

Penobscot Bay YMCA 2008 Adventure Camp

Welcome to the Penobscot Bay YMCA's Adventure Camp Program. This handbook will provide both parents and guardian, with basic information regarding our camp procedures. However, feel free to contact the YMCA at 236-3375 if you have additional questions.

Staff to Child Ratio:

1: 6 (maximum ratio)

What a camper needs for a day trip at camp:

- Lunch (include fruit and granola bars/trail mix, avoid excessive amounts of fats and sugars)
- 2 Water Bottles (one that will not leak if turned upside down in daypack)
- Sunscreen at least SPF 15
- Bug Spray/Lotion
- Towel
- Swim Suit (NO BIKINIS), bring a pair of undergarments for after swimming.
- Backpack (large enough to hold lunch, swim suit, rain gear, sunscreen, and other daily items)
- Hat / Sunglasses
- Rain gear, poncho or suit
- Lightweight sneakers or boots. (Sandals for swimming only)

Please see detailed list of equipment needed for each week of camp.

**PLEASE LABEL ALL THE PARTICIPANT'S EQUIPMENT IN PERMANENT
MAGIC MARKER!**

Things to avoid bringing to camp:

Large, heavy coolers	Any Knives
Open-toed shoes	Candy/High sugar snacks
Clothing not essential for a day at camp	A BAD ATTITUDE
Game boys, Walkmans (Acceptable for Long Bus rides)	Anything Valuable

Daily Schedule for Day Trips

8:30 AM	Arrive at YMCA
8:30 -9:00	Announcements and day's agenda
9:30	Depart for an adventurous and challenging day.
10:00 – 3:00	Participate in scheduled adventure camp activity
3:30 PM	Return home

(Daily schedules for overnight trips will vary from day to day.)

Pick-up and Drop-off Procedures

Adventure Camp participants may be dropped off at the YMCA at 8:30AM. All parents must check-in with an Adventure Camp staff member to be to make sure the participant is supervised and has all necessary equipment needed. Adventure camp participants can also use the Camp-a-Homa bus for transportation in the morning. A Camp-A-Homa bus schedule is located in this handbook. If participants choose to ride the Camp-A-Homa bus they must follow the busing guidelines.

Adventure camp participants must be picked up at the YMCA by 4:00 unless stated otherwise in the weekly newsletter.

When picking participants up please check with a staff member to sign-out and gather any important information. If participant needs to walk or ride with another child please send a note indicating that change.

Meet the Staff

The Friday prior to camper's week of camp will be an informational night for campers and parents. Families will meet staff, go over schedule and have an opportunity to ask questions. Informational nights will be from 5:00-6:00PM.

Waterfront Activities

Swimming will take place on a daily basis (if possible) at various locations. Participants will take a swim test on the first day of each week in order to assess their ability. Only campers who successfully swim 75 feet and tread water for 2 minutes without assistance may swim in water over chest deep water. While at oceanfront locations no participant may swim in water over chest deep.

Weekly Newsletters

The purpose of the newsletter is to inform parents of the adventures that their child will be participating in throughout that week. The letter will also contain the required items that the child will need to bring to camp and the drop-off schedule.

Medication/Injury

All medication must be given directly to an Adventure Camp staff member from a parent or guardian in its original bottle. Also a note must accompany the medication with specific indications for use. There will be no provisions to keep medication refrigerated, please take that into consideration. If a camper gets injured and cannot complete the rest of the week, parents are expected to pick up the camper at a designated location decided by the Adventure Camp Director

Overnights

During overnights the Penobscot Bay YMCA will provide dinner, breakfast, lunch and snacks. Participants must bring a lunch/snacks the day one of the overnight.

Valuables/Belongings

Campers are responsible for their own belongings. All clothing and possessions should be labeled. No valuables are allowed on the trips.

Credit Policy

Program credits can only be issued prior to the week the camper is registered for. Credits will not be approved after the week a child is registered for unless accompanied by a doctor's note that states the participant may not attend because of a chronic medical condition. *Credits must be used within one year of issue date.*

2008 Adventure Camp Trips Equipment List

Required Equipment

Backpack
Shorts and Loose-Fitting Pants
Swim Suit and Towel
Plastic bag for wet clothing
Sunscreen and Bug Spray
Lunch and Water Bottle
Light Hiking Boots
Rain Gear

Overnight Equipment

Sleeping Bag
Pillow
Change of Clothes
Toiletries
Day one Lunch
Fleece Jacket, Hat, Gloves
Flashlight
\$5.00 Spending Money (Optional)

Extra Equipment for Weeks

Climbing Quest Week

Harness/Climbing Shoes-optional (The Y provides equipment)

Extreme Anglers Week

Fishing pole (we have extra lures, string and basic equipment)
Lifejacket – optional (The Y provides lifejackets)

Theme Park Week

\$10.00/Theme Park-optional (Concessions are expensive at Theme Parks)

Aqua Adventure

Fishing pole (we have extra lures, string and basic equipment)
Lifejacket – optional (The Y provides lifejackets)

Wilderness Survival

Fishing pole (we have extra lures, string and basic equipment)
Lifejacket – optional (The Y provides lifejackets)

Explore Acadia

Fishing pole (we have extra lures, string and basic equipment)
Lifejacket – optional (The Y provides lifejackets)

Adventure Camp

Parent Handbook/

Equipment List



PENOBSCOT BAY YMCA

(207)236-3375

www.penbayymca.org

YDAY CAMPTM

We build strong kids, strong families, strong communities.