



Camp

Y of Central Maryland
It's deeper here.®



OVERNIGHT APPENDIX

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Maryland Tax ID
52-059-1699**

Don't forget to
save your
receipts for tax
purposes!



Welcome to Overnight Camp

Dear Parents:

Since 2007, YMCA Camp Hashawha has been a place for youth to develop an appreciation for nature, make new friends, and enhance a positive self image. Camp provides that safe, fun, enriching environment that will allow your child to learn new skills, challenge themselves, grow in a positive community setting, and of course have FUN!

Camp gives children a chance to be themselves, try new things, and learn how to interact with others. At camp... kids can be kids. Campers learn who they are as an individual and become part of our awesome Camp Hashawha family.

YMCA Camp Hashawha provides campers the opportunity to participate in a variety of activities such as canoeing in lake Hashawha, working on arts & crafts, splashing around in the Blake Swimmington Memorial pool, and who can forget The famous mud hike. Campers will also work with their cabin mates to create a skit, sing songs at a campfire, make their own S'mores, and much, much more. Our day is flexible and consists of structured activity times and the options to participate in additional activities of their choice. Every evening there is a camp wide program that both campers and counselors participate in, the talent show is a Hashawha favorite!

Attending summer camp is a rewarding experience that any child will cherish and remember for years to come. The Hashawha team and I have planned many amazing things to make this an awesome summer your child will never forget. Please feel free to contact me with any questions or concerns you may have for the summer.

In the spirit of Camp Hashawha,

Tom

Thomas Fare
Y Camp Hashawha Director



About Hashawha

Camp Hashawha

Found in Carroll County, just south of the Maryland-Pennsylvania border, Hashawha is a natural park setting with hiking trails, low ropes challenge course, 2-acre lake, archery range, canoeing and a nature center. Hashawha's facilities also include an outdoor pool, basket ball courts, and several pavilions.

Environmental Conditions

Hashawha is a wooded camp inhabited by small animals like squirrels and a variety of insects such as bees, flies and mosquitoes. Parents should discuss the natural setting of the camp with campers prior to attending so that campers are aware of the conditions. Although most of the paths are paved, some of the trails and terrain of Hashawha can be quite rocky in some places, campers are required to bring hiking boots or sturdy shoes that support foot and ankle for hikes.

Open House

Please check our website at www.ymaryland.org for a list of Open House information. An Open House will include a tour of Hashawha, a chance to meet Camp Staff and social time with other campers.

Directions to Hashawha

Take I-695 towards Exit 19 NWExpy/I-795 towards Owings Mills/Reisterstown. Merge onto

I-795N. Take Exit 9B for Rt. 140 W toward Westminster. Go approximately 11 miles and take right exit onto Rt. 97 North/Littlestown Pike, keep right at fork. Go approximately 3 miles and turn right onto John Owings Rd and follow Y Camp signs to Hashawha.

Any inquires about Y Overnight Camp should be director to a Y Family Center or the Camp Billing Office for financial related questions. The offices at Hashawha are not able to assist with Y Camp questions.

Visit the link below for more information

<http://ccgovernment.carr.org/ccg/recpark/hashawha/default.asp>

Check In and Out procedures

Check-In

When you arrive at Camp Hashawha, please follow the signs to the designated area with camper check-in and medication drop-off stations. Cabin assignments will be given at check-in. Camp Staff will be present to address any questions. Parents are welcome to accompany their camper to their cabin to unpack or staff will assist. Cars may not be driven to the cabins for unloading, please be prepared to make a few trips. Pets are not allowed on camp grounds even during check-in/out process. All campers must be checked-in between 9 and 10 a.m. Remember campers will not be permitted to remain at Hashawha unless required paperwork has been completed and submitted. Please review Health & Wellness and Forms sections.

Check-out

Please follow the signs to the designated check-out area to sign out your camper. Please allow 30 minutes for pick up and have your photo ID ready. Campers will pack their belongings earlier in the day and may be engaged in activities when you arrive. All campers must be signed-out at the end of each camp week between 10:00 and 11:00 am. Camp staff is not available at camp between camp sessions. Late pick-up fees will start at 11:00 am, please see Summer Camp Manual for fees.

