



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WELCOME TO CAMP MANITOU

## PARENT HANDBOOK



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“Reminiscing back to all my years as a camper, there are so many memories, so many moments I could share about. The canoeing, the pranks, the late nights. The dance. The blob, the food, the skits. The camping. It’s the place you can relax with the people you love. The friends you meet. The counselors you idolize, and yearn to become.”  
- Former Camper

“Each week I see campers grow and let out their individuality through camp’s loving atmosphere.”  
- Camp Counselor



## Dear Parents,

We look forward to providing campers with a fun-filled and rewarding experience at Camp Manitou. Camp is truly a great place to just be a kid while making new friendships, exploring the outdoors, and trying new things! A day of camp is packed with fun activities, such as swimming, boating, hobby sessions, all-camp games, delicious kid-friendly meals, and various nighttime events. Manitou is a place where campers can learn about themselves, gain self-confidence, and build independence.

In order to provide the best care for your camper, we ask that you thoroughly read all information regarding Camp Manitou and complete both the Health Form and Camper Information Sheet. It is important to make sure all information is accurate and up-to-date.

We have designed this booklet to help you prepare campers for their experience and to answer a wide range of frequently asked questions. We encourage you to browse through it and use it as a helpful resource. Please feel free to contact us with any additional questions.

Sincerely,

**Brian Moore**  
Camp Director  
715.839.4607



“Everyone cares about you.”

## Find us on Facebook

Want to stay in touch with Camp Manitou throughout the year? Search for “Camp Manitou, Eau Claire YMCA” on Facebook. You can see and share photos and videos from camp and get the latest information on what’s happening year-round.

# CAMP FORMS

## Overview

All forms and payments are done online and must be completed two weeks prior to your camper's session. You will be prompted to fill in the information during the registration process but can mark the forms as incomplete and return to them at a later time.

## Camper Information Form

The information that you share with us on this online form is given to your camper's counselors to help them better understand your camper. Please be thorough with any helpful information. In addition to the required questions there is space to let us know about any accommodations or support to benefit your camper.

## Health Form

The health form is given to our health supervisors and will ask for all relevant medical history of your camper. We ask for your camper's immunization history and insurance information. With the exception of Camp Wabi you will not need a physician's examination form.

# PREPARING FOR CAMP

Parents and first-time campers experience a wide range of feelings as the first day of camp approaches. Along with excitement and anticipation, there may also be a feeling of anxiety. The following are suggestions to help make the most of this important transition.

## Tips for a Successful Week at Camp

- Use positive messages about camp and discuss the daily routine, expectations, and any concerns your camper may have. This is a good time to go through the camp brochure to look at pictures and useful information.
- Practice overnight visits with friends or relatives to help your camper be more comfortable staying away from home.
- Packing together can provide a special time to talk about the wonderful opportunities camp has to offer. It also helps make the camper feel more prepared for the week ahead and gives them a sense of independence.
- Pack pre-addressed letters for your camper to send home to make communicate with friends and family easy.

## Homesickness

Homesickness is a natural feeling experienced by many campers. The key is to support your camper in staying at camp even if they are worried about missing home. When parents promise to pick their camper up at any time, the camper tends to focus on that rather than overcoming their homesickness. For most campers, homesickness passes after a day or two. Occasionally, a camper will write a distress letter the first or second night of camp before they are really engaged in the camp program. These letters are common and are usually followed by a brief "Camp is great" postcard, or no letters at all because they are busy having a great time! If you receive a letter from your camper expressing homesickness, please contact the Camp Director for more information. The Camp Director will check in with your camper's counselors and let you know how they are progressing. If your camper is homesick for a consistent 24-hour period, the Camp Director will call home to update parents on the situation and to collaborate on a plan.

## Mudhike Clothes

The mudhike is a chest-deep swamp of thick mud that is the embodiment of Camp Manitou's activities! We find that old swimsuits work the best but old clothes can be worn as well. Old shoes are the best option for footwear but many people use sandals with straps. Footwear should be inexpensive since they are often lost in the mud. Let your camper know if you would like them to keep any of their mudhike clothes otherwise they will be thrown away.

