



# YMCA CAMP DUNCAN OVERNIGHT CAMP FAMILY GUIDE

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## CAMP DUNCAN MISSION & VALUES

YMCA Camp Duncan provides a safe, fun, educational and transformative experience for all campers through the demonstration of our four core values: **caring, honesty, respect, and responsibility** by practicing a camper-first philosophy. Our goal is to do our part in building stronger campers and helping them become the best version of themselves.

### WHO CAN COME TO CAMP?

All children, within age restrictions, are welcome at camp. No matter your ability, we will do everything in our power to ensure each camper is successful and welcome.

## CHECK-IN DAY PROCEDURES

**All sessions check-in on Sunday afternoon from 2 – 3:30 p.m.**

If you arrive before the scheduled check-in time, the camp staff are meeting and preparing for camp and may not be available to greet you. Camp activities begin at 3:30 p.m., so please try to arrive with enough time for your camper to settle into their cabin.

Before leaving home, please use this checklist:

- Be sure that all registration questions have been completed in your camper's online account.
- Prescription medications, over-the-counter medications, and vitamins must be in their original containers. Our licensing does not permit our health officer to accept medication NOT in the original container.
- You have labeled everything possible! From shoes to sleeping bags to hats, everything!
- Directions to camp: 32405 N US Hwy 12 Ingleside, IL 60041 Checking in at camp:
- Please wait patiently for check-in to start upon arrival. Your first point of contact will be a camp staff person to greet you. They will hand you a map to your cabin and info on Bunk1
- Drive to the cabin area and park in the designated parking area by your camper's cabin.
- Unload your luggage and walk to your camper's cabin to meet your camper's Counselor.
  - Be prepared to walk up to 50 yards to the cabin with your camper and their luggage.
- If you'd like to help your camper unpack, make their bed, and get settled, we just ask that you be brief so that we can start activities at 3:30pm!
- If your camper has medication, go to the Health Center to review health information with the Health Officer and turn in all medication.
- The camp store is open if you would like to buy some camp swag for the week or add money to your camper's account.
- We urge parents to leave camp shortly after getting their camper settled, allowing new campers to become actively involved. If you suspect your camper is homesick, don't delay your departure from camp. Your camper is in good hands, and the counselors will take over right away.



## CHECK-OUT DAY PROCEDURES

Our staff understands that you will be anxious to see your camper. Please follow the checklist below before picking up your camper.

### CHECKING OUT AT CAMP

**Check-out time is between 2-3 p.m. on Friday** of your camper's session (Wednesday for mini sessions).

- The road will be blocked off as it is during check-in. Once we are all ready, you will meet a staff member to guide you in the right direction.
- **You'll need to bring a photo ID to sign out your camper.** Under no circumstances will Camp Duncan release a child to someone who is not authorized on the Camper Release Form.
- If someone other than a custodial parent or guardian picks up your camper, Camp Duncan MUST have written parental consent by listing those persons on the release form; otherwise, the camper cannot be released.
- Camper medication can be signed out at our Health Center.
- Pick up your camper and your camper's luggage at their cabin. Ensure that you have everything that your camper came to camp with!
- The Camp Store will be open for any camp swag that you and your camper just can't live without!

## REFUND & CANCELLATION POLICY

- The \$150 Administrative fee/deposit is non-refundable/non-transferable. This is partly because camp has year-round overhead costs like staff, registration site fees, credit card fees, etc.
- Camp Duncan's policy is typically not to refund program fees. We understand that extenuating circumstances occasionally arise and make it impossible for a camper to attend camp. In these cases, every effort is made to reschedule the camper for another week if space is available. We will be kind and understanding, we ask that you do the same, please.
- Cancellations must be requested 4 weeks before the session starts. The camp office will charge total fees for any cancellations made after this date or for failure to notify us of cancellation. The balance of fees is refundable for medical reasons and in rare other cases. For medical reasons a doctor's authorized note may be required.
- No refunds or transfers will be given for any camper being dismissed from camp due to disciplinary action, leaving early due to homesickness, or personal commitments.
- If a camper cannot complete the program due to medical reasons, upon approval by the Executive Director, a prorated refund will be initiated. Refunds for program fees paid by check often take up to 7-8 weeks. Program fees paid by credit card may take up to 10 business days to reflect the refund with your credit card company.

