WELCOME TO YOUR EXPEDITION

2017 Teen Expedition & Leadership Program Handbook
YMCA CAMP ORKILA
WELCOME FROM THE CAMP DIRECTOR!

Thank you for choosing YMCA Camp Orkila for your teen’s summer camp experience! You’ve given your teen a wonderful gift – the opportunity to experience the natural world, learn new skills, make meaningful new friendships and rediscover themselves outside of the pressures of the modern world. We’re looking forward to a safe and fun summer that instills confidence in your teen and creates wonderful memories.

We’re committed to teaching the Y core values – respect, responsibility, honesty and caring – and creating a community that supports what your teens are learning at home. Safety and supervision are essential components of our program. We carefully select our staff from a rigorously screened group and train them extensively. At Camp Orkila, we are guided by the mission of the YMCA of Greater Seattle: Building a community where all people are encouraged to develop to their fullest potential in spirit, mind and body.

As a fellow parent, I want you to know that I am available to answer your questions and listen to your needs. Simply call me at (360) 376-2678 x111, send an email, or leave a message for any of our staff. I look forward to meeting your teen this summer!

- Dimitri Stankevich, CAMP ORKILA DIRECTOR

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GET READY TO EXPLORE!

This summer, your teen will be embarking on an exciting adventure, either as an expedition participant or an LDI participant who will have an expedition component to their program. Expedition campers are at Camp Orkila their first and last nights, and spend the remainder of their program travelling and camping throughout the San Juan Islands. LDI and LDI 2.0 campers will spend a portion of their program at camp and a portion on expedition. This handbook is designed to give your family the information you need to prepare for your camper’s experience and set them up for success. We’re looking forward to a summer filled with confidence-boosting, independence-building, and fun!

REINFORCING FAMILY VALUES

CORE VALUES

The YMCA of Greater Seattle has identified the core values of respect, responsibility, honesty, and caring as essential for a teen’s character development. YMCA Camp Orkila provides programs incorporating these values each day into the overall camp experience.

Our approach towards values formation is designed to reinforce the lessons that families teach their teens every day. Through staff and camper role modeling, we provide teens with the opportunity to depart from Camp Orkila with a better understanding and recognition of these character traits in themselves and in others.

VALUES AWARDS

In addition to emphasizing the core values in daily life at Camp Orkila, teens who exemplify these values are recognized in the fall at a gathering in Seattle. Values Awards are given to teens who, through words or actions, demonstrate empathy and kindness toward others as well as show an enthusiasm for camp. Staff select recipients within their program who best exemplify each value. Recipients and their families will receive an invitation to the Values Awards Ceremony in the fall.
COMMUNICATION

VISITING CAMP ORKILA
Once the session begins, it is not practical to visit your teen at camp. Expedition participants are away from camp most of their session. If you need to reach your teen, please call Orkila and we will get a message to them.

PARTICIPANT PHONE USE
We do not allow cell phones at camp or on expedition trips.

CONTACTING YOUR TEEN IN AN EMERGENCY
If you should need to contact your teen under emergency circumstances, please do so through the Camp Orkila office at (360) 376-2678. After hours, the Director on Duty may be reached at (360) 317-6852.

SEND MAIL TO YOUR TEEN
Teens on expedition trips will receive their mail upon return to camp. Courses 2–4 weeks in length will have mail brought out to them. Please DO NOT send food. All unclaimed mail is returned to sender at the sender’s expense.

for USPS:  
Camper’s Name  
Camp Session & Program  
YMCA Camp Orkila  
P.O. Box 1149  
Eastsound, WA 98245

for FedEx/UPS:  
Camper’s Name  
Camp Session & Program  
YMCA Camp Orkila  
484 Camp Orkila Rd.  
Eastsound, WA 98245

Note: there is NO SATURDAY DELIVERY.

EMERGENCIES

EMERGENCY PROCEDURES
At Camp Orkila, the safety of participants is our highest concern. Travel in the outdoors always involves risk. The most important thing we can do to mitigate risk in our programs is to be certain our staff follow our safety policies and practices. In addition, we have communication systems that provide support for staff. Expedition program policies have been reviewed and accepted for accreditation by the American Camp Association.

In the event there is an emergency, we have developed a comprehensive response system. If a teen is injured, staff are the first to provide emergency care. Staff will provide initial medical care to the level of their training and, if necessary, contact camp, or emergency services for additional care.

Part of our safety system is our communication with staff while they are in the field with teens. Water programs contact camp by radio each morning and evening as well as when they get on and off the water. Land programs contact camp twice daily. During the summer, there is always a minimum of one professional director on site who is available by phone at all times. During each session, we have a volunteer doctor on site who is always available by radio.

EVACUATION PROCEDURES
In the unlikely event that the YMCA would make the decision to evacuate Camp Orkila, we will attempt to contact the family starting with the lives-with parent/guardian, then the emergency contact person, in that order. At that time, the person we make contact with will be given further instructions as to how the evacuation will proceed. For this reason, it is truly important for your teen that we have accurate contact information for parent/legal guardian and emergency contact persons during their camp experience. Based on the type of emergency, the YMCA will make a decision on the most prudent way to return teens safely to their homes. Such an emergency may require parent/guardian or contact persons to pick up their teen at camp. If the need arises, general information regarding evacuation will be listed on the website at camporkila.org.
PAYMENTS

Final payment must be received in the YMCA Camping & Outdoor Leadership office no later than June 1. After June 1, full payment is required at the time of registration.

PAYMENT ACCEPTED

Make checks payable to YMCA Camping & Outdoor Leadership and send to 909 Fourth Avenue, Seattle WA 98104. There will be a $20 charge for returned checks. We also accept Visa, MasterCard, Discover and American Express.

