



McGaw YMCA Camp Echo Parent Information Booklet 2011

All parents should read this entire packet carefully, especially parents new to Camp Echo.

Parents of returning campers should pay particular attention to changes – highlighted in gray.

Evanston Mailing Address

*Send forms here. See deadlines on Page 2.
Do not write “Camp Echo” on the envelope.*

McGaw YMCA Program Support
1000 Grove Street
Evanston, Illinois 60201

Evanston Telephone Numbers

Registration: 847-475-7400 x236 (year-round)
Camp Director: 847-475-7400 x259 (Oct - May)
Camp Programs: 847-475-7400 x227 (Oct - May)
Camp Operations: 847-475-7400 x263 (Oct - May)
Health Concerns: 847-475-7400 x226 (Oct - May)
Fax: 847-475-1989

Fremont Mailing Address

*Send mail to summer campers at this address.
Include session and cabin name (once known).*

McGaw YMCA Camp Echo
3782 S. Triangle Trail
Fremont, Michigan 49412

Fremont Telephone Numbers

Camp Director: 231-924-0829 *
Health Officer/Head Counselor: 231-924-7072 *
Program Manager: 231-924-7076 *
Operations Manager: 231-924-7076 *
Business Only Fax: 231-924-0061
Camper/Staff Fax: 231-924-7075

* For health and social concerns, call the Health Officer/Head Counselor. For concerns about swim evaluation results, Campitvity assignments, or camp programs, call the Program Manager. For questions about food services, transportation, the Trading Post, or communication with campers, contact the Operations Manager. For all else, contact the Camp Director.

Internet

Camp Director (Rob Grierson): rg@mcgawymca.org
Program Manager (Meredith Stevens): merediths@mcgawymca.org
Operations Manager (Bernard Rocca): bernardr@mcgawymca.org
McGaw YMCA: www.mcgawymca.org Camp Echo: www.ymcacampecho.org

**Bus arrival time at Echo will be posted at www.ymcacampecho.org on the first day of each session.
A web log detailing the progress of the buses will be posted there on the last day of each session.
Scroll down on the home page and click the gray button marked “Bus To/From Updates”**

**Cabin lists and swim levels will be posted at www.ymcacampecho.org/cabinlist.txt
by noon on the first full day of camp, the day after the arrival day, of each session.**

**Bunk Notes, Bunk Replies, Online Newsletter, and Photo Gallery: www.campecho.bunk1.com
(Primarily for Pathfinders, Main Camp, and Voyagers; not for Adventure Trips.)**

**Cabin photos will be uploaded to Bunk1 by the morning of the third full day of camp.
We will do our best to upload other photos and news, but we can’t guarantee daily updates.**

Replacement forms are on our website – www.ymcacampecho.org/parents/index.html#FORMS

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Introduction

• A Note from the Camp Director

Thank you for sending your child to Camp Echo. We have been working hard to ensure that your child will have a safe and fun experience at camp this summer. We have many returning staff members. We have reviewed every aspect of the camp program, strengthening what is already in place and making improvements that will help make the 2011 camp season better than ever. Last summer, we upgraded the Outpost kitchen and insulated the Dining Hall walls. We have completed our connection to the local wastewater treatment system and hope to begin construction of a new KYBO North in fall 2011.

Parent/camper surveys will be conducted after camp via Zoomerang. The link is sent to the email address we have on file.

Once again, we are planning to begin early-bird registration for 2012 immediately after Thanksgiving. Please check the Camp Echo website www.ymcacampecho.org in late November. We will send a notice via email but it may not reach everyone.

- Rob Grierson, Camp Echo Director

• McGaw YMCA Mission Statement

The McGaw YMCA is an open, charitable, membership association that promotes growth in spirit, mind, and body through programs and services for all in our diverse community.

• McGaw YMCA Vision Statement

We welcome, inspire, activate, and impact *all* in spirit, mind, and body.

• Camp Echo's Goal Statement

To operate a fun and engaging program while fostering the physical, emotional, and spiritual well-being of our participants. We promote character development, celebrate diversity, encourage service learning, and teach our teen participants leadership skills.

• Camp Echo's Goals for Campers

- **To feel secure.** Campers will both experience and foster a setting that does not permit bullying, intimidation, harassment, or statements and conduct that demean others on the basis of their race, ethnic origin, gender, sexual orientation, or any other dimension of diversity. To help campers achieve this goal, Camp Echo will provide adequate supervision and appropriate consequences for misbehavior. *Campers are encouraged to be sensitive to the feelings of others, and to report any problems.*

Parents/campers seeking more information should visit the **Stop Bullying Now!** website: www.stopbullyingnow.hrsa.gov

- **To develop strong character.** Campers will believe in, and make daily choices based upon, positive values that guide good behavior. To help campers achieve this goal, Camp Echo will provide encouraging, consistent role models who make appropriate choices themselves. *The values we teach are caring, honesty, respect, and responsibility, and all that they imply.*

The Camp Echo community recites this phrase together each morning. **Please teach it to your children before camp.**
"Today we will strive to be caring, accept responsibility, show respect to all others, and be honest in all we do."

- **To make new friends.** Campers will accept and include others as they learn that differences are strengths to be celebrated. To help campers achieve this goal, Camp Echo's staff will create and maintain an environment where everyone is respected and included. *We define diversity as the mosaic of people who bring with them a variety of backgrounds as assets.*

- **To have fun.** Campers will actively participate in challenging, enjoyable activities in a beautiful outdoor location. To help campers achieve this goal, Camp Echo will provide an age-appropriate, entertaining program, taking advantage of our natural setting. *We offer a variety of land-, aquatic-, arts-, and nature-based activities for individuals and groups.*

- **To give back.** Campers will engage in age-appropriate service activities that benefit the camp and the community. To help campers achieve this goal, Camp Echo's daily schedule includes time for service tasks; some groups will also do service projects. *When people participate in efforts to support the larger community it makes the world a better place.*

- **To know the rules.** Campers will follow clearly stated rules that help to manage the risks involved in learning new skills. To help campers achieve this goal, Camp Echo will provide well-trained staff and a well-managed camp that meets industry standards. *The standards we follow include those of the State of Michigan and the American Camp Association (ACA).*

And for our teen participants,

- **To learn leadership skills.** Campers will have opportunities to set expectations for, inspire, and motivate others in a positive way. To help campers achieve this goal, Camp Echo will teach group management skills and give campers a chance to take on purposeful roles. *The leadership training thread runs through all teen offerings, not just the LIT & CIT programs.*

We will be asking parents and campers to tell us the extent to which we have met our goals on the parent/camper surveys.

Forms

PDFs, and “fillable” PDFs, are on our website – www.ymcacampecho.org/parents/index.html#FORMS

- **Deadlines** (*We recommend you keep copies of all forms in case the originals get lost in transition.*)

Forms must be in the Program Support Office at least **four weeks** prior to the beginning of your child’s session. Completed forms are necessary to finish the registration process and are required for attendance at camp. Forms are collected and sent up to camp soon after the dates below. Late forms make it difficult for the Camp Echo staff to properly prepare for the arrival of your child at camp. **To ensure proper cabin group placement** please fax **last minute** Cabin Requests to 231-924-0061.

Session 1: Friday, May 13, 2011

Session 3: Friday, June 3, 2011

Session 5: Friday, July 1, 2011

Session 2: Friday, May 20, 2011

Session 4: Friday, June 17, 2011

- **Checklists**

We understand that some of the information on our forms seems repetitive. The forms end up in different offices and each office has different needs. Please use the checklists on this page and the next to verify that you have completed each form.

1. Health Form (two-sided)

All campers are **required** to have a health exam not more than **24 months** prior to their first day of attendance at camp. Sign the **two required authorizations**, and obtain the signature of a Licensed Health Care Provider with a current date and date of the health exam. You must provide an **emergency contact (other than parent.)** For those with health insurance, a **copy of the insurance card, front and back**, should be affixed to the *Health Form* – we also need the policy holder’s date of birth. Questions 1 through 9 on the back must be answered; in some cases, extra information or an attached sheet with more information is required. These questions are mandated by ACA Standard HW-2; the responses enable us to provide the best possible experience for your child. If you object to health exams, immunizations, or giving us permission to treat, download a *Release from Health Exam, Immunization, and/or Permission to Treat and Waiver of Associated Claims* from our website.

If you are giving the *Health Form* to your provider, fill out the Health History, Health Status, and Restrictions sections first.

Health Form Essential Checklist:

- Parent has read the required authorizations, then signed and dated the form in two places on the front.
- Emergency name and contact information (for a person other than the parent) has been provided.
- Copies of front and back of insurance card affixed and date of birth of policy holder is provided; or “no” is checked
- Questions 1-9 are answered with the requested information filled in if necessary. Include attachments if appropriate.
- Licensed Health Care Provider has signed and dated the form, and entered the date of a health exam within 24 months.

2. Personal History Form (two-sided)

The *Personal History Form* helps us create a positive environment for your camper. Parents should take time to review the questions with participants, set goals for the Echo experience, and relate information that will benefit the counseling staff. This form helps with placement and is shared with your child’s counselor or trip guide. The back of the form has space for a Camper Letter and a Parent Letter. These letters are the **best** way to let your child’s counselor know what you expect.

Personal History Form Essential Checklist:

- Appropriate information corresponding to questions 6, 7, 8, and 9 from the *Health Form* has been entered on this form.
- Camper Letter and Parent Letter are written on the back or attached. Sending them later could mean they get separated.