Visitors

We believe camp provides an opportunity for youth to acquire self-reliance and confidence through achievement in a new environment. Parents are discouraged from visiting unless it is an emergency and the camp has been notified prior to the visitor's arrival.

Temporary Camp Leave

We strongly discourage campers from temporarily leaving camp except for valid emergencies. All arrangements in these circumstances must be approved by the Camp Director. For approved absences, Campers may be re-admitted to camp between 9:00am and 4:00pm only.

Health and Wellness

Please read "Health & Wellness" section in Summer Camp Manual for additional Health & Wellness information.

All campers should arrive to camp in good health and able to participate in all activities. Our trained health supervisor will conduct a health assessment within the first 24 hours of your child's arrival at camp. You will be notified immediately of any concern and could be required to pick your camper up if he/she is not well.

If your camper requires a lower staff to camper ratio than 1:8 or requires assistance with general personal care such as getting dressed, showering, eating, or/or using the restroom, please contact the camp director or administration.

All health related forms must be complete and turned in no later than June 1, but the sooner the better. Our camp staff must have time to review and contact you for more information if any health concerns require additional directions, clarifications, or possibly a release from your physician.

Medication

For every medication your camper takes, both prescription and non-prescription (over-the-counter), a separate medication authorization form is required. Please organize your camper's medication by putting one item in a small ziploc baggie along with the appropriate authorization form. Campers with many medications should put smaller baggies into a larger one. Non-prescription, except Tylenol and topical ointments, require a physician's signature on the authorization form IF more than one dose will be given at camp. Examples include: laxatives, stomach/digestion aids, and non-prescription allergy medications.

Be sure to send an appropriate supply of medication that will last through your camper's stay.

See the Forms and Health and Wellness sections of the main Camp Manual for additional medication policies.

Homesickness

Being away from home can cause homesickness. While Y Camp Staff take steps to have your child feel welcome and included, there are some steps parents can do at home prior to the first day of camp:

Make a pre-camp visit – Open Houses are an excellent to take and become familiar with Hashawha's amenities

Talk about camp – Please use this packet to discuss what your camper should expect while away at camp.

Marking off days on the calendar until camp starts.

Complete Pre-Camp Projects (for younger campers):

- Have your camper "live" out of a suitcase for several days
- Take showers wearing shower shoes
- Pack Gear together
- Spend time outside listening & identifying night time noises

Please do not tell your camper to call home if they are homesick. The Camp Director will call if your camper is not adjusting well. Sometimes it takes a day or two for campers to adjust to camp life.

Required Forms

All forms required for Overnight Camp are included at the end of this packet. Please complete and return to the Overnight Camp Office at the Hill Family Center Y as soon as possible but no later than **June 1**. Campers will **NOT** be admitted into camp if required forms are not complete:

- Camper Emergency Form (due at registration)
- Immunization Record (due at registration)
- Medication Authorization Form (if necessary)
- "All about Me" *(to be completed by camper)*
- "All about My Camper" *(to be completed by parent/guardian)*
- Allergy Emergency Care Form (if necessary)

Communication with Camp

Telephone

Emergency contact information will be given out at check-in and may only be used in cases of valid emergencies. It is very disruptive to the camp program for campers to receive phone calls. Phone calls from home may actually have adverse effects for children that are having adjustment problems. Therefore campers are not permitted to receive or make phone calls. Remember no news is good news and rest assured we will call you immediately if your camper is not doing well, emotionally or physically.

Email

Parents may send personal messages to campers by sending an email with your camper's name in the subject line to OvernightCamp@ymaryland.org. Messages will be delivered within 48 hours. Campers will not be able to reply to emails but will know you are thinking about them while they are away.

Cell Phones

Cell Phones are not permitted at camp. Campers should focus on their camp experience and cell phones will take away from that. In addition, cell phones are an expensive possession which could easily be lost or damaged. Staff will confiscate any cell phones and they will be returned to parent at check-out only.

Cabin Life

Community Living

Your camper will learn about group living, understanding others and make new friends. Please discuss with your camper about dressing or changing in a room where other campers will be present and maintaining modesty as many campers are not used to the lack of privacy found in community living. Chores will be assigned throughout the day and may include meal-time help (KP duty), cleaning cabin and bathrooms and assisting in breakdown of activity equipment.

