

Summer 2009

Dear Parents/Guardians:

Welcome to YMCA Camp Nan A Bo Sho!

We have put together this Camper Information Packet to help answer any questions that you may have regarding YMCA Camp Nan A Bo Sho.

YMCA Camp Nan A Bo Sho Mission Statement: The YMCA is a not for profit organization which puts Christian principles into practice by promoting youth, adult and family activities that build a healthy spirit, mind and body for all.

In all aspects of camp, we strive for the following goals:

- 1.) To improve the self-confidence and self-esteem of each camper.
- 2.) To increase appreciation and acceptance of other races and cultures.
- 3.) To recognize and appreciate our responsibility to take care of our environment.

We look forward to working with your child at camp.

If you should have any questions not addressed by this packet, please call the Camp office in Appleton at (920) 954-7639 or Camp (715) 276-6084, e-mail campnabs@ymcafoxcities.org or visit us at www.ymcafoxcities.org.

Sincerely,

Rob Rathsack
Camp Director

Allison McGinnis
Program Coordinator

Included with this packet is our **Camp Medical Form**. The first three pages need to be filled out by a parent/guardian and the **last page MUST be filled out and signed by your child's doctor**. It is crucial that we receive this form! Campers will not be allowed on the bus or accepted at camp unless health forms are on file. This is for the safety and wellbeing of your child. Thank you.

YMCA CAMP NAN A BO SHO CAMPER INFORMATION PACKET

(Please keep this packet for your future reference)

CHECKLIST FOR PARENT(S):

- _____ Return Camp **Health Form** at least **four weeks prior** to departure for camp.
- _____ **Final payment** of fees are due at least **four weeks prior to arrival** - this includes bus fee(s) if applicable, and the camper's store deposit. Please itemize payments.
- _____ **Mark all clothing and baggage** according to the enclosed list, and **pack clothes** and equipment according to the enclosed list.
- _____ If your child is riding the **BUS TO CAMP** on Sunday please **arrive at the Appleton YMCA (downtown) at 12:00 noon** so last minute details can be finalized. The bus will depart promptly at 12:30 p.m. Camp staff ride the bus with your child. The bus fee is non-refundable.
- _____ If you are **DRIVING YOUR CHILD TO CAMP** on Sunday, please **arrive at camp between 2:30 and 3:30 p.m.** Staff are not available before 2:30 p.m. on Sunday. You are strongly discouraged from arriving early, however if you should arrive early, you are responsible for supervising your child(ren) until 2:30 p.m. We apologize for any inconvenience. Camp is approximately 90 miles from the Fox Cities; a map is included with this packet.
- _____ If your child is riding the **BUS FROM CAMP** on **FRIDAY** (or Tuesday for Discoverers* - ages 6 and 7) please pick him/her up at the **Appleton YMCA (downtown) between 4:30 and 5:00 p.m.** Please bring your **driver's license** or other photo id with you. Upon arrival at the YMCA please bring your photo ID to the check out table and sign your child(ren) out. We must ID all parents/other people designated to pick up campers. (If child(ren) are to be picked up by anyone other than a parent, we require written or oral permission.) Campers will only be let off the only bus after they have been signed out. You may sign your child out and pick up his/her luggage beginning at 4:00 pm. Due to the amount of north-bound traffic on Friday afternoons, we encourage regular session campers to return on the bus. Bus fee is non-refundable.
- _____ If you are **PICKING UP YOUR CHILD AT CAMP** on **FRIDAY** (or Tuesday for Discoverers - ages 6 and 7), please do so between **2:30 and 3:00 p.m.** Please bring your **driver's license** or other photo id with you. We must ID all parents/other people designated to pick up campers. If child(ren) are to be picked up by anyone other than their parent(s), we require written or oral permission. Please assist us in assuring the safety of all campers. Camp is approximately 90 miles from the Fox Cities; a map is included with this packet.

***Discoverer Campers** - (ages 6 & 7) Those registered for a Sunday –Tuesday Session may ride the bus to camp or parents may drive them to camp. Discoverer campers taking the bus from camp on Tuesday arrive at the Appleton YMCA (downtown) between 4:30 and 5:00. If you choose to pick your child up at camp please do so between 2:30 and 3:00p.m.