# CAMP MANITOU SUGGESTED PACKING LIST

- |  |  |
|--|--|
| <input type="checkbox"/> Sleeping Bag or Bedding (sheets & warm blanket)   | <input type="checkbox"/> Changes of Underwear                                      |
| <input type="checkbox"/> Extra Blanket (for colder nights)                 | <input type="checkbox"/> Extra Socks   |
| <input type="checkbox"/> Pillow and Pillow Case                            | <input type="checkbox"/> Mosquito Repellent (no aerosols)                          |
| <input type="checkbox"/> 1 Fitted Sheet (Twin Size)                        | <input type="checkbox"/> Sunscreen   |
| <input type="checkbox"/> One Bar of Biodegradable Soap                     | <input type="checkbox"/> Water Bottle  |
| <input type="checkbox"/> Two Towels  | <input type="checkbox"/> Mudhike clothes (see above)                               |
| <input type="checkbox"/> Washcloths  |  |
| <input type="checkbox"/> 2 Swimming Suits                                  | <b>Optional Items</b>  |
| <input type="checkbox"/> Toothbrush & Toothpaste                           | <input type="checkbox"/> Reading Materials/Playing Cards                           |
| <input type="checkbox"/> Brush   | <input type="checkbox"/> Flashlight & Batteries                                    |
| <input type="checkbox"/> Jacket or Sweatshirt                              | <input type="checkbox"/> Camera  |
| <input type="checkbox"/> Rain Gear   | <input type="checkbox"/> Fishing Equipment   |
| <input type="checkbox"/> Hat or Bandana                                    | <input type="checkbox"/> Envelopes (self-addressed & stamped)                      |
| <input type="checkbox"/> Two Pairs of Old Tennis Shoes                     | <input type="checkbox"/> Writing Materials (journals or stationery and pen/pencil) |
| <input type="checkbox"/> One Pair of Sandals                               | <input type="checkbox"/> Store Money (suggested amount \$20.00)                    |
| <input type="checkbox"/> Pajamas (appropriate for cold or hot temperature) | <input type="checkbox"/> Crazy clothes for skit and dance night!!                  |
| <input type="checkbox"/> Clothes (appropriate for outdoor environment)     | <input type="checkbox"/> Snacks (peanut-free)                                      |



## Packing

When you are packing, make sure to mark all belongings with your camper's name in permanent marker. It is also smart to pack together so the camper knows what is packed and where it is located. Please remember that much of your camper's time will be spent outside engaging in fun (and sometimes messy) activities, so pack accordingly! Please do your best to bring items that are re-usable and eco-friendly. Ideas include refillable water bottles, food with minimal packaging and bio-degradable soaps/shampoos.

## What to leave at home

To ensure a positive experience for your camper, the following items are not permitted at camp: cell phones, iPods, electronic games, non-prescription drugs (unless given to Health Supervisors, see Medication below), knives, and weapons. As personal belongings at camp can be lost or broken, we discourage packing valuable items.

# HEALTH AND SAFETY

## Accident/Illness & Emergency Treatment

If your camper has a serious accident or illness or requires medical treatment by a physician, you or your emergency contact will be notified immediately. In non-emergency situations, you will be notified after your camper shows signs of illness that persist for 24 hours. If a visit to a clinic is needed, we will make the necessary travel arrangements and implement follow-up care in our Health Center. However, medical expenses incurred are your responsibility.

## Medication

No medication will be accepted unless it is in the original container and properly labeled, including:

- Camper's name
- Prescription number
- Identification of the medication
- Proper dosage
- Date it was dispensed
- Complete instructions for use
- Prescribing doctor's name

All medications must be turned into the Camp Health Supervisor during registration. This includes prescriptions, vitamins, and over the counter medications. All unused medications will be given back on pickup day. Medications will be administered before breakfast and bedtime unless specialized times are required. We supply over-the-counter medications for common ailments and illness. If a camper needs medication to be successful at school, he or she should stay on the medication while at camp. This complies with the American Academy of Pediatrics' statement.

## Allergies

Please notify us on the Health Form and on the Camper Information Sheet if your camper has any insect, food, or medication allergies. We recommend discussing any allergies with your camper's counselor upon arrival.

## Did you know. . . .?

For generations, we have upheld the tradition of throwing any camper who receives more than 5 letters in a week in to the lake!

## Behavior Management

All staff members are experienced and well-trained in positive, age-appropriate behavior management. Campers are expected to treat fellow campers and staff with respect and to abide by all camp rules which are shared on the first night of camp. Individuals are held accountable for their actions. When behavior problems continue to arise, parents will be contacted and a plan for behavior management will be developed. In the event that a camper's behavior does not improve after all avenues of intervention have been explored, or when one camper's actions are detracting from the experience of others, the camper will be sent home. Some actions require immediate dismissal from camp. These actions include, but are not limited to, endangerment to self or others, threats of endangerment to self or others, use of tobacco products, and consumption or possession of alcohol and/or illegal drugs. Campers sent home because of behavior problems will not be entitled to any refund. Parents will be responsible for all transportation from camp or the trip site.

