the YMCA CAMP WOOD

PARENT HANDBOOK

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Hello Camp Wood YMCA Campers and Families!

On behalf of the entire staff I want to welcome you to Camp Wood YMCA! We are so happy to have you join us this summer. Our summer camp has been a place campers and families across Kansas and beyond call home.

As a former camper, I know how much camp can mean to kids. It can be a home away from home. It can be the place where you always know you'll have a friend. It can be the place you'll be able to go out of your comfort zone in more ways than one.

Here at Camp Wood YMCA, we live by what we call the Three Be's - Be You, Be Adventurous and Belong. We believe these are three things every camper longs for and comes to find at camp. First, **BE YOU**, we want everyone that we come in contact with to be able to feel like they can be themselves and not hide who they are. Second, **BE ADVENTUROUS**, we want to be a space for campers to feel like they can lead lives of adventure and go out of their comfort zone. And finally, **BELONG**, we want to be a home where everyone can feel like they have a place. With these three ideas in mind, we have created the **Camp Wood Creed**. It goes like this...

I am important, I am me
I am important, I am adventurous
I am important, I belong

Our campers and staff say the creed multiple times a week so that they are reminded of how important they truly are.

When you send your child to camp, not only do they become a part of the Camp Wood family, but so do you! Please don't hesitate to call or email me if you have any questions or concerns. I am always happy to help! I am looking forward to seeing you all this summer!

Meghan Burke
Program Director
P: 620-273-8641
E: mburke@campwood.org

Camp Goals and Outcomes

For a camper, fun is the ultimate goal. But for Camp Wood staff, fun programs are a tool to teach so much more. We believe in building character through the five core values of Caring, Honesty, Respect, Responsibility, and I'm Third. At camp we also instill the "Three Be's" - Be Adventurous, Be You, and Belong. Our staff model and teach these values in all they do. They encourage their campers to discover what those values mean for themselves and to return home to live them out in their daily lives. These values form the cornerstone for a fun, safe and welcoming environment--an environment where every camper and guest feels empowered to become the best person they can be.

- To have campers gain not just a head knowledge (being able to say in word) of the core values and "Three Be's" but to gain a deeper heart knowledge (where campers live out those values in their daily lives).
- To help campers create lasting friendships.
- To have the opportunity to gain new and deeper skills in traditional camp programs.
- To be safe in Spirit, Mind and Body.
- To have a fun, magical experience.

Amazing Staff

We believe that counselors and summer staff make the magic of camp come alive. We pour countless hours into recruiting, screening and training the best staff imaginable. All Camp Wood staff undergo an extensive evaluation process to ensure they are focused on camper and guest needs and that they're committed to modeling the values of Caring, Honesty, Respect, Responsibility and I'm Third. Our intense two-week training process emphasizes relationship-building, quality programs, the care and well-being of campers, and CPR and First Aid. The result? Campers feel safe and empowered and parents feel comfortable knowing their children are in capable, caring hands.

Spiritual Emphasis, YMCA Core Values, & I'm Third

Camp Wood welcomes campers of all faiths and religious backgrounds. We believe campers learn best from staff who model positive behavior, who speak and act consistently and appropriately with children. Mealtime graces and the foundation of our programs and how we treat each other will be based on the Christian/universal values of Caring, Honesty, Respect, and Responsibility.

Camp Wood YMCA practices a belief in the **"I'm Third"** motto. Saying "I'm Third" has many different connotations. Saying I'm Third for Camp Wood means to put your faith, God, or core beliefs first in your life, putting others second and then yourself third. At camp we believe to live the "I'm Third" lifestyle means to live with a bigger purpose in the service of others.

We also adopt the **"Three Be's"** at Camp Wood.

Be You. At Camp we are free to be ourselves and discover how to live into our fullest potential.
Be Adventurous. At Camp we seek adventure as we conquer new heights and grow in confidence.
Belong. At Camp we are at home surrounded by a loving community and supportive friends.

Our staff strive to daily live in such a way and to role model that to all of our campers and guests.