For Discoverers participating in a Wednesday-Friday session the Wednesday bus to camp departs the Appleton YMCA (downtown) at 8:00 a.m., or parents may drive their child to camp arriving by 10:00 am. On Friday Discoverers may ride the bus home arriving at the Appleton YMCA (downtown) between 4:30 and 5:00. If you choose to pick your child up at camp please do so between 2:30 and 3:00 p.m.

BIRTHDAYS: Should your child have a birthday while at Camp, please let us know so we can celebrate it with him/her!

BUS RULES:

1. Children must remain seated at all times.
2. Children must use a moderate voice tone.
3. Windows may be opened with staff permission.
4. Staff will raise their hands at railroad crossings signaling children to become quiet.
5. Children will dismiss from bus in an orderly manner.
6. Children must keep their feet in front of them — keeping them off the seats, and out of aisles.
7. Children are responsible for their own litter and personal belongings.

CONFIRMATIONS, FEES, REFUNDS: Statements of Account confirming camp fees, bus registration, discounts, camp store deposits and any previous payments will be mailed to you about 6 weeks prior to your child's attendance. The **BALANCE, BUS FEES AND CAMP STORE MONEY MUST BE PAID AT LEAST FOUR WEEKS PRIOR TO** the camper's session unless an exception is made by the Camp Office. Please send the balance to **Camp Nan A Bo Sho at 218 E. Lawrence St., Appleton, WI 54911.** **UNDER NO CIRCUMSTANCES IS THE \$75.00 DEPOSIT REFUNDED.**

CABIN ASSIGNMENTS: Cabin assignments are made in advance. Campers are assigned to cabin groups according to age and program. If a camper wishes to be in a cabin with another camper, be sure to tell us in writing on your child's registration form. Please do not request the same cabin for campers in different programs. Our experience has shown that campers have a more positive and fun camping experience if they are in cabins with campers of similar age, and have the opportunity to make new friends. We reserve the right to place campers in the cabin group we feel offers them the best experience.

A TYPICAL DAY AT CAMP:

7:00 a.m.	Optional Morning Activity (i.e. swim, jog, hike)	12:30	Lunch
7:40 a.m.	Flag Raising	1:30 p.m.	Rest Hour
8:00 a.m.	Breakfast	2:30 p.m.	Free Time (Store open until 4:15p.m.)
9:00 a.m.	Camp Clean-up/Chores	4:30 p.m.	Cabin Group Activities
9:30 a.m.	First Instructional Period	5:30 p.m.	Dinner
11:00 a.m.	Second Instructional Period	6:45 p.m.	Evening Program and Campfire

WORLD SERVICE: To promote international understanding, our camp conducts one activity per session to support YMCA World Service. The International YMCA operates in over 85 countries. Our International Staff teach campers about the customs and everyday life in their home country.

CAMP STORE: For your convenience, there is a camp store on the premises where campers may purchase items, such as postcards, stamps, T-shirts, stuffed animals, juice, granola bars, etc. To avoid problems, all money is kept in the camper's store account during their stay. As your child purchases items, the amount is deducted from the total. We recommend an amount of \$15.00-\$25.00. **PLEASE include your child's camp store money with your final payment.** This saves you time and confusion during check-in. Any remaining balance of \$5.00 or more is refunded with a check by mail – please allow a two week turn around time. Left over money totaling less than \$5.00 is deposited in the YMCA World Service Fund allowing for International Counselors to work at camp. If your child will be attending more than one week of camp, please create a separate store account for each week. We are unable to carry store balances over from week to week (Leaders-In Training and Counselor In Training Campers excluded).

HEALTHY LIFESTYLE: At Camp we encourage a healthy lifestyle. Please prepare your child for a week without soda and other "junk foods."

