



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BEST SUMMER EVER

SHASTA FAMILY YMCA CAMP MCCUMBER  
SUMMER 2018





FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA CAMP McCUMBER HANDBOOK

## TABLE OF CONTENTS

PAGE 3	OUR MISSION <ul style="list-style-type: none"><li>Why send your kid to Camp McCumber?</li><li>Our Goals</li><li>Our History</li><li>Our Staff</li></ul>
PAGE 4	OUR PROGRAM <ul style="list-style-type: none"><li>Ages</li><li>Camp Sessions &amp; themes</li></ul>
PAGE 5	ARRIVAL & DEPARTURE FROM CAMP <ul style="list-style-type: none"><li>Directions</li><li>Check-In Information</li><li>Check-Out Information</li></ul>
PAGES 6 -8	YOUR CHILD'S STAY AT CAMP <ul style="list-style-type: none"><li>Cabin groups &amp; Assignments</li><li>Meals</li><li>Activities</li><li>Homesickness</li></ul>
PAGE 9	CAMP COMMUNICATION <ul style="list-style-type: none"><li>Letters</li><li>Packages</li><li>Delivery</li><li>Calling Home</li><li>Contact Information</li><li>Visitation</li></ul>
PAGES 10	RESPECTFUL BEHAVIOR, EXPECTATIONS, AND RIGHTS <ul style="list-style-type: none"><li>Discipline Policy</li><li>Camp Rules &amp; Policies</li></ul>
PAGE 11	MEDICAL AND HEALTH PROCEDURES <ul style="list-style-type: none"><li>Health &amp; Safety</li><li>Health, Medication, and Accident policy</li><li>Prescription Medications</li><li>Over the Counter Medications</li></ul>
PAGE 12	REGISTRATION & FEE INFORMATION <ul style="list-style-type: none"><li>Payment Information</li><li>Cancellation/Refund Policy</li><li>Fees</li><li>Financial Assistance</li><li>Camp Store</li></ul>
PAGE 13	DETACHABLE PACKING LIST



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## OUR MISSION

### WHY SEND YOUR CHILD TO YMCA CAMP McCUMBER?

- Safety is our number one priority.
- We provide developmental experiences in fun ways to help young people thrive, build confidence in themselves and others, and become healthy, caring, responsible adults.
- We believe that camp is an essential experience for all children and families, therefore we offer financial assistance for all of our programs.
- Our camp staff help cultivate the values, skills, and relationships that lead to positive behaviors, healthy habits and educational achievement for our campers.

### OUR GOALS

Our one-week and two-week programs emphasize growth and strengthening character values in all campers. Throughout the program, campers learn more about themselves and how to work together as a cabin group. Whether it is playing an all-camp game, learning new skills in an activity session, eating meals in the mess hall, or dressing up, campers form meaningful relationships, try new things, and have tons of fun. Here at camp, our number one priority is providing a safe positive camper experience. We believe that campers are most successful when given the opportunity to push themselves out of their comfort zones and discover in themselves resiliency, responsibility, and confidence.

At YMCA Camp McCumber kids have the opportunity to explore nature, find new talents, try new things, gain independence, and make lasting friendships and memories. Because of Y camps, more young people are taking a greater interest in learning and making better life choices. We believe the values and skills learned early on are vital building blocks for life. Our week-long camp allows children to experience adventures in a safe, caring camp environment. Activities will enhance a camper's self-esteem, confidence and social skills. Our goal is for campers to leave with a deeper understanding of their own potential and a new collection of life-long memories and friends. At Camp McCumber we are always striving to meet our camper's needs. We have been excited to see our camper number grow over the past years and we cannot wait to see what the future holds for us. This makes for confident kids today and contributing adults tomorrow.

### OUR HISTORY

This year is our 65<sup>th</sup> year of YMCA Camp McCumber. We are excited to celebrate this anniversary with you. Established in 1953, we have been providing a safe and affordable camping experience for thousands of children and families in the North state. Many things have changed since 1953, but one thing has stayed the same – we are here for youth. Thank you for believing in us and walking with us for the past 65 years!

