



# PARENT GUIDE TO S. MANITOU ISLAND TEEN TRIP 2010

## YMCA Camp Manitou-Lin

*A branch of the YMCA of Greater Grand Rapids*

### OUTPOSTER TRIPS

Thank you for enrolling your child in one of our South Manitou Island Teen Trip with the YMCA of Greater Grand Rapids. Here, at YMCA Camp Manitou-Lin, we truly believe there is no substitute for the camping experience. We think that giving children a meaningful outdoor experience is crucial to developing future stewards of our environment. Our trip leaders help camper focus on learning life skills, develop character values and to create meaningful friendships with each other. We recognize how important it is to provide a fun and educational summer opportunity for your child.



In order to succeed, we need your help and cooperation with the guidelines on the following pages. This packet contains **important information** to help you and your camper to prepare for camp.

Camp Manitou-lin has a rich history of off-site "OUTPOSTER" trips featuring canoeing, hiking and biking. This year we are excited to offer a hiking trip on South Manitou Island. South Manitou is one of two islands found off the shore of Sleeping Bear Sand dunes – a one hour ferry ride into Lake Michigan. South Manitou has a many eye-catching features to explore; from a 300 ft. sand dune to a shipwreck that is visible above the water. Teen campers will spend 3 days hiking, swimming and exploring this treasure of the Great Lakes and 2 days 'Up North'. Look for canoeing and/or biking Outposter trips being developed for summer 2011.

Again, thank you for choosing YMCA Camp Manitou-lin this summer. We are committed to providing the best possible experience for all of our campers. We hope you and your trip camper are looking forward to Friends, Fun, and Adventure...

In the Spirit of Camping,  
*Adrienne Sipkovsky*  
Overnight Camp Director

### REQUIRED FORMS (For your convenience: fill out your forms online.)

Please take the time to fill out the required forms carefully and return them to the Camp Office **at least 2 weeks prior to your child's camp session**. These can be found on our website: [www.campmanitou-lin.org](http://www.campmanitou-lin.org). Click the PARENT INFORMATION LINK to fill out the electronic form on our web site (preferred method). Alternatively, you can print out the PDF of the Health Forms and mail or fax them to camp. These forms are to ensure that your child has a safe, fun week at camp. We encourage you to make a photocopy of each form for your own records and to bring these extra forms with you guaranteeing that your check-in runs as smoothly as possible. Campers cannot be admitted without completed paperwork. If your child is attending more than one session of camp, you need to only fill out one set of forms. Forms are also available on-line at [www.campmanitou-lin.org](http://www.campmanitou-lin.org).

- Confidentiality, Health and Release Form - Campers will not be accepted at camp without a fully completed and signed health form. This form provides important medical information. NOTE: It is the responsibility of the camper's parent/guardian to provide for the camper's own accident and health coverage while participating in activities with YMCA Camp Manitou-Lin. This information will help our staff provide better programs and supervision for your child. All information is CONFIDENTIAL. Please be as specific as possible. You know your child best and your answers will help us provide the best possible experience. The release form is used to authorize specific individuals INCLUDING PARENT/GUARDIANS to pick-up your child from camp. A camper physical is required within 24 months of attending camp.
- Allergy and Medication Log - This form provides important medical information.
- Liability Release Form - This must be filled out for all campers.

## CAMP FEES

All camp fees MUST BE PAID no later than two weeks prior to your camper's session. If you register for camp after this date, the entire payment is due upon registration. Please include the campers name, camp program and session number on your check. If not otherwise indicated, credit cards will be billed for the entire camp fee. Mail fees to:

CAMP OFFICE - Fees  
YMCA Camp Manitou-Lin  
1095 North Briggs Rd  
Middleville, MI 49333



## CHANGES, CANCELLATIONS, AND REFUNDS

As indicated on the Summer Registration Form, the \$75 deposit per child per session is not refundable. Prior to June 10, you may change your camp session (space permitting) without penalty. Campers are expected to behave in a Caring, Honest, Respectful, and Responsible manner at all times. Failure to abide by Manitou-Lin's rules and guidelines can result in dismissal from camp. No refunds are given if a child leaves early because of homesickness or for disruptive behavior as determined by the Camp Director. If it is determined that a camper must leave the trip, the parents will be asked to pick up their camper on location, at their own expense.