CAMP MEALS: Meals at camp vary from week to week. All meals are intended to be kid friendly. Foods your child may be served at camp include:

Breakfasts: Cereal is an option at every breakfast. Main dishes: eggs, pancakes, French toast, egg and ham English muffin sandwiches, breakfast quiche.
 Side dishes: bacon, sausage, hashbrowns, toast, peaches, pears, applesauce, muffins

Lunches: Main Dishes: grilled cheese and tomato soup, soup and cold cut sandwiches, tacos, pizza, hamburgers and hot dogs, chicken nuggets, fish sticks, mini corn dogs, chicken sandwiches, macaroni and cheese, sloppy joes
 Sides: tator tots, potato chips, French fries, onion rings, carrots and celery, coleslaw, soda crackers, desserts

Dinners: Main Dishes: spaghetti, hamburgers and hotdogs, roast beef, baked chicken, pasta italianio, ham, glazed chicken on rice, fish
 Sides: Beans, corn, peas, carrots, peanut butter, jelly, bread, baked potatoes, mashed potatoes, coleslaw, rice, salad bar, desserts

Beverages: Milk, Orange Juice, Bug Juice (KoolAide) and water.

WATERFRONT RULES: Every child is checked for swimming ability on the opening day of camp. He/she is assigned to the appropriate swimming area according to abilities.

1. PFD'S must be worn at all times when in boats.
2. Buddy tags must be transferred from buddy board to activity area prior to entering the boat/water.
3. All swimmers must have a "buddy" while in the swimming area.
4. Swimming and boating are only allowed during designated times when lifeguards are present.

DISCIPLINE: Reasonable limits are set to maintain the health and safety of all children in the program. Emphasis is placed on positive guidance into alternate activities. Adequate time is allowed for free choice activities and self-expression. Warnings, brief time outs, removing privileges, or small clean-up tasks are used when children display inappropriate behavior or refuse to follow an established rule. Physical punishment, humiliation, and punishment designated by children upon other children is prohibited. In the event of continued problems, parents are contacted for a conference to establish mutually agreeable solutions for the child's behavior. Parents are expected to pick up their child if the situation merits. There is no refund when a child goes home early due to homesickness or disciplinary action.

 * **No Extra Food Allowed** *

COMMUNICATION: Mail is important to campers. Letters are highly recommended. In writing, please do not mention the things he/she may be missing. Don't worry if you do not receive mail; it means your child is active and happy. Some campers may become homesick. Don't expect it. It is not frequent. Active, constructive programs and concerned staff keep this from happening. If your child writes home complaining about being homesick, please contact camp to allow us to look into the situation. You will be called immediately if the situation merits. Except in very special circumstances, campers are not permitted to use the phone and are not allowed to bring cell phones. We will notify you as necessary. Thank you for trusting our judgment and experience in these matters. There is no refund when a child goes home early due to homesickness or disciplinary action. **NO EXTRA FOOD IS ALLOWED - Please DO NOT send food in a care package.** Because campers live so close to nature and wildlife extra food is not allowed. Your child will have plenty to eat at meals and will be allowed healthy snacks at the camp store. Food in the cabins attracts wildlife (rodents) and bugs. **If food is sent, it will be collected and discarded.** We are sorry for the inconvenience, but this is necessary to keep wildlife (rodents) and bugs out of the cabins. A few alternatives to food are: books, hats, t-shirts, pre-stamped envelopes or postcards, deck of cards, fun pencils or pens, etc. **CAMP ADDRESS:** (Camper's Name), c/o YMCA Camp Nan A Bo Sho, 18369 Okonto Lane, Lakewood, WI 54138 **CAMP PHONE NUMBER:** (715) 276-6084.

EVALUATION: Camp Nan A Bo Sho hires the best summer staff available and they are our strongest asset. If you drive your child to Camp, be sure to talk with his/her counselor(s). As the sessions end, our counselors and other staff are glad to share observations with you. You will be sent "Camp Evaluation Form" after the camp session. We appreciate your prompt, frank and constructive comments on these

forms. Over the years this has been a great resource for us to make changes and provide a better camp for all children. We do not expect, encourage, or accept tipping for our staff members. In lieu of this, should you wish to contribute to the “Friends of NABS Fund,” please see the Camp Director.

Additional Program Information

ALL Camp Nan A Bo Sho campers have the opportunity to participate in Traditional Camp Activities. Traditional Camp Activities include but are not limited to: swimming, canoeing, sailing, arts and crafts, environmental education, archery, riflery, evening program, and campfires.

