



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# **YMCA Camp Wapsie**

# **Summer Camp Family Handbook**

**Summer Camp**  
**Family Handbook**  
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## WELCOME TO YMCA CAMP WAPSIE

### **Our Mission** CR.1,CR. 2.1;2.2;2.4

Camp Wapsie follows the Y Mission which is "To put christian principles into practice through programs that build a healthy spirit, mind, and body for all."

### **VISION**

Utilize the natural camp environment to provide fun, safe, unique camping and retreat experiences that promote the YMCA core values of: Caring, Honesty, Respect and Responsibility.

### **Our Core Values**

The YMCA is guided by four core values:

**CARING:** to demonstrate a sincere concern for others, for their needs and well-being.

**HONESTY:** to tell the truth, to demonstrate reliability, and trustworthiness through actions that keep with my stated positions and beliefs.

**RESPECT** to treat others as I would want them to treat me, to value the worth of every person, including myself.

**RESPONSIBILITY** to do what is right—what I ought to do, to be accountable for my choices of behavior and actions and my promises.

### **Our Focus Areas**

#### **For Youth Development** CR.2.1

At YMCA Camp Wapsie, our goal is to empower youth to reach their full potential by discovering new things about themselves and their values and use their knowledge and skills to explore the world around them.

### **For Healthy Living**

At YMCA Camp Wapsie, our goal is to promote healthy lifestyle choices by providing opportunities for a healthy spirit, mind, and body through programs, interactions, and healthy food choices.

### **For Social Responsibility**

At YMCA Camp Wapsie, everyone is welcome. Campers will have the opportunity to learn how to give back through programs and interactions within our community.

### **Inclusion Statement**

Camp Wapsie is an inclusive community. We work to ensure that everyone, regardless of ability, cultural background, faith, gender identity, income, origin, race, or sexual orientation has the opportunity to reach their fullest potential with dignity. Our diverse camper community reflects our larger community's demographics. Campers and staff can look forward to interacting and living within this diverse and supportive environment.

### **Goals**

- Enhance participants' self-esteem.
- Provide positive influences and role models.
- Provide trained leadership, a variety of educational and recreational activities, and specialized programs to give participants the tools for success.
- Expose participants to the natural world.

## **A Message from the Camp Directors**

Welcome to a summer of adventure, growth, learning, and fun at Camp Wapsie. We look forward to having campers experience the endless laughter, stories shared, and lifelong friendships that make camp a very special place. We are excited for your child to join us to be a part of that this summer.

As Camp Directors, we work hard to ensure: a safe experience with learning and fun. We will ensure that every camper, staff member, and adult who enters Camp Wapsie feels safe and secure. We aim to be an environment where everyone can try new things and be themselves. Secondly, we want everyone to leave camp feeling like they had the time of their lives. It is all about the campers discovering and trying new things, learning, making new friends and having FUN!

Camp is a unique experience where children make memories and friendships that last a lifetime. Camp will help shape them into the people we need for the future. Camp was and still is a place that has helped shape us into who we are today, and we feel that every child is worthy of this same opportunity!

This handbook has been designed to provide detailed information that you will need and answer frequently asked questions that may come up as your family prepares your camper. If you have any questions, please contact us.

We look forward to helping your camper have the best summer ever!

Yours in Camping,

*Hanna "Fidget" O'Toole & Paul Denowski*

319.435.2577 [camp@crmetroymca.org](mailto:camp@crmetroymca.org)

## **GENERAL INFORMATION**

### **CAMP CONTACTS**

At Camp Wapsie, we strive to provide our members with the highest level of customer service. If you have any questions or concerns, please contact us immediately.

### **YMCA Camp Wapsie**

2174 Wapsie Y Road  
Coggon, IA 52218  
319.435.2577  
[camp@crmetroymca.org](mailto:camp@crmetroymca.org)

### **YMCA CAMP WAPSIE STAFF**

We hire a selective group of individuals from the United States and abroad to celebrate worldwide connections. Camp Wapsie staff are carefully chosen and interviewed for their skills, abilities, and belief in the ideals of the YMCA. They love the outdoors, are responsible and have an interest in helping children grow. Many are college students, as well as former campers and YMCA activity participants. Staff complete intensive training related to their position, including first aid, CPR, lifeguarding, camp craft skills, and child development.

### **ASKING FOR HELP**

At YMCA Camp Wapsie, every counselor, staff member, and employee is here to help. Our goal is to provide a safe, memorable and fun experience for your camper. Remind your camper that while very talented, the counselors can't read minds and they may need to ask for help, and that is okay.

### **No Bullying Zone**

There is a zero-tolerance policy for bullying at YMCA Camp Wapsie. Our staff is trained to watch for and detect signs of bullying behavior. We know that at times,

children may have disagreements; however, direct targeting of an individual will not be allowed. We encourage any camper to share any concern they may have with the way they or any other person is treated while at camp.

### **Defacing Camp Property**

YMCA Camp Wapsie works hard to make sure that we have outstanding facilities for our campers and staff to experience the joys of camp. If a camper chooses to deface camp property, the family will be billed to replace what is damaged, or they will be asked to return to camp to sand the bunk clean or asked not to return in the future.

### **INCLUSION**

Every child should have the chance to go to camp. If your camper requires special accommodations (dietary, physical, behavioral, etc.), please contact the camp to discuss your camper's special needs so all reasonably necessary accommodations may be made prior to your camper's arrival.

### **CARE PACKAGE & PHOTO COLLECTION**

**Care Packages** are bags that have a water bottle and about 3 to 4 other fun and useful camp souvenirs included. They are delivered the first few days of camp. This also includes the photo collection. After being delivered to campers, they are responsible for these items.

**The Photo Collection** consists of about 150 photos from that week of camp. The collection is a great way to start a conversation about what your child experienced while at camp. You can order these at your registration, or if you forgot, please email camp with your child's name and birthdate, and we can add these for you.

### **CAMP STORE**

Each camper will receive a camp T-shirt as part of their registration.

The camp store is your source for camp souvenirs, gifts, T-shirts, snacks and other fun camp accessories! Each camper will have multiple opportunities to visit the camp store. The best way to add store money is at registration or prior to arriving at camp. The suggested amount is \$40.

Families will not have the ability to add store funds to their online accounts while their camper is at camp. If the need arises to add store money after you have dropped off your camper, please call the camp office for assistance at 319.435.2577.

Families can choose to donate any leftover store money to our scholarship fund, donate anything over \$5 to scholarships or have the remaining money returned at the end of their session. If you choose to receive your remaining store funds it will be with the counselors during checkout.

The camp store will be open for families to purchase camp merchandise or snacks during check-in and check-out for Overnight Camp. This is a great time to purchase any higher-end purchases that your camper may not have the funds in their store account to purchase.

YMCA Camp Wapsie is not responsible for any items purchased at the camp store that are lost or stolen during your camper's stay.

### **CABIN MATE REQUESTS**

Camp Wapsie is a great place to meet and make new friends. You can request one cabin mate. They should be within 1-year grade and age and they should also

request you. We try to accommodate cabin requests, but we can make no guarantees.

### **CANCELLATIONS AND REFUNDS**

Cancellations and changes must be made in writing or by email. Cancellations at any time prior to the session will forfeit the \$75 deposit. Cancellations less than 10 days before the session start date will forfeit half the camp fees. No-shows will be charged the full fee. There is no refund for behavior-related problems. Campers who cancel or leave camp on the advice of medical personnel will receive a prorated refund. A physician's note is required.

