

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



## POLAR PENTATHLON

The Polar Pentathlon has been a part of the Leaders School experience since 2003 and is designed as the ultimate test of the physical, cognitive and reflective attributes of successful Leaders. The Pentathlon is a long-term process, designed to span the length and breadth of a typical Leaders School career. Participation is not required; rather, the Pentathlon is catered primarily toward more experienced Leaders looking to push themselves to their absolute limits.

CHALLENGE	HIGH SCHOOL DISTANCE	MIDDLE SCHOOL DISTANCE
Swim to The Cow & The Calf	2 miles (there & back)	1 mile
Intense Mountain Bike Experience	20 miles	10 miles
Run to the top of Bald Mountain	10 miles (there & back)	5 miles
Paddle from Pine Point to Dam	10 miles (there & back)	5 miles
48 Hour Solo	Only eligible after successfully completing the Swim, Bike, Run and Paddle	N/A

Each participant will be expected to take an active role in both the planning and execution of every portion of their Pentathlon, most notably the solo. Staff are available to counsel the participants in terms of preparation, safety, and logistics. Proper training is paramount to a successful Pentathlon experience.

Leaders planning to participate in the Polar Pentathlon should be training for their event(s) prior to coming to camp.

If you have any question or want to learn more, please email us at [campjordan@bangory.org](mailto:campjordan@bangory.org). This will help you prepare for your event and ensure that you are ready to meet the challenge!

## CLASSES

At Leaders School there are four class sessions, two on Thursday and two on Friday, giving campers the opportunity to experience a variety of traditional and unique camp classes. Classes are selected on the first night of camp and taught by our fantastic staff members. Classes change every year but usually fall into the following categories of Arts and Crafts, Sports, Water, Values and Nature.

## 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 Winkumpough Road and continue for approximately 0.5 miles. Turn left at the Camp Jordan sign on Hanson's 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

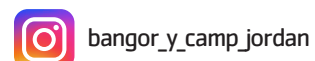
Take Route 1A toward Bangor for 10.2 miles from the intersection of Route 1 and 1A in Ellsworth. Turn left onto Winkumpough Road and continue for approximately 0.5 miles. Turn left at the Camp Jordan sign on Hanson's Landing Rd. Travel approximately 0.5 miles until you see our sign on the right. Turn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

## RECRUIT A FRIEND & SAVE \$100!

For every **NEW CAMPER** you refer, you will receive **\$100 off your registration fee!** Tell your friends to make sure they say you referred them when they register online.

## SOCIAL MEDIA

Photos and videos are posted regularly on Facebook and Instagram.



## THE BANGOR REGION YMCA

# CAMP JORDAN

## LEADERS SCHOOL CAMP HANDBOOK

Welcome to The Bangor Region YMCA Camp Jordan! We hope that this guide answers all of your questions. If you do not find the answer you need here, please give us a call at 207-944-4532 (during camp season) or 207-941-2808 (during off-season).

## LEADERS SCHOOL GRADUATION CEREMONY



The Leaders School Graduation Ceremony is held on Saturday morning from 9:30am to 11:30am. Parents/Guardians, you may want to bring your own lawn chairs. Please do not arrive prior to 9:30am; Leaders will be eating breakfast. Weather permitting, we will hold this ceremony outside and seating is limited!

## MAIL



Everyone loves mail! Letters from home are the most welcome form of communication. Be sure to indicate the cabin name, and mail to: **Camper Name, Cabin Name, 101 Camp Jordan Way, Ellsworth, ME 04605**. Letters postmarked later than Tuesday may not arrive before the end of camp.

## TELEPHONE CALLS



Leaders School is an opportunity for your Leader to find success outside of their comfort zone. We generally discourage phone calls from home to help campers fully immerse in their experience. If your Leader feels the need to call you during the week, let them know to speak with a counselor and if a call home appears needed, we will certainly let them give you a call. If you would like an update on your Leader, feel free to call the camp at 207-944-4532.

## VISITING



**We ask that parents/guardians do not visit camp during the sessions.** Keeping visitors to a minimum helps us to maintain daily schedules and enhances camp safety and security.