Discoverers (ages 6-7): Discoverers spend their two nights and three days in camp. They sleep in cabins, usually in the lower level of the Orbison Lodge with bathrooms across the hall. and participate in traditional camp activities. The Discoverer program is run from Sunday through Tuesday or a Wednesday through Friday.

The Sunday – Tuesday Discoverer dates are June 14-16, July 12-14, July 26-28 August 2-4, and August 16-18. Discoverers participating in a Sunday – Tuesday session arrive at camp on Sunday with the regular session campers and leave on Tuesday. If you choose your child may take the bus to and/or from camp. The bus departs the Appleton YMCA on Sunday at 12:30, (please arrive at noon) and returns between 4:30 and 5:00 on Tuesday. If you choose to drive your child to camp, please arrive between 2:30 and 3:30 on Sunday and pick up on Tuesday between 2:30 and 3:00.

The Wednesday – Friday dates are July 29-31, August 12-14, and August 19-21. Discoverers participating in a Wednesday-Friday session arrive at camp on Wednesday and depart with the regular session campers on Friday. If you choose your child may take the bus to and/or from camp. On Wednesday, you may drop your child off at the YMCA any time between 7:00 a.m. and 8:00 a.m. At 8:00 a.m. the children and two camp staff will board the bus and leave for camp. The bus will return between 4:30 and 5:00 on Friday. If you choose to drive your child to camp, please arrive at about 10:00 on Wednesday and pick up on Friday between 2:30 and 3:00.

Rangers (ages 8-9): In addition to participating in Traditional Camp Activities, Ranger campers are taken by their counselors to a campsite located in the back portion of camp property where they spend the night sleeping in a tent. The campsite is far enough away from the central part of camp to offer an exciting camping experience, but close enough to provide some security. Campers are asked to bring just essentials to the campsite. A sleeping bag is all that is needed for this trail. All other nights are spent in cabins.

Survivors (ages 10-11) If you are not interested in an overnight canoe trip Survivors camp is for you. Survivors participate in Traditional Camp Activities. No special equipment is needed for this program.

Pioneers (ages 10-11): In addition to participating in Traditional Camp Activities, Pioneers participate in a one-night canoe trail. They are taught canoeing skills and safety before the trip and then are driven to a river within one and a half hours of camp. The paddle typically takes from three to five hours depending on the group's canoeing skills and abilities. Recommended equipment for this program is: compact sleeping bag; wet shoes (ones that won't fall off in water, for example: shoes that tie or Tevas); swimming suit; rain gear; hat/bandanna for sun protection. Camp will supply PFDs (lifejackets) and all other necessary equipment.

Explorers (ages 12-16) Traditional Camp Activities geared toward teen campers. Counselor lead late night teen activities and stargazing allow teen campers to explore all the fun at camp. No special equipment is needed for this program.

Anglers (ages 9-11 or 12-16) Campers will experience Northern Wisconsin fishing at its best. Target fish include bass, northern pike, walleye, pan fish, and trout. Campers will fish on Waubesa Lake and take part in an overnight trip, off site. Campers also participate in Traditional Camp Activities. Campers are encouraged to bring their own poles and tackle. Camp will provide bait when needed. Camp is not responsible for items broken or lost while at camp. Please leave your best or most expensive fishing gear at home. You can still get the big ones with alternative gear. Please contact us at camp if you are in need of fishing gear or have questions about what to bring and what not to bring.

NABS Sampler (ages 11-13) This week gives you a chance to try kayaking, climbing wall, and windsurfing. NABS staff will provide instruction in each program. NABS Sampler Campers also participate in all Traditional Camp Activities. No special equipment is needed for this program.

The Weekly NABS (ages 10-12 or 13-16) Come put together the hottest weekly publication and bring the breaking camp news to the masses. Learn the multi media tools needed to publish a camp newsletter. Photography, interviews, cartoons, articles and your creativity make the newspaper a success. No special equipment is needed for this program.

Windjammers (ages 12-13): All windjammer campers go on a one day, off site windsurf trail. They travel to a near-by lake, complete with a sand beach, to use utilize the skills they learned at camp. No special equipment is needed for this program.