### **DIETARY**

Camp Wapsie is happy to work with dietary needs or restrictions. Please ensure that any dietary needs or restrictions are listed on your camper health form. Please contact camp at least a week prior to session start to determine how Wapsie can best meet your needs if you have any questions. If your child has a dietary restriction, we encourage them to consult a dietitian or nutritionist prior to their time at camp.

### **CAMPER SURVEYS**

Campers may be asked to complete an evaluation during their camp session. Parents and guardians of campers will also have the opportunity to complete an online survey asking for feedback on their camper's experience following the session via e-mail. Your input on the camp experience is important. This information is used to make improvements to the camper experience. We THANK YOU in advance for completing this survey.

### **Late Arrival & Early Departure**

Your camper's program activities will begin shortly after check-in. We do not want

your camper to miss out on this valuable time to get to know their fellow campers and to settle into camp life. Campers who must arrive late, depart early, or leave during a session are asked to make these arrangements with the Camp Office before the camp session begins or as soon as special circumstances are known so we can make necessary arrangements.

### **PETS**

Pets are not allowed on camp property. Please leave pets or other animals at home or in the car when dropping off or picking up your camper from camp.

## **PREPARING FOR CAMP**

One of the primary goals of camp is to offer progressive experiences that allow children to develop new skills and confidence. Coming to camp and being away from home and family for an extended time provides a great opportunity to grow.

It is important that each camper is able to care for their general well-being. While counselors are there to support them, campers are expected to eat meals, shower, groom, dress, and communicate their needs with camp staff.

Please note that we only have showers available at camp. There are no bathtubs.

Help your camper get ready for camp by being excited! Let your camper know that you want them to have fun and learn new things. Emphasize that your camper is "going" to camp instead of saying you are "sending" them. If your camper has any anxiety about the dark, bugs, night noises, or being away from home, please start preparing them for these things now.

## PREPARING FOR CAMP

- Have overnights at friends' or relatives' homes.
- Plan some outdoor activities as a family to get your camper used to outdoor weather.
- Encourage your camper to pick out their clothes and help with packing.
- Pick out a security item like a teddy bear or blanket to bring.
- Help them learn how to make their bed and set and wipe the table.
- Make sure they are comfortable doing personal care routines like showering, brushing teeth/hair and dressing on their own.
- Homesickness is normal. Discuss what it may feel like and suggest ways to help your camper overcome it if they experience it.
- Talk to other families and friends who have attended camp, so you know what to expect.
- Write notes/letters for your camper and bring them to camp during drop-off to be delivered to them during the week.

## PREPARING YOURSELF

It's totally normal for parents and guardians to have mixed feelings when their camper goes away – whether it's their first time away or not. Remember, you have chosen a fun and safe place and your camper will be well cared for. The staff is trained to deal with any problem from homesickness to first aid. Try not to let your camper know how much you are going to miss them. Be strong! You don't want them to worry about you while they are at camp.

## PACKING FOR CAMP

By following these easy tips, your camper will be well prepared for their camp adventure.

- Pack your camper's possessions in a duffel bag or plastic tub with a secure lid.
- Encourage your camper to pack everything into one suitable-sized container for their session. This helps ensure things do not get lost.
- Clearly mark all clothing and equipment with the camper's name, including luggage or tubs.
- Pack comfortable, lightweight clothing that is easy to clean. Clothes WILL get dirty at camp.
- Have your camper wear proper fitting, sturdy shoes to camp. Campers need to wear sturdy shoes every day due to the natural hazards at camp. Sturdy sandals with a heel strap are acceptable for some camp activities; however, tennis shoes are necessary. Campers may only wear flip-flops in the shower and to the pool.
- Remember to pack extra clothing/shoes in case of rainy weather.
- Zip Lock bags are great for keeping items dry and keeping wet items from leaking on clothes.

## CHECK-IN ITEMS

**Please have the following easily accessible when arriving at camp:**

- **Medication**
- **Money**

## ITEMS TO LEAVE AT HOME

- Food! It attracts unwanted critters.
- Inappropriate clothing or clothing items that are not functional for camping, such as halter tops, tube tops, or formalwear.

- Items that advertise inappropriate material.
- Pocket knives or other weapons.
- Cell phones, electronic devices.
- Any item that would cause distress if it was lost or damaged.

If these or any other items are found to be disrupting the camp programs, they will be collected by a staff member and returned to the camper upon check-out.

### **ELECTRONIC DEVICES**

We kindly ask that all electronic devices are left at home. With youth development being one of the focus areas of the YMCA, we would like to encourage participants to be engaged in the programs offered at camp and not risk these items being lost or damaged at camp. If any electronics are brought to camp, the staff will collect them. Electronics will be stored securely in the Camp office and returned to the parents/guardians during checkout.

### **LOST AND FOUND**

Lost items are displayed to be claimed at camp and are laid out during check-out. Unclaimed items will be held at Camp Wapsie until September 1st. Any items left unclaimed by then will be donated to individuals or agencies to serve our community.

## **THE PACKING LIST**

### **PERSONAL ITEMS**

- 6-8 pairs of socks
- 1-2 sweatshirts
- 1 pair of pajamas
- 1 raincoat/poncho
- 1 Jacket
- 1-2 pairs of jeans/pants
- 4-7 pairs of shorts
- 1-2 swimsuits
- 7-9 pairs of underwear
- 1-2 pairs of old tennis shoes
- Water bottle with camper's name
- 8-10 facemasks
- Soap
- Shampoo and conditioner
- Hairbrush and/or comb
- Hair Bands or other hair accessories
- Toothbrush and toothpaste
- Towels and washcloths
- Deodorant and toiletries
- Feminine hygiene supplies\*
- Eye care needs\*
- Dental care needs\*

### **EQUIPMENT**

- Sleeping bag
- Extra sheets and blankets for chilly nights if desired
- Pillow
- Flashlight and extra batteries
- Hat with brim
- Laundry Bag
- Insect repellent
- Sunscreen
- Backpack or daypack

### **OPTIONAL ITEMS**

- Inexpensive camera
- Bandana
- Sandals or flip-flops for the shower
- Stationary or postcards, addresses, pens or pencils, stamps
- Sunglasses
- Books, magazines, or journal for downtime
- Digital Watch (no smartwatches)
- Boots or rain boots
- Extra swimsuit and towel
- Mud Clothes
- Water shoes/aqua socks
- Safety strap for glasses/sunglasses\*
- Personal fan for bunk

## **EXTRA LEADERSHIP PROGRAM ITEMS**

- ❑ Swimwear that does not have ties
  - ❑ Craft and game ideas/books
  - ❑ Journal and pen
  - ❑ Digital Watch (no smartwatches)
- \*if applicable

## **WELLNESS AND SAFETY**

### **HEALTH & WELLNESS TEAM**

Camp Wapsie has a Health Services Director and a weekly Volunteer Nurse who provide routine care. In cases of minor injuries or illnesses (ex: bug bites, scrapes, headache, minor sunburn, etc.), treatment will be provided by counselors or health staff. If the health team has questions or concerns regarding these minor cases or emergencies and cases of non-routine illnesses and injuries, parents/guardians will be notified. If you have health-related questions, please contact our camp office.

### **COVID-19**

We will be following current standards set by CDC, ACA, and IDPH. Please see information on the website and in emails the week before arrival.

### **HEALTH INFORMATION**

Health information is required for all campers, regardless of session and program. Health forms are available at [www.campwapsie.org](http://www.campwapsie.org) as part of our camper forms. All campers must complete the immunization section. A current tetanus booster (administered within the last ten years) is required for all campers. We will also need the dates of campers' COVID-19 shot/booster if vaccinated.