## READY FOR OUTPOSTERS?

The South Manitou Island trip is designed for the beginning tripper. Experience setting up tents, cooking over a fire and hiking for extended periods (up to 10 miles) is encouraged, but not required. The number one characteristic of a good trip camper is that the camper is excited about this adventure.

Trips are a special event and trip campers should be ready for a week of on-the-go fun. Trip campers sleep out in tents and everyone will help to cook their meals over an open fire. Trips are rustic and campers should be aware that there may not be modern plumbing available when they are away from YMCA Camp Manitou-lin.

### South Manitou Island Trip Itinerary

**Sunday Check-in at 2-3pm at Camp Manitou-lin.**

Monday AM- Pack and prepare.

11am: Leave for Lelanau campsite.

Tuesday AM- Catch ferry from Lelanau to S. Manitou.

Set up campsite + explore island with a half day hike.

Wednesday - Full day hike on S. Manitou Island to shipwreck and sand dune.

Thursday - Half day hike, then 4pm Ferry back to mainland

Friday - Explore Lelanau, then head back to Camp Manitou-lin for 5pm Parent Show



### *Camper Expectations*

Developing realistic expectations about camp is important. Parent/guardians can sometimes over-glamorize the camp experience. Obviously, going away to camp will be wholly worthwhile, but it is important to make sure your child understands it may not be fun every minute - there may be problems to solve, tents to set up, chores to do, unexpected schedule changes and new skills to develop. This is all part of the trip experience - and those rainy days can be the most memorable of all.

### *Friends, Fun, Learning and Adventure-I AM THIRD motto*

Sharing and group work are an integral part of the S. Manitou Island Trip programs. For example, trippers must work together to set up camp, prepare meals and watch out for each other on the trail. Trip leaders will look for opportunities to let trip campers lead their peers and challenge themselves. Camp is physically active, with long days; participating fully is important and required while on trip. Camp's motto is "God First, The Other Person Second, I Am Third". We will expect the fullest effort from your camper to help the group and its participants.

### *Island Fragility*

South Manitou Island is a federally preserved and protected national park. The island habitat is a very fragile one and must be kept safe for future generations. Here are some ways your camper can help accomplish this:

- **NO WHEELED ITEMS-** You may not wheel any items on the island paths. It disturbs the natural habitat. We CANNOT bring wheeled suitcases!
- **No Items may be taken from the Island-** Everything on the island is federally protected and MUST stay on the island. Sticks, rocks, plants, animals may not leave the island and are best left where they lie.
- **Do not change island habitat-** Moving, altering, or changing anything on the island is prohibited. Moving plants, painting rocks, or cutting trees is a minimum of \$100 fine per person.
- **Firewood-** Island wood may be used for firewood if it is: DEAD, DOWN, and DETACHED. This means that tree branches that are dead but still attached to the tree or ground may not be moved or touched. The wood must be dead, on the ground, and not attached by roots or anything at all. Violation may incur a minimum of \$100 fine.
- **Dunes and Pathways-** There are old dunes on the island. It is important to realize the natural erosion of the dunes and not climb or walk on dunes that do not have marked paths. Please stay on paths at all times to avoid damaging plant life on the island.

Any fines incurred by not following the guidelines in this packet or the verbal guidelines of the park ranger in the island orientation will be the responsibility of the participant or the parent/guardian of the participant and not of YMCA Camp Manitou-Lin.

### *Religious Emphasis*

The YMCA of Greater Grand Rapid's mission is to put Christian principles into practice through programs that build a healthy spirit, mind, and body for all. Here at camp, daily chapel, thoughts for the day, graces, and nightly vespers emphasize Christian principles and practices through the YMCA's core values of Caring, Honesty, Respect and Responsibility. Our entire camp family is expected to promote themselves in such a way as to role model these values. We welcome and celebrate all religious affiliations and denominations.