Kayakers (ages 12-14): Weather and group ability permitting kayaker campers go on a one day, off site kayak trail. They travel to a river to utilize the skills they have practiced all week. No special equipment is needed for this program.

Climbers I (ages 12-16): Climbers I spend their entire week in camp. They participate in NABS' low and high ropes courses and well as climbing wall and zip line, learning proper safety and climbing technique. Camp provides all the special equipment needed for this program.

Devil's Lake Climbers II (ages 13-16): **MUST** have previously participated in Climbers I. Devil's Lake Climbers II campers review the skills campers learned in Climbers I by again participating in NABS' low and high ropes course as well as climbing wall and zip line. Campers may take a trip to utilize natural climbing areas in the Devil's Lake camping area. Camp provides all the special equipment needed for this program.

Trail Riders I and II (ages 10-12 or 13-16) : Campers are taken to Mountain Meadows Horse Ranch and after riding, they camp-out on the Ranch property. They do not ride with their gear; rather it is dropped off for them. Recommended equipment: sleeping bag; rain gear; disposable camera, and riding shoes (healed shoes). Helmets provided by camp or Mountain Meadows.

Try It X-Treme (ages 12-16) This adventure includes an archery/riflery instruction, whitewater kayak instructional, climbing wall, and cap it off with a three day two night canoe trip. Canoe trip destinations will be decided by the group. Water levels, weather, and other circumstance effect the decision making process. NABS trips in the past have used sections of the Menominee, Brule, Wolf and other rivers in northern Wisconsin and the Upper Michigan. Campers have opportunity to participate in Traditional Camp Activities. No special equipment needed. **(10 Day Program)**

Isle Royale (ages 13-16) Campers learn low-impact camping skills and proper camping etiquette. Hikers stay in tents and cook all their meals over an open fire or cook stoves. Campers who participate must be able to hike several miles daily while carrying their personal pack. Campers must also be aware that all food and most water must be carried. They should expect smaller meals than they may be used to. Designated bathrooms and showers may not always be available on trail.

Camp participates in the “leave no trace” outdoor living ethics, and as such, life on trail is extremely primitive. Recommended gear for the trail is: Broken in HIKING BOOTS which are water resistant/waterproof (proper foot gear is **essential** for maximum enjoyment of the hike); compact sleeping bag; quick-dry pants; lots of socks; swimming suit; rain gear; hat/bandana; disposable camera. Camp will supply backpacks if needed.

Trekkers (ages 12-16): Trekkers go on a two night hiking trail in the Porcupine Mountains in Upper Michigan. The length of the trip is decided by the campers and staff before going on the trail. During the trail campers cover roughly 30 miles of hiking trails. If a camper has hiked in mountains before we will try to cover a different part of the park. (There are a total of 90 miles of trails to choose from.) Campers learn low-impact camping skills and proper camping etiquette. Hikers stay in tents and cook all their meals over an open fire or cook stoves. Campers who participate must be able to hike several miles daily while carrying their personal pack. Campers must also be aware that all food and most water must be carried. They should expect smaller meals than they may be used to. Designated bathrooms and showers may not always be available on trail. Camp participates in the “leave no trace” outdoor living ethics, and as such, life on trail is extremely primitive. Recommended gear for the trail is: Broken in HIKING BOOTS which are water resistant/waterproof (proper foot gear is **essential** for maximum enjoyment of the hike); compact sleeping bag; quick-dry pants; lots of socks; swimming suit; rain gear; hat/bandana; disposable camera. Camp will supply backpacks if needed.

Voyageurs (ages 12-16): Voyageurs go on a two night three day canoe trail. The destination of the trip varies from year to year, however past trips have been in the Palate Lake area. This trip is more physically demanding than the Pioneer trail because campers portage around falls and rapids. Campers learn low-impact camping skills and camping etiquette. Although strokes and safety skills are reviewed before the trip, campers **MUST** have basic canoe experience (Pioneer Trail, canoeing instructionals at camp in past years, family trips, ect.). Campers stay in tents and cook all their meals over an open fire or cook stoves. Campers are expected to carry personal gear and canoes if trip requires a portage. Designated bathrooms and showers may not always be available on trail. Camp participates in the “leave no trace” outdoor living ethics, and as such, life on trail is extremely primitive. Recommended equipment for this trail is: comfortable swimming suit; quick dry pants and shorts; wet shoes (ones that won't fall off in water, for example: shoes that tie or Tevas); dry shoes; compact sleeping bag; sun block (high SPF); warm socks; disposable camera. Camp will supply PFDs (life jackets) and all other necessary equipment.

