

# CAMP NAMANU

## CAMPER GUIDE 2025

This guide belongs to: \_\_\_\_\_



# Welcome Letter:

Hi Camper!

We are SO excited to welcome you to Camp Namanu this summer! Get ready to make new friends, try awesome activities, explore the outdoors, and have tons of fun. You are going to be part of a magical tradition that has lasted for over 100 years!

If it's your first time at camp, don't worry. We're here to help you every step of the way. If you're a returning camper, welcome back! We can't wait to see what adventures you go on this summer.

See you on the Sandy,  
TAVIE (Camp Director)

**Write or draw what you are most excited about:**

I'm excited to...

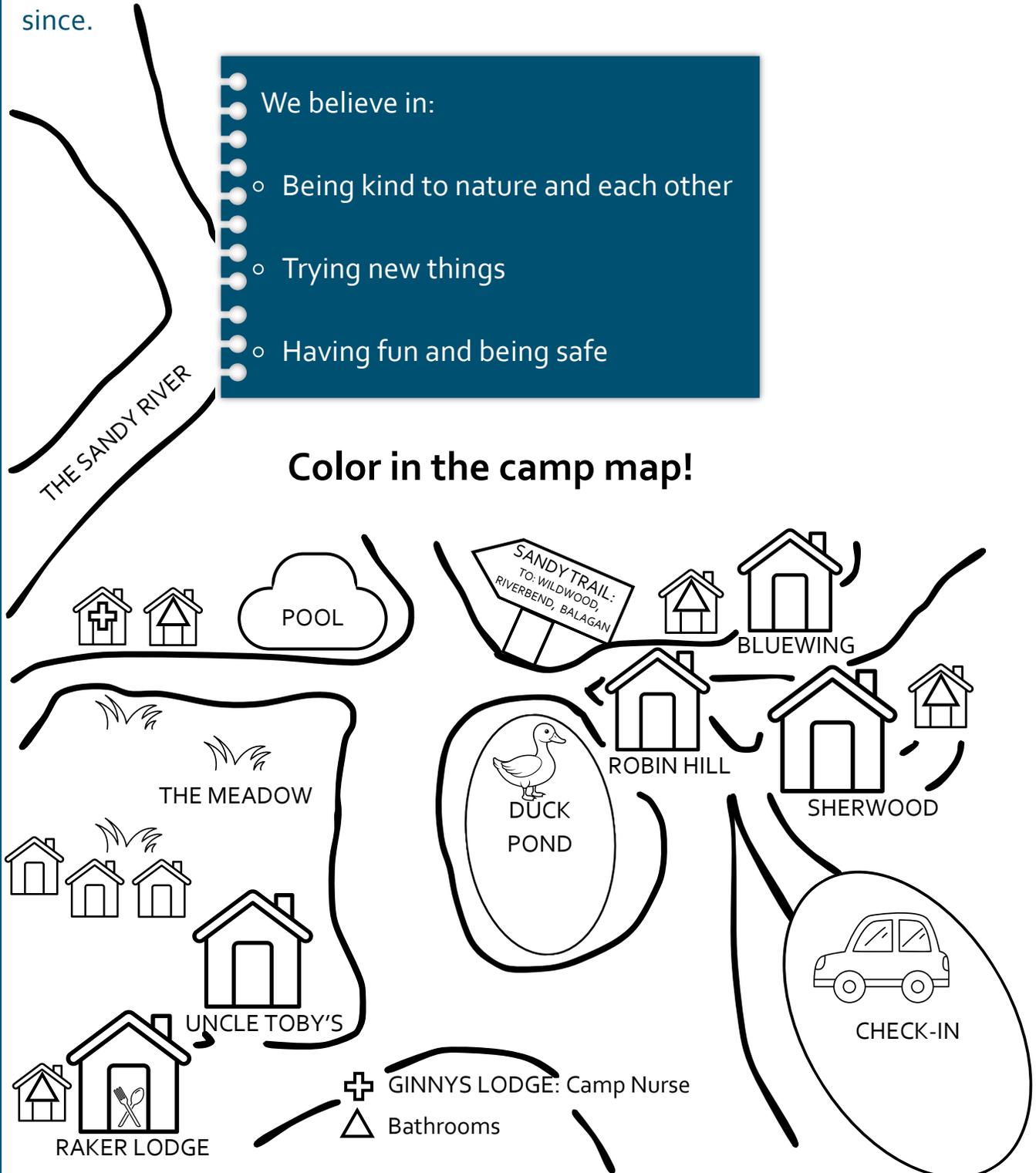
# What is Camp Namanu?

