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FOR HEALTHY LIVING  
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A FRIEND  
& SAVE  
\$100!**

**THE BANGOR REGION YMCA  
CAMP JORDAN  
SLEEP AWAY CAMP HANDBOOK**



**DIRECTIONS**

**101 Camp Jordan Way, Ellsworth, ME 04605**

**TO THE BANGOR REGION YMCA CAMP JORDAN FROM BANGOR & I95**

Take the 395 exit off Interstate 95, heading east on Route 1A toward Ellsworth and Bar Harbor. Travel approximately 15 miles on Route 1A and watch for a Camp Jordan sign on your right. Turn right onto Winkumpaugh Road and continue for approximately 0.5 miles. Turn left at the Camp Jordan sign on Hansons Landing Rd. Travel approximately 0.5 miles until you see our sign on the right. Turn into the driveway and proceed to the parking lot. Please do not drive beyond the parking lot.

**TO THE BANGOR REGION YMCA CAMP JORDAN FROM ELLSWORTH**

Take Route 1A toward Bangor for 10.2 miles from the intersection of Route 1 and 1A in Ellsworth. Turn left onto Winkumpaugh Road and continue for approximately 0.5 miles. Turn left at the Camp Jordan sign onto Hansons Landing Rd. Travel approximately 0.5 miles until you see our sign on the right. Turn into the driveway and proceed to the parking lot. Please do not drive beyond the parking lot.

**If you do not find the answer you need here, please give us a call at 207-944-4532 or 207-941-2808**

# SAMPLE DAILY SCHEDULE

## ARRIVAL AND REGISTRATION

Our Check-in procedures this summer may change as we get closer to the start of our summer camps, the most up-to-date drop off information will be emailed to you a week prior to your arrival to Camp Jordan.

### CHECK-IN TIMES

We will ask you to arrive at the following times based on the last name of your camper(s). If you have campers in your vehicle with different last names, we ask you to arrive at the 3 p.m. check-in slot.

**2 p.m. A-M**

**3 p.m. N-Z**

Please use our online portal as much as possible to complete forms, make payments, or add funds to your child's store account.

### CHECK-OUT

Check-out will begin after Breakfast on Saturday at 9:30 a.m.



## CAMP HEALTH CARE

We are required to screen all campers upon registration to ensure that they are healthy enough to participate in camp activities with other children.

Although, our registration schedule should keep lines to see the nurse short, campers with medication **MUST** see the nurse prior to arriving to their cabins. We make every effort to keep the process quick, and to provide a private area for families to give medications to our Health Officer. We encourage families with extensive medical needs to give our Health Officer a phone call a week before your session so we can review your child's health records together, and we can make your check-in as quick as possible.

All over the counter medication and vitamins must also be given to the camp nurse.

If you do not find the answer you need here, please give us a call at 207-944-4532 or 207-941-2808.

**7:30 AM** RISE AND SHINE

**8:15 AM** MORNING MEETING & SPARKS

**8:30 AM** BREAKFAST

**9:15 AM** CABIN / CAMP CLEAN-UP

**10:00 AM** FIRST ACTIVITY PERIOD

**11:00 AM** SECOND ACTIVITY PERIOD

**12:00 PM** AFTERNOON MUSTER

**12:15 PM** LUNCH

**1:00 PM** SIESTA

**2:00 PM** CABIN GROUP ACTIVITIES

**3:30 PM** THIRD ACTIVITY PERIOD

**4:30 PM** FREE TIME

**5:15 PM** EVENING MUSTER

**5:30 PM** DINNER

**6:30 PM** CABIN TIME / EVENING ACTIVITY PREP

**7:00 PM** EVENING ACTIVITY

**8:30 PM** TAPS / CABIN TIME

**9:30 PM** YOUNGER CAMPERS LIGHTS OUT

**10:00 PM** OLDER CAMPERS LIGHTS OUT

## CLASS SELECTION



**Each session, a camper chooses three activities that they will participate in each day.** Our website provides summaries of the many activities we provide. Activities are scheduled based on qualified staff availability and camper demand. Not every activity is offered every

session, and no activity is offered during every time slot. Campers will register for their classes after arriving at camp.