Before Camp Begins

- Campers must have a completed online registration with all appropriate forms filled out (see below)
- The American Camping Association (ACA) requires that each camper have the following forms on file **three weeks prior to arrival** at camp. These are all part of the online registration process.
  - Registration Waiver
  - Camp Wood YMCA Healthy History Form. *Campers do not need a doctor's signature on the health form.*
  - Camper Letter to Cabin Leader. *Even if your camper is a returner, this information changes regularly and will give us the most current information on your child.*
  - Medical Form
- A non-refundable deposit of $75.00 per camp week must accompany each registration. Full payment is due two weeks prior to your camp session.

Refunds & Promotions

A non-refundable deposit of $75.00 per week is required with each application to secure a reservation and applies to your total camp fee. The remainder balance is due three weeks prior to your camper's scheduled session. Deposit and payments can be made by cash, personal check, money order, MasterCard, Visa, or Discover. **An insufficient fund fee of $30.00 will be added to all returned checks.**

Transfers from one camp session to another are allowed depending upon availability. Transfers must be made three weeks prior to camp session.

If you cancel your session less than three weeks before the start date or do not show up at check-in, you risk losing all payments made to Camp Wood YMCA.

Behavior & Missing Home

Should behavior, discipline problems or homesickness affect our work with other campers, or the safety of others at Camp Wood, we reserve the right to dismiss, without refund, those campers responsible. **Please note: Homesickness is not condition for a refund.**

OPEN HOUSE! **Every Spring we host two Open Houses where you can tour camp, meet our staff and experience a camp activity. This is the perfect opportunity for first time campers to get a glimpse of what your they will experience while at camp! Check our website for dates! (If your schedule does not allow you to visit us during Open House, you are welcome to call and schedule another time.)**

Check-In

For traditional camp and first session mini-camp, check-in will be on Sunday from 2:30pm-4:00pm. It will be at the same time on Wednesday for session two of mini-camp. **Parent's/guardian are responsible for providing transportation to and from camp.**

- Prior to check-in, families will receive an invite to join a Parent Zoom Meeting.
- Zoom calls will be recorded and sent out with your Cabin Leaders Introduction video afterwards.
- On the Zoom call, we will answer any questions & discuss what to expect

What to Expect

Here at Camp Wood we value forming relationships with the whole family**.** We believe there's power in parents, brothers, sisters, grandparents getting a glimpse of what campers will experience during the week. During check-in, we encourage you to connect, engage, and observe alongside your camper! You will walk through different stations and get to meet several of our summer staff along the way. Don't hesitate to ask questions as you go!

Check-in Procedures

- All cars should go to the parking lot in front of Ritchie Lodge upon arrival. There will be signs and Staff Members directing you to the correct location.
- You will then enter Ritchie Lodge to begin the check-in process!
- There will be several forms for you to fill out on check in day including another simplified health and medication form
- A nurse will be present at check in to collect any medication and answer any questions as needed. Please have all medication in it's original packaging and dosage information ready to go!
- A lice/head check will be preformed during the check in process. If lice is suspected, the Nurse will recheck. If confirmed, camper can not stay at camp. To return to camp, campers must be cleared of lice and rechecked by a Nurse.
- You and your camper will stop by the camp store to load money onto your campers account. We take payment in the form of cash, check, or card. See more on page 12.
- There will be a drop for camper packages/mail during the check in process as well. See more on page 15.
- Once all these steps are completed, you will return to your car and walk/drive to your child's cabin where a Staff Member will be waiting to greet you and help with any luggage.

CHECK-IN CHECKLIST!

Make sure to bring the following into Ritchie Lodge with you for check-in!
Luggage can be left in the car

- **Any Medication in it's original packaging/bottle**
- **Money for the camp store (see page 13 for suggested amount)**
- **Care Packages (not needed, just optional:)**

Daily Schedule

Our days begin with flagpole and morning motivations then it's off to breakfast. Campers will then get to choose what "Club" they want to be a part of (unless in Horse Camp or the In-Training Programs). Lunch arrives quickly and is followed by a service project and rest hour. Afternoons are filled with cabin activities which might include swim time, the Alpine Tower, horseback riding, arts and crafts and so much more. After a hearty dinner it is off to evening programs for fun, character development, and new experiences.