The security, confidentiality, and privacy of your camper's personal health information is important and is only shared with our

health center team and staff that need access to camper health information.

### **MEDICATIONS**

*All over-the-counter and prescription medications must be in original containers with the current label, and doctor's instructions. All medication should be checked in when arriving at camp with the Health Staff, who will oversee proper administration of all medications. Medications may NOT be kept by campers.*

Camp is a different environment from home and school, with new procedures and rules. We want your camper to have a positive experience. If your camper takes prescription medication for any health-related condition, we strongly advise that they continue these medications under the supervision of our Health staff. This will ensure that the transition to camp life is smooth and successful. Please let us know if your child's doctor has advised that your camper not take their medications during camp.

### **OVER THE COUNTER MEDICATIONS**

The Health Center has a supply of common over-the-counter medication. Unless your camper takes an over-the-counter drug as a part of their regular medication regimen, we recommend you primarily use the camp's supply if needed.

The following medications are available at the Health Center and are recommended by our camp physicians through our standing orders. They will be administered under the health supervisor or designee's supervision; dosed as appropriate for the camper's weight and/or age.

On your health form, you will need to let Camp know what OTC medications can be given.

- Acetaminophen (Tylenol)
- Ibuprofen (Motrin)
- Decongestant (Sudafed)
- Antacid (Tums)
- Cough Syrup (cough suppressant, cough drops)

### **HEAD LICE**

YMCA Camp Wapsie has a no lice, no-nit policy. The presence of nits, live lice, or dead eggs will require the camper and their belongings to have treatment with the application of a lice-killing product before admittance to camp. Campers will be admitted back to camp ONLY after treatment and all lice and eggs (nits) have been removed. All belongings, including clothes, pillows, and sleeping bag, must be laundered in hot water and dried in a hot dryer to ensure it is lice-free. There are no refunds for lice-related incidents.

### **HOMESICKNESS**

Though not very often, common, or long-lasting, homesickness can occur at camp. We have experienced staff members that are trained to work with homesick campers. If it occurs, homesickness usually happens at the beginning of the week and quickly dissipates as the camper gets settled into camp life. The first few hours and days are a normal transition phase for everyone, and it is typical for campers to adjust at different paces.

There are a few things a parent can do to help prevent long-lasting homesickness:

- Explain what homesickness is and let them know that it is normal, what it might feel like, and that it will go away.

- Give them some ideas of things they can do to help alleviate homesick feelings, such as:
  - Think about the fun things they are doing at camp.
  - Take a special stuffed animal or book that makes them feel secure.
  - Talk to your counselor or a friend.
- Show confidence in your camper that they will do great and will not experience too much homesickness.
- Let them know that you want them to have a good time and make new friends.
- Avoid bargaining. Saying something like, "If you're really homesick, I promise I'll come to pick you up right away." sends the message to your camper that you are not confident in their ability to succeed.
- Provide stationary and self-addressed, stamped envelopes to write letters. Consider preparing letters and bringing them to check in to be delivered to your camper throughout the week.
- Do not suggest that they call you if they feel homesick. Often, calling home makes homesickness worse, and campers do not have access to the camp phone.
- Lastly, should your camper ask, "What if I get homesick?" remind them of the many people at camp who are there to help.

Here are a few things to remember once you have checked your camper in to help prevent homesickness:

- Once you get your camper moved in, try to leave as soon as possible so your camper can start making

## CAMPER COMMUNICATION

new friends and get involved with activities.

- Keep upbeat when you say goodbye. Save your tears until you get to the car where your camper won't see you.
- Be aware that your camper's counselors will engage the campers in singing songs and playing games as soon as you leave.
- You can stay connected to your camper by sending them mail and e-mails while they are at camp.

If you believe your camper is prone to homesickness, please share this information when filling out their health information. You can also discuss it with a staff member at check-in (without involving your camper).

### **SAFETY AND SECURITY**

Access to Camp property is limited, controlled, and only authorized visitors are allowed on site. To ensure camp safety and security and to limit interruptions to the camp program, unauthorized visitors are not allowed on site. If you need to stop at camp, please call the camp office prior to your arrival.

### **SEVERE WEATHER**

At camp, we have a communication system to alert all staff and campers of severe weather. Our staff is trained in emergency procedures and participates in drills to make sure that they are prepared in case of a weather-related emergency. Campers are also aware of what happens during different types of emergencies. Camp has an underground storm shelter for severe weather situations.

In case of a weather-related emergency, updates can be found on the YMCA Camp Wapsie [Facebook Page](#) once campers are checked and in secure locations.

Campers love to hear from home while they are at camp. We offer options for you to communicate with your camper.

### **Postal Mail**

You can mail a letter before your camper leaves for camp or after you drop them off. Please address mail as follows:

Camper Name,  
Week # or Theme  
Cabin Number  
YMCA Camp Camp Wapsie  
2174 Wapsie Y Road  
Coggon, IA 52218

You can send your camper with stationary, pre-addressed envelopes or an address list, and stamps, and we will help them get the letter in the mail.

### **EMAIL**

You can stay connected to your camper by sending them MOOSE MAIL while they are at camp. Simply send an e-mail to [camp@crmetroymca.org](mailto:camp@crmetroymca.org) with your camper's name and cabin # as the subject line. The staff will print it out and deliver it to your camper during mail time. The cost per email is \$1 which will be deducted from their store account. The \$1 helps support our Annual Support Campaign. This campaign helps kids who cannot afford to come to camp.

*E-mails received after 12 pm / NOON will be delivered the following day.* Please do not send pictures or attachments.

### **PHONES**

While Wapsie does not allow campers to carry cell phones at camp, if there is an emergency you can call the camp office (319)435-2577 and we can get a message to your child.

## TIPS FOR CAMPER COMMUNICATION

### Do tell them:

- You know they are having a good time.
- You can't wait to hear all about their new friends, the fun activities they are doing, to see their art projects, or to learn all of the new songs they are singing.
- You hope they are writing down songs, names of new friends, and taking lots of pictures.
- Use positive words like love and proud.

### DON'T tell them about:

- Trips or fun things they are missing out on.
- How a sibling cried all night because they are not home.
- How much you miss them.
- An ill relative or a hurt animal.

## CAMP ARRIVAL AND DEPARTURE

Everyone is excited for the first day of camp. Efforts are taken to make the check-in process as efficient as possible. However, several steps must be taken to ensure that your camper has a healthy and fun camp experience. Come dressed for the weather.

### ARRIVAL

**\*Please see current check-in/check-out procedures in the email you will receive a week or two prior to camp.**

As you arrive at camp, there will be staff on hand to help direct you where to go. Ask any staff member in a Camp Wapsie Staff shirt if you need help. The check-in will take place at the camp entrance and

will begin promptly at 3 pm. Please be patient while waiting if you arrive at camp early. Please see the Health station to check-in medications and the office station to finalize any last-minute paperwork or payments.

Your camper will complete a quick health check, which will include a general health screening and lice check by the cabin. By completing lice checks upon arrival, we can avoid reducing the chance of anyone bringing or sharing lice at camp. Braids and ponytails may need to be taken out so you may want to wait until after the health check to braid hair.

You can expedite the check-in process by making sure your camper has the items listed below, either already completed, or out and ready to process at the proper check-in stations.

