



PARENT SURVIVAL GUIDE

Trading Post

The Trading Post sells a variety of candy, pop, souvenirs, and clothing. Parents usually deposit \$25-\$50 per session. **REFUNDS?** If the remaining balance is \$5 or less, we apply it to our scholarship fund; helping campers who can't afford to pay the full camp fee. Balances over \$5 will be refunded.

Horseback Riding Options

Horseback trail rides are for campers ages 9 to 15. Horse rides take place during one of the camper's waterfront periods or during afternoon Rendezvous. Riders are expected to wear long pants, closed-toed shoes (preferably hard sole shoes with a heel) and helmets. Helmets are provided. A shoe/boot with a heel is required to use the stirrups, though campers may ride without them.

Visitation

Attending camp provides an extraordinary opportunity for campers to gain self-reliance and other important traits. The camper's program should not be interrupted with visits by parents and relatives during the camp session. See FAQ at www.pentalouan.org/ymca/parents.

Contacting Your Child

You can send letters, e-mails, or faxes.

- **Send letters to:**
Camper's name, Cabin name
YMCA Camp Pentalouan
1243 E. Fruitvale Rd.
Montague, MI 49437
- **Camper Email:** register at <http://pentalouan.ecamp.net/home.php>
- **Fax:** 231-894-4448

Photos

Visit our website often to see current photos during your child's stay! Register at <http://pentalouan.ecamp.net/home.php> to purchase camp photos.

Cancellations and Refunds

Registration deposits hold a place for your child at camp and are not refundable.

Contact Camp

YMCA Camp Pentalouan
1243 E. Fruitvale Rd.
Montague, MI 49437
Ph: 231-894-4538
Fax: 231-894-4448
Email: ycamp@pentalouan.org
Web: pentalouan.org

Character Development

We teach campers about Honesty, Respect, Responsibility, and Caring through daily devotions at the chapel, evening cabin talks, and examples set by staff. Our motto, "I'm Third," teaches campers to put God first, others second, and yourself third.

What your child can expect....

Activity Sign Up

Campers sign up for 2 daily activities. Activity choices include:

Archery	Swim Lessons	Riflery (ages 10+)
Canoe Lessons	Camp Newspaper	B.B. Guns (ages 6 to 9)
Drama	Dance	Games
Crafts	Nature Study	Mountain Bikes (ages 10+)
Sports		

Rendezvous

Rendezvous is a daily free choice time where kids can choose activities (see the list above) for that afternoon. Additional special activities such as Sleepy Hollow hikes, lake swims, sailing, high ropes and climbing tower are also offered during Rendezvous.

Sample Daily Schedule

Morning:

First bell, polar bear swim, hoppers bell, flag raising, breakfast, chapel, cabin clean-up, first activity, second activity, waterfront, games, hoppers bell and lunch.

Afternoon:

Rest hour, Rendezvous, waterfront, games, hoppers bell and dinner.

Evening:

Cabin activities, evening program, snack, taps (group singing), flag lowering, cabin taps talk and lights out.

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What to Bring

(Quantities depend on the length of the session.)

- | | |
|---|--|
| ■ Light Blanket ¹ | ■ Sweater/Jacket |
| ■ Single Sheets ¹ | ■ Raincoat/Poncho |
| ■ Sleeping Bag ¹ | ■ 2 Towels |
| ■ Pillow/Pillow Case | ■ Washcloths |
| ■ Pajamas | ■ Water Shoes/Sandals (<i>to use when going to and from the waterfront or showers</i>) |
| ■ Swimsuit (<i>1 piece for girls</i>) | |
| ■ Shorts | |
| ■ Shirts | ■ Comb/Brush |
| ■ Hat | ■ Toothbrush & Toothpaste |
| ■ 6-8 Underpants | ■ Deodorant |
| ■ 6-8 Pairs of Socks | ■ Shampoo |
| ■ 2 Pairs of Shoes (<i>one for running</i>) | ■ Soap |
| ■ Sweatshirt | ■ Sunscreen ² |
| ■ Long Pants | ■ Insect Repellent ² |

¹ We recommend bringing a sheet and blanket as well as a sleeping bag. Sleeping bags may be used for overnights away from the cabin and a sheet and blanket may be just right for a warm night in the cabin.

² These items available for purchase on-site at our Trading Post.

Additional Suggested Items

chapstick, camera, fishing equipment, a few favorite books, a musical instrument

What NOT to Bring

Cell phones, electronic devices, gum, food, pets, target sports equipment, knives, fireworks, bicycles, or valuables - anything you'd hate to lose.

Label All Belongings

All clothing and personal effects should be plainly labeled with water-resistant markers or name labels. A complete inventory may be attached to the inside of the suitcase. Expensive items should stay home. Camp Pandalouan is not responsible for lost clothing and personal belongings. Have your child assist with packing. This helps them know what they brought to camp.

Lost and Found

Items left at camp will be held one week. Contact us concerning any lost items.

Cabin Assignments

Campers are placed in cabins by age and grade completed in school. We will attempt to honor cabin mate requests.

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Parents please read carefully.

Camp Rules to Share with Your Child before They Arrive

- Fighting, swearing, and vulgar language is not tolerated.
- Campers should never leave the camp premises.
- Foot protection with heel straps is required except when traveling to and from the waterfront and showers, when other sandals could be appropriate.
- Boys stay out of the girls cabin area. Girls stay out of the boys cabin area.
- Medications are turned in to the health officer, not kept in the cabin.
- Personal music players are allowed (but not encouraged) for use during cabin time. Please leave cell phones home. Ask about exceptions for bus travelers.
- No form of tobacco, alcohol or drug is allowed and will be cause for dismissal without refund.
- Parents may be charged for damage to camp property.

Save Time!

Checking your child into camp can be fast and easy if:

- ✓ all forms mailed to camp in advance
- ✓ full payment made prior to arrival

Check-In	Check-out
<u>At Camp</u> 1:00-1:45 pm	<u>At Camp</u> 4:00-4:30 pm Ropers & Wranglers show begins at 3:30 pm at the horse barn.
<u>Muskegon YMCA</u> Bus leaves at 12:45 pm	<u>Muskegon YMCA</u> Bus arrives at 5:45 pm
<u>Oak Park YMCA</u> Bus leaves at 8:00 am (Chicago Time)	<u>Oak Park YMCA</u> Bus arrives at 7:00 pm (Chicago Time)
<u>Farmington Hills, MI</u> Bus leaves at 9:00 am	<u>Farmington Hills, MI</u> Bus arrives at 7:30 pm

Medical Information

Please return a *signed* HEALTH HISTORY FORM 3 weeks before camp begins. The Health History Form must be updated annually by the parents and/or guardian. Any prescribed medication left at camp must be in the camper's name and in the original bottle in order for the Camp Health Officer to administer. Any medical expenses incurred are the camper's family's responsibility. (Keep a copy of the medical form – it will help you with next year's paperwork.)

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