While we strive for campers to attend their full camp session we know that life outside of camp is still moving as well. Any late arrivals, early pick ups, and departure and returns to camp for a previously scheduled activity (appointment, sports game, etc.) must be pre approved by the camp director and align with our daily schedule. All pick up and drops offs will take place at the main lodge, and photo ID will be required for any camper departing camp.



## TRANSPORTATION

We encourage camp families to provide transportation to and from Camp Duncan! We are located about 1 mile north of Route 120 and Highway 12. Most GPS devices can pick up Camp Duncan. It may say either Ingleside or Volo.

If you are unable to drive to Camp Duncan, we offer a Metra pick-up option! Our staff will pick up and drop off campers at the Fox Lake station on the Metra Milwaukee District North (MD-N) line. The Fox Lake station is a 10-minute drive from Camp Duncan. An authorized family member must be at the Fox Lake station to sign out the camper. For more information about this transportation option, please contact our camp team at [campduncan@ymcachicago.org](mailto:campduncan@ymcachicago.org).

## BUILDING NEW FRIENDSHIPS & SKILLS

Each camper lives in a cabin with other campers of similar ages and at least two staff members. Cabin life is designed to foster personal growth, just like our programs. Campers do many activities together as a cabin group which facilitates strong friendships, but they also enjoy interacting with other campers throughout the day during activity periods. Our staff go to great lengths to make cabin life a positive and memorable experience.



## CABIN MATE REQUESTS

- Camp Duncan welcomes campers who wish to come to camp with a friend. We make every effort to place campers with requested cabin-mates, however we cannot guarantee any requests.
- Campers may request up to TWO campers within a year of camper's age on their registration form.
- The camp director may split up cabin mate requests of groups over three to decrease the impact of cliques.
- Campers must list each other as their cabin mates on the registration form to ensure the pairing is made. Make sure the campers are attending the same week and are within one year of each other.
- If you feel we should consider your situation differently, please contact the Camp Director.
- Please understand that cabin requests cannot be guaranteed due to enrollments or other reasons. Also, remember that even if two campers are not in the same cabin, there are many opportunities to spend time together in camp!

## CAMPER STORE ACCOUNT

The Camp Duncan store is open most afternoons for campers to purchase snacks and souvenirs.

- Parents are strongly encouraged to add money to their camper's Store Account before arriving at camp. If you have trouble accessing your online store account, please contact the main office.
- Campers can spend up to the set limit. Our system can notify you if that limit is getting close, should you select it when registering.
  - A credit card is preferred and is easiest for you to manage through your registration account.
- While discouraged, if a check or cash are used, unused funds are not refundable.
- We recommend placing \$25-\$40 in your camper's account. A balance system is kept daily, and campers are aided by staff budgeting their money. Accounts set up by credit card will have the balance refunded approximately 1 week after camp ends. There is an option to donate that amount during registration

## HAVING A BIRTHDAY AT CAMP

Many campers celebrate their birthday while at Camp Duncan. On the camper's birthday, they are recognized at a meal by the entire camp community singing the Camp Duncan birthday song to the camper (with the camper's permission)

## HEALTH HISTORY FORMS

- All campers must have a completed Health History form and consent to treat to stay at camp. This is done electronically through the registration system.
- Health history forms must be uploaded and completed before arriving at camp for check-in.

