



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER CAMPS

YMCA CAMP ICAGHOWAN

TWO EXCITING WINTER PROGRAMS OFFERED
JANUARY 13-15, 2018



YMCA CAMP ICAGHOWAN
YMCA CUSTOMER SERVICE CENTER
2125 East Hennepin Avenue
Minneapolis, MN 55413-2720
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Camp Icaghowan is located in Amery, WI—Just 60-90 minutes from Minneapolis/St. Paul.

TWO EXCITING WINTER PROGRAMS OFFERED JANUARY 13-15, 2018

WINTER EXPERIENCE FOR AGES 8-11 YEARS OLD

Have fun in the snow during the day, but sleep inside at night. Join YMCA Camp Icaghowan staff for an action packed celebration of winter. Activities include building snow forts, snow shoeing, broomball, Capture the Flag, sledding, campfires, s'mores and hot chocolate. Learn winter skills and ice safety training. Come walk on Lake Wapogasset and explore the beauty of Camp Icaghowan in the winter!

WINTER ADVENTURES FOR AGES 12-17 YEARS OLD

After a Saturday afternoon arrival, join a cabin group lead by well trained counselors. Pack your food, plan your route, and be issued winter camping equipment. Your crew will head out Sunday morning after a big breakfast to set up your campsite and participate in fun winter activities. After a hearty supper, you will sleep in a snow shelter in the peacefulness of winter. Monday morning, you will eat breakfast at your campsite and return to main camp for lunch and return home ready to share stories about your great winter adventure!

YMCA CAMP ICAGHOWAN

Winter is just around the corner, and plans are being made for our two specialized winter camp programs at YMCA Camp Icaghowan. We are excited to teach, explore, and experience the joy and beauty of winter with kids. Camp Icaghowan staff are specially trained for these programs to help your children have the best experience possible.



WINTER EXPERIENCE & WINTER ADVENTURE

DROP-OFF AND PICK-UP INFORMATION AT CAMP ICAGHOWAN

If you choose to drive your child to camp, please bring them and pick them up at these times:

- Drop off at 2:00 pm Saturday
- Pick up at 2:00 pm Monday

WEATHER

The programs will run with snow or no snow, and we have indoor activities during extreme cold weather.

DIETARY NEEDS

If you have any dietary restrictions, please call Jennifer Weinzirl in the Camp Office at 715-386-4380 when you register.

CAMP FEES

Program fees and transportation fee must be paid in full at the time of registration.

Winter Experience, ages 8-11: \$165

Winter Adventure, ages 12-17: \$165

Transportation: \$50, Location: REI in Bloomington

REGISTRATION

Register online at campicaghowan.org or return registration form to:

YMCA Customer Service Center
2125 East Hennepin Ave
Suite 100
Minneapolis, MN 55413-1763

CONTACT

Courtney Danis, Camp Program Director, at 763-230-9317 or email at courtney.danis@ymcamn.org

WINTER EXPERIENCE PACKING LIST FOR AGES 8-11

WHAT TO BRING

- Sleeping Bag, Pillow
- Waterproof Hats, Mittens, Gloves, Scarf
- Winter Coat
- Snow pants/Snowsuit
- 2 sets of Long Underwear
- 5-6 pairs of Socks
- Indoor Clothes
- Chapstick
- Warm Sleeping Attire
- Sweatshirts
- Water Bottle
- Flashlight & Batteries
- Toiletries & Towel
- Medication in original container

WHAT NOT TO BRING

- Electronic devices
- Illegal drugs, alcohol, tobacco products





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WINTER CAMPS

YMCA CAMP ICAGHOWAN

Two Exciting Winter Programs Offered

WINTER EXPERIENCE & WINTER ADVENTURE

January 13-15, 2018

WINTER ADVENTURE EQUIPMENT LIST & PACKING LIST FOR AGES 12-17

EQUIPMENT CAMP ICAGHOWAN WILL PROVIDE

The YMCA Winter Adventures program will provide the following equipment. You can use your personal equipment but it will be checked by your Crew Guide for suitability.

- -40° Sleeping Bag
- Sleeping Pads
- - 50° Boots
- Extra Boot Liner
- 2 Pair Polyester Liner Socks
- 2 Pair Wool Socks
- 2 Pair Polyester Glove Liners
- Double layer insulated mittens
- Fleece Hat
- Balaclava
- Wool Pants
- ½ Liter Water Bottle
- 5000 cu. in. internal frame backpack
- Snowshoes

CREW EQUIPMENT

- Crew Sleds
- Winter Tents
- Parachute Shelter
- Shelter Tarps
- Ground Tarps
- Ice Chisel
- Shovels
- Cooking Stoves
- Lantern
- Cook Ware
- Sven Saws
- Fuel Bottles
- Water Jugs
- First Aid kit

EQUIPMENT YOU WILL NEED TO BRING

- Non Cotton Long Underwear
- 2-3 Non Cotton Upper Body Layers
- Plastic Bowl
- Plastic Spoon
- Insulated Mug
- Regular Clothes
- Winter jacket (include hood if available)
- Chap Stick
- Sunscreen
- Flash Light or Headlamp
- Sleeping Bag
- Toiletries
- Personal Medical Supplies in original container with the name and dosage.

OPTIONAL

- Ski Gloves
- Head Band
- Rain Suit
(good for carving out snow shelters and as a wind layer)
- Small Garbage Bags