



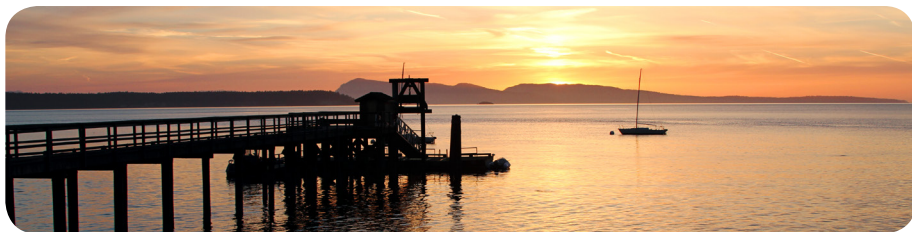
**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



WELCOME TO YOUR EXPEDITION

**2020 Teen Expedition & Leadership Program Handbook
YMCA CAMP ORKILA**

THANK YOU FOR CHOOSING YMCA CAMP ORKILA! WELCOME FROM THE CAMP DIRECTOR



Thank you for choosing YMCA Camp Orkila for your camper(s) this summer. You have given your camper a true gift: the opportunity to build a community of friends and role models, develop skills and passions, and create confidence and memories.

Built on the Y's core values of caring, honesty, respect and responsibility, Camp Orkila is a place where campers can be themselves. Your camper will be guided through this experience by our talented team of staff, who come from a wide variety of backgrounds and experiences, and take pride in helping kids explore, learn and grow.

As you prepare for your camper's summer adventure, please read through this handbook for important information, including specifics about camper drop-off and pick-up, communication with staff, and more. If you have a question you don't see answered here, give us a call at (206) 382-5009 (Seattle office) or (360) 376-2678 (Orkila office).

We are honored you have chosen the Y for your camper this summer.

In the Orkila spirit,

Dave Affolter
Camp Orkila Executive Director
daffolter@seattleyymca.org

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GET READY TO EXPLORE!

This summer, your teen will be embarking on an exciting adventure, either as an expedition participant or an LDI participant who will have an expedition component to their program. Expedition campers are at Camp Orkila their first and last nights, and spend the remainder of their program travelling and camping throughout the San Juan Islands. LDI and LDI 2.0 campers will spend a portion of their program at camp and a portion on expedition. This handbook is designed to give your family the information you need to prepare for your family's experience and set them up for success. We're looking forward to a summer filled with confidence-boosting, independence-building, and fun!



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WHO WE ARE

YMCA OF GREATER SEATTLE'S MISSION STATEMENT

Building a community where all people, especially the young, are encouraged to develop their fullest potential in spirit, mind and body.

EQUITY STATEMENT

The Y actively promotes a culture free from bias and injustice. We are dedicated to removing institutional and systemic barriers that result in oppression and racism. We will be accountable to marginalized communities for creating equitable and sustainable environments where social justice is woven into every facet of our programs, and by caring for our communities in a culturally versatile and respectful manner.

YMCA CORE VALUES

The YMCA of Greater Seattle has identified the values of **respect, responsibility, honesty and caring** as essential in a child's character development. YMCA Camp Orkila programs incorporate these values into the overall camp experience each day. Our approach toward values formation is designed to reinforce the lessons that families strive to teach their children every day. Through staff and camper role modeling and living together at camp, campers

depart from YMCA Camp Orkila with a better understanding and recognition of these character traits in themselves and in others:

- **Caring:** Considering the needs and feelings of others
- **Honesty:** Being trustworthy and truthful
- **Respect:** Following the golden rule by treating yourself and others with dignity
- **Responsibility:** Accepting accountability for your actions and role in the community

VALUES SESSIONS

Every day, generally in the evening, cabins will gather for a short discussion and sharing time. It's a great way to create bonds among campers and let everyone's voice be heard. Staff will choose age-appropriate topics, such as "who inspires you," to help guide the discussion.

VALUES AWARDS

In addition to emphasizing the core values in daily life at YMCA Camp Orkila, campers who exemplify these values are recognized in the fall at a gathering in Seattle. Values Awards are given to campers who, through words or actions, demonstrate inclusion and respect toward others as well as show an enthusiasm for camp. At the end of their session, campers select fellow campers within their cabin who best exemplify each value.

COMMUNICATION

VISITING CAMP ORKILA

Once the session begins, it is not practical to visit your teen at camp. Expedition participants are away from camp most of their session. If you need to reach your teen, please call Orkila and we will get a message to them.

PARTICIPANT PHONE USE

We do not allow cell phones, or other electronics at camp or on expedition trips.

CONTACTING YOUR TEEN IN AN EMERGENCY

If you should need to contact your teen under emergency circumstances, please do so through the Camp Orkila office at (360) 376-2678. After hours, the Teen Expedition Director on Duty may be reached at (360) 317-5046.

SEND MAIL TO YOUR TEEN

Teens on expedition trips will receive their mail upon return to camp. Courses 2-4 weeks in length will have mail brought out to them. Please **DO NOT** send food. **All unclaimed mail is returned to sender at the sender's expense.**

for USPS:

Camper's Name
Camp Session & Program
YMCA Camp Orkila
P.O. Box 1149
Eastsound, WA 98245

for FedEx/UPS

Camper's Name
Camp Session & Program
YMCA Camp Orkila
484 Camp Orkila Rd.
Eastsound, WA 98245

Note: there is **NO WEEKEND DELIVERY**.

EMERGENCIES

EMERGENCY PROCEDURES

At Camp Orkila, the safety of participants is our highest concern. Travel in the outdoors always involves risk. The most important thing we can do to mitigate risk in our programs is to be certain our staff follow our safety policies and practices. In addition, we have communication systems that provide support for staff. Expedition program policies have been reviewed and accepted for accreditation by the American Camp Association.

