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This Document

This document undergoes occasional changes. You can always find the most up to date version at https://www.ymcamn.org/camps/camp_ihduhapi/parents

Open House

Join us for our open house (new and prospective campers welcome) on Sunday, June 2nd from 1pm to 4pm at Camp. See Ihduhapi for yourself! Bring your whole family, too. Take a tour, learn about Traditional Camp activities and highlights, meet the camp staff, and see our facilities. It's free and there's no need to register.

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.

Letter from the Ihduhapi Overnight Program Director...

Hey there! I am thrilled to be a part of Camp Ihduhapi for my first summer as a Program Director. There has been a long history of committed and caring staff, campers, and families here for the past 90 years. With a record like that, who wouldn't want to join in the fun? We are planning for a summer that is jam-packed with fun, shenanigans, and good memories. I can't wait to share it with you all! Please feel free to contact me with any questions. Summer 2019 is coming up quickly- see you soon!

Contact Information

YMCA Customer Service Center. 612-230-9622. Call them about registration, payments, financial assistance, cancellations, etc.

Camp Office (Monday-Friday). 763-479-1146. Call here for general info about programs, logistics, transportation, etc.

Liz Flinn, Executive Director. 763-230-9306. Call if you have specific questions about programs, concerns about a camper, etc.

Emilee Wold, Overnight Program Director. 763-230-9313. Call if you have specific questions about programs, concerns about a camper, etc.



Registration and Forms

Registration

Registration can be completed online at campihduhapi.org, by calling the YMCA Customer Service Center at 612-230-9622, or by downloading a registration form from campihduhapi.org.

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

The balance for your session is due May 1, 2019 unless you have a pre-approved payment plan established with the Customer Service Center.

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.

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.

Forms

All forms are available at campihduhapi.org, under the 'forms and publications' tab.

A *Health Exam Form* must be completed and physical brought in person on the first day of your camper's session. Please do not submitted prior to your camper's first day.

Medication and dosage instructions are now part of the on-line registration process. You may log back into your camper's registration and add this information prior to the first day of camp.

The *Camp Store Form* can now be processed on-line. With our new camp store process, it is helpful to submit the Camp Store Form before your camper's session. You can now submit an on-line form and pre-load your camper's account with a credit card. Credit cards are preferred, but we will accept cash and checks. The form can be mailed in ahead with a check to also pre-load your camper's camp store account. We will still accept store forms on the first day of camp.



First and Last Day

Transportation

Overnight Camp Ihduhapi does not provide transportation to and from camp; you are responsible for getting your camper to and from camp on the first and last days of camp.

Directions

Pro Parent Tip

Don't arrive before 1:00pm on drop-off day, we will ask you to wait or return with your camper at 1:00pm.

Please have meds ready to turn in to our camp Health Care Provider (an RN) and add medication and dosage instructions to your camper's on-line registration.

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

From Hwy 55— At Cty Rd 19, turn left (south) through Loretto to Co. 11, turn right (west) for 3/4 mile. Turn left onto gravel Ihduhapi Road at camp sign. Follow road to the end.

From Hwy 394—At Cty Rd 29, just before Maple Plain, turn right (north). It becomes Co Rd 19; stay on 19 to Co 11, just before the town of Loretto. Turn left onto 11 for 3/4 mile. Turn left onto gravel Ihduhapi Road at camp sign. Follow road to the end.

Drop-Off

Please arrive at camp between 1:00pm and 2:30pm to drop-off your camper.

Don't forget to bring your Health Exam Form. If you are sending medications with your camper, they need to be in their original container and clearly labeled. Please add medication (s) and dosage instructions to your camper's on-line registration too so it can be accessed by our HCP.

Please call us if you will be arriving late.

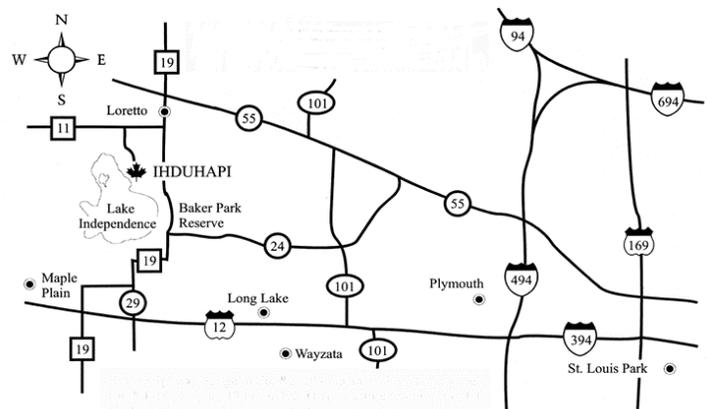
Pick-up

Please pick up your camper between 1:00 and 2:30pm on the day their session ends.