REFUND POLICY

If your teen is unable to attend camp, please notify our Camping & Outdoor Leadership office immediately. To receive a refund, you must notify us prior to June 1, 2017. You will be refunded the total fees paid minus the $100 non-refundable deposit. A check or credit card refund will be issued in the manner that you originally paid. Please allow 2 weeks for processing refunds. Any cancellations or refund requests received after June 1 will be at the discretion of the YMCA.

ORKILA COUNTRY STORE

Expedition participants will have the opportunity to visit our country store on the first or last day of their session. They can purchase souvenirs and snacks. We do not recommend a deposit into a store account for Teen Expedition campers since they are not on site for most of their experience. Purchases can be made by cash or credit card. We do recommend participants in the LDI program have an account in the Orkila Country Store to make purchases as cash transactions are not available for LDI campers.

SPENDING MONEY

Teens on expedition trips are responsible for their spending money throughout their session. Some trips may stop in a town and teens will have the opportunity to shop for souvenirs and snacks. A suggested amount is given for each trip in the equipment and itinerary section of this guide. Bike trip participants should include an additional $30 for emergency repairs. We strongly encourage you to speak to your teen about healthy snack choices and what is appropriate to purchase while on their trip. An excess of sugared snacks can affect the overall well-being of your teen. Camp will provide three meals a day, an afternoon snack and any necessary park fees. Staff do not monitor how teens spend their money.

STAFF TRAINING & QUALIFICATIONS

Leadership staff are the heart of our programs. Staff are selected for their level of expertise in the outdoors, their experience with teens and their ability to be positive role models for young people. All trips are staffed by at least two instructors.

- All staff must complete the application and interview process as outlined by the YMCA of Greater Seattle
- We conduct verbal interviews with at least two references
- All staff must pass a national background screening
- Staff are certified in CPR & First Aid
- Staff complete 16-hour or 80-hour Wilderness First Aid training
- Staff have documented experience and competency in their specific recreational field
- Staff training lasts 14 days and includes: program structure, safety practices, emergency response and values-based programming

In conjunction with a professional expedition staff, we support the program with a seasonal director team who are chosen for their experience working with young people, leading expeditions and their passion for teen programs.
HEALTH & SAFETY

IMPORTANT!
The health and safety of your teen is our primary concern. To ensure our camp health care providers have the information necessary in advance, the Health & Safety Packet must be returned to the YMCA Camping & Outdoor Leadership office by the required deadline. **Staff cannot accept health forms at check-in.** It is the parent or guardian’s responsibility to provide accident and health insurance. The YMCA does not provide any coverage for members or participants.

BEHAVIORAL EXPECTATIONS
We expect teens to maintain a positive attitude and behave responsibly while in our program. We have a few simple, non-negotiable rules for teens at camp:

- Follow all directions from staff
- No alcohol, tobacco, electronic cigarettes or non-prescribed drugs/medications.
- No exclusive relationships. Every person in the group has something to contribute to the experience.
- No violence, threats of violence towards oneself or others, or bullying.
- Take care of the equipment and places we travel.

If teens are unable to follow these rules, they will be removed from the program. and parents/legal guardians will be asked to pick up their teen at camp. Parents/legal guardians are responsible for all expenses incurred by removing a teen from a program, and program fees will be forfeited.

BULLYING POLICY
It is our intent to make camp a safe and welcoming space for all. Our staff training covers anti-bullying and abuse prevention. We ask that families talk to their campers about bullying before camp begins. Encourage them to tell a staff member if they are having problems, and be respectful of other campers. To ensure the emotional and physical well-being of all campers at camp, parents or guardians will be contacted immediately to help assist with any bullying issues. More information about keeping campers safe at camp is available on our website.

BULLYING DESCRIPTION
Bullying is intentional aggressive behavior. It can take the form of physical or verbal harassment and involves an imbalance of power. For instance, a group of children can gang up on another child, or someone who is physically bigger or more aggressive can intimidate someone else. Bullying behavior includes teasing, insulting someone (particularly about their weight or height, race, sexuality, religion or other personal traits), shoving, hitting, excluding someone, or gossiping about someone. Bullying can cause a child to feel upset, afraid, ashamed, embarrassed, and anxious. It can involve children of any age, including younger grade-schoolers and even kindergartners. Bullying behavior is frequently repeated unless there is intervention.

ILLNESS & ACCIDENTS
Camp Orkila has a volunteer physician living on site that is available by phone or radio. The camp doctor holds sick call twice a day (after breakfast and dinner) and is available 24 hours a day for emergencies when campers are on site. The camp doctor, an Orcas Island Emergency Medical Technician, or the Orcas Island Medical Clinic handle in-camp situations. All expedition staff are trained in Wilderness First Aid.

- A designated emergency vehicle is on site at all times. Camp Orkila adheres to the high quality standards of, and is accredited by, the American Camping Association.
- If medical treatment beyond first aid is required, staff will make every effort to contact the family starting with the lives-with parent/guardian, then emergency contact person, in that order.
- Medical treatment beyond first aid would
include illness resulting in vomiting or respiratory symptoms coupled with a fever in excess of 100 degrees.

• If a participant’s mental or psychological state is beyond the scope of care of the trip leaders, Camp Orkila reserves the right to dismiss the participant from the program.

• Camp’s policy is that parents are responsible for transporting sick or dismissed campers home. It is also our policy to refund fees on a pro-rated basis when campers must return home early for medical care.

HEAD LICE
Head lice can become an issue anytime you gather children together at school, day care, or camp. It is not indicative of uncleanliness and anyone can get them. Because lice are easily transmitted and require several steps to eliminate, we cannot keep children at camp who are found to have nits or head lice.

To help ensure that all campers have a positive experience at camp, it is your responsibility to check your camper for head lice before camp begins. If nits or head lice are found, you must do a thorough treatment of the hair and all personal belongings to remove all nits and lice before camper arrives at check-in. Information on treatment can be found online or via the health department.

