



# SO MUCH MORE THAN SUMMER CAMP

## YMCA CAMP U-NAH-LI-YA Parent Handbook

### Welcome!

We are so excited that you have chosen to spend part of your summer with us. We are committed to providing a safe, fun, and memorable experience for each and every camper. This Parent Handbook is an important resource in preparing your camper and the entire family for the Camp U-Nah-Li-Ya experience, so please review it and save it for future reference. If you have additional questions that are not answered in this handbook, please feel free to contact the Camp Office. We are happy to help. See you this summer!

Maxwell A. Clark  
Executive Director of Camping Services



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# ABOUT THE CAMP SESSION

## Character Counts

On the first day of camp, behavior expectations are shared with all campers. Our behavior expectations focus on the YMCA character values of caring, honesty, respect, and responsibility. Incorporating these values, campers will learn how to ensure their own safety and practice ways to make other campers and counselors feel comfortable and valued. Our camp staff use positive reinforcement techniques when working with individual campers and whole cabin groups.

Camp counselors are also trained in working through behavior challenges. While coaching a camper with their behavior can be a normal and healthy part a camper's development, camp will not tolerate ongoing disrespect or violence. This includes emotional, social, verbal, and physical bullying, as well as inappropriate actions that violate our camp rules. If a camper chooses not to correct inappropriate and/or dangerous behaviors, Camp U-Nah-Li-Ya reserves the right to remove the camper from the program. The camper's parents/guardians will be responsible for picking up their camper from the camp site and no refund will be given.

Please take time to discuss appropriate behaviors with your child prior to their camp visit to help us ensure a safe and fun experience for all participants.

## Specialty Areas

During the morning, resident overnight campers will spend their time receiving in-depth instruction in one of our six Specialty Areas. When you register, please be sure to select your camper's main interest and a secondary interest so that we can get your camper into the area of their choice. We will do our very best to get campers assigned to their first selection, but Specialty Areas are assigned on a first come, first served basis. We will occasionally have to place campers in their second choice to maintain quality of programming. Campers will progress through program challenges and learn in-depth skills in their selected specialty area.

## Cancellation & Switching Sessions

We can always try to switch your camper to a different session if a conflict arises - just contact us about availability. If you need to cancel entirely, a two-week notice is required to receive any refund. If appropriate notice is provided, you will receive your camp fees back minus your \$100 deposit (per camper/per program).

1. A medical condition prevents the camper from participating. A written note from the camper's physician must be mailed or faxed to the Camp Office.
2. The camper transfers to a different camp program with a lower price.
3. YMCA Camp U-Nah-Li-Ya cancels the program.

Departure from the camp program due to homesickness or dismissal for behavior problems is non-refundable.

## Fee Balances

A \$100 deposit per program was required at the time of registration (unless you chose to pay in full). Your remaining balance will be automatically drawn 30 days before your campers session, unless you have made alternate arrangements with us such as a monthly payment plan. If you have any questions regarding your final payments, please contact the

## Lost & Found

Lost and found items are held at camp for the duration of the summer season. We will do our best to locate and return lost items; however, camp cannot be held responsible for personal property. Please label your camper's items. All unclaimed lost & found will be donated to local charities by September 1.

## Sample Daily Schedule

7:15	Wake-Up Bell & Polar Bear Swim
8:00	Waiter Bell
8:15	Breakfast
9:00	Thought for the Day/ Y Character Value
9:30	Specialty Areas
10:30	Choice Program Time
11:30	Service Project
12:00	Waiter Bell
12:15	Lunch
1:15	Rest Hour
2:15	Cabin Group Activity Time
4:15	Open Recreation Time Swimming, Boating, or Camp Store
5:00	Waiter Bell
5:15	Dinner
6:15	Open Recreation Time Boating or Camp Store
7:30	Evening Program or All-Camp Game
9:00	Taps/Daily Reflections
9:15	Return to Cabins

# BEFORE ARRIVAL: PREPPING & PACKING

## Packing List

Please pack according to your child's needs and send old clothes rather than new items. Do not overpack or send items in paper/plastic bags as they tend to break easily. Mark all items with your child's name so that they may be easily claimed in the event that they are misplaced. Camp U-Nah-Li-Ya is not responsible for personal possessions.