Discover more about our schedule by visiting campwood.org/camp-life.

Daily Schedule

7:00 AM	**Wake Up**
7:40	**Morning Motivations**
7:55	**Flagpole**
8:00	**Breakfast**
9:00 – 11:45	**Clubs/Horse Camp**
12:00 PM	**Lunch**
12:45	**Service Projects**
1:00	**Rest Hour**
2:00 – 5:30	**Cabin Activities**
5:50	**Circle Time**
5:55	**Flagpole**
6:00	**Dinner**
6:45	**Quad Time**
7:30	**Evening Program**
9:00	**Showers and Embers**
9:30	**Little Bluestem* Lights Out**
10:00	**Big Bluestem** Lights Out**
10:30	**Teens and ITs*** Lights Out**

* Little Bluestems are our youngest campers - ages 9 and below
** Big Bluestems are 10-12 years old
*** Teens and ITs are 13 years old and older

Check-Out

Closing Day Begins at 10 AM on Saturday (or Wednesday for mini-camp session one).
Please remember to have your Photo ID on hand.

Check-out Procedure

- Return to Ritchie parking lot and you will be directed to the correct location for our closing ceremony. Our full time staff will debrief the week and campers might even get to share what they've been learning!
- After the ceremony, you will collect your camper and their luggage. You will need to show your photo ID to a staff member and sign them out.
- Don't forget to retrieve any medication from the camp nurse.
- Once camper is checked out and luggage/medication is retrieved you may stop by the camp store to use up your funds and purchase any additional items.
- Then feel free to head out!

Closing Day Office Hours

The camp staff are all a part of Saturday closing activities. Please do not rely on last-minute emails or phone calls to be answered immediately.

Camp Store

The camp store will be open on closing day! Make sure to stop by on your way out of camp. As a reminder, any **left over store funds do not get refunded.**

Lost & Found

Camp Wood is not responsible for lost or stolen items. Campers are encouraged not to bring valuable items or clothing to camp. Every attempt will be made to return lost items while your child is at camp. Lost items will be kept for two weeks, after that time they will be donated.

In order to limit the number of items in lost and found, please mark each article your child brings to camp with his/her full name. And make sure to check on your way out of camp!

Day Camp

Day Camp will run Monday through Friday. Check in each day will be at 8:30 am in front of the main office. Check-out will be at 5:30 pm each day.

On the next page, there is a list of items to pack for Overnight Camp. Please read through this as it is a good reminder of what is/isn't allowed at camp. However, here are some **helpful items to have for Day Camp...**

- Backpack to carry items
- Swimsuit
- Beach towel
- Change of Clothes (Optional)
- Snack (your camper will get lunch each day!)
- Closed toed shoes
- Non-aerosol bug spray
- Sunscreen
- Waterbottle

What to Pack for Summer Camp

The following is a suggested list. It is not a must to have all of these items for your camper. Keep in mind the number of days your camper will be at camp and please pack accordingly.

- Sleeping bag for Campout & Bed sheets*
- Pillow
- 2-3 pair of shoes **
- 1-2 pair long pants***
- Shorts (3 inch inseam, no very short shorts)
- Shirts****
- Long sleeved shirt/sweat shirt
- Socks
- Underwear
- Pajamas
- Raincoat/Poncho (recommended)
- Swimsuit*****
- 2 Bath towels/wash cloths
- 1 Beach towel
- Laundry bag
- Toothbrush/tooth paste
- Soap and shampoo
- Non-aerosol deodorant/toiletries
- Flashlight
- Camera (disposable works well)
- Non-aerosol bug spray
- Sunscreen
- Waterbottle

* One night per week, campers will camp out in the Prairie with their cabinmates. If your child owns a sleeping bag please pack it! Sheets can be used in the cabin but a sleeping bag is best for their night under the stars.
** Some activities require closed-toed shoes. Please pack tennis shoes and sandals with a heel strap.
*** All campers are required to wear ankle-length pants (jeans or riding pants) for horseback riding
**** Shirts with straps must straps that are at least the width of 2 fingers. Shirts may not expose the midriff. Tank Tops may not have large cut arm holes that show off sports bra or extra skin.
***** All campers will need to wear modest and appropriate swimwear while at camp. We recommend swim trunks for guys and one-pieces or tankinis for girls so they feel comfortable participating in all the water activities we have at camp!