In the event there is an emergency, we have developed a comprehensive response system. If a teen is injured, staff are the first to provide emergency care. Staff will provide initial medical care to the level of their training and, if necessary, contact camp, or emergency services for additional care.

Part of our safety system is our communication with staff while they are in the field with teens. Water programs contact camp by radio each morning and evening as well as when they get on and off the water. Land programs contact camp twice daily. During the summer, there is always a minimum of one professional director on site who is available by phone at all times. During each session, we have a volunteer Physician, Physician's Assistant or Nurse Practitioner on site who is always available by radio.



EVACUATION PROCEDURES

In the unlikely event that the YMCA would make the decision to evacuate Camp Orkila, we will attempt to contact the family starting with the lives-with parent/guardian, then the emergency contact person, in that order. At that time, the person we make contact with will be given further instructions as to how the evacuation will proceed. For this reason, it is truly important for your teen that we have accurate contact information for parent/legal guardian and emergency contact persons during their camp experience.

Based on the type of emergency, the YMCA will make a decision on the most prudent way to return teens safely to their homes. Such an emergency may require parent/guardian or contact persons to pick up their teen at camp. If the need arises, general information regarding evacuation will be listed on the website at camporkila.org.

PAYMENTS & REFUNDS

Final payment must be received in the YMCA Camping & Outdoor Leadership office no later than JUNE 1. After June 1, full payment is required at the time of registration.

Make checks payable to YMCA Camping & Outdoor Leadership and send to 909 Fourth Avenue, Seattle WA 98104. There will be a \$20 charge for returned checks. We also accept Visa, MasterCard, American Express and Discover.

REFUND POLICY

Deposits are non-refundable. If your camper is unable to attend camp, please notify Camping & Outdoor Leadership immediately. To receive a refund, you must notify us by June 1. According to how you originally paid the fees, a check or credit card refund will be issued, less the non-refundable deposit. Please allow two weeks for processing refunds. Any cancellations or refund

requests received after June 1 will be at the discretion of the YMCA.

LATE ARRIVALS & NO SHOWS

If your camper will arrive late to camp or will be picked up early, please notify the Camping & Outdoor Leadership office at least three weeks prior to the session to make arrangements. If a camper does not show up at camp by evening of the opening day, staff will call the primary contact to determine the camper's whereabouts. No refunds are given for late arrivals or no shows.

STAFF TRAINING & QUALIFICATIONS

Leadership staff are the heart of our programs. Staff are selected for their level of expertise in the outdoors, their experience with teens, and their ability to be positive role models for young people. All trips are staffed by at least two instructors.

- All staff must complete the application and interview process as outlined by the YMCA of Greater Seattle, including at least two references
- All staff must pass a national background screening
- Staff are certified in CPR & First Aid
- Staff complete a 16-hour or 80-hour Wilderness First Aid training
- Staff have documented experience and competency in their specific recreational field
- Staff training generally lasts 14 days and includes program structure, safety practices, emergency response, child abuse & bullying prevention, cultural lenses, and values-based programming

In conjunction with a professional expedition staff, we support the program with a seasonal director team who are chosen for their experience working with young people, leading expeditions, and their passion for teen programming.

HEALTH & SAFETY

IMPORTANT!

The health and safety of your teen is our primary concern. To ensure our camp health care providers have the information necessary in advance, the Camp Care Info Packet must be returned to the YMCA Camping & Outdoor Leadership office by the required deadline. **Staff cannot accept health forms at check-in.** It is the parent or guardian's responsibility to provide accident and health insurance. The YMCA does not provide any coverage for members or participants.

BEHAVIORAL CHALLENGES

It is our policy to consult with parents on strategies for working with campers who exhibit unique and/or disruptive behaviors. Camp staff will make every effort to call the family starting with the primary contact, then the emergency contact. When the welfare of the camper, other campers, or camp property/equipment is jeopardized, the parent(s) or guardian(s) will be notified to pick up their camper at their own expense. Travel arrangements will always be made in advance with the parent or guardian. Program fees will be forfeited.

BEHAVIORAL EXPECTATIONS

We expect teens to maintain a positive attitude and behave responsibly while in our program. We have a few simple, non-negotiable rules for teens at camp:

- Follow all directions from staff
- No alcohol, tobacco, electronic cigarettes or non-prescribed drugs/medications.
- No exclusive relationships. Every person in the group has something to contribute to the experience.
- No violence, threats of violence towards oneself or others, or bullying.
- Take care of the equipment and places we travel.

If teens are unable to follow these rules, they will be removed from the program and parents/legal guardians will be asked to pick up their teen at camp. Parents/legal guardians are responsible for all expenses incurred by removing a teen from a program, and program fees will be forfeited.

BULLYING POLICY

It is our intent to make camp a safe and welcoming space for all. Our staff training covers anti-bullying and abuse prevention. We ask that families talk to their campers about bullying before camp begins. Encourage them to tell a staff member if they are having problems, and to be respectful of other campers. To ensure the emotional and physical well-being of all campers at camp, parents or guardians will be contacted immediately to help assist with any bullying issues. More information about keeping campers safe at camp is available on our website.

BULLYING DESCRIPTION

Bullying is intentional, repeated aggressive behavior. It can take the form of physical or verbal harassment and involves an imbalance of power. For instance, a group of children can target another child, or someone who is physically bigger or more aggressive can intimidate someone else. Bullying behavior includes teasing, insulting someone (particularly about their weight or height, race, sexuality, religion or other personal traits), shoving, hitting, excluding someone, or gossiping about someone. Bullying can cause a child to feel upset, afraid, ashamed, embarrassed, and anxious. It can involve children of any age, including younger grade-schoolers and even kindergartners. Bullying behavior is frequently repeated unless there is intervention.