Camp Namanu is a very special place tucked in the Oregon forest by the Sandy River. It began in 1924 and has been a place for adventure and friendship ever since.

We believe in:

- Being kind to nature and each other
- Trying new things
- Having fun and being safe

Color in the camp map!



# Where you'll eat!

Most of the time we will eat here, in Raker Lodge! Sometimes, when we have a lot of campers, some of us will sit outside!



At least once a week, you will do a cookout with your cabin or unit! This is when we cook our meal over a fire or on a camp stove. Your counselors will be trained on how to do this and you will get to help out!

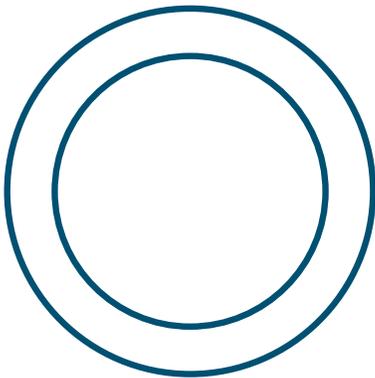


# How the meals work!

When we are eating in Raker Lodge, we will line up in front of the building before the meal while one unit takes their turn to set up the dining hall. This is called Kitchen Party or KP!

Other meals you will eat in your unit. You can pick any seat in your units area and the staff will direct you!

Fill the plate with your favorite foods!



Some meals are open seating where you can sit in any open bench seat. The heads of the tables are reserved for staff!

When we get to our seats, we don't sit down quite yet. First we sing our song of thanks!

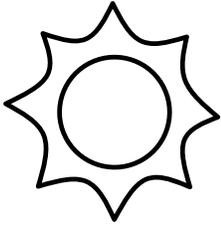
We eat family style which means that one person from each table will pick up a big plate with all of the food, and we will pass it around the table and each take what we want!

If you have any dietary needs, the amazing kitchen staff will make you food that will accommodate them!

**The dining hall can sometimes be loud and crowded so here are some tips:**

- When someone is making an announcement, turn your voice off
- When moving around the dining hall, follow the KP route that will be demonstrated on the first day
- If you get overstimulated or overwhelmed by the noise, there is a sensory table outside! Just ask your counselor if you can go so they know where you are!

# Average Daily Schedule



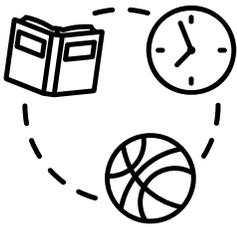
## WAKE-UP 7:30AM

- Your counselor will let you know what you should wear for the day!
- If you don't have a bathroom in your cabin, your counselor will take you there to brush your teeth!
- Sometimes we will do an all camp activity in the morning!



## BREAKFAST 8:15AM

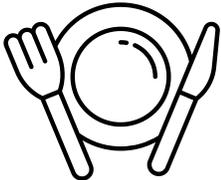
Once a week your cabin will help out the Gears with setting up the dining hall for one meal. This activity is known as Kitchen Party or KP!



## MORNING ACTIVITIES

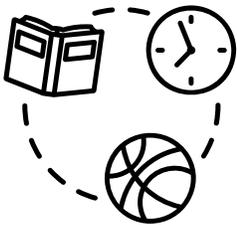
Junior Units: Duck Pond Boating, Arts and Crafts, fairy house building, etc.

