



YMCA Camp Collins Teen XL (eXtreme Leadership) 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 your teen will grow in spirit, mind and body.

We have been busy planning a fun and challenging two weeks of leadership development. We are looking forward to putting on our hiking boots for our three-day backpacking trip. This is going to be a terrific adventure! In addition to the [Parent/Guardian Camp Handbook](#) please read this supplemental information thoroughly. We highly encourage you to attend one of our **Backpacking Orientation Meetings on either, Monday, May 20th or Wednesday, June 5th 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 backpacking trip portion of your teen's camp experience. We will talk about the itinerary, expectations, where to find 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 three required forms for check-in (available to download at <http://ymcacw.org/camp-handbook-and-forms>) there is a **Backpacking Safety Agreement** included in this packet that you and your teen will need to review, complete and bring with you to camp on check-in day.

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 XL camper this summer!

Sincerely,

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YMCA CAMP COLLINS

TEEN XL (EXTREME LEADERSHIP) CAMP

BACKPACKING PACKING LIST

Teen eXtreme Leaders and Parents,

We cannot wait for you to be a part of our Teen XL program! We are so excited to get the summer rolling and go on a 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 and clearly label it):

- * 0 Degree Sleeping Bag
- * Internal Frame Backpack
- * Sleeping Pad
- * Camp Stove
- * Water Filter
- * Compass
- * Whistle
- * First Aid Kit (Moleskin, small scissors, tweezers, band aids, and other common first aid needs)
- * 2 Lighters (or waterproof matches)

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)
- * 3 large garbage bags and small plastic Ziploc bags (used for waterproofing and storage)
- * Sunglasses
- * Notebook and pen
- * Watch with alarm





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 dries faster, keeping the body warmer.

Bottom Layer– Layer closest to skin.

- * 1-2 non-cotton Tops (T-shirt, etc.)
- * 1-2 pair non-cotton shorts (basketball or sports shorts work great)
- * 1 pair non-cotton synthetic or silk long underwear bottoms and top
- * 3-5 pairs non-cotton underwear

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.

- * 1 lightweight wool or synthetic long sleeved shirt
- * 1 heavyweight wool/fleece/synthetic jacket
- * 1 pair pants (fleece pants or soft shell pants, something warm, not made of cotton)
- * 1 wool or synthetic hat

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

- * 1 waterproof parka/shell jacket (with attached hood)
- * 1 pair waterproof pants (rain pants are not necessary 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 makes 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. We do not have extra hiking boots and require campers to bring a sturdy pair of boots/shoes to hike in while carrying a backpack to protect ankles and feet. Lightweight tennis shoes such as converse or vans DO NOT keep feet safe OR comfortable.
- * 2-3 pair wool or synthetic socks

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:

- * Waterproof camera
- * Playing cards, journal, book, Frisbee
- * Small musical instruments (harmonica, etc.)

As a reminder, we will be providing food for the trip and if you did not include dietary needs or restrictions with your registration (such as vegetarian, gluten/lactose free) please be in touch with me at least a week before your campers' session so that we can be sure to provide appropriate food for your them on our exciting adventure in the wilderness!

If you have any questions regarding the backpacking trip, this packing list or the Teen XL program in general, feel free to contact me.

Happy Trails,

Mel Thimm, Teen Programs Director

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Teen XL Backpacking Trip Safety Agreement

We will be hiking through beautiful terrain in 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 the backpacking trip portion of the Teen XL experience. 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 XL 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 XL Counselors will be educated by the Health Officer on all medications and all medications will be dispensed by Teen XL Counselors while on the trip.
3. Teen XL Counselors will have a First Aid kit with them at all times.

Safety Issues:

1. Our three days of backpacking are filled with long hikes up and around mountainous areas, lakes, creeks and possibly glaciers. Do not place yourself or another backpacker 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.
2. Because of the nature of this activity, 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/camp without refund.
3. 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.
4. 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.
5. Sex, Alcohol, Drugs, and Cigarettes are forbidden! Any violation of this rule will result in immediate suspension from the trip/camp, 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.
6. 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, follow all directions of the Teen Counselors and bus driver for the duration of the travel time.
7. We are here to learn, be safe, and **HAVE FUN!**



Teen XL Backpacking Trip Safety Agreement Continued

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 the rules of trail and backcountry camping 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 by all of the above health and safety rules. As a participant of this YMCA Camp Collins Teen XL Camp and backpacking trip, I agree to follow the instructions of my Teen XL Counselors 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 _____