## HEALTH NEEDS & MEDICATIONS

- Parents must send all medications in original containers with the original pharmacy label. Medication brought to camp, not in its original container, cannot be accepted.
- Please send enough medication to last the week.
- Parent/guardian will be notified by the Health Officer or Camp Director should your camper have an accident, injury, or illness that lasts longer than a couple of hours.
- No medications are allowed in cabins. (Except emergency inhalers and epi-pens.)
- General over-the-counter medications are available in our health center.
- A qualified Health Officer lives at Camp Duncan and is on the property during the camp sessions. The Health Officer is on call 24 hours a day in case of minor illness.
- All prescription medications and hospital care during camp are billed to the parent/guardian at the close of the camp session.
- **IMPORTANT:** Camp Duncan reserves the right to send a camper home if our Health Officer or camp physician advises. If you plan to be away for any length of time during your camper's time at camp, please arrange for a relative or friend to be able to pick up your camper should they become ill. This information should be your emergency contact person on the health form.
- If your camper has any physical or special medical conditions, please disclose the condition in detail on their health form. Please notify the Camp Director before camp starts regarding your child's particular needs. This information is essential for our staff to be successful in helping your camper have a positive camp experience.

**\*\*CAMP DUNCAN DOES NOT CARRY HEALTH & ACCIDENT INSURANCE FOR CAMPERS**

## COMMUNICATING WITH YOUR CAMPER

To help your child make a smooth transition to camp, try to write or email them at least once. Mail from pets, siblings, relatives, and friends are great ways to show your love and support for your child. Funny cards and picture postcards are great too. Ask questions about camp and though we know you do, try to avoid telling your child how much you miss them as this can encourage homesickness. Short declarations, such as "We're so proud of you," "We love you," or "See you soon," are just what campers want to hear.

## LETTERS & PACKAGES

Mail via the USPS takes several days. So, if you bring your letters on the first day of camp in envelopes marked for each day, we can deliver them for you! It's the BEST way to get mail to your campers. Packages and letters received AFTER a camper's session has ended will be returned or forwarded at the senders/camper's request and expense.

Send mail to YMCA Camp Duncan, 32405 N. Highway 12, Ingleside, IL, 60041. Be sure that your **camper's name** and camp session is listed on the letter or package.

## EMAILING (BUNK1)

We have also partnered with a service called Bunk1 to increase communication. Bunk1 creates an account for each camper and their parent or guardians where you can send **one-way** communications with notes, games, puzzles, and more to your camper! Bunk1 also functions as a photo platform! More information will be distributed upon your arrival.



## TELEPHONE CALLS: 847-546-8086

In case of a medical or family emergency at home, contact the Camp Duncan office at the number above. Our policy on phone calls has been made in the best interest of our campers.

Campers do not have a phone available to make phone calls home without the rare permission of the Camp Director. All phone communication by campers is under the guidance of our professional staff. Our experience is that phone calls to or from home make camper adjustment more complex and create homesickness. Experienced staff are happy to discuss camper concerns or give a camper update.

## PLEASE LEAVE CELLPHONES AT HOME.

Cellphones found will be taken to be stored and locked in the Camp Director's office. They will be given back to the parent or guardian at check-out. Remember, we all want the best experience for your child. Help us give them a chance to be "unplugged" for the week.



## EMERGENCY COMMUNICATION

**Family or Medical Emergency:** In case of a medical or family emergency at home, contact the Camp Director at 847.546.8086. In an emergency, a parent/guardian visit is allowed only after contact with the Camp Director has been made, and visiting arrangements are made.

**Weather Emergencies:** Weather changes are a regular occurrence during the summer. Camp Duncan has specific policies that are practiced and followed when the threat of severe weather occurs. Storm shelters are located on both sides of the camp.

## FOOD

Camp Duncan serves three healthy meals each day, an evening snack, and snacks are available from the camp store in the afternoon between activities.

Our camp is located in a natural area and open food containers attract rodents, ants, bees, and other insects. Understanding that snacks are a part of most children's lives, we offer a wide selection of snacks and drinks for purchase at the camp store.

