

YMCA Camp Icaghowan

Parent Guide Summer 2010

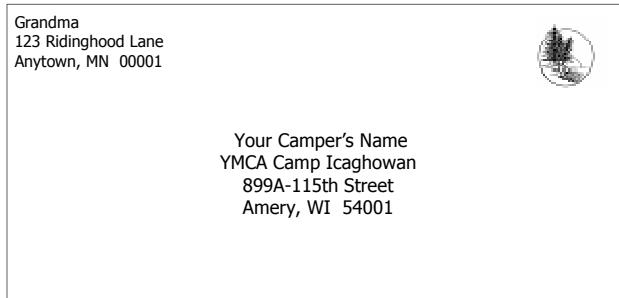
www.CampIcaghowan.org

Summer Mailing Address:
YMCA Camp Icaghowan
899A-115th Street
Amery, WI 54001

Camp Phone: 715-268-8377
Or 612-216-3749
E-mail: info@CampIcaghowan.org

SEND MAIL TO YOUR CAMPER: Please send mail directly to Camp Icaghowan in Amery, WI. It often takes 3-4 days for mail to arrive at camp. If you have a one-week camper, consider sending mail to camp ahead of time.

Be positive and encouraging in your letters. It is better to say "we will be so excited to hear about all the things you are doing at camp", than "we miss you so much and Rover hasn't eaten since you left".



Packages: Campers love receiving packages! If you are going to send a package with food, please include a healthy snack for the entire cabin of ten campers and two counselors. The simple act of sharing treats from a package encourages cabin unity! **Please waive the signature for express packages**

YMCA Camp Icaghowan Photo Gallery

Look for your child in our photo gallery
at www.flickr.com/campicaghowan

Photos are updated weekly.

Parents can:

- ◆ See campers with their cabin groups.
- ◆ See photos of campers in activities during the week.

New Camper Orientations

Are designed for:

- ◆ Campers who are new to camp and want to learn more about what their experience will be like at Camp Icaghowan.
- ◆ Those who are familiar with Icaghowan and want to introduce a friend to camp.
- ◆ Parents who have questions about camp.

**Join us from 7-8pm at REI
in Bloomington at Lyndale Ave & 494.**

**Monday, April 5, 2010
Or
Thursday, April 29, 2010**

Visit www.REI.com for directions.

From Bob, Camp Director

Welcome to YMCA Camp Icaghowan!

The entire Icaghowan staff and I are excited to work with your child. We are committed to making your child's experience at camp the best possible. We will help them have the confidence to try things they have never done before. We will work with them to learn new skills, whether that is archery and canoeing, or meeting new people and helping others. We know the camp experience will help them develop self-reliance and resourcefulness, learn teamwork, cooperation, and to accept responsibility. Most importantly they will return home feeling better about themselves (we work hard at catching kids doing things right). And all of this happens while having a ton of fun.

The information in this Guide will help you and your child prepare for camp. Send the Health Exam and Health History forms to the YMCA Business Center (2125 E. Hennepin Ave. S. Suite 100, Mpls, MN 55413) by May 3, 2010 or as soon as you have them complete.

If you have any questions please call the Business Center at 612-822-2267.

We look forward to a great summer in 2010!

Sincerely,

Bob Gagner
Camp Director

Icaghowan Preview Days! Come visit camp!

Bring the entire family and visit camp. Participate in a Family Scavenger Hunt to learn more about camp activities and highlights. Meet the staff, tour camp, and participate in camp activities.

There is no charge for this open house style event, however registration is requested. Please call Bob at 763-479-1146 to register.

Saturday, May 8, 2010
10-1pm

or
Saturday, June 12, 2010
10-1pm

While in Camp

Camp Icaghowan Staff

Our staff is carefully selected based on leadership skills, safety awareness, prior experience working with children, decision making capabilities, and respect for others. All are currently certified in CPR and First Aid. In addition to required training & certification, all staff participate in an 8-day in-camp training prior to summer. Our staff are committed to providing safe, fun adventures filled with friendships, traditions and connection to the outdoors!