ILLNESS & ACCIDENTS

Camp Orkila has a volunteer physician living on site that is available by phone or radio. The camp doctor holds sick call twice a day (after breakfast and dinner) and is available 24 hours a day for emergencies when campers

are on site. The camp doctor, an Orcas Island Emergency Medical Technician/paramedic, or the Orcas Island Medical Clinic handle in-camp situations. Every course is staffed with at least one instructor trained in Wilderness First Aid.

- A designated emergency vehicle is on site at all times. Camp Orkila adheres to the high quality standards of, and is accredited by, the American Camping Association.
- If medical treatment beyond first aid is required, staff will make every effort to contact the family starting with the lives-with parent/guardian, then emergency contact person (in that order).
- Medical treatment beyond basic first aid could include illness resulting in vomiting or respiratory symptoms coupled with a fever in excess of 100 degrees.
- If a participant's mental or psychological state is beyond the scope of care of the trip leaders, including threats of suicide or self harm, Camp Orkila reserves the right to return the participant to the care of a parent or caregiver
- Camp's policy is that parents are responsible for transporting ill campers home.

HEAD LICE

Head lice can become an issue anytime you gather teens together at school, afterschool programs, or camp. It is not indicative of uncleanliness and anyone can get them. Because lice are easily transmitted and require several steps to eliminate, we cannot keep participants at camp who are found to have nits or head lice.

To help ensure that all campers have a positive experience at camp, **it is your responsibility to check your camper for head lice before camp begins.** If nits or head lice are found, you must do a thorough treatment of the hair and all personal belongings to remove all nits and lice before camper arrives at check-in. Information on treatment can be found online or via the health department.

We intend to inspect each camper's hair at all of our check-in locations. If any nits

or lice are found, we will be unable to allow your camper to check in. Based on session availability, we will be happy to move your camper to another session but will not issue a refund.

If nits or lice appear during your camper's week at camp they will not be able to complete their session, and you will need an authorized pick-up person available to pick them up at Camp Orkila. Again, we will move them to another session based on availability.

Thank you for helping us keep campers healthy.

MEDICATIONS

PREPARING MEDICATION

If you will be sending any over-the-counter or prescription medications or vitamins, please follow the instructions below:

1. Regulations require us to dispense all medication only from the original container. Over-the-counter medications, prescribed medications and vitamins must be sent in their original containers with the original pharmacy label. Your pharmacy can provide you with an extra container if needed.
2. Prescription medication must be prescribed to the camper. No exceptions.
3. **The Camp Orkila health center provides over the counter medication, such as Tylenol, ibuprofen, Benadryl, Dramamine, cough medicine, and decongestants. Please DO NOT send these items with your child to camp.** Indicate your approval to dispense these medications (full list) in the Camp Care Info Packet.
4. Complete the Medication Information Form which will arrive with your transportation letter two weeks prior to the start of your session. Please include all medication and/or vitamins being sent to camp. Directions on

the container label must match your written directions on the medication form. We will follow instructions on prescriptions.

5. Only send the exact dosage (plus two extras) your camper will need during their session. Exact directions for dispensing the medicine along with the time that it should be taken must accompany the medication.

6. Place the completed Medication Information Form with medications **in their original containers** in a plastic bag and turn them in at the check-in table. **No loose pills will be accepted.**

MEDICATIONS CONTINUED...

TRAVEL DAY MEDICATION

Campers will generally arrive at camp between 12pm and 2pm. If your camper requires medication during their travel to camp, please complete the Travel Day Medication Form, which will arrive with your transportation letter. Turn in medications to staff at the check-in table.

COMMUNICABLE DISEASES, FRACTURES & STITCHES

Teens with communicable diseases will not be allowed to attend camp until they are free of the disease or no longer contagious, as determined by a doctor. Teens with fractures or stitches must have written permission from their physician to attend camp, as well as permission from YMCA Camping & Outdoor Leadership: (206) 382-5009.

“MEDICAL HOLIDAYS”

We strongly discourage families whose teens are on medication throughout the year from putting them on “medical holiday” while they are at camp. It is not always in the teen’s best interest to take time off from their medication. We will be as accommodating as possible with your physician’s recommendation.

IMMUNIZATIONS

When campers and staff are camping in close quarters, they share stories, laughs, and life lessons. Unfortunately, they may also share germs. To reduce the risk of our staff sharing germs, we strongly encourage all staff working in overnight camping programs to have MMR and TDap vaccinations. We do not currently require campers to have these vaccinations, but being up to date on these will help your child stay healthy when they are at camp. To learn more about recommended vaccination schedules for youth, visit <http://www.doh.wa.gov/YouandYourFamily/Immunization/PreteensandTeens>. You can access Washington immunization records for your teen at www.wa.myir.net.

GENERAL INFORMATION

FORMS

All teens are required to have a Camp Care Info Packet on file in the Camping & Outdoor Leadership Office. The packet is due upon receipt, or with registration if after June 1. For the safety of your teen, NO camper is allowed onto the bus or into camp without this information. We will not be prepared to accept Camp Care Info Packets at the check-in locations. This information is needed prior to check-in day to allow us to prepare in advance for your camper’s care.

CAMPSITES

While on expedition trips, groups stay at developed campsites using advance reservations whenever possible. Most camp sites that sailing and kayaking trips stay at can only be accessed by foot or boat. Bikers stay in campgrounds run by local government agencies or private parties.

MEALS

On trips, teens prepare healthy, well-balanced and nutritious meals over camp stoves. Staff teach each teen to use the stove safely and to assist with cooking meals for the group.

