



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEST

CAMP

EVER

Parent/Camper Guide

YMCA CAMP AT HORSETHIEF RESERVOIR

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
- Dress Code/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 3445502



www.ycampidaho.org

Check in at Camp is from 4:30pm-5:30pm on Sunday of each session.

CHECK IN PROCEDURES

Bus transportation from Boise and back is \$10 each way, non-refundable one week prior to camp. 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 one week prior to Check-in of your camper's session. CIT campers will stay at camp the weekend between their sessions.

Times and Locations

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

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, check for head lice and talking to your camper's counselor prior to leaving.

CHECK OUT PROCEDURES

In order for Y Camp to check out any camper, camp staff will check valid photo ID on all authorized personal. Parents/Guardians must be listed on the checkout authorization as well. If person is not listed, Y Camp will not release your camper to the individual.

Times and Locations

Check-out at Y Camp is from 12pm - 1pm on Friday of each session. If you need to pick up your camper early or before Friday, please notify camp in writing by your check in day.

Please note that the buses 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 3pm - 4pm at the West Boise YMCA.

If the buses are running late, families will be notified by the Camp Director upon your arrival at the checkout location.

HEALTH AND SAFETY

Safety is our number one priority at Y 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.

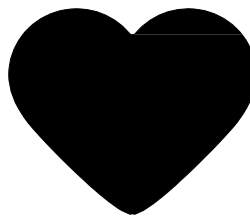
YMCA Camp at Horsethief Reservoir engages volunteer medical staff for each session of camp. These volunteers hold a current RN certification. Our medical staff are responsible for all aspects of health management at camp from dispensing regular medications to first aid and emergency care. All higher 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. Medication stored in anything other than the original container will not be accepted by camp staff. Please send the exact amount of doses needed for your camper's stay.

Generic 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 208 344 5502 ext 250.

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. A transfer fee of \$25 will be charged for changes made after May 1.

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, meaning that each camper must request and accept the request of the other camper they wish to pair with. Because we attempt to provide a diverse cabin group experience as possible we will honor only one, cabin mate request from each camper. Our goal is to remove any 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 - \$40.

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

Any remaining balance of \$5 or less will be donated automatically 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 any 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 photo sharing page, Smug Mug.

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 your camper's camp session.

If you are looking for a lost item, be sure to contact the Camp Director at 208 344 5502 ext 246 immediately after discovering an item has been misplaced.

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 they leave. You may also bring letters or packages to check in that we will deliver to your camper midweek. We do not deliver mail to campers on the first day or last day of the camp session.

To better ensure that your camper's mail arrives while they are at camp, please 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/Cabin
YMCA Camp
301 Horsethief Road
Cascade, ID 83611



US Postal Service Address:

Camper's Name and
Session/ Cabin
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 line.

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 will not be able to make calls home. If there is an issue needing your attention the Camp Director will contact you. Any cell phones found at camp will be collected and locked in the Camp Director's office and returned to your camper at check out.

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/

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 or by phone at 208.344.5502 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 bedwetting a private matter just for your camper. If your camper has a history of bedwetting, please be certain to inform your camper's counselors at check in if this is something we can assist with and to share any suggestions you may have. Counselors can help ensure your child does not drink any fluids 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 take place at 6:30am for leathers and 10pm for Rags.

WHO DO I CONTACT?

Shellye Wilson
Camp Registrar
shellye.wilson@ymcatvidaho.org

Chelsea Dixon
Camp Director
chelsea.dixon@ymcatvidaho.org

Tanner Rohne
Associate Executive Director
tanner.rohne@ymcatvidaho.org

Erik Bullock
Executive Director
erik.bullock@ymcatvidaho.org

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

Phone: Office: 208 344 5502
Emergency: 208 389 2267

Camper Email:
horsethief@ymcatvidaho.org

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. Please review the Y Camp Dress Code, detailed in the next section, as you prepare your camper for camp.

Average daytime highs are between 75 - 95 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.

Y Camp Dress Code

It is our desire that Y-Camp at Horsetheif Reservoir, be a place for youth and teens to escape distractions during their time at camp. Y Camp is a place where making friends is natural, exploring new interests is encouraged, and discovering inner strength is guaranteed. The YMCA is not a place where it is appropriate to wear risqué clothing and we want all campers to have the best experience possible. During a week at Y Camp Horsethief Reservoir, each camper will need to adhere to the Y Camp Dress Code. If campers are wearing clothes that do not adhere to the dress code, they will be asked to change. If campers dress inappropriately a parent will be asked to bring your child clothes or they will need to buy clothes from our camp store to adhere to our dress code.

