

Contents

Registration and Forms	3
First and Last Day	4
Life at Camp	6
Communication	7
Health & Safety	8
Notices	10
Packing for Camp	11

Contact Information

YMCA Customer Service Center. 612-822-2267. Call them about registration, payments, financial assistance, cancellations, etc...

Camp Warren Office. 218-744-4222. Summer only. Call here for general info about programs, logistics, transportation, etc...

David Searl, Executive Director. 763-230-9311. Call him if you have specific questions about programs, concerns about a camper, etc...

Jana Graczyk, Program Director. 763-230-9309. Call her if you have specific questions about programs, concerns about a camper, etc...

This Document

This document undergoes occasional changes. You can always find the most up to date version at campwarren.org/forms_publications/

New Camper Orientation

Join us for New Camper Orientation in April at REI in Bloomington. We'll meet in the Outdoor School classroom to learn more about the Warren experience, what to expect during a one or two week session, meet the Warren directors, and have your questions about camp answered. It is free and there is no need to register. Specific date will be posted on Facebook in the late winter.

Also, if you stop by Camp Warren between Memorial Day and Labor Day, we'd be happy to give you a tour!

YMCA of the Greater Twin Cities Mission

The Y's mission is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Camp Warren Mission

Camp Warren's mission is to provide transformational experiences in a single-gender environment emphasizing character development, self-reliance and leadership skills.



Registration and Forms

Registration

Registration can be completed online at campwarren.org, by calling the YMCA Customer Service Center at 612-822-2267, or by downloading a registration form from campwarren.org.

Camp will send you a confirmation within three weeks of receiving your registration and deposit.

The balance for your session is due one month prior to the start of the session. This can be done in one lump sum or using our default pricing plan - 1/3 in March, April, May. If you need further assistance, the Customer Service Center can setup a longer term pricing plan. If the balance is not paid or plan established by one month prior, you may forfeit your place at camp along with the deposit.

Changes and Cancellations

Call the Customer Service Center if you must change or cancel your registration to camp and they can walk you through the process.

We charge \$25 for any change of session.

Cancellations made one month or less before your camp session start date are non-refundable and non-transferable.

Cancellations made more than one month prior to your session's first day will result in a loss of your deposit, but you'll get the rest of your money back.

We occasionally make exceptions for medical issues with a doctor's note, so call and ask if that is the case.

Transportation changes made less than one month prior are subject to a change fee and can be made up to one week before.

If a camper has a significant discipline problem during a session we reserve the right to dismiss him or her, without refund, for the remainder of the session.

Forms

Additional camper paperwork will be required to attend camp. All forms are available at campwarren.org, under the 'Forms and Publications' tab. This includes the *Health Exam* form.

A new physical exam is required each year before attending camp.

With our new camp store process, it is helpful to submit the *Camp Store Form* before your camper's session. We will still accept store forms on the first day of camp. Submitting a *Camp Store Form* is necessary if you would like your camper to be able to shop at the camp store. Credit cards are preferred! Cash and check is accepted!

All other paperwork is due on June 1st for Girls sessions and July 1st for Boys sessions. Please make sure all of the required forms are in by this date to ensure your camper is able to attend camp.



First and Last Day

Bus Transportation

Taking the bus to Camp Warren is a fun and exciting way to begin the summer camp experience. All buses depart from and return to the Shoreview YMCA located at 3760 Lexington Ave North, Shoreview, MN 55126.

There are bathrooms on the bus, but make sure to use the bathroom before boarding the bus. Once loaded, campers are asked not to get off the bus. The bus ride is approximately 3 hours. Make sure the camper and camp know who is authorized to pick up the camper at the end of their session.

Transportation changes made less than one month prior are subject to a change fee and can be made up to one week before.

Departure

Please have medications ready to turn in at the check-in table. If you haven't already submitted your *Camp Store Form* and money, you will need to do this as well. Check in with bus stop staff between 8:00-8:30am. The bus will depart from the Shoreview YMCA at 8:45am.

