

# **YMCA CAMP MASON ADVENTURE BOUND TRIP SUPPLEMENT 2017**



**This handbook is designed to support the 2017 Parent Handbook and provide specific information about Adventure Bound Trips. The information in this supplement supercedes that in the Parent Handbook. Please refer to this document for arrival and departure times, packing lists, the itinerary and other trip specific information.**

## **Greetings and welcome to the exciting world of adventure trips.**

We hope you are looking forward to joining us this summer as much as we are looking forward to having you with us. Being self-sufficient, living outdoors, and casting off such modern inconveniences as television, stereos, and computers, allows you to get closer than you have ever been to the real world. For many good reasons, it also gives you an unencumbered opportunity to learn things about yourself, and dig deeper into your soul than you have ever done before. Adventure trips are a lot of fun – and the activities can be totally pleasant – or they can be physically and mentally tiring and challenging. It can be one single experience you will cherish and remember the rest of your life– or it can be the start of a new life-long hobby or pursuit. It can be merely an escape from the pseudo-civilized world of school, work, and media – or it can be a true opportunity to reconnect with yourself and get in touch with your inner feelings while uncovering your personal strengths. Most of all, tripping is, to a certain extent, about facing a challenge you may have never previously contemplated – meeting it head on – and being able to say “I can do that. I did that!”

This booklet is designed to help ensure that the adventure is one you will remember in the fondest terms only. We ask that parents and participants read over this book and the packing list(s) very carefully. After doing that, if you have any questions whatsoever, please do not hesitate to call or e-mail Anna, Summer Camp Director at [anna@campmason.org](mailto:anna@campmason.org) who will be happy to help. Good luck and have a great time!

### **Identity**

Adventure Bound Trips are a program of YMCA Camp Mason. Camp Mason has been in this business for over 116 years, is American Camping Association accredited, and licensed and inspected by the State of New Jersey Division of Youth Camp Health and Safety. Participants come from a number of different areas – including overseas – and from a number of local community YMCAs. YMCA Camp Mason staff will lead the trips and Camp Mason will be your primary contact. Trips will depart from and return to YMCA Camp Mason.

### **Forms**

Like it or not – paperwork has to happen– even for wilderness types like us. All required forms should be completed online as soon as possible. (If you require paper copies please let us know and we can send them to you). Sooner is always better because this allows us time to digest the paperwork and to prepare for your arrival. It also avoids any last minute errors and confusion resulting from lost or forgotten forms.

**Confirmation of final acceptance only occurs when we receive your signed Participant’s Personal Conduct Contract.**

### **Fees and Payment**

The balance of all fees are due to camp by May 1, 2017. You may pay by check or credit card. Those enrolling after May 1 must submit payment in full at the time of registration.

## **Refunds and Cancellations**

Registration deposits are refundable by written request before May 1st. Registration deposits are not refundable after May 1st. Tuition fees are not refundable after May 1st except in the case of verified medical restriction. Please notify the camp if you must cancel your registration. No refunds are available for children sent home from camp for behavioral reasons. Campers arriving late or leaving early due to parental decisions are not eligible for refund or prorated tuitions.

## **Dismissals**

Any trekker sent home for a violation of the Conduct Code or for health or personal reasons will not be entitled to a refund of any amount and you remain responsible for the full fee. Further, parent/guardians should be aware that “evacuations” requiring a child to be pulled from a trek at any time, for any reason, are done at the expense of the family. You will be fully liable for all costs. This hasn’t happened in years and we hope it never will – but please keep in mind that this expense is yours, so such decisions should and will not be made lightly.

## **Check-In Day**

All arrivals and departures are from Camp Mason. Report to the office area from 10.30am-12.00pm for check-in, med drop off, and to give or get last minute instructions. Any outstanding fees or forms must be resolved here before you drop off your child. Please call if you are going to be late so we can let them know, as well as be available to greet you at the office when you arrive.

## **Check-Out Day**

You may pick-up your child between 9:30 – 11:00 AM on closing day. A staff member will greet you at the front parking lot and direct you. You will find luggage under the tents by the office. You will be able to sign out your camper at the dining hall. Photo ID is required to sign out your child. Please bring it with you. Stop by the trading post to claim any money left in your child’s account. Unclaimed trading post funds are added to our campership fund for tuition assistance. Visit the camp nurse if there are medications that need to be retrieved.

<b>Trip</b>	<b>Check-in Date</b>	<b>Drop-off time</b>	<b>Check-out Date</b>	<b>Pick-up time</b>
<b>Jim Thorpe Adventure Sampler</b>	<b>July 16, 2017</b>	<b>10.30am – 12pm</b>	<b>July 22, 2017</b>	<b>9.30 - 11am</b>
<b>Delaware River Boots &amp; Boats</b>	<b>July 30, 2017</b>	<b>10.30am – 12pm</b>	<b>Aug 5, 2017</b>	<b>9.30 - 11am</b>

## **Overlaps with Summer Camp**

We recognize that participants may be participating in resident camp at some point this summer. Take a look at the 2017 Parent Handbook or our website for resident camp dates and stay over weekend options.

## **Health and Medical Care**

At least one of the two leaders on each group will be trained in American Red Cross First Aid and CPR or higher. They will provide basic assistance and temporary emergency care until participants can be seen by a doctor or nurse or other advanced medical personnel. Note that when on the trail, complaints about a simple sore throat, stomachache, headache, etc. group leaders will consult with the Camp Mason's medical staff by cell phone, and he/she will determine if the situation is serious enough to order a detour for medical attention or evacuation.