Lodging

Campers live in gender separate cabins with at least four staff members assigned to each cabin. The heated cabins are equipped with lights, electricity, flushing toilets, hot showers bunks and mattresses. Parents must provide bedding for campers, ideally a sleeping bag or sheets and blankets.

Cabin Etiquette

Cabins will be checked at least twice daily for cleanliness and tidiness. Campers are expected to keep their own areas neat and empty trash daily. Wet clothes should be draped over end of bunk to dry or placed on clothesline (if available). Campers must leave their shoes outside of the cabin in order to reduce the amount of dirt inside the cabin. Hard soled slippers or house shoes are recommended for wearing inside cabins. At light's out all campers are expected to be in their own bunk and quiet. Late night talkers, playing cards or other games will not be allowed.

Cabin Mate Requests

We do recognize that having a familiar friendly face may make the adjustment process easier for some campers therefore campers may submit one request for a cabin mate. Cabin assignments are determined by age and grade in school. While placement is not guaranteed, every effort will be made to honor requests.



Personal Hygiene

Please discuss with your camper the importance of personal hygiene and the steps to complete the tasks involved. Counselors will encourage campers to perform hygienic tasks such as brushing teeth, showering and applying sunscreen or bug spray; however it is the responsibility of the camper to follow through on these tasks and in turn this helps the camper to build a sense of independence.

Meals and Snacks

Meals

All meals served are a healthy, well-balanced and nutritious offering of a protein, fruit or vegetable and starch and maybe a combination of cold and hot items. Assorted fruit juices, water, milk and lemonade are available at each meal.

Breakfast can include an assortment of cereals, pancakes, sausage/bacon, eggs, toast, and fruit.

Lunch/Dinner may be hot dogs, hamburgers, tacos, spaghetti, fruits and vegetables, and rolls.

Lunch will be the first meal and breakfast the last meal of each camp week. Please be sure your camper has dinner prior to camp check-in.

Snacks

We are not able to allow snacks in the cabins. This can cause a rodent or insect issue that no one wants in their sleeping area!

We will occasionally serve a theme related afternoon or evening snack. These include some cool treats like popsicles or snowballs, campfire favorites like s'mores and orange brownies, and opportunities for other make your own healthy camp snack fun like ants on a log or fruit smiley faces.

Diet Restrictions/Allergies

If your camper has special dietary restrictions (allergies, diabetes, vegetarian, etc.), please include a written plan and as necessary, complete the Allergy Plan and include Medication Authorization. Forms can be found at ymaryland.org.

For severe allergies or extreme situations, please contact the Camp Director or Camp Headquarters (see numbers and emails listed in the main Camp Manual) to discuss accommodations.

We need to give the kitchen staff at least one week's notice for dietary restrictions and/or special requirements.

Please complete ALL health related questions and forms and turn in as soon as possible to assist with communications. All forms should be turned in no later than June 1.

Activities

Weekly Themes

Each week the camp will be transformed by a new theme. Activities, skits, songs, props, and costumes will immerse everyone in the theme and increase the fun of the experience.

6/30–7/4: Party Like a Y Star

Participate in activities such as canoeing, swimming, our famous mud hike, and more. Every day will be a party with evening festivities like talent shows, camp fires and dancing.

7/7–7/11: Mud, Sweat, and Glory

Back by popular demand! Each cabin is transformed into a country that competes for all the glory in the Hashawha Summer Games! Campers will participate in a “parade of nations,” relays, canoeing, and a camp-wide marathon, as well as some non-traditional sports like toilet seat discus, cannon ball plunge, and extreme green bean curling.

7/21–7/25: Superhero All-Stars

Find your inner superhero and help the camp defeat Captain Chaos! Create your own super powers, costume, and name and showcase them at the Superhero Talent Show. Show your superhero strength on the challenge course designed by the super villain himself, Captain Chaos. Celebrate your success at the Superhero Dance Party!

8/4–8/8: Myths and Legends

Travel back to medieval times and help the Blue Knights defend the Kingdom of Hashawha! Defeat the evil Silver Knight and save the princess. Compete in medieval adventures such as jousting and participate in a knighting ceremony. Join us as we celebrate the legend of the Hashawha Blue Knights!