## Bedwetting

If your camper periodically experiences bedwetting, please let us know on the Health and Camper Information questions when you register and discuss it with their counselor. Our staff are trained in helping campers who have wet the bed and can discreetly wash soiled clothing and bedding.

## Dietary Restrictions

On the Health Form please include any dietary restrictions your camper may have so we can inform the kitchen staff to make accommodations. If you are concerned about any specific needs, feel free to contact us prior to camp.

## Health Prior to Camp

Please only bring your camper if he or she is in good health. If your camper is sick prior to camp or on the day of check-in, please contact camp at (715)967-2126 for information about late check-in.

## Weather Procedures

We are always very conscientious and informed regarding incoming weather patterns for the area. In bad weather situations, we take campers to a safe, secure spot which includes both of our wash houses.



"I learned I can be away from home and not be sad."

"The food was great!"

# ARRIVAL AND DEPARTURE

## Arrival Procedures

Ensure your camper eats a filling meal before arriving as dinner is not served on the first night of camp. Upon arrival, head to the Main Lodge area to begin check-in. It is easiest to leave your bags in the car until you have received your cabin assignment. Please do not arrive early as our staff members are preparing camp for the session.

### 1. PRIORITY CHECK-IN

Campers who complete all forms and pay in full by May 1<sup>st</sup> are eligible for priority check-in, which takes place from 6:00pm until 6:15pm. Campers who are eligible for priority check-in will receive an email after May 1<sup>st</sup>.

### 2. CHECK-IN

Unless specified otherwise, check-in is between 6:15 PM and 7:00 PM on the opening day of each session. All campers will be checked in before going to their cabins. We will ask a few questions regarding health and complete any unfinished registration requirements.

### 3. HEALTH SCREENING

We will ask about your camper's current health during our check-in. Please turn in medications and discuss any special needs regarding your camper with the Health Supervisor.

### 4. MAIL AND PACKAGES

You can drop off mail and packages in a designated spot during check in. If you'd like items to be given to the camper on certain days please write deliver date on the item.

### 5. CAMP STORE

Once through check-in you can stop by the camp store if you want to add money on your campers store account. Campers have the opportunity to visit our store throughout the week. We offer snacks, apparel, postcards and stamps, along with other items. Campers typically bring between \$20 and \$30 to put on their store account.

### 6. VISIT CABIN

Meet your camper's counselors and discuss any needs your camper may have. Help your camper settle in but please keep your goodbyes short and sweet so your camper can start connecting with their new cabin-mates.

## Departure Procedures

### 1. CHECK-OUT

Check-out is between 9:00 AM and 10:00 AM on the closing Saturday of each session.

### 2. SIGN-OUT CAMPER

Campers will only be released to someone other than their guardians if the individual is specified on your authorized pick up list. If you'd like to add a name you can give it to the camper's counselor directly during drop-off.

### 3. STORE MONEY AND MEDICATIONS

Unused store money and medications will be returned to your camper on pick-up day.

## Early Pick-Up

We want all campers to have the opportunity to enjoy everything we offer but we can make accommodations for early departure times. Please notify your camper's counselor during drop-off time when you wish to pick up your camper so that we can prepare for early departure.

## Lost and Found

All unclaimed lost and found items will be displayed in front of the Main Lodge during the check-out time. Items left in the lost and found will be kept for three days after the session. Beyond that time they will be donated or thrown away.

## Pet Policy

For the safety of others, please do not bring your pets to camp. If it is necessary to bring pets, please leave them in the car.

### Arrival Times

(No supper served; snack will be provided for campers)

Main Camp (Sessions A, B, C, & D), Teen Weeks (1 & 2),  
Sailing Camp, All Wilderness Trips

**Sunday between 6:15 & 7:00 pm**

Mini Camp & Mini Canoe Trip

**Tuesday between 6:15 & 7:00 pm**

### Departure Times

(Breakfast will be served for campers)

All Sessions:

**Saturday between 9:00 & 10:00 am**

# GENERAL INFORMATION

## Cabin Placement and Friendships

Campers are placed in cabins based on gender, age, and grade level. We will do our best to fulfill cabinmate requests. To guarantee a request, campers must list each other, be of similar age, and attend the same camp.