Campers can only be picked up by someone listed on their Camper Personal History and carrying their photo ID.

Pro Parent Tip

Print and complete your Health Exam Form from our website: campihduhapi.org, under the 'forms and publications' tab and bring with you the first day of camp for check-in with our Health Care Professional. Please do not submit this form ahead of your camper's session.



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 assigned to their cabin based on age and gender.

Pro Parent Tip

Don't be alarmed if you get a call from Ihduhapi while your camper is at camp. Camp likes to get parent input on even minor health, homesickness, and behavioral issues. It's a low bar to call home.

Friends. Campers will have an opportunity to bunk with one or two friends, if they are the same age and the request is made in advance. If the request was not made on the registration form, you may call camp prior to your session. Children make many new friends at camp in addition to enjoying their old ones. We limit the number of friends coming together to three per cabin to support strong group dynamics.

Communication. Please send mail directly to Camp Ihduhapi. Feel free to send mail to camp prior to your camper's arrival.

Your Camper's Name
 YMCA Camp Ihduhapi
 3425 Ihduhapi Road
 Loretto, MN, 55357

Although we prefer letters, you may send an email as well. Please be sure to have your child's name in the subject line. Any emails received after 10:00am will get to them the next day. Camp email: ihduhapi@gmail.com

Phone Calls. If you have an emergency, call camp at 763-230-9329. Campers do not have access to a phone. No cellular phones are allowed at camp. If you need to relay a message to your child, call camp and a staff member will pass along a message. To reach the Summer Camp Director, directly call 763-230-9313.

Visiting Camp. Families are welcome to visit camp on drop-off and pick-up days. There are not scheduled visitor times during sessions.

Lanyards & Pins. Campers are engaged in enriching activities and opportunities to learn age appropriate curriculum while at camp.

Every camper who attends camp will receive the following free of charge:

- A YMCA Camp Lanyard that remains with your child through the years. Returning campers bring lanyards back to camp year after year.
- When a camper attends four days of Polar Bear Swim, Road Runners, or Yoga, they receive the appropriate pin for their activity.

Food. Ihduhapi campers eat very well; our kitchen takes great pride in providing a tasty, well-balanced diet. If your camper has dietary restrictions or allergies please note them on their Camper Personal History.

Health and Safety. Ihduhapi campers are well looked after. Our first aid, CPR, and lifesaving certified counselors are supported by our health professional (an RN).

We will treat bumps, bruises, and scrapes. In the case of illness, parents or emergency contacts are called to make arrangements for treatment or pick-up. Camp Ihduhapi uses the urgent care facilities at the West Health in Plymouth, or Maple Grove Hospital.

Medications. Medication will be turned into the Health Care Professional (HCP) upon arrival. Medication must be in the original container and marked clearly with dosage instructions and camper's name. This includes over-the-counter drugs. Additionally, Medication (s) and dosage instructions need to be listed in your camper's on-line registration so it can be accessed by our HCP.



Life at Camp

About Achievement Options. Campers are pre-registered for either a Specialty Camp or for Traditional Camp. After check-in on opening day each camper will choose his or her Achievement options. The number of campers in each Achievement is limited by the equipment in each area and the staff to facilitate the activity. Traditional campers will be placed into four Achievements that they will attend each day. We try our best to put campers into their top four Achievements; sometimes we may have to use their fifth or sixth choice. Specialty campers will be placed into two Achievements in addition to their specialty activity. **Choices include swimming, canoeing, kayaking (10+), paddle boarding (12+), island (12+), farm, archery, yipahudhi (camp news), nature, arts and crafts, and music.**

Wednesday is typically Theme Day during each six-day session with a modified schedule, new games and exciting evening programs. We will inform you of your camper's theme day one week prior to their session.

Overnights. The older cabin groups (typically 10+) will pack up one afternoon during the week and head out to a campsite (on camp property) in the woods or paddle to the island for an overnight with their cabin group.

Campers learn basic camping skills in addition to having an opportunity to do something new and challenging. Overnights happen rain or shine. We certainly watch the weather and bring groups in at first sign of a severe storm, but groups remain at their campsites if it's lightly raining. Campers should bring rain gear. Some of the best memories happen in the rain!

Camp Store. Campers will visit the Camp Store **once** during their session. Money may be added to camper store accounts online via credit card. Store forms may also be filled out and mailed in with a check. Completing the store form ahead of your camper's session is preferred, but they may be brought on check-in day too. Parents/guardians determine the amount of "credit" their campers get for the Camp Store and we do not allow campers to spend over that amount. There is **no food** at the Camp Store. Depending on your child's needs and interests, \$25-\$50 per week is suggested. The credit card provided by the parent/guardian will be charged as soon as it is received with the form.