Hints and Tips for Packing

Help your camper pack! it can be an uncomfortable feeling being in a new place and not knowing where to find your belongings. Make sure your camper knows where everything is in their bag.

Send old items or clothes you don't mind getting dirty or lost! Many parents simply go to Goodwill and get all the clothes they need for the week for about $20. Then at the end of the week they can simply throw the clothes away (they will get dirty and probably stink)

What NOT to Bring

- Cell Phone (If found we will place in our camp safe until the end of the week)
- IPods, personal gaming devices, headsets, etc.
- Computers/Tablets/TV's of any size
- Expensive jewelry/Watches
- Guns, knives or weapons of any kind
- Tobacco, alcohol or drugs in any form
- Fireworks
- Specialized or dangerous sports equipment (such as climbing gear, bows, or horse tack)

Camp Policies

Cabin Groups and Cabin Mates

Campers are assigned to cabin groups of around 10 campers of similar age and gender. We accept ONE cabin mate request per registration. These requests are designed with first time campers in mind and as such their requests will be processed first. Most mutual cabin mate requests are honored if the campers are within one year of each other's age, have each requested one another, and are registered in the same program (i.e. horse camp or traditional camp). Camp can not honor requests where two or more campers have linked their names together. We do not make any guarantees and reserve the right to refuse a request. Even if campers are not in the same cabin, there will be MANY chances to see one another throughout the day, including meals, free time, all-camp activities, evening activities and clubs.

Consistent with our commitment to our mission and values, campers will be provided lodging that reflects the gender on their health history form. Campers and staff will be housed in spaces where they feel most comfortable and safe.

Medications

All prescriptions and over the counter medication brought onto camp MUST be in the original container. This includes all prescription medications, inhalers, vitamins, creams, lotions, aspirins, etc.

All medication will be checked in and discussed with the Nurse during registration. Please do not pack medication or health form in your camper's luggage. The Nurse will dispense medication at proper times and in the proper amounts. If the dosage instructions on the medication container does not match the dosage information on the health history form, you are required to have written orders signed by the prescribing physician.

Camp provides over-the-counter medication to campers on an as needed basis. If there are medications that your camper cannot have please make note of that on their health form.

Injury/Illness

The best way to treat injuries is to prevent them. Our staff are selected for their maturity and good judgment and are trained to make good choices. Our program and facility are reviewed regularly by the American Camp Association to insure the highest quality.

All Camp Wood staff are certified in CPR and First Aid. In addition there will be a Nurse on-site 24 hours a day during each camp session. The Nurse is responsible for the care of camper medical needs and medication distribution.

We will make every attempt to notify you before making a doctor's appointment or an emergency room visit for your child while they are in our care by calling all phone numbers given to us. If emergency service is needed there are two emergency rooms within 30 minutes of camp.

Communicable Illness – Parents will be asked to pick up their child to prevent the further spread of illness/disease.
Minor Health Needs – Campers will be cared for by our Health Care Provider without notification from parents unless you request it. This includes dispensing over-the-counter medications.

Bed Bugs

Our staff are well trained on detection and response and we have procedures in place in case these pests are brought into camp. To help us out, here are a few tips:

- Wash and dry (on high heat) all items you are sending to Camp prior to packing your camper's bag.
- When your camper returns home, leave their bags (wrapped in black trash bags works great to generate more heat) outside until everything in them can be washed and dried on high heat.

For more information on Bed Bugs visit
http://www.acacamps.org/knowledge/health/diseases/bedbugs
http://www.bedbugcentral.com/

Severe Weather/Emergencies

We have established procedures and trained our staff to respond to these situations. Camp has multiple storm shelter facilities throughout camp. Full time, on-site camp staff monitor the weather constantly and in inclement weather campers are moved into our shelter buildings. Phone calls during these times are difficult but we will work to keep you updated through social media.