- Completed parent packets prior to arrival.
- Store money – optional but suggested.
- All medications – All inhalers, medicated creams, prescription, and non-prescription drugs need to be checked in with the wellness team upon arrival. **They must be in original containers with labels and doctor's release.**

Once check-in is complete, families will be directed to their camper's cabin. Families are invited to help their camper move into the cabin, meet the counselors, and ask any last-minute questions. Please try to keep this process quick as prolonging good-byes can promote homesickness in your camper.

## CHECK- OUT

At 9 am on Saturday morning camp has a parents program at the Outdoor Chapel. This program lasts about 45 minutes. Once the program is finished we will release your child and you can head to the cabin. This is where you will meet the counselor, sign your child out and pick up their items.

On-time pick-up eases your camper's nerves during the anticipation of going home. If something happens and you are running late, please call the camp office so we can let your camper know you are on your way and keep them busy until you arrive.

Please note that prior to pick-up, campers are busy finishing breakfast. Please go to the outdoor Chapel and await their arrival and the start of the parent's program. We understand that things come up and schedules are busy. If your camper needs to be picked up early, please notify the camp office as soon as possible so we can assure your camper is prepared.

If someone other than a parent is picking up your camper, includes those individuals on your camp forms under pick-up authorization. If someone needs to be added after forms are turned in notify camp staff during check-in or email [camp@cremetroymca.org](mailto:camp@cremetroymca.org). The person picking up each camper will be asked to show a photo ID at pick-up. Campers will only be released to authorized persons.

**If your child will be leaving early or missing a day of camp please notify the main office.**

**Please do not take your camper home without signing them out with their counselor.**

## Week 5 Village ½ Week

The Village is typically a full week of camp. However, Week 5 the Village is a very special ½ week. Camp offers an opportunity for youth who want to experience a shorter first trip to camp. They participate in many but not all of the traditional camp activities. The campers during the first half will not experience the theme of the week as they are not here on Thursday!

**Session 1:** Sunday - Wednesday  
Drop off is 3:00 pm on Sunday and pick up is at 9:00 am on Wednesday. There will be a short closing parents program at the Village prior to pick up. **All Campers must leave at this time.**

**Session 2:** Wednesday - Saturday  
Drop off is at 4:00 pm Wednesday and pick up is at 9:00 am after the parent's program.

## DAY CAMP

It will be beneficial for Day Camp families to read this whole handbook. However, here are a few specifics for our Day Camp programs. You will receive an email from camp that contains specifics about a week before your session.

### Day Troopers

Day Troopers is designed for 1st through 4th graders. They spend 4 days at Camp Wapsie with a Wednesday special trip to Pinicon Ridge Park in Central City. While at the park, they will visit the elk pen, playground, tower & nature trails.

## Day Trekkers

Day Trekkers is for campers entering 5th through 8th grades. The Trekkers, along with their counselors, have more flexibility to create their own schedule which can include: climbing the tower, swimming, canoeing, and all camp activities or specialized activities.

### Information for All Day Campers:

**Meals:** Day Campers are provided lunch daily. On the Thursday overnight, they will also be provided dinner and Friday breakfast. They also visit the camp store regularly.

**Overnight:** On Thursday nights, Day Campers stay overnight at Camp Wapsie where they experience a taste of staying overnight with a group of friends and the additional fun that happens at camp in the evenings.

On Thursday they enjoy the theme day activities. Day Campers, with their counselors, will have the opportunity to choose between sleeping outdoors under the Wapsie stars in one of our outdoor program spaces or inside with a slumber party on the Taylor Indoor Chapel floor. These sleeping arrangements may be co-ed with separation between genders.

If Day Campers decide to go home Thursday, instead of sleeping at camp, they will need to make arrangements to have their children picked up at camp on Friday evening and return to camp at 9:00 am. Wapsie does not provide transportation Thursday night and Friday morning.

**Packing:** Day Campers are asked to pack the following items in a backpack each day:

- A change of clothes
- Bathing suit and towel
- Water bottle
- A light jacket/sweatshirt
- Sunscreen
- Bug spray
- Tennis shoes that can get dirty

Extra items needed for the overnight:

- Sleeping bag
- Pillow
- 1-2 changes of clothing
- Pajamas
- Toothbrush & toothpaste
- Pull-ups or briefs (if needed)
- 2nd pair of closed-toed shoes

You may pack any other items you see fit from the overnight packing list, but please make sure not to pack more than what your camper can carry on their own.

**Check-in and check-out** will happen each day by the parking lot of the YMCA you select during registration. The options include the HGN, Marion YMCAs or Camp Wapsie. *Please make sure to check your camper out each day with the staff.* You will be asked to show a photo ID at pick-up. *If your child will be leaving early or missing a day of camp, please notify the Day Camp staff or the main office.*

## ADVENTURE TRIPS

It will be beneficial for Adventure Trip families to read this whole handbook. However, there are a few specifics for the trip. You will also receive an email from camp a few weeks prior to your camper's visit with additional information. Things to note:

- Some trip campers, depending on the trip, will not have camp store accounts. They will be allowed to bring money to camp with them for snacks on the road or pack gift shops. They are responsible for their own money.
- Trip campers, depending on the trip, will be off-site most of the week and will not participate in all the usual camp activities. Off-site trips, attempt to be back on Fridays early enough to participate in closing activities and programs.
- Trips are a co-ed camping opportunity. Campers will divide by gender for tent camping.
- Camp rules included in this handbook still apply while on the trip unless noted otherwise.

### TRIP ITINERARY

The itinerary for each trip is flexible for a couple of reasons. The weather may be a factor and we like to allow these older campers to have input with some things they do. Specifics of each trip can be located on our website. You will also receive a trip-specific email including a flexible itinerary and any specific packing needs for your particular trip.

### TRIP PACKING LIST

- 1 Large Backpack/ Duffle bag- That should fit all the possessions you will need for a 3-5 day multi-night stay in a tent.
- If you do not own a large backpack, another bag will suffice; please avoid bags with wheels or totes if possible.
- Small Daypack/backpack for carrying a water bottle, snacks, bathing suit, etc. Drawstring bags make great day packs!
- Clothing for at least 4 days
- Make sure to bring warm clothes, a rain jacket or poncho, a swimsuit, and a towel.  
good fitting, pre-broken in hiking shoes/boots, easy to slip on shoes with a heel strap (no flip flops)
- Ziploc/Trash bags (Great for keeping things dry)  
Any toiletries you may need
  - Deodorant
  - Toothpaste
  - Shampoo
  - Bug Spray
  - Sun Screen
  - Flashlight / Headlamp / Lantern
  - A large water bottle
  - Sleeping Bag and Pillow
    - Avoid bringing perfume or body spray. It will attract mosquitoes. It is helpful to find deodorant and shampoos with no scent or tea tree scented.
  - optional items:
    - Sleeping pad
    - Sheets

**WE ARE EXCITED TO SEE YOU THIS SUMMER!**

**-The YMCA Camp Wapsie Staff**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA Camp Wapsie

# Summer Camp Family Handbook

# Summer Camp

## Family Handbook

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**WELCOME TO  
YMCA CAMP WAPSIE**

## **Our Mission** CR.1,CR. 2.1;2.2;2.4

Camp Wapsie follows the Y Mission which is "To put christian principles into practice through programs that build a healthy spirit, mind and body for all."

## **VISION**

Utilize the natural camp environment to provide fun, safe, unique camping and retreat experiences that promote the YMCA core values of: Caring, Honesty, Respect and Responsibility.