LAUNDRY FACILITIES

Laundry service is not available to teens on expedition trips (including single or multi-week courses and/or consecutive trips) due to the remote nature of the campsites. See specific trip section.

SHOWERS

When out on trips, showers are not available. Teens will have an opportunity to rinse via dipping in the Salish Sea, and can shower on-site at camp before and after the experience.

REST DAYS

Teens on longer courses are able to rest up from the rigorous adventure activities, prepare for the next leg of the trip, or wait out inclement weather conditions. These days are spent taking day hikes, visiting local museums, playing organized games, or learning to cook over camp stoves.

STORAGE

While on trips, teens can leave some personal items stored in a locked storage area in the Tracy Strong Village. Space is limited, so please bring only necessary items.

SWIM CHECK

The Camp Orkila swim check requires swimming one length of the pool without stopping and treading water for 30 seconds. If necessary, participants may use a life jacket to assist in this check. Completing the Swim Check is required for all participants on water based expeditions.

PERMITS

The YMCA of Greater Seattle and Camp Orkila are permit holders for the areas in which we will travel. All groups operate within the rules of the permits.

LOST & FOUND

Camp Orkila is not responsible for any lost, damaged, or stolen items. Please label all of your camper's belongings with their name. We will attempt to reunite lost items with owners if items are labeled.

SLEEPING ARRANGEMENTS

While at Camp Orkila, teens sleep in all gender cabins in Tracy Strong Village. Changing clothes and dressing for the day are done in separate, single-gender bathroom facilities. Participants of the LDI program will sleep in the Tracy Strong Village while on site at Orkila.

While on expedition, teens sleep under A-frame tarps, and staff sleeping under a separate tarp close by.

ORKILA STORE

Expedition participants will have the opportunity to visit our store on the first or last day of their session. They can purchase souvenirs and snacks. All store purchases are made through your camper's prepaid store account; please do not send your participant with cash.

ITINERARIES

The itineraries given on the next few pages are intended to be a sample schedule of each trip. These may change due to circumstances such as weather and the skill level of participants.

GENERAL PACKING LIST

All participants are responsible for bringing the items on the following list with them to camp. Please check with your teen that every item is actually going into their pack before leaving home. Please take note of additional items necessary for your specific programs (see pages 12-14). The quality of equipment can have an enormous impact on the health and happiness of participants. When selecting equipment, size and weight can be important. LDIs should adjust according to the length of their session.*

*Orkila can provide many of these items; please call with any questions.

PACKING

Since your teen will be carrying their own equipment as well as a portion of the group's food and gear, choose personal gear that is lightweight, warm and easily packed. All items should be packed in a duffel bag or backpack.

CLOTHING

Synthetics and wool are warmer, more comfortable, and **highly recommended**. Cotton clothing holds water, dries slowly, and **will not** provide insulation when wet.

FOOTWEAR

Participants should bring shoes or sports sandals (Tevas, sandals, Crocs, water shoes, Chacos, or lightweight sneakers). These shoes will be worn while swimming and in boats, so they need to be securely fastened with a heel strap. **NO FLIP FLOPS!**

SLEEPING BAGS

A quality sleeping bag is extremely important for comfort on trips. A nylon-shelled synthetic or down filled sleeping bag with a stuff sack is important. Small, warm, lightweight bags are essential because teens will carry their bags for the duration of the trip. **Do not bring cotton sleeping bags.** They tend to be bulky, and once wet, tend to stay wet.

REQUIRED ITEMS:

- 1 pair of comfortable shoes (such as tennis shoes) to wear at camp sites
- Baselayer: 1 pair of long underwear, top and bottom, (wool, capilene or polypropylene)
- Midlayer: 2 pairs of long pants (1 pair non-cotton, synthetic, quick-drying)
- Midlayer: 1 long-sleeved synthetic/wool top
- Top layer: 1 warm fleece, sweater or jacket (wool or synthetic)
- Rain jacket and rain pants (no ponchos)
- 4 pairs of socks (wool or synthetic preferred)
- Underwear (enough to last through the length of the program)
- 2 pair of shorts
- 4 T-shirts (at least 1-2 non-cotton, synthetic)
- 1 swimsuit
- 1 brimmed hat
- 1 warm hat
- 1 pair of warm, lightweight gloves
- Personal toiletries (in small containers)
- 1 towel for showering
- Sunscreen
- Sunglasses with a retainer strap (Chums, Croakies)
- Flashlight or head lamp
- Personal water bottle
- Watch
- Sleeping pad (foam or inflatable)
- Sleeping bag (an easily packable, synthetic bag is preferred)
- Lunch for ferry on arrival day

OPTIONAL ITEMS:

- Camera (labeled with camper's name)
- Windbreaker
- Insect Repellent
- Books, cards, journals, art supplies
- Small hand towel
- Bandanas
- Crazy Creek chair
- Binoculars
- Postcards

DO NOT BRING:

- Cell phones/electronic devices
- iPods/MP3 players/radios
- E-Readers/handheld gaming devices
- Matches/lighters

- Alcohol/drugs/tobacco products/e-cigarettes/vaping devices
- Candy/food
- Valuable clothing or make-up
- Animals
- Personal sports equipment
- Fireworks
- Weapons
- Vehicles

ALL BIKING TRIPS

BIKE

The key to a successful bike tour is having a bike that fits the rider properly and is comfortable enough to ride for several hours at a time. If your teen would like to bring their personal bike, we suggest consulting your local bike shop to see if it is ready to handle loaded bike touring. At the very least, make sure that it is outfitted with a rear cargo rack that accepts panniers and up to 30lbs of gear and equipment. If you do not have access to an appropriate bike, Camp Orkila can provide one for your teen at no cost. Please make arrangements in advance with the Camping & Outdoor Leadership Office: (206) 382-5009 or campinfo@seattlemca.org.