3. Trading Post (“TP”) Form and Cabin Request Form (two forms on one sheet, two-sided)

Side 1: Pathfinders, Main Camp, TYC, Voyagers, Explorers, and Trailblazers **also** signed up for another session of camp.

Side 2: Rangers, LIT, CIT, WIT, Lifeguard Plus, Adventure Trips*, and Trailblazers* **not** signed up for another session.

* Adventure Trip participants bring cash to camp. Fill out the top of the form and check the box marked “No TP Account.”

The TP is the camp store. This form includes a worksheet to help you determine how much money should be deposited in this account. Review the form with your child so he or she understands which items and/or activities are planned. At camp, we don’t limit spending by category – we tell participants their current balance so they can make their own decisions.

The *Cabin Request Form* helps us place your child in a cabin. **We guarantee placement of groups of two or three campers the same age or grade with mutual requests. We’ll do our best to honor other requests.** The only requests we guarantee are X lists Y, Y lists X ... or ... X lists Y & Z, Y lists X & Z, Z lists X & Y. No long chains! Large groups will be split up. Groups of four should plan on two groups of two; list the name of your paired friend on the first (guaranteed) line, and the other two paired-up names on the second (not guaranteed) line. If we can make it work, we will, but it’s not guaranteed.

Trading Post Form Essential Checklist:

- Proper side is filled out – side one for younger campers – side two for teens – the form indicates which side to use.
- Payment is attached (*we prefer you send a check, it saves us a processing fee*) or credit card information is included.

Cabin Request Form Essential Checklist:

- Verify cabin requests with other participants involved to be sure they are filling out the form with matching information.

4. Waiver of Liability Form (two-sided)

Every parent must complete this form. The front of the form explains that some camp activities (including, but not limited to horseback riding, mountain bike riding, and water skiing) involve risk. By signing this form, you assume all risks and dangers and waive claims against the YMCA and Camp Echo. Be sure you have listed any activity restrictions on the *Health Form*. We believe that growth experiences at camp occur when positive risk-taking is involved. Positive risks involve choices that stretch each participant's personal boundaries, taking them out of their "comfort zone." A positive risk could be something like speaking up in a group setting, or making a new friend. Some of our camp activities involve greater physical risk. By following best practices, state rules, and ACA Standards, Camp Echo is practicing good risk management.

On the back of the form is a permission form for searching the participant's belongings. We require this permission up front because it simply would not be possible to contact the parent of every participant in a group in a timely manner. Only the Camp Director can initiate a search and the participant must be present. We have only done a search about once a summer; this does not allow counselors to just "go through your stuff" on a whim. Contact the Camp Director if you have questions.

Also on the back is a required waiver regarding outside-of-camp communication and online social networking. These topics are a sign of the times and the new technological world we live in, and are discussed in a later section of this packet.

Waiver of Liability Form Essential Checklist:

- If participant is under 18, parent has read the required waivers/permissions, then signed and dated the form in three places.
- If participant is 18 or over, participant has read the required waiver on the front, then signed and dated the front only.

5. Code of Conduct Form (two-sided)

Camp Echo's Code of Conduct is grounded in the core values of the YMCA – Caring, Honesty, Respect, and Responsibility. We believe that parents are our partners in the camp experience, and one of the ways you can help is by reading through this form with your child as you and they both sign it. ***If you follow the core values, you will have fun and stay out of trouble.***

Code of Conduct Form Essential Checklist:

- For participants in all programs, parent and participant have read the form together, and signed and dated the front side.
- For high-school-age participants entering 9th-12th grade, parent and participant have also read, signed, and dated the back.

6. Release, To, and From Form, and Layover Form (two forms on one sheet)

Every parent must complete this form. We need to know if you have any release procedure requests; whether your child will ride the bus, or be dropped off or picked up; and what's happening for Layover if your child is staying more than one session in a row. This is also the form to use if you need to remove your child from camp for a special outside event during a session. Session 1 and Session 3 participants should use this form to indicate whether they will be taking advantage of our "late bus." Everyone must answer questions 1 through 4 and sign the form, whether you are using the bus or driving to or from camp.

Release, To, and From Form Essential Checklist:

- Names and phone numbers have been filled in, especially for any non-parent who will be picking up the participant.
- Form has been signed and dated by the parent. It does not need to be signed by a non-parent if you have given us the name.
- Questions 1 through 4 have been answered. If a gray box has been checked, we will take note of the special situations.

Layover Form Essential Checklist:

- This section of the form is only required if you are staying for two or more sessions in a row.
- If you are not sure of your plans when you hand in the form, indicate that, and the Camp Director will call you from camp.
- Keep a copy of this form** if you check any gray boxes so you have a record of the special instructions you have given us.

7. Scheduled* or Prescription Med Form (only if you are sending medications to camp)

***A scheduled medication is any drug, prescribed or not, taken on a regular basis, including vitamins.** Complete this form **only** if you are sending scheduled or prescription medication to camp. Medications **must not** be packed in the camper's luggage. Medications **must** be turned in to the YMCA staff on the morning of your departure if you are using the bus. If you are dropping your child off at camp, an adult should deliver medications directly to the Health Officer in the Clinic.

If meds change before camp, print a new form off our website, fill it out, and bring it when you drop off your camper.

Scheduled or Prescription Med Form Essential Checklist:

- This form is only required if you are sending any scheduled or prescription meds to camp.
- Form has been signed and dated by the parent.
- Keep a copy of this form** – if meds change, print and fill out a new form and bring it when you drop off your camper.

8. Teen Program Forms (only for specific programs)

Along with the above forms, Girls/Boys Trailblazers and Porcupine Mountains may need a Backpack Rental Request Form; Georgian Bay and British Columbia need a Canadian Travel Permission Slip; and Rockies and British Columbia need a Permission to Fly Form. Voyagers, Georgian Bay, Rockies, and British Columbia also have required waiver forms for their activities. Please fill the included forms out and return them with the rest of your paperwork. If you believe you have misplaced or never received these special forms, you can find them on the Camp Echo website, www.ymcacampecho.org – scroll down on the home page and click the gray button marked "Camper Forms."

Payments

• Payment Deadline for Camp Echo Program Fees

Please note the following payment deadlines for Camp Echo Program fees for those not on monthly payment draft plans:

Transportation Deposit for California Bike and Backpacking in the Rockies.....	February 21, 2011
Memorial Day Weekend Family Camp.....	March 21, 2011
Sessions 1, 2, and 3	April 11, 2011
Sessions 4 and 5	May 9, 2011
Adult and Family Camps in August/September	July 11, 2011

Bills will be mailed three weeks prior to these due dates. Payments must be made in full to avoid cancellation of registration. If registering after the due date, full payment is due at the time of registration.

• Trading Post (“TP”) (All programs except Adventure Trips)

The TP (our camp store) is open on weekdays both before (for “non-edible” supplies) and directly following dinner (for edible items). Camp Echo clothing and souvenirs are available at the Trading Post; prices range from \$5 to \$40.

There is an extra fee for some activities, charged to the camper’s TP account. Horseback Trail Rides and Ring Rides are \$12 each. Arts & Crafts projects during free time outside of Campativity classes range in cost from 25¢ to \$5.

Non-routine medical fees are also charged to the camper’s TP account; parents will be notified when these fees are incurred.

Your initial TP deposit should be made when you return your forms. Additional funds can be deposited later if needed. **Our policy states that we do not extend credit.** If your child’s TP account runs low mid-session we will call you from camp and ask if you wish to make an additional deposit. **Please do not send money to camp** – TP deposits remain in Evanston while the TP Manager at camp tracks the expenses.

TP refund checks over \$10 will be mailed by late September. If the final balance is \$10 or less no refund will be sent. Checks are only good for 6 months; there is a \$25 fee to replace a check. You may also indicate on the TP form that you want to donate balances over \$10, up to a limit you specify on the form, to the Camp Echo Annual Fund. Email the Camp Director, rg@mcgawymca.org, if you want a copy of the your child’s expense tracking sheet.

• Spending Money (Adventure Trips including Trailblazers)

Adventure Trip participants should bring cash to camp in lieu of establishing a TP account. However, Adventure Trip participants who are *also* doing an in-camp program in a different session should establish a TP account. Most Adventure Trips are primarily “in the field” and there is no need for spending money. As per the trip gear lists on our website, we recommend \$50 cash for bike trips (which pass through towns more frequently) and \$25 cash for all other trips. If you are only doing Adventure Trip(s) and not establishing a TP account, check the box marked “No TP Account” on the TP Form.

Trailblazer and Porcupine Mtns participants who send in a “Backpack Rental Request Form” should include \$20. We have plenty of backpacks; if you forgot to send in the form, bring \$20 cash to camp if you need to rent a Camp Echo backpack. Backpacks are distributed at camp. We have sizes to accommodate the most common heights, weights, and ages.

• Deposit for Special Events (Rangers, LIT, CIT, WIT)

Rangers, LIT, CIT, and WIT programs enjoy a trip into town during their stay for a celebratory dinner or other special event. As noted on the TP Form, participants should deposit an extra \$20 (Rangers) or \$30 (LIT/CIT/WIT) in their TP account for this purpose. Camp Echo pays for the dinner or event and equal amounts are deducted from each participant’s TP account. Note that participants in the Rangers wilderness living programs have very limited access to the Trading Post.