## Swim Evaluations

Our Waterfront Director and lifeguard staff will conduct a swim evaluation to check your camper's swimming ability. Based on the swim test your camper will be given a wristband indicating their skill and designating where they are allowed on the waterfront. Campers have the opportunity to retest throughout the week during any open swim.

## Photographs and Video

We take many pictures of our campers enjoying their time at camp. These photos are used in our weekly video and in promotional pieces. Feel free to share any of your photos with us!



"The Manitou spirit is about being yourself."

## Keeping in Touch with your Camper

Campers love mail! Encourage family and friends to send letters with positive messages assuring all is well. Please include pre-addressed/stamped postcards to make it easier for younger campers to write home.

Mail is delivered daily except on closing day. At check-in there will be a drop-off area for mail and packages for your convenience. Due to allergies, please do not include items with nuts. Mail and packages can be sent to:

ATTN: Camper's Name – Cabin Name  
Camp Manitou  
27960 137th Street  
New Auburn, WI 54757

If your camper has a problem, illness, or urgent message, the camp staff will call you. Should you have a message for your camper, please contact us at (715) 967-2126 and we will pass it on. If your camper wants to contact you, we will determine a plan of action based on the situation and what is best for your camper's needs to ensure a successful time at camp. Please have campers leave cell phones at home to allow them to experience independence and a technology-free time.

## Cancellation Policy

We will accept cancellations at any time and for any reason. Should campers desire to withdraw their attendance, we believe it would be with good reason, such as an illness, unplanned change to schedule, significant anxiety, etc. We will refund your balance minus the non-refundable deposit. Please inform us as soon as possible regarding any cancellations so we can open up your spot for another camper to attend. You can cancel online or by emailing [camp@eauclairemca.org](mailto:camp@eauclairemca.org).

## Changing Sessions

If your camper would like to change sessions please contact us. Changes will be made based on availability.

## Online

Check out our website and Facebook page and keep us posted of any news that you would like to share. Send your news or photos to: [camp@eauclairemca.org](mailto:camp@eauclairemca.org)

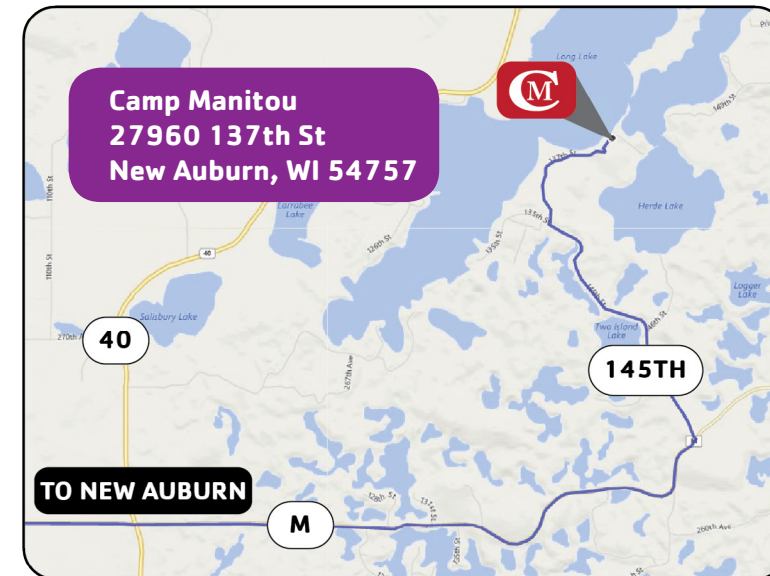
[www.ycampmanitou.org](http://www.ycampmanitou.org) • Facebook: Camp Manitou, Eau Claire YMCA

# DIRECTIONS TO CAMP MANITOU

## From Eau Claire

The drive takes about 1 hour from Eau Claire. Please drive carefully on the curvy roads and watch out for wildlife.

- 29.5mi Follow US-53 N to New Auburn
- 0.2mi Take the County Hwy-M exit, EXIT 118 toward New Auburn
- 12.0mi Follow County Hwy M signs
- 1.6mi Turn left onto 145th St./Breezy Point Rd (follow our camp signs)
- 0.2mi Turn right onto our gravel road (137th St)



SEE YOU THIS SUMMER!



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Year-Round Address**

Eau Claire YMCA  
700 Graham Ave  
Eau Claire, WI 54701  
(715) 836-8460

**Summer Address**

Camp Manitou  
27960 137th St.  
New Auburn, WI 54757  
(715) 967-2126