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Pajamas/sleepwear     | <input type="checkbox"/> Sleeping Bag & Pillow  | <input type="checkbox"/> Labeled bag for wet/dirty items  |
| <input type="checkbox"/> Fitted twin bed sheet | <input type="checkbox"/> Socks (7)              | <input type="checkbox"/> Toiletries: soap, toothpaste, etc.   |
| <input type="checkbox"/> Rain gear or poncho   | <input type="checkbox"/> Mask (5)               | <input type="checkbox"/> Pair of sandals/shoes that can get wet and remain on in water (not flip flops) |
| <input type="checkbox"/> Towels/washcloth (2)  | <input type="checkbox"/> Long sleeve shirts (2) | <input type="checkbox"/> Tee shirts (7)   |
| <input type="checkbox"/> Flashlight            | <input type="checkbox"/> Insect Repellent       | <input type="checkbox"/> Long pants (2)   |
| <input type="checkbox"/> Underwear (7)         | <input type="checkbox"/> Shorts (3-4)           | <input type="checkbox"/> Hat  |
| <input type="checkbox"/> Shoes (2-3 pair)      | <input type="checkbox"/> Sweatshirt/fleece (2)  | <input type="checkbox"/> Water Bottle   |
| <input type="checkbox"/> *Swimsuit (2)         | <input type="checkbox"/> **Backpack             |   |

\*We highly encourage one-piece or modest swimsuits.

\*\*Any backpack will do but we suggest one designed for the outdoors.

Optional: Camera, book, journal, fishing gear, paper/envelopes/stamps

## What NOT to Pack

One of the things that makes the camp environment special is the opportunity to create meaningful, personal connections with others. For this reason, electronic devices are not permitted at camp because they distract us from the natural environment and the people around us. (This includes CIT's and Assistant Counselors.) Camp takes pictures all around camp every day and posts them on our website for you to view and download from home, and we will always call you if we feel it's necessary. Please supervise your camper's packing and join us in encouraging them to "unplug" for this short time.

Do not pack:

- Candy, gum, snacks (they attract unwanted critters into the cabins)
- Cell phones/iPods/MP3 players (they distract from the camp program and are easily lost)
- Video game devices (they distract from the camp program and are easily lost)
- Pocket knives/weapons

These prohibited items will be confiscated by camp staff and secured in the Camp Office until the camper's departure.

## Trip Participants

If your camper is participating in a canoeing or backpacking trip, Adventure Trekkers, or Fishing Camp, use the regular packing list above and also see your specific trip itinerary for additional items needed for your special program.

## Teen Weekend Stay-Over

Laundry facilities and laundry soap are available for those campers participating in a weekend stay-over. Camp staff will assist campers in this task during the weekend.

## Homesickness Prevention

Homesickness is a very normal, and often temporary, response for some campers. With proper handling by parents and staff, a case of homesickness can be prevented or easily overcome while the camper gains independence and feelings of success. The camp staff are extensively trained to handle homesickness in a sensitive and compassionate way so that your camper has a great week!

- Reassure your camper that you want them to have a wonderful time, and avoid giving them an "out" to come home or call if they miss you.
- Pack a familiar object from home, such as a favorite stuffed animal.
- When sending your camper a letter, let them know how excited you are to hear about all of their adventures!