Lost & Found

• During Camp

Lost & Found items are brought from the program areas to the Dining Hall daily. Items with names on them are easily returned. Items without names are more difficult to return and are often, sadly, never returned or claimed. ***Please take advantage of the name-tape labels being offered via links on our website and inserts with this mailing.***

• After Camp

Only labeled items are returned to the Camp Echo Office at the McGaw YMCA and parents are notified by phone. Items not labeled stay at camp – if you believe an unlabeled item was left at camp, email the Camp Director, Rob Grierson, at rg@mcgawymca.org. Soon after September 15, leftover items from the summer – and unlabeled items left on the sidewalk outside the McGaw YMCA after bus arrivals (sleeping bags, pillows, etc) – are disposed of or donated to charity.

What To Bring

• General

The “Do Not Bring” list applies to all campers, including participants in Teen/Trip programs.

Adventure Trip participants should download their trip’s gear list from: www.ymcacampecho.org/gearlists.html

Please label all items you send to camp. We have enclosed order forms for name tapes from *Bell of Maine* and *Stuck on You*. This is the best way to ensure that the items you send to camp come home with your child. You can also use a permanent laundry marker to label items but **we need more than just initials**.

We suggest you work with your child on the packing process. Use this checklist. This is a two-week list; campers attending Session 1 should bring fewer clothing items based on the number of days. Do not tie sleeping bags to your luggage – sleeping bags are often put in the overhead compartments, and other luggage is loaded under the bus.

Don’t pack medications in your luggage – you will need to check them in with the McGaw Y or Camp Echo staff.

• Clothing

- _____ 8 shirts or T-shirts (different colors for olympics!)
- _____ 4 pairs of long pants
- _____ 5 pairs of shorts
- _____ underclothes for 13 days
- _____ socks for 13 days
- _____ 2 or 3 swimsuits
- _____ 2 or 3 beach towels
- _____ 1 light jacket
- _____ 3 sweaters/sweatshirts/fleece
- _____ 1 poncho or light raincoat
- _____ 2 pairs of pajamas
- _____ 1 hat or cap
- _____ 1 pair of sandals or crocs for walking around
- _____ 1 pair of flip-flops for shower use only
- _____ 1 or 2 pairs of closed-toe shoes (gym shoes / athletic shoes / boots) for running-around games and horseback riding

• Other Items

- _____ soap and soap container
- _____ toothbrush and toothpaste
- _____ washcloth and bath towels
- _____ shampoo
- _____ comb and brush
- _____ water bottle, with filter if desired
- _____ writing tablet, pens, and pencils
- _____ envelopes (pre-stamped, pre-addressed)
- _____ extra postage stamps
- _____ flashlight (pack batteries separately)
- _____ bug repellent with DEET (see page 11 for more info)
- _____ sunscreen
- _____ “wacky” apparel to wear on Wacky Wednesday
- _____ **bag lunch for the bus ride to camp – carry on!**

• Bedding

- _____ sleeping bag (cabin use and overnights)
- _____ stuff sack for sleeping bag
- _____ pillow
- _____ 2 pillow cases

Do Not Bring

- radios, televisions, computers, calculators, PDAs
- cell phones, electronic games, or pagers (see page 10)
- MP3 players with WiFi or video capability (see page 10)
- hair dryers
- bottled water (instead, bring a water bottle with a filter)
- food, other than what you can consume on the bus ride
- glass containers (aerosol cans discouraged but permitted)
- self-medications (aspirin, cough drops, ex-lax -- anything!)
- money, valuable jewelry, or keepsakes
- pets
- matches, lighters
- guns, knives, weapons of any sort
- firecrackers, sparklers, ‘snakes’, or equivalent
- alcohol, tobacco products, illegal drugs, or intoxicants

• Optional

- _____ sheets & blankets (cabin use only)
- _____ sunglasses
- _____ musical instrument
- _____ deck of cards
- _____ comic books or magazines to share
- _____ book to read during Saska (rest hour)
- _____ travel-size board games
- _____ sports equipment (**must be labeled with your name because camp already has all of these things and more**)
- _____ *permissible items (call about items not listed): baseball glove, ball, tennis racket, fishing pole, lacrosse stick, Frisbee®*
- _____ handheld tape, CD, or MP3 player – no WiFi or video capability (e.g. iPod Shuffle is OK) (see page 10)

The McGaw YMCA is not responsible for lost or stolen clothing or items. Please label everything you send to camp.

We've partnered with **Uncle Dan’s** and **Everything Summer Camp** as vendors that provide discounts to Echo families. Other trusted sources for camping gear include **REI**, **Campmor**, and **Moosejaw**. **GoPicnic** is a source for pre-packaged snacks and lunches for the bus ride to camp. **InsectShield** sells clothing treated with an odorless insect repellent. **iJourney Adventures** sells prepackaged toiletry kits. You will find links on our website along with the online packing list at:

www.ymcacampecho.org/packinglist.html

Transportation

Be safe! Please watch children and siblings around buses, vans, and cars in all departure and arrival situations.

• Bus Schedule

All times are Chicago (Central) times

Session	Check-In Time and Date	Exact Departure Time	Approximate Return Time
1	8:00 am, Sunday June 12, 2011	→ → 9:00 am	2:30 pm, Saturday June 18, 2011
2	8:00 am, Sunday June 19, 2011	→ → 9:00 am	2:30 pm, Friday July 1, 2011
3	8:00 am, Sunday July 3, 2011	→ → 9:00 am	2:30 pm, Friday July 15, 2011
4	8:00 am, Sunday July 17, 2011	→ → 9:00 am	2:30 pm, Friday July 29, 2011
5	8:00 am, Sunday July 31, 2011	→ → 9:00 am	2:30 pm, Friday August 12, 2011

The McGaw YMCA is the *only* pick-up and drop-off site for bus transportation to and from Camp Echo.

• Bus Departure – All sessions begin on *Sunday*

Campers should arrive at the McGaw Y in Evanston **no earlier than 8:00 am and no later than 8:30 am**. First, take your luggage to any available bus – you do not have to ride that same bus. Then come inside and get your bus pass. Medicine being sent to camp is collected and a final check will be made that all camp forms have been received and fees are paid. The “Camp Echo Spirit Team” and Y staff will be on hand to provide assistance. Label luggage with name and address. **Do not tie sleeping bags to your luggage** – sleeping bags are often put in the overhead compartments to conserve space.

Campers turn in the bus pass when they board the bus. **Make sure your camper has his or her bag lunch in hand**. Luggage need not be on the same bus as the camper. Once campers board the bus, they may not get off. Parents who wish to view the bus interior may do so between 8:00 and 8:30 am. Parents may not board the bus once campers begin boarding at 8:30 am. Buses to camp are *not* set up by cabin and seats are *not* assigned; some campers pre-arrange a “bus buddy” ahead of time.

Buses depart at 9:00 am sharp. Buses are air-conditioned and restroom-equipped. Camp Echo staff members serve as monitors on each bus. Campers who miss the bus must provide their own transportation to Camp Echo.

• Bus Return from Camp – Sessions 1 ends on Saturday; Sessions 2, 3, 4, and 5 end on *Friday*

The buses leave camp promptly at 11:00 am (Eastern). The long distance and potential for unusual traffic conditions on the Skyway and I-94 make it **impossible for us to guarantee an exact arrival time**. Starting at 12 noon (Central), we will post a log detailing the progress of the buses, *as well as Adventure trip vans, trains, and planes*, on the Camp Echo website (www.ymcacampecho.org, scroll to “Bus To/From Updates”) The log will be updated frequently. The McGaw YMCA will have the same information as the website; please don’t call the McGaw YMCA unless you don’t have web access. **Please pick up your child on time!** Any delay makes extra work for the Y staff and turns a good camp experience bad.

• Drop-Off & Pick-Up at Echo: Our address for GPS units is 2000 W. 32nd St, Fremont, MI

Use the *Release Form*, “*To and From*” *Form*, and *Layover Form* to alert us if you will be dropping your child off at, or picking your child up from, Camp Echo. If your plans change while your child is at camp, you must fax a form to the Camp Director. Drop off time is 2:30 pm (Michigan/Eastern time zone); you may arrive earlier and tour camp but we are not prepared to supervise campers until 2:00 pm. Pick-ups should arrive at 10:50 or 11:10 am (MI/East time) to avoid buses.

• Directions To Camp Echo from the Chicago Area (see our website for other points of origin)

Take I-94 East (or Lake Shore Drive & Stony Island) to the Skyway and get on the Indiana Toll Road (I-90). Take the Detroit/Lake Station Exit #21 onto I-94 East. Proceed on I-94 through the rest of Indiana and into Michigan, where the exit numbers start over. Continue on I-94 another 30 miles to Benton Harbor. (Exit #29 is a halfway point to stop and rest!)

After Benton Harbor/St Joseph, take Exit #34 onto 196/31. Go north on 196 towards Holland, about 40 miles.

Just before Holland, take Exit #44 onto US 31 north. Stay on US 31 – don’t get on Business 31. A few miles past Muskegon, exit from US 31 onto M-120 East. Drive about 20 miles on M-120 and turn right onto M-82 East at the four-way blinker light. Proceed into and through the town of Fremont. You will pass an intersection where M-82 turns right (south); **don’t turn** – continue east on 48th Street. About 3.3 miles out of town turn left (north) onto Baldwin towards White Cloud. Continue on Baldwin about 2.0 miles around two “S” curves and up two hills; look for the red barn on the left and make a right onto 32nd Street. In about 1.75 miles the road bends to the right, then to the left; at that point you will see the camp entrance and the “Triangle Trail” sign on the right. Please observe the camp speed limit and proceed slowly about a mile down the camp road.