We prefer that campers do not bring food items to avoid attracting animals. Food care packages can be placed in the camp office for afternoon snack time.

Water is the only drink allowed in cabins. Please do not send soda or juice. Camp Duncan does not allow chewing gum in camp.

**\*\*WE STRIVE TO BE A PEANUT FREE CAMP! PLEASE DO NOT SEND ANYTHING THAT CONTAINS NUTS IN PACKAGES OR WITH YOUR CAMPER!**

PEANUT FREE  
ZONE



## DIETARY RESTRICTIONS

- Please include any dietary restrictions your camper may have on the Health History Form. We need to have this information in advance to inform the kitchen of any special needs.
- We can accommodate reasonable dietary restrictions. Our team does well with gluten free, vegetarian, vegan, nut free, shellfish allergies, and latex allergies. We will do as much as reasonably possible to accommodate picky eaters, but allergies take priority.
- If you have serious concerns, please reach out to our food service director

## PETS

Please leave pets at home, including check-in and check-out days. The camp has plenty of pets for campers to enjoy (deer, squirrels, birds, chickens, and more!).



## CUSTOMER SERVICE

It is essential to the Camp Duncan staff that you and your camper have the best experience possible. We pride ourselves on delivering a quality camp program.

If you or your camper has any concerns or the camp didn't meet your expectations, please reach out to the Executive Director, at [campduncan@ymcachicago.org](mailto:campduncan@ymcachicago.org). The issue cannot be resolved or remedied if we don't know about it. By informing the Executive Director, it allows the Camp Duncan staff to take appropriate action to resolve any issues that may be of concern.

## CLOTHING AND LOST & FOUND

Campers should have enough clothing to last the duration of their camp stay. Campers should bring clothing that can get wet and dirty without concern. Clothing should be appropriate for a value-based camp environment without slogans or pictures that are in poor taste and/or inappropriate. Camp Duncan reserves the right to prohibit any inappropriate clothing.

**Please label all clothing and items with your child's name.** If you discover an item has been left behind, please inform us as soon as possible, and we will do our best to locate it. All items left behind are stored at camp for **two weeks** and then donated to charity.

Camp Duncan is not responsible for any lost or damaged personal items. Campers are encouraged not to bring valuable items or clothing to camp.

## SWIM ATTIRE

To help keep campers comfortable during water activities we respectfully ask campers to bring boxer-type swim trunks, one-piece swimsuits, or modest two-piece suits.

## SWIMMING ASSESSMENT

Each camper's swimming ability will be evaluated during our first trip to the pool by the Aquatic staff and lifeguards. Everyone who swims during their stay at camp must have a swimming assessment. **Everyone who enters the lake or does boating must wear a PFD, no matter what their swim skills are.**

Our swim assessment is broken down into three levels: Blue, White, and Red. Blue is the chip color that we try to have campers work towards!



<b>Chip</b>	<b>BLUE</b>	<b>WHITE</b>	<b>RED</b>
<b>Test</b>	Swim 2 lengths of any stroke, can jump in the deep end, and can tread water for 2 minutes.	Swim one length of any stroke, can jump in the deep end, and can tread water for 1 minute.	Can jump in the shallow end, wear a PFD (personal flotation device), and be able to float on their back for 10 seconds.
<b>Lake</b>	Campers can use any boat and can use the BLOB (the large inflatable on the lake).	Campers can take power paddlers and corcls by themselves. They can take other boats (double kayaks, paddleboats, and canoes) as long as they have another white or blue chip in their boat.	Campers are allowed to take out power paddlers and corcls by themselves. They can take out other boats (double kayaks, paddleboats, and canoes) as long as they are accompanied by a blue-chip.
<b>Pool</b>	Blue chip swimmers can use all parts of the pool.	White chip swimmers are allowed to swim up to the deep end of the pool, but not into it.	Red chip swimmers are allowed to swim in the area from the start of the shallow end to the flags placed above the pool.