## **Inclusion Statement**

Camp Wapsie is an inclusive community. We work to ensure that everyone, regardless of ability, cultural background, faith, gender identity, income, origin, race, or sexual orientation has the opportunity to reach their fullest potential with dignity. Our diverse camper community reflects our larger community's demographics. Campers and staff can look forward to interacting and living within this diverse and supportive environment.

## **Goals**

- Enhance participants' self-esteem.
- Provide positive influences and role models.
- Provide trained leadership, a variety of educational and recreational activities, and specialized programs to give participants the tools for success.
- Expose participants to the natural world.

## **Our Core Values**

The YMCA is guided by four core values:

**CARING:** to demonstrate a sincere concern for others, for their needs and well-being.

**HONESTY:** to tell the truth, to demonstrate reliability and trustworthiness through actions that keep with my stated positions and beliefs.

**RESPECT** to treat others as I would want them to treat me, to value the worth of every person, including myself.

**RESPONSIBILITY** to do what is right-what I ought to do, to be accountable for my choices of behavior and actions and my promises.

## **Our Focus Areas**

### **For Youth Development** CR.2.1

At YMCA Camp Wapsie, our goal is to empower youth to reach their full potential by discovering new things about themselves and their values and use their knowledge and skills to explore the world around them.

### **For Healthy Living**

At YMCA Camp Wapsie, our goal is to promote healthy lifestyle choices by providing opportunities for a healthy spirit, mind, and body through programs, interactions, and healthy food choices.

### **For Social Responsibility**

At YMCA Camp Wapsie, everyone is welcome. Campers will have the opportunity to learn how to give back through programs and interactions within our community.

## **A Message from the Camp Directors**

Welcome to a summer of adventure, growth, learning and fun at Camp Wapsie. We look forward to having campers experience the endless laughter, stories shared, and lifelong friendships that make camp a very special place. We are excited for your child to join us to be a part of that this summer.

As Camp Directors, we work hard to ensure: a safe experience with learning and fun. We will ensure that every camper, staff member, and adult who enters Camp Wapsie feels safe and secure. We aim to be an environment where everyone can try new things and be themselves. Secondly, we want everyone to leave camp feeling like they had the time of their lives. It is all about the campers discovering and trying new things, learning, making new friends and having FUN!

Camp is a unique experience where children make memories and friendships that last a lifetime. Camp will help shape them into the people we need for the future. Camp was and still is a place that has helped shape us into who we are today, and we feel that every child is worthy of this same opportunity!

This handbook has been designed to provide detailed information that you will need and answer frequently asked questions that may come up as your family prepares your camper. If you have any questions, please feel free to contact us.

We look forward to helping your camper have the best summer ever!

Yours in Camping,

*Hanna "Fidget" O'Toole & Paul Denowski*

319.435.2577 [camp@crmetroymca.org](mailto:camp@crmetroymca.org)

## **GENERAL INFORMATION**

### **CAMP CONTACTS**

At Camp Wapsie, we strive to provide our members with the highest level of customer service. If you have any questions or concerns, please contact us immediately.

### **YMCA Camp Wapsie**

2174 Wapsie Y Road  
Coggon, IA 52218  
319.435.2577  
[camp@crmetroymca.org](mailto:camp@crmetroymca.org)

### **YMCA CAMP WAPSIE STAFF**

We hire a selective group of individuals from the United States and abroad to celebrate worldwide connections. Camp Wapsie staff are carefully chosen and interviewed for their skills, abilities, and belief in the ideals of the YMCA. They love the outdoors, are responsible and have an interest in helping children grow. Many are college students, as well as former campers and YMCA activity participants. Staff complete intensive training related to their position, including first aid, CPR, lifeguarding, camp craft skills, and child development.

### **ASKING FOR HELP**

At YMCA Camp Wapsie, every counselor, staff member, and employee is here to help. Our goal is to provide a safe, memorable and fun experience for your camper. Remind your camper that while very talented, the counselors can't read minds and they may need to ask for help, and that is okay.

### **No Bullying Zone**

There is a zero-tolerance policy for bullying at YMCA Camp Wapsie. Our staff is trained to watch for and detect signs of bullying behavior. We know that at times, children may have disagreements; however, direct targeting of an individual will not be allowed. We encourage any camper to share any concern they may have with the way they or any other person is treated while at camp.

## **Defacing Camp Property**

YMCA Camp Wapsie works hard to make sure that we have outstanding facilities for our campers and staff to experience the joys of camp. If a camper chooses to deface camp property, the family will be billed to replace what is damaged, or they will be asked to return to camp to sand the bunk clean or asked not to return in the future.

## **INCLUSION**

Every child should have the chance to go to camp. If your camper requires special accommodations (dietary, physical, behavioral, etc.), please contact the camp to discuss your camper's special needs so any reasonably necessary accommodations may be made prior to your camper's arrival.

## **CARE PACKAGE & PHOTO COLLECTION**

**Care Packages** are backpacks that have a water bottle and about 3 to 4 other fun and useful camp souvenirs included. They are delivered the first few days of camp. This also includes the photo collection. After being delivered to campers, they are responsible for these items.

**The Photo Collection** consists of about 150 photos from that week of camp. The collection is a great way to start a conversation about what your child experienced while at camp. You can order these at your registration, or if you forgot, please email camp with your child's name and birthdate, and we can add these for you.

## **CAMP STORE**

Each camper will receive a camp T-shirt as part of their registration.

The camp store is your source for camp souvenirs, gifts, T-shirts, snacks and other fun camp accessories! Each camper will have multiple opportunities to visit the camp store. The best way to add store money is at registration or prior to arriving at camp. The suggested amount is \$25-\$35.

Families will not have the ability to add store funds to their online accounts while their

camper is at camp. If the need arises to add store money after you have dropped off your camper, please call the camp office for assistance at 319.435.2577.

Families can choose to donate any leftover store money to our scholarship fund, donate anything over \$5 to scholarships or have remaining money returned at the end of their session. If you choose to receive your remaining store funds it will be with the counselors during checkout.

The camp store will be open for families to purchase camp merchandise or snacks during check-in and check-out for Overnight Camp. This is a great time to purchase any higher end purchases that your camper may not have the funds in their store account to purchase.

YMCA Camp Wapsie is not responsible for any items purchased at the camp store that are lost or stolen during your camper's stay.

## **CABIN MATE REQUESTS**

Camp Wapsie is a great place to meet and make new friends. You can request one cabin mate. They should be within 1 year grade and age and they should also request you. We try to accommodate cabin requests, but we can make no guarantees.

## **CANCELLATIONS AND REFUNDS**

Cancellations and changes must be made in writing or by email. Cancellations at any time prior to the session will forfeit the \$75 deposit. Cancellations less than 10 days before the session start date will forfeit half the camp fees. No-shows will be charged the full fee. There is no refund for behavior-related problems. Campers who cancel or leave camp on the advice of medical personnel will receive a prorated refund. A physician's note is required.

## **DIETARY**

Camp Wapsie is happy to work with dietary needs or restrictions. Please ensure that any dietary needs or restrictions are listed on your camper health form. Please contact camp at least a week prior to session start to determine how Wapsie can best meet your needs if you have any questions.

### **CAMPER SURVEYS**

Campers may be asked to complete an evaluation during their camp session. Parents and guardians of campers will also have the opportunity to complete an online survey asking for feedback on their camper's experience following the session via e-mail. Your input on the camp experience is important. This information is used to make improvements to the camper experience. We THANK YOU in advance for completing this survey.