T-Shirts & Tank Tops

- Clothing that advertise alcohol, drugs, sex, or related items are not permitted
- T-shirts are not to be torn, cut, tied, or altered in any way

- Tank tops must have straps at least 1 inch wide
 - No spaghetti straps, halter tops, backless shirts, crop tops, one shoulder top, tube tops, mesh, visible midriff, muscle shirts, or cleavage

Pants & Shorts

- No writing is allowed to be along the back of the garment
- Pants and shorts should fit comfortably and must not be too tight or too loose
- Pants and shorts should fit in such a way that neither the underwear or buttocks of wearer can be seen when standing or bending over
 - No yoga pants/shorts, running pants/shorts, spandex, spunks, tights, leggings, jeggings, nude or white in color bottoms (unless shorts are worn over top)
- Pants and shorts must not have excessive holes
- Shorts must be finger-tip in length

Swimwear

- Swimsuits must be modest and only worn during swimming time
 - Females-suits should be a once piece or a tankini that comes down to the bottoms
 - Males-swim trunks only (no cut-off shorts/pants or speedos)

Shoes

- Close-toed shoes are necessary for camp and are to be worn at all times (I.E.-Tennis Shoes, Boots, Keens)
 - Open-toed shoes may be worn in the shower house & at the waterfront
 - I.E.-Flip flops, Birkenstocks, Texas, Chacos
 - Open-toed shoes may not be worn while walking to and from these areas



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



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 YMCA Camp at Horsethief Reservoir
- Reserve your spot for 2019, 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!

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), Chap stick	
	Writing Supplies & Stamps	
	Refillable Water Bottle	
	Adventure Campers: Backpack, Extra Sweatshirt, Mess Kit, Sleeping Pad, Gloves, Warm Hat	

Y CAMP AT HORSETHIEF RESERVOIR

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	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), Chap stick	
	Writing Supplies & Stamps	
	Refillable Water Bottle	
	Adventure Campers: Backpack, Extra Sweatshirt, Mess Kit, Sleeping Pad, Gloves, Warm Hat	



**FOR YOUTH DEVELOPMENT®
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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**

**South Meridian YMCA
208.331.9622**

**West YMCA
208.377.9622**

ymcatvidaho.org



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

Financial Assistance

1

Name _____

Mailing Address _____

City _____

State _____ Zip Code _____

Home Phone (____) _____

Cell Phone (____) _____

Email _____

Date of Birth _____

2

I AM APPLYING FOR:

- Family Membership
- Family Membership w/ Child Watch
- 2 Person Family Membership
- Individual Membership (Young Adult/Adult/Senior)
- Youth Membership
- YMCA Programming Only

I can afford \$ _____ per month

Adults in Household: _____

Dependent Children in Household: _____

CURRENT FINANCIAL ASSISTANCE STATUS:

- First time applying or not currently receiving assistance
- Currently receiving assistance (Renewing)

3 **A MEMBERSHIP APPLICATION AND THE FOLLOWING DOCUMENTS ARE REQUIRED WHEN APPLYING FOR FINANCIAL ASSISTANCE:**

A **WORKING CURRENTLY**
OR SELF EMPLOYED

- Most Recent Tax Return*

AND
 - 30 Day Proof of Income For Entire Household
\$ _____
30 Day Gross Income
- * Visit IRS.gov and search "Get Transcript"

B **RECEIVING OTHER ASSISTANCE**

- If applicable, documentation of SSI, SSD, Food Stamps/Notice of Action, AFDC, unemployment, child support, etc.
- Monthly SSI / SSD \$ _____
- Monthly Unemployment \$ _____
- Monthly Food Stamps \$ _____
- Monthly Child Support \$ _____
- Other Monthly Assistance \$ _____
- Total Monthly Assistance \$ _____**

C **LETTER OF SPECIAL CIRCUMSTANCES**

- We understand that numbers don't show everything. If there are any special circumstances please include a written explanation (note/letter) so that consideration may be given.
- Special/Unusual Expenses:**
- _____ \$ _____
- _____ \$ _____

4 **THIS APPLICATION MUST BE RENEWED EVERY 12 MONTHS UNLESS OTHERWISE SPECIFIED**

I certify that the above information is true and complete to the best of my knowledge, and that I do not have additional income or assistance not represented above. I agree, if necessary, to send additional information and documentation to support the above statements. I understand that assistance is based on need. In the event that I or my family must cancel our participation, I will contact the YMCA immediately. I understand that if I falsify any of the above information, I will not be eligible for assistance now and/or in the future.

Print Name

Signature

Date

Front Desk Staff: _____ Date Received: _____

FA Reviewer: _____ Date Reviewed: _____

_____ Verification of Income (Initials)

Assistance %: _____

Date to reapply: _____

Monthly Fees:

Bank/Card Draft: \$ _____

Joining Fee: \$ _____

Short-Term Fee: \$ _____

Kid Zone (1): \$ _____

Kid Zone (2+): \$ _____

Amenities:

Towels: \$ _____

Locker Rental: \$ _____

_____ : \$ _____

_____ : \$ _____

Member Notification:

- In Person
- E-Mail
- Mail
- Phone

Notified By (Initials): _____

Additional Notes:

SHARE YOUR STORY

At YMCA 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 space below, please share your thoughts on why you chose YMCA 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