High School Winter Camp 2024 <u>General Details:</u>

Camp location: YMCA of the Rockies - 2515 Tunnel Rd, Estes Park, CO 80511 Phone: (970) 586-3341 (only for emergency)

YMCA of the Rockies website: <u>https://ymcarockies.org</u>

Date: February 9-11, 2024

Check in Details:

Check-in: Friday, February 9, begins at 3 pm (departure promptly at 4 pm) at the Rockrimmon Campus – your student must be checked in by 3:45 pm

Return: Sunday, February 11, between 2:30-3 pm in the Rockrimmon Gym

• See below in "Parent Updates" for info on texts sent out to parents with arrival and departure from camp.

Packing List:

Please label all of your personal belongings with first & last name.

The camp provides all bedding and towels.

- Packed Dinner for Friday night on the bus ride up to camp! No meal provided that night.
- Small backpack or bag for carrying items around camp
- Reusable water bottle with your name on it
- Bible, notebook, pen
- Snow clothes (depending on the amount of snow the camp gets)
- Shower stuff
- Snack money (suggested \$10-15; no more than \$30)
- Flashlight or head lamp
- Casual, warm clothes (a good portion of camp takes place outside, so please plan accordingly)
- Snacks (please do not send any snacks with nuts in them)
- If your student tends to get motion sickness riding in a vehicle, please plan to pack medication for the bus ride up.
- Swim Suit (girls 1 piece or dark shirt over 2 piece or tankini; boys no speedos... please, no speedos!)
- Items in your teams color for the games on Saturday
 - You will receive an email the week before camp with your team color

What NOT to Bring:

- Bedding, pillow, towel
- Cell phone
- Drugs, Alcohol or Tobacco
- Cats
- Computer, Tablet or Gaming Devices

Medication:

<u>ALL</u> medications will need to be checked in with the medical staff at check-in on Friday. The only exception to this rule would be motion sickness medication for the bus ride up.

We ask that you **do not pack vitamins or unnecessary medications** for the weekend to help minimize how much the medical staff has to keep track of. **Please bring all medications in their original container in a Ziploc bag** with your student's name on it.

The medical staff will have regular over the counter medications (pain relief, allergy, cold medicine, etc.), so please do not pack those. If you would like to speak with the medical staff prior to camp, please email Ella Bracht at ella.bracht@woodmenvalley.org

Parent Updates - Text Messages & Social Media:

We will keep you updated throughout the weekend on Facebook – Woodmen Students and via text. So that you can see pictures and updates, please join the Facebook page! We will also be posting photo updates on Instagram. Follow us at Woodmen Students.

We will send out a text message to all parents once all of the buses arrive at camp on Friday night and when they are on their way back to the Rockrimmon Campus on Sunday with an estimated time of arrival.

Please make sure your account is "SMS enabled" for your cell phone number at woodmenvalley.org/updateInformation.

Emergencies During Camp

If you have any questions or need to get ahold of your student during the weekend, please call Kirby Neely at 801.888.1269.