### OUR STAFF

Leadership makes the difference! Our caring staff empower campers to learn about the world, develop interpersonal skills, and engage in new and creative activities. Counselors are veteran Camp McCumber participants, typically having been campers and CITs themselves. Our camp program is supervised by professional and veteran YMCA Director, Amanda Lease. Cabin groups of six to eight are supervised by one counselor and up to two CITs. We pride ourselves in finding the finest people to lead and inspire our campers. Our staff is selected for their desire to work with children and each one undergoes training prior to the beginning of camp. Character reference and background checks are conducted for all positions and all camp staff have extensive experience in camp leadership.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## OUR PROGRAM

### AGES

Campers: Entering grades 3 – 9

Counselor In Training (CIT): Entering grades 10 – 12

### CAMP SESSIONS & THEMES

#### CAMPERS

**Traditional 1-week session: Expedition Camp**

Session I: July 8 – July 14

Session II: July 29 – August 4

#### CITs

**Traditional 1-week session: Expedition Camp**

Session I: July 7 – July 14

Session II: July 28 – August 4

#### Contact Information

YMCA Phone Number: (530)246-9622

- Ask for Amanda or Linda

Camp Phone Number: (530)474-1614 **(during camp weeks only)**



## ARRIVAL & DEPARTURE FROM CAMP

### DIRECTIONS

Address: 35440 Deer Flat Road  
Shingletown, California 96088

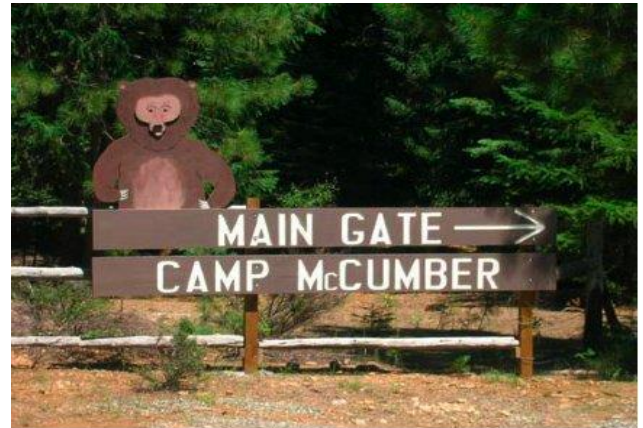
Camp McCumber is located off Highway 44 East,  
7.5 miles east of Shingletown.

From Redding/Palo Cedro: Take 44 East to Shingletown.

Turn left at Lake McCumber sign and keep right.

Drive past the PG&E Campground at the Dam; look for the Camp McCumber sign. The main gain is on the left, follow the road into the main parking lot.

From Red Bluff/Cottonwood/Anderson: Take I-5 North to Deschutes Rd. Take exit 667 to Deschutes, keep left on Deschutes Rd. At the roundabout, take the 2<sup>nd</sup> exit onto Deschutes Rd. Turn right onto Dersch Rd. At the end of the road, turn right onto Highway 44 E. Turn left at Lake McCumber sign and keep right. Drive past the PG&E Campground at the Dam; look for the Camp McCumber sign. The main gain is on the left, follow the road into the main parking lot.



### CHECK-IN INFORMATION (ARRIVAL)

- **Check-In begins prompt at 3:00pm** on the first day of each camp session. Please do not drop off earlier than 3pm as staff will not be able to accept children.
- Parents must check-in with Camp Directors to sign in camper and receive cabin information.
- Each parent should plan to visit with the camp nurse to turn in any medical information and medication for your child. Make sure you have completed the Medication Information Form for all non-prescription and prescription medications being brought to camp.
- Each parent should meet with your cabin counselor and plan to help your camper get settled.
- Please make sure that the person who will be picking up your child on Saturday is listed as an emergency contact. If not, please fill out the Pick-Up Authorization.

### CHECK-OUT INFORMATION (DEPARTURE)

- Campers must be picked up at 10am on Saturday; CITs must be picked up at 12pm on Saturday.
- Please bring a photo ID to check out. Campers are only released to authorized individuals.
- Please check lost and found located at the Nurse's Cabin before leaving.
- Don't forget to pick up any medications brought from home at the Nurse's Cabin
- Parents **MUST** sign out with the Camp Directors at the Welcome Booth.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YOUR CHILD'S STAY AT CAMP McCUMBER

### EXAMPLE DAILY SCHEDULE

7:00am Rise and Shine  
8:00am Flagpole/Chapel  
8:30am Breakfast  
9:30am Cabin clean-up  
10:30am Open Activities  
12:15pm Flagpole  
12:30pm Lunch  
1:30pm Horizontal Time  
2:30pm Camp store  
3:00pm Open Activities  
5:15pm Flagpole  
5:30pm Dinner  
6:30pm All-Camp Activity  
8:00pm Campfire  
10:00pm Lights Out



### CABIN GROUPS & ASSIGNMENTS

Cabin groups remain the same throughout YMCA Camp McCumber's camp programs. All campers are placed in groups of six to eight to one counselors with one counselor in training assigned to each cabin group. All campers have their own bunk and storage areas for their comfort. Restrooms and shower house is separate from cabin assignment.

