



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Camp Collins Teen Expedition Parent/Guardian Supplemental Information Packet

Thank you for choosing YMCA Camp Collins! Our goal is to provide every teen with a fantastic camp experience. We strive to provide opportunities for personal growth and new friendships while always working hard to maintain a physically and emotionally safe environment. Through our unique programming we trust that your teen will grow in spirit, mind and body.

We have been busy planning a fun and challenging expedition and are looking forward to putting on our hiking boots and picking up our paddles. This is going to be a terrific adventure! In addition to the [Parent/Guardian Camp Handbook](#) please read this supplemental information thoroughly and attend our upcoming **Backpacking/Kayaking Orientation Meeting on Wednesday, June 6th from 6:30pm to 7:30pm at the SE YMCA Child Development Center, 6036 SE Foster Rd, Portland, OR 97206, 503.771.0261**. During the orientation, we will provide detailed information about the trip and the itinerary. We will also talk about expectations, where to purchase backpacking equipment (if necessary), how to properly pack a backpack, and how to get in shape for the trip. In addition, this meeting will give you the opportunity to ask questions, meet some of the other teens and Camp Collins staff.

Along with the four required forms for check-in (<http://ymcacw.org/camp-handbook-and-forms>) there are Teen Expedition specific forms included in this packet. You and your teen will need to review, complete and bring these forms with you to camp on check-in day. These forms are:

- **Kayaking/Backpacking Safety Agreement**
- **YMCA Camp Seymour Waiver (we will be utilizing their kayak guides and gear)**

Please call or email the [Camp Office](#) if you have any questions or concerns about your teen's session at camp. Contact us at YMCA Camp Collins Monday through Friday 9am – 5pm at 503.663.5813.

Thank you for your attention to these important details. We look forward to seeing you and your Teen Expedition camper this summer!

Sincerely,

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Teen Expedition Kayaking/Backpacking Safety Agreement

We will be exploring beautiful areas throughout the Pacific Northwest. Because of the necessity to stay together and maintain an envelope of safety during our trip, listed below are the rules governing general health and safety issues for this trip. Please read them carefully and have both teen participant and a parent/guardian sign this form indicating that they agree to abide by these guidelines.

Health Issues:

1. Bring a completed Health History form to camp. Originals of these forms are kept in the Camp Collins Health House and copies of Health History forms for all campers and staff are held throughout the entire trip by the YMCA Camp Collins Teen Expedition Counselors.
2. Give all medications to the Health Officer at check-in in the original container that is well labeled and complete with written instructions for use. The Teen Expedition Counselors will be educated by the Health Officer on all medications and all medications will be dispensed by Teen Expedition Counselors while on the trip. While kayaking, medications will be stored in a dry bag in the Counselor's possession throughout the duration of the trip.
3. Teen Expedition Counselors will have a First Aid kits with them at all times.

Safety Issues:

1. All kayakers are required to wear properly fitted life jackets whenever near or on the water.
2. Life jackets will be checked regularly to ensure proper fitting and to verify that all buckles are clipped.
3. Swim evaluations will be conducted in camp before kayaking begins to establish swim ability levels.
4. Kayaks will stay in sight of each other at all times.
5. Our days are filled with paddling and long hikes up and around mountainous areas, lakes, creeks and possibly glaciers. Do not place yourself or another camper or staff in unnecessary danger at any time. The moment you compromise your safety, you compromise the safety of the entire group. We are a team and will be counting on everyone to do their part.
6. Because of the nature of these activities, following instructions is critical for everyone's safety. Cooperative and respectful behavior is expected at all times and any violation will be grounds for early release from the trip without refund.
7. Each of you will have a whistle...if you get lost, BLOW IT. These whistles aren't for fooling around and they may save your life.

8. Respect yourself, others and nature. This will be a strenuous trip both physically and emotionally and we will work better as a team if we respect our surroundings.
9. Sex, Alcohol, Drugs, and Cigarettes are forbidden! Any violation of this rule will result in immediate suspension from the trip, and violators will be sent home early. It will be the parent's or guardian's responsibility to pick their child up from the designated location at their own expense.
10. Our trip also includes travel time in a camp van. It is your responsibility to act as safe passengers to include, but not limited to, stay seated and keep hands, heads, feet, etc. in the bus at all times and follow all directions from Teen Counselors and bus driver for the duration of the travel time.
11. We are here to learn, be safe, and **HAVE FUN!**

Responsibility Issues:

1. On this trip, as a part of a team, participants will be expected to carry their own packs during the trip that will hold both personal and group gear.
2. All rules of trail, backcountry camping and water etiquette apply to everyone.
3. Be supportive, positive, and caring when others may need your help.
4. Teen participants will also be expected to contribute to setting up and breaking down camp each day. This includes, but is not limited to, setting up and taking down tents, retrieving water from the closest source for the group, cooking and cleaning up after meals.

I have read, understand, and completely agree to abide with all of the above health and safety rules. As a participant of this YMCA Camp Collins Teen Expedition Camp, I agree to follow the instructions of my Teen Expedition Counselors and Kayak Guides at all times.