# HEALTH AND MEDICATIONS

## Health & Authorization Form

When you log into Camp Brain, choose registration details to complete the Health Form. If your camper is participating in Extreme Teen Adventures, Excursions, or CIT-Wilderness you must also print and complete the physician's authorization form from our website under the parent handbooks & forms section. Camp must receive the completed form; including immunizations, a physician's signature and a parent/guardian's signature; **at least two (2) weeks prior to your camper's session**. This form and physician's physical, is NOT required for 4 Day or 6 Day resident camp, CIT or AC programs.

## Health Care

A nurse is on-site throughout the week for health needs and medication distribution, and a physician is on call. Camp will be in immediate contact with the camper's family in the case of a serious medical concern, illness, or incident. All camp staff are first aid and CPR certified and equipped to handle routine first aid needs. Camp U-Nah-Li-Ya does not carry medical insurance for camp participants.

[Are you a registered nurse? Please call us if you're interested in assisting us with Sunday check-ins and/or being a Camp Nurse during your camper's session!](#)

## Medications

Please note your camper's medications within the health form online. Prescription, over-the-counter, and herbal medications must be turned into the Camp medical staff upon arrival. With the exception of rescue inhalers and epipens, campers are not allowed to have medications on their person or in their belongings while they are at camp. Medications MUST be in their original containers and must not be expired. Prescription medications must also be clearly labeled with the physician's name and dosage instructions. We highly encourage medications to be pre-filled and bubble packed for your session(s) by a pharmacist - inquire at your pharmacy.

## Food Allergies/Restrictions

If your camper has specific dietary requirements or severe food allergies, please call us so we can be fully prepared for your camper's stay. Just call us at 715.276.7116 and ask to speak with our Food Service Manager.

# OPENING DAY

## Sunday Check-In

All programs begin on Sundays. Campers and families are asked to arrive at camp between 1:30-3:00PM on Sunday afternoon. The camp gate will open promptly at 1:30PM. Please do not plan to arrive prior to that time. You will be greeted at the gate where you will receive your camper's cabin and counselor assignment. Once you meet the counselor and settle in, you are free to explore camp, visit the Camp Store, and acquaint yourself with Camp U-Nah-Li-Ya. We invite you to attend Opening Ceremonies at 3:30 where you will meet the staff and sing a crazy camp song! Family and friends are welcome, but family pets are not allowed at camp.

The Camp Nurse is also available during check-in to collect medications and discuss any health-related questions.

Directions to camp can be found on our website at [www.campunahliya.org](http://www.campunahliya.org).

## Camp Store

Each camper begins with a \$5 credit in their store account (included in the camp fee). Additional money can be added when you arrive for Sunday check-in. Campers don't use cash in the store. Instead, a camp staff member keeps track of transactions like a debit account.

Balances remaining on your child's account at the end of their session are non-refundable due to processing fees associated with refund transactions. All camp store account balances will be contributed to camp's Annual Campaign, a fund that provides financial assistance for our summer camp families.

The Camp Store is open twice daily (Mon-Thurs) and once on Friday morning for your camper to visit during Open Recreation times. Food items may only be purchased following dinner, and campers are limited to two food items and one beverage each day.

## Products & Prices

(subject to change)

- Hoodie Sweatshirts: \$30.00
- Camp Unie Tee-Shirt: \$15.00
- Water Bottles: \$12.00
- Pillow Pal: \$13.50
- Novelties/Toys: \$3.00-\$7.00
- Beverages: \$1.00-\$2.00
- Snacks: \$1.00-\$1.50
- Ice Cream Treats: \$1.50

# STAYING CONNECTED WITH YOUR CAMPER

## Camper Email & Daily Photos



Our partnership with Bunk1.com allows parents to send Bunk Notes (one-way emails) to their campers and view photos throughout their session. This is a completely free service; you may also opt to buy “credits” to use additional options such as adding photos to your emails.

### Getting Started - Creating an Account

1. Go to [www.campunahliya.org](http://www.campunahliya.org)
2. Click “Summer Camp”
3. Click on the “Bunk1” button
4. Click “Register Here”
5. Enter your invitation code: CAMPUNIE2023

6. Fill in all required information

Note: You may use login information and password from the previous year without creating a new account.