We intend to inspect each camper’s hair at all of our check-in locations. If any nits or lice are found, we will be unable to allow your camper to check in. Based on session availability, we will be happy to move your camper to another session but will not issue a refund.

If nits or lice appear during your camper’s week at camp they will not be able to complete their session, and you will need an authorized pick-up person available to pick them up at Camp Orkila. Again, we will move them to another session based on availability.

MEDICATIONS
PREPARING MEDICATION
If you will be sending any over-the-counter or prescription medications or vitamins, please follow the instructions below:

1. Regulations require us to dispense all medication only from the original container. Over-the-counter medications, prescribed medications and vitamins must be sent in their original containers with the original pharmacy label. Your pharmacy can provide you with an extra container if needed.

2. Prescription medication must be prescribed to the camper. No exceptions.

3. The Camp Orkila health center (trip staff when out on expedition) provides Tylenol, Ibuprofen, Benadryl, Dramamine and cough medicine. Please DO NOT send these items with your child to camp. Indicate your approval to dispense these medications in the Health & Safety Packet.

4. Complete the Medication Information Form which will arrive with your transportation letter two weeks prior to the start of your session. Please include all medication and/or vitamins being sent to camp. Directions on the container label must match your written directions on the medication form. We will follow instructions on prescriptions.

5. Only send the exact dosage (plus two extras) your camper will need during his/her session. Exact directions for dispensing the medicine along with the time that it should be taken must accompany the medication.

6. Place the completed Medication Information Form with medications in their original containers in a plastic bag and turn them in at the check-in table.

Thank you for helping us keep campers healthy.
MEDICATIONS CONTINUED...

TRAVEL DAY MEDICATION
Campers will arrive at camp between 12pm and 2pm. If your camper requires medication during his/her travel to camp, please complete the Travel Day Medication Form, which will arrive with your transportation letter. Turn in medications to staff at the check-in table.

COMMUNICABLE DISEASES, FRACTURES, BREAKS & STITCHES
Teens with communicable diseases will not be allowed to attend camp until they are free of the disease or no longer contagious, as determined by a doctor. Teens with fractures, breaks, or stitches must have written permission from their physician to attend camp, as well as permission from YMCA Camping & Outdoor Leadership (206) 382-5009.

“MEDICAL HOLIDAYS”
We strongly discourage families whose teens are on medication throughout the year from putting them on “medical holiday” while they are at camp. It is not always in the teen’s best interest to take time off from his/her medication. We will be as accommodating as possible with your physician’s recommendation.

GENERAL INFORMATION

FORMS
All teens are required to have a Health & Safety Packet on file in the Camping & Outdoor Leadership Office. The packet is due upon receipt, or with registration if after June 1. For the safety of your teen, NO camper is allowed onto the bus or into camp without this information. We will not be prepared to accept Health & Safety Packets at the check-in locations. This information is needed prior to check-in day to allow us to prepare in advance for your camper’s care.

CAMPSITES
While on expedition trips, groups stay at developed campsites using advance reservations whenever possible. Most camp sites that sailing and kayaking trips stay at can only be accessed by foot or boat. Bikers stay in campgrounds run by local government agencies or private parties.

MEALS
On trips, teens prepare healthy, well-balanced and nutritious meals over camp stoves. Staff teach each teen to use the stove safely and to assist with cooking meals for the group.

LAUNDRY FACILITIES
Laundry service is not available to teens on expedition trips due to the remote nature of the campsites. See specific trip section.

REST DAYS
Teens on longer courses are able to rest up from the rigorous adventure activities, prepare for the next leg of the trip, or wait out inclement weather conditions. These days are spent taking day hikes, visiting local museums, playing organized games, or learning to cook over camp stoves.
SHOWERS
When out on trips, showers are not available. Teens will have an opportunity to rinse via dipping in the Salish Sea, and can shower on-site at camp before and after the experience.

STORAGE
While on trips, teens can leave some personal items stored in secured lockers in the Tracy Strong Village. Space is limited, so please bring only necessary items.

SWIM CHECK
The Camp Orkila swim check requires swimming one length of the pool without stopping and treading water for 30 seconds. If necessary, participants may use a life jacket to assist in this check. Completing the Swim Check is required for all participants on water based expeditions.

PERMITS
The YMCA of Greater Seattle and Camp Orkila are permit holders for the areas in which we will travel. All groups operate within the rules of the permits.

LOST & FOUND
Camp Orkila is not responsible for any lost, damaged, or stolen items. Please label all of your camper’s belongings with their name. We will attempt to reunite lost items with owners if items are labeled.

SLEEPING ARRANGEMENTS
While at Camp Orkila, teens sleep in co-ed open-air cabins in Tracy Strong Village. Changing clothes and dressing for the day are done in separate, single-gender bathroom facilities. Participants of the LDI program will either sleep in the Tracy Strong Village while on site at Orkila.

While on expedition, teens sleep under A-frame tarps, with separate tarps for each gender and staff sleeping under a separate tarp close by.

SUMMER READING
Our Y is committed to year-round learning. We’re building time into our busy camp schedule for campers to keep their reading skills sharp during the summer months. What better place to explore the joys of reading than at a campsite during quiet time, outdoors under the shade of a tree or on the beach during a sunny afternoon! Please encourage your camper to pack a book or magazine to read during this portion of our daily program, and we’ll have some to share too.
GENERAL PACKING LIST

All participants are responsible for bringing the items on the following list with them to camp. Please check with your teen that every item is actually going into their pack before leaving home. Please take note of additional items necessary for your specific programs (see pages 12-14). The quality of equipment can have an enormous impact on the health and happiness of participants. When selecting equipment, size and weight can be important. LDI’s should adjust according to the length of their session.*

*Orkila can provide many of these items, please call with any questions.

