



## Summer 2024 Overnight Camp Family Handbook

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## Contents

Registration and Forms	3
First and Last Day	4
Life at Camp	5
Life at Camp	6
Daily Schedule	7
Notices –Risks at camp	8
Notices -Behavior/Mental Health Statement	9
Packing: Traditional Camps	10
Packing: Specialty Camps & LDP	11

## Contact Information

### YMCA Customer Service: 612-822-2267

Call them about registration, payments, financial assistance, cancellations, etc.

### Camp Center: 763-479-1146

Call here for general info about programs, logistics, transportation, etc.

### Program Director

#### Grace Larsen : 651-395-7211

Call if you have specific questions about programs, concerns about a camper, etc.

### Executive Director

#### Jana Graczyk: 763-230-9309

Call if you have specific questions about programs, concerns about a camper, etc.

### Summer Office (Summer Only): 763-335-0092

Call if you have specific questions about programs, concerns about a camper, etc.

## This Document

This document undergoes occasional changes. You can always find the most up to date version at [https://www.ymcamn.org/camps/camp\\_ihduhapi/parents](https://www.ymcamn.org/camps/camp_ihduhapi/parents)

## Y of the North Mission

The Y’s mission is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

## About YMCA Overnight Camps

YMCA Overnight Camps are wonderful places for your child to experience fun, outdoor adventures in the summer! New and returning campers thrive during a session packed full of exciting, structured camp activities. Campers live in small, age-appropriate communities where they build self-esteem and learn new skills. Our experiences are built on the Y’s Core Values of Caring, Honesty, Responsibility, Respect, and Equity. Our goal is to give all kids the opportunity to discover who they are and what they can achieve.

## Diversity and Inclusion

It is the YMCA of the North’s vision to serve relentlessly with our community until all can thrive in each stage of life. At Camp Ihduhapi we make sure that ‘all’ really does mean ALL. We welcome campers of all backgrounds, **rac**es, **religions**, **gender identities**, and **gender expressions**; and we strive to create an inclusive and equitable environment for all of our campers and staff. We honor and respect every individual’s preferred pronouns and ask that our campers do the same. We cherish diversity and want to make sure **ALL** feel authentically at-home at Camp Ihduhapi.

Please contact us if you have perspective on your camper that may help us support your camper better while they are at camp (e.g. *what tools will set your neuro-divergent camper up for success, what your transgender camper needs to feel at home, etc.*). We are committed to working with campers and their families to deliver a supportive and inclusive experience this summer!



## Registration and Forms

### Registration

Registration can be completed online at [campihduhapi.org](http://campihduhapi.org), by calling the YMCA Customer Service Center at 612-230-9622, or by downloading a registration form from [campihduhapi.org](http://campihduhapi.org).

Camp will send you a confirmation within three weeks of receiving your registration and deposit.

The balance for your session is due May 1, 2024 unless you have a pre-approved payment plan established with the Customer Service Center.

### Changes and Cancellations

Call the Customer Service Center if you must change or cancel your registration to camp and they can walk you through the process.

We charge \$25 for any change of session.

Cancellations made one month or less before your camp session start date are non-refundable.

Cancellations made more than one month prior to your session's first day will result in a loss of your deposit, but you'll get the rest of your money back.

We occasionally make exceptions for medical issues with a doctor's note, so call and ask if that is the case.

If a camper has a significant discipline problem during a session we reserve the right to dismiss them, without refund, for the remainder of the session.

### Forms

**HEALTH EXAM FORM:** A completed *Health Exam Form* is required each year to attend camp. Forms are available at [campihduhapi.org](http://campihduhapi.org), under the 'Forms and Publications' tab or in your CampDoc account. A new physical exam is required each year before attending camp.

Please upload completed *Health Exam Form* to your CampDoc account.

**CAMP STORE:** If you would like your camper to shop in the camp store, please purchase a Gift Certificate prior to their arrival. These are purchased in your online Y account.