Missing Home

It is not uncommon for campers to miss home during their stay at camp. Staff make every effort to help campers overcome this by helping them learn to accept the natural feelings of missing family and friends. We keep our campers busy and try to interest them in new and fun activities. Parents can help by preparing their children prior to coming to camp for a stay away from home and encouraging them to grow from this experience.

- Become familiar with camp: talk with experienced campers, discuss the daily routine, visit camp
- Overnight visits with friends or relatives may help your camper adjust to being comfortable away from family
- Set your child up for success: don't promise to rescue your child if he or she is homesick. Focus on providing positive support and how proud you will be when they succeeds.
- Please don't suggest phone calls – these are extremely difficult to manage, and campers should focus on having fun and participating, not on a phone call.
- Write to your camper or send magic mail – you may even want to mail a letter ahead of time so it arrives early in the week, or drop one off with staff at check-in. Don't tell them how much you miss them; do ask specific questions about what they're doing, and encourage them to write back.

It is not uncommon for some campers to have problems with fear of the dark or in particular bed wetting. Our staff are trained specifically to handle such things with discretion so that no other camper may know, and all of their needs will be met. Laundry will be done as needed, and the use of pull-ups for overnights is quite common. During check-in please discuss such things with counselors and they will help plan to put the campers mind at ease. If you believe your child may have unusual difficulties with homesickness or other issues, please let us know on the parent information form or call us.

Meals and Sending Food

Camp provides balanced meals in adequate quantity and variety to accommodate reasonable appetites and diets. Snacks are available for purchase in the camp store between lunch and dinner daily.

Special dietary needs should be communicated with camp prior to your camper's arrival. If you have a severely limited diet (vegetarian, gluten free, vegan, diabetic, etc.), food allergies, or cultural needs please call the office to discuss this with our staff, and be sure to list such needs on the campers health form. We are a nut free facility, but again as you have concerns please let us know.

Sometimes, we learn after camp has ended that some campers needed something at a meal we were unaware of. Please talk with your camper and let him or her know to tell a counselor if they are still hungry after a meal so we can help locate additional food items that will work for your camper.

If you do choose to send extra food, please send enough to share with your child's entire cabin group and to be consumed in one day. Food typically attracts bug and/or mice which in turn attracts other less than desirable critters. Please keep in mind the possible food allergies or diet limitations of other campers. Please, do not send items that contain or were processed in a facility with nuts!!!

Camp Store

The camp store will be open on check-out days where a variety of merchandise (t-shirts, hats, water bottles, etc.) will be available for purchase. During the rest of the week the camp store will be open during the afternoons where campers can purchase snacks.

At check-in you will be able to place money into their store account for the week. We suggest $15-$40 for most campers. As campers purchase items during the week the proper amounts will be deducted from their store account. As a point of reference, tshirts will be $16 and sweatshirts $32 (taxes not included). Most families put enough money in their campers account to get trinkets and snacks while saving larger purchases for check-out.

Swim Checks

Swim checks are done at the beginning of the session allowing our aquatic staff to determine a camper's ability in the water and establish the safest areas in which the camper may swim. A free swim period offered daily. Campers are placed into 3 categories based on their swim level and are given a wristband that corresponds to that color that they must wear the entire time they are at camp:

Red - Non-swimmer. Will stay in shallow end of water front
Yellow - Can swim 25 yards and tread water for one minute. Will stay in Yellow section which is slightly deeper
Green - Can swim 50 yards with a front crawl or breast stroke and treading water for 3 minutes. Allowed in all areas of waterfront

Phone Calls

With over a century of resident camping in our experience, we have found that "check up" calls and visits tend to be more disruptive and harmful to the child's camp experience than they are helpful. We HIGHLY discourage a phone call or visit to a camper at camp. Campers do not have use of a telephone while at camp. Because of the nature of camp, it may be difficult to arrange a phone conversation with your camper. Please limit calling camp to family emergency situations. The camp phone number is 620-273-8641. Do not promise your child/children that they will be able to call home during the week. Camp is about learning independence and proving the camper can do it on their own.