8/11–8/15: Survivor Reunion Week

Our most popular camp theme, Survivor, is joined with our Reunion theme! Campers from previous weeks or years are encouraged to come back and reunite with old friends. Each cabin team will join forces to win the Survivor Challenges. Create a tribal flag and participate in survivor-themed activities including fire building, capture the flag, swimming, tribal dance, and more! New this year—our Survivor Twilight Night Hide where campers will take their flashlights and hike through the forbidden forest to reach the elder council ring and find out who is the ultimate survivor!

Daily Activities

Each day campers will participate in a variety of tasks that increase their responsibility for themselves, the camp, and the environment. Campers will have time to complete personal hygiene routines, clean their cabin space, and help take care of common areas. Campers have an active participation in the set up and clean up of all activities and meals. This is a great opportunity for personal growth and team building.

Campers will enjoy traditional camp activities such as arts and crafts, sports, games, swimming, skits, and songs. Hashawha has many unique activities and challenges including canoeing, confidence challenges and hikes (including the famous mud hike!) Campers must be fully ready, dressed appropriately, and capable of trying all activities.

Evening Activities

Each evening there will be opportunities for campers to participate in songs, skits, fireside chats, and other social events. Campers should be prepared for the possibility of cool weather and dress appropriately.

What to Bring to Camp

Our summers offer beautiful, sunny days with occasional showers and evenings that range from cool and crisp to hot and humid. With that in mind, this list has been created for your camper's comfort and preparedness. We suggest that you send *old clothes* and items as some items may be lost or damaged and campers will be outside the majority of the day getting dirty, sweaty and wet. Be sure to label everything with your child's name. Unscented toilet articles are recommended as the bugs at camp really enjoy scented soaps and shampoos. Please read prohibited gear list carefully, campers who bring any listed items may be asked to surrender them to the Camp Staff and may face disciplinary action. Parents may retrieve confiscated items at check-out.

Basic Gear

- ◇ Sleep Wear (pajamas, sweat suit or oversize t-shirt)
- ◇ Head Wear (Sun hat with wide brim, Bandana, Baseball Cap or Stocking Cap)
- ◇ Daily change of undergarments
- ◇ Foot Wear
 - ◇ Daily change of socks (All campers must wear socks! recommend 8-10 pairs)
 - ◇ 1 pair of Sturdy closed-toed Shoes and/or sneakers for use around camp (no sandals or heelies)
 - ◇ 1 pair of wet tie-on shoes for canoeing, swimming or stream exploration (old sneakers that may get ruined)
 - ◇ 1 pair of Hiking boots or sturdy tennis shoes for hiking
 - ◇ 1 pair for inside cabin use (hard-soled slippers or house shoes)
 - ◇ Wet Weather Boots
- ◇ Top Wear
 - ◇ T-shirts (no sleeveless, tank, spaghetti strap or tube tops, recommend)
 - ◇ Long-sleeved shirt, sweatshirt, medium weight jacket or long-sleeved fleece for colder nights
 - ◇ Raincoat, poncho and/or hat with large brim
- ◇ Bottom Wear
 - ◇ Shorts (recommend 7 pairs)
 - ◇ Long pants for colder nights, hiking or wetland study (Jeans, wind pants or sweat pants)

Personal Hygiene Gear

- ◇ Sun-block lotion SPF-15 or higher
- ◇ Insect Repellent
- ◇ Bath Towels and Wash cloths
- ◇ Soap in a soapbox or liquid soap
- ◇ Toothbrush and toothpaste
- ◇ Comb or brush
- ◇ Shampoo and Conditioner
- ◇ Deodorant
- ◇ Lip Balm (Chap Stick)
- ◇ Eyeglasses/Contact Lenses + extra pair
- ◇ Feminine Products
- ◇ Shower Shoes (flip-flops are acceptable at shower time only)

Miscellaneous Gear

- ◇ Bedding: Pillow, Sheets and blankets or Sleeping bag
- ◇ Laundry Bag for dirty clothes (mesh bags are good for air flow, large strong trash bags may also be used)
- ◇ Water bottle (with strap recommended)
- ◇ Day Pack (backpack, book/school pack size)
- ◇ Sunglasses with UV protection