Teen Participant Signature _____

Date _____

I have read, understand, and completely agree to the above health and safety rules. As a parent/guardian of the above signed participant, I agree to arrange the immediate pick-up of my child if the need arises.

Parent/Guardian Signature _____

Date _____

YMCA CAMP SEYMOUR - AGREEMENT TO PARTICIPATE

Participants Name: _____ Birth Date: _____ Age: _____
Address: _____ Phone: _____

YMCA Camp Seymour program areas may include, but are not limited to, Challenge Course, Climbing Tower, Sports and Games, Archery, Arts and Crafts, Touch Tanks, Beach Walks, Hiking/Nature activities, contact with live animals, transportation to/from off-site program locations and evening programs such as campfires. Our program areas are designed to meet a wide range of physical abilities and we make reasonable accommodations to serve a diverse population. Activities may include sitting, walking, running, jumping, throwing, use of archery equipment (bows and arrows), contact with natural elements (sticks, shells, logs, trees, etc.) craft supplies (paint, glue, dye and potentially hot liquids such as wax or glue). When utilizing the Challenge Course activities may also include participating in group initiatives on low (2-3 ft. off of the ground) and high (25-40 ft off the ground) elements, and climbing and traversing on cables, logs and ropes while attached to a belay (rope) system.

As a participant you are the best judge of your physical abilities and that of your dependent children. There is a significant element of risk involved in any adventure, sport or activity associated with the outdoors. If you or your dependent children have a health condition, chronic illness or injury that might be aggravated by doing these activities you should not participate in these activities without first consulting a physician. Participation in camp activities is voluntary and participants are able to choose their level of involvement in all activities. In agreeing to participate you assume all liability for any physical injuries and/or emotional distress suffered by you and/or your dependent children.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA FOR ANY PURPOSE INCLUDING, BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY OFF-SITE PROGRAM AFFILIATED WITH THE YMCA, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

1. THE UNDERSIGNED HEREBY RELEASES, WAIVES, DISCHARGES AND CONVENANTS NOT TO SUE the YMCA and all branches thereof, its directors, officers, employees, and agents (hereinafter referred to as "releasees") from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any loss or damages, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the ordinary negligence of the releasees or otherwise while the undersigned is in, upon, or about the premises or any facilities or equipment therein or participating in any program affiliated with the YMCA.
2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage or cost they may incur due to the presence of the undersigned in, upon or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the ordinary negligence of the releasees or otherwise.
3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE due to ordinary negligence of releasee or otherwise while in about or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA.

THE UNDERSIGNED further expressly agrees that the foregoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of Washington and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding continue in full legal force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

I HAVE READ AND UNDERSTAND THIS DOCUMENT AND RELEASE

Signature of Participant: _____ Date: _____

Signature of Mother or Guardian (if under 18): _____ Date: _____

Signature of Father or Guardian (if under 18): _____ Date: _____



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YMCA CAMP COLLINS

TEEN EXPEDITION CAMP

PACKING LIST

Teen Expeditioners and Parents,

We cannot wait for you to be a part of our Teen Expedition Camp. We are so excited to get the summer rolling and go on a 2-day kayaking and 3-day backpacking trip this year. There are many things that you will need to bring with you for this adventure, but know that we have certain items at camp for everyone in the program to use. Feel free to bring your own gear, but if you do not have access to the things listed below as items camp can provide, we will have it on hand for those of you that need it. We do not expect you to go out and buy all new stuff. Also, if you have any questions about what to bring, feel free to call or e-mail and we will get you more details.

Backpacking Pack List

Gear we have at camp for you to use (but feel free to bring it if you have it):

- * Sleeping Bags
- * Internal Frame Backpacks
- * Sleeping Pads
- * Camp Stoves
- * Water Filters
- * Compass

Stuff that you will need to bring with you:

Mandatory Must Haves

- * 2 water bottles (1 qt. wide-mouth water bottles are ideal)
- * Headlamp or small flashlight with extra batteries
- * Spoon/Fork
- * Unbreakable Plate or Bowl (Tupperware works great)
- * Sunscreen and Chap stick (Minimum SPF 30)
- * Toiletries (toothbrush, toothpaste, comb, feminine hygiene, etc. Soap should be biodegradable)
- * Personal First Aid Kit (Moleskin, small scissors, tweezers, band aids, and other common first aid needs)
- * 3 large garbage bags and small plastic bags (used for waterproofing and storage)
- * 2 Lighters (or waterproof matches)
- * Sunglasses
- * Whistle
- * Notebook and pen
- * Watch with alarm





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Clothing

As much of this as you can find is helpful. What is most important is non-cotton clothing because when cotton gets wet it takes a long time to dry, and when it gets cold in the evenings avoiding hypothermia is very important. Non-cotton clothing, usually sports clothing, such as polyester helps to wick away sweat and dry faster, therefore keeping you warmer.