## CELLULAR PHONES



**Please do not allow your Leader to bring a cell phone or any electronics (iPods, iPads, etc.) with them to camp.** It is important that Leaders are completely focused on their experience and free from technology that can be both distracting and consuming.

## NO NUTS PLEASE!



**Nut allergies are one of the most common allergies.** Although The Bangor Region YMCA Camp Jordan does not guarantee that all foods served at and brought into our facilities were prepared in nut-free environments, there are a number of measures we take to make the The Bangor Region YMCA Camp Jordan as nut-free as possible. We will not be serving foods with nuts in them, and please do not send your child to camp with nuts or nutty snacks.

## ARRIVAL AND REGISTRATION

- **Both Middle and High School Leaders School weeks registration begins at 11:30am on Sunday.**
- The first served meal will be dinner, so please be sure your Leader has eaten lunch.
- We will be setting up for Check-In the morning of so please do not arrive before 11:30am.
- Please be sure to bring the required gear for your trip! As always, we will be checking your gear at registration. If you come unprepared, parents/guardians will be asked to get the required missing gear.

## CHECK-OUT PROCEDURES

Your child's safety and security is our number one priority. To ensure that all Leaders leave with their parent/legal guardian, we require all parents/guardians bring a Photo ID with them when picking up their Leader at the end of each session. When your Leader arrives, our counselors will give you an opportunity to note all of the names of appropriate people who may assume responsibility for Leader pick up. If your Leader will be leaving with another parent/guardian, a different family member, or a friend, be sure to write their name in the space given.

## CAMP HEALTH CARE

**We screen all campers upon registration to ensure that they are healthy enough to participate in camp activities.**

We strive for a registration process that is as efficient as possible, only those campers with medications, questions, or concerns need to see the Health Officer, not all campers prior to arriving at their cabins. We make every effort to provide a private area for families to give medications to our Health Officer, and we encourage families with special concerns or questions about their camper's medication or medical condition to give our Health Officer a phone call a week prior to your Leader's session.

## 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.

## TRIP DESCRIPTIONS

Leaders School uses the SAFE Model for our classes and trips. The SAFE Model, Safety Active Facts Equipment, is a framework utilizing aspects of several nationally respected outdoor and experiential education models.

In Middle School Leaders, participants build healthy habits, form strong interpersonal relationships, and overcome challenges. As they move into High School, we will offer a more developmentally appropriate design that allows healthy risk taking, fosters independence, and encourages a balance between respect for self and external relationships.

We encourage Leaders to experience trips in each of the four categories during their time in the program. These experiences build on the trip and class progressions from Middle School Leaders School, and takes the challenge to the next level. While the experience will be most powerful when taken from beginning to end, our staff and the cabin groups will quickly bring new Leaders into the fold regardless of when they are starting!