Cabin Placement

Campers are organized into cabin groups by gender, grade and/or age. Campers will have the opportunity to bunk with a friend, provided a request is made in advance and the campers are the same grade or within one year of age. Camp is a safe environment to make new friends. The majority of our campers come on their own and make friends quickly through daily games, cabin time, and progressive activities.

Cookouts and Overnights

Part of the Icaghowan experience is the value we see in overnight camping and basic outdoor skills. Weather permitting, the older campers will canoe or hike out of main camp for a night of tent camping at one of our sites either on the island or across the lake. Campers will learn basic canoe & paddling skills, cooking breakfast and dinner over a fire, setting up tents, and practicing minimum impact camping.

The Summer Samplers will hike to a site on our island, near main camp and cook a meal over a fire.

Camp Participation

Please know that the camp experience requires physical effort. Campers are responsible for participating in all camp activities independently or with minimum assistance of a companion. Campers must be able and willing to understand, remember, and follow directions. Contact our office with any questions about accommodations needed for participation.

Devotions & Reflections

Camp Icaghowan welcomes campers and staff of all faiths with the understanding that morning reflections, devotions and grace at meals will be non-denominational. They are designed to foster spiritual growth and reflection in each young person who attends camp and focuses on the four core values of Caring, Honesty, Respect and Responsibility.

Camp Activities

Campers pick their activities for the session from programs like the following:

- Archery
- Canoeing
- Camping Skills
- Fishing
- Horseback Riding
- Climbing
- Orienteering
- Nature Studies
- Outdoor Cooking
- Swimming
- Disc Golf
- Team Building
- Arts & Crafts
- Yoga
- All-Camp Games
- Target Sports
- Road Runners
- Field Games
- Singing
- Polar Bear Swim

Lanyards and Pins

Campers are engaged in enriching activities and opportunities to learn age appropriate curriculum while at camp. We visibly recognize this skill development progression through a Lanyard and Pin Program.

To start the Lanyard and Pin Program, every camper who attends camp will receive the following:

- A YMCA Camping Lanyard that remains with the camper through the years (returning campers, please bring your lanyard back to camp).
- A pin from the camper's Specialty Camp Session if applicable (i.e. Horse Camp, Skateboard Camp, Pioneer, Challenger, WLC, Junior Leaders, etc.)

Campers earn more pins for their lanyard through special events and achievements. When your child completes the age appropriate skill(s) in the progression, your camper will receive a certificate to redeem at the camp store for a pin (\$2 each). We suggest adding \$10.00-\$16.00 to your child's store account for this program. Here are some examples:

- The camper names the parts of the archery bow, is able to pull back the string properly and reach the target with an arrow. He/she then receives a certificate to redeem the Archery Pin.
- The camper is seen helping a friend and exhibits CARING, one of the YMCA Four Core Values. The camper will then receive a certificate to redeem a CARING pin.
- When a camper attends morning Polar Bear swimming, Road Runners or Yoga, they can purchase the appropriate pin.
- Other pins include: Canoeing, Climbing, Outdoor Cooking, Swimming, Fishing, Horseback Riding, Talent Show, Arts & Crafts, Nature, and more.

Talent Show

Camp Icaghowan encourages campers to share their talents at the weekly Wednesday night Talent Show. Talents could be singing, juggling, Yo-Yo skills, playing the guitar or harmonica...and many more! The Talent Show is a very positive reinforcing environment, no judges. A special pin is available for participants. ***Please do not send their concert level musical instrument to camp.***

Waterfront

Each camper's swimming ability is observed upon arrival. All campers are required to wear a Personal Flotation Device (PFD) any time they are in a boat or canoe. Camp Icaghowan requires that lifeguards be present at all waterfront activities. Recreational swimming is a camp activity, but swim lessons are not. If you are interested in swimming lessons, contact your local YMCA for their swim lesson information

