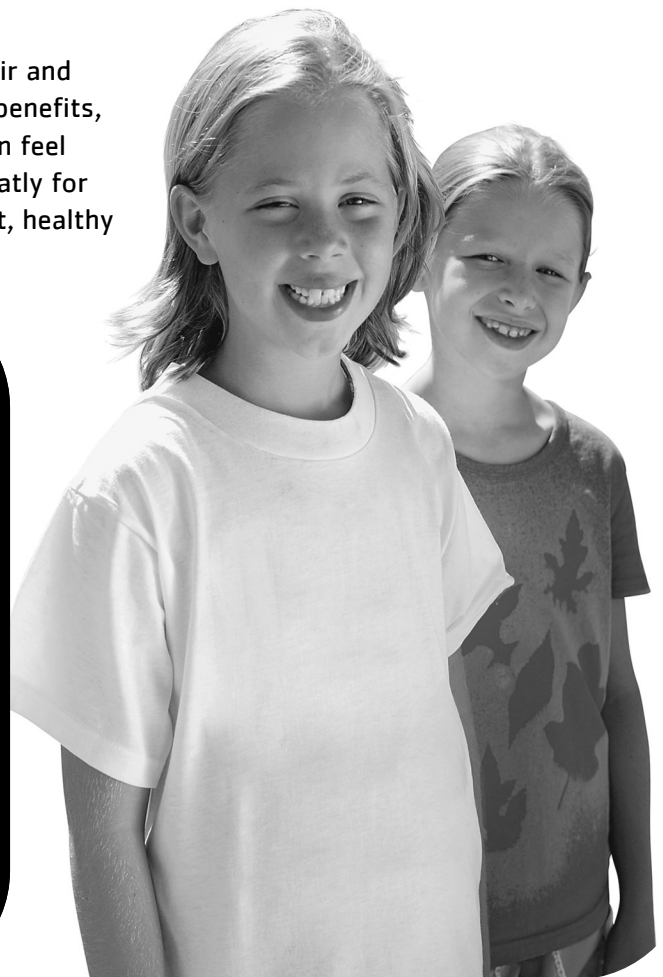
Program fees are also reduced by financial assistance. Occasionally the program fee minimum exceeds the amount of assistance.

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](http://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. YCamp 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 space 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 Y Camp.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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