Camper cellular phones are not allowed. Please do not send a cell phone with your child. The camp environment features many of the cell phone's natural enemies (water, heat, dirt, and children). In addition, the camp experience is about independence and learning to thrive in new environments. We want your child to feel comfortable coming to camp staff to address any wants or needs they may have while in our care. Should a camper NEED to call home we will arrange for that to happen using the camp phone. Should a camper WANT to call home due to homesickness we will work with that camper and be in touch with you on the best way to proceed in making sure your child's experience at camp is a successful one.

Photographs

We generally post 20-25 pictures per day. Our purpose in capturing photos is for you to have an idea of what's happening at camp! With only one individual hired to take pictures, and over 100 kids at camp each week, we can not guarantee that your child will be in every pictures. However, everyone is captured at least once in their cabin photo.

To see our pictures go to: https://www.flickr.com/photos/campwood/

Please Note: The pictures we take are often used for camp promotional pieces. If you do not want your campers in these photos and videos, please notify camp.

Gender Inclusion at Camp

Here at camp, we aim to promote an inclusive and caring environment for your camper. To further that pursuit, we hire staff of many gender identities and train all of our staff in gender-inclusive practices.

We use information provided by parents on health forms to inform housing and other decisions.

Behavior at Camp

Attending camp is a privilege that you as a parent have chosen for your child. Our staff will make every attempt to provide positive, realistic expectations and guidelines for your child. Every camper must make a commitment to follow the camp rules. In extreme cases, campers who cannot act within camp rules or who adversely affect the safety or experience of other campers will be dismissed without a refund. Parents are responsible to transport their child home when dismissed. Failure to pick up your camper will result in your child being transported by DHS. Camp Wood staff have been trained to deal with inappropriate behavior in a constructive, safe and non-degrading fashion. Campers will be held responsible for their actions in a positive manner.

Abuse and Zero Tolerance Policy

Our organization's top priority is keeping Campers safe. Any form of abuse or mistreatment of campers, employees, and volunteers is prohibited. Use of abusive language, including racial, religious or sexual references directed at other people will not be tolerated.

If any camper chooses to tease, bully, or physically confront another camper with the intent to cause harm, the camper will be expelled from camp at the discretion of the Summer Camp Director. Refunds will not be awarded to camp families for campers sent home for discipline reasons.

Safety

Safety will always be a priority for us. We are an American Camping Association (ACA) accredited camp that has been ensuring the safety and well being of campers for over 100 years.

Personal Relationships

Appropriate personal relationships between campers are encouraged. However, camp strongly discourages romantic relationships between campers while at camp. Campers are not permitted to hold hands, sit on laps, or kiss other campers while at camp. Side hugs are recommended, and full frontal hugs are discouraged. There should never be, under any condition, a romantic or otherwise personal relationship between a camper and a staff.

One-on-one Interactions

Camp aims to eliminate or reduce one-on-one interactions. We follow a strict rule of three or the "truddy" rule as it is called at camp. Therefore campers should be in groups of three (three campers, one staff and two campers, or two staff with one camper). We aim to enforce this at all times including to/from restroom facilities.

Electronic Communication

Electronics are not allowed at camp (this includes staff, unless a situation is approved by administration). Research shows that this is one of the great benefits to children. Outside of camp, staff are not to have contact with campers, except through letters that come through the office and are forwarded on to the staff, or the inverse. If any contact is occurring, please let camp administration know immediately.

Alcohol, Drugs, Tobacco, and Inappropriate Materials

Possession and/or use of alcoholic beverages, drugs, inappropriate materials, and tobacco products while at camp is strictly prohibited. Parents/guardians will be notified as appropriate.

Weapons

Weapons and items that may be considered weapons are prohibited. Anyone found to be in possession of such items will be required to leave camp and the items will be confiscated. Parents/guardians, and/or the authorities will be notified as appropriate.

Reporting Safety Concerns

Because our organization is dedicated to maintaining zero tolerance for abuse, it is imperative that everyone, including campers and their families, actively participate in the protection of other campers. In the event that a camper observes any suspicious or inappropriate behaviors on the part of other employees, volunteers, or other campers,they should immediately report it.

Campers are encouraged to report concerns or complaints to an adult at camp (other counselors, camp admin staff, etc...) and to their families or guardians.