Gift Certificates can be used toward any YMCA program, membership, or camp experience. Certificates can be redeemed at any YMCA of the North location, are transferrable, and never expire.

Gift Certificates can be used toward camp store merchandise during your child's stay at Overnight Camp. Any remaining balance at the end of the session can be used toward future YMCA camps or programs.



## First and Last Day

### Transportation

Overnight Camp Ihduhapi is not providing transportation to and from camp in 2024. You are responsible for getting your child to and from camp on the first and last days of camp.

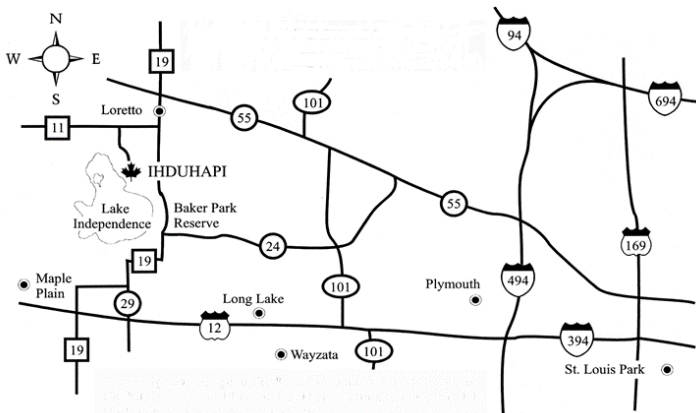
#### Pro Parent Tip

*Please have medications ready to turn in when you arrive to Camp Ihduhapi.*

### Directions

**From Hwy 55**— At Cty Rd 19, turn left (south) through Loretto to Co. 11, turn right (west) for 3/4 mile. Turn left onto gravel Ihduhapi Road at camp sign. Follow road to the end.

**From Hwy 394**—At Cty Rd 29, just before Maple Plain, turn right (north). It becomes Co Rd 19; stay on 19 to Co 11, just before the town of Loretto. Turn left onto 11 for 3/4 mile. Turn left onto gravel Ihduhapi Road at camp sign. Follow road to the end.



### Drop-Off

**Camper Drop off is on Sundays from 7-9pm.**

Please arrive at camp during the designated drop-off time. This will be communicated by the Camp Director prior to your session.

Parents will be assigned a time slot for their campers to be dropped off, according to age of the camper. If you have multiple campers of different ages coming to camp, please drop them off together at whichever time slot works best!

Upon arrival at camp, you will give

Please call us if you will be arriving late.

### Pick-up

**Camper Pickup is on Fridays\* from 7-9pm**  
\*on Wednesdays for Sampler Session

Please pick up your camper during the designated pick-up time during their session.

Campers will only be released to an authorized individual/emergency contact. Anyone picking up your child will be asked to present a **photo ID** for verification.

If there is a change in pick up plans, please contact the program director with that information.

#### Pro Parent Tip

*Make sure to have your list of people authorized to pick up your child is updated upon arrival on Sunday.*



## Life at Camp

**Cabins.** Campers spend their session with two counselors and a group of other campers in a cabin group. Our counselors are well trained and love their jobs (they're not in it for the money, we assure you). Campers are assigned to their cabin based on age and gender.

**Friends.** Campers will have an opportunity to bunk with one or two friends if they are the same age and the request is made in advance. If the request was not made on the registration form, you may call camp prior to your session. Children make many new friends at camp in addition to enjoying their old ones. We limit the number of friends coming together to three per cabin to support strong group dynamics.

### Pro Parent Tip

*Don't be alarmed if you get a call from Ihduhapi while your camper is at Camp. Camp likes to get parent input on even minor health, homesickness, and behavioral issues. It's a low bar to call home.*

**Communication.** Please send mail directly to Camp Ihduhapi. Feel free to send mail to camp prior to your camper's arrival.