Senior Units: Low Ropes, Weavery, Archery, Arts and Crafts, Whittling, etc.



## LUNCH 12:15PM

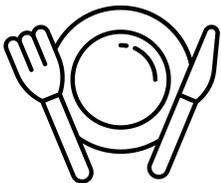
We will have pack out lunches! Your counselor will take your order at the beginning of the week and then your cabin will take your lunch supplies and eat somewhere outside of the dining hall!



## AFTERNOON ACTIVITIES

Junior Units: Rest hour, fort building, archery (Sherwood and up), climbing tower (Sherwood and up), pool, etc.

Senior Units: Creek hike, pool, high ropes, edible plant hike, etc.



## DINNER 6:00PM

Every unit will do at least one cookout in place of the regular meal time. This is when you will help cook a meal over a fire or a camp stove!



## BEDTIME 9:30PM

Every unit has a slightly different bedtime! Younger units will wind down after dinner but older units may have night activities!

# Cookouts and Overnights

Get ready for one of the most exciting parts of Camp Namanu—Overnights in the Woods and Campfire Cookouts! Whether it's your first time or you're a seasoned explorer, this page will help you feel ready, relaxed, and super pumped.



## What is a Cookout?

A cookout is when your group makes a meal outside—yep, real food on a real campfire!

What you might cook:

- Hot dogs or veggie dogs
- Foil packet dinners
- S'mores (of course!)

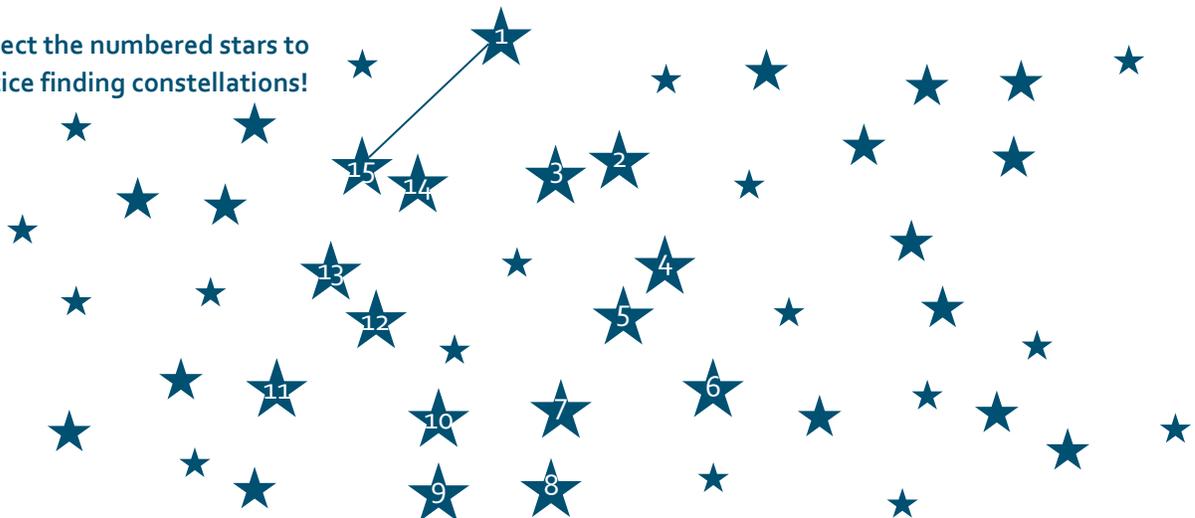
You'll help gather supplies, stir, roast, and snack together. Don't worry—your counselors handle the fire and safety.



## Pro Camper Tips:

- Bring your flashlight—and don't forget extra batteries!
- Wear comfy layers so you stay warm when it cools down at night.
- Listen to nature—frogs, owls, and the breeze can be peaceful.
- Always tell your counselor if you feel nervous. That's what they're there for!
- Overnights and cookouts are made for fun, friendship, and trying new things. Every camper has different feelings—brave, nervous, excited, or all three. And guess what? That's totally okay.
- We're all in this adventure together.