## WHILE YOUR CHILD IS AT CAMP

The Camp Duncan experience focuses on self-discovery, self-confidence, and self-esteem – all learned through positive reinforcement, encouragement, and acceptance. For more than 100 years, youth have been allowed to create a special community focused on friendship, inclusiveness, and independence at Camp Duncan. Camp’s programs will challenge each camper at an age-appropriate level while giving them something to look forward to next year.

At home, each child's routine depends on family traditions and their likes and dislikes. At camp, we have our traditions and daily routines designed to make each camper's experience as enjoyable as possible while still giving them freedom of choice. Teamwork is a big part of the camp experience, especially during cabin activities, canoeing, and all-camp games. Many of our activities allow campers to move out of their comfort zone (i.e., climbing walls, boating, group building, etc.) As part of group living, campers participate in cabin and camp clean up, eat meals served family-style, and travel around camp with a group and counselor or with a group of peers.

## **BULLYING**

Bullying is one of the most significant challenges facing children today. Camp Duncan is committed to every camper's physical and emotional safety. In addition to the camp policies and procedures, you can also take steps now to prepare your child for camp:

- Help your child understand bullying. Talk about bullying and how to stand up to bullies safely. Emphasize that bullying is unacceptable.
- Help them be more than a bystander. Talk to them about what to do if they see someone else being bullied.
- Let your camper know if they are being bullied or see someone else being bullied while at camp; they should always let the camp staff know immediately.
- Check-in with your child about their camp experience at pick-up. Listen to them. Learn about their friends, ask about camp, and listen to concerns.
- Model and teach your child how to treat others with kindness and respect.

## **CAMPER MENTAL HEALTH**

A lot has happened in the past few years. Our campers are resilient, but they may sometimes need extra encouragement, someone to talk to, or just a friendly ear to vent. At camp, we have the perfect setting for campers to find comfort talking about their struggles and to find ways to take their mind off the tough things they face each day.

## **BEHAVIOR MANAGEMENT**

We believe that every child has the right to experience camp and all it offers. We believe in setting limits and explaining the boundaries for campers. When these boundaries are tested, we use specific procedures to help the camper continue their camp experience.

As a commitment to the success and enjoyment of camp by each camper, we want you to know our usual steps for redirecting challenging behavior.

On the first day of camp, our staff will go over the ground rules of camp life and cabin expectations. Campers have the opportunity to ask questions about policies and rules, so everyone is clear about the expectations.

## **PROCEDURES WE FOLLOW**

- Cabin Counselors will talk about the specific undesirable behavior with the camper and together make a verbal corrective plan for success. The Cabin Counselor will let the Camp Director know what has happened.
- If the behavior continues, camp leadership staff will have a conversation with the camper and create a plan for change. After a conversation with leadership, the staff will call the camper's home, explain what has happened, let a parent/guardian know the approaches that we have tried, and ask for advice about the situation ("What do you do at home when x occurs?" "Is there something that might be causing this behavior?" "Do you have any suggestions?"). We have been incredibly successful in partnering with parents in the past.
- If the behavior continues, the camp leadership staff will involve the parent in a phone conversation with the camper. This call would be initiated and supervised by leadership staff
- Unfortunately, there are situations when campers are removed from camp activities, and parents are asked to pick up their child from camp without a refund. This, of course, is not our preference, but for the well-being and safety of the whole group, or as a logical consequence for continued inappropriate behavior, dismissal from camp may be required by the Camp Director.

If a camper must be sent home, the parent/guardian needs to make transportation arrangements in a reasonable amount of time pursuant to their location. Most of our campers are Chicagoland based and should be able to arrange transportation within 3 hours.

Some behaviors will result in immediate dismissal from the camp program. YMCA Camp Duncan reserves the right to dismiss any camper due to violence, possession of an illegal substance, inappropriate conduct (i.e. fighting/bullying- harming another camper), or any other destructive behavior. Camp fees will not be returned in these instances.

