

WHAT TO EXPECT WOMEN'S CAMP

Schedule

We've posted a typical day's schedule online for our programs at <https://cyo.camp/faqs/>. Women's camp will focus on creative programming and doing "traditional" camp activities. We have designed the schedule to be a blend of prayer, high energy and more reflective camp activities, social time, big group activities and quiet rest time. You can pick and choose activities a la carte style. A highlight of the weekend is often the mass where everyone joins together in community and can participate as readers, gift bearers, and servers.

Staff

The majority of our staff is comprised of young adults who are guided by leadership staff and camp directors who have extensive experience working with kids and teens. These staff members come from a variety of backgrounds and serve as role models in faith, personal growth, and fun. CYO staff are always available to assist you with any needs that arise.

Meals at Camp

Nutritious meals are served family style three times a day and an afternoon snack is provided. Our camps are **peanut and nut free** to help accommodate the growing number of peanut allergies. Any special dietary needs must be indicated on the health form. If you have any dietary concerns please feel free to contact our food service manager Danny by phone, 425-333-6135, or email

daniel.grasseschi@seattlearch.org.

Health Care at Camp

All prescription and over the counter medications are the responsibility of the participant including vitamins. Please have any medications in their original container and keep them locked while at camp. We provide first aid as needed.

Camp Telephone

Please know that there is only one line used in camp and if you call – it should be for emergencies or questions about camp.

Don Bosco: 425-333-613

Visitor Policy

Visitors are not permitted at camp during women's camp.