Camp Menu

Camp menus are selected to meet the dietary needs of all the campers. Meals are hearty and "seconds" are available on most items. Meal times are 8am, 12noon and 5:30pm. Below are sample meals:

<p style="text-align: center;">Breakfast French Toast, pancakes, scrambled eggs, coffee cake Cereal, fresh fruit and juice</p> <p style="text-align: center;">Lunch Spaghetti & meatballs, tacos, mac & cheese, hamburgers Vegetarian option, salad bar, side veggies, fresh fruit</p> <p style="text-align: center;">Snacks Fresh fruit, crackers, Oreos, fruit roll-ups, pretzels, granola bar, juice box</p> <p style="text-align: center;">Dinner BBQ chicken, sub sandwiches, sloppy joes, tortellini, pizza Vegetarian option, salad bar, side veggies, fresh fruit, dessert</p> <p>Milk or juice and water are served with every meal. Our cereal bar has an assortment of cold cereal, fruit, and yogurt. The salad bar has lettuce, tomato, cheese and assorted vegetables. If your child has any food allergies or dietary needs, please note these on their medical forms. We are able to control/implement a "peanut free" environment when needed.</p>

Camp Store

Campers will have the opportunity to visit the Camp Store for Camp Icaghowan souvenirs. Examples of items include Icaghowan t-shirt (\$8), Icaghowan hooded sweatshirt (\$20), white t-shirt with Icaghowan logo for tie-dye (\$6), camp bandana (\$3), stuffed animal (\$5), magic bracelets (\$3), activity pins (\$2), single use camera (\$6) and much more.

Campers receive a camp snack and drink each afternoon for \$1 a day from their camp store account. Food items are not sold in the store. \$20-\$40 is suggested for their store account.

All campers have the opportunity to sign up for a trail ride for an additional \$8. All campers and staff are required to wear helmets provided by camp while riding.

Camp store money is turned in at the bus stop or at camp registration. Money is put in an account for the camper to use in the store. No cash should be carried by the camper. Any balance is returned at the end of the session.

Lost and Found

Each day at camp, staff will encourage campers to take responsibility for their belongings and will also display lost and found. Any items left at camp after the session are sent back to the Mpls Camp Center in Loretto, MN. Please call our office at 763-479-1146 to check on lost and found. Please have a detailed description of the item missing, camp session, and campers full name and phone number.

Items will arrive at the Camp Center within two weeks after each session is done and kept for two weeks once they arrive in the office. Claimed items will be held at the Camp Center, and must be retrieved from the Camp Center. Items can be mailed if payment for postage is received in advance. Anything that is not retrieved from the Camp Center will be donated to a local charity.

Please assist us with lost and found by labeling everything with the camper's full name-including luggage, backpacks, sleeping bags, pillows, books, hats, clothing, etc. Valuables and meaningful items should be kept home for safe keeping. YMCA Camp Icaghowan is not responsible for any lost, stolen, or damaged items.

Packing List

The following is a suggested list; these items are not required. You may modify it to your camper's needs and session type. Please do not send your child's best clothing. Pack items and clothing that can get muddy, dirty, wet, sandy, torn, grass stained, etc. All items should be clearly labeled with your child's full name. This will assist us with returning lost and found. YMCA Camp Icag-

- 2 sheets and 2-3 Blankets or Sleeping Bag
- Pillow and pillow case
- Rain Coat
- Flashlight
- 2 Pair of shoes (one that can get wet)
- 1-2 Pajamas
- 5-6 Underwear
- 2 Pants
- 2 Shorts
- 5-6 shirts (1 long sleeved)
- 2 Towels
- 1-2 Swimsuits
- Laundry bag for dirty clothes
- Comb, toothbrush, toothpaste
- Soap in a travel box
- Stationary, envelopes, stamps
- Sunblock & Chapstick
- 2 Hats (one for warmth)
- Water Bottle
- Mosquito Repellent (non-aerosol)
- Store money (\$20-\$50)
- Medication (see policy on page 7)
- Fishing Pole
- Book
- Lanyards (returning campers)

What not to bring to Camp:

The following items should not be brought to camp. If they are found they will be confiscated and returned at the end of the session.