Return

Parents must be on-time to pick up their campers. A valid picture ID must be presented to pick up your camper. Return time is approximate due to varied traffic patterns. If road closures or weather significantly change our departure/return times or locations we will communicate this first via Facebook: facebook.com/ymcacampwarren.

Bus Rules

- Campers must sit facing forward while the bus is moving.
- No screaming or yelling.
- Inappropriate touching, pushing or poking is not allowed.

Summer 2019 Bus Schedule

1G	Sunday, June 16	Depart at 8:45am
	Friday, June 21	Return at 4:30pm
2G	Sunday, June 23	Depart at 8:45am
	Friday, July 5	Return at 4:30pm
3G	Sunday, July 7	Depart at 8:45am
	Friday, July 19	Return at 4:30pm
1B	Sunday, July 21	Depart at 8:45am
	Friday, August 2	Return at 4:30pm
2B	Sunday, August 4	Depart at 8:45am
	Friday, August 16	Return at 4:30pm
3B	Sunday, August 18	Depart at 8:45am
	Friday, August 23	Return at 4:30pm

Driving Your Child to Camp

Although the majority of campers ride the bus, we welcome campers and their families to drive directly to camp for drop-off or pick-up at the beginning and end of sessions. We invite you to explore camp, meet your child's counselor(s), and check in with the Health Officer or Camp Director. Several campers are driven each session, however about 2/3rds of families opt for bus transportation. If you are dropping your child off at camp, plan to arrive at camp at 11:00am. If you are picking your child up from camp, plan to arrive at camp by 12:45pm or arrive early for the closing day festivities at 11:30am!



First and Last Day

Pick-up and Drop-off Safety

Because the safety of your camper has been and will continue to be the number one priority for the YMCA, we have drop-off and pick-up procedures. When you arrive at a bus stop, please check in at the arrival table. If you choose to drive to camp, you will be greeted in the parking lot by camp staff. 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 connect parents and campers. If a friend or relative is picking up your child, please call our office to let us know. They will be asked to show their ID and sign next to your child's name. If an adult does not come to pick up a 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 members are not allowed to transport campers at the end of a session.

Pro Parent Tip

Please have medications ready to turn in at the check-in table when you arrive at the bus stop or at Camp Warren upon drop-off.

Definitely don't forget your ID on pick-up day.

Closing Day Festivities - You're Invited!

Family and friends of Camp Warren campers are invited to join us for closing festivities and lunch on the last day of your child's session. A camp staff member will meet you and direct you to our awards ceremony at Indian Circle. You will experience YMCA Camp Warren first-hand, this includes singing songs and watching as campers receive awards or recognition for participation during their time at camp. You will meet your child's cabinmates, counselors, program instructors and support staff. After the awards ceremony, you may join summer staff members and the Camp Director for an outdoor picnic lunch with campers (weather permitting). For those eating lunch, there

is a small fee of **\$5/person** for those ages **10 & up**. This is a wonderful way to go to camp and experience the essence of camp at any age!

11:30-12:15pm Award Ceremony

12:15pm Lunch/Songs

1:10pm Departure

If you plan on joining us for the closing day festivities, please RSVP to Camp Warren at least 48 hours in advance so we know how many to expect for lunch. 218-744-4222.

Driving Directions to Camp

(Note: please use these directions; sometimes sites like Google Maps, Yahoo and Mapquest do not provide accurate directions.)

Camp Warren is located about three hours north of Minneapolis/St. Paul, just south of Eveleth, Minnesota.

From Minneapolis/St. Paul travel north on I-35 until you reach Highway 33. Take the Cloquet/Range Cities exit and travel north on Highway 33 through Cloquet. Highway 33 ends and becomes Highway 53. Continue north on Highway 53. About 1 mile past the St. Louis River near mile marker 55 is County Road 690 (also Miller Trunk Road). Turn right on County Road 690. The Camp Warren entrance is just ahead on the right.

Pro Parent Tip

***The Three-Five Rule.** Getting to Camp Warren is easy if you remember the Three-Five Rule! All of the major roads include a three and/or a five from the Twin Cities all the way to Half Moon Lake!*

I-35W to Hwy 33 to Hwy 53 to mile marker 55!