PACKING

Since your teen will be carrying his/her own equipment as well as a portion of the group’s food and gear, choose personal gear that is lightweight, warm and easily packed. All items should be packed in a duffel bag or backpack.

CLOTHING

Synthetics and wool are warmer, more comfortable and highly recommended. Cotton clothing holds water, dries slowly, and will not provide insulation when wet.

SLEEPING BAGS

A quality sleeping bag is extremely important for comfort on trips. A nylon-shelled synthetic or down filled sleeping bag, with a stuff sack, is important. Small, warm, lightweight bags are essential because teens will carry their bags for the duration of the trip. Do not bring cotton sleeping bags. They tend to be bulky, and once wet, tend to stay wet.

REQUIRED ITEMS:

• 1 pair of comfortable shoes (such as tennis shoes) to wear at camp sites
• Baselayer: 1 pair of long underwear, top and bottom, (wool, capilene or polypropylene)
• Midlayer: 2 pairs of long pants (1 pair non-cotton, synthetic, quick-drying)
• Midlayer: 1 long-sleeved synthetic/wool top
• Top layer: 1 warm fleece, sweater or jacket (wool or synthetic)
• Rain jacket and rain pants (no ponchos)
• 4 pairs of socks (wool or synthetic preferred)
• Underwear (enough to last through the length of the program)
• 2 pair of shorts
• 4 T-shirts
• 1 swimsuit
• 1 brimmed hat
• 1 warm hat
• 1 pair of warm, lightweight gloves
• Personal toiletries (in small containers)
• 1 towel
• Sunscreen
• Sunglasses with a retainer strap (Chums, Croakies)
• Flashlight or headlamp (preferred)
• Personal water bottle
• Watch
• Sleeping pad (foam or inflatable)
• Sleeping bag (an easily packable, synthetic bag is preferred)
• Lunch for ferry on arrival day

OPTIONAL ITEMS:

• Camera (labeled with camper’s name)
• Windbreaker
• Insect Repellent
• Books, cards, journals, art supplies

DO NOT BRING:

• Cell phones/pagers/electronic devices
• iPods/MP3 players/radios
• E-Readers/handheld gaming devices
• Alcohol/drugs/tobacco products/electronic cigarettes
• Matches/lighters
• Candy/food
• Expensive clothing or make-up
• Animals
• Personal sports equipment (unless specified for your program)
• Fireworks
• Weapons
• Vehicles
ALL BIKING TRIPS

BIKE
The key to a successful bike tour is having a bike that fits the rider properly and is comfortable enough to ride for several hours at a time. If your teen would like to bring their personal bike, we suggest consulting your local bike shop to see if it is ready to handle loaded bike touring. At the very least, make sure that it is outfitted with a rear cargo rack that accepts panniers and up to 30lbs of gear and equipment. If you do not have access to an appropriate bike, Camp Orkila can provide one for your teen at no cost. Please make arrangements in advance with the Camping & Outdoor Leadership Office: (206) 382-5009 or colmanorkilainfo@seattleymca.org.

EQUIPMENT PROVIDED BY CAMP
Camp provides stoves, tarps, and cooking and eating utensils. Teens are responsible for providing the required items below.

TEEN CAMPER PROVIDES:
• Items on the General Packing List (page 10)
• Sturdy road or mountain bike (recommended, but not required)
• Properly fitting bike helmet (we do not allow any participants to ride without a helmet)
• Bike gloves (strongly recommended)
• Patch kit and inner tube
• Basic tool kit (suggested kit should include Allen wrenches that fit your bike (2–8 mm), Phillips screwdriver, proper wrenches, tire levers, chain lube and a rag)
• Small duffel bag
• Two bike bottles in place of personal water bottle
• Water bottle cage - mounted on the bike (Camelback type bottles are acceptable)
• 1 pair of shoes for biking
• 1 pair of biking shorts is recommended. Shorts just above the knee are acceptable.
• Toe clips — recommended
• Pannier rack. This rack will support your panniers for the entire trip. Quality is key.
• Panniers*. Rear panniers that are at least 2,100 cubic inches will provide ample space for the trip. All personal and group equipment must be carried on the bikes. Weight and size of equipment are extremely important. This is especially true for sleeping bags and pads.
  *Orkila can provide
• 2–6 tie-down straps (for items placed on top of rack)
• Tire pump, frame-mounted — suggested

SAN JUAN BIKING

DAILY TRAVEL TIME
Bike 9 to 20 miles (average)

LAUNDRY
No

SHOWER AVAILABILITY
Available only when on-site at Camp Orkila

SWIM CHECK
Not required

SUGGESTED SPENDING MONEY
$30 for use on trip or at the Camp Store

EMERGENCY BIKE REPAIR
$30

**SAMPLE ITINERARY
Day 1: Arrive at Camp Orkila
Day 2: Ferry to Lopez, stay at Odlin County Park
Day 3: Day ride around Lopez, stay at Odlin County Park
Day 4: Take the ferry to San Juan Island. Camp at San Juan County Park
Day 5: Day ride around San Juan, Camp at San Juan County Park
Day 6: Ride to Shaw, Camp at Shaw Island County Park
Day 7: Ride to Orcas, closing at Orkila
Day 8: Return home

**The itineraries given are intended to be a sample schedule of each trip. These may change due to circumstances such as weather and the skill level of participants.
**ALL KAYAKING TRIPS**

**EQUIPMENT**
Camp provides kayaks, tarps, stoves, cooking and eating utensils, and dry bags.

**KAYAKS**
Camp Orkila primarily uses Northwest SeaScape 2 double kayaks.

**SEA KAYAK WET EXITS**
All teens that are kayaking are required to complete a wet exit that requires a team of two to flip, exit and re-enter a double kayak. Teens receive full training prior to the drill to ensure success. It is required of all participants before teens can participate in overnight kayak trips.

