



YMCA Camp Collins Teen Camp Parent/Guardian Information Packet

Thank you for choosing YMCA Camp Collins! Our goal is to provide every teen with a fantastic camp experience. We strive to provide opportunities for personal growth and new friendships while always working hard to maintain a physically and emotionally safe environment. Through our unique programming we trust your teen will grow in spirit, mind and body.

We're looking forward to a fun and challenging two weeks of Teen Camp that includes a two-day river rafting trip. This is going to be a terrific adventure! In addition to the [Parent/Guardian Camp Handbook](#), please read this supplemental information thoroughly.

Along with the three required forms for check-in; there are Teen Camp specific forms included in this packet. You and your teen will need to review, complete and bring these forms with you to camp on check-in day. These forms are:

- **Rafting Safety Agreement**
- **River Drifters Waiver**

Please call or email the [Camp Office](#) if you have any questions or concerns about your teen's session at camp. Contact us at YMCA Camp Collins, Monday–Friday, 9 AM–5 PM at 503.663.5813.

Thank you for your attention to these important details. We look forward to seeing you and your Teen Camper this summer!

Sincerely,

Sam Giffin

Senior Director of Program– Summer Camp

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YMCA CAMP COLLINS

TEEN CAMP

RAFTING TRIP PACKING LIST

Teen Campers and Parents,

We are excited that you will be joining us for Teen Camp this summer. There are some specific items that you will need for our two-day rafting trip on the Deschutes River. Please keep in mind that the overnight rafting trip includes sleeping outside for one night.

Rafting Pack List

For on the river:

- Swimming suit or quick drying shorts
- Non cotton T-shirt
- Non cotton long sleeve shirt
- Large brimmed hat if you get burned easily
- Old tennis shoes or sandals with backs
- Sunglasses with straps
- Straps for both sunglasses and prescription glasses
- Waterproof Sunscreen SPF 30 or higher
- Lip Balm/Chap stick
- Windbreaker or raincoat
- Water Bottle with loop to attach to the raft

For camping along the river:

- Sleeping bag
- Sleeping pad
- Pair of walking shorts
- Non-cotton T-shirt
- Pair of polyester or non-cotton long pants
- Non-cotton sweater, fleece or sweatshirt
- Rain coat and pants
- Two pairs of underwear
- Small Towel
- Personal hygiene supplies
- Insect repellent
- Small flashlight or headlamp
- Spare eye glasses or contacts
- Camp shoes that are comfortable
- Two pairs of socks





Optional Items for the trip:

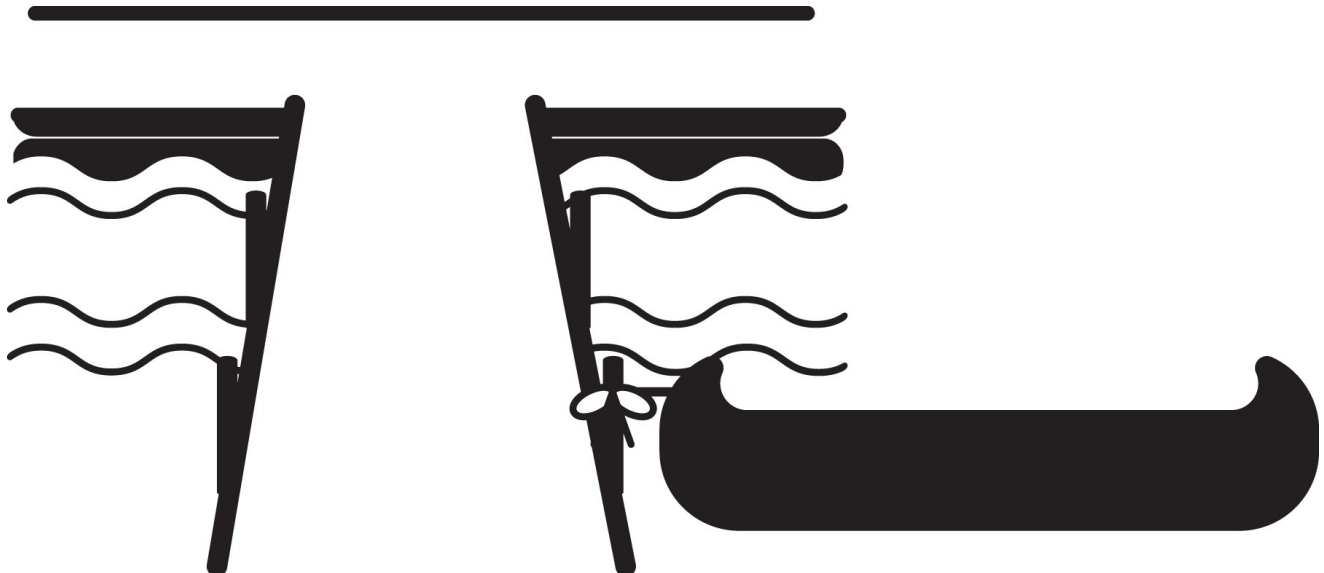
- A small dry bag for your camera, sunscreen, etc. to be kept on the raft with you
- Waterproof camera
- Playing cards, journal, book, Frisbee, harmonica