Life at Camp

Cabins. Campers spend their session with two counselors and a group of other campers in a cabin group. Our counselors are well-trained and love their jobs (they're not in it for the money, we assure you).

Campers are organized into cabin groups by age. We will do our best to honor up to two friend requests provided that the requests are made in advance and the campers are within two years in age. Many of our campers come alone and make friends quickly.

Activities. Camp Warren offers several activities designed for all ages and abilities, including:

- Archery
- Arts & Crafts
- Athletics (sports)
- Black & White Photography
- Canoeing
- Drama/Theater
- Fishing
- High & Low Ropes Course (ages 12+ for high ropes)
- Horseback Riding (emphasis campers only during Girls sessions)
- Kayaking
- Music
- Polar Bear Swim
- Pottery
- Sailing
- Swimming
- Tennis
- Wilderness Exploration
- Windsurfing

Traditional or Emphasis Programming. Most campers are Traditional Campers, but some sign up as Emphasis Campers to spend two of their four activities focusing on one skill or program. Traditional and Emphasis Campers are placed in

cabins together. Traditional Campers can sign up for any of the activities listed above on the first day of camp; Emphasis Campers will sign up for their other two activity slots on that day too. The only exception to this is that due to high demand, girl campers must sign up for Horse Emphasis Camp if they would like to ride horses. We have a great article on the differences and similarities between these offerings on our News and Events blog at <http://campwarren.org>.

Devotions and Reflection. YMCA Camp Warren welcomes campers and staff members of all faiths. In addition to daily reflection time, we bring the camp together on Sundays during a two-week session for a non-denominational service consisting of inspirational readings, stories and songs. In holding with YMCA Camp Warren tradition, campers are asked to wear "Sunday Whites" for the Sunday service. This set of clothing does not need to be fancy or expensive, just simple and white or light-colored.

Waterfront Activities. Each camper's swimming ability will be evaluated upon arrival. Swimming is a camp activity but swim lessons are not. If you are interested in swim lessons, please contact your local YMCA for their swim lesson information. For their safety, any camper who is a non-swimmer will be asked to wear a lifejacket during all waterfront activities.

Overnights. We see great value in the overnight camping experience. During two-week sessions, every camper will have the opportunity to go on a one-night overnight trip to a campsite that is across the lake from the main site (a 15 minute paddle). Campers will learn basic camping skills including outdoor cooking, setting up tents and practicing leave no trace camping. Campers will be provided with all group equipment necessary to make their overnight experience a success, but they will need a personal sleeping bag.



Life at Camp

Camp Store. For store money, we recommend \$30-\$100, depending on the length of stay. Credit cards are the preferred method for opening a store account, however, we will also accept cash and checks. YMCA Camp Warren store offers t-shirts, sweatshirts, snacks, beverages, postcards, stamps, toothbrushes, disposable cameras, pins and more. Please remember to fill out the **Store Account Form** found on our website under forms and publications. Clothing items typically range in price from \$6-\$30. Snacks and drinks cost about \$1.25. Pins are \$2.

Food. Camp menus are carefully selected to provide a balanced diet. Meals are hearty and campers are given "seconds" on most items. Meal times are 8am, noon and 5:45pm. A supplemental cereal option is offered at breakfast and a salad bar is available at lunch and dinner. There is snack between lunch and dinner.

Pro Parent Tip

If your child has any food allergies or dietary needs, please note them on their medical forms and we will do our best to accommodate. A phone call to the Camp Director well in advance of the camper's session is also appreciated. In some cases we will ask families to supplement food in order to best meet the camper's needs.

Camp Warren Staff. Camp Warren staff members are carefully selected based on leadership skills, prior experience working with children, decision making capabilities, respect for the environment and safety awareness. All are currently certified in CPR and First Aid. Based on job responsibility, waterfront staff are certified lifeguards and others are certified as an EMT, First Responder or have been trained in Wilderness First Aid.