**TEEN CAMPER PROVIDES:**
- Items on General Packing List (Page 10)
- 1 pair of shoes to be worn in the water (sturdy sandals, aqua socks - our instructors like Crocs)
- NO flip flops!

**SAN JUAN KAYAKING 2.0**

**DAILY TRAVEL TIME**
Kayak 1 to 6 hours

**LAUNDRY**
No

**SHOWER AVAILABILITY**
Available only when on-site at Camp Orkila

**SWIM CHECK**
Yes

**WET EXIT**
Yes

**SUGGESTED SPENDING MONEY**
$30 for use on trip or at the Camp Store

*SAMPLE ITINERARY*

Day 1: Arrive at Camp Orkila, swim check
Day 2: Day paddle and skills instruction at Orkila, camp at Pt. Doughty
Day 3: Paddle to Jones Island
Day 4: Paddle to Turn Island
Day 5: Paddle to Shaw Island
Day 6: Paddle to Lopez Island
Day 7: Paddle to Orcas Island for a shuttle back to camp
Day 8: Closing and return home

**SAN JUAN KAYAKING**

**DAILY TRAVEL TIME**
Kayak 1 to 6 hours

**LAUNDRY**
No

**SHOWER AVAILABILITY**
Available only when on-site at Camp Orkila

**SWIM CHECK**
Yes

**WET EXIT**
Yes

**SUGGESTED SPENDING MONEY**
$30 for use on trip or at the Camp Store

*SAMPLE ITINERARY*

Day 1: Arrive at Camp Orkila, swim check
Day 2: Day paddle and skills instruction at Camp Orkila
Day 3: Paddle to Jones Island
Day 4: Paddle to Blind Island
Day 5: Paddle to Shaw Island
Day 6: Paddle to Lopez Island
Day 7: Paddle to Obstruction Pass - resupply
Day 8: Paddle to Lopez Island
Day 9: Paddle to Pelican Beach
Day 10: Rest day on Pelican Beach
Day 11: Paddle to Clark Island
Day 12: Paddle to Matia Island
Day 13: Paddle to Sucia Island
Day 14: Paddle to Camp Orkila
Day 15: Closing and return home
**ISLANDERS**

**DAILY TRAVEL TIME**
Kayak 1 to 10 hours

**LAUNDRY**
No

**SHOWER AVAILABILITY**
Available only when on-site at Camp Orkila

**SWIM CHECK**
Yes

**WET EXIT**
Yes

**SUGGESTED SPENDING MONEY**
$30 for use on trip or at the Camp Store

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**SAMPLE ITINERARY**
Day 1: Arrive at Camp Orkila, swim check
Day 2: Day paddle and skills instruction at Orkila
Day 3: Paddle to Jones Island
Day 4: Paddle to Turn Island
Day 5: Paddle to Blind Island
Day 6: Paddle to Orcas Island, stay at Obstruction Campground (resupply)
Day 7: Paddle to Lopez Island, stay at Spencer Spit Campground
Day 8: Paddle to James Island
Day 9: Skills day at James Island
Day 10: Paddle to Washington Park
Day 11: Paddle to Cypress Island
Day 12: Rest Day and service project on Cypress Island
Day 13: Paddle to Clark Island (resupply)
Day 14: Paddle to Matia Island
Day 15: Paddle to Sucia Island
Day 16: Paddle to Patos Island
Day 17: Paddle to Jones Island
Day 18: Skills day at Jones Island
Day 19: Paddle to Posey Island
Day 20: Paddle to San Juan Island
Day 21: Rest day, resupply and watch for whales!
Day 22: Paddle to Stewart Island
Day 23: Paddle to Satellite Island
Day 24: Service project and celebration on Satellite Island
Day 25-26: Leading day paddles on Satellite Island
Day 27: Paddle to Camp Orkila
Day 28: Closing and return home

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**BACKPACKS & KAYAKS: A PUGET SOUND ADVENTURE**

Start your journey at the YMCA BOLD & GOLD headquarters in Seattle, and head out on a 5-day backpacking adventure in the in the North Cascades, then travel to Camp Orkila to embark on a 5-day sea kayaking expedition around the San Juan Islands.

**DAILY TRAVEL TIME**
Backpack 5 to 8 miles; Kayak 1 to 6 hours

**LAUNDRY**
No

**SHOWER AVAILABILITY**
Available only when on-site at Camp Orkila

**SWIM CHECK**
Yes

**WET EXIT**
Yes

**SUGGESTED SPENDING MONEY**
$30 for use on trip or at the Camp Store

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**SAMPLE ITINERARY**
Day 1: Arrive at BOLD & GOLD headquarters in Seattle, travel to North Cascades National Park, camp in front country
Day 2: Hike into backcountry
Day 3–5: Hiking, camping in the National Park
Day 6: Hike out and travel by bus to YMCA Camp Orkila
Day 7: Swim check and skills instruction, paddle to overnight campground
Day 8–10: Paddling around the San Juans, camping at various islands
Day 11: Return to Camp Orkila
Day 12: Closing and return home

*The itineraries given are intended to be a sample schedule of each trip. These may change due to circumstances such as weather and the skill level of participants.*
ALL SAILING TRIPS

EQUIPMENT
Camp provides sailboats, tarps, stoves, and cooking utensils.

SAILBOATS
Camp Orkila primarily uses J/24 and Soling sailboats for San Juan Sailing & Mariners trips.