Connect the numbered stars to practice finding constellations!



## What is an Overnight?



An overnight is when you and your cabin camp out in the woods near camp for one night. You'll hike in with your counselors, set up tents or tarps, and fall asleep to the sounds of nature.

Why it's awesome:

- Sleep under the stars (you might even spot a constellation! ✨)
- Cozy campfire chats and stories
- Safe, fun, and always with your friends and counselors

It's totally normal to feel a little nervous—but you'll be with people who care about you, and it's always more fun than you think!

# Where you'll sleep!

What grade are you going into this Fall?

## 2<sup>nd</sup> or 3<sup>rd</sup> Grade



You'll be in...

### Bluewing

- Cabin features: electricity and interior bathrooms
- Bedtime: 8:30PM
- Typical activities: Duck pond boating, arts and crafts, meadow games, swimming

## 4<sup>th</sup> or 5<sup>th</sup> Grade



### Sherwood

- Cabin features: electricity and interior bathrooms
- Bedtime: 9:00PM
- New Activities: Archery & Climbing Tower

## 6<sup>th</sup> Grade



### Robin Hill

- Cabin features: Open air- screen windows and doors
- Bedtime: 9:30PM
- New Activities: Low Ropes & Creek Hikes

# Where you'll sleep!

What grade are you going into this fall?

You'll be in...

## 7<sup>th</sup> Grade



## Wildwood

- Cabin features: Open air-Yurt style with fully open windows
- Bedtime: 9:30PM
- New Activities: High Ropes & Weavery

## 8<sup>th</sup> or 9<sup>th</sup> Grade



## Riverbend

- Cabin features: Open air- Fully open windows and doors, one side fully open
- Bedtime: 10:00PM
- New Activities: Advanced Climbing Tower (dependent on availability)

## 10<sup>th</sup> - 12<sup>th</sup> Grade



## Balagan

- Cabin features: Open air- Tree Houses with fully open walls
- Bedtime: 10:00PM
- New Activities: Hatchet Skills and IOAPF (special pancake flipping skill!)

# Where you'll sleep!

What grade are you going into this fall?

You'll be in...

10<sup>th</sup> - 12<sup>th</sup> Grade



**Outpost**

- Cabin features: Balagan cabins (first and last night), under the stars or in a tent
- Bedtime: 10:00PM
- Activities: Backpacking Skills, Cooking Skills, Trip to the Powerhouse to make tools!

10<sup>th</sup> - 12<sup>th</sup> Grade



**Gears**

- Cabin features: Live in special Robin Hill style cabins
- Bedtime: 10:00PM
- Activities: Running the dining hall, developing Leadership Skills

10<sup>th</sup> - 12<sup>th</sup> Grade



**CITs**

- Cabin features: Open air- Cabins with just one wall
- Bedtime: 10:00PM
- Activities: Leadership lessons and practice, shadowing counselors and programs

# How do showers work?

If you are in **Bluewing** or **Sherwood**, you will have showers and bathrooms in your cabin. You may have specific times planned for showers, or your counselor will let you shower when you have free time at the cabin. Remember, there is only ONE shower in each cabin, so save that long, luxurious shower for when you get home!

Complete this word search to remember  
what you need for a shower!

A T O W E L R G N P U X  
C O N D I T I O N E R D  
S J S H A M P O O R F S  
H F L I P F L O P V S O  
O B R U S H T H X B O A  
E A H K Y F Q V B R S P  
S C L O T H E S B O Q Z  
W M G T U E U V B Y L N

**Word Bank:**

shampoo towel flipflop brush  
conditioner soap clothes shoes

If you are in any of the other units, there are showers at various locations across camp. Your cabin will be scheduled for 1-2 shower bocks per-week. While there are many showers in these locations, you will likely be limited to a short shower (5-10 minutes) depending on how many people are in your cabin/unit!

# Packing List:

Be sure to check off each item as you pack it and put your name on them so you don't lose it!