Making new friends is an essential part of the camp experience and cabin assignments are the key to creating a positive camp environment. YMCA Camp McCumber places campers in cabin groups based on the following criteria:

1. An exclusively mutual request made by **two campers** who are in the same grade.
2. Age (less than 12 months apart), or same grade.

If campers more than 12 months apart request to be together, their requests may be honored, but the younger child will be placed in the older child's cabin assignment. YMCA Camp McCumber will make every effort to honor special requests for cabin mates, but due to the number of campers registered per session, we do not guarantee placements. Cabin requests must be made in writing by July 1, 2018 to be considered

### MEALS

Nutritious, well-balanced meals are served daily, starting with dinner on the first day of camp. Please advise us in writing if your child has any food allergies or restrictions due to family choice or religion and their appropriate substitution

## YOUR CHILD'S STAY AT CAMP McCUMBER (continued)

### HOMESICKNESS

Going away to camp for a week can be a challenging experience for many children. Homesickness is, above all, a normal and perfectly understandable feeling. It is a natural result of a feeling of separation from home comforts and loved family. Short-term separation from parents and learning independence are both important parts of growing up even though it may not always be easy. Many children have some difficulty coping with the changes that come with spending a week away from home. This anxiety is perfectly normal and happens off occasion. Many campers experience one or two days of mild homesickness in the first couple of days which quickly resolves itself, and only a few will experience a prolonged, more intense feeling of missing home.

Homesickness usually displays itself as sadness, crying, and mild anxiety about being away from home. This is easily and quickly managed by our trained staff as they know the signs and have many strategies of alleviating these negative feelings, ranging from 'get to know you' games, one on one conversations, writing letters home, as well as creating an exciting and energetic schedule of activities. You may receive a letter early in the session from your camp relaying strong feelings of homesickness during this transitional period. This is perfectly normal and is nothing to be overly concerned about. If you receive a second letter, please feel free to contact your camp director.

Another important element of your camper being away from home is the fact that you will miss them as much as they miss you, and as such it's very important to be aware of your own emotions and ensure that you do not pass your own anxieties on to your child. For example, instead of saying "I'm really going to miss you", say "I'm looking forward to you telling me about all the fun you've had when you get home". If you have any concerns your first point of contact should be the camp director.

You can help by counseling your children prior to camp in order to make the transition easier. Let them know that you have confidence in their ability to be away from family and how exciting it will be to meet new friends. If they are unsure of themselves, let them know how proud you will be of them if they try their best to succeed. Once at camp, we do not allow campers to call home directly. Often, when a homesick child speaks to someone from home, their homesickness is only made worse. Unfortunately, the same goes for visitation. Instead, we encourage letter-writing both to and from the family. You may even wish to mail a letter a few days prior to the session to make sure it arrives while your child is at camp. We train our staff to be caring and empathetic, while at the same time keeping the campers so busy having fun that hopefully they will forget about their homesickness entirely. While your child is at camp, we will notify you if any concerns arise.



## YOUR CHILD'S STAY AT CAMP McCUMBER (continued)

### ACTIVITIES

Children will choose activities daily. These activities include, but are not limited to:

**WATERFRONT:** Canoeing, fishing and swimming highlight this perennial favorite. Supervised by a Red Cross certified lifeguard. Organized waterfront activities such as canoe races and greased watermelon finish out the week. All campers and CITs will be swim tested on the first day of camp.

**ARCHERY:** Our archery range lets campers take aim.

**ARTS & CRAFTS:** Special creative crafts such as lanyards, friendships bracelets, fuse beads and more allow campers to embrace their artistic side! Each day will focus on one main craft activity.

**HIKING:** Wonderful, age-appropriate hikes to enjoy the natural beauty of the area. Wednesday is hike day and includes a short hike to a creek with a swimming hole and a sack lunch.

**CAMPFIRES:** We end each night with our evening campfire. Songs, skits, games, jokes, stories and laughter are all rolled into one during this traditional camp program. The week concludes with the very special Counselor Campfire.