• Transportation on Adventure Trips

We rent new 15-passenger Ford or GM vans with a computerized stability control system (Ford has AdvanceTrak, GM has Stabilitrak). Trip Guides, 21 years old or older with safe driving records, have specific training on van safety, obey speed limits, and limit the number of continuous driving hours. See your specific trip itinerary for departure and arrival details – some trips end at the train station or airport in Chicago instead of the McGaw YMCA.

Program

• **Swim Evaluation (All programs including Adventure Trips)**

Campers have a swim evaluation as part of their orientation and tour of camp. *Blue* (advanced) swimmers must swim six lengths of the swim area (about 180 yards) and tread water for ten minutes. *White* (intermediate) swimmers must swim four lengths of the swim area (about 120 yards) and tread water for five minutes. *Red* is our beginner swimmer classification.

Swim levels will be posted at www.ymcampecho.org/cabinlist.txt by noon on the first full day after arrival day.

We urge timid swimmers and those who may need stroke improvement to take lessons prior to camp at their local YMCA.

• **Swim Ability Requirements for Participants in Teen Programs and Adventure Trips**

At times, participants in teen programs swim in lakes and rivers away from camp and any teen unable to pass the *White* level test must understand that their swimming activities will be restricted in those locations, based on the judgment of the staff who serve as lifeguards. Additionally, *all* participants wear a PFD (lifejacket) while boating or while swimming in any body of water with an undesignated swimming area – such as a river or a lake other than the one at Camp Echo.

We expect all participants on the Minnesota Canoe Trip, Georgian Bay Sea Kayak Adventure, and Taste of British Columbia to qualify as *Blue* swimmers. Call the Program Manager immediately if you anticipate a problem.

• **Swim Lessons (Pathfinders/Main Camp)**

Campers spend most of their time on Camp Echo's peninsula, surrounded by water, and many activities are water-based. As a YMCA camp located on a lake, we have long advocated that everyone learn to swim. Participants not able to achieve the *Blue* swimmer level are *required* to take swim lessons. There are many opportunities to repeat the evaluation during sessions.

Red and *White* swimmers, and *Blue* swimmers needing stroke improvement (*Blue Circle*), are assigned to swim lessons as one of their Camptivities. Campers must be *Blue* or *Blue Circle* in order to water ski or sail. *Blue* and *White* swimmers may kayak and canoe. *Red* swimmers may go out in a canoe with a staff member. Everyone wears a PFD (lifejacket) while skiing or in any boat. Swim re-evaluations are offered periodically and campers are switched into new Camptivities if appropriate.

• **Camptivity Sign-Up Procedures (Pathfinders/Main Camp/Explorers/Voyagers)**

Camptivities are instructional activities campers may choose during their stay at Camp Echo. Camptivity choices include archery, arts & crafts, biking, bouldering, canoeing, dance, drama, fishing, music, nature, sailing, skiing, sports, and more. Campers will receive an orientation to all available Camptivities on the opening day of their session. After the orientation, Counselors will aid each camper in the selection process. Each camper lists at least eight choices in order of preference.

Campers are assigned to three classes each week. (For the two-week sessions, campers make a new list of choices for the second week.) *Red*, *White*, and *Blue Circle* swimmers are assigned to swim lessons as described in "Swim Lessons" (above). Campers who pre-registered for horseback riding lessons are assigned to horseback Camptivity for one week.

We attempt to give campers their first choice, then second choice, and so on down. Campers who do not get their first choice for the first week are noted and, if their first choice is the same for the second week, they are given priority for that choice.

Due to the popularity of some Camptivities and limited spots, we can't guarantee that every camper will get their first choice. Campers can also participate in their favorite activities during Fun Swim (before dinner) and Twilight Fun (after dinner).

• **Horse Evaluation and Riding Lessons (Pathfinders/Main Camp/Explorers/Voyagers)**

If you are not sure your child is enrolled in riding lessons, contact the Program Support Office at the McGaw YMCA.

Upon arrival at camp, campers who are pre-registered for horseback riding lessons or the Ranchers program will be asked to demonstrate their horseback riding ability. The Wrangler will then place these campers in groups according to their ability level, so that the lessons they receive can be focused on reinforcing their current skills and advancing them to the next level of expertise. Two-week campers are assigned to horseback riding lessons for either the first or second week of the session.

Camp Echo's horseback riding lessons use the Certified Horsemanship Association's (CHA) progressive riding program. CHA is an international non-profit organization whose mission is to advance excellence in horsemanship safety and education in order to benefit individuals and group riding programs. A CHA-certified Wrangler runs Camp Echo's program. Campers enrolled in riding lessons will not only learn how to ride horses, they will also be instructed in other areas of horsemanship such as grooming, saddling, and feeding, and so on.

• **Trail Rides and Ring Rides (Pathfinders/Main Camp/Explorers/Voyagers/TYC)**

All campers, even those not enrolled in lessons, can sign up for trail rides or ring rides (for young or inexperienced riders, and riders learning new skills). A dozen riding opportunities (10 campers per ride) are offered each week. Most days have rides offered during Saska and Fun Swim; if there is no horseback overnight scheduled there will be rides offered during

Twilight Fun. Trail rides will take the campers by horseback to many different areas on Camp Echo's 492 acres of land. Campers are invited to sign up for rides after breakfast. There will be a charge of \$12 per ride, applied to their TP account.

• **Cabin Group Rides (Pathfinders/Main Camp/Explorers/Voyagers)**

Four or five cabins during Session 1, and nine or ten cabins during Sessions 2 through 5, will have an opportunity to participate in horseback riding during the afternoon Cabin Group time. There is no charge for cabin group rides. Individual campers may opt out of the horseback ride; they will stay back with a staff member and participate in an alternate activity.

• **Overnights (Pathfinders/Main Camp. Two-night overnight for Voyagers.)**

Weather permitting, each cabin takes an out-of-the-cabin overnight, which may include dinner and/or breakfast, to one of several sites on camp property. Overnights enable campers to experience a taste of living in the wilderness. Typical activities on overnights include meals, games, campfires, discussions under the stars, night hikes, and appreciating the local flora and fauna. Two cabins during Session 1, and four cabins during Sessions 2 through 5, will have an opportunity to participate in a horseback overnight. Led by qualified barn staff, the group rides to a remote site for their overnight and rides back in the morning. Alternate transportation will be provided for individual campers who opt out of the ride portion of the overnight.

• **Photographs, Videotapes, and Other Media Records for Promotional Purposes**

The Camp Echo registration form requires parent signature on a photography release. If you do not want your child to be photographed, please instruct your child to notify the photographer and to remove himself/herself from pictures.

• **Birthdays**

There is a place on the *Personal History Form* to indicate whether your child has a birthday during the camp session. Based on this information, the camper's cabin group is provided with a birthday cake after lunch. For teen participants that might be off camp, the group and staff will ensure that the birthday person has a special day.

• **Morning Reflections, Taps Talks, and Grace**

As a YMCA camp, Camp Echo recognizes the importance of Christian values in our society. At the same time, Camp Echo welcomes and serves a diverse population of campers with a variety of religious beliefs, ethnic backgrounds, and national origin. We emphasize character development and personal growth in the areas of spirit, mind, and body.

During the daily program, we set aside two specific times for reflection. We start the day with a non-denominational quiet time, held in our Chapel, during which staff members, and sometimes campers, tell a story that teaches a lesson and helps the entire camp focus on a core value such as caring, honesty, responsibility, or respect. At bedtime, cabin counselors lead a "Taps Talk" with their cabin group that allows the group to reflect on the day or discuss a topic of interest to the group.

The Echo staff reads a different blessing from one of a variety of diverse cultures before breakfast. The entire camp sings or recites grace before lunch and dinner. Some of our graces have a basis in Christianity. If your child wants to share or lead a grace of his or her own, he or she may offer to do so by talking to his or her counselor.

Adventure Trip groups attend Morning Reflections only when the group is in base camp. Rangers and Adventure Trip groups have "Taps Talks" while watching a sunset or around a campfire. They may also make the choice to have grace before meals.

• **Daily Schedule – Eastern Time (Pathfinders/Main Camp/Explorers/Voyagers)**

8:00	Wake-Up	2:15	Saska (Rest Hour, Mail, Email, and Fax Delivery)
8:25	Flag Raising	3:30	Cabin Group Activity ***
8:40	Morning Reflections and Waiter's Call	5:15	Fun Swim* (Non-Edible TP, Choice Time, Package Pickup)
8:55	Breakfast	6:15	Waiters' Call
9:35	Cabin Clean-Up and Service Tasks	6:30	Dinner
10:00	Camptivity Class #1 **	7:15	Twilight Fun* (Edible TP, Choice Time, Package Pickup)
11:05	Camptivity Class #2 **	8:15	Flag Lowering
12:10	Camptivity Class #3 **	8:30	Evening Program ***
1:05	Waiters' Call	9:30	Taps Talk – Bed Time
1:20	Lunch	10:15	All Quiet

* Most (not all) program areas are open during either Fun Swim or Twilight Fun; campers choose from those that are open.

** **Voyager** cabins will have Camptivity classes one of the weeks, but will participate in more challenging activities on- or off-camp the other week. **Ranchers** and **Sailors** will be with their programs all morning in place of regular Camptivities.

*** **Pathfinders, Voyagers, and Explorers** may have some evening programs different from **Main Camp**.

• **Cabin Clean-Up and Service Tasks (Pathfinders / Main Camp / Voyagers)**

Under staff supervision, campers are responsible for daily routine maintenance of cabins, bath houses, and other areas of camp. This helps campers learn about service and the core character values of caring, honesty, respect, and responsibility.