Your Camper's Name  
YMCA Camp Ihduhapi  
3425 Ihduhapi Road  
Loretto, MN, 55357

Although we prefer letters, you may send an email as well. Please be sure to have your child's name AND cabin in the subject line. Any emails received after 10:00am will get to them the next day. Camp email: [ihduhapi@gmail.com](mailto:ihduhapi@gmail.com)

**Phoning Home.** Campers may not have cell phones at camp. Except for emergency situations, phone and e-mail by campers are off limits as it distracts from the camp experience. If you have questions, a Camp Ihduhapi staff member will be available to speak with you over the phone.

**Stay in the Loop!** View photos of your camper while they're at camp! We post photos on our SmugMug site often. Photos and other merchandise are also available for purchase on SmugMug.

**Photo Gallery:** [campihduhapi.smugmug.com](http://campihduhapi.smugmug.com)

**Facebook:** [facebook.com/ymcacampihduhapi](https://facebook.com/ymcacampihduhapi)

**Instagram:** @ymcacampihduhapi

**Lanyards & Pins.** Campers are engaged in enriching activities and opportunities to learn age appropriate curriculum while at camp.

Every camper who attends camp will receive the following free of charge:

- A YMCA Camp Lanyard that remains with your child through the years. Returning campers bring lanyards back to camp year after year.
- When a camper attends four days of Polar Bear Swim, Road Runners, or Yoga, they receive the appropriate pin for their activity.

**Food.** Ihduhapi campers eat very well; our kitchen takes great pride in providing a tasty, well-balanced diet. If your camper has dietary restrictions or allergies please note them in their Camp Doc records.

**Health and Safety.** Ihduhapi campers are well looked after. Our first aid, CPR, and lifesaving certified counselors are supported by our health professional (an RN).

We will treat bumps, bruises, and scrapes. In the case of illness, parents or emergency contacts are called to make arrangements for treatment or pick-up. Camp Ihduhapi uses the urgent care facilities at the West Health in Plymouth, or Maple Grove Hospital.

**Medications.** Medication will be turned into our Camp Nurse upon arrival. Medication must be in the original container or marked clearly with dosage, frequency and camper's name. This includes over-the-counter drugs.



## Life at Camp

**Camp Activities.** Campers will experience a variety of activities during their camp session. Our camp staff aim to encourage campers' creativity, skill development, and understanding of the world around them. Often times, during these creative learning experiences in a camp setting, campers are exposed to the natural elements of camp. They will experience dirt, mud, bugs, plants, and various types of weather—but camp will go on. Our staff are trained to recognize and avoid unsafe situations. However, if your child has a specific reaction (allergies, fears, etc.) to any camp elements; be sure to indicate this in their health information.

**About Achievement Options.** Campers are pre-registered for either a Specialty Camp or for Traditional Camp. After check-in on opening day each camper will choose his or her Achievement options. The number of campers in each Achievement is limited by the equipment in each area and the staff to facilitate the activity. Traditional campers will be placed into four Achievements that they will attend each day. We try our best to put campers into their top four Achievements; sometimes we may have to use their fifth or sixth choice. Specialty campers will be placed into two Achievements in addition to their specialty activity. **Choices include swimming, boating, archery, yipahudhi (camp newspaper), arts and crafts, performing arts, sports, and nature.**

Wednesday is typically Theme Day during each six-day session with a modified schedule, new games and exciting evening programs. We will inform you of your camper's theme day one week prior to their session.

**Camp Store.** Campers will visit the Camp Store **once** at the start of the week. There they will get to see what items are available. They will have the opportunity to order their items Mon-Thu. Money may be added to camper store accounts online. We do not allow campers to spend over the amount decided by their parent/guardian. Depending on your child's needs and interests, \$25-\$50 per week is suggested.

Items/Prices Examples:

Water bottle: \$15 (large) \$10 (small)

T-Shirt: \$20

Sweatshirt: \$35

Stuffed Animal: \$12

Hat: \$15

**Waterfront.** Each camper's swimming ability will be tested on opening day. Personal Flotation Devices and shoes are worn by campers and staff at all times during boating activities.

**International Staff and Campers.** Ihduhapi has a long history with international staff and campers. They add a deep level or richness to the camp experience.