### *Behavioral Expectations*

Campers are expected to behave in the safe, Caring, Honest, Respectful, and Responsible manner modeled by our staff. Parents will be contacted if camper behavior is not acceptable and parents will be informed about the steps that are being taken to improve the behavior. Failure to abide by Manitou-Lin's rules and guidelines can result in dismissal from camp. No refunds are given if a child leaves early because of homesickness or for disruptive behavior as determined by the Camp Director.

If it is determined that a camper must leave the trip,  
the parents will be asked to pick up their camper on location, at their own expense.

### *Homesickness*

Occasionally a camper becomes homesick. Our staff are prepared and trained to respond to homesickness. This can be overcome and will help the camper in developing independence and increased self-respect. Should it be in the best interest of the camper, the Camp Director will contact the parent/guardian.

### *Allergies*

Please be sure to carefully communicate any food and other allergies that your camper may have. These should be listed on the Allergy and Medication Log. Our staff team is committed to providing the best possible experience for all who visit Manitou-Lin.

### *Special Days*

We love to celebrate! Let us know if your camper has a birthday while on trip and we'll find a special way to celebrate their day!



### *Camp Store and Photograph Ordering*

Parent/guardians have the option of depositing money into the Camp Store during check-in. We suggest \$20-\$40. This money will be carried by the camp staff because trippers should not have any cash in their possession. The trip money will be used to buy lunch on Friday afternoon (\$10), and any extra snacks/souvenirs the campers choose to purchase. Any Camp Manitou-Lin store items may be purchased the day of drop-off or pick-up. Camp and cabin photos may also be ordered on the first day of camp for \$4 and will be ready for pick-up on the last day of camp.

## **THE FIRST DAY OF CAMP**

### *Transportation*

Parent/guardians are expected to provide transportation to and from YMCA Camp Manitou-Lin. Accurate driving directions are available on our website and are included in this packet for your convenience.

### *Arrival Days*

Check-in for South Manitou Island Teen Trip is on Sunday from 2:00 – 3:00 PM. Please pull in through the main entrance marked Cheff Lodge YMCA Camp Manitou-Lin. Upon arrival, someone will greet you at the gate and give you detailed instructions as to the check-in procedure. If you arrive late due to unforeseen circumstance, please check-in at the Camp Store located in Cheff Lodge. Thanks in advance for your cooperation.



### *Cabin Assignments*

This is a co-ed off-site trip for campers ages 12-15. There will be both male and female trip leaders to supervise the male and female campers.

### *Check-in*

Please bring all forms and paperwork with you if it has not been mailed before beginning of your session. All paperwork and payments should be mailed to camp **at least 2 weeks prior to your child's camp session.**

1. Register at the corresponding table to sign in, meet our staff and get your camper's cabin assignment.
2. See the Health Officer in Cheff Lodge if you have medication or if you have any special needs/concerns. All medication - prescription and Over-the-Counter - must be turned into the Health Officer in the lodge.
3. Visit the Camp Store in Cheff Lodge to deposit money and to order a photo of your cabin. Campers may not have cash in their possession. The Camp Store will also be open on the last day of camp.
4. Grab your gear and proceed to your assigned cabin with your camper where you will be greeted and welcomed by their counselor (s) and fellow cabin mates. Wagons are available for your convenience.
5. Parent/guardians are urged to leave shortly thereafter, so that campers can become actively involved in the camp program right away. If you suspect that your child may become homesick, don't delay your departure from camp - he/she will be in good hands. We kindly request that parent/guardians leave camp prior to our camper orientation sessions, which begin at 3:15. Have a GREAT week!

### *Questions about the trip?*

If you have any questions about this trip, please feel free to call or e-mail the Overnight Camp Director!