We want children to try activities that they are interested in and enjoy, and we will always do what we can to work with a child to find a schedule that works best for them. All campers are given the opportunity to switch classes through Wednesday at noon if they are placed in one they do not enjoy.

## CAMPING TRIP



Some cabins may choose to participate in an overnight camping trip. All camping trips take place on camp property. **Please ensure you pack a backpack, sleeping bag and an extra pillow case.**

## CABIN ASSIGNMENTS



Campers are assigned to cabins based on age and gender. Though we encourage campers to make new friends, we allow campers up to one cabin mate request. The requests must be mutual and made when registering online.

## CHECK-OUT PROCEDURES



Your child's safety and security is our number one priority. **In order to ensure that all children remain in the proper hands, we require all parents/guardians to bring a Photo ID with them when collecting their child at the end of each session.** When your child arrives at camp, our counselors will give you an

opportunity to note all of the names of appropriate people who may be checking your child out of camp. If your child will be leaving with another parent/guardian, a different family member, or a friend, be sure to write their name in the space given.

## VISITING



**We ask that parents/guardians do not visit camp during the sessions.** Keeping visitors to a minimum helps us to ensure camp security, and visits disrupt our daily program.

## MAIL



Everyone loves mail!! Letters from home are the most welcome form of communication. Campers will also have the opportunity to send letters home; we will send camper mail out Monday – Thursday of the week to ensure proper delivery time. Please keep in mind, if mail is received at

camp on Saturday, there is no guarantee your camper will receive it before departure. We are not responsible for undelivered camp mail and will not be able to return to sender.

Be sure to indicate the cabin name on any letters or packages you send your camper: **Camper Name, Cabin Name, 101 Camp Jordan Way, Ellsworth, ME 04605**

## PHONE CALLS



We acknowledge that a week or more away from home may be difficult for some campers. **We generally discourage calls from phone.** That being said, if an encouraging phone call home may be helpful for a homesick camper, we will communicate with you to make this happen in the most successful way possible. If you would like an update on your

camper, feel free to call the camp at **207-944-4532** and we will connect you with your camper or their counselors.

## CELL PHONES



**Please do not allow your camper to bring a cell phone with them to camp.** Remind your child that they can call you at any time, for any reason. If a camper ever feels the need to call home, asking a counselor to bring them to the office is a great way for us to gain some insight into how their experience is going, and how we can help.

## NO NUTS PLEASE!



**Children attend camp with various health needs and dietary restrictions.** One of the most common allergies relates to the consumption of nuts. Although The Bangor Region YMCA Camp Jordan is not a nut-free facility, there are a number of measures we can take to make The

Bangor Region YMCA Camp Jordan an allergy friendly place.

## PHOTOGRAPHY



Our staff members are constantly taking photos of campers which are posted to our **Camp Jordan Bunk1 account 2-3 times a week.** More Bunk1 information will be emailed to you prior to your child's week at Camp Jordan.

## SOCIAL MEDIA

Follow along with Camp Jordan Year Round!



bangor\_y\_camp\_jordan



facebook.com/bangorymca.campjordan

# CAMP HANDBOOK

## PACKING LIST

Each camper should have enough clothes for the duration of their session. Below is our recommended clothing list for up to two weeks of camp. If your camper is participating in a one-week session, use your judgment on numbers of socks, T-shirts, etc. based on your child's habits. Campers staying for more than one session will have their laundry washed on the weekend.

Please do not send your child in their best clothes. **Write their name on the tags of clothing** to help prevent the loss of personal items. While our counselors consistently remind campers to take care of their clothing, their bathing suits, their towels, and all other belongings, **summer camp is an opportunity for great personal growth, and campers need to take some responsibility for themselves and their belongings. Take the time to talk with your camper about being responsible for the items listed below. If your child does not have a large suitcase or trunk, a large plastic tub is a very easy way for your child to store their belongings at camp.**

If there is any item on this list that your family cannot financially acquire, please give us a call and we will work it out!