- Cell Phones
- TV's, Radios, Handhelds
- CD players, iPods, MP3 Players
- Video Games
- Computer Games
- DVD Players
- Food
- Pocket Knives

The following items will be confiscated and destroyed. In addition, parents/authorities will be called to remove their child from camp. No fee adjustment or refund will be given for violating this directive.

- Fireworks
- Firearms or other weapons
- Drugs or Alcohol
- Any tobacco products

Health and Safety

Please read this section carefully.

Failure to provide the required health, emergency or insurance information will hamper our ability to ensure your camper's health and safety.

1. Every camper is required to have a physical exam by a physician within the 24 months preceding camp. The **Health Exam** form must be completed by your Physician or Nurse Practitioner. This is for camp health protection, which is a requirement of the State Department of Health and the American Camping Association. The **Health History** form must be completed by a parent or guardian annually. It is important that parents notify us if there has been any exposure to a communicable disease within 3 weeks of coming to camp or if any symptoms of illness occur immediately prior to camp.
2. Target Stores in-store clinics may be offering reduced price physicals to YMCA campers. Check with the store nearest you.
3. **Allergy Injections:** If a camper is to be given allergy injections, please send one disposable tuberculin syringe and needle for each injection needed while at camp.
4. **Administering Medication:** For medical and safety reasons, the YMCA team members do not administer insulin shots, Diastat or other medications requiring similar procedures. Our staff will work with parents/guardians, the child and the child's medical providers to explore other reasonable accommodations to permit the child to enjoy our programs to the fullest extent possible.

Medication Policy

Medication will be turned in at the bus stop or registration table at camp.

Medication should be in the **original container** and **labeled clearly** with dosage, frequency and camper's name. This includes both prescription and over-the-counter medication. Upon check-in please notify us if your camper is to receive lunch-time medication.

Insurance and Illness

Health insurance information is requested on the **Health History** form. This information will only be used to facilitate outside medical treatment if required. In the event of serious illness or injury, parents will be notified immediately.

Safety Considerations

The safety of each child is our primary concern. Campers and parents need to be aware that camping at YMCA Camp Icaghowan requires effort and the ability to communicate. To insure that your child has a safe summer camp experience, your child should:

- Be able to understand, remember and follow instructions.
- Be able to respect and relate responsibility to others in a group.
- Be able to participate in primarily outdoor activities in large and small groups for the duration of their stay at camp.
- Be able to enter and exit a canoe independently or with moderate assistance from a companion.
- Be able to right themselves and remain face up in the water with the aid of a Personal Flotation Device (PFD).
- PFD's are provided by camp and must be worn and zipped in all boating activities.
- Horse helmets are provided by camp. **Due to guidelines set by the Horse Safety Association, campers are required to use the helmets provided by YMCA Camp Icaghowan.**

What if my child is sick or injured while at camp?

In the event of the need for non-emergency medical treatment, campers are taken to the Camp Health Care Provider, who administers minor first-aid. In the case of illness, parents or emergency contacts are called to make arrangements for treatment or pickup. Children rest in the Health Service Building until a plan of action decided.

Emergency

In the event of an emergency at camp, YMCA Camp Icaghowan camp administration staff will phone you immediately. This includes, but is not limited to, a natural emergency, physical injury or behavior concerns.

Lice Policy

A child may be sent home if they are found to have head lice upon the health inspection when they arrive at camp. They may return to camp once they have been properly medicated for 24 hours and have been found to be nit free.

Severe Weather

Camp Icaghowan has a severe weather shelter in case a storm is approaching.



Bugs, Ticks and other fun creatures

According to the Department of Health:

- The risk for West Nile for children and camp staff is low.
- If a horse gets West Nile, it does not increase the risk of West Nile in people.
- Mosquitoes and ticks can be managed effectively by applying repellants.
- Prompt removal of a deer tick by the counselor or health care provider will prevent Lyme transmission. Prompt treatment of anybody showing symptoms will prevent the later, more severe stages of the disease.

