

YMCA Camp Pepin 2-Week Resident Camp Summary

Welcome to 2-Week Camp!

YMCA Camp Pepin believes that its camp experiences should be designed to enhance the YMCA's mission of building healthy spirit, mind, and body. It is our belief that giving campers the opportunity to participate in unique activities in the beauty of natural creation encourages them to learn new skills, accept new challenges, and develop confidence in themselves and others. It is our belief that offering experiences that are both physically and mentally challenging will help campers to grow in stature and in maturity. It is also our belief that offering a variety of activities where campers can succeed as individuals or as part of a team influences them to grow into well-rounded contributors to society.

The 2-Week Camp is similar in structure to a 6-Day Resident Camp, but it also encompasses activities that are geared for older campers. The 2-Week Camp offers campers a potpourri of advanced resident camp activities (including the Challenge Course and an overnight off-site tent-camping experience) that helps them to decide which specialized camps they may want to register for in the future. In fact, while it is technically not related to the Leadership Camps, many campers have progressed from attending the 2-Week Camp to enrolling in the Leaders-In-Training (L.I.T.) Camp. 2-Week campers should be prepared to take on their reasonable share of responsibilities during the activities scheduled for this session.

Overview

2-Week Camp is the pinnacle of the Resident Camp experience. It is designed to prepare older campers in identifying skill areas that they would like to focus on as they enter their high school years. The skills performed will include creating a successful group living situation, demonstrating proficiency in advanced resident camp activities, and going on the trail to camp overnight in tents.

What to Bring

In addition to the items listed on the Bring-Along List in the *Summer Planning Guide*, please bring the extra items listed below with you (there's the possibility that you may not use all of these while on the trail, but you may regret not having them if the need arises).

- Sleeping mat (if you wish)
- 1 Pair of durable closed-toed shoes (like hiking boots) that can get wet
- 2 Pairs of wool socks
- Wool or fleece hat
- Compressible sleeping bag
- Durable rain-gear (coat and pants)
- 1 Pair of polypropylene long johns (long-sleeve top and long pants)

Arrival and Departure Times

2-Week campers should arrive at Camp Pepin on Sunday between 2:00-3:00pm (along with all of the other campers). Parents and Guardians will pick-up 2-Week campers and their belongings from Camp Pepin on their second Friday after the 4:00pm Closing Ceremony (which parents, family, and friends are invited to).

Accommodations

All nights will be spent in cabins at Camp Pepin except for the overnight campout (between the first and second week), which will be spent in tents.

Lead Instructor

The lead instructors will be Camp Pepin staff members.

Supervision

A minimum of 2 camp staff members will supervise the campers, with more being assigned as dictated by enrollment.

Transportation

Camp Pepin staff members will drive the campers to their off-site camping destination from camp. Participants will travel by 15-passenger vans, which undergo a thorough professional mechanical inspection prior to each summer camp season, and which undergo a written vehicular inspection prior to each excursion. Camp Pepin staff members participate in a driver training session that is specific to handling 15-passenger vans with trailers, and must demonstrate specific road skills and maneuvering competency before being added to the camp's vehicular insurance and being approved to drive a camp vehicle. All passengers are required to wear seatbelts any time their vehicle is in motion.

Meals

While 2-Week campers are at Camp Pepin, their meals will be served in the Dining Hall at the regular meal times. While on the trail for their camping trip, the campers will be cooking their own meals from menus created by the 2-Week camp staff and approved by the Food Service Director. Meals on the trail will minimally include a main course, at least one side of fruit or vegetables, a dessert, and a beverage in addition to water (e.g., cocoa, tea, crystallized drink mixes, etc.). Special dietary needs can often be accommodated on off-site trips if we are made aware of these in advance.

Itinerary

Week 1: Monday-Friday

Regular camp schedule.

Weekend

While in camp, the schedules for 2-Week campers will generally follow the daily camp itinerary, but will be flexible enough to accommodate unique weekend activities. 2-Week campers will also be participating in an overnight off-site camping trip.

Week 2: Monday-Friday

Regular camp schedule.

Inclement Weather

If the weather becomes severe, campers and their staff members will follow Camp Pepin's severe weather guidelines. If severe weather conditions occur on the trail, campers and their staff members will follow the established severe weather guidelines and seek shelter in the location where they are camping.

Emergency Care

Camp Pepin staff are minimally certified in Red Cross First Aid and CPR. An emergency kit and health forms will accompany all staff and campers on off-site trips. Local EMS services are available at Camp Pepin and medical facilities are available in Red Wing, MN, at Fairview Red Wing Medical Center and in Wabasha, MN, at St. Elizabeth's Medical Center (both within 10-15 miles of an area where the campers will be staying).

Location

2-Week Camp will mainly be held at Camp Pepin except for scheduled off-site camping and service project excursions.