## Clothing

- Underwear
- Socks
- T-shirts & tank tops
- Shorts
- Long pants
- Sweatshirts and/or jacket
- Water-proof layer
- Pajamas
- Swimsuit

## Gear

- Sleeping bag
- Pillow
- Water bottle
- Flashlight/Headlamp
- Brimmed hat
- Sunglasses
- Backpack or day bag for overnights and/or hikes around camp

## Shoes

All shoes must have a backstrap. Slip-ons or flip flops may only be worn in the shower or cabin.

- Sneakers/Tennis shoes
- Shoes or sandals that can get wet for creek hikes (Crocs are NOT allowed)
- Shower shoes (Flip flops okay)

## Toiletries

- Toothbrush
- Toothpaste
- Deodorant
- Body wash or soap
- Hairbrush or comb
- Shampoo & conditioner
- Towels (1 pool & 1 Shower)
- Insect repellent (no aerosol)
- Sunscreen (no aerosol)
- Pomade or other necessary hair care products
- Menstrual products (also available from our camp nurse)

## Optional

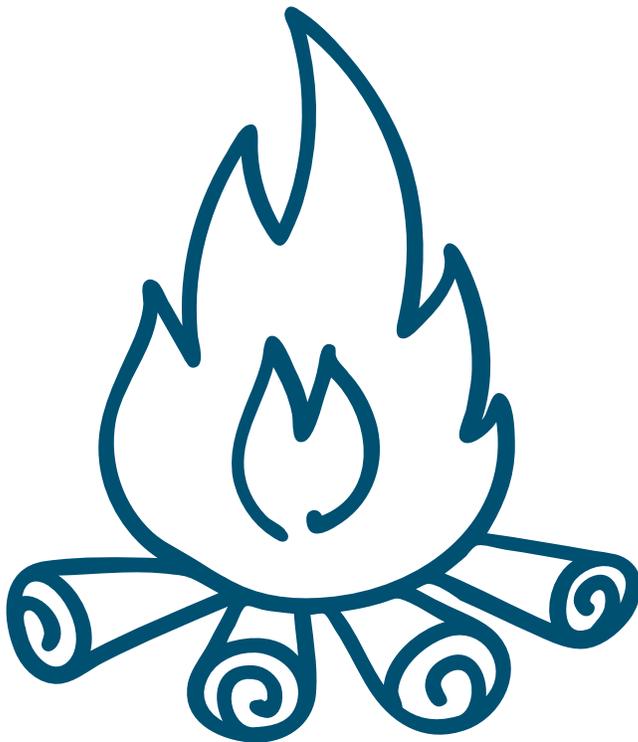
- Laundry Bag
- Face Masks
- Stuffed Animal
- Camera
- Compass
- Swimming Goggles
- Book
- Letter Supplies
- Fitted Sheet
- Aloe Vera
- Hand Sanitizer

## What to leave at home

There are some items that camp does not allow campers to bring either for health or safety reasons. These include: Irreplaceable or High Value Items, Electronics (cell phones included), food, candy, gum, personal sports equipment, animals, personal vehicles, weapons (including pocket knives), drugs, alcohol, or tobacco. Please leave these items at home!

# Expectations fill in the blank:

1. The meadow is the only place where I can \_\_\_\_\_ because the ground in the rest of camp is uneven!
2. I should always wear shoes with a \_\_\_\_\_ so that they stay attached to my feet!
3. If I need to go somewhere I always need a \_\_\_\_\_ and a \_\_\_\_\_ so you don't get lost!
4. You should always carry a \_\_\_\_\_ so you can stay hydrated in the summer heat.
5. My flashlight should only be pointed at the \_\_\_\_\_ so that I can see where I am going but I won't wake up the other campers!
6. I should always wash my \_\_\_\_\_ before I eat to prevent the spread of germs!



Answers:  
1. run  
2. backpack  
3. buddy, adult  
4. water bottle  
5. ground  
6. hands