Adrienne Sipkovsky  
Overnight Camp Director  
[asipkovsky@grymca.org](mailto:asipkovsky@grymca.org)  
269.795-9163 X 9253

## WHILE YOUR CAMPER IS ON THE TRIP

### How do I get a letter to my Trip Camper?

Due to the nature of the Trip, campers will not have access to mail, email or faxes until they return to camp on Friday for the Parent Show. We suggest you bring a letter to check-in and the trip counselors can deliver it to your camper while on trip. Trip counselors will not have room to bring packages- please send flat envelopes only.

### E-mails, letters and Faxes

Trip campers will not be able to receive any correspondence until they return to camp on Friday for the Parent Show. Please bring a letter for your camper at check-in; it will be delivered during the trip.

**Photos:** Due to the unavailability of the internet while on the trip, we will post photos on Bunk1.com one week after the trip returns.

### Emergency Communication

In case of medical or family emergency, contact YMCA Camp Manitou-Lin at 1-888-909-2267. After office hours, our voice mail system will give you the camp director's emergency cell phone. Please follow these instructions. In the event of an emergency, the Overnight Camp Director will contact the trip staff by cell phone.

### Telephone Contact

Parent/guardians may contact the Overnight Camp Director, Adrienne Sipkovsky at any time to discuss their child's experience at 1-888-909-2267 ext. 9253. Trip campers will not have access to regular phones while away from camp. Trip Leaders will be checking in with Camp Manitou-lin daily.

### Health Care

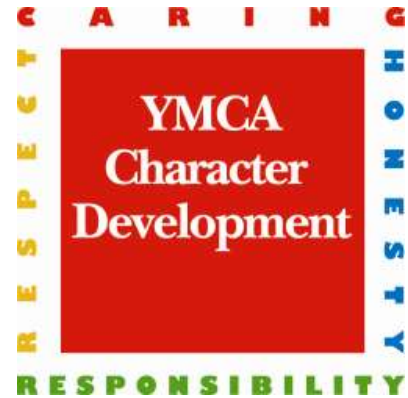
Safety is something we take very seriously at Manitou-Lin. A Camp Nurse is in residence at our Infirmary, and our camp physician is on call 24 hours a day. Trip leaders are trained in CPR and First Aid and Red Cross Lifeguarding. While on S. Manitou Island there is a ranger station for emergencies and while camping in Upper Michigan we will be near Traverse City and other smaller medical centers. Because we will not be on camp it is very important that the health form is filled out completely and that any potential health problems are brought to the attention of the trip staff.

### Cell Phones\* PLEASE READ\*

Camp Manitou-Lin has a "no-cell phone" policy at camp. This includes trip campers. In case of emergency a trip leader will have a cell phone but may only be contacted through the camp director. Not only are cell phones expensive to replace when they are lost or damaged at camp but cell phones also interfere with your camper becoming more independent. We understand that parents take a leap of faith when you send your children to spend time away from home. Unfortunately, when well-intentioned parents send a cell phone to camp 'just in case' the camper needs to call home, the message is, "We love you but don't trust that you are ready to solve challenges on your own." Having a cell phone also prevents our counselors and staff from addressing problems that might arise and using that experience to help your child grow.

We agree to tell you if your child is experiencing a challenge in their adjustment to camp. You can help by talking to your child before they leave for camp and telling them that there is always someone they can reach out to, whether it be their counselor, a camp specialist, the camp nurse or the Camp Director. Cell phones brought to camp will be kept in a locked office and returned to the parent at checkout.

**Please express your trust in our counseling staff and in your own child by insisting that cell phones stay at home.**



### *Lost and Found/Personal Property*

The YMCA is not responsible for clothing and personal property brought from home. **Please label all clothing, towels, and personal items with a permanent marker.** Please pack items with your camper before camp so that the camper recognizes what he/she has brought to camp. Our counselors make every effort to return lost and found items, but you can do more than anyone to insure nothing is lost. Please discuss the child's responsibility in keeping track of their personal items. Be especially thorough on check out day as sometimes an entire bag is left. Please check your child's cabin and the lost and found box located on the north end of the lodge on closing day. If you discover something is missing upon your return home, please call as soon as possible. Camp is not responsible for lost items.