Items/Prices Examples:

Water bottle: \$15 (large) \$10 (small)

T-Shirt: \$15

Sweatshirt: \$35

Stuffed Animal: \$10

Bucket or Trucker Hat: \$15

Fanny Pack: \$10

Waterfront. Each camper's swimming ability will be tested on opening day. Personal Flotation Devices and shoes are worn by campers and staff at all times during boating activities.

International Staff and Campers. Ihduhapi has a long history with international staff and campers. They add a deep level or richness to the camp experience.

Summer Samplers. During summer sampler sessions, camp will manage the achievement schedule to provide a variety of camp activities; this is a great way for first time campers to get the feel of overnight camp. Sampler campers will not take part in the cabin overnight or Theme Day activities.



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 Ihduhapi we make sure that all really does mean all; we gladly welcome campers of all backgrounds, walks of life, and genders. We cherish diversity and want to make sure all feel enthusiastically at home at Camp Ihduhapi.

Please contact us if you have perspective on your camper that may help us support your camper better while they are at camp (e.g. what your transgender camper needs to feel at home).

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.

Ihduhapi 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 Ihduhapi 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 campihduhapi.org/forms_publications/ if you would like to review our indemnification policies.



Packing: Traditional Camps

The following is a suggested list, these items are not required. You may modify it to your camper's needs and session type. Please do not send your child's best clothing, as camp activities are outside and rugged. Pack items and clothing that can get wet and dirty. **All items should be clearly labeled with your child's full name.** This will assist us with claiming lost and found. Camp Ihduhapi is not responsible for lost, stolen or damaged items.

Bring

- A sleeping bag and a twin sheet
- A pillow
- 1-2 pajamas
- 2 pairs of old tennis shoes or sandals with back straps for daily wear
- 2-4 pairs of shorts
- 1-2 pairs of long pants
- 1-2 long-sleeved shirts
- 3-5 T-shirts
- 5-6 pairs of underwear
- 5 pairs of socks
- 1-2 sweatshirts
- 1-2 swimming suits
- Rain jacket or poncho
- 2 towels
- Personal toiletries
- Lanyard (returning campers)
- A flashlight (headlamps are great)
- Water bottle
- Insect repellent and sunscreen

*Flip-flop sandals are to be used for showers only, not activities

Consider Bringing

- A camera (disposables are a good idea)
- Journal and pen
- Paper, envelopes and stamps for letters (pre-addressed post cards work well)

- Books and small games

Do Not Bring

- Cell phones
- Music players or video games
- Food or drinks
- Fireworks, knives or weapons
- Personal Sports Equipment
- Animals

Lost and Found

We display our lost and found as we accumulate it for campers to see and parents to peruse on pick-up day. If you return home and realize you have left something please email us (Ihduhapi@gmail.com) and we'll try to find it and let you it's here. Unfortunately we can't send items home for individuals. Arrangements will need to be made to pick up any lost & found.

Please assist us with Lost & Found by labeling everything with your camper's full name. Valuables and meaningful items should be kept home for safe keeping. YMCA Camp Ihduhapi is not responsible for any lost, stolen, or damaged items.

Pro Parent Tip

Label your camper's belongings with first and last name so that if they do misplace or forget anything at camp, we will more easily locate it. Please do not send valuable items to camp.



Packing: Specialty Camps and LDP

In general, what one would pack for Ihduhapi's Traditional Camps isn't too different from what you'll want if you'll be hitting the trail on your camp session. Here are a few notes and a few additional suggested items

- Boots
 - For canoeing—over the ankle boot or light hiking boot with a sole that will hold up when wet
 - For backpacking—lightweight, sturdy pair of hiking boots that are broken in!
- Rain gear—jacket and pants
- Sleeping bag
- Waterproof stuff sack. Extra heavy duty trash bags may be sufficient for a waterproof pack liner
- Cap with brim to shade the sun
- 2-4 pair wool socks, not cotton
- 1 pair long underwear, top and bottom
- Extra layers, preferably not cotton

Horse Camps

- Sturdy riding boots (must be closed-toe); rain boots with a heel work well.
- Durable riding pants (jeans, leggings)

Outdoor Challenge Camps

- Extra pair of closed-toed shoes for climbing

Pro Parent Tip

Don't feel the need to go buy lots of new things if you already have gear that will do. With very few exceptions, high-end gear doesn't improve your camp experience.