Communication

• First Day Post Cards (Pathfinders/Main Camp)

A few days after the start of the session you will receive a postcard from your child indicating the name of his or her cabin. The Program Manager and the Head Counselor check these postcards for early signs of missing home or other problems. Please begin including that cabin name with all mail, faxes, and email. This will save us time during the sorting process.

Cabin lists will be posted at www.ymcacampecho.org/cabinlist.txt by noon on the day after the arrival day.

• Telephone Calls

Campers are not allowed to make or receive personal phone calls during their stay except in the case of a family crisis, emergency, or when deemed necessary by the Camp Director. Parents may call the Health Officer with health concerns, or the Program Manager or Head Counselor with other concerns. Please try to avoid calling during meal times if possible.

• US Mail – As of 4/17/11: (new) Post Cards 29¢ - First Class (still) 44¢ - Add'l Ounce (new) 20¢

We encourage you to write to your child during his or her stay at camp, but note that sending several letters to your child every day is discouraged. The mailing address for Camp Echo is listed on the cover of this booklet. Parents are welcome to mail letters before camp begins to ensure timely arrival. **Please mark the camper's session on the outside of the envelope.**

We suggest first time and younger campers be given self-addressed pre-stamped post cards or envelopes for writing home.

Because many children receive letters daily, campers receiving no mail are often disappointed. Remember to keep all letters cheerful and encouraging. **Talk about things other family members are doing and focus on the time later in the summer when everyone will be together again.** For young or first-time campers, avoid topics that may make them miss home.

• Faxes

We have a separate fax line, 231-924-7075, for sending a fax to a camper or staff member. (The regular camp fax line, 231-924-0061, is reserved for business purposes and information that you need to transmit to the Health Officer, Camp Director, or Head Counselor.) **Do not use a cover sheet. Do indicate the recipient's first and last names at the top of the fax and include the recipient's cabin name once you know it.** Faxes should read like a letter and not be just one sentence. All faxes received before noon (Eastern time) will be sorted and distributed to recipients at mail call that same afternoon.

• Email (Bunk Notes and Bunk Replies) – for In-Camp Programs (Not for Adventure Trips)

Bunk1, a web-based company in New York, provides email service for Camp Echo parents and campers. Details are provided on the inside back cover. Emails should read like a letter and not be just one sentence. Send Bunk Notes before midnight for printing the next morning and distribution at mail call. If you have questions or problems with Bunk, please call Bunk1 at 800-216-9472 or use their web-based help. **Please don't call the YMCA or Camp Echo for help with Bunk1.**

Note: Participation in Bunk1 has a \$5 registration fee, which allows you to view the online photo galleries. There are additional costs if you would like to participate in the BunkNotes communication process. If you don't want to see or purchase photographs from camp, or if you have concerns about additional costs, we suggest sending faxes and letters.

• Online Photo Gallery – for In-Camp Programs (Not for Adventure Trips)

Participants in Bunk1 (see above) will see about 20-30 *representative* pictures each night. Our goal is to give you a glimpse of what's happening at camp that day. Every camper will appear in a Cabin Photo on the third full day of each session.

• Packages

Parents may send packages containing non-food items only. Because we live in a wilderness setting, food in cabins attracts undesirable animals and insects. **Do not include food, candy, gum, or snacks in packages.** History has taught us that senders (usually people other than parents) will violate this rule. Therefore, campers who receive a package will receive a "Package Notice" and they will have to visit the Trading Post ("TP") to have the opening of their package supervised by a staff member; **edible items will be removed and discarded.** Consider ordering a *Warm Fuzzy* package through Camp Echo. *Camp Echo has partnered with the UPS Stores of Evanston – Mention us when you ship your package for a 10% discount.*

• Mail, Faxes, Email, and Packages for Adventure Trip Participants

For Adventure Trip participants, mail that arrives at camp during the session will be held until the trip returns to camp; there is no way to forward mail to the group once they leave camp. **Teens on trips that don't return to camp will have no way of receiving mail that arrives during the session;** it will be forwarded to the home address after the session ends.

• Visiting Your Camper(s)

Camp visits are allowed during breaks between sessions ("Layover") only. Please fill out the *Release Form*, "*To and From*" *Form*, and *Layover Form*. We do not allow visits during the camp sessions. Experience has shown that visits disrupt the camp routine, detract from the counselors' ability to effectively manage their cabin groups, and increase the level of potential

homesickness for the child being visited and/or his or her peers. If you want to see the facility before camp starts, you may do so. Please call camp a few days before to notify the Camp Director of a visit.

- **Parent Letters, Leadership Evaluations, and Trip Journals**

After the camp session ends, parents of all children entering 9th grade and under will receive a letter from their child's counselor. Entering 10th, 11th, and 12th graders will be evaluated on their leadership ability and offered suggestions for improvement; the evaluation is shared with the teen and kept on file to assist with future hiring decisions. Adventure Trip participants will receive a Trip Journal in the mail, typically in late November or early December.

- **National Emergencies, Weather Situations, or Health Crises**

The Camp Director monitors the national news and local weather. If there were an identified emergency situation, campers and staff would be gathered and informed. McGaw YMCA staff would assist in checking on the safety of family members and relaying messages to and from camp. Check the camp website (www.ymcacampecho.org) for information before you call Camp Echo or the McGaw YMCA. Camp Echo has policies and procedures in place for addressing a weather emergency or a health crisis; we have a backup generator that maintains electric power during any power failure in the Fremont area.

Electronic Gadget Policies

- **Allowed: Digital Cameras and Personal Music Devices**

We allow, but do not encourage, digital cameras at camp. As with all cameras, we encourage proper and positive use. We ask campers to take pictures only in appropriate settings, and never to use a digital image, modified or otherwise, particularly on a website or sent as an email attachment, in a way that would be hurtful or harmful to others.

We allow, but do not encourage, personal music devices with no video capability at camp. Campers are allowed to listen to them on the bus ride, during Saska (rest hour), and at bedtime. We allow their use at these times because these are times we ask campers to quietly relax and reflect on their own, and music can help them do that. At all other times during the day campers are expected to enjoy the sights and sounds of nature, and their use is not allowed. For Adventure Trip participants, personal music devices will be collected before the trip leaves camp and stored at camp in a locked bin until the trip returns.

WiFi-capable cameras and music devices, and cameras and music devices that are also cell phones, are not allowed.

Personal music devices and digital cameras are brought to camp **at the risk of the owner**, who must understand that they can get **lost, damaged, or even stolen**. Campers are responsible for storage (there are **no locked storage areas in the cabins**). Campers **should not loan their device to anyone**, even a counselor. The **electrical outlets in cabins are not available** for campers to use to recharge their device. Before bringing these items to camp, consider the risks and complications carefully.

- **Not Allowed: Cell Phones, Electronic Games, DVD Players, PDAs, Radios, TVs, and Computers**

Program participants may not bring cell phones to camp. When children come to camp they – and you – are making a leap of faith, transferring their primary care from you to us. This is one of the growth-producing, yet challenging aspects of camp. As children learn to trust other caring adults, they grow, and learn, little by little, to solve some of their own challenges. We believe this emerging independence is one of the greatest benefits of camp. It is one important way your children learn to become resilient. Contacting you by phone essentially means they have not made this transition. It prevents us from getting to problems that may arise and addressing them quickly. We will call you if your children experience a challenge in their adjustment to camp. You can help by talking with your child before they leave for camp and explaining that there is always someone available to help them solve a problem – their cabin counselor, the Head Counselor, or any staff member they trust.

For Adventure Trip participants, we believe that your adventure begins the moment you board the camp bus or van, or get dropped off at camp, and does not end until you are picked up from camp or returned to the YMCA. While it may be tempting to bring your cell phone so you can “check in” with parents and friends on the way to or from your trip, your counselors have been instructed not to allow it. Leave your cell phone at home and enjoy camp this summer!

Hand-held electronic games (e.g. Nintendos) are not allowed at camp. There are no appropriate times to use electronic games. The majority of the day is spent participating in activities in the outdoors, and Saska (rest hour) is a time to nap, quietly rest, read, or write letters. While electronic games can be a quiet activity for an individual, campers are too often tempted to play as a group, which gets rowdy and noisy and does not respect the right of others to rest in a quiet environment.

Program participants may not bring DVD players to camp. There is plenty to do at camp besides watch movies. Campers who spend extended time in the Health Clinic *may* be provided with a DVD player. Also, watching movies is one of the “special” activities that *we allow during layover*; at that time, camp sets up a DVD player and provides pre-approved movies.

Program participants may not bring personal desk assistants (e.g. BlackBerry), radios, televisions, or computers (laptop or desktop) to camp. The camp schedule is posted in every cabin and upcoming activities are announced at meals. Parents should send printed address lists or pre-addressed envelopes with campers. Radios and TVs have no place at camp; the Echo staff will announce newsworthy events if appropriate. For those who choose to participate, the Bunk1 system allows campers to receive printed emails and to hand-write replies without the need for the camper to actually use a computer.

Health Care

• General

The Klein Clinic, Camp Echo's medical center located at Main Camp, is staffed twenty-four hours a day by a Health Officer responsible for the overall care of the entire camp population. All program and counseling staff are required to have current certifications in First Aid and CPR. When health matters require it, campers will be driven into town and seen by a nurse practitioner, a physician's assistant, or a physician. Finally, Gerber Memorial Hospital in the city of Fremont is located about 15 minutes away; if necessary, an ambulance may be dispatched to Camp Echo to pick up an injured person.