**Unclaimed lost and found property will be kept for one week and then donated to various local charities.**



### **WHAT TO BRING**

#### *Camper Medication*

Upon arrival at camp, all medications - **both prescription and nonprescription** - will be collected. The Camp Staff will administer all prescribed medications; prescription medications can only be administered according to the directions on the label. The state requires that all medications be in its *original* bottle. Though convenient, we are not authorized to dispense medication out of 7-Day Pill Containers. Please send only medications that your child takes on a regular basis. To help out, put your child's medications in a zip-lock bag. On the front of the bag, write your child's name and session number in permanent marker. Prescribed medication must be clearly marked with:

- Child's name
- Directions for administration
- Name of medication
- Name and phone number of physician

#### *Asthma inhalers and bee sting kits.*

If your child requires one of these, they are able to keep one with them. However, if they use them, they need to report to their counselor and/or Infirmary *immediately*. It is **highly** recommended that you send a second one that can be kept at the Infirmary as a backup. For bee sting reactions, an epi-pen is encouraged over a traditional kit.

#### *Clothing and Equipment*

Be aware that camp is hard on clothing and equipment due to uneven trails, weather, and very active days. We recommend against bringing new and/or expensive clothing, luggage, or other items. Campers should have enough clothing to last the duration of their stay. Campers should bring clothing that can get wet and dirty without concern. Clothing should be appropriate for a Christian environment, without slogans or pictures that are in poor taste, inappropriate, or immodest. We suggest one piece bathing suits for all campers. All personal belongings (clothes, luggage, sleeping bags) should be plainly and **BOLDLY** marked for easy identification and are ultimately the responsibility of the camper. When you are packing for camp, please keep in mind that storage space is limited.

**Unclaimed lost and found property will be kept for one week and then donated to various local charities.**

## SOUTH MANITOU ISLAND PACKING LIST

This trip is classified as Easy to Moderate Hiking and does not require special equipment. Campers must be able to carry their all their gear for a distance of less than a mile. NO SUITCASES PLEASE, NO WHEELED ITEMS PLEASE. A pack or bag with straps is preferable. We will divide out community items to be carried by individuals in the group on Sunday and those items will be that individual's responsibility, so please pack the minimum amount to help carry the items used by the entire group.

### Essentials

- Sturdy walking shoes or boots
- Sleeping bag + ground pad
- Headlamp (or flashlight)
- Small pillow
- Toothbrush
- Deodorant
- Comb or brush
- Swimsuit ( 1 piece is requested)
- 1 Sweatshirt
- Windbreaker or rain jacket
- 1 pair of long pants
- 1 Long sleeved shirt
- PJs or other sleeping clothes
- Underwear and socks for EVERYDAY plus 2 extra
- 5 T-Shirts
- 2-3 pairs of Shorts
- Sandals with straps (ie Tevas or crocs, or equivalent)
- A portable mess kit (plate, flatware, Nalgene bottle)
- Journal and pen for Daily Reflection time.
- Day Pack to hold
  - Refillable Water Bottle (2)
  - Sunglasses
  - Towel
  - Sunscreen

### Optional:

- Camera (disposable camera with name on it)
- Book
- Travel Games
- 2-4 person tent. (Do not buy this item, but if you have access to a small tent, please consider sending it with your camper.)

### Please DO NOT Bring:

- Weapons, pocket knives or hazardous materials
- Matches or fireworks
- Cash (Money can be deposited into their accounts on check in day for souvenirs or snacks and camp staff will hold on to this for the campers (\$40 Max)
- MP3 Players or iPods
- Cell Phones
- Video games
- Wheeled travel bags

☺YMCA Camp Manitou-Lin is proud to be a Tech-free camp. Please help us by making sure that your camper does not have any electronic equipment, cell phones, electronic games or personal music players in their possession. Thanks for your cooperation.