EQUIPMENT PROVIDED BY CAMP

Camp provides stoves, tarps, and cooking and eating utensils. Teens are responsible for providing the required items below.

TEEN CAMPER PROVIDES:

- **Items on the General Packing List** (pg. 10)
- Sturdy road or mountain bike (recommended, but not required)
- Properly fitting bike helmet (we do not allow any participants to ride without a helmet)
- Bike gloves (strongly recommended)
- Patch kit and inner tube
- Basic tool kit (suggested kit should include Allen wrenches that fit your bike (2-8 mm), Phillips screwdriver, proper wrenches, tire levers, chain lube and a rag)
- Small duffel bag
- Two bike bottles

- Water bottle cage - mounted on the bike (Camelback type bottles are acceptable)
- 1 pair of shoes for biking
- 1 pair of biking shorts is recommended.
- Toe clips — recommended
- Pannier rack. This rack will support your panniers for the entire trip. Quality is key.
- Panniers*. Rear panniers that are at least 2,100 cubic inches will provide ample space for the trip. All personal and group equipment must be carried on the bikes. Weight and size of equipment are extremely important. This is especially true for sleeping bags and pads.
**Orkila can provide*
- 2-6 tie-down straps (for items placed on top of rack)
- Tire pump, frame-mounted — suggested

SAN JUAN BIKING

DAILY TRAVEL TIME

Bike 9 to 20 miles (average)

LAUNDRY

No

SHOWER AVAILABILITY

Available only when on-site at Camp Orkila

SWIM CHECK

Not required

**SAMPLE ITINERARY

Day 1: Arrive at Camp Orkila

Day 2: Ferry to Lopez, stay at Odlin County Park

Day 3: Day ride around Lopez, stay at Odlin County Park

Day 4: Take the ferry to San Juan Island. Camp at San Juan County Park

Day 5: Day ride around San Juan, Camp at San Juan County Park

Day 6: Ride to Shaw, Camp at Shaw Island County Park

Day 7: Ride to Orcas, closing at Orkila

Day 8: Return home

**The itineraries given are intended to be a sample schedule of each trip. These may change due to circumstances such as weather and the skill level of participants.

ALL KAYAKING TRIPS

EQUIPMENT

Camp provides kayaks, tarps, stoves, cooking and eating utensils, and dry bags.

KAYAKS

Camp Orkila primarily uses Northwest SeaScape 2 double kayaks.

SEA KAYAK WET EXITS

All teens that are kayaking are required to complete a wet exit that requires a team of two to flip, exit and re-enter a double kayak. Teens receive full training prior to the drill to ensure success. It is required of all participants before teens can participate in overnight kayaking trips.

TEEN CAMPER PROVIDES:

- Items on General Packing List (Page 10)

SAN JUAN KAYAKING

DAILY TRAVEL TIME

Kayak 1 to 6 hours

LAUNDRY

No

SHOWER AVAILABILITY

Available only when on-site at Camp Orkila

SWIM CHECK

Yes

WET EXIT

Yes

*SAMPLE ITINERARY

- Day 1: Arrive at Camp Orkila, swim check
- Day 2: Day paddle and skills instruction at Orkila, camp at Pt. Doughty
- Day 3: Paddle to Jones Island
- Day 4: Paddle to Turn Island
- Day 5: Paddle to Shaw Island
- Day 6: Paddle to Lopez Island
- Day 7: Paddle to Orcas Island for a shuttle back to camp
- Day 8: Closing and return home

SAN JUAN KAYAKING 2.0

DAILY TRAVEL TIME

Kayak 1 to 6 hours

LAUNDRY

No

SHOWER AVAILABILITY

Available only when on-site at Camp Orkila

SWIM CHECK

Yes

WET EXIT

Yes

*SAMPLE ITINERARY

- Day 1: Arrive at Camp Orkila, swim check
- Day 2: Day paddle & skills instruction at Camp Orkila
- Day 3: Paddle to Jones Island
- Day 4: Paddle to Blind Island
- Day 5: Paddle to Shaw or Lopez Island
- Day 6: Day Paddles
- Day 7: Paddle to Obstruction Pass - resupply
- Day 8: Paddle to Lopez Island
- Day 9: Paddle to Pelican Beach
- Day 10: Rest day on Pelican Beach
- Day 11: Paddle to Clark Island
- Day 12: Paddle to Matia Island
- Day 13: Paddle to Sucia Island
- Day 14: Paddle to Camp Orkila
- Day 15: Closing and return home



ISLANDERS

DAILY TRAVEL TIME

Kayak 1 to 10 hours

LAUNDRY

No

SHOWER AVAILABILITY

Available only when on-site at Camp Orkila

SWIM CHECK

Yes

WET EXIT

Yes

*SAMPLE ITINERARY

Day 1: Arrive at Camp Orkila, swim check

Day 2: Day paddle and skills instruction at Orkila

Day 3: Paddle to Jones Island

Day 4: Paddle to Turn Island

Day 5: Paddle to Blind Island

Day 6: Paddle to Orcas Island, stay at Obstruction Campground (resupply)

Day 7: Paddle to Lopez Island, stay at Spencer Spit Campground

Day 8: Paddle to James Island

Day 9: Skills day at James Island

Day 10: Paddle to Washington Park

Day 11: Paddle to Cypress Island

Day 12: Rest Day and service project on Cypress Island

Day 13: Paddle to Clark Island (resupply)

Day 14: Paddle to Matia Island

Day 15: Paddle to Sucia Island

Day 16: Paddle to Patos Island

Day 17: Paddle to Jones Island

Day 18: Skills day at Jones Island

Day 19: Paddle to Posey Island

Day 20: Paddle to San Juan Island

Day 21: Rest day, resupply and watch for whales!