Reporting Procedures

While we hope that families and campers feel that they can openly communicate any concerns, complaints, or grievances directly to someone at camp, we understand that doing so can often be difficult. Because it is important to us that everyone be able to share their concerns, we provide the following mechanisms through which you can make an anonymous report:

Call or email our Main Office at 620-273-8641 || ymca@campwood.org

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Brad "BJ" Murray, CEO || 515-230-5155 || bmurray@campwood.org

Katie Sutton, COO || ksutton@campwood.org

Meghan Burke, Program Director || mburke@campwood.org

Call Praesidium Helpline at (800)-743-6354

We have partnered with Praesidium to establish a helpline that is available to everyone (employees, volunteers, parents/guardians, consumers, community members, etc.) 24 hours a day, seven days a week, 365 days a year. Praesidium is committed to creating an environment where everyone is encouraged to share their concerns and those concerns are taken seriously. The Praesidium Helpline is a consultation line anyone can call to discuss observations of inappropriate behaviors, suspicious behaviors, policy violations, instances of camper to camper abuse and any other abuse prevention questions and issues.

Contacting Your Camper

Campers love to receive mail while they are at camp! If you choose to mail your letters/packages (vs. drop them off on opening day) please allow enough time for us to receive them! Rural mail takes much longer to deliver so plan to **send your letter/package as soon as you know your childs leader/cabin assignment**.

The tone of a letter will play an important part in making your camper's experience. Send news from home, but try not to express how much you or the dog miss them! Make your letters upbeat and friendly. Please remember: Camper-sick parents very easily make homesick campers.

PLEASE do not write about the following topics in letters:

Death or sickness of pets or family members || Vacation experiences of other family members
Favorite places of the child, such as parks, playgrounds, etc || Comments about missing them

Address mail as follows:

Camper's Name and Cabin Number
C/O Camp Wood YMCA
1101 Camp Wood Road
Elmdale, KS. 66850

One Way E-Mail

You are able to e-mail your camper as well (they are not able to e-mail back due to computer access and availability). Simply e-mail a message to cwcamper@campwood.org

You MUST include the campers full name and cabin number or we will not be able to deliver their mail. E-mails get printed daily at 11 AM and distributed at lunch. Anything sent after 11 AM will be received the following day.

Social Media

Follow us on social media to keep up with what we're up to throughout the week!
Instagram: @cwymca || **Facebook:** Camp Wood YMCA (official)

Care Packages

Feel free to bring your care packages on opening day. We will collect and distribute them as you request! PLEASE keep care packages reasonable in amount and size. Here is a list of suggestions:

- Water guns
- Frisbees
- Magazines
- Pictures from home
- Disposable cameras
- Silly socks
- Sidewalk chalk
- Bubbles
- Embroidery floss – friendship bracelets
- Silly putty
- Puzzle books
- Travel games/cards
- Cheap toys from the dollar store
- Goofy sunglasses

Other Opportunities at Camp Wood YMCA

Conferences and Retreats

Camp Wood YMCA is available August through May to - families, church & youth groups, clubs, and businesses for retreats and rentals. Contact the Camp Office at 620-273-8641 and ask us to create a personalized package for you.

Weekend Camps

There are a number of opportunities for your camper to enjoy camp apart from the summer! Keep a watch for all the weekend camps we offer!
Spring Break Camp
"I HEART CAMP" weekend
Teen Adventure Camp
Halloween Camp

Weekend Family Camps

We offer several weekend family camps throughout the year. Watch our website and social media pages for more information.
Memorial Day Family Camp
Labor Day Family Camp
Home School Family Camp

Camp Wood YMCA's Outdoor Education Program

Any school subject can be creatively adapted to an outdoor environment and taken back to the classroom in new and fresh ways. Camp Wood's Outdoor Education Program is an enhancement to school curriculum. Students gain confidence and learn to appreciate and respect the natural world, its frailty, and its future. If your child's school is not active in this program, suggest it to your child's teacher, principal, or P.T.A. Contact the Camp Office at 620-273-8641 for more information.