YMCA Camp Warren staff members come from various parts of the country and the world. Over the last few summers, staff have joined us from:

the Twin Cities area, Duluth, Eveleth, California, Iowa, North Carolina, Wisconsin, Kosovo, Paraguay, France, India, The Netherlands, Costa Rica, Australia and Canada. Most staff members are past Camp Warren campers that have come up through Warren programs. In addition to required training and certifications listed above, all staff participate in an 8-day in-camp training prior to summer. Camp Warren staff members are committed to providing your child with an adventure filled with friendships, new experiences, traditions and outdoor fun!

Homesickness. For many campers, a week or two away at Warren will be the longest time they've ever been away from home. The challenge can be significant for both kids and their parents. Warren counselors and staff are very experienced in coaching campers through their experience and we believe that overcoming the challenge of homesickness can be a hugely positive experience.



Communication

Snail Mail. If you would like to be in contact with your camper you may send mail directly to Camp Warren in Eveleth. 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. **Please do not fax or email letters to the Camp.** We simply don't have the infrastructure to support this.

Packages. Over the last few summers we have experienced an excessively high volume of packages at Camp. While these packages can be fun for campers, they can also detract from the camper experience. If you choose to send a package, please take into consideration the other 9 campers in the cabin. **We ask that you do not send packages of food to camp.** These policies exist as a way of discouraging rodents from moving into the cabins, in consideration of food allergies, and to create an equitable camp experience for all campers. Any packages containing food will be held in the main office. **Please waive the signature for express packages.**

Your Camper's Name
 YMCA Camp Warren
 3726 Miller Trunk Road
 Eveleth, MN 55734

Phoning Home. Campers may not have cell phones at camp. We ask families to refrain from communicating with their camper via phone, fax or email. Except for emergency situations, phone and e-mail by campers are off limits as it distracts from the camp experience. Likewise, we are not equipped to handle fax communications from parent to child. If you have questions, a Camp Warren staff member will be available to speak with you over the phone.

Pro Parent Tip

Don't send your camper with a cell phone or other electronics. Much of camp's value is that it forces young people to enjoy the natural world and to make new face to face friends. Both of these are impeded by cell phones and other electronics.

When to Expect to Hear from Camp. All campers are asked to write home within 24 hours of arrival. We supply each camper with a pre-stamped postcard. Campers are encouraged to write home part way through each session. We suggest that you send pre-addressed, stamped envelopes with your child. Following the conclusion of the session, your child's counselors will send a letter home, summarizing the experience.

Visiting Camp. Families are welcome to visit camp on opening and closing days. There are no scheduled visitor times during sessions.

Stay in the Loop! View photos of your camper while they're at camp! We post photos on our SmugMug site often. Photos and other merchandise are also available for purchase on SmugMug.

Photo Gallery: campwarren.smugmug.com

Twitter: twitter.com/YMCACampWarren

Facebook: facebook.com/ymcacampwarren

Instagram: [@ymcacampwarren](https://www.instagram.com/ymcacampwarren)



Health and Safety

Health Information. In order to give your camper the best care, it is important that we know their health history and information. Failure to provide the required Health, Emergency or Insurance information will hamper our ability to ensure your camper's health and safety. You must fill out and sign the **Health Exam** form each year. The camp physical needs to be current within the last 24 months.

Administering Medication. If your child requires insulin shots, Diastat or other medications requiring similar procedures, please contact us. Our staff will work with parents/guardians, the child and the child's medical providers to explore reasonable accommodations to permit the child to enjoy our programs to the fullest extent possible.

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. Please clearly label all medication. These must be checked in with the Camp Health Care Provider and can be check in at the bus stop. A Health Care Provider lives on camp 24 hours a day and a Physician is available by phone 24 hours a day.

Medications. Medication will be turned in to the Camp Health Provider upon arrival 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.