### **Late Arrival & Early Departure**

Your camper's program activities will begin shortly after check-in. We do not want your camper to miss out on this valuable time to get to know their fellow campers and to settle into camp life. Campers who must arrive late, depart early, or leave during a session are asked to make these arrangements with the Camp Office before the camp session begins or as soon as special circumstances are known so we can make necessary arrangements.

### **PETS**

Pets are not allowed on camp property. Please leave pets or other animals at home or in the car when dropping off or picking up your camper from camp.

## **PREPARING FOR CAMP**

One of the primary goals of camp is to offer progressive experiences that allow children to develop new skills and confidence. Coming to camp and being away from home and family

for an extended time provides a great opportunity to grow.

It is important that each camper is able to care for their general well-being. While counselors are there to support them, campers are expected to eat meals, shower, groom, dress, and communicate their needs with camp staff.

Please note that we only have showers available at camp. There are no bathtubs.

Help your camper get ready for camp by being excited! Let your camper know that you want them to have fun and learn new things. Emphasize that your camper is "going" to camp instead of saying you are "sending" them. If your camper has any anxiety about the dark, bugs, night noises, or being away from home, please start preparing them for these things now.

### **PREPARING FOR CAMP**

- Have overnights at friends' or relatives' homes.
- Plan some outdoor activities as a family to get your camper used to outdoor weather.
- Encourage your camper to pick out their clothes and help with packing.
- Pick out a security item like a teddy bear or blanket to bring.
- Help them learn how to make their bed and set and wipe the table.
- Make sure they are comfortable doing personal care routines like showering, brushing teeth/hair and dressing on their own.
- Homesickness is normal. Discuss what it may feel like and suggest ways to help your camper overcome it if they experience it.
- Talk to other families and friends who have attended camp, so you know what to expect.
- Write notes/letters for your camper and bring them to camp during drop-off to be delivered to them during the week.

## PREPARING YOURSELF

It's totally normal for parents and guardians to have mixed feelings when their camper goes away – whether it's their first time away or not. Remember, you have chosen a fun and safe place and your camper will be well cared for. The staff is trained to deal with any problem from homesickness to first aid. Try not to let your camper know how much you are going to miss them. Be strong! You don't want them to worry about you while they are at camp.

## PACKING FOR CAMP

By following these easy tips, your camper will be well prepared for their camp adventure.

- Pack your camper's possessions in a duffel bag or plastic tub with a secure lid.
- Encourage your camper to pack everything into one suitable-sized container for their session. This helps ensure things do not get lost.
- Clearly mark all clothing and equipment with the camper's name, including luggage or tubs.
- Pack comfortable, lightweight clothing that is easy to clean. Clothes WILL get dirty at camp.
- Have your camper wear proper fitting, sturdy shoes to camp. Campers need to wear sturdy shoes every day due to the natural hazards at camp. Sturdy sandals with a heel strap are acceptable for some camp activities; however, tennis shoes are necessary. Campers may only wear flip-flops in the shower and to the pool.
- Remember to pack extra clothing/shoes in case of rainy weather.
- Zip Lock bags are great for keeping items dry and keeping wet items from leaking on clothes.

## CHECK-IN ITEMS

**Please have the following easily accessible when arriving at camp:**

- **Medication**
- **Money**

## ITEMS TO LEAVE AT HOME

- Food! It attracts unwanted critters.
- Inappropriate clothing or clothing items that are not functional for camping, such as halter tops, tube tops, or formalwear.
- Items that advertise inappropriate material.
- Pocket knives or other weapons.
- Cell phones, electronic devices.
- Any item that would cause distress if it was lost or damaged.

If these or any other items are found to be disrupting the camp programs, they will be collected by a staff member and returned to the camper upon check-out.

## ELECTRONIC DEVICES

We kindly ask that all electronic devices are left at home. With youth development being one of the focus areas of the YMCA, we would like to encourage participants to be engaged in the programs offered at camp and not risk these items being lost or damaged at camp. If any electronics are brought to camp, the staff will collect them. Electronics will be stored securely in the Camp office and returned to the parents/guardians during checkout.

## LOST AND FOUND

Lost items are displayed to be claimed at camp and are laid out during check-out. Unclaimed items will be held at Camp Wapsie until September 1st. Any items left unclaimed by then will be donated to individuals or agencies to serve our community.

## THE PACKING LIST

### PERSONAL ITEMS

- 6-8 pairs of socks
- 1-2 sweatshirts
- 1 pair of pajamas
- 1 raincoat/poncho
- 1 Jacket

- 1-2 pairs of jeans/pants
- 4-7 pairs of shorts
- 1-2 swim suits
- 7-9 pairs if underwear
- 1-2 pairs of old tennis shoes
- Water bottle with camper's name
- 8-10 facemasks
- Soap
- Shampoo and conditioner
- Hairbrush and/or comb
- Hair Bands or other hair accessories
- Toothbrush and toothpaste
- Towels and washcloths
- Deodorant and toiletries
- Feminine hygiene supplies\*
- Eye care needs\*
- Dental care needs\*

### **EQUIPMENT**

- Sleeping bag
- Extra sheets and blankets for chilly nights if desired
- Pillow
- Flashlight and extra batteries
- Hat with brim
- Laundry Bag
- Insect repellent
- Sunscreen
- Backpack or daypack

### **OPTIONAL ITEMS**

- Inexpensive camera
- Bandana
- Sandals or flip-flops for the shower
- Stationary or postcards, addresses, pens or pencils, stamps
- Sunglasses
- Books, magazines, or journal for downtime
- Digital Watch (no smart watches)
- Boots or rain boots
- Extra swimsuit and towel
- Mud Clothes
- Water shoes/aqua socks
- Safety strap for glasses/sunglasses\*
- Personal fan for bunk

### **EXTRA LEADERSHIP PROGRAM ITEMS**

- Swimwear that does not have ties
- Craft and game ideas/books

- Journal and pen
  - Digital Watch (no smart watches)
- \*if applicable

## WELLNESS AND SAFETY

### **HEALTH & WELLNESS TEAM**

Camp Wapsie has a Health Services Director and a weekly Volunteer Nurse who provide routine care. In cases of minor injuries or illnesses (ex: bug bites, scrapes, headache, minor sunburn, etc.), treatment will be provided by counselors or health staff. If the health team has questions or concerns regarding these minor cases, or emergencies and cases of non-routine illnesses and injuries, parents/guardians will be notified. If you have health-related questions, please contact our camp office.

### **COVID-19**

We will be following current standards set by CDC, ACA and IDPH. Please see information on the website and in emails the week before arrival.

### **HEALTH INFORMATION**

Health information is required for all campers, regardless of session and program. Health forms are available at [www.campwapsie.org](http://www.campwapsie.org) as part of our camper forms. All campers must complete the immunization section. A current tetanus booster (administered within the last ten years) is required for all campers. We will also need the dates of campers COVID-19 shot/booster if vaccinated.

The security, confidentiality, and privacy of your camper's personal health information is important and is only shared with our health center team and staff that need access to camper health information.

### **MEDICATIONS**

*All over-the-counter and prescription medications must be in original containers with the current label, and doctor's*

*instructions. All medication should be checked in when arriving at camp with the Health Staff, who will oversee proper administration of all medications. Medications may NOT be kept by campers.*

Camp is a different environment from home and school, with new procedures and rules. We want your camper to have a positive experience. If your camper takes prescription medication for any health-related condition, we strongly advise that they continue these medications under the supervision of our Health staff. This will ensure that the transition to camp life is smooth and successful. Please let us know if your child's doctor has advised that your camper not take their medications during camp.