## **Emergency Plans**

Our trips leaders are well-trained in what to do in an emergency situation. Their first step is to call Emergency Services and then to call Camp Mason where we will contact Parents/Guardians as soon as we are able. Our trip leaders carry local hospital information and emergency contact information on their person at all times.

## **Prescription and Over the Counter Drugs**

The trip leaders will carry the usual items – stomach remedies, non-aspirin aspirin, etc. and a basic first aid kit. But, we cannot administer these without you or your doctor's specific written instructions on the health form we will be carrying with us. Participants themselves should pack no over the counter medications. These will be taken away during packing and left behind. All prescription drugs must be in their original container and must be specified by the doctor in writing on the health form. Please be sure you do this. If an Rx is given after the health form has been sent in, ask the doctor to write a short note specifying how and when to give the Rx. All medications must be in the original container, with date, camper's name, doctor's name, and identifications of the contents on it. Our leaders will hold and dispense them.

- Inhalers: If an inhaler is required for asthma or breathing difficulties a participant may hold onto it themselves if a doctor has issued written permission or prescription to carry. In the event that no carry order exists the trip leader will carry the medication.
- Medications needing to be injected (other than epi-pens for allergic reaction) or refrigerated, may pose a problem and you should discuss it with your doctor and the camp directors ahead of time.

All medical preparations will be overseen by the camp's nurses and medical staff prior to the trip departing camp.

## **Inherent Risk**

Here we go with the waiver thing again. We must inform you one more time that hiking, backpacking, camping, canoeing, biking, whitewater rafting, rock climbing, and horseback

riding have inherent risks including but not limited to falls, bad weather, spills, rushing water, acts of God, wild animals, insects, scared horses, falling trees, etc. You get the picture. By agreeing to send your child, you are acknowledging and voluntarily sharing in these risks, and further, you are certifying that your child is capable of understanding and obeying instructions given by the leaders particularly for the purpose of protecting the participant's health, safety, and welfare. Accidents caused by a child's inability to do this or in the event they defy and refuse instructions, will not be the responsibility of anyone but the child. Please be sure your child is ready to understand such ramifications.

### **Swim Level**

All participants will be tested for swimming ability prior to departure. We are not looking for technical skills, but mainly for those who will be comfortable and safe in the water. If this is going to be a problem, you should bring it to our attention now. The trip will have a lifeguard/activities will be guarded where needed.

### **Conditioning and Preparation**

The most important thing to bring on the trip is a good mental attitude. The trip is an introductory one but it is still important to be in shape beforehand. There is no need for any hard core training for this trip, just make sure you are prepared for day long rides on the trail and rafting on the river. If you are on a sports team then you're already in good shape, just make sure to keep it up in the summer. If not, that's okay, simple things like walking or jogging a few times a week will be enough preparation. Any extra conditioning will make you feel better all around anyway! As mentioned in the information brochure you must be a strong swimmer for both of our trips and be able to confidently ride a bike for the Jim Thorpe Adventure Sampler trip and feel comfortable hiking up to 6 miles a day for our Boots and Boats trip. This does not mean a great butterfly and marvelous dolphin kick. It means if you fall in fast moving water you will be calm, able to swim to safety, and have enough confidence not to get nervous until assistance arrives. If you have any questions about any of the above information call camp and speak to Anna.

### **Telephone/Mail/E-Mail/Visiting**

Obviously, due to the pace and style of these trips, visiting, writing, or communication with your child is unlikely. Please keep in mind that no news is good news! Trip leaders carry cell phones but these are for emergency use and/or necessary communication with camp. If we do receive an update from a trip we will send out an email halfway through the week.

### **Spending Money**

A lot of spending money is not required. On most treks all we recommend bringing is a maximum of \$20 in singles and other small bills for souvenirs or snacks. We are not responsible for any cash carried by participants.

### **Valuables**

YMCA Camp Mason is not responsible for loss or damage to personal belongings. These are the responsibility of the participant. Therefore, NO jewelry, fine watches, expensive fancy

cameras, irreplaceable mementos, ipods, or cell phones are permitted on the trip. One of our goals of the Adventure Bound Trip program is to disconnect from everyday tech-heavy world and instead connect with nature. Cell phones and ipods hinder this and will be confiscated if found, to be returned upon departure.

### **Laundry**

There is no laundry service in the woods so send what is needed.

### **Packing Lists**

We have included a packing list for the trek(s) your child is enrolled in. Please review these and pack accordingly. These are compiled from years' worth of knowledge and experience from trek leaders. You will be expected to bring your own personal items. The camp will provide community gear. Community gear will include cooking gear, tents, food, first-aid equipment, and repair kits. In the packing list we will discuss some of the gear needs for each trip specifically. Many people already have most of the items on the list or can borrow them from a friend. You can find your packing lists on our website under trips. We will also email you a copy.

### **Community Living**

By now you should have read the "Trip Participant's Personal Conduct Contract." If not, please do so now, and sign and return it. It is designed to ensure that everyone understands each other during the trip, and that the ground rules are common to each of you, leaders included. You will be living close and tight with up to 9 other people and even if you don't end the trip loving all of them like a brother or sister, at least you will be able to get along.

Every trip group will emphasize teamwork. The first rule of teamwork is: No matter how quickly you finish your personally assigned task, you are never done until everyone is done. Everyone will share in the work tasks of the group - whether it be cooking, cleaning up, fetching and filtering water, tending the fire, putting up tents, assisting one of the leaders in helping a struggling member of the group.

### **Contact Information**

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