Communication

Camp Icaghowan office phone: 715-268-8377 or 612-216-3749

Answered from 8:00am-8:00pm. Referral to staff cell phone after 8:00pm.

Camp Icaghowan office fax: 715-268-6791

Mpls Camp Center phone: 763-479-1146

Mpls Camp Center fax: 612-823-2482

What you will hear from camp:

- We ask the campers, camper parents and guardians to refrain from communicating via phone or e-mail, as it detracts from the camp experience.
- Campers are encouraged to write home part way through each session. We suggest that you send pre-addressed, stamped envelopes with your child.
- Camp will contact the parent or guardian if medical attention is needed or for consultation in behavior situations.
- Your child's counselors will send a letter home following the end of the session.

It's a Tradition!

When Pioneer and Challenger trips come back into camp, the entire camp stages a Welcome Back Ceremony!

Code of Community

Parents/Guardians & Campers: Please read this together.

YMCA Camp Icahowan is committed to providing a safe and welcoming environment for all campers and guests. We ask everyone to act respectfully at all times when they are on our property or participating in our programs, behaving in a mature, responsible way and respecting the rights and dignity of others. Camper's who cannot behave appropriately will be sent home. **No fee adjustment or refund will be given for violating this directive.**

Behavior Policy

Level 1: Arguing, swearing, refusing to listen, being inappropriate, personal space issues.

1. First incident occurs:
 - Immediate consequence: time out, removal from activity or loss of privileges followed by debrief.
2. Second incident occurs:
 - Immediate consequence: time out, removal from activity or loss of privileges followed by debrief.
 - Meeting with Unit Leader, Behavior Specialist and Director. Brainstorm possible solutions.
 - Phone call home to update parents and work on solutions.
3. Third incident occurs:
 - Immediate consequence: time out, removal from activity, or loss of privileges followed by debrief.
 - Phone call by Director to home and likely removal from camp.

Level 2: Violence (i.e. hurting others, self, or property), stealing or threatening violence.

- Meeting with Unit Leader, Behavior Specialist and Camp Director to brainstorm possible solutions.
- Phone call home to update parents/guardians and to work on solutions.
- Consequence and behavior contract or removal from camp.

Specialty Camps & Packing Lists

Horse Camp - Ages 8-14

Horse Camp is designed for the beginner to intermediate rider. Campers concentrate on mastering correct riding techniques, safety while mounting and dismounting, horse care and grooming, how to saddle and bridle a horse, and of course riding both in our ring and through miles of beautifully wooded trails at camp. Weather permitting, 8 hours of instruction and riding take place during a session.

What to bring (in addition to Packing List on page 6):

- Riding boots or hard soled shoes; preferably with a smooth sole and a slight heel to keep from slipping through a stirrup. Hiking boots and tennis shoes are not recommended. The rough soles may get caught in the stirrup.
- Long pants-jeans or similar material (must be worn while riding).
- Hat with visor.

Street Skateboarding Camp - Ages 10-13

Street Skateboarding camp is designed to provide opportunities to skate with a small group, practice skills and have caring, knowledgeable staff provide instruction and encouragement. Campers will practice their skills at the Street Skate Park located in camp, and spend one day out of camp at a near by skate park. Icaghowan's skate park includes a variety of ramps for beginner to intermediate skaters.

Campers will not be allowed to skate without proper safety equipment. Camp Icaghowan does not provide safety equipment.

What to bring (in addition to the Packing List on page 6). All equipment is REQUIRED:

- Skateboard
- Knee Pads
- Wrist Guards
- Helmet
- Elbow Pads

Summer Samplers

This program is designed to give our youngest campers a taste of most everything Icaghowan has to offer. Participants will play small group and all-camp games, try activities such as arts & crafts, swimming, target sports, cookouts, nature lore, and even ride a horse! Samplers do all activities as a group and stay in single-gender cabin groups exclusive to Summer Samplers.