TEEN CAMPER PROVIDES:
• Items on the General Packing List (see page 10)
• 1 pair of shoes to be worn in the water (Crocs, sturdy sandals, aqua socks).
• 1 small day pack
• Windbreaker (highly recommended)

SAN JUAN SAILING

DAILY TRAVEL TIME
Sail 2 to 10 hours

LAUNDRY
No

SHOWER AVAILABILITY
Available only when on-site at Camp Orkila

SWIM CHECK
Yes

SUGGESTED SPENDING MONEY
$30 for use on trip or at the Camp Store

*SAMPLE ITINERARY
Day 1: Arrive at Camp Orkila, swim check
Day 2: Travel to Satellite Island on the Kwahnice. Camp at Satellite
Day 3: Instruction and sailing near Satellite Island. Camp at Satellite
Day 4: Day sail and Camp at Satellite
Day 5: Sail to Sucia Island
Day 6: Sail to Satellite Island
Day 7: Return to Camp Orkila on the Kwahnice
Day 8: Closing and return home

MARINERS

DAILY TRAVEL TIME
Sail 2 to 10 hours

LAUNDRY
No

SHOWER AVAILABILITY
Available only when on-site at Camp Orkila

SWIM CHECK
Yes

SUGGESTED SPENDING MONEY
$30 for use on trip or at the Camp Store

*SAMPLE ITINERARY
Day 1: Arrive at Camp Orkila, swim check
Day 2: Travel on the Kwahnice to Satellite Island
Day 3: Sail to Jones Island
Day 4: Sail to Lopez Island
Day 5: Sail to Cypress Island
Day 6: Rest day and service project on Cypress (resupply)
Day 7: Sail to Clark Island
Day 8: Sail to Matia Island
Day 9: Sail to Sucia
Day 10: Sail to Patos Island
Day 11: Day-sail around Patos Island
Day 12: Sail to Reid Harbor
Day 13: Sail to Satellite Island for trip celebration
Day 14: Return to Camp Orkila on the Kwahnice
Day 15: Closing and return home
LEADERSHIP DEVELOPMENT INSTITUTE (LDI)

Teens spend 2 weeks learning to develop their leadership and communication styles, working with youth and exploring the San Juan Islands on a multi-day wilderness expedition bike touring, sailing or sea kayaking (note: trip depends on session registration, not preference upon arrival). Participants spend 4 nights on expedition and the rest of their session at Camp Orkila partaking in youth work activities, team building initiatives and other traditional camp experiences. Below are sample trip schedules.

**DAILY TRAVEL TIME**
1 to 6 hours

**LAUNDRY**
None

**SHOWER AVAILABILITY**
Available only when on-site at Camp Orkila

**SWIM CHECK**
Yes (not required for Bike participants)

**WET EXIT**
Yes (kayakers only)

**TEEN CAMPER PROVIDES:**
Items on General Packing List (see page 10) in addition to clothing for time in camp and a watch.

*KAYAKING*
Day 1: Camp Orkila to Jones Island
Day 2: Jones Island to Blind Island
Day 3: Blind Island to Turn Island
Day 4: Turn Island to Orcas Island
Day 5: Group is shuttled back to Orkila

*BIKING*
Day 1: Camp Orkila to Moran State Park (Orcas)
Day 2: Moran State Park to Shaw Island
Day 3: Shaw Island to San Juan Island
Day 4: San Juan Island to Lopez Island
Day 5: Lopez Island to Orkila

*SAILING*
Day 1: Travel to Satellite Island for a day-sail
Day 2: Satellite Island to Sucia Island
Day 3: Sucia Island to Matia Island
Day 4: Matia Island to Satellite Island
Day 5: Return to Orkila
LEADERSHIP DEVELOPMENT INSTITUTE (LDI 2.0)

Over the course of 3 weeks, teens build on their leadership skills learning facilitation techniques, exploring the importance of storytelling, community building, service and taking on more youth work challenges. They will also embark on a seven-day sea kayak expedition with the goal of circumnavigating Orcas Island. Leader of the Day plays a bigger role in this program as more leadership is turned over to the participants by their instructors. Below is a sample trip schedule.

**DAILY TRAVEL TIME**
1 to 7 hours

**LAUNDRY**
Once while at camp

**SHOWER AVAILABILITY**
Available only when on-site at Camp Orkila

**SWIM CHECK**
Yes

**WET EXIT**
Yes

**TEEN CAMPER PROVIDES:**
Items on General Packing List (see page 10) in addition to clothing for time in camp and a watch.

**KAYAKING**
Day 1: Camp Orkila to Jones Island
Day 2: Jones Island to Blind Island
Day 3: Blind Island to Doe Island
Day 4: Doe Island to Clark Island
Day 5: Clark Island to Matia Island
Day 6: Matia Island to Sucia Island
Day 7: Sucia Island back to camp

**ISLAND EXPLORERS**
Island Explorer campers will take the spirit of Orkila out into the wilderness putting the Camp back in Summer Camp. Campers and staff spend their nights sleeping under the stars on Satellite Island and at either campsites on Twin Lakes or San Juan Island. Campers will learn outdoor living skills, develop leadership roles among peers, play games and explore the coastline and trails of our state parks and islands.

**DAILY TRAVEL TIME**
1 to 2 hours

**LAUNDRY**
None

**SHOWER AVAILABILITY**
Available only when on-site at Camp Orkila

**SWIM CHECK**
Yes

**ISLAND EXPLORER CAMPER PROVIDES:**
Items on General Packing List (see page 10) in addition to clothing for time in camp and a watch.