- * Non-cotton Top (T-shirt, etc.)
- * Non-cotton shorts (basketball or sports shorts work great)
- * Synthetic or silk long underwear bottoms (polypropylene or capilene because it wicks away moisture and dries quickly keeping you more comfortable and safe)
- * Underwear (3-5 pairs depending on length of trip)

Insulation Layer – Most important here is a good warm top like a fleece and if you have them, a nice warm pair of fleece pants, or any other non-cotton material.

- * Lightweight wool or synthetic long sleeved shirt
- * Heavyweight wool or fleece jacket
- * Pants (fleece pants or soft shell pants, something warm, not made of cotton)
- * Wool or synthetic hat

Shell Layer – It often rains without warming so a good rain jacket is necessary.

- * Waterproof Parka/Shell Jacket (with attached hood)
- * Waterproof Pants (rain pants are not required but recommended)

Foot Protection & Support

Most important are good socks and hiking shoes/boots. Really thick socks tend to make feet hot and sweaty which make it easier to get blisters. Non-cotton socks are needed. Light wool is awesome for hiking.

- * Hiking Boots (good hiking boots are perhaps one of the most important items you will be relying on, as while backpacking we rely on our feet to get us in, through, and out of the wilderness. You need medium to heavy weight “over the ankle” boots designed for hiking over various types of terrain.)
- * Wool or synthetic socks (2 to 3 pair)

Miscellaneous

- * Bathing suit or shorts, or both (camp appropriate)
- * Sun hat (baseball or brim hats are best)
- * Stuff sacks (a variety of sizes to help keep gear organized inside and outside of your pack)
- * Bandanas (2-3 to use as towels since they are compact and dry quickly)

Optional Items

- * Camera
- * Playing cards, journal, book, frisbee
- * Small musical instruments (harmonica, etc.)



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This second list is specific to the kayaking portion of the trip. If you already have these things ready for the backpacking trip, you can reuse them for the kayaking portion of the trip, but remember this is a five day trip total so it might be a good idea to have some clothes specifically for kayaking and some specifically for backpacking so that you don't end up wearing one t-shirt all week.

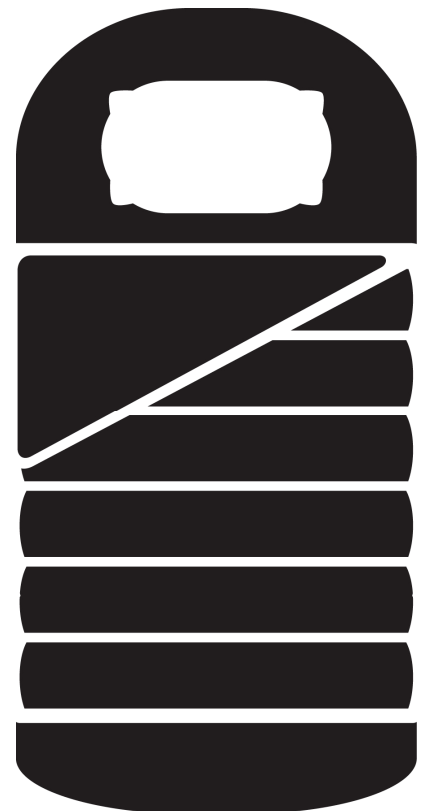
Kayaking Pack List

For on the water:

- * Swimming suit or shorts (quick drying shorts are best, ie nylon)
- * T-shirts (quick drying, no cotton)
- * Long sleeve shirts and a hat if you get burned easily
- * Old tennis shoes, "water" shoes with traction or sandals with backs (No flip-flops)
- * Sunglasses with strap for both sunglasses and prescription glasses
- * Waterproof sunscreen (with a SPF of 30 or higher)
- * Lip Balm/Chap stick
- * Windbreaker or raincoat (for when the sun hides and we are still in a kayak surrounded by water)
- * Water Bottle

For camping along the water:

- * Sleeping bag (w/stuff sack)
- * Sleeping pad
- * 1 pair of walking shorts
- * 2 T-shirts (preferably non-cotton)
- * 1 pair of long pants (preferably polyester or non-cotton)
- * Sweater, Fleece or Sweatshirt
- * Rain coat and pants (just in case)
- * 2 pairs of underwear
- * Towel (small)
- * Personal hygiene supplies
- * Insect repellent
- * Small flashlight w/spare bulb and batteries (headlamps work great)
- * Spare eye glasses or contacts
- * 2nd pair of shoes (the comfortable while walking kind)
- * 2 pairs of socks





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Optional items:

- * A small dry bag for your camera, sunscreen, etc. to be kept on the kayak with you
- * Waterproof camera
- * Playing cards, journal, book, Frisbee
- * Small musical instruments (harmonica, etc.)

We will take everything on the kayaking pack list with us on the kayaking trip. Then when we get out of the kayaks, we will have the chance to pack anything from the kayaking trip that you want to take backpacking into your backpack before we take off on the trail (because there are some things on both lists that you don't need to bring two of, like flashlights, etc.). Once again, if you have any questions regarding the trip and this packing list, feel free to contact me. We are looking forward to our trip this summer!

Happy Trails,

Mel Thimm, Program Coordinator - Teens
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