## THE LAST DAY OF CAMP

*Check out/Closing Day*

Camp sessions finish on Friday evening.

The last day of camp is a busy day. Campers end their session with our traditional Closing Ceremony in Gates Chapel starting at 5:00 pm. You are invited to watch this program. Immediately following this ceremony there will be a picnic at Cheff Lodge for campers and their families. For parents who have children in the Teen Trip and Horse Overnight Camp, we suggest picking up the traditional camper first, and taking them with you to the Horse Show. The Horse Camp show will begin at 6:00pm. A picnic is provided for families at *SPIRIT* Farms Riding Center.

Camper sign-out begins immediately following our Parent Show that runs from 5:00-6:00pm. Please make sure that the adult picking up your camper is listed on the Confidentiality, Health and Release Form. Only those listed INCLUDING PARENT/GUARDIANS will be allowed to sign-out campers. **Anyone picking up a child from camp must present photo ID.** Once you have checked out your camper and loaded their belongings please join us for a cookout dinner, or you may let your child show you camp and share their experience. Before departing please visit the Camp Nurse if there are medications that must be collected and stop by the Camp Store to claim any unspent money. Any money not claimed at the end of the session will be donated to our annual Strong Kids Campaign, which aids in sending children to camp at a reduced cost.



## **AFTER CAMP**

*Your kids, our staff after camp*

Our pledge is to put your children in the company of the most trustworthy and capable young adults we can hire-counselors who are well suited to the task of caring for campers. The effort we put into screening and selecting our staff is part of that pledge. Our staff work with your children in the context of a visible, well scrutinized environment that has many built-in checks and balances.

Counselors are supervised by senior staff guided by clear, firm policies regarding behavior. Their actions are also visible to co-workers and campers. By hiring them we do not recommend them as babysitters, nannies, or child

companions outside of camp. *In general, we discourage our staff from having contact with your children after camp since we cannot supervise their actions outside of camp programs.*

*We hire our staff for the camp season; we do not take responsibility for their behavior off season.*

As a parent you are, of course, free to make your own choice in this matter. While we cannot keep you from allowing your child to visit one of our staff members, in so doing you take full responsibility. We also know many children exchange contact information (e.g. email address, profile name, cell phone numbers) with counselors without our or your specific awareness or permission. *We recommend that you as the parent supervise your child's online activities just as you do other aspects of their life in your home, and oversee any off-season contact between staff members and your child. You take full responsibility to oversee any contact that results.*

### **Reminder:**

**Please visit [www.campmanitou-lin.org](http://www.campmanitou-lin.org) and click the Parent Information link to fill out Health Forms electronically. This is very important for us to best serve your child.**

YMCA Camp Manitou-Lin  
**Directions**

***From Grand Rapids:***

- Take M-37 (East Beltline/Broadmoor) south through Caledonia
- Approximately 5 miles past Caledonia follow Cherry Valley to the right
- Approximately another 5 miles, after a sharp right curve, immediately turn left on Briggs Road
- Camp is on the right 3/4 of a mile down Briggs Road

***From US-131:***

- Take US-131 South to Wayland Exit (exit #64)
- Go left (East) 8 miles and turn right on Briggs Road
- Camp is on the right 3/4 of a mile down Briggs Road

***From Lansing:***

- Take us-96 West towards Grand Rapids
- Take US-6 West (use exit #46) towards M-37
- Take the Kentwood exit (exit #15) and turn left on M-37 (South)
- Take M-37 South through Caledonia
- Approximately 5 miles past Caledonia follow Cherry Valley to the right
- Approximately another 5 miles, after a sharp right curve, immediately turn left on Briggs Road
- Camp is on the right 3/4 of a mile down Briggs Road

***From Detroit:***

- Take I-94 West to Kalamazoo
- Turn right and take US-131 North towards Grand Rapids
- Take exit #64
- Go right (East) 8 miles and turn right on Briggs Road
- Camp is on the right 3/4 of a mile down Briggs Road