**MORNING MOTIVATION:** Focusing on a different core value of the Y (respect, responsibility, caring and honesty) each morning, we offer a thought-for-the-day and take in the sights and sounds of our surroundings.

**SPORTS ACTIVITIES:** Campers will enjoy a variety of sports activities, both organized and individually. Activities may include: basketball, baseball, soccer, volleyball, tetherball, ping-pong, four-square, kickball and more!

**GAMES:** There won't ever be a moment where you look around and DON'T see kids playing a game.

Whether it's a game of cards, tag, capture the flag, or the ever-classic Ultimate Ninja – games are what we know and love.

**LEATHERS AND RAGGERS PROGRAM:** Goal-based program designed to encourage positive life choices.

**CABIN BONDING NIGHT:** Cabin groups choose an activity to do together on Monday night at camp. This allows for cabin-mates to get to know each other and bond at the beginning of the week.

**EVENING ALL-CAMP ACTIVITY:** Each evening is highlighted by an all-camp activity such as Find the Counselor, Rave-on-the Green, a giant relay race, all-camp kickball game and Color Wars.







FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## CAMP COMMUNICATION

### LETTERS

Encourage your child to write to you by including self-addressed, stamped envelopes in their luggage. Receiving notes from home helps to ensure a safe and secure feeling for our campers.

We recommend you send 1-2 pieces of mail each session your child is at camp. Counselors encourage their campers to write home, but they are not forced to do so. Please don't be concerned if you do not hear from your child right away.

### PACKAGES

Packages are acceptable to send to campers. Feel free to send snacks, toys, magazines, books, sticker, and things your child can share with their cabin mates. Campers enjoy receiving fun gifts and snacks. (Please no gum)

### DELIVERY

You can drop mail off at the YMCA Monday – Friday before 9am (Y Staff make daily trips to camp) or send mail via the postal service. Mail early to ensure camper receives mail on time.

If using postal service, please send mail to:

Camper's Name  
C/O YMCA Camp McCumber  
35440 Deer Flat Road  
Shingletown, CA 96088

### CALLING HOME

Campers are not permitted to use telephone while at camp. Please DO NOT tell your child that they will be able to phone you while here. Promises such as these worsen homesickness and cause behavioral issues. There

### CONTACT INFORMATION

Camp Phone Number: (530)474-1614 **(during camp weeks only)**

### VISITATION

Parents may visit their child at Camp McCumber. Every visitor must check in with the Camp Directors or Camp Nurse and obtain a badge.

When arriving with your camper, please check the daily schedule posted on the director's cabin to plan the best time for your visit. You are welcome to visit any day at any time, but we recommend coming during 'Open Activities' so you can experience a bit of camp with your child. **Please remember that we run on 'camp time', which is one hour behind normal time.** Please have a conversation with your child's counselor or the camp directors about when you are thinking about visiting and what they recommend.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## RESPECTFUL BEHAVIORS, EXPECTATIONS & RIGHTS

Attending Y camp is a privilege that you as a parent/guardian have chosen for your child. All campers and parents must agree to the rules and expectations outlined in this parent handbook before attending camp. This is a good opportunity for you and your child to discuss the positive nature of good behavior not only at camp, but also in other aspects of his or her life. In addition, participating in one of our programs implies consent for YMCA staff to search campers' belongings when there is reasonable suspicion that the camper has possession of illegal, dangerous or stolen items.

### DISCIPLINE POLICY

YMCA Camp McCumber's discipline policy is designed to help children develop self-control and assume responsibility for their actions. Clear and consistent age-appropriate rules and limits are established at camp. As in any group activity, inappropriate behavior by one or two children can spoil the experience for the entire group. Staff will deal with normal day-to-day behavior issues using acceptable techniques and approaches.

If a child's behavior is chronically disruptive, even after reasonable measures have been made to assist the child in adjusting to the camp setting, parents will be contacted by their child's camp director to determine if the child is able to continue at camp. Staff will always work toward developing a cooperative plan of action to maximize a camper's chances of success at summer camp. YMCA Camp McCumber believes that an individual program cannot always meet everyone's needs. If disruptive behavior continues, it may be determined that the camper and the program are not well-suited for each other. YMCA Camp McCumber takes all forms of bullying seriously and at a case-by-case basis. Campers who cannot follow the camp rules or are adversely affecting the experience of other campers will be dismissed without a refund. In these instances it is the responsibility of the parents or guardians to pick up their child from camp immediately. The camp directors reserve the right to determine what constitutes a violation of these rules and will enforce them as necessary.