Insurance and Illness. Health insurance information is requested on the Personal 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 Warren 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 responsibly 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 (lifejacket);
- PFDs (Personal Flotation Devices) 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 the camp.**



Health and Safety

Bullying Policy. Bullying is when one or more people exclude, tease, taunt, gossip, hit, kick, or put down another person with the intent to hurt another. Bullying happens when a person or group of people want to have power over another and use their power to get their way, at the expense of someone else. Bullying can also happen through cyberspace: through the use of e-mails, text messaging, instant messaging, weblogs, personal web pages and other less direct methods. This type of bullying can lead to persons being hurt during or between the camp seasons and be especially hurtful when persons are targeted with meanness and exclusion.

At YMCA Camp Warren, bullying is inexcusable, and we have a firm policy against all types of bullying. Each camper is expected to treat all other campers with respect, and to help each other achieve the best possible experience. If a camper has difficulty meeting this expectation, **parents may be called upon to assist.** We work together as a team to ensure that campers gain self-confidence, make new friends, and go home with their camp experience.

Our leadership addresses all incidents of bullying seriously and trains staff to promote communication with their staff and their campers. Both staff and campers will be comfortable alerting us to any problems during their camp experience and between camp seasons. Every person has the right to expect to have the best possible experience at camp. By working together as a team to identify and manage bullying, we can help ensure that all campers and staff have a great summer at YMCA Camp Warren.

Illness/Injury. In the event of non-emergency medical treatment, campers are taken to the Camp Health Care Provider on-site, who administers minor first aid. In the event of a more serious injury or illness, the camper will be taken to a local clinic or hospital and a parent will be contacted. In the event of an illness or injury where the camper will not be able to stay in camp, a parent or emergency contact will be called to make arrangements for pick up.

Lice. Please carefully check your camper for nits and/or lice before driving them to camp or the bus stop. Should we discover that your camper has nits or lice during our first day health inspections, you will be given three options:

- 1) For a fee of \$30 we will provide treatment
- 2) You may come pick up your camper, treat them and return them to camp when they are free of nits/lice
- 3) You can remove your child from camp (but we hope you don't choose this option!)

Bugs/Ticks. Campers spend the majority of the day/evening outside. There are mosquitoes and flies in the area and many campers choose to bring bug repellent. Occasionally campers may find a tick. They are encouraged to check themselves for ticks daily. The healthcare staff will provide appropriate assistance, as needed, for tick removal.

Severe Weather. Camp Warren has weather radios and access to weather radar to be aware of pending weather conditions. If severe storms are approaching, campers and staff will be moved to either the lodge or dining hall basement.



Notices

Diversity and Inclusion

It is the YMCA of the Greater Twin Cities' vision to serve relentlessly with our community until all can thrive in each stage of life. At Camp Warren we make sure that all really does mean all; we gladly welcome campers of all backgrounds and walks of life. We cherish diversity and want to make sure all feel enthusiastically at home at Camp Warren.

Please contact us if you have perspective on your camper that may help us support your camper better while they are at camp.

Camper Behavior

Caring, honesty, respect, and responsibility are the YMCA's core values and the foundation

- We expect campers to take responsibility for their actions.
- We expect campers to respect themselves, one another, the environment, and camp equipment.
- We expect campers to be honest with one another and their counselors.
- We expect campers to care for themselves and one another.

Camp Warren staff do a great job at coaching campers who behave inappropriately. If we find that we are unable to redirect your camper's behavior we may be in contact with you.

We reserve the right to send a camper home, without refund, if consistent misbehavior affects the experience of other campers.

Risks at Camp

Camp Warren is a member of the American Camp Association, meaning we are rigorously held to account on over 300 pages of standards regarding health and wellness, transportation safety, aquatic safety, and more. These standards guide us to use the best practices regarding ticks and other insects, sun exposure, hygiene, bullying prevention, staff medical training, and many more.

Nonetheless, like all other experiences in life camp is not risk-free. We simply cannot guarantee that no harm will befall a camper. Please refer to our waiver at campwarren.org/forms_publications/ if you would like to review our indemnification policies.



Packing for Camp

The following is a suggested packing list. These items are not required. Please do not send your child's best clothing, as camp activities are outside and rugged. Pack items and clothing that can get muddy, dirty, wet, sandy, torn, grass stained, etc.