7. View photos and send Bunk Notes!

### Frequently Asked Questions

#### HOW DO I VIEW PICTURES?

Follow the instructions above to create an account. Next, click the “Photo Gallery” button. Photos are kept in folders on the left side of the page below the words “Image Folders.” Click on any folder to view photos. There is no cost to view photos, but you may opt to purchase prints and other photo gifts like t-shirts and mugs. Photos are posted online on Monday, Tuesday, Wednesday, and Thursday evenings.

#### HOW DO I SEND BUNK NOTES (ONE-WAY EMAILS) TO MY CAMPER?

Follow the instructions above to create an account. Next, click the “Bunk Notes” button. Enter your camper’s name, select the correct cabin, type your message, and hit the “Send” button.

#### CAN OTHER RELATIVES USE THESE SERVICES?

Certainly. Once you have set up your account, you will be able to invite other people to access these services.

#### WHAT DO I DO IF I LOST MY USERNAME AND PASSWORD?

After you create an account, your username will be your email address. In case you have forgotten your password, go online to [www.bunk1rollcall.com](http://www.bunk1rollcall.com) and click the “Sign In” tab. A screen will appear, and you can select “Forgot Your Password?” You will then be able to reset your password.

#### THE CAMP WEBSITE IS DOWN. CAN I STILL SEND BUNK NOTES?

Yes. In case of a problem with the camp website, you can still send Bunk Notes by visiting [www.bunk1rollcall.com](http://www.bunk1rollcall.com). First time users should click “Invitation Code” to create an account and return users should click “Sign In.”

#### I HAVE QUESTIONS AND/OR I'M EXPERIENCING PROBLEMS.

Bunk1 is a separate service provider, and camp staff are unable to troubleshoot their website. If you need help using this service, Bunk1 encourages you to call them at 1-800-216-9472 or email them at [support@bunk1.com](mailto:support@bunk1.com).

YOU CAN ALSO FOLLOW US ON FACEBOOK AND INSTAGRAM TO STAY CONNECTED @ CAMPUNAHLIYA

## Mail Call!

All postal mail and Bunk Notes are distributed Monday-Thursday. Bunk Notes received by 2:00pm will be distributed the same day (the last Bunk Notes of the week are distributed on Thursday at dinner). Please note that Bunk Notes are one-way from home to camp and campers do not have computer access to send responses.

**Postal Mail Address:** YMCA Camp U-Nah-Li-Ya • 12101 Y Camp Road • Suring, WI • 54174

(Please include counselor’s name on the envelope. It greatly helps us with sorting hundreds of pieces of mail daily!)

# THE END OF A GREAT WEEK

## Bus Transportation

Return transportation to Green Bay is available on the last day of your camper's session. The fee for the bus ride home is \$15, you can sign up for transportation home when registering your camper online. Campers travel by bus to the West Side YMCA on Cardinal Lane in Howard. The bus arrives in the south parking lot of the YMCA at 4:30 PM on Friday afternoon (4-Day campers arrive at 4:30 PM on Wednesday afternoon).

## Pickup at Camp

Check out time for campers being picked up at camp is 2:45 PM and they must be signed out from the Camp Office next to the Dining Hall with a valid photo ID.

## Authorized Adults for Pickup

Individuals picking up campers at camp or the West Side YMCA must be named on the camper's information form online. An authorized adult and will be required to show photo identification at the time of pickup. While we realize that families want to pack up and depart quickly, we appreciate your patience as we make each camper's safety our priority.

No camper will be released to an unauthorized adult. You may call the Camp Office at any time at 715.276.7116 to add an authorized adult to your camper's approved list.

## ANYTHING ELSE YOU'D LIKE TO KNOW?

Contact us. We're happy to help you with your child's journey to camp!



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