**SAMPLE ITINERARY**
Day 1: Arrive at Camp Orkila, swim check
Day 2: Travel to Satellite Island on the Kwahnice. Camp at Satellite
Day 3: Island activities - beach walk, fort building
Day 4: Games & exploration of Satellite Island
Day 5: Travel to Twin Lakes or San Juan Island, Set up camp
Day 6: Hiking and exploring
Day 7: Return to Camp Orkila
Day 8: Closing and return home

*The itineraries given are intended to be a sample schedule of each trip. These may change due to circumstances such as weather and the skill level of participants.*
TRANSPORTATION

THREE WAYS TO GET TO & FROM CAMP
For your convenience, Camp Orkila provides three transportation options to and from camp:

1. CHARTER BUS FROM SHORELINE
Round-trip transportation from Shoreline on tour buses that are equipped with air conditioning and bathrooms. ($50 charge)

2. ANACORTES CHECK-IN
You may check in your camper at the Anacortes Ferry. Accompanied by staff, the group will walk on to the ferry and be met by the Camp Orkila bus at the Orcas Ferry Landing. Campers must be able to manage their own luggage on and off the ferry. ($10 charge for check-in only)

3. CAMP CHECK-IN
Parents may choose to drive their camper directly to Camp Orkila. Refer to the Washington State Ferry website for drive-on fees and schedules. *(See note about reservations on page 19)*

TRANSPORTATION ASSIGNMENTS
We assign your camper to a bus or expect you to drive your camper directly to Camp Orkila or the Anacortes Ferry Landing based on what you indicate in your Health & Safety Packet. Please confirm your choice of transportation on the transportation form included with the Health & Safety Packet. If you have not paid the transportation fee, and would like to use our transportation from Seattle or Anacortes check-in, please include it with your final payment.

We ask that you do not change your transportation arrangements. We reserve buses based on your registration information and the transportation fees; therefore, we cannot refund transportation fees.

CONFIRMING TRANSPORTATION
Two weeks prior to your session start date, you will receive a transportation letter in the mail. It will confirm the transportation information you indicated on the Transportation Form from the Health & Safety Packet and will include the following information:

- Check-in and Pick-up locations & times
- Luggage tags that are color coordinated with the bus assignment/check-in location
- Brief Health-Screening Form
- Session Medication Form

So we can ensure a smooth check-in, please call the Camping & Outdoor Leadership Office immediately at (206) 382-5009 if the information in your transportation letter is not how you are planning to check-in and pick-up your camper.

CLAIM CHECKS & AUTHORIZED PICK-UP
For the safety of your camper, you will receive a claim check when your camper checks in. On pick-up day, you must present this claim check before we can release your camper. Without the claim check, you or your authorized pick-up person will be asked to present a photo ID to the staff in charge to receive a replacement claim check before your camper can depart the bus. Individuals authorized to pick up your camper must be listed on the transportation page of your Health & Safety Packet. Your camper will not be released to anyone not on the authorized pick-up list or who does not present the claim check from check-in.

PICK UP DAY: CHECKING TO SEE IF WE ARE ON TIME
After 3pm, there are 2 ways you can check to see whether we will arrive at Anacortes and Shoreline on schedule:

- Call (206) 255-3517 to speak with a staff member
- Check camporkila.org for updates

The office at Camp Orkila is also available at (360) 376-2678 if you have questions about picking your camper up at Orkila.
TRANSPORTATION GROUPS

The Washington State Ferry System regulates the number of buses we can transport on any one ferry. Each session is divided into two check-in times based on the program campers are registered for. Bus run assignments are non-negotiable.

**Run A:** Traditional Seekers, Traditional Explorers, Marine Biology, High Altitude Leadership, Ultimate Frisbee, Fishing Camp, and Digital Media

**Run B:** Traditional Challengers, Horsemasters and Teen Expedition Sailing, Biking and Kayaking, LDI and CIT campers

**BRING A LUNCH!**
Teens taking the bus to camp, or being dropped off at the Anacortes ferry landing will need to have a sack lunch to eat on the ferry. No glass OR nut products please. Teens will not be allowed to purchase food on the ferry. Lunches will be provided by camp for their return trip

CHECK-IN PROCEDURES FOR ALL LOCATIONS

- Check-in at the check-in table.
- Complete a brief health screening form.
- Turn in all medications (do not pack medications in your camper’s luggage)
- You will receive a camper claim check after your camper’s lice check is complete.

Driving Directions:
From I-5, take exit #176 and proceed west on NE 175th Street. At Meridian Avenue North, turn south (a left turn). Proceed approx. 200 yards south to the school entrance on the right. The parking lot is on the southwest corner of the intersection.

**Bus Run A:**
Check-In Time: 7:00am
Pick-Up Time: 4:45pm

**Bus Run B:**
Check-In Time: 9:00am
Pick-Up Time: 8:00pm

Do not arrive late to check-in. Buses leave as soon as campers are on board. It’s very important buses make their scheduled ferry.

BUS SAFETY

- Campers must remain seated
- Buses will travel in convoy to and from camp, remaining together at all times.
- Windows remain closed (buses are air-conditioned)
- Eating is not allowed while on the bus
- Campers should use inside voices while traveling on the bus
- Head counts are required each time the group boards and disembarks the bus. If campers must disembark buses in emergency situations, campers will remain on the safest side of the bus as determined by the supervisor.

ANACORTES CHECK-IN & PICK-UP LOCATION

The Anacortes ferry terminal is approximately a 1.5 hour drive north of Seattle. Take I-5 North or South to Highway 20. Turn west and follow signs to the Anacortes Ferry Landing.

Bring a Lunch!

Teens taking the bus to camp, or being dropped off at the Anacortes ferry landing will need to have a sack lunch to eat on the ferry. No glass OR nut products please. Teens will not be allowed to purchase food on the ferry. Lunches will be provided by camp for their return trip.

CHECK-IN PROCEDURES FOR ALL LOCATIONS

- Check-in at the check-in table.
- Complete a brief health screening form.
- Turn in all medications (do not pack medications in your camper’s luggage)
- You will receive a camper claim check after your camper’s lice check is complete.

SEATTLE CHECK-IN & PICK-UP LOCATION

Bus drop-off and pick-up location:
Meridian Park Elementary School
17077 Meridian Ave N.
Shoreline, WA 98133

Driving Directions:
From I-5, take exit #176 and proceed west on NE 175th Street. At Meridian Avenue North, turn south (a left turn). Proceed approx. 200 yards south to the school entrance on the right. The parking lot is on the southwest corner of the intersection.