Leaders-In-Training/Counselors-In-Training (graduation from ninth grade) Campers involved in the LIT and CIT this programs are held to the highest standard of camper behavior as being apart of this program LIT's and CIT's are role models for younger campers. LIT and CIT's participate in a weekend long trip between their two weeks at camp leaving early Friday morning and returning to camp Sunday. Campers assist in all phases of the trip which may include equipment loading and hauling, food preparation, site set up/take down, and more. Campers are responsible for group decisions, participation, and peer cooperation. The weekend trip may be a hiking or canoe trip. Campers and staff will work together to determine the best trip for each group. No special equipment is needed for this program. Please refer to the enclosed packing list, keeping in mind the recommendations are for one week of camp. Camp does not have the capacity to allow for camper laundry needs. The extreme accident or need would be the exception. Please pack accordingly

Camp Store

(List provided gives rough estimate of what to expect in the camp store)

T-shirts	\$5.00-\$12.00
Hats	\$5.00-\$10.00
Postcards	\$.50
Stationary	\$3.50
Stamps	\$.25 & .35
Stuffed Animals	\$3.50-\$7.00
Wishlets	\$1.00
Bandannas	\$4.00
Carabiners	\$2.50
Gel Pens	\$1.00
Nalgene® Water Bottles.....	\$10.00
Snacks (all kinds)	\$.25, .50, & .75
Flavored Ice Sticks	\$.75 & 1.00
Ice Cream (all kinds)	\$.25, .50, & .60
Drinks (juices)	\$.75 & 1.00
Flashlight	\$3.00
Disposable Camera	\$6.50

Please note that all prices and inventory are subject to change.

LYME DISEASE UPDATE

It is very important for you to understand the symptoms of Lyme Disease and for your child to understand the importance of regular tick checks and report any findings to the staff while they are at Camp Nan A Bo Sho.

Medical experts estimate that approximately 1/3 of the deer ticks in Wisconsin are infected with the Lyme germ. It has also been found that the longer the tick is attached to the host, the greater the chance for transmission of the disease. This is why early detection of a tick is vitally important to prevention of the disease. While your child is attending Camp Nan A Bo Sho this summer, they will be reminded to conduct nightly tick checks of themselves and others. Staff members will assist children in making these checks. In addition, children will be required to shower regularly.

Other preventative measures to avoid the deer tick include:

- *Walk in the middle of trails (avoid walking through brush when possible).
- *Wear lightly colored tightly woven fabrics (so they are easier to see).
- *Wear collars turned up (so ticks dropping from air won't be able to crawl into your shirt).
- *Tuck pants into boots or socks (to keep ticks from crawling up legs).

If your child finds a tick on his/her body, please have him/her alert staff, who will remove the tick. Upon the child's return from camp, launder all clothing and the clothing container immediately. If this is not possible, keep the clothes separate from areas frequented by humans until laundering is possible.

Lyme disease usually develops within days or weeks of the tick bite. If your child experiences flu-like symptoms in the weeks following their camp visit, it may be the early stages of Lyme Disease. At this stage, Lyme Disease is easily treatable with antibiotics.

As with any exposure to the outdoors, a tick bite is a possibility. Please seek out additional information about Lyme Disease and discuss the importance of regular tick checks with your child. For more information call: 1-800-362-9900.

HEALTH FORM INFORMATION

Enclosed is a Health Form which must be completed and returned at least **FOUR WEEKS PRIOR** to Camp. **Per the American Camp Association's** (the organization under which Camp Nan A Bo Sho is licensed) **mandatory requirement each camper's physical form must be signed by the child's doctor each year before attending Camp.** If your child has been to his/her doctor within the last two years, it is possible that the doctor will sign off on the form without your child returning for another physical. Please contact your child's doctor. In lieu of the doctor's signature on our form, a copy of your child's sports/school physical, performed within the last 12 months, attached to the physical form is sufficient.