In case of serious illness or confinement to the Clinic for more than 12 consecutive hours (or for the night), or the need to go into town, the Health Officer will notify parents by phone. In some cases, the Health Officer in consultation with the Camp Director may decide that the camper should go home. Parents can reach the Clinic directly by calling 231- 924-7072.

All medications are stored and locked in the Clinic. This policy is for the safety and welfare of all participants at camp and to discourage misuse; it is also a camp licensing requirement for the state of Michigan. The signature on the front of the *Health Form* authorizes Camp Echo to provide emergency medical care. Alternatively, a parent or guardian may sign a *Release from Health Exam, Immunization, and/or Permission to Treat and Waiver of Associated Claims*, available on our website.

• Mosquito Bites and Sunburn

We cannot guarantee that your child will not be bitten by mosquitoes or get sunburned while he or she is at Camp Echo. However, we do train our staff members to encourage campers to protect themselves against both. We recommend that you send both bug repellent containing an appropriate percentage of DEET, and sunscreen of an appropriate SPF, for your child. (For more specific information consult a physician or the American Academy of Pediatrics website at www.aap.org.)

The counselor's job description requires that they encourage their campers to apply sunscreen prior to exposure to the sun, and to apply bug repellent and put on long pants and shirts prior to outdoor evening programs. We do our best to keep screens in cabins in good repair; campers should report problems to counselors; counselors report them to the Property Manager. The maintenance crew works hard to eliminate standing water and to keep the grass mowed near areas frequented by campers.

Above all, counselors are trained and encouraged to watch out for campers who are getting sunburned or bug bitten, and to send campers to see the Health Officer if there are any signs of illness. Any camper with signs of serious illness will have parents called, and will be taken to the clinic in town to be seen by a physician or physician's assistant as soon as possible.

• Scheduled or Prescription Medications

Parents of campers who bring scheduled or prescription medications to camp must complete the *Scheduled or Prescription Med Form*. All prescription drugs must be in original labeled containers; send only the exact amount needed during the stay at camp. Inhalers should be treated like meds – they should be listed on the form, along with an indication of whether it is necessary for the camper to carry the inhaler at all times. If a new medication is prescribed for a camper, parents will be notified by phone. The Health Officer stores all medications and distributes medications at meals, at bedtime, and as needed.

• Non-Scheduled, Non-Prescription Medications

The Health Center has a supply of non-prescription medications for distribution by the Health Officer according to standing orders authorized by a licensed physician. **Campers should not bring non-scheduled, non-prescription medications to camp.** The parent's signature on the *Health Form* authorizes routine medical care by the Health Officer. Routine care may include distribution of Tylenol or other pain relievers, Sudafed, or Robitussin; common medications for upset stomachs; and other non-prescription medications. **Parents who require phone contact prior to the administration of over-the-counter medications must indicate this on the *Health Form* by circling CALL FOR OTC PERMISSION.**

• Prescription Medicine Charges

Prescriptions purchased at camp, either prescribed new or to replenish inadequate supplies, will be billed to the TP account. We also charge for Strep tests, Nebulizer treatments (if camp provides the albuterol), Epi pens (if provided by Camp Echo), and ice packs and Ace bandages that are borrowed from but not returned to the Clinic.

• Head Lice Policy

Head lice infestation is a serious health issue, especially in a close communal environment such as camp. **Please examine your child before their departure for camp, and don't send a child who has an infestation to camp.** Counselors are trained to report signs of lice (scratching) to the Health Officer. If a child is found to be harboring active lice or nits, the infected child will be isolated from further contact with other campers or staff immediately. Parents will be called to discuss the best way to handle the situation. Alternatives include isolation until the infestation is cleared, or removal from camp.

- **Insurance**

Camp Echo does not carry camper health or accident insurance. Parents or guardians assume all responsibility for professional services that may be required. **Parents or their insurance carriers will be billed directly for hospital or clinic visits.** Please be sure to pay all bills promptly so that our relationship with the medical center is not jeopardized. **Insurance information must be provided on the *Health Form* and a copy of both sides of your insurance card must be included.**

- **Missing Home**

Some campers miss home more than others. Counselors are trained to deal with the initial signs; in severe cases they are assisted by the Head Counselor, who will communicate with parents. We encourage parents to be brave during a bout with homesickness. We urge parents to cooperate with the camp administration in these cases and to understand and believe that their child **will benefit the most by staying at camp** for the entire session. **Parents should avoid making a pre-camp promise to pick up a camper early.** There are no refunds for campers who are sent or taken home early, even if they go home on the first day. If a child really does not want to go to camp, consider waiting until he or she is a year older.

Even if you believe your child is “ready for camp” you may have concerns about missing home. We recommend that you purchase a DVD entitled “The Secret Ingredients of Summer Camp Success” by Christopher Thurber, Ph.D, which is available for \$9.95 plus shipping and handling from the American Camp Association Bookstore. Go to www.acacamps.org, click on **Bookstore** (at the bottom), then click on **Search** (at the top), then enter **secret success** in the search field.

- **Showers**

Counselors are instructed to urge campers to shower regularly, either on their own time or as a cabin group. All showers have privacy curtains; showers in the east and west bathhouses have separate stalls with doors. Still, some campers may prefer to shower in their bathing suits. We neither encourage nor discourage this; counselors let campers make their own decision.

- **Bedwetting**

Campers are urged to use the toilet before bedtime. Campers with potential bedwetting problems can be awakened for a night toilet if necessary; indicate this on the *Personal History Form*. Counselors will perform 'wet bed checks' for the first few mornings and deal with problems tactfully. Please encourage your child to tell their counselor if they have wet their bed.

- **Poison Ivy**

There is poison ivy at Camp Echo. We do our best to eliminate it from areas frequented by campers, but we can't get it all. Note severe allergies on the *Health Form*. Campers are treated with calamine lotion or hydrocortisone cream as needed.

- **Health Care in the Birches (Rangers Program) and on Adventure Trips**

When on Adventure Trips, teens are in the care of staff members who have certification in Wilderness First Responder (or better) and CPR. If serious injury or illness occurs in the field, the staff member with the most advanced training will assess the situation and formulate an effective plan. All trips carry emergency contact phone numbers for every area they use and will contact the proper authorities. They will then contact camp, and the Program Manager will contact the family.

Medications for Rangers and Adventure Trips will be held and dispensed by their leaders as per instructions. They may also administer non-prescription medications to teen campers as needed. Parents who circle CALL FOR OTC PERMISSION on the *Health Form* should be aware that in the wilderness context, the counselors with the group are the first line service providers and phone permission to administer non-prescription medication may simply not be possible.

Social Needs and Support Systems

- **What Campers Need to Do if They Have Concerns**

Camp Echo's goals for campers include feeling secure, developing strong character, and making new friends. We know that these things do not happen “automatically” so we spend a great deal of time during our staff training week training our staff in techniques that help camp meet these goals. We believe that camp is an excellent opportunity to develop independence and to learn resilience. Please encourage your child to talk to their counselors and report if they are having problems or if they see problems happening around them in the group. Counselors will always help to solve problems they see or learn about.

- **Who to Call if You Have Concerns**

If you receive a troublesome card, letter, or bunk reply from your child, call the Head Counselor at the Klein Clinic phone number (231-924-7072). If you have concerns about your child's swim level, Campativity assignments, or any question about the camp program, call the Program Manager (231-924-7076). You can always call the Camp Director (231-924-0829) but you may be able to save time and have your concern addressed sooner by calling these other staff members directly.

Food and Food Allergies

• General

Camp Echo strives to offer healthy and tasty meals. Menus are prepared by a food service professional and reviewed by a nutritionist to be sure they meet standards for healthy eating. Cold cereal is always available at breakfast. Peanut butter and jelly is always available at lunch and dinner (see “Food Allergies” for Echo’s peanut policy). Fresh fruit is available at the service counter during all meals, and a basic salad is available during lunch and dinner. People temporarily wear one of two ‘wrist bands’ kept at each table while going for PB&J, fruit, or salad; this system is in place to control traffic in the Dining Hall. At every meal, we post the “Meat of the Meal” and “Today’s Specials” on chalkboards next to the food service window.

• Food Service in the Birches (Rangers Program) and on Adventure Trips

In the Birches and on Adventure Trips, all meals are provided by camp (except the RANGERS night out), including meals eaten while traveling to and from destinations. We plan healthy meals and do our best to provide adequate portions.

• Food Allergies and Special Dietary Needs

Please note any food allergies or special dietary needs on the *Health Form* and the *Personal History Form*. If the allergy is life-threatening or requires special arrangements, call the Operations Manager. Because we order food for Adventure Trips well in advance, call the Program Manager *now* to let us know about food allergies or dietary needs for trip participants.

Neither peanuts nor peanut oil are used in the preparation of camp meals. However, we do serve peanut butter in the Dining Hall. We offer a peanut-free alternative – soy nut butter – for campers and staff members with peanut allergies. There may be peanut butter sandwiches consumed on the camp bus. Please let us know if seating needs to be adjusted so that proximity to peanuts does not trigger an allergic reaction. Let us know if your child’s entire cabin should avoid peanut butter at meals.

We can accommodate campers with an allergy to wheat or gluten by having parents send appropriate food substitutes and by allowing those campers to use a separate toaster oven and microwave in the kitchen to prepare some meals. Upon request, the Operations Manager can email you the menu prior to the start of your child’s session at camp. Dry and frozen meals sent up on the bus are stored in the kitchen. A small food allowance rebate will be credited to the camper’s TP account.

