



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



*WinterSpring*

*Facing Loss, Embracing Life Again -- Together*

PO Box 8169, Medford, OR 97501

541-552-0620 winterspring.org

**Dear Campers, Parents and/or Guardians:**

Thank you for registering your child for Camp WinterSpring. This camp is offered through a partnership between the YMCA and WinterSpring; we have taken the strengths of both organizations to create an impactful experience that can help set a path of healing after the loss of a loved one.

It is our goal that every camper has a great experience at camp, but we need your help to make this a reality. Please read through the enclosed information, as it contains information about what to bring, how to prepare for camp and more.

Campers must be actively engaged in all activities at camp or they may be sent home. It is important to creating an environment of healing that all campers feel safe and included; any camper that is not contributing to this culture and environment will be asked to leave by the YMCA Camp Director or WinterSpring Youth Program Manager.

Again this summer we are still running this program at Emigrant Lake Oak Slope Campground outside of Ashland, Oregon. Although this site does not have a dining hall or cabins we work hard to create the same feel as if we were located in a traditional camp facility. Our "dining hall" will be in the shade of the trees as we enjoy our meals, our "cabins" will be large group tents pitched for the group. Camp is not just about the place, but about the people we bring together.

**Date:**

July 9-13<sup>th</sup>

**Check In / Departure Time:** Please meet at the YMCA (522 West Sixth Street, Medford, Oregon 97501) at 8:00am on the first day of the session. We will be performing a health screening, introduction meeting, and set the ground work for the camp. We expect to depart for our campsite by 9:30am.

**Pick-Up / Arrival Time:** Pick-up takes place on the last day of the session at 5:00pm at Emigrant Lake Recreation Area. There is no need for Camp WinterSpring families to pay to enter the park. These fees have already been covered.

You are encouraged to come early at 3:30pm to enjoy a potluck with your camper and other families. Please bring a dish to share and plan to stay until 5:00pm. If you are just wanting to pick-up your camper and head out, please wait till 5:00pm, so all campers can participate in the coming home ceremony.

**Late Arrival / Early Pick-Up Times:** If you need to arrange for a late arrival or early pick-up, please make arrangements with Amanda from WinterSpring before the start of the

camp, otherwise all campers are asked to ride the bus to camp and to be picked up at Emigrant Lake(don't forget your **photo I.D.** for pick-up).

**Cabin Groups:** Campers are placed in cabin groups based on gender and age. Cabins will be sleeping in either tents or under the stars each night. Campers will be sleeping on tarps or in tents and campers are allowed to bring a sleeping mat but note that they will need to be able to carry their own sleeping gear. As a part of the camp design, sleeping assignments will force campers out of their comfort zone and with other campers they do not already know.

**Phone Calls:** The Camp Director has access to a cell phone for emergencies only (**Please do not send your camper with a cell phone**). Sometimes situations occur when parent input will help your child to succeed at camp, therefore, the Camp Director will call the parent/legal guardian when the need arises. If you need to contact us, please call the Camp Director at 541-210-6147 and leave a detailed message (messages will be returned when possible).

Campers are not allowed to have cell phones at this camp, all communication will go thru the Camp Director.

**Health History Forms:** Please complete the Health History Form and **bring it with you on the first day of camp**. Campers without a complete and signed Health History Form on the first day of camp will not be allowed to attend. You must provide an original health form for camp. Health History information is kept confidential and will only be used by WinterSpring staff, camp health staff or person designated by the Camp Director.

**Medications and Medical Care:** Most camp staff are both First Aid and CPR trained. All medications must be checked in at drop-off and will be dispensed by the Camp Director or their designee (with the exception of emergency medications – such as inhalers or Epi-Pens). Non-prescription medications will also be dispensed by the Camp Director. All medications must be in *original containers*.

**Meals:** Meals are healthy and well balanced and prepared daily. Vegetarian options are available. Please indicate on the Health History Form if your child is a vegetarian. We accommodate most food allergies. Please indicate on the Health History Form if your child is allergic to any foods, if we cannot provide your child with appropriate substitutes then parents may be asked to help furnish foods. We require campers and staff to drink at least 8-10 glasses of water each day. Every camper needs to have a sturdy water bottle when they come to camp.

**Home Sickness:** It is very normal for most campers to have some degree of homesickness. Most campers have worked through it by the second or third day. If your child is having great difficulty, the Camp Director will call you for advice. To help your child succeed:

- Help him/her get prepared for camp by talking about fun, friends, and adventures; assure them that he/she will be safe and well cared for; let them know how much you admire them and that family members and pets will be well cared for while he/she is away.

- If you are concerned that your child may become very unhappy or frightened, please do not set him/her up for failure by telling your child that you will come and get him/her. Instead, tell him/her that you will do everything you can to support and encourage him/her through a difficult time, should it occur. Camp Staff will do everything possible to help all campers succeed at Camp.

**Behavior:** We expect behavior that is respectful and accepting of one's self, others and the environment. Any threat of harm or violence of which the staff is aware, will be handled immediately and may be cause for dismissal from camp. In cases of serious behavior problems, parents will be contacted to help determine if the child is permitted to remain at camp. Any expenses and transportation related to early dismissal from camp, for any reason, are the responsibility of the parent/legal guardian. Please discuss appropriate behavior with your camper. Also, include in the discussion that if your camper is threatened, they should immediately tell the counselor and the camp & Sports Director.

**Camp WinterSpring Here We Come:** We are extremely excited about this year's camp. We have great staff and lots of great activities planned. If you have any questions or concerns please do not hesitate to contact me at 541-210-6147 anytime.

Gary Taylor  
YMCA Camp Director

Amanda Constable  
WinterSpring Youth Program Manager

## Resident Camp Packing List:

This list is only a suggested list of the items that you will need, if you do not see something on this list and you think you need it make sure to pack it as well. **DON'T FORGET TO LABEL YOUR BELONGINGS!**

### Bedding:

- sleeping bag
- pillow
- sleeping mat (*optional*)

### Clothing:

- 2 pairs of pants
- 3 pairs of shorts
- 2 pair of shoes for hiking (closed toed required)
- 1 pair of water shoes (worn only at the waterfront)
- 5 t-shirts
- 2 long sleeve shirts
- 1 sweatshirt
- 1 light jacket
- 1 swimsuit
- ample underpants and socks
- 1 pair of PJ's or something to sleep in
- hat
- bag for dirty clothes

### Personal Items:

- deodorant
- lip balm

- sunscreen
- bug repellent
- toothbrush and toothpaste
- 2 towels

**Other Items:**

- flashlight and extra batteries
- sturdy water bottle
- sunglasses
- disposable camera
- backpack (large enough to pack a lunch, water bottle, etc. for simple day trips)

**Things to Leave at Home:**

**CELL PHONES** – Campers may not have cellphones at this camp as they take away from the healing environment.

Please remember not to pack any expensive items as the YMCA will not be responsible for lost or stolen items. Also make sure to leave any of the following at home: pocket knives, matches or lighters, drugs of any kind, non-prescription medications, personal music players, fidget spinners and as a general guideline anything you could not have at school.