**Summer Samplers.** During summer sampler sessions, camp will manage the achievement schedule to provide a variety of camp activities; this is a great way for first time campers to get the feel of overnight camp. Sampler campers will not take part in the cabin overnight or Theme Day activities.

**Homesickness.** For many campers, a week away at Ihduhapi will be the longest time they've ever been away from home. The challenge can be significant for both kids and their parents. Ihduhapi counselors and staff are very experienced in coaching campers through their experience and we believe that overcoming the challenge of home-sickness can be a hugely positive experience.



## Daily Schedule

**Schedule.** Seen below is what camp looks like on a typical day. While the schedule is always subject to change—this is likely what your day will consist of

7:45 a.m.	Morning Activities (road runners, polar bears, yoga)
8:15 a.m.	Flag Raising
8:30 a.m.	Breakfast
9:15 a.m.	Cabin Time
10:00 a.m.	Achievement 1
11:00 a.m.	Achievement 2
12:00 p.m.	Meet in Commons
12:15 p.m.	Lunch
1:00 p.m.	Rest Hour
2:30 p.m.	Achievement 3
3:30 p.m.	Achievement 4
4:30 p.m.	Cabin Time
5:00 p.m.	Flag Lowering
5:15 p.m.	Dinner
6:00 p.m.	Cabin Time
6:45 p.m.	All Camp Game
7:45 p.m.	Snack
8:00 p.m.	Campfire
9:00 p.m.	KYBO/Cabin Time
10:00 p.m.	Lights Out



## Notices

### Risks at Camp

Camp Ihduhapi is a member of the American Camp Association, meaning we are rigorously held to account on over 300 pages of standards regarding health and wellness, transportation safety, aquatic safety, and more. These standards guide us to use the best practices regarding ticks and other insects, sun exposure, hygiene, bullying prevention, staff medical training, and many more.

Nonetheless, like all other experiences in life camp is not risk-free. We simply cannot guarantee that no harm will befall a camper. Please refer to our waiver at [campihduhapi.org/forms\\_publications/](http://campihduhapi.org/forms_publications/) if you would like to review our indemnification policies.

### Camper Behavior

Caring, Equity, Honesty, Respect, Responsibility and Equity are the YMCA's core values and the foundation

- We expect campers to take responsibility for their actions.
- We expect campers to respect themselves, one another, the environment, and camp equipment.
- We expect campers to be honest with one another and their counselors.
- We expect campers to care for themselves and one another.

Ihduhapi staff do a great job at coaching campers who behave inappropriately. If we find that we are unable to redirect your camper's behavior we may be in contact with you.

**We reserve the right to send a camper home, without refund, if consistent misbehavior affects the experience of other campers.**





## Notices

### YMCA Overnight Camp Behavior/Mental Health Statement

It is the policy of the Y of the North Overnight Camp Team to support, to the best of our ability, every camper's **social and emotional wellbeing** so they may have a successful session at camp. We aspire to create a camp community that is safe, inclusive and welcoming, and exemplifies the YMCA's core values of **Caring, Honesty, Equity, Respect and Responsibility**.

We recognize that campers come to us with a range of backgrounds, home experiences and history, and that this may be reflected in behavioral situations, as well as social and emotional health while at camp. We will work through situations that arise within our level of training, and connect with guardians as is appropriate, depending on the scope of the situation and the individual camper's needs.

Although our staff are trained to support campers through general social and emotional struggles, and minimize the occurrence of homesickness, bullying and dysregulating behaviors, there is still a chance that situations of this nature could arise, where additional support would be needed.

Our experience has shown that being introduced to new experiences or ones that are different than what kids may be used to, can lead to a change in your camper's behaviors or to their responses to their environment. Guardians of our campers should be aware of the *possibility* that certain behaviors or situations may present themselves while at camp (*away from home*), including—homesickness, behavioral struggles and dysregulation, isolation, bullying, anxiety, or depression. In more serious situations, we may become aware of suicidal ideation, self-harm, eating disorders, or other mental health struggles and harmful behaviors.