### CAMP RULES & POLICIES

1. Always let someone know where you are going, avoid doing anything alone. Your camp counselor is responsible for you. Communication with both your counselor and CIT is important.
2. Always follow the 'buddy system' code. You should never be alone.
3. Never go into the Water Front Area without supervision. Absolutely no water activities without a certified Life Guard present. Use of waterfront is only permitted when Life Guard is on duty.
4. Never leave the camp facility area without permission or supervision.
5. Pets and animals are not allowed.
6. The Kitchen and staff restrooms/showers are off limits.
7. The Dining Hall is off limits unless it is meal time or during supervised use.
8. The Service Road is off limits at all times.
9. In an emergency evacuation always go to the Main Parking Lot and remain there for instructions.
10. Campers and CITs should never get into a car during the YMCA Program with anyone other than your Parent/Guardian. YMCA Staff cannot transport campers.
11. Never leave camp with strangers. Under no circumstances should campers leave camp with anyone other than the authorized parent, guardian, or other adult authorized by the parent or guardian.
12. Report any strangers immediately. All visitors must check into the Nurse's cabin.

### DIVERSITY & INCLUSION STATEMENT

We believe that a strong community is made when we embrace unity, not uniformity, and our camps are open and welcoming to all. Our core values are caring, honesty, respect and responsibility—they guide everything we do.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MEDICAL & HEALTH PROCEDURES

### HEALTH AND SAFETY

Each child's health and safety are closely supervised by the entire camp staff. The YMCA Camp Nurse is available 24 hours a day. Parents will be notified of any serious medical emergency. Camp staff are not allowed to transport campers; in the event of a life threatening emergency, 911 will be called. Parents/guardians will be called to transport the child for other medical emergencies requiring transportation.

### HEALTH, MEDICATION, AND ACCIDENT POLICY

It is our intention to prevent the spread of infections and illness to other children. If the staff becomes aware of a condition involving a child who may be contagious or unhealthy to any of the other participants, it will be brought to the parent's attention and the child must be taken home and may not return to the program until symptom free for at least 24 hours. Children cannot attend if they are ill.

### PRESCRIPTION MEDICATIONS

Medicine may be given if needed for ambulatory illnesses only. Please DO NOT send any medication which is not absolutely necessary. Medicine must be accompanied by a signed Medication Authorization Form filled out and signed by the prescribing physician and parent containing the following:

- Date
- Name of child
- Name of medicine
- Amount to be given
- Time of day to be given and how often
- Number of days to be given

All medication is stored and administered by the Camp Nurse and documented. Medication must arrive in the original container from the pharmacy and the information should agree with that given by the doctor as stated on the Medication Release Form. All medications can only be administered with specific written instructions from the physician and signed written permission from the parent/guardian.

### OVER-THE-COUNTER MEDICATIONS

YMCA Camp McCumber provides the following over the counter medications or their generic equivalent for occasional use: Tylenol, Motrin, Sudafed PE, Robitussin, Dramamine, Benadryl, Calamine Lotion and Allegra. Please DO NOT send these medications to camp with your camper.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## REGISTRATION & FEE INFORMATION

Enrollment is taken on a first come, first served basis. Register for camp by stopping by the Y or by mailing a completed registration packet to the Shasta Family YMCA.

### CAMP PAYMENT INFORMATION

A minimum \$50 deposit (non-refundable) is required when you submit the registration packet. Your child cannot attend without payment and must have the mandatory forms on file with the YMCA. Full payment of camp tuition is due to the Shasta Family YMCA no later than July 1, 2018. Payments CANNOT be accepted at camp. The Shasta Family YMCA will not be able to hold campers reservations in camp if payment is not received on or before July 1, 2018. Camp payments can be made by cash, personal check, Mastercard, Visa, or Discover Card. The credit card on file will be automatically used to pay any remaining balance on July 2, 2018. A 10% sibling discount will be applied to additional siblings enrolling in camp.

### REFUND/CANCELLATION POLICY

A full refund less the \$50 deposit (per session, per camper) is available if cancelled 30 days prior to the start of the camp session. No refunds if cancelled after July 1, 2018.