TRIPS	DESCRIPTION	HIGH SCHOOL	MIDDLE SCHOOL	FOCUS
<b>Hiking Trips</b>	The hiking experiences give Leaders the opportunity to experience some of Maine's premier wilderness areas while learning camp craft, LNT Ethics, trip planning, SAFE group management, and Backcountry first aid.	<ul style="list-style-type: none"> <li>• Katahdin (Advanced)</li> <li>• Bigelow Backpack (Advanced)</li> <li>• Baxter Matagamon (Moderate)</li> <li>• Bigelow Flagstaff (Moderate/advanced)</li> <li>• KWW National Monument (Moderate)</li> <li>• Cadillac Mtn. S. Ridge (Moderate)</li> <li>• Gorham Mtn. Loop (Advanced)</li> </ul>	<ul style="list-style-type: none"> <li>• KWW National Monument (Beginner/Moderate)</li> <li>• Gulf Hagas (Beginner)</li> <li>• Acadia (Beginner/Moderate)</li> <li>• Tumbledown Backpack (must have been on a previous hiking trip/ 7th or 8th grade)</li> </ul>	<ul style="list-style-type: none"> <li>• Camp Cooking</li> <li>• Navigation</li> <li>• LNT Ethics</li> <li>• Expedition Strategies</li> <li>• Trip Planning</li> <li>• Shelter Building</li> <li>• Wilderness First Aid</li> <li>• Fire Building/Survival</li> <li>• Group Facilitation</li> </ul>
<b>Rocks &amp; Ropes</b>	Rocks and Ropes is all about slaying dragons and challenging yourself. Self-motivation, communication, and group facilitation are all part of the experience.  Classes will cover the skills necessary to climb confidently and safely, including knot identification and application, movement, safety procedures, belay, and anchor systems. This group will climb at Eagle Bluff and Parks Pond in Clifton.	<ul style="list-style-type: none"> <li>• Rocks 1 (Beginner/Moderate)</li> <li>• Rocks 2 (Moderate/Advanced)</li> </ul>	<ul style="list-style-type: none"> <li>• Clifton Craigs (Beginner/Moderate)</li> </ul>	<ul style="list-style-type: none"> <li>• Safety Procedures</li> <li>• Equipment ID</li> <li>• Knot ID &amp; Application</li> <li>• Communication</li> <li>• Belay Techniques</li> <li>• Movement</li> <li>• Rappelling/Ascending</li> <li>• Anchor Systems</li> <li>• Hi-Ropes Facilitation</li> </ul>
<b>H2O</b>	The water trips will give Leaders the tools to tackle the rivers, lakes, streams, and coastlines of Maine. Classes will focus on the skills required to maneuver canoes, travel safely, navigate confidently, and manage groups on the water.	<ul style="list-style-type: none"> <li>• Advanced Canoe</li> <li>• St. Croix Canoe (Beginner/Moderate)</li> </ul>	<ul style="list-style-type: none"> <li>• Great Pond Mountain (Beginner)</li> <li>• Donnell Pond (combo paddle &amp; hike)</li> <li>• Mooselookmeguntic (moderate paddle)</li> </ul>	<ul style="list-style-type: none"> <li>• Boat Safety</li> <li>• General Knowledge</li> <li>• Paddling Techniques</li> <li>• Stroke Selection</li> <li>• Rescues</li> <li>• Whitewater</li> <li>• Water Navigation</li> <li>• Trip Planning</li> <li>• Knots &amp; Trailering</li> </ul>
<b>Biking</b>	This is not for beginners, but if a Leader has the drive, they can do it! Leaders should start training early in the summer. Rental bikes will be provided to all participants.	<ul style="list-style-type: none"> <li>• Acadia 100 mile road bike</li> <li>• Spring Lake Bike, paddle, and hike!</li> </ul>	<ul style="list-style-type: none"> <li>• Spring Lake Bike, Paddle and Hike!</li> </ul>	<ul style="list-style-type: none"> <li>• Navigation</li> <li>• Equipment Maintenance</li> <li>• Safety Procedures</li> <li>• Trip Planning</li> <li>• Group Management</li> <li>• First Aid</li> </ul>

Classes will now be chosen on the first night of camp. For some trips, precise routes are determined closer to the beginning of camp based on group numbers and weather. If you have any questions please feel free to contact The Bangor Region YMCA.

## GENERAL PACKING LIST

Each Leader should have enough clothes for one week. Below is our recommended clothing list. Once your Leader's trip is confirmed, please give extra attention to the trip packing list to ensure that nothing is forgotten. Please do not send your Leader in their best clothes. If your child does not have a large suitcase or trunk, a large plastic tote is a very easy way for your Leader to store their belongings at camp. If there is any item on this list that your family cannot financially acquire, please give us a phone 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	2 or 3 pairs	
<input type="checkbox"/>	Shorts	2 or 3 pairs	
<input type="checkbox"/>	Sweatshirt or fleece	2	
<input type="checkbox"/>	Raincoat + rainpants	1	
<input type="checkbox"/>	Sandals	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 on trips and 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	Daily Change	
<input type="checkbox"/>	Costumes	2	For 1st year pajama parade and evening activities.