Behavior management is a balance of kind yet firm discipline. The policy is based on three general rules:

1. A camper may not disturb or hurt others verbally or physically.
2. A camper may not damage any equipment or camp property.
3. A camper may not place themselves in a dangerous situation.

## PREPARING FOR CAMP

Camp Duncan makes every effort to ensure your child has a wonderful experience at camp. Parents can help us greatly in our efforts, mainly by letting us know about specific behavioral, health-related, emotional, or other issues that affect your camper at home. With sufficient notice, parents and camp staff can discuss strategies for helping to ensure your camper's success at camp.

## HELPING CAMPERS SUCCEED

There is no formula for when a camper is ready to go to camp, but the following can act as a guide to communicating with your camper about different aspects of camp. The number one characteristic of a successful camper at Camp Duncan is that the camper WANTS to be at camp. Campers who understand the camp experience and want to get the most fun out of their time at camp typically have a successful camp experience.

## HAPPY CAMPERS ARE:

Emotionally confident and independent enough to enjoy the camp experience; able to care for themselves at an age-appropriate level, able to respect others in their cabin group, able to maintain basic hygiene (brushing teeth, showering, table manners, etc.); emotionally appropriate with peers and staff and physically safe with self and others.

## MISSING HOME (HOMESICKNESS)

For many children (including those who have been to camp before), missing home is part of coming to overnight camp. Parents can play a big role in helping their camper to overcome missing home, both before and during camp, and in doing this, grow even closer to their camper.



## DEVELOP REALISTIC EXPECTATIONS



Developing realistic expectations about camp is very important. Parents can sometimes over-glamorize the camp experience (“Honey, you are going to have the best time of your life!” or “You will make the greatest friends!”).

Going away to camp is fun and worthwhile, but it is important to make sure your camper understands that it may not be fun every minute. There may be problems to solve, feelings of worry or sadness to overcome, insecurities to work on, and these problems and feelings are normal.

Any time there is a group living situation (campers living together for 24 hours for multiple days), there are bound to be issues that arise. How campers deal with those issues is important. Go ahead and talk about the fun they will have, but also discuss rainy days; about relating to some people more than others (both campers and counselors); about the difficulty of making choices in the camp program, and how hard it is to do everything that is offered at camp with only being at camp for one week. Discuss their worries about not being “good” at an activity or making new friends. By doing this, you help set expectations for campers and their feelings to better recognize and cope with them.

## BEDWETTING

We encourage campers to use the washhouse throughout the day. If a camper needs to go to the washhouse in the middle of the night, they must wake up a staff member and go with a buddy. However, from time to time, bedwetting occurs. Staff are trained to deal with bedwetting. First, measures are taken not to embarrass the camper. The sleeping bag and/or sheets/blankets are cleaned/washed and returned to the bed as quickly as possible.

Preventative measures like frequent bathroom breaks and limiting heavy fluid intake in the evening work well. All campers have a bathroom break before bedtime.

## INCLUSION STATEMENT

The YMCA of Metropolitan Chicago believes that everyone, regardless of ability, race, gender identity, income, faith, or sexual orientation, has the right to live life to the fullest and enjoy the Y's programs and facilities. Moreover, the principles of diversity, equity, and inclusion inform every aspect of our Association--including staff hiring and training, strategic planning, program offerings, and more. We are committed to deepening our work in this area to ensure that every segment of society feels welcome and supported by the Y.

## HOW TO REQUEST DISABILITY MODIFICATION?

If you require a modification due to a disability to participate in any of our programs, please inform camp staff at the time of enrollment and select the request on your enrollment paperwork so that a member of our Inclusion team can reach out to you. Questions? Email [inclusion@ymcachicago.org](mailto:inclusion@ymcachicago.org)

## FORMS YOU NEED TO COMPLETE BEFORE COMING TO CAMP

Please check to ensure that you have completed all forms and uploaded them to your online account BEFORE the first day of your camper's session. Full payment and all completed forms must be received on the first day of camp for your camper to attend.