### CLOTHING

X	ITEM	QUANTITY	NOTES
<input type="checkbox"/>	Socks	Daily change +3	Campers may get wet from rain or other fun activities.
<input type="checkbox"/>	Underwear	Daily change +3	Campers may get wet from rain or other fun activities.
<input type="checkbox"/>	Long Pants	3 or 4 pairs	
<input type="checkbox"/>	Shorts	3 or 4 pairs	
<input type="checkbox"/>	Sweatshirt or fleece	2	
<input type="checkbox"/>	<b>Raincoat</b>	1	Activities will be happening rain or shine!
<input type="checkbox"/>	Sandals/Shower Shoes	1 pair	
<input type="checkbox"/>	Sneakers	2 pairs	Sneakers often get wet.
<input type="checkbox"/>	Swimsuit	2 or 3	All suits should be appropriate for active play at the Waterfront.
<input type="checkbox"/>	Belt	1	
<input type="checkbox"/>	Hat	1	
<input type="checkbox"/>	Pajamas	3 or 4 outfits	
<input type="checkbox"/>	Warm Jacket	1	
<input type="checkbox"/>	Tops	6 or 7	We suggest packing 1 red and 1 blue top for capture the flag team colors.
<input type="checkbox"/>	Glasses/Sunglasses	1	

### EXTRAS/OPTIONAL

X	ITEM	QUANTITY	NOTES
<input type="checkbox"/>	Quiet time activities	Up to you	Campers will have an hour of Siesta and time before bed. We suggest books, coloring books or cards.
<input type="checkbox"/>	Fan	1	Battery powered is preferred, but we do have outlets.
<input type="checkbox"/>	Stationary, Pens and Stamps	Up to you	We cannot provide stamps. Pre-addressed envelopes are helpful to young campers.
<input type="checkbox"/>	Snacks	Up to you	Snacks can provide great bonding in the cabin during Siesta and before bed. Please do not pack any peanut products. Ensure snacks can be stored properly to avoid critters.

### TOILETRIES/BEDDING/OTHER

X	ITEM	QUANTITY	NOTES
<input type="checkbox"/>	Camper Medications		See Camp Health Care on page 2.
<input type="checkbox"/>	Toothbrush	1	
<input type="checkbox"/>	Toothpaste	1 tube	
<input type="checkbox"/>	Shampoo/Conditioner/Soap or Body Wash	1 bottle	
<input type="checkbox"/>	Deodorant	1	
<input type="checkbox"/>	Feminine Product		
<input type="checkbox"/>	Comb or brush	1	
<input type="checkbox"/>	Washcloths	2	
<input type="checkbox"/>	Towels	2 or 3	
<input type="checkbox"/>	Pillow	1	
<input type="checkbox"/>	Pillow Case	2	Pillow cases may get dirty on the camping trip.
<input type="checkbox"/>	Sleeping Bag/Twin Bedding	1	Sleeping bags work best for any overnight camping trips; extra blankets help if cabins/sleeping bags are too warm or cool.
<input type="checkbox"/>	Sheets	1 pair	Some campers just bring a bottom sheet. That is up to you.
<input type="checkbox"/>	Flashlight	1	You may want to send your child with extra batteries.
<input type="checkbox"/>	Stationary, Pens & Stamps		Quantity up to you. We cannot provide stamps for campers.
<input type="checkbox"/>	Insect repellent	1 bottle	Non-aerosol.
<input type="checkbox"/>	Sunscreen	1 bottle	
<input type="checkbox"/>	Water Bottle	2 or 3	Please write your child's name on their water bottles.
<input type="checkbox"/>	Laundry Bag	1	If using the laundry service, please send labeled cloth/mesh laundry bag.
<input type="checkbox"/>	Backpack	1	For day-to-day use and for camping trip.

### PLEASE DO NOT BRING

**Cell phones, iPods or any other electronic devices, camera, gum, pocket knives, or valuables.**

All of the above items will be confiscated, kept in the camp office, and returned at the end of the session.