Day 22: Paddle to Stewart Island

Day 23: Paddle to Satellite Island

Day 24: Service project and celebration on Satellite Island

Day 25-26: Leading day paddles on Satellite Island

Day 27: Paddle to Camp Orkila

Day 28: Closing and return home

BACKPACKS & KAYAKS: A PUGET SOUND ADVENTURE

Start your journey at the YMCA BOLD & GOLD headquarters in Seattle, and head out on a 5-day backpacking adventure in the in the North Cascades, then travel to Camp Orkila to embark on a 5-day sea kayaking expedition around the San Juan Islands.

DAILY TRAVEL TIME

Backpack 5 to 8 miles; Kayak 1 to 6 hours

LAUNDRY

No

SHOWER AVAILABILITY

Available only when on-site at Camp Orkila

SWIM CHECK

Yes

WET EXIT

Yes

ALL KAYAK GEAR WILL BE PROVIDED

*SAMPLE ITINERARY

Day 1: Arrive at BOLD & GOLD headquarters in Seattle, travel to North Cascades National Park, camp in front country

Day 2: Hike into backcountry

Day 3-5: Hiking, camping in the National Park

Day 6: Hike out and travel by bus to YMCA Camp Orkila.

Day 7: Swim check and skills instruction, paddle to overnight campground

Day 8-10: Paddling around the San Juans, camping at various islands

Day 11: Return to Camp Orkila

Day 12: Closing and return home

Participants will receive packing lists recommendations from the BOLD & GOLD program for this trip.

*The itineraries given are intended to be a sample schedule of each trip. These may change due to circumstances such as weather and the skill level of participants.

ALL SAILING TRIPS

EQUIPMENT

Camp provides sailboats, tarps, stoves, and cooking utensils.

SAILBOATS

Camp Orkila primarily uses J/24 and Soling sailboats for San Juan Sailing & Mariners trips.

TEEN CAMPER PROVIDES:

- **Items on the General Packing List** (see page 10)
- 1 small day pack
- Windbreaker (highly recommended)

SAN JUAN SAILING

DAILY TRAVEL TIME

Sail 2 to 10 hours

LAUNDRY

No

SHOWER AVAILABILITY

Available only when on-site at Camp Orkila

SWIM CHECK

Yes

*SAMPLE ITINERARY

- Day 1: Arrive at Camp Orkila, swim check
Day 2: Travel to Satellite Island on the Kwahnice. Camp at Satellite Island.
Day 3: Instruction and sailing near Satellite Island. Camp at Satellite Island.
Day 4: Day sail and Camp at Satellite Island.
Day 5: Sail to Sucia Island
Day 6: Sail to Satellite Island
Day 7: Return to Camp Orkila on the Kwahnice
Day 8: Closing and return home

MARINERS

DAILY TRAVEL TIME

Sail 2 to 10 hours

LAUNDRY

No

SHOWER AVAILABILITY

Available only when on-site at Camp Orkila

SWIM CHECK

Yes

*SAMPLE ITINERARY

- Day 1: Arrive at Camp Orkila, swim check
Day 2: Travel on the Kwahnice to Satellite Island
Day 3: Sail to Jones Island
Day 4: Sail to Lopez Island
Day 5: Sail to Cypress Island
Day 6: Rest day and service project on Cypress (resupply)
Day 7: Sail to Clark Island
Day 8: Sail to Matia Island
Day 9: Sail to Sucia
Day 10: Sail to Patos Island
Day 11: Day-sail around Patos Island
Day 12: Sail to Reid Harbor
Day 13: Sail to Satellite Island for trip celebration
Day 14: Return to Camp Orkila on the Kwahnice
Day 15: Closing and return home



LEADERSHIP DEVELOPMENT INSTITUTE (LDI)

Teens spend 2 weeks learning to develop their leadership and communication styles, working with youth and exploring the San Juan Islands on a multi-day wilderness expedition bike touring, sailing, or sea kayaking (note: trip depends on session registration, not preference upon arrival). Participants spend 5 nights on expedition and the rest of their session at Camp Orkila partaking in youth work activities, team building initiatives and other traditional camp experiences Below are sample trip schedules.

DAILY TRAVEL TIME

1 to 6 hours

LAUNDRY

None

SHOWER AVAILABILITY

Available only when on-site at Camp Orkila

SWIM CHECK

Yes (not required for Bike participants)

WET EXIT

Yes (kayakers only)

TEEN CAMPER PROVIDES:

Items on General Packing List (see page 10) in addition to clothing for time in camp and a watch. Camp packing lists can be found on the Parent Corner at camporkila.org

***KAYAKING**

Day 1: Camp Orkila to Jones Island

Day 2: Stay on Jones island, day paddle in Wasp Islands

Day 3: Jones Island to Turn Island

Day 4: Turn Island to Shaw Island

Day 5: Shaw Island to Orcas Island

Day 6: Paddle to pick up area, return to Orkila

***BIKING**

Day 1: Camp Orkila to Shaw Island

Day 2: Stay on Shaw Island, day ride around Shaw.

Day 3: Shaw Island to Lopez Island

Day 4: Stay on Lopez, day ride

Day 5: Lopez to San Juan Island

Day 6: San Juan island to Orcas Island, return to Orkila

***SAILING**

Day 1: Orkila to Sucia Island

Day 2: Sucia Island to Clark Island

Day 3: Clark Island to Obstruction Pass State Park (Orcas Island)

Day 4: Obstruction Pass to Blind Island

Day 5: Blind Island to Jones Island

Day 6: Jones Island, sail back to Orkila

LEADERSHIP DEVELOPMENT INSTITUTE (LDI 2.0)

Over the course of 3 weeks, teens build on their leadership skills learning facilitation techniques, exploring the importance of storytelling, community building, service and taking on more youth work challenges. They will also embark on a seven-day sea kayak expedition with the goal of circumnavigating Orcas Island. Leader of the Day plays a bigger role in this program as more leadership is turned over to the participants by their instructors. Below is a sample trip schedule.