**\*\*ALL FORMS CAN BE FOUND IN YOUR REGISTRATION ACCOUNT.**

- **CAMP HEALTH HISTORY:** All campers must have a completed Health History form to attend camp. This form is filled out online during the registration process. This is a requirement for our ACA accreditation and our licensing from the State of Illinois.
- **CAMPER AUTHORIZED PICK-UP RELEASE FORM:** This Form needs to be completed and signed by a parent/guardian. This form indicates to whom your camper may be released. Please note we cannot release campers to anyone other than those on this form. Parents, please don't forget to put yourself on the Release Form. This form is filled out online during the registration process.
- **CAMPER STORE ACCOUNT:** The Camper Store Account can be updated on your online account or by calling the main office.
- **CAMPER CONFIDENTIAL FORM:** This information is given to your camper's counselor(s) to help them meet your camper's goals and expectations most effectively. Please complete these online questions during registration. These forms are confidential; only the counselor(s), Program Director, and Camp Director will see these forms. Campers are not allowed to see other camper's sheets.
- **FACILITY USE WAIVER:** This is a waiver each camper needs on file to be at camp. It is signed when you register.

**Special Note for Campers Attending Multiple Sessions:** Multiple form copies are unnecessary for campers attending multiple sessions. As long as you have filled out and uploaded one copy, it will be attached to all your camper's registrations.



## SUGGESTED PACKING LIST

Below is a Checklist that can be used to pack your camper's belongings. Please be sure to mark all items with the camper's full name.

✓	CLOTHING ITEMS	✓	OPTIONAL / MISC ITEMS	✓	BEDDING / HYGENE ITEMS
	T Shirts (6-8)		Sunglasses		Pillow
	Shorts (5-7)		Tissues		Twin Sheet and Blanket - OR-
	Long Pants (1-2)		Wax Bands for Braces		Twin Sheet and Sleeping Bag
	Sneakers (1-2 pair)		Flashlight / Headlamp		Favoriate Stuffed Animal
	Pajamas (1-2)		Addressed/Stamped Postcards		Shower Towel
	Rain Coat or Poncho		Fishing Pole / Tackle		Beach Towel
	Socks (6-8)		Book(s)		Shampoo / Conditioner
	Sandals w/ a back strap (1-2)		Disposible / Digital Camera		Soap / Body Wash
	Sweatshirt (1-2)		Small Plug-In Clip On Fan		Shower Caddy
	Swimsuit (1-2)		Swim Goggles		Toothbrush and Toothpaste
	Underwear (6-8)		Water Bottle		Comb / Brush
	Laundry Bag		Chapstick		Shower Shoes / Flops
	Hat (1-2)		White Shirt for Tie Dye		Bug Spray (No Aerosol if possible)
	Fun, Dressy clothes for the Dance		Cabin Games / Cards		Sun Screen (No Aerosol if possible)

**Special Note for Campers Attending 2-Week and Adventure Sessions:** If your camper is attending a two week session, we recommend doubling the clothing items. While Camp Duncan does have laundry machines, they are reserved for clothing and bedding emergencies.

If your camper is attending an Adventure Program, staff will be in touch with a specific packing list.