### **OVER THE COUNTER MEDICATIONS**

The Health Center has a supply of common over-the-counter medication. Unless your camper takes an over-the-counter drug as a part of their regular medication regimen, we recommend you primarily use the camp's supply if needed.

The following medications are available at the Health Center and are recommended by our camp physicians through our standing orders. They will be administered under the health supervisor or designee's supervision; dosed as appropriate for the camper's weight and/or age.

On your health form, you will need to let camp know what OTC medications can be given.

- Acetaminophen (Tylenol)
- Ibuprofen (Motrin)
- Decongestant (Sudafed)
- Antacid (Tums)
- Cough Syrup (cough suppressant, cough drops)

### **HEAD LICE**

YMCA Camp Wapsie has a no lice, no-nit policy. The presence of nits, live lice, or dead eggs will require the camper and their

belongings to have treatment with the application of a lice-killing product before admittance to camp. Campers will be admitted back to camp ONLY after treatment and all lice and eggs (nits) have been removed. All belongings, including clothes, pillows, and sleeping bag, must be laundered in hot water and dried in a hot dryer to ensure it is lice-free. There are no refunds for lice related incidents.

### **HOMESICKNESS**

Though not very often, common, or long-lasting, homesickness can occur at camp. We have experienced staff members that are trained to work with homesick campers. If it occurs, homesickness usually happens at the beginning of the week and quickly dissipates as the camper gets settled into camp life. The first few hours and days are a normal transition phase for everyone, and it is typical for campers to adjust at different paces.

There are a few things a parent can do to help prevent long-lasting homesickness:

- Explain what homesickness is and let them know that it is normal, what it might feel like, and that it will go away.
- Give them some ideas of things they can do to help alleviate homesick feelings, such as:
  - Think about the fun things they are doing at camp.
  - Take a special stuffed animal or book that makes them feel secure.
  - Talk to your counselor or a friend.
- Show confidence in your camper that they will do great and will not experience too much homesickness.
- Let them know that you want them to have a good time and make new friends.
- Avoid bargaining. Saying something like, "If you're really homesick, I

promise I'll come to pick you up right away." sends the message to your camper that you are not confident in their ability to succeed.

- Provide stationary and self-addressed, stamped envelopes to write letters. Consider preparing letters and bringing them to check in to be delivered to your camper throughout the week.
- Do not suggest that they call you if they feel homesick. Often, calling home makes homesickness worse, and campers do not have access to the camp phone.
- Lastly, should your camper ask, "What if I get homesick?" remind them of the many people at camp who are there to help.

Here are a few things to remember once you have checked your camper in to help prevent homesickness:

- Once you get your camper moved in, try to leave as soon as possible so your camper can start making new friends and get involved with activities.
- Keep upbeat when you say goodbye. Save your tears until you get to the car where your camper won't see you.
- Be aware that your camper's counselors will engage the campers in singing songs and playing games as soon as you leave.
- You can stay connected to your camper by sending them mail and e-mails while they are at camp.

If you believe your camper is prone to homesickness, please share this information when filling out their health information. You can also discuss it with a staff member at check-in (without involving your camper).

### **SAFETY AND SECURITY**

Access to camp property is limited, controlled, and only authorized visitors are allowed on site. To ensure camp safety and security and to limit interruptions to the camp program, unauthorized visitors are not allowed on site.

If you need to stop at camp, please call the camp office prior to your arrival.

### **SEVERE WEATHER**

At camp, we have a communication system to alert all staff and campers of severe weather. Our staff is trained in emergency procedures and participates in drills to make sure that they are prepared in case of a weather-related emergency. Campers are also aware of what happens during different types of emergencies. Camp has an underground storm shelter for severe weather situations.

In case of a weather-related emergency, updates can be found on the YMCA Camp Wapsie [Facebook Page](#) once campers are checked and in secure locations.

## **CAMPER COMMUNICATION**

Campers love to hear from home while they are at camp. We offer options for you to communicate with your camper.

### **Postal Mail**

You can mail a letter before your camper leaves for camp or after you drop them off.

Please address mail as follows:

Camper Name,

Week # or Theme

Cabin Number

YMCA Camp Camp Wapsie

2174 Wapsie Y Road

Coggon, IA 52218

You can send your camper with stationary, pre-addressed envelopes or an address list, and stamps, and we will help them get the letter in the mail.

### **EMAIL**

You can stay connected to your camper by sending them MOOSE MAIL while they are at camp. Simply send an e-mail to [camp@crmetroymca.org](mailto:camp@crmetroymca.org) with your camper's name and cabin # as the subject line. The

staff will print it out and deliver it to your camper during mail time. The cost per email is \$1 that will be deducted from their store account. The \$1 helps support our Annual Support Campaign. This campaign helps kids who cannot afford to come to camp.

*E-mails received after 12 pm / NOON will be delivered the following day. Please do not send pictures or attachments.*

#### PHONES

While Wapsie does not allow campers to carry cell phones at camp, if there is an emergency you can call the camp office (319)435-2577 and we can get a message to your child.

#### TIPS FOR CAMPER COMMUNICATION

##### Do tell them:

- You know they are having a good time.
- You can't wait to hear all about their new friends, the fun activities they are doing, to see their art projects, or to learn all of the new songs they are singing.
- You hope they are writing down songs, names of new friends, and taking lots of pictures.
- Use positive words like love and proud.

##### DON'T tell them about:

- Trips or fun things they are missing out on.
- How a sibling cried all night because they are not home.
- How much you miss them.
- An ill relative or a hurt animal.

## CAMP ARRIVAL AND DEPARTURE

Everyone is excited for the first day of camp. Efforts are taken to make the check-in process as efficient as possible. However, several steps must be taken to ensure that your camper has a healthy and fun camp experience. Come dressed for the weather.

#### ARRIVAL

**\*Please see current check-in/check-out procedures in the email you will receive a week or two prior to camp\***

As you arrive at camp, there will be staff on hand to help direct you where to go. Ask any staff member in a Camp Wapsie Staff shirt if you need help. The check-in will take place at the camp entrance and will begin promptly at 3pm. Please be patient while waiting if you arrive at camp early. Please see the Health station to check in medications and the office station to finalize any last minute paperwork or payments.

Your camper will complete a quick health check, which will include a general health screening and lice check by the cabin. By completing lice checks upon arrival, we can avoid reduce the chance of anyone bringing or sharing lice at camp. Braids and ponytails may need to be taken out so you may want to wait until after the health check to braid hair.

You can expedite the check-in process by making sure your camper has the items listed below, either already completed, or out and ready to process at the proper check-in stations.

- Completed parent packets prior to arrival.
- Store money – optional but suggested.
- All medications – All inhalers, medicated creams, prescription, and non-prescription drugs need to be checked in with the wellness team upon arrival. **They must be in original containers with labels and doctor's release.**

Once check-in is complete, families will be directed to their camper's cabin. Families are invited to help their camper move into the cabin, meet the counselors, and ask any last-minute questions. Please try to keep this

process quick as prolonging good-byes can promote homesickness in your camper.

### **CHECK- OUT**

At 9am on Saturday morning camp has a parents program at the Outdoor Chapel. This program lasts about 45 minutes. Once the program is finished we will release your child and you can head to the cabin. This is where you will meet the counselor, sign your child out and pick up their items.

On-time pick-up eases your camper's nerves during the anticipation of going home. If something happens and you are running late, please call the camp office so we can let your camper know you are on your way and keep them busy until you arrive.