Our staff are trained in a range of pre-season sessions to develop skills and techniques in managing and understanding behavioral, emotional and mental health situations that could arise during camp. As our front-line staff, they are trained at an appropriate level to support our campers' individual needs, and bring in additional support (i.e. Youth Advocate, Camp Director, etc.) when a situation becomes harmful to the individual, the group, or when it cannot be resolved.

**Although our Y team members demonstrate a great deal of expertise in youth development and exhibit exceptional compassion, we are not mental health professionals or social workers.**

In cases that a behavioral or mental health situation creates a need for 1-1 support, excessively, we will create a plan with the guardian to find resolution.

Should a camper need support that goes beyond what we can safely provide, or should a situation escalate to a level where we can no longer safely find resolution for the camper, our Y Camps will contact the guardian and will require a dismissal for the individual from camp. The Guardian will be expected to work with us to determine an exit plan.

The above serves as an overview of how our camps help to ensure the success and safety of all our campers. If you have questions regarding further details of our procedures, or if you have concerns regarding your camper's needs, please contact the Camp Director or Program Director.



## Packing: Traditional Camps

The following is a suggested list, these items are not required. You may modify it to your camper's needs and session type. Please do not send your child's best clothing, as camp activities are outside and rugged. Pack items and clothing that can get wet and dirty. **All items should be clearly labeled with your child's full name.** This will assist us with claiming lost and found. Camp Ihduhapi is not responsible for lost, stolen or damaged items.

### Bring

- A sleeping bag and a twin sheet
- A pillow
- 1-2 pajamas
- 2 pairs of old tennis shoes or sandals with back straps for daily wear
- 2-4 pairs of shorts
- 1-2 pairs of long pants
- 1-2 long-sleeved shirts
- 3-5 T-shirts
- 5-6 pairs of underwear
- 5 pairs of socks
- 1-2 sweatshirts
- 1-2 swimming suits
- Rain jacket or poncho
- 2 towels
- Personal toiletries
- Lanyard (returning campers)
- A flashlight (headlamps are great)
- Refillable Water bottle
- Insect repellent and sunscreen

\*Flip-flop sandals are to be used for showers only, not activities

### Consider Bringing

- A camera (disposables are a good idea)
- Journal and pen
- Paper, envelopes and stamps for letters (pre-addressed post cards work well)
- Books and small games

### Do Not Bring

- Cell phones/Smart Watches
- Music players or video games
- Food or drinks
- Fireworks, knives or weapons
- Personal Sports Equipment
- Animals

### Lost and Found

We display our lost and found as we accumulate it for campers to see and parents to peruse on pick-up day. If you return home and realize you have left something give us a call and we'll try to find it to tell you it's there. Unfortunately we can't send items home for individuals.

Please assist us with Lost & Found by labeling everything with your camper's full name. Valuables and meaningful items should be kept home for safe keeping. YMCA Camp Ihduhapi is not responsible for any lost, stolen, or damaged items.



## Packing: Specialty Camps and LDP

### Leadership Development Trail Sessions

In general, what one would pack for Ihduhapi's Traditional Camps isn't too different from what you'll want if you'll be hitting the trail on your camp session. Here are a few notes and a few additional suggested items

- Boots
  - For canoeing—over the ankle boot or light hiking boot with a sole that will hold up when wet
- Rain gear—jacket and pants
- Sleeping bag
- Waterproof stuff sack. Extra heavy duty trash bags may be sufficient for a waterproof pack liner
- Cap with brim to shade the sun
- 2-4 pair wool socks, not cotton
- 1 pair long underwear, top and bottom
- Extra layers, preferably not cotton

### Horse Camps

- Sturdy riding boots (must be closed-toe)
- Durable riding pants

### Outdoor Challenge Camps

- Extra pair of closed-toed shoes for climbing

#### Pro Parent Tip

*Don't feel the need to go buy lots of new things if you already have gear that will do. With very few exceptions, high-end gear doesn't improve your camp experience.*