### TOILETRIES/BEDDING/OTHER

X	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	In case of rain
<input type="checkbox"/>	Pillow	1	
<input type="checkbox"/>	Pillow Case	2	Your first pillow case will get dirty on Challenge Day.
<input type="checkbox"/>	Sleeping Bag	1	
<input type="checkbox"/>	Sheets	1 set	Some campers just bring a bottom sheet. That is up to you.
<input type="checkbox"/>	Flashlight	1	You may want to send your Leader 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	2-3	Please write your child's name on their water bottle

## TRIP PACKING LISTS

### ROCKS & ROPES

#### REQUIRED:

- Good hiking boots or sturdy sneakers to get to and from the climbing sites
- Day pack
- Rain gear tops & bottoms (must be waterproof!)
- 2 pairs of wool or wool-blend socks
- 1 fleece or wool sweater
- 1 pair of shorts (loose fitting)
- 1 pair of pants (loose fitting)
- 2 T-shirts
- Hat
- Warm gloves
- Sleeping bag
- 1-2 water bottles (32 ounces each)
- Mess kit (bowl, spoon, travel mug, or cup)
- Positive attitude

#### RECOMMENDED:

- Sunscreen
- Insect repellent
- Bathing suit & towel
- Sandals for camp (not hiking)

#### OPTIONAL:

- Sleeping pad
- Climbing harness (will be provided, but bring your own if you want)
- Climbing shoes (will be provided, but bring your own if you want)

### HIKING

#### REQUIRED:

- Good hiking boots (at least ankle-high)
- Backpack that will hold the following gear and your food (either internal or external frame- at least 2,600 cu in)
- Rain gear tops & bottoms (must be waterproof)
- 3 pairs of wool or wool-blend socks
- 1 fleece or wool sweater
- 1 pair of shorts
- 1 pair of pants
- 2 T-shirts
- Hat
- Warm gloves
- Compressible sleeping bag
- 2-3 water bottles (32 ounces each)
- Mess kit (bowl, spoon, travel mug, or cup)
- Positive attitude

#### RECOMMENDED:

- Sunscreen
- Insect repellent
- Bathing suit & towel
- Sneakers or sandals for camp (not hiking)

#### OPTIONAL:

- Water filter
- Sleeping pad
- Gaiters

#### DO NOT BRING:

- Anything not necessary which will add weight to your pack

### BIKING

#### REQUIRED:

- Cross-training or Mountain bike with toe clips or clip-in pedals. Bikes must also have quick release front and rear wheels.
- Bike helmet
- Biking gloves
- Rain gear (must be waterproof)
- Sturdy sneakers
- 3 pairs of wool or wool-blend socks
- 1 fleece or wool sweater
- 1 pair of shorts
- 1 pair of pants
- 2 T-shirts
- Hat
- Warm gloves
- Day pack
- Sleeping bag
- 1-2 water bottles (32 ounces each)
- Mess kit (bowl, spoon, travel mug, or cup)
- Positive attitude

#### RECOMMENDED:

- Camelback or similar hydration system
- Bike tools
- Sunscreen
- Insect repellent
- Bathing suit & towel
- Sneakers or sandals for camp

#### OPTIONAL:

- Sleeping pad

### H2O

#### REQUIRED:

- Good hiking boots or sturdy sneakers
- Rain gear tops & bottoms (must be waterproof)
- 2 pairs of wool or wool-blend socks
- 1 fleece or wool sweater
- 1 pair of shorts (not cotton)
- 1 pair of pants (not cotton)
- 1 bathing suit
- 2 T-shirts
- Sandals or some other kind of submersible footwear that will not fall off (Teva, Chaco, Keen, etc.)
- Sleeping bag
- Sunscreen
- 1-2 water bottles (32 ounces each)
- Mess kit (bowl, spoon, travel mug, or cup)
- Positive attitude

#### RECOMMENDED:

- Insect repellent
- Sneakers or sandals for camp (not hiking)
- Dry bags

### PLEASE DO NOT BRING

Cell phones, iPods or any other electrical devices, gum, snacks with nuts, and valuables. All of these listed items will be confiscated, kept in the camp office, and returned at the end of the session. If you do not find the answer you need here, please give us a call at 207-944-4532 (during camp season) or 207-941-2808 (during off-season).

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