Please provide our medical personnel and counselors with whatever health information you can — physical, emotional, social, etc. This information helps us deal with each situation in the most positive way. We will not reject your child because of emotional problems, bed wetting, etc. Please send a letter concerning such issues to the Camp Director in advance of your child's arrival at camp.

MEDICATIONS AND AUTHORIZATION: If your child is to be administered prescribed medication while at camp, the second page of the Health Form must be completed. **WE MUST HAVE YOUR WRITTEN PERMISSION** for our medical staff to administer previously prescribed medication to your child.

- a. **MEDICATIONS MUST BE IN THE BOTTLE THEY WERE PRESCRIBED** (and **CHECKED IN** on opening day).
- b. Please **DO NOT SEND ANY OVER THE COUNTER MEDICINES**, including aspirin, Tylenol, Band-Aids, or calamine lotion. Camp will provide these medications if your child needs them.
- c. Unless prior arrangements are made, Camp Medical Personnel will keep inhalers so they are not misplaced or lost.

The last page of the health form **MUST** be signed by your child's doctor. If your child has been to his/her doctor within the last two years, it is possible that the doctor will sign off on the form without your child returning for another physical. Please contact your child's doctor.

THE ILL CAMPER: All Campers see the Medical Staff as part of their opening day tour and orientation of camp. During the week counselors and other staff watch for signs of fatigue, improper eating, etc. that may indicate illness. If a staff member or camper expresses a health concern, the camper is escorted to the medical staff person. The medical staff and/or the director will determine if the illness merits contacting parents or emergency services to come immediately for the child. Should a child have a communicable disease, other program parents will be notified. Please notify us if a communicable disease occurs shortly after returning from camp.

SINCE CAMP DOES NOT HAVE A CAMPER INSURANCE POLICY, YOU MUST ACCEPT RESPONSIBILITY FOR MEDICAL/SURGICAL TREATMENT CHARGES WHICH MAY BE INCURRED ON YOUR CHILD'S BEHALF. It is extremely important for you to complete the Insurance Information and the emergency contact portions of the Health Form.

IMPORTANT: PLEASE SEND HEALTH FORM, COMPLETE WITH PHYSICIANS SIGNATURE, TO THE CAMP OFFICE IN APPLETON (218 E Lawrence St. Appleton, WI 54911) AT LEAST FOUR (4) WEEKS IN ADVANCE OF DEPARTURE. CAMPERS WILL NOT BE ALLOWED ON THE BUS OR ACCEPTED AT CAMP UNLESS HEALTH FORMS ARE ON FILE. This is for the safety and wellbeing of your child.

YMCA CAMP NAN A BO SHO
INSTRUCTIONS FOR MARKING AND PACKING EQUIPMENT

1. Camp Nan A Bo Sho requires no special uniform for campers. We urge campers to dress for comfort - the type of clothes they would wear for play at home. On the back of this sheet is a suggested Clothing and Equipment List to guide you as you prepare for camp.
2. MARK EACH ARTICLE TO BE TAKEN TO CAMP, including the clothing worn to camp, with the camper's full name. Use indelible ink to mark all items.
3. INVENTORY - mark every article taken to camp and indicate the quantities on the Clothing and Equipment List as a guide. Paste the inventory inside the trunk or suitcase lid for camper's use when repacking at end of camp.
4. TAG OR MARK EACH PIECE OF BAGGAGE clearly, with camper's name.
6. Your child's counselor will assist in the proper care of belongings as much as possible, although the camper has the primary responsibility for taking care of items.
7. Regardless of how careful we try to be, it is inevitable that some clothing and articles will be misplaced. Proper identifying marks will greatly assist us in returning the articles to their proper owners. CAMP NAN A BO SHO IS NOT RESPONSIBLE FOR LOSS OF ARTICLES. CAMPERS ARE ENCOURAGED NOT TO BRING VALUABLE ITEMS TO CAMP.
9. **LOST AND FOUND** items left at camp may be picked up at the Appleton YMCA lower lobby desk one week after your child's return from camp. Because of the volume of lost and found accumulated each summer camp does not call individual campers to inform them of items found. All lost and found items (including unclaimed packages) will be held until SEPTEMBER 15th. After that date they will be donated to a charity.