This program runs 3-days, 2-nights, so please take note of the bus and parent drop-off/pick-up schedule.

What to bring (in addition to Packing List on page 6):

- T-shirt for tie-dye (shirts available in the Camp Store for \$6).
- Pre-addressed and pre-stamped envelopes or postcards for writing home.

Teen Extreme - Ages 12-14

Participants will experience a fast-paced adventure each day. Activities such as rock climbing at Taylors Falls, Canoeing on the St. Croix River, backpacking on the Superior Hiking Trail and kayaking on Lake Superior. They will spend most nights at camp in a cabin, have breakfast at camp and then depart for their adventure. Campers will participate in evening events at camp such as campfires and all-camp games. Icaghowan staff will make every effort to make alternative plans to keep the adventure going in case of inclement weather.

What to bring (in addition to Packing List on page 6):

- Comfortable hiking boots or tennis shoes that tie. Please do not use slip-on shoes or sandals for climbing.
- Water bottle
- Shoes that can get wet and stay on feet.
- Hiking boots or comfortable walking shoes.

Canoe Trips

Pioneers and Challengers - Ages 13-14

After spending two days of in-camp training, Pioneer (boys) and Challenger (girls) campers will canoe, camp and live in the outdoors for 10 days with their trail groups. Get ready for the adventure of a lifetime! All trips are single gender.

Campers must be able to enter and exit a canoe independently or with moderate assistance, and travel and balance in a canoe for extended periods of time. After sufficient training during the first days, campers must be able to get out from under a canoe in the case of tipping and right oneself to remain face up in the water with the aid of a life-jacket. Campers need no prior experience in canoeing or camping.

What to bring for time on trail:

- 1 pair of footwear that is suitable on rough terrain and can get wet (i.e. old tennis shoes or hiking boots).
 - 2 pair shorts
 - Swimsuit
 - 1 pair of sandals or light tennis shoes to change into at the campsite.
 - 2 pair of long pants (quick drying fabrics are best)
 - 3-4 pairs of wool blend or synthetic blend socks
 - 4-5 pairs of thin liner socks
 - 3-4 shirts (1 long-sleeved)
 - 1-2 sturdy water bottles (camp can provide if you do not have one)
 - Sleeping bag (light weight & stuffable. Not down)
 - 1 dry bag or nylon bag for personal gear
 - Fully completed medical forms (camper will not be able to go on trip if forms are not present at camp)
 - Rain jacket & pants are recommended (ponchos are discouraged)
 - Toiletries (toothbrush & toothpaste)
 - Biodegradable soap
 - Insect repellent
 - 2 bandanas
 - Hat with visor
 - \$6 for food stop (in camp store fund)
 - Sunblock & chapstick
- Optional:**
- Camera
 - Journal or notebook for writing

What to expect:

Upon arrival at camp, you are introduced to your group. You spend the first day getting to know your group, planning your route, practicing & learning trail and canoe skills, and choosing your menu. On the second day, you depart for the river.

At the end of your trip there is a Dairy Queen lunch. After a brief meal, it is off to camp to rejoin the Icahowan community. Your last day at camp will be spent sharing your trail experience with others and packing up all of your gear.

If an emergency occurs on trail, the trail counselor will contact the Camp Director who will then contact parents or guardian.

Leadership Development

Junior Leaders — Ages 13-14

The Junior Leaders (JL) program is for youth who want to expand upon the leadership training they have experienced at Icaghowan. The focus of the two-week program is on individual leadership investigation, identification, and implementation. To do this, the program intertwines servant leadership, group work, and a 4-day canoeing or backpacking trip to accomplish its goal. If you are willing to work hard, try new things, and grow in every way, then you may be ready for the JL Program. Participants can expect to be both challenged and rewarded for their efforts. All JL programs are single-gender and are led by experienced camp staff.

What to bring:

- Consult Packing List (page 6), Time on Trail List (page 13)
- \$6 for a Dairy Queen stop after the wilderness experience (in camp store fund).