Laundry

Please send enough clothing for the entire session. Campers who are staying for layover because they have signed up for two sessions in a row will be encouraged to send laundry into town. The charge for doing a load of laundry is included in the layover fee. We will do laundry during the session for campers who contract poison ivy or who have personal bathroom accidents – these types of extra laundry charges will be billed to the camper’s Trading Post account.

Teen and Trip Programs

• Program Overview

Camp Echo offers a variety of programs for teens that offer new and age-appropriate challenges to participants. Programming has been designed to appeal to a variety of interests, from the continuation of the Main Camp experience to Backpacking in the Rockies. A main focus of our teen programs is leadership development – participants are given more independence and more responsibilities; concurrently, there are higher expectations for appropriate behavior and compliance with the rules. Discussions of common risk-taking behavior and positive alternatives will enhance each teen’s decision-making abilities.

• Base Camp Programs

Explorers, for 8th graders, is a transitional wilderness experience. Living in large platform tents equipped with bunk beds and storage drawers, Explorers combine Main Camp activities (morning Camp activities and some Main Camp evening programs) with a new living situation. Explorers help prepare the group’s dinner and have some separate evening programs.

Voyagers, for 9th graders, is a transitional program that combines Main Camp programming with new challenges: Voyagers Village do a service project off-camp, Voyagers Outpost go on a short off-site camping trip. Both groups do high ropes.

RANGERS, for 9th graders, is a full wilderness experience. RANGERS live across the lake in platform tents, function separately from Main Camp, and help prepare the group’s meals. The “R” in RANGERS means *responsibility*; participants focus on individual skills that contribute to group success. Counselors work with the group to plan a schedule that includes time on the high ropes course, a canoe trip, and an optional SOLO overnight.

L.I.T., for 10th graders, is year one of our hands-on training for future counselors. Participants adopt a cabin and learn what it takes to be a great counselor at Camp Echo, while participating in a variety of leadership training activities as a group.

C.I.T., for 11th graders, is year two of our hands-on training for future counselors. Participants live in a Main Camp cabin and take on responsibilities similar to those of a cabin counselor. Time is set aside each day for group training that facilitates the participant's experience.

W.I.T., for 10th and 11th graders, is the first step toward becoming a member of Camp Echo's barn staff. Participants learn to work with the horses, and the campers who come for lessons and trail rides, while strengthening leadership skills through team-building experiences with peers in the LIT and CIT programs.

• **RANGERS, LIT, CIT, WIT, and Adventure Trip Information Sheets**

Along with this packet, you should receive an insert if you are registered for any of these programs. If you can't locate it, check the "Camper Forms" section of our website or call Meredith Stevens, Program Manager, 847-475-7400 x227.

• **Adventure Trip Program Statement**

Camp Echo offers Adventure Trips of varying intensity and duration for teenage boys and girls. Trips are designed to promote self-confidence, enhance group dynamics, and to further technical outdoor and leadership skill development through challenging wilderness experiences. Participants gain an appreciation of the natural world through immersion in it and develop respect for the environment through the practice of low impact camping skills.

• **Trip Levels**

- Beginner: Preparatory hiking and canoeing trips that introduce participants to age-appropriate wilderness concepts involving camping, cooking, and outdoor living, allowing them to gain self-confidence and increase their physical skills.

- Basic: Trips that allow participants to take an active role by helping to organize campsites and cook meals. Participants are expected to be physically able to hike, canoe, or bike for about six hours a day over moderately difficult terrain.

- Intermediate: Trips that involve both personal growth and leadership skills as participants journey through challenging terrain that may be physically demanding, and take an active and more independent role in all aspects of wilderness living.

- Advanced: Trips that challenge our oldest participants to take a significant role in the daily operation of the trip by making even more decisions that include choice of routes, meals, and campsites. Advanced trips are typically four weeks.

• **Safety and Risk Management**

The safety of all Adventure Trip participants is a priority. Emergency and equipment safety procedures will be taught during the in-camp training period of each trip and followed while on the trip itself. Appropriate clothing and safety equipment will be worn at all times. Each group follows a pre-arranged itinerary that includes telephone check-ins with Camp Echo at pre-established times. Failure to check in initiates pre-established steps including notification of proper authorities. Each trip will carry necessary emergency equipment, including first aid materials. Despite these precautions, the potential for serious injury remains. However, following the above guidelines and stressing safe behavior can keep these risks to an absolute minimum. ***Safety and risk management information for each trip is on the Camp Echo website.***

Trip Guides play a key role in the success of our program. All of our guides have been hired for their experience working with youth as well as their specific skills and knowledge of adventure travel. Guides are 21 years old or older, must have documented wilderness experience, and are certified in Wilderness First Responder or higher, CPR, and Lifeguarding.

• **Leadership Training on Adventure Trips**

Leadership training is an integral part of all Camp Echo teen programs. Trip participants can expect to enhance leadership skills in ways similar to participants in Camp Echo's L.I.T. and C.I.T. programs. All participants entering tenth grade or higher will receive a written evaluation at the conclusion of their program. Evaluations are shared directly with the participant and then kept on file in the camp office; they provide helpful information when teen participants later apply to work as camp counselors. We believe this process of evaluative feedback provides a growth opportunity for teen program participants.

• **Gear Lists and Purchasing Suggestions**

Each Adventure Trip has a ***recommended gear list on the Camp Echo website***. Camp Echo provides all group equipment including tents, canoes, paddles, lifejackets, food, stoves and cooking equipment. Participants will have to carry your own equipment and a portion of the group's food and gear. ***Gear purchasing suggestions are on the Camp Echo website.***

• **Physical Preparedness for Adventure Trips**

Tips on preparing for your trip are on the Camp Echo website. We encourage Adventure Trip participants to establish a home regimen for building strength and endurance, or to sign up for physical conditioning classes at their local YMCA.

• **Teen Program and Trip Orientations – Optional**

Parent and participant meetings will be held April 26 or 27 – check the Echo website for the schedule. Trip groups also have structured time "in-camp" prior to the travel experience to cover trip-specific skills and organize and pack gear and food.

Camp Rules

• General

Parents and campers must both sign the *Code of Conduct Form*. This ensures that everyone is “on the same page.”

• Alcohol, Tobacco, or Drugs

Camp Echo is a drug-free environment. Campers who possess, consume, or are under the influence of any illegal drugs, including alcohol and tobacco, or are in possession of drug paraphernalia will be isolated immediately; parents will be called and the camper will be sent home. Any extra travel expenses will be billed to parents and all camp fees will be forfeited.

• Appropriate Behavior on the Bus and in Camp Vans

Camp Echo staff members monitor camper behavior on the bus and in camp vans. Specific rules will be announced prior to each trip. Appropriate behavior is necessary for the safety of everyone on board; misbehavior distracts the drivers. Campers who violate bus rules will be issued a “Pink Slip” (written reprimand) and the Program Manager will call the parents.

• Appropriate Behavior at Camp and on Adventure Trips

The Camp Director will review the Code of Conduct with all campers on the first day. Appropriate behavior is necessary for everyone to have a safe and enjoyable experience at camp. Among other things, “bullying” of any form will not be tolerated and will be dealt with quickly and seriously. Camp Echo is a coed camp and, just as at school, there are appropriate times for boys and girls to be together at activities, and appropriate times for boys and girls to be with their own cabin groups.

• Appropriate Behavior in the Dining Hall

Healthy eating in a pleasant atmosphere is necessary for everyone to have a safe and enjoyable experience at camp. The first portion of each meal will be conducted with decorum and good manners. Once the tables are being cleared, cheers and other traditions may begin. After meals, camp songs, skits, and frivolity led by the staff will make meal times fun for everyone.

• Bedtime

Getting enough rest is essential for staying healthy at camp. After the “Taps Talk” it’s time to go to sleep. One of the two cabin counselors will remain in the cabin at all times to ensure the health and safety of campers. Campers will remain in their cabins for the night (except for individual trips to the bathroom). Late night group excursions out of the cabin are allowed only in extraordinary circumstances and only with the approval of the Program Manager.

• Theft

Theft will not be tolerated. Turn in any lost items that you find to a staff member so they can be returned to their owner.

Camp Staff

• Full-Time Staff

Rob Grierson, Camp Echo Director, taught middle school and high school for 19 years. He was Program Director at Boys Camp Echo (’76-’78); Assistant Camp Director (’85); Camp Echo Director (’86-’87); Camp Echo Committee (10 yrs); and Committee Chairman. He returned as Camp Echo Director in December 2001 and is a Michigan-licensed Camp Director.

Rob Johnston, Facility Director, lives at Camp Echo year-round and is responsible for the stewardship of Camp Echo’s property, infrastructure, and related assets. He is in his 31st year with Camp Echo. Rob supervises both paid staff at camp, and volunteers of all ages who donate their time and expertise.

Brian McGinn, Property Manager, lives at Camp Echo year-round is in his 8th year as a member of Camp Echo’s full-time staff. Brian handles all maintenance issues at camp and supervises the maintenance crews at camp throughout the summer. During the off-season, Brian works on various projects that enhance and improve the Camp Echo property.

Meredith Stevens, Program Manager, graduated from Bucknell University in 2002 with a degree in Geography and Secondary Education and taught 9th and 10th grade at North Shore Academy for four years. She is in her 2nd year as Program Manager but has been at Echo since 1991 in various roles (Camper, Counselor, Area Head, Unit Director, Trip Guide).