For your child's security and safety of other campers, please DO NOT pack these items to bring to Camp Duncan:

✗	LEAVE AT HOME ITEMS	✗	LEAVE AT HOME ITEMS
	Tobacco Products		Apple or Smart Watches
	Fireworks		Cell Phones
	Knives of Any Kind		Squirt Guns
	Expensive Clothes / Shoes		Alcohol
	Hoverboards		Laptops / Ipads / Tablets
	Gum and Sugar Drinks		Music Players (Ipod, Mp3)
	Weapons		Bikes, Rollerblades, etc.
	Animals (pets)		Bad Attitudes

- Camp Duncan is not responsible for damaged or lost items.
- Please do not pack medication in your camper's luggage. All medication will be checked in with the nurse.
- Personal items like sports equipment, archery bows, and slingshots should be left at home. Personal fishing poles are allowed and will be stored by camp when not in use.
- Camp Duncan reserves the right to ask the camper to change their clothes if they are deemed inappropriate to foster values and appropriateness. This includes, but is not limited to, extremely short shorts, baggy pants worn too low, shirts with offensive or rude messages, and clothing/swimsuits that are too revealing.
- Any camper discovered with tobacco products, alcohol, non-prescription/illegal drugs, firearms, or knives is subject to immediate dismissal from camp.

**We DO NOT allow CELLPHONES at camp.** If your camper is found to have a cell phone, it will be taken to the Camp Director's office, where it will be stored until check-out day. All phones will be returned at check-out to the parent / guardian.

## NOTES FROM "EXPERIENCED" CAMP PARENTS

- Send self-addressed stamped post cards if you want to hear from your camper. Campers do not have access to email or to call home.
- Don't be surprised if you do not receive a letter. They are out being kids and having fun.
- Camp is about running and playing outside! Send old clothes. Your camper's stuff WILL get dirty.
- Make sure your camper knows that their cabin counselor(s) are there for them.
- Send two (2) swimsuits. Campers are in and out of the water all day long and it helps to prevent chafing.
- Keep it upbeat when sending mail/email, keep it positive and avoid telling your camper how much you miss them.
- Label everything and pack light.
- Camp is one of those great places where kids can escape the over-stimulation of gadgetry and become "unplugged." Leave cell phones and electronic things at home. Camp provides an opportunity for socialization without the need for electronic games.



## CAMP DUNCAN PHILOSOPHY & GOALS

### CHARACTER DEVELOPMENT

Character development is challenging people to accept and demonstrate the Y's four core values: care, honesty, respect, and responsibility. It is the foundation for the development of the important character traits that will remain with a child for their entire life. The Y camp mission statement puts it best: The Y provides trained leadership and the resources of the natural surroundings to help each camper achieve his/her fullest potential in terms of mental development, physical well-being, social growth, and spiritual awareness. Challenging people to accept and demonstrate positive values is more effective than treating problems because it deals with the roots and not just the results.

## Y CAMP IS IMPORTANT TO A CHILD'S DEVELOPMENT BECAUSE...

- Children grow personally. They are given the chance to experience new things and interact with other children on a daily basis.
- Children learn new things. Whether it's playing a new game, practicing an existing skill, or developing their social skills, children leave our camp having learned something they can remember for a lifetime.
- Children learn to appreciate diversity in each other. We live in a multicultural community and our camp reflects this. Children learn that each person is unique. They have fun and respect each other regardless of race, religion, gender, or social status.
- Children learn lifetime values. From the simplest of values and attitudes like sharing, sportsmanship, and giving respect to others, comes our basis for making more complex value decisions as they mature.
- Campers have fun! Without fun, the above reasons for children to attend our camp become harder to accomplish. Games, stories, hikes, field trips, swimming, sports, and crafts are all done with the children as the primary focus.

During our camps we will also emphasize the development of asset values. We will provide activities that introduce the eight major types of assets: support, empowerment, boundaries and expectations, constructive use of time, commitment to learning, positive values, social competencies, and positive identity.

By planning activities that highlight the values and assets mentioned above, we will help children focus their thinking and priorities. In doing so, you can contribute in significant ways to help them succeed, both now and in the future.

## STAY CONNECTED ALL WEEK LONG

Follow along with what is happening at camp through YMCA Camp Duncan's Facebook page. Learn more about Camp Duncan at [ymcacampduncan.org](http://ymcacampduncan.org)!