**Bus Run A:**
Check-In Time: 7:00am
Pick-Up Time: 4:45pm

**Bus Run B:**
Check-In Time: 9:00am
Pick-Up Time: 8:00pm

Do not arrive late to check-in. Buses leave as soon as campers are on board. It’s very important buses make their scheduled ferry.

BUS SAFETY

- Campers must remain seated
- Buses will travel in convoy to and from camp, remaining together at all times.
- Windows remain closed (buses are air-conditioned)
- Eating is not allowed while on the bus
- Campers should use inside voices while traveling on the bus
- Head counts are required each time the group boards and disembarks the bus. If campers must disembark buses in emergency situations, campers will remain on the safest side of the bus as determined by the supervisor.

ANACORTES CHECK-IN & PICK-UP LOCATION

The Anacortes ferry terminal is approximately a 1.5 hour drive north of Seattle. Take I-5 North or South to Highway 20. Turn west and follow signs to the Anacortes Ferry Landing.

Bring a Lunch!

Teens taking the bus to camp, or being dropped off at the Anacortes ferry landing will need to have a sack lunch to eat on the ferry. No glass OR nut products please. Teens will not be allowed to purchase food on the ferry. Lunches will be provided by camp for their return trip.

CHECK-IN PROCEDURES FOR ALL LOCATIONS

- Check-in at the check-in table.
- Complete a brief health screening form.
- Turn in all medications (do not pack medications in your camper’s luggage)
- You will receive a camper claim check after your camper’s lice check is complete.

SEATTLE CHECK-IN & PICK-UP LOCATION

Bus drop-off and pick-up location:
Meridian Park Elementary School
17077 Meridian Ave N.
Shoreline, WA 98133
Park your car and proceed to the ferry terminal building. Camp staff will meet you and your camper at the picnic table outside the terminal. Campers are considered “walk-on” passengers, and will board the ferry carrying their luggage. For pick-up, you will meet your camper at the picnic table outside the ferry terminal.

Run A:
Check-In Time: 9:00am
Pick-Up Time: 3:10pm

Run B:
Check-In Time: 11:00am
Pick-Up Time: 6:25pm

CAMP ORKILA CHECK-IN & PICK-UP LOCATION

Follow the directions to the Anacortes Ferry Landing and board the ferry to Orcas Island. Ferry schedules can be obtained from the WA State Ferry system. Camp Orkila is approximately a 20-minute drive once you arrive on Orcas. Driving directions can be obtained by calling the Camping & Outdoor Leadership office at (206) 382-5009 or at camporkila.org in the Parent Corner section.

Run A:
Check-In Time: 11:45am
Pick-Up Time: 12:15pm

Run B:
Check-In Time: 2:00pm
Pick-Up Time: 3:45pm

TRANSPORTATION DAY SAFETY

- Check-in areas are blocked off and away from vehicle traffic.
- First aid kits are available at check-in and on all buses that transport campers.
- Parents or Guardians should accompany campers to the check-in area and remain with them until they board the bus to camp.
- All camper medications are submitted to staff at the check-in table.
- Parents release their camper to camp staff when they board the bus for camp.
- At check-in, each parent is given a claim check which they will present at pick-up to identify themselves as an authorized pick-up person.
- When no claim check is available at pickup, the pick-up person must present a photo ID and be listed on the camper’s authorized pick-up list.
- Each bus group will be supervised by a minimum of two adults, not including the bus driver.
- Each bus will have a cell phone and emergency numbers.
- All accidents/incidents will be documented and phoned in to the transportation director as soon as possible during transit or immediately upon arrival at the destination.
- Camp Orkila is accredited by the American Camp Association (ACA). For more information on their safety standards, please refer to acacamps.org

PERSONAL VEHICLE RESERVATIONS

Customers are now able to book personal vehicle reservations for travel to and from the San Juan Islands online at www.wsdot.com/ferries or by calling (888) 808-7977 between 4am and 8:30pm, seven days a week. If you are planning to drive your camper to camp we strongly encourage you to make reservations.
CONTACT INFORMATION

YMCA CAMPING & OUTDOOR LEADERSHIP OFFICE
Phone: (206) 382-5009
Hours: Mon–Fri, 8am–5pm
colmanorkilainfo@seattlemca.org

CHECK-IN/PICK-UP DAY PHONE:
(Wednesdays/Saturdays June 28–August 31)
(206) 255-3517

OVERNIGHT CAMP EXECUTIVE DIRECTOR
Meredith Cambre
mcambre@seattlemca.org

ASSOCIATE EXECUTIVE DIRECTOR
Melissa Steele
(206) 344-3185
msteele@seattlemca.org

CAMP ORKILA
Office: (360) 376-2678
Hours: M–Sun, 8am–6pm, (June-August)
Hours: M–Fri, 9am–5pm, (Sept-May)
Fax: (360) 376-2267

CAMP DIRECTOR
Dimitri Stankevich
(360) 376-2678 ext. 111
dstankevich@seattlemca.org

FOOD SERVICE DIRECTOR
Kim Klein-Toombs
(360) 376-2678 ext. 132
ktoombs@seattlemca.org

TEEN EXPEDITION LEADERSHIP STAFF
Seattle Office: (206) 382 5009 (Sept-May)
Camp Office: (360) 376 2678 (June-Aug)

Jordan Bright, Teen Expedition Director
jbright@seattlemca.org

Dave Affolter, Senior Program Director
dafoelter@seattlemca.org

AFTER HOURS DIRECTOR-ON-DUTY CELL:
(360) 317-6852
For emergencies only, call this number to reach the director-on-duty. Leave a message with your name, area code and phone number. We will call you back as soon as possible.

Everyone is welcome. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. Financial assistance is available.