Special Activities Gear

- ◇ Swimsuit (modest cuts appropriate for co-ed camps, 1-piece for females)
- ◇ Beach towels
- ◇ Light colored or white t-shirt for tie-dye

Optional Gear

- ◇ Travel or Small non-electronic games (playing cards)
- ◇ Box of Kleenex
- ◇ Reading material
- ◇ Disposable camera
- ◇ Hair dryer
- ◇ Bath robe
- ◇ Stationery, Journal or Notebook with writing supplies

.....and NOT to Bring

Prohibited Gear

- ◇ Cell phones
- ◇ Radio, walkman, iPod
- ◇ Handheld Video Games (Nintendo DS, PSPs)
- ◇ Matches, Candles or Lanterns
- ◇ Weapons of any kind or anything that looks like a weapon (includes toy guns, knives/jack knives or pocket knives)
- ◇ Food, candy or gum
- ◇ Flashlight
- ◇ Aerosol, Spray or Pressurized Cans
- ◇ Laser pointers
- ◇ Clothing not appropriate for camp
- ◇ Animals or Pets
- ◇ Drugs, Alcohol or Smoking Products
- ◇ Two piece bathing suite
- ◇ Cut off shorts to be used for swimming



"All About Me"

Directions: To be completed by **camper**, the information provided is vital to the staff and directors to help us insure a good experience for you this summer. Please be as thorough and legible as possible. Return to Y Overnight Camp Office by June 1.

My full name is _____ I like to be called _____

I live with _____ I have _____ siblings and their ages range _____ to _____

Next fall I will be in _____ grade at _____ school

I am a Morning Person or a Night Owl (circle one)

Some of my favorite activities

are: _____

Some of my least favorite activities

are: _____

One of my talents

is: _____

My friends describe me

as: _____

The qualities I like most in people

are: _____

This is my _____ time at an overnight camp

I hope to bunk with _____ (Are you bringing a friend to camp)

One reason I want to go to overnight camp is _____

One thing I am a little worried/concerned about is _____

I'm looking forward to camp activities such as: (Check all that apply)

☐ Meeting New Friends ☐ Archery ☐ Swimming ☐ Hiking ☐ Creating Crafts
☐ Exploring Nature ☐ Fishing ☐ Low Ropes Course ☐ Canoeing ☐ Playing Games

I would really like my counselor to know: _____

I understand that I am coming to camp to develop new skills, be a good sport and create memories that will last a lifetime. To achieve that, I agree to abide by Y Camp rules and Code of Conduct including being considerate of my cabin mates and the surrounding environment, cooperating with my counselors, practicing good health habits, performing chores as assigned, fully participating in all activities with assigned groups and demonstrating the character development values of Caring, Honesty, Respect and Responsibility.

Camper's Signature

Date

"All about My Camper"

Directions: To be completed by camper's **parent/guardian**, the information provided is vital to the staff and directors to help us insure a good experience for your camper this summer. Please be as thorough and legible as possible. Return or mail to the Hill Center Family Y or scan to overnight-camp@ymaryland.org by June 1.

My Camper's name is _____

My Camper is...most happy when _____

least happy when _____

enthusiastic about _____

not fond of _____

Please list any responsibilities your camper has at home (chores, walk dog, etc):

On a scale from 1 (not at all) to 5 (extremely), please rate your child's responsibility level:

Hygiene (brushing teeth, washing, etc.) 1 2 3 4 5

Taking care of personal belongings 1 2 3 4 5

Completing chores with little prompting 1 2 3 4 5

How does your child get along with peers? _____

Does your camper experience any type of night time issues or any specific fears (i.e. night terrors, bed wetting, fear of dark, sleep walker, ghost stories, thunder)?

What are the most effective ways to comfort your child _____

Please list any special dietary needs:

I want my child to go to camp because: _____

While at camp, I hope that: _____

My camper received their last well health exam on (date)_____. This exam was conducted by
(Doctor's Name)_____ (Number)_____

I have read through my camper's "All about Me" form and agree with his/her assessment.

Parent's Name (Print)

Parent's Signature

Date

Parents should attach additional information or directions as necessary.