DAILY TRAVEL TIME

1 to 7 hours

LAUNDRY

Once while at camp

SHOWER AVAILABILITY

Available only when on-site at Camp Orkila

SWIM CHECK

Yes

WET EXIT

Yes

TEEN CAMPER PROVIDES:

Items on General Packing List (see page 10) in addition to clothing for time in camp and a watch. Camp packing lists can be found on the Parent Corner at camporkila.org

***KAYAKING**

Day 1: Camp Orkila to Jones Island

Day 2: Jones Island to Blind Island

Day 3: Blind Island to Doe Island

Day 4: Doe Island to Clark Island

Day 5: Clark Island to Matia Island

Day 6: Matia Island to Sucia Island

Day 7: Sucia Island back to camp

ISLAND EXPLORERS

Island Explorer campers will take the spirit of Orkila out into the wilderness putting the Camp back in Summer Camp. Campers and staff spend their nights sleeping under the stars on Satellite Island and at campsites on Twin Lakes on Orcas Island. Campers will learn outdoor living skills, develop leadership roles among peers, play games and explore the coastline and trails of our state parks and islands.

DAILY TRAVEL TIME

1 to 2 hours

LAUNDRY

None

SHOWER AVAILABILITY

Available only when on-site at Camp Orkila

SWIM CHECK

Yes

ISLAND EXPLORER CAMPER PROVIDES:

Items on General Packing List (see page 10) in addition to clothing for time in camp and a watch. Camp packing lists can be found on the Parent Corner at camporkila.org

*SAMPLE ITINERARY

Day 1: Arrive at Camp Orkila, swim check

Day 2: Travel to Satellite Island on the Kwahnice. Camp at Satellite

Day 3: Island activities: beach walk, fort building

Day 4: Games & exploration, return to Orkila

Day 5: Camp day, high ropes, open recreation

Day 6: Hiking and camping at Twin Lakes

Day 7: Wake up at Twin Lakes, hike to trailhead, return to Orkila

Day 8: Closing and return home

*The itineraries given are intended to be a sample schedule of each trip. These may change due to circumstances such as weather and the skill level of participants.



TRANSPORTATION

THREE WAYS TO GET TO CAMP

For your convenience, Camp Orkila provides three transportation options to and from camp (you may mix and match to meet your personal transportation needs):

1. CHARTER BUS FROM SHORELINE

Round-trip transportation from Shoreline on tour buses that are equipped with air conditioning and bathrooms. *This is the only Seattle-based transportation.* (\$60 charge)

2. ANACORTES CHECK-IN

You may check in your camper at the Anacortes ferry. Accompanied by staff, the group will walk-on to the ferry and be met by the Camp Orkila bus at the Orcas ferry landing. Campers must be able to manage their own luggage on and off the ferry. (\$15 charge)

3. CAMP CHECK-IN

Parents may choose to drive their camper directly to Camp Orkila. Refer to the Washington State Ferry website for drive-on fees and schedules.

Based on what you indicate in your Camp Care Info Packet, we assign your camper to a bus or expect you to drive your camper directly to Camp Orkila or the Anacortes ferry landing. Please confirm your choice for transportation on the transportation form included with the Camp Care Info Packet. If you have not paid the \$60 bus or \$15 Anacortes transportation fee, and would like to use our transportation from Seattle or Anacortes, respectively, please include it with your final payment and note your transportation choices.

We ask that you do not change your transportation arrangements. We reserve buses based on your registration information and the transportation fees; therefore, we cannot refund transportation fees.

PERSONAL VEHICLE RESERVATIONS

Personal vehicle reservations for travel to and from the San Juan Islands are available online at www.wsdot.com/ ferries or by calling (888) 808-7977 between 4am and 8:30pm, 7 days a week. If you are planning to drive your camper to camp **we strongly encourage you to make reservations.**

BRING A LUNCH!

Campers taking the bus to camp, or being dropped off at the Anacortes ferry landing, will need to have a sack lunch to eat on the ferry. No glass OR nut products. Campers will not be allowed to purchase food on the ferry. Lunches will be provided by camp for the return trip.

TRANSPORTATION GROUPS

Washington State Ferries regulates the number of buses we can transport on any one ferry. Therefore, each session is divided into two check-in times based on the program campers are registered for. Bus run assignments are non-negotiable.

Run A: Traditional Seekers, Traditional Explorers, Fishing, Girls LEAD, High Altitude Leadership, Horsemasters, Horsemaster Leadership & Marine Biology

Run B: Traditional Challengers, Farm to Table, Island Explorers, Treehouse Building, all Sailing, Biking and Kayaking expeditions, Leadership Development Institute (LDIs) & Counselors in Training (CITs)

CHECK-IN & PICK-UP LOCATIONS

SHORELINE BUS

Meridian Park Elementary School
17077 Meridian Ave N.
Shoreline, WA 98133

Driving Directions: From I-5, take exit 176 and proceed west on NE 175th Street. At Meridian Avenue North, turn left to head south. Proceed approx. 200 yards to the school parking lot entrance on the right.

Bus Run A:

Check-In Time: 7:00am
Pick-Up Time: 4:45pm

Bus Run B:

Check-In Time: 9:00am
Pick-Up Time: 8:00pm

Do not arrive late to check-in. Buses will leave as soon as campers are on board. It's very important buses make their scheduled ferry.