WHAT TO BRING: Campers at Camp Nan A Bo Sho sleep in cabins. Each cabin has double deck bunks and mattresses. Campers must provide their own pillow and sleeping bag/bedding. Sturdy, comfortable clothes are encouraged. Laundry service is not provided, except for emergencies. Old tennis shoes, the type parents like to throw away, are the suggested footwear for canoe trips. A checklist is on the reverse side for your convenience.

DO NOT BRING: FIREWORKS, KNIVES, GUNS, BULLETS, ILLEGAL DRUGS, ALCHOL, TOBACCO PRODUCTS, EXPENSIVE JEWELRY, RADIOS, IPODS/MP3 PLAYERS, SODA, "JUNK FOOD," CELLULAR PHONES, ELECTRONIC GAMES, OR LAPTOP COMPUTERS.

CLOTHING AND EQUIPMENT LIST

The following is a list of clothing and equipment your son/daughter will need for the summer camp experience at YMCA Camp Nan A Bo Sho. The staff at Camp strongly suggest that you borrow any items you do not personally own. Poison ivy does grow on the property. Although we try to avoid infested areas, it is best to keep skin covered... long pants, socks, and long sleeve shirts (no sandals). These are also good protection against ticks.

CLOTHING AND EQUIPMENT (The older the better)

- _____ sleeping bag
- _____ small pillow
- _____ pajamas
- _____ towels and wash cloths
- _____ socks
- _____ 2 pair tennis shoes (old) / Aqua Socks
- _____ shorts
- _____ jeans/pants
- _____ swimming suit
- _____ T-shirts
- _____ long sleeve shirts
- _____ sweat shirt
- _____ underwear
- _____ sweater or jacket
- _____ hat
- _____ raincoat or poncho and rain hat
- _____ flashlight
- _____ toilet articles (toothpaste, toothbrush, soap, shampoo, carrying case, etc.)
- _____ insect repellent
- _____ water bottle
- _____ sun screen (protection of 15 or better)
- _____ plastic (garbage) bag for dirty/wet laundry (please mark this bag distinctly)

OPTIONAL

- _____ pencils and notebook
- _____ fitted sheet (to cover mattress)
- _____ book
- _____ camera (disposable)
- _____ slippers and bathrobe
- _____ sunglasses
- _____ stamps/postcards
- _____ white T-shirt for tie-dying (when available)

*This is a suggested guideline for one week at camp. For longer sessions, plan accordingly.

YMCA Camp Nan A Bo Sho
Parent/Counselor Confidential Form

Parents: Please complete this form for the purpose of helping staff to quickly understand your camper. The information requested on this form is for the use of necessary camp staff only. ALL INFORMATION IS KEPT CONFIDENTIAL. Information gathered on this form will help our staff better meet your child's needs.

Camper's Name: _____ Boy Girl Birthdate ____/____/____ Age _____

School _____ Grade: _____

Number of brothers ____ Ages: _____ Number of sisters _____ Ages _____

Who made the decision for your child to come to camp: Parent _____ Camper _____ Both _____

Reason your child will attend camp? _____

Has your child previously attend Camp Nan A Bo Sho? No Yes This will be his/her _____ summer at NABS.

Describe your child's personality: _____

Does your child make friends easily? No Yes Does your child adapt well to new situations? No Yes

What is your child's attitude toward adults? Friendly Resentful Indifferent Helpful Show-off Other

Dietary concerns: Diabetic Lactose Intolerance Vegetarian Picky Eater Other _____

Does your son/daughter have a tendency to, or fear of: Nervousness Earaches Sleep walking Bedwetting

Homesickness Other _____

Child's Responsibilities: Tidies own bed, clothes, room Garden or lawn work Errands Paper route

Washes/Dries dishes Earns spending money Takes care of pet(s) Other _____

Child's hobbies: _____

Are there any home situations we should be aware of? _____

What, if any behavior problems might we experience with your child? _____

Ideas for staff on how to handle these situations _____

Are there things we could help your child learn while at camp? _____

Child's swimming ability Non-swimmer Fair Good Excellent

Additional comments: _____