Please note that prior to pick-up, campers are busy finishing breakfast. Please go to the outdoor Chapel and await their arrival and the start of the parents program. We understand that things come up and schedules are busy. If your camper needs to be picked up early, please notify the camp office as soon as possible so we can assure your camper is prepared.

If someone other than a parent is picking up your camper, include those individuals on your camp forms under pick-up authorization. If someone needs to be added after forms are turned in notify camp staff during check-in or email [camp@cremetroymca.org](mailto:camp@cremetroymca.org). The person picking up each camper will be asked to show a photo ID at pick-up. Campers will only be released to authorized persons.

**If your child will be leaving early or missing a day of camp please notify the main office.**

**Please do not take your camper home without signing them out with their counselor.**

**Week 5 Village ½ Week**

The Village is typically a full week of camp. However, Week 5 the Village is a very special ½ week. Camp offers an opportunity for youth who want to experience a shorter first trip to camp. They participate in many but not all of the traditional camp activities. The campers during the first half will not experience the theme of the week as they are not here on Thursday!

### **Session 1:** Sunday - Wednesday

Drop off is 3:00pm on Sunday and pick up is at 9:00 am on Wednesday. There will be a short closing parents program at the Village prior to pick up. **All Campers must leave at this time.**

### **Session 2:** Wednesday - Saturday

Drop off is at 4:00pm Wednesday and pick up is at 9:00am after the parent's program.

## **DAY CAMP**

It will be beneficial for Day Camp families to read this whole handbook. However, here are a few specifics for our Day Camp programs. You will receive an email from camp that contains specific information about a week before your session.

### **Day Troopers**

Day Troopers is designed for 1st through 4th graders. They spend 4 days at Camp Wapsie with a Wednesday special trip to Pinicon Ridge Park in Central City. While at the park, they will visit the elk pen, playground, tower & nature trails.

### **Day Trekkers**

Day Trekkers is for campers entering 5th through 8th grades. The Trekkers, along with their counselors, have more flexibility to create their own schedule which can include: climbing the tower, swimming, canoeing and all camp activities or specialized activities.

## Information for All Day Campers:

**Meals:** Day Campers are provided lunch daily. On the Thursday overnight they will also be provided dinner and Friday breakfast. They also visit the camp store regularly.

**Overnight:** On Thursday nights, Day Campers stay overnight at Camp Wapsie where they experience a taste of staying overnight with a group of friends and the additional fun that happens at camp in the evenings.

On Thursday they enjoy the theme day activities. Day Campers, with their counselors, will have the opportunity to choose between sleeping outdoors under the Wapsie stars in one of our outdoor program spaces or inside with a slumber party on the Taylor Indoor Chapel floor. These sleeping arrangements may be co-ed with separation between genders.

If Day Campers decide to go home Thursday, instead of sleeping at camp, they will need to make arrangements to have their children picked up at camp on Friday evening and return to camp at 9:00am. Wapsie does not provide transportation Thursday night and Friday morning.

**Packing:** Day Campers are asked to pack the following items in a backpack each day:

- A change of clothes
- Bathing suit and towel
- Water bottle
- A light jacket/sweatshirt
- Sunscreen
- Bug spray
- Tennis shoes that can get dirty

Extra items needed for the overnight:

- Sleeping bag
- Pillow
- 1-2 changes of clothing
- Pajamas
- Toothbrush & toothpaste
- Pull-ups or briefs (if needed)
- 2nd pair of closed-toed shoes

You may pack any other items you see fit from the overnight packing list, but please make sure not to pack more than what your camper can carry on their own.

**Check-in and check-out** will happen each day by the parking lot of the YMCA you select during registration. The options include the HGN, Marion YMCAs or at Camp Wapsie. *Please make sure to check your camper out each day with the staff. You will be asked to show a photo ID at pick-up. If your child will be leaving early or missing a day of camp, please notify the Day Camp staff or the main office.*

## ADVENTURE TRIPS

It will be beneficial for Adventure Trip families to read this whole handbook. However, there are a few specifics for the trip. You will also receive an e-mail from camp a few weeks prior to your camper's visit with additional information. Things to note:

- Some trip campers, depending on the trip, will not have camp store accounts. They will be allowed to bring money to camp with them for snacks on the road or pack gift shops. They are responsible for their own money.
- Trip campers, depending on the trip, will be off-site most of the week and will not participate in all the usual camp activities. Off site trips, attempt to be back on Fridays early enough to participate in closing activities and programs.
- Trips are a co-ed camping opportunity. Campers will divide by gender for tent camping.
- Camp rules included in this handbook still apply while on the trip unless noted otherwise.

## TRIP ITINERARY

The itinerary for each trip is flexible for a couple of reasons. The weather may be a

factor and we like to allow these older campers to have input with some things they do. Specifics of each trip can be located on our website. You will also receive a trip specific email including a flexible itinerary and any specific packing needs for your particular trip.

### **TRIP PACKING LIST**

- 1 Large Backpack/ Duffle bag- That should fit all the possessions you will need for a 3-5 day multi-night stay in a tent.
- If you do not own a large backpack, another bag will suffice; please avoid bags with wheels or totes if possible.
- Small Daypack/backpack for carrying a water bottle, snacks, bathing suit, etc. Drawstring bags make great day packs!
- Clothing for at least 4 days
- Make sure to bring warm clothes, a rain jacket or poncho, swimsuit, and towel good fitting, pre-broken in hiking shoes/boots, easy to slip on shoes with a heel strap (no flip flops)

- Ziploc/Trash bags (Great for keeping things dry)

Any toiletries you may need

- Deodorant
- Toothpaste
- Shampoo
- Bug Spray
- Sun Screen
- Flashlight / Headlamp / Lantern
- A large water bottle
- Sleeping Bag and Pillow
  - Avoid bringing perfume or body spray. It will attract mosquitoes. It is helpful to find deodorant and shampoos with no scent or tea tree scented.
- optional items:
  - Sleeping pad
  - Sheets

**WE ARE EXCITED TO SEE YOU THIS SUMMER!**

**-The YMCA Camp Wapsie Staff**

## Typical Daily Schedule

7:00 am	Optional Early bird Activities
7:45 am	Wake Up & Clean Up
8:00 am	Breakfast
9:00 am	Morning Activities
11:45 am	Pool time
12:45 pm	Lunch
1:45pm	Rest Hour
2:45 pm	Afternoon Game/ Activities)
4:00pm	Swim/Recreation Time
5:30 pm	Dinner
6:30pm	Evening Program
8:45pm	Night Swim
9:30pm	Night activities/ Bedtime
*Bedtimes Vary Depending on Age*	

## Arrival and Departure Times

### **Overnight Camp**

Check-in (Sunday) 3:00-4:00pm

Check-out (Saturday) 9:00am Parents Program Starts

### **Village Week 5 ½ week**

*Session 1:* Check-in (Sunday) 3:00-4:00pm

Check-out (Wednesday) 9:00am

*Session 2:* Check-in (Wednesday) 4:00pm

Check-out (Saturday) 9:00 am Parent program starts

### **Trooper/Trekkers Day Camp**

<b>DROP OFF SITE</b>	<b>TIME</b>	<b>PICK UP</b>	<b>SITE</b>	<b>RETURN</b>
Helen G Nassif YMCA	7:40am	Helen G Nassif YMCA		5:00pm
Marion YMCA	8:00am	Marion YMCA		4:30pm
Camp Wapsie	8:45am	Camp Wapsie		4:00pm