

YMCA Camp Colman Outdoor Environmental Education Program

Information for Parents

What To Bring Checklist

A few words of advice:

- ✓ Activities happen rain or shine so be sure to pack appropriately!
- ✓ Bring old clothes. New clothes will come home looking very old!
- ✓ All items should be marked with your child's name
- ✓ Students should be limited to one suitcase or one duffle bag!

Required:

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| <p>Bedding</p> <p>_____ Warm Sleeping bag or 3-blanket bedroll</p> <p>_____ Pillow</p> | <p>_____ Hat and gloves/mittens</p> <p>_____ Plastic bag for dirty clothing</p> |
| <p>Clothing</p> <p>_____ Pajamas</p> <p>_____ Sturdy Walking Shoes (2 pairs)</p> <p>_____ Daily change of Socks and Underwear</p> <p>_____ Shirts (both heavy and light weight)</p> <p>_____ Warm Sweater or Sweatshirt</p> <p>_____ Long Pants (2 pairs)</p> <p>_____ Raincoat, Rain pants</p> <p>_____ Waterproof boots (or extra shoes so others can dry)</p> <p>_____ Shorts (during May, June, September only)</p> <p>_____ Warm jacket</p> | <p>Toiletries</p> <p>_____ Toothbrush and toothpaste</p> <p>_____ Soap and Shampoo</p> <p>_____ Towel and washcloth</p> <p>_____ Comb or brush</p> <p>_____ Sunscreen lotion, lip salve</p> <p>_____ Medications (Give to school)</p> <p>Lunch</p> <p>_____ Sack lunch (1st meal only)</p> <p>Camp Equipment</p> <p>_____ Water bottle for hiking</p> <p>_____ Small backpack for carrying extra jacket, water, journal etc</p> |

Recommended

- _____ Flashlight and extra batteries
- _____ Inexpensive camera and film (Label with name & school)
- _____ Books
- _____ Paper and sharpened pencils or pens

Do Not Bring

- ✓ Money or other Valuables (unless school has requested the camp store be open).
- ✓ Fishing Rods, Bikes, Roller blades, Skateboards
- ✓ Radios, Tape/CD players, Electronic Games, Cell Phones
- ✓ Knives, Matches, Fireworks
- ✓ Food, Candy, Gum, Soda Pop or other Beverages
- ✓ Hairdryers, Curling Irons, other Electric Appliances

Parent Frequently Asked Questions

YMCA Camp Colman - Outdoor Environmental Education Program

Where is Camp Colman?

Camp Colman is situated on the western shore of the Key Peninsula, fronting Case Inlet and Whiteman Cove on the southern end of the Puget Sound. Nestled among 100 acres of forest, Colman has over a half mile of beach and a warm saltwater lagoon that reflects the spectacular sunset views of the Olympic Mountains. Driving times are 45 minutes from Tacoma, 60 minutes from Bremerton, and 90 minutes from Seattle or Olympia.

Where will my child stay while at camp?

Campers will stay in one of Camp Colman's thirteen cabins. The cabins are enclosed and have fourteen bunks each. All cabins have electricity, a private bathroom with a hot shower, a wood or propane stove, and a covered deck. Teachers are responsible for cabin assignments. All participants should bring their own blankets, sleeping bags, pillows, toiletries, towels, etc. (see packing list above).

What should my child bring to camp?

Teachers should send home a "What to bring and not to bring list." Be sure to send clothes appropriate for all types of weather. Rain gear/boots are a must because classes still go on rain or shine. Enough warm clothing should also be sent. Old clothing that you don't mind getting dirty in is best suited for camp.

What do I do about my child's medication while at camp?

A school representative will be designated to dispense your child's medication. You should send medications to the school with proper labeling and instructions. In many cases, a prescription is required even for over the counter medications to be dispensed. Please check with your school to find out the district policy.

What if my child needs medical attention?

The school will bring all supplies, a vehicle for emergencies, and at least one person to act as first aid dispenser. In the case of emergencies a call to 911 will bring a quick response, EMS is located 10 minutes away. Injured or sick children will be taken to the nearest hospital in Gig Harbor or Tacoma.

Can I call my child while at camp?

We ask that you call camp in case of emergency only. If you do have an emergency, you can call the camp at 253-884-3844. There is also a Director on Duty phone that is always worn by a member of the leadership staff. The number is 206-883-5361. Please leave a detailed message with a number to return your call.

Can I send mail to my child?

Yes, please be sure to put the **child's name** as well as **what school they are from**. Be sure to send it early so your camper will receive it while at camp. Please refrain from sending food or candy. Mail is collected daily and will be distributed to group leaders at dinner. The address is:

YMCA Camp Colman
20016 Bay Road KPS
Longbranch, WA 98351

What if my child has special dietary needs?

Please let your teachers know of any allergies or dietary restrictions. Please be very specific. Your teacher will communicate this information to camp and should ask parents for this when collecting medical information and other camp specific information. If your child's allergy is severe enough that contact could cause a medical problem you will need to speak to our kitchen manager. Please give your contact information to your teacher so he/she can get in contact with the OEE Director at camp. The Director of Food Services will then contact those with severe allergies or complex diets. Vegetarian alternatives are part of the menu as long as the camper makes that specific request.

Topics of Conversation for After the Camp Experience:

While at camp, your child will have many "firsts" that will invariably come with memorable stories. For many students, it may be the first time they spend a night away from home or experience a climbing wall. You may want to ask about sharing a cabin with other students or eating in a large group. Your student may have boldly tried different foods at camp or walked more miles than in the last month. Your child has probably strengthened relationships with classmates and formed new ones.

Your child will have experienced learning in a totally new environment. The classes may have included a team-building class where you child learned to solve problems in a group. Your child may have discovered new animals on the beach or in our marine center. Maybe your child learned to appreciate nature through the trees in the forest, the sunset on the beach, or the plants in the garden. The learning experience may have been more powerful than just understanding the many important concepts; your child may have discovered that learning is fun!

This is a very special time for your child. Be sure to share this experience between the two of you. They will look back and remember this time spent getting ready and attending camp for the rest of their lives. Go ahead, make the memories. If you have any further questions please call me at (253) 884-3844.

Melanie Hill
OEE Director
YMCA Camp Colman
253-884-3844