If you have a small, soft-sided duffel or sports bag that can easily be unpacked and take some abuse that would be great to just bring what you need for the trip. Our guides from River Drifters (www.riverdrifters.net) will instruct us in how to pack all of our gear into a trailer that will meet us at our overnight destination when we arrive at their shop in Maupin, Oregon.

A Note on Clothing

What is most important is non-cotton clothing because when cotton gets wet (and it probably will on the water) it takes a long time to dry, and when it gets cold in the evenings avoiding hypothermia is very important. Non-cotton clothing, usually sports clothing, such as polyester helps to wick away sweat and dries faster, keeping the body warmer.

As a reminder, River Drifters will be providing food for the trip and if you did not include dietary needs or restrictions with your registration (such as vegetarian, gluten/lactose free) please be in touch with me at least a week before your campers' session so that we can provide appropriate food for them on our exciting adventure along the river!





Teen Camp Rafting Trip Safety Agreement

We will be exploring the river canyon environment with professional rafting guides provided by River Drifters. River Drifters have been leading rafting expeditions for 35 years. All of their guides are trained in outdoor skills, first aid, CPR, and River Rescue. We aim to eliminate as much risk as possible on this trip and listed below are the rules governing general health and safety issues for the rafting trip portion of the Teen Camp experience. Please read them carefully and have both teen participant and parent/guardian sign this form indicating that they agree to abide by these guidelines.

Health:

- Give all medications to the Health Officer at check-in in the original container that is well-labeled and complete with written instructions for use. The Teen Camp Counselors will be educated by the Health Officer on all the medications and all medications will be dispensed by Teen Camp Counselors while on the trip. Medications will be stored in a dry bag in the Counselor's possession throughout the duration of the trip.
- Teen Camp Counselors will have a First Aid Kit with them at all times.

Safety:

- All rafters are required to wear properly fitting life jackets whenever near or on the water.
- Life jackets will be checked regularly to ensure proper fitting and to verify that all buckles are clipped.
- Because of the nature of this activity, following instructions is critical for everyone's safety. Cooperative behavior is expected at all times and any violation will be grounds for early release from the trip.
- Rafters will sit on the sides of the raft with both feet inside and remain seated at all times.
- Rafters will not kneel in the raft due to the danger of shallow rocks.
- Splash fights are great and will only occur in calm water with the permission of the Raft Guides.
- Teen Counselors and Raft Guides will ultimately determine which boat each camper is placed in.
- Respect yourself, others and nature. We will work better as a team if we respect our surroundings.
- Sex, Alcohol and Drugs are not permitted. Any violation of this rule will result in immediate suspension from the trip, and violators will be sent home early. It will be the parent or guardian's responsibility to pick their child up from the designated location at their own expense.
- Our trip also includes travel time in a bus. It is your responsibility to act as safe passengers to whole on the bus at all times. Follow all directions given by the Teen Counselors and bus driver for the duration of the travel time.
- We are here to learn, be safe and have fun!



Teen Camp Rafting Trip Safety Agreement Continued

Responsibility:

- All the rules of river etiquette apply to everyone.
- Be supportive, positive and caring when others may need help.
- Teen campers will be expected to contribute to the paddling and navigation instructions given by the Raft Guides to the best of their abilities.
- Teen campers will also be expected to contribute to setting up and breaking down camp for the overnight. This includes, but is not limited to, setting up and taking down tarps, cooking and cleaning up after meals.

I have read, understand and completely agree to abide by all the above health and safety rules. As a participant of this YMCA Camp Collins Teen Camp and rafting trip, I agree to follow the instructions of my Teen Camp Counselors and Raft Guides at all times.

Teen Participant Signature _____

Date _____

I have read, understand, and completely agree to the above health and safety rules. As a parent/guardian of the above-signed participant, I agree to arrange the immediate pick-up of my child if the need arises.

Parent/Guardian Signature _____

Date _____