Work Leadership Camp — Ages 15-16

The Work Leadership Camp (WLC) program is for youth to develop and practice leadership skills. The WLC program is three weeks long and broken into three interconnected parts.

- 1) Group work - team building, ropes course, service projects & river canoe or backpack trip.
- 2) Leadership exploration - leadership skills and touring other camps and other leadership programs.
- 3) Leadership practice - assigned a mentor, cabin shadowing, campfire and special day planning.

The three weeks of WLC are packed. However, we haven't forgotten that this is camp, so everything we do is done in a fun, experiential way.

What to bring:

- Consult Packing List on page 6 (alter quantity for three weeks + six day river canoe trip)
- \$6 for Dairy Queen stop after the wilderness experience (in camp store fund).

“Kids to Camp” Fund

In the spirit of giving, please consider donating the remainder of your child’s store account to the “Kids to Camp” Fund. The money goes toward a scholarship program to send youth to camp who would not otherwise have a summer camp experience. If you are interested, please fill out the form below. Without this form, your child will receive a full refund of the remainder of their store account prior to returning home.

It’s a Tradition!

All campers are welcome to participate in the Icaghowan Polar Bear swim tradition by checking into the waterfront at 7am and taking a group dip in the lake. Campers who participate in this refreshing wake-up will be eligible for the Polar Bear pin.



YMCA Camp Icaghowan “Kids to Camp” Fund

Include this form with your child’s camp store funds.

Camper Name: _____ Session:

I give permission to donate the money left over in my camper’s store account at the end of the session to the “Kids to Camp” fund. An itemized list of your camper’s account will be sent home letting you know exactly how much was donated. All donated money is tax deductible. Thank you!

Other Opportunities at Camp:

Family Camp

Memorial Day Weekend May 29-31, 2010

Bring your entire family to beautiful Camp Icaghowan! Enjoy a wonderful family trip — sleep in cabins, eat all your meals in the dining hall, and participate in great programs run by the camp staff. You can participate in activities like canoeing, climbing, swimming, arts and crafts, family games, evening campfires, and gazing at the billion stars. This can be a great way to introduce your children to overnight camp. Many families will attend Family Camp together in May, and their children will come back all excited later in the summer. Your family will remember this time together forever. Call 612-822-2267 for a special Family Camp brochure with more information. This camp runs annually, so if you missed it this year, check back in 2010!

Winter Camp

Late January, check back for specific dates for 2011

There is a lot of fun to be had at Camp Icaghowan in the winter. Two programs are offered for different age groups. For Campers 8-11 years old (grades 3-6) there is the Winter Experience program. Play outside snowshoeing, following animal tracks, and playing winter games on Lake Wapogasset. Winter Experience participants sleep indoors both Friday and Saturday night. For campers 12-18 years old (grades 7-12) we have the Winter Adventures program. They will receive training in winter camping skills, be outfitted with winter camping equipment, including clothes and a minus 40 degree sleeping bag. The crew will sleep indoors Friday night, and then with trained winter camp staff, trek out around Icaghowan and build winter shelters to sleep in Saturday night. Sunday the crew returns to a big celebration banquet. The campers can't wait for people at home to ask them "What did you do this weekend?" Call 612-822-2267 for more information.

Transportation Information ♦See back cover for bus schedule♦

To Prepare your Camper for the Bus:

- Make sure to use the bathroom before boarding the bus. Once loaded, campers are asked not to get off the bus.
- Bring a water bottle on the bus.
- Make sure camper and the camp knows who is authorized to pick up the camper at the end of his/her session.

Bus Rules:

- Campers sit facing forward while the bus is moving.
- No screaming or yelling.
- Inappropriate touching, pushing or poking is not allowed.
- No eating or drinking (does not include water)
- Keep body parts inside the bus.

Bus Stop Location

All buses depart and return at REI in Bloomington, MN, located at 494 and Lyndale Avenue. For store location and directions go to www.REI.com.