Katie Trippi, Camp Echo Alumni & Development Director (and our Summer Clinic Manager), worked as a political consultant for 20 years before returning to Echo full time in 2004. She designs and directs our fundraising efforts for Camp Echo and researches and reconnects with 10,000 Camp Echo alumni. During the summer she oversees our Health Officers.

Bernard Rocca, Operations Manager, graduated from Princeton University in 2007 with a major in Civil Engineering and Architecture. Bernard used his degree for a few years while working for Hensel Phelps Construction Company in San Jose, California. This is his 2nd summer as the Echo Operations Manager and he thinks 2011 is going to be a great summer!

• Staff and Counselors

Camp Echo staff members are chosen with care from a pool of applicants that includes both returning Camp Echo veterans and new recruits from colleges around the country and high schools in the Evanston area.

Our Michigan licensing procedures require that we maintain a 1:10 ratio of staff members (age 18 or older) to campers at all times during the day, and a 1:14 ratio at night; Camp Echo's ratios are closer to 1:5 during the day and 1:7 at night. We have additional staff members working as counselors with many of our teen programs, bringing that ratio closer to 1:4.

On-camp leadership (such as program directors and coordinators) are age 21 or older and have special training, expertise, or certifications. Trip Guides are age 21 years or older and have Wilderness 1st Responder certification. Senior Counselors are age 18 or older and most have a year or more of college; Assistant Counselors have completed three years of high school. Counselors-In-Training and 16- and 17-year-old Assistant Counselors add to camp's safety and enhance the camp experience, but are not used to substitute for the 18-years-old-or-older staff required by the state of Michigan. The staff spends a week in June before camp starts studying camp policies and learning counseling and teaching methods that are industry standards. All Camp Echo policies and procedures are available for viewing on the Camp Echo website in the "Staff" section.

Biographies of Camp Echo staff members will appear on the Camp Echo website as they are hired. Photos will be added each session during the summer. The Camp Echo website is www.ymcacampecho.org.

Outside of Camp Communication

• Camper Communication with Camp Echo Staff Members or Other Campers Outside of Camp

It is fundamental to the Camp Echo experience that staff members serve as trusted role models for campers, and that campers make new friends at camp. Many campers have older siblings, or best friends of older siblings, who are, or who have been, staff members at Camp Echo. Many campers return home to communities where they live in the same neighborhood or attend the same school as other campers or staff members. Because of the strength of the bonds that form at camp, and the many camp linkages across generations, we believe that camper/camper and camper/staff communication and connections outside of camp have tremendous value. Accordingly ...

Any outside-of-camp camper/camper or camper/staff communication (mail, phone, internet-based, or face-to-face) must be healthy and appropriate and the parents of the camper(s) involved should be aware that it is occurring. If you do not want your child to communicate with others outside of camp, please instruct your child not to initiate any and to reject it and inform you of any problem should others initiate it. If you become aware of unhealthy, inappropriate, or repeat unwanted communication, please contact the other party or their parents directly, and/or appropriate outside authorities if necessary. Please inform the Camp Director immediately if a staff member is involved. We have included a mandatory waiver form that indicates your understanding and acceptance of this policy.

• Online Social Networking

Many individuals in the 13-to-23 age-bracket, and others, including many Camp Echo staff members and teen program participants, are participating in social networking websites such as MySpace, Facebook, and Twitter. Like other forms of communication, online social networking, if healthy and appropriate, provides a way for camp participants to maintain contact outside of camp. While Camp Echo checks the *public* content of such sites during the hiring process, we don't check or monitor the *private* content. If you choose to allow your child to participate in online social networking **outside of camp**, please educate yourself on the possible pitfalls (one possible source of information is www.netsmart.org). If you allow your child to participate and you become aware that s/he is viewing inappropriate or unhealthy content on a social networking website maintained by someone s/he met at camp, you may decide to follow up with the other party or their parents directly, and/or appropriate outside authorities if necessary. Please inform the Camp Director immediately if a staff member is involved. You must indicate your understanding and acceptance of this policy as part of the *Waiver of Liability Form*.

• If a Parent Wants to Employ a Staff Member for Child Care Outside of Camp ...

Camp Echo staff members are ethically obligated to follow all applicable policies and procedures for appropriate conduct and child protection in mail, phone, internet-based, or face-to-face contact with minor campers outside of camp, even after camp ends – during the off-season. However, we do not monitor, nor do we take responsibility for, any outside-of-camp conduct. At camp, a staff member may not be alone with a child in private – a third person must always be present. Camp Echo policy requires that staff members provide you with an *Unsanctioned Child Care Waiver* if you ask them (or hire them) to provide one-on-one child care for your child(ren) outside of camp. We urge parents to request that staff members provide them with this waiver in order to protect the staff member from any adverse employment consequences at Camp Echo in the future.

Map of Camp Echo

On our website, click into "Summer Camp & Teen Trips", then click into any Pathfinder, Main Camp, or Voyager program description. "Map of Camp" is a button under the row of pictures. URL: www.ymcacampecho.org/mapofcamp.html



Stay in touch via the Internet with Online Photos, News, Bunk Notes, and Bunk Replies!

www.campecho.bunk1.com

We are pleased and excited about Camp Echo's continuing partnership with Bunk1.com! Bunk1's **secure**, easy to use, summer website services let you stay in touch with your child at camp! **The annual registration fee is still only \$5 this year.**

TO GET STARTED TODAY

If you have an account from last summer, there is no need to re-register. You can continue to use the same username and password, and any prepaid Bunk Credits will be carried over. You will be prompted for, and need to pay, the \$5 annual registration fee to "reactivate" your account.

To set up a new account and join the Camp Echo Bunk1 Online Community:

1. Go to the Camp Echo Bunk1 website at www.ymcacampecho.org/ and then click on the Parents Tab
2. Click on the link to "Camper Email and Summer Online Photo Gallery"
3. Click the Flashing Camper Photo and Email Button
4. Click the "Register Now" link
5. Enter your Pre-Approved Camp Echo Registration Code: [**Not available via website download – contact the Operations Manager**]
6. Fill out all the required information
7. Pay the \$5 annual registration fee, and purchase Bunk Note credits if desired (via credit card).

*** If you prefer you can go directly to: www.campecho.bunk1.com**

This Registration Code is for Camp Echo families only. Don't share the code with strangers.

FREQUENTLY ASKED QUESTIONS

Why do I have to pay a registration fee?

This fee goes to pay for server space and bandwidth, website security (required by law), customer support via toll-free 800-number, and so on. Without this fee Bunk1 would not be able to offer this service to Camp Echo.

If I have more than one child at camp, do I need to register for each camper?

No, you only need one account. Bunk1 accounts are set up for the people at home, not the campers. Grandparents or other relatives, and divorced parents, need separate accounts; you can pre-approve them, however, to make their registration easier.

How do I send a Bunk Note to my camper?

Follow the instructions above except, instead of registering, simply sign in and click on the Bunk Notes button. Enter your camper's name, select the correct cabin name (or choose "Not Known Yet"), type your message, and hit the "Send" button.

How do Bunk Replies work?

You either print out Bunk Reply stationery for campers to take to camp, or you include one when sending a Bunk Note. The camper writes his or her letter on the Bunk Reply stationery. A camp staff member faxes all the Bunk Replies to Bunk1; Bunk1 scans the faxes, reads the bar code, and emails the Bunk Reply to you. You receive an email from Bunk1 with your camper's Bunk Reply.

Once your camper receives the Bunk Reply stationery, it is up to him or her to write a reply and hand it in to a camp staff member. Some campers may not write a response immediately, and some may not write at all. Please be patient.

How much does it cost to send a Bunk Note or a Bunk Reply?

Bunk Notes cost 1 credit. Graphic borders, pictures, or word games can be added for additional credits. Bunk Reply stationery costs 2 credits when you send it – but then there is no cost when you receive a reply. For a flat fee of \$20 you can print an unlimited amount of Bunk Reply stationery [**last year's won't work**] before camp and then receive the Replies at no additional cost. Credits cost \$1 each in bundles of 10 or 20; you get 10% more for free when you purchase 30 or more. There is a small handling fee for each purchase.

Why do I have to pay to send Bunk Notes and Bunk Replies?

Bunk1 bundles and sorts the messages for the Camp Echo staff to print and distribute to campers while protecting Camp Echo's computers from computer viruses. A portion of your payment is rebated to Camp Echo and helps cover the cost of providing the service. The Bunk1 system allows the Camp Echo staff to easily manage camper emails and, more importantly, frees them to do what they do best – be with your kids! Camp Echo could not manage camper email without the help of the Bunk1 system.

Do I need to purchase Bunk Note credits to view pictures in the Photo Gallery?

No. *You can click on "Preview Photo Gallery" to display the six most recently posted pictures even without paying the \$5 annual registration fee.* You must register, though, for full access to the Photo Gallery. Click on "Photo Gallery" then click any folder on the left side to see the pictures within it. You can also purchase prints or other photo gifts (e.g., t-shirts, mugs) of your favorite pictures!

What do I do if I lost my username and password?

You can get it online by going to www.Bunk1.com and clicking on the link "Lost Your Password?" (to the left of the page below the sign in button). You will receive an email with your username and password within a few minutes.

WHO DO I CALL IF I HAVE QUESTIONS / PROBLEMS?

Please call Bunk1 at 1.800.216.9472 or use the site below to contact them over the web:
www.bunk1.com/contact.asp ... **please don't call the YMCA or Camp Echo.**