Woodfest

Bring your family to Camp Wood YMCA for a day of music and adventures on the prairie. With music workshops for every skill level and instrument as well as opportunities to explore the beautiful Flint Hills, there's sure to be an activity that will engage every member of your family! Hosted by Symphony in the Flint Hills here at camp every fall! Join us!

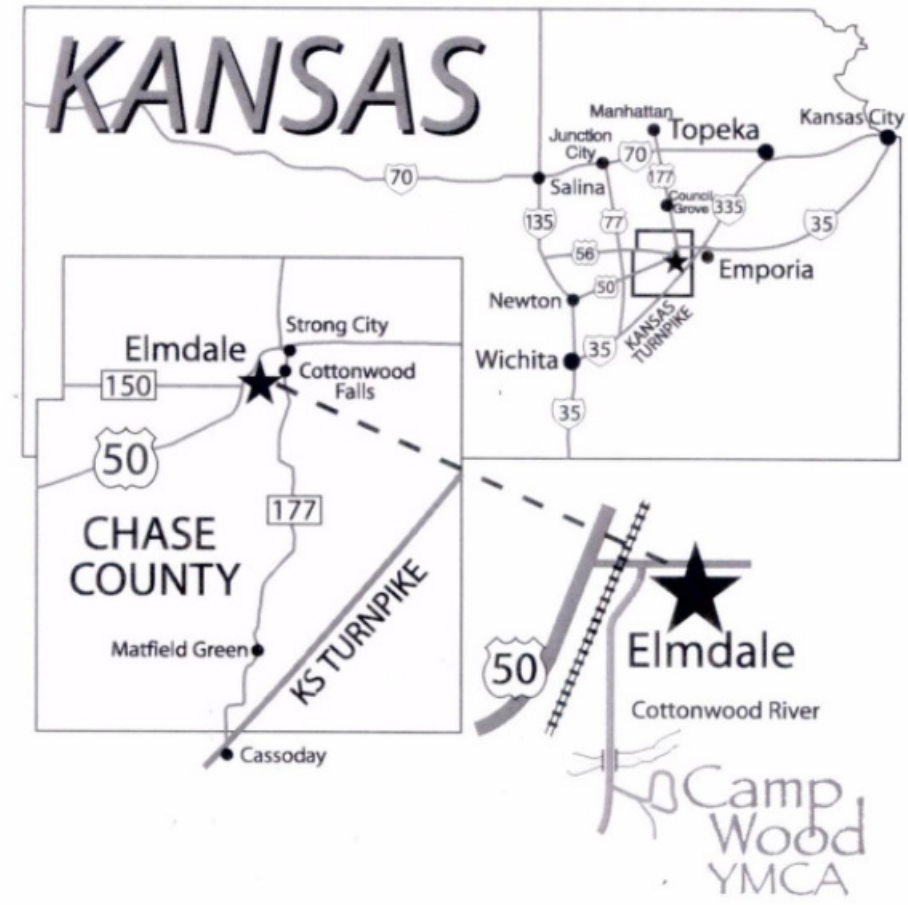
Keep checking social media for future dates for any and all upcoming programs, or contact us at the camp office at 620-273-8641 for more information.

How to get to Camp Wood YMCA

From Kansas City Get on I-35 S and follow to Emporia. Take exit 127A from I-35 S onto Hwy 50 and follow US-50 W to Main St in Elmdale (look for the large Camp Wood YMCA sign on the South side of Hwy 50).

From Topeka Merge onto I-470 W /Kansas Tpke W via EXIT 366 toward Wichita. Take I-335 S/Kansas Tpke S toward Wichita (Portions toll). Merge onto I-35 N via EXIT 127 toward Emporia. Enter next roundabout and take the 1st exit onto US-50 W. follow US-50 W to Main St in Elmdale (look for the large Camp Wood YMCA sign on the South side of Hwy 50).

From Wichita Get on I-135 N/KS-15 N/US-81 N Follow I-135 N/US-81 N and US-50 E to Main St in Elmdale (look for the large Camp Wood YMCA sign on the South side of Hwy 50).



IN ELMDALE, cross the railroad tracks and take an immediate right. Follow the gravel road for two (2) miles and our entrance to the camp will be on your left.