Bring

- 1 fitted twin sheet and 1 sleeping bag or blankets (sleeping bag needed for two-week session overnight)
- 1 pillow and pillow case
- 1 set of rain gear (jacket and pants are recommended, ponchos are discouraged)
- 1 bath towel, 1 beach towel and 1 wash cloth
- 2 swimming suits
- 1-2 pairs of pajamas
- 2 pairs of sneakers
- 1 pair of hard-soled shoes/boots with heel (for horse campers)
- 1 pair of "shower shoes" or sandals
- 1 set of Sunday Whites (for two-week sessions)
- 1 pair of underwear for each day of camp
- 1 hat or cap for sun protection
- 1 knit hat/beanie for warmth
- 1 fleece-type jacket
- 1 bar of soap and soap box
- 1 toothbrush, case and toothpaste
- 1 flashlight/headlamp with batteries
- Personal grooming items
- 2 heavy sweatshirts or sweaters
- 2-3 pairs of pants (jeans, cords, slacks)
- 3-4 pairs of shorts
- 1 shirt for each day of camp (including long-sleeves)
- 1 pair of socks for each day of camp
- Bug repellent, sun block, chapstick
- Water bottle

Pro Parent Tip

*Make sure all items are clearly labeled with your camper's full name. This will assist us in claiming lost and found items throughout the summer and make sure your camper returns home with all of their belongings. Valuables and meaningful items should be left at home. **YMCA Camp Warren is not responsible for lost, stolen or damaged items.***

Desirable Additions to Camper Equipment

- Rain boots
- Camera
- Musical instruments
- Journal and pen
- Paper, envelopes and stamps for letters (pre-addressed post cards work well)
- Books
- Tennis racket
- Baseball glove
- Fishing pole and tackle
- Extra batteries for flashlight/camera



Packing for Camp

Long Border, Short Border, Fifty-Fifty and CIT Participants

In addition to regular camp clothing, the following items will make your out of camp trip successful. They are readily available at REI, Target, Dick's Sporting Goods, Midwest Mountaineering and other similar stores:

- 1 fleece jacket
- 1 pair of warm pants (fleece or wool)
- 3 pair of wool socks
- 1 pair of sturdy hiking boots that are broken in well in advance of camp session (Short Border, Long Border and CIT campers)
- 1 pair of synthetic long underwear (top and bottom)
- 1 set of rain gear (jacket and pants, no ponchos)
- 1 32 oz. water bottle—Nalgene brand or similar
- 1 synthetic or down sleeping bag with compression stuff sack (please do not send bulky or cotton sleeping bags)
- 1 wool/synthetic winter hat
- 1 pair of sunglasses
- 1 pair of strapped sandals—Teva or Chaco brand recommended (Fifty-Fifty campers)
- 1 headlamp (versus a flashlight)
- Chapstick with SPF

Other Optional Items

- 1 dry bag
- 1 waterproof camera case—Pelican brand recommended
- 1 sleeping pad or Thermarest (Long and Short Border campers)
- 1 pair of sailing gloves (Fifty-Fifty 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 up the session:

- Cell phones
- Tablets, DVD players, TVs, radios, handhelds
- CD players, iPods, MP3 players
- Video and computer games
- Food (this includes gum)
- Pocket knives (unless camper has permission to bring it on Short or Long Border)

Lost and Found

As part of the daily routine, staff members will encourage campers to take responsibility for their belongings and will display lost and found. Any items left at camp after the session are sent back to the Camp offices in Minneapolis. Please call the Camp office at 612-822-2267 after your camper's session to check on lost & found. Please have a description of the item including camper's full name and phone number, camp name, and camp session.

Items will arrive at the Camp Office two weeks after each session is complete and will be kept for two weeks once they arrive. Claimed items will only be held for the two weeks upon arrival, and must be retrieved from the Camp Office. We will not mail items, unless payment for postage is provided prior to sending. Anything that is not retrieved during those two weeks at Camp Office will be donated to a local charity.

