

**RECRUIT  
A FRIEND  
& SAVE  
\$100!**

**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**

# 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

| <input type="checkbox"/> | 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 pair     |   |
| <input type="checkbox"/> | Shorts               | 3 or 4 pair     |   |
| <input type="checkbox"/> | Sweatshirt or fleece | 2               |   |
| <input type="checkbox"/> | <b>Raincoat</b>      | 1               |   |
| <input type="checkbox"/> | Sandals              | 1 pair          |   |
| <input type="checkbox"/> | Sneakers             | 2 pair          | 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"/> | T-shirts             | 6 or 7          | Red, blue, green, yellow and white t-shirts for Capture the Flag and other camp wide activities |

### PLEASE DO NOT BRING

**Cell phones, iPods or any other electrical devices, cameras, gum, pocket knives, or any valuables.**

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

### TOILETRIES/BEDDING/OTHER

| <input type="checkbox"/> | ITEM                      | QUANTITY | NOTES   |
|--------------------------|---------------------------|----------|---|
| <input type="checkbox"/> | Toothbrush                | 1        |   |
| <input type="checkbox"/> | Toothpaste                | 1 tube   |   |
| <input type="checkbox"/> | Shampoo                   | 1 bottle |   |
| <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              | 1        |   |
| <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"/> | Fan                       | 1        | Battery powered are preferred, but we do have outlets                   |
| <input type="checkbox"/> | Water Bottle              | 2 or 3   | Please write your child's name on their water bottle                    |
| <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                                 |

The Bangor Region YMCA is not responsible for any lost or damaged personal items.



## 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**



## TELEPHONE CALLS

We acknowledge that a week or more away from home may be difficult for some campers. **We generally discourage phone calls from home to help campers fully immerse in their experience.**

That being said, if an encouraging phone call home might help a camper, we will be happy to let them call you from our office. If you would like an update on your camper, feel free to call the camp at **207-944-4532** and we will either connect you with your camper or with one of their counselors.



## CELLULAR 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 does not

guarantee that all foods served at and brought to our facility are prepared in nut-free environments, 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

Photos and videos are posted regularly on Facebook and Instagram.



bangor\_y\_camp\_jordan



facebook.com/bangorymca.campjordan

## 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 3pm check-in slot.

**2pm A-H**

**3pm I-N**

**4pm O-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 9:30am

## CAMP HEALTHCARE



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, it is important that campers with medication 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.

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

**7:30 AM** RISE AND SHINE

**8:15 AM** FLAG RAISING & CHAPEL

**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** FLAG POLE / 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** FLAG POLE / 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

**BANGOR REGION YMCA • Lifting People. Strengthening Community.**

17 Second Street, Bangor, ME 04401 • 207-941-2808 • bangory.org