Parent Drop-Off/Pick-Up at Camp

Camp Icaghowan is approximately 90 minutes from the Minneapolis/St. Paul area. If you wish to drive campers to and from camp, please indicate this choice on your registration form.

- **Opening Day:** Drop off occurs between 10:00-11:00am
- **Closing Day:** Parents may pick-up campers between 1:30 and 2:30pm. For the safety of all of our campers, we ask that all parents and campers check in and out at the camp office.

Because the safety of your camper continues to be the number one priority for the YMCA, we have drop-off and pick-up procedures. When you arrive at camp or at a bus stop, please check in at the arrival table.

When you pick-up your child from camp or from a bus stop, campers will be asked to remain on the bus or at a designated place at camp. A lead staff person will help match camper to parent. If a friend or relative is picking up your child, be sure to let us know. They will be asked to show a valid picture ID and sign next you're your child's name.

If an adult does not come to pick up their camper, a staff member will try to locate the identified emergency contact. If no one is available after one half hour, the Camp Director will call the police. YMCA staff are not allowed to transport campers home at the end of a session.

Map & Directions to Camp Icaghowan

From Hwy 35W or Hwy 35E, proceed north until they merge to Hwy 35. Proceed to MN 97. From MN 97, proceed east (right) to MN 95. Turn north (left) on 95. Continue north on 95 until Hwy 8. Turn right on Hwy 8. Proceed east to WI 65. Turn south (right) and go 3 miles to County Road C and turn east (left). Follow C for 5.5 miles to the camp entrance on the right.

From Interstate 94, proceed east to WI 63. Go north through Baldwin on 63. Where 63,46 and 64 intersect, continue north on 46 to Amery. Coming into Amery, watch for County Road F on the left. Turn west (left) and travel 2.5 miles on F to County Road C and turn north (right) on C. Go 2.5 miles to the camp entrance on the left.

From Highway 8, proceed east to WI 65. Turn south (right) and go 3 miles to County Road C and turn east (left). Follow C for 5.5 miles to the camp entrance on the right.

Bus Schedule & Transportation Information

The bus stop is located at the REI store in Bloomington, MN at 494 & Lyndale Avenue. Please visit www.REI.com for directions and store information.

Session	Depart	Return
1	Sunday, June 20	Friday, June 25
2	Sunday, June 27	Friday, July 2
2A-Sampler	Sunday, June 27	Tuesday, June 29
2B-Sampler	Wednesday, June 30	Friday, July 2
3	Sunday, July 4	Friday, July 9
4	Sunday, July 11	Friday, July 16
5	Sunday, July 18	Friday, July 23
5A-Sampler	Sunday, July 18	Tuesday, July 20
5B-Sampler	Wednesday, July 21	Friday, July 23
6	Sunday, July 25	Friday, July 30
7	Sunday, August 1	Friday, August 6
7A-Sampler	Sunday, August 1	Tuesday, August 3
7B-Sampler	Wednesday, August 4	Friday, August 6
8	Sunday, August 8	Friday, August 13
9	Sunday, August 15	Friday, August 20
10	Sunday, August 22	Friday, August 27

The bus departs promptly at 9:30am. Please arrive up to 45 minutes before the bus leaves to sign in and load your luggage.

The bus will return approximately at 3:30pm. Keep in mind this will vary with traffic. Please be on time to check in and pick up your child!

A photo ID is **required** for all adults picking up their children.

Session Name	Session #	Depart	Return
Work Leadership Camp	4/5/6	Sunday, July 11	Friday, July 30
Work Leadership Camp	8/9/10	Sunday, August 8	Friday, August 27
Two Week Camp	4 & 5	Sunday, July 11	Friday, July 23
Pioneer & Challenger	5 & 6	Sunday, July 18	Friday, July 30
Pioneer & Challenger	7 & 8	Sunday, August 1	Friday, August 13
Junior Leaders	4 & 5	Sunday, July 11	Friday, July 23
Junior Leaders	6 & 7	Sunday, July 25	Friday, August 6
Junior Leaders	8 & 9	Sunday, August 8	Friday, August 20