ANACORTES FERRY

The Anacortes ferry terminal is approximately a 1.5 hour drive north of Seattle. Take I-5 North or South to Highway 20. Head west and follow signs to the Anacortes ferry landing. Park your car and proceed to the ferry terminal building. Camp staff will meet you and your camper at the picnic table outside the terminal. Campers will walk on to the ferry carrying their luggage. For pick-up, you will meet your camper at the picnic tables outside the ferry terminal.

Anacortes Run A:

Check-In Time: 9:00am
Pick-up Time: 3:10pm

Anacortes Run B:

Check-In Time: 11:00am
Pick-Up Time: 6:25pm

CAMP ORKILA

Follow the directions to the Anacortes ferry landing and board the ferry to Orcas Island. Ferry schedules can be obtained from the Washington State Ferries. Camp Orkila is approximately a 20 minute drive away once you arrive on Orcas. Driving directions can be obtained by calling the Camping & Outdoor Leadership office at (206) 382-5009 or at camporkila.org under the Parent Corner section.

Camp Run A:

Check-In Time: 11:45am
Pick-Up Time: 12:15pm

Camp Run B:

Check-In Time: 2:00pm
Pick-Up Time: 3:45pm

TRANSPORTATION LETTER

Two weeks prior to your session start date, you will receive a transportation letter in the mail. It will confirm the transportation choices you selected and will include the following information:

- Check-in and pick-up locations & times
- Luggage tags that are color coordinated with your camper's "bus" assignment/ departure location
- Travel Day Medication Form
- Brief Health Screening Form

So we can ensure a smooth check-in, please call the Camping & Outdoor Leadership Office immediately at (206) 382-5009 if the information in your transportation letter is not how you are planning to check-in and/or pick-up your camper.

CLAIM CHECKS & AUTHORIZED PICK-UPS

For the safety of your camper, you will receive a claim check when your camper checks in. On pick-up day, you must present this claim check before we can release your camper. Without the claim check, you or your authorized pick-up person will be asked to present a photo ID to the staff in charge to receive a replacement claim check before your camper will be released. Individuals authorized to pick-up your camper must be listed on the transportation page of your Camp Care Info Packet or in your UltraCamp account. Your camper will not be released to anyone who does not have a claim check or is not on the authorized pick-up list.

CHECK-IN PROCEDURES

- Check-in at the check-in table.
- Complete a brief health screening form.
- Turn in all medications (do not pack medications in your camper's luggage)
- Undergo lice check
- Upon your camper completing the lice check, you will receive a camper claim check with your child's name on it. You need this claim check for pick-up.

PICK-UP PROCEDURES

CHECKING TO SEE IF WE ARE ON TIME

AFTER 3:30PM there are two ways you can check to see whether we will arrive at Anacortes and Shoreline on schedule:

- Check **camporkila.org** for updates
- Call our check-in/pick-up day number to speak with a staff member: (206) 255-3517

The office at Camp Orkila is also available at (360) 376-2678 if you have questions about picking your camper up at Orkila. For the safety of your camper and the smooth operation of camp, **PLEASE BE ON TIME FOR PICK-UPS! Parents more than 30 minutes late picking up their child will incur a \$1 per minute late fee.**

TRANSPORTATION DAY SAFETY

- Check-in areas are blocked off and secure from vehicle traffic.
- All camper medications are left with staff at the check-in table.
- First aid kits are available at check-in and on all buses that transport campers.
- Parents or guardians should accompany campers to the check-in area and remain with them until they board the bus to camp.
- Parents release their camper to camp staff when they board the bus for camp.
- At check-in, each parent is given a claim check which they will present at pick-up to identify themselves as an authorized pick-up person. Without the claim-check, the pick-up person must present a photo ID and be listed on the camper's authorized pick-up list to receive a replacement claim check.
- Each bus group will be supervised by a minimum of two adults, not including the bus driver.
- Each bus will have a cell phone and emergency numbers.
- All accidents/incidents will be documented and phoned in to the transportation director as soon as possible during transit or immediately upon arrival at the destination.

BUS SAFETY

- Buses will travel in convoy to and from camp, remaining together at all times.
- Campers must remain seated.
- Windows remain closed (buses are air-conditioned).
- No eating on the bus.
- Campers should use inside voices while traveling on the bus.
- Head counts are required each time the group boards and disembarks the bus. If campers must disembark buses in emergency situations, campers will remain on the safest side of the bus as determined by the supervisor.

CONTACT INFORMATION

CAMPING & OUTDOOR LEADERSHIP

OFFICE - SEATTLE

Phone: (206) 382-5009

Hours: Mon-Fri, 8am-5pm

campinfo@seattlemca.org

CAMP ORKILA

Office: (360) 376-2678

Hours: M-Sun, 8am-6pm, (June-Aug)

Hours: M-Fri, 9am-5pm, (Sept-May)

Fax: (360) 376-2267

CHECK-IN/PICK-UP DAY PHONE:

Wednesdays/Saturdays

June 30-September 2

(206) 255-3517

CAMP DIRECTOR

Dave Affolter

(360) 376-2678

daffolter@seattlemca.org

TEEN EXPEDITION PROGRAM DIRECTOR

Jordan Bright

(206) 717-2666

jbright@seattlemca.org

FOOD SERVICE DIRECTOR

Kimberly Klein-Toombs

(360) 376-2678

ktoombs@seattlemca.org

YMCA Camp Orkila is accredited by the American Camp Association (ACA). For more information on their safety standards, please refer to acacamps.org.



AFTER HOURS TEEN EXPEDITION DIRECTOR-ON-DUTY CELL: (360) 317-5046

For emergencies only, call this number to reach the director-on-duty. Leave a message with your name, area code and phone number. We will call you back as soon as possible.

Everyone is welcome. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. **Financial assistance is available.**