### FEES

#### CAMPER

TRADITIONAL 1-WEEK OVERNIGHT CAMP

##### By May 31

Y Facility Member: \$415

Community Member: \$425

##### After May 31

Y Facility Member: \$440

Community Member: \$450

#### COUNSELOR IN TRAINING

TRADITIONAL 1-WEEK OVERNIGHT CAMP

##### By May 31

Y Facility Member: \$395

Community Member: \$405

##### After May 31

Y Facility Member: \$420

Community Member: \$430

### FINANCIAL ASSISTANCE

Financial assistance is available to those who qualify, subject to the YMCA's available resources. Funds made available for use in the Y's financial assistance program are made available through the YMCA's Annual campaign. It is our intent that all individuals contribute toward camp fees. Families can receive up to a 20% discount. Pick up an application at the Y or online at [www.sfymca.org](http://www.sfymca.org).

### CAMP STORE

The camp store is open for children who want to purchase snacks after horizontal time. A \$10 fee allows children to visit the store once a day. This fee can be added to your camp total at the YMCA or paid upon arrival at camp. Unused money at the end of the week go toward camp scholarships.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## DETACHABLE PACKING LIST

A suggested clothing and equipment list is listed below.

### TIPS

- Make sure to label everything – even socks and underwear.
- Use a name tag, laundry pen or permanent marker. Please limit your luggage to one duffel bag, suitcase, or trunk, a laundry bag.
- To make your cabin more comfortable we suggest bringing your favorite stuffed animal, pictures, and a comfy pillow.
- Camp is NOT a place for expensive items. Please leave those items at home (expensive clothing and jewelry, electronics, etc.)

### SUGGESTED CAMPER PACKING LIST

Please pack appropriately for your child. Modest bathing attire is suggested. T-shirts should cover campers midriffs. Closed-toed shoes are required for active camp programs and walking on rough terrain. Clothing with alcohol, drugs, sexual content or inappropriate language will not be permitted.

- |   |   |
|---|---|
| <input type="checkbox"/> Blanket & sleeping bag     | <input type="checkbox"/> comb/brush                         |
| <input type="checkbox"/> Pillow & pillow case       | <input type="checkbox"/> toothbrush & toothpaste            |
| <input type="checkbox"/> 1 laundry bag              | <input type="checkbox"/> shampoo/conditioner                |
| <input type="checkbox"/> 1-2 bath towels            | <input type="checkbox"/> sunblock                           |
| <input type="checkbox"/> 7 t-shirts                 | <input type="checkbox"/> bug spray                          |
| <input type="checkbox"/> 3 long sleeve shirts       | <input type="checkbox"/> flashlight & extra batteries       |
| <input type="checkbox"/> 3-4 shorts                 | <input type="checkbox"/> postcards & stamps with addresses  |
| <input type="checkbox"/> 2-3 jeans/long pants       | <input type="checkbox"/> pencils/pens                       |
| <input type="checkbox"/> 7 pairs underclothes       | <input type="checkbox"/> reusable water bottle              |
| <input type="checkbox"/> 1-2 heavy sweaters/jackets | <input type="checkbox"/> 2 pairs pajamas                    |
| <input type="checkbox"/> 2-3 sweatshirts            |   |
| <input type="checkbox"/> 7 pairs socks              | <b>OPTIONAL</b> (bring them if you have them)               |
| <input type="checkbox"/> hat or cap                 | <input type="checkbox"/> camera (inexpensive or disposable) |
| <input type="checkbox"/> 2 bathing suits            | <input type="checkbox"/> book                               |
| <input type="checkbox"/> 2 pairs sneakers           | <input type="checkbox"/> glow-in-the-dark items             |
| <input type="checkbox"/> water shoes                | <input type="checkbox"/> costumes                           |
| <input type="checkbox"/> soap & soapbox             |   |

\*Campers are not permitted to bring the following: Electronics, knives, weapons, fireworks, pets or animals, money, alcohol/drugs, cigarettes, gum, or ice chests. Cell phones are discouraged, but if brought, must remain in the camper's cabin. We are here to experience a true camp environment and enjoy friends and the natural beauty of the area.

\*The Shasta Family YMCA is not responsible for lost/stolen/damaged gear. Please avoid bringing anything to camp that cannot be replaced. We recommend not buying new clothes for camp. Lost and found will be displayed on the last day of camp at the Nurse's Cabin. We will hold lost and found items at the Shasta Family YMCA for only two weeks after the sessions end.