



YMCA Camp Nan A Bo Sho Confirmation Packet

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General Parent Information

Camp Nan A Bo Sho 2024

Thank you for registering for Camp Nan A Bo Sho! It will be a summer full of great fun, memories, and friends. Please read the following information carefully; it contains all the important details you'll need to know before your child leaves for camp. We look forward to working with your child at camp!

Contact Information

Monday-Friday 8:30 AM-5:00 PM.
Apple Creek YMCA
920.733.9622

During summer months:
Camp Nan A Bo Sho
715.276.6084

Email: campnanabosho@ymcafoxcities.org or visit us at www.campnanabosho.org

Camp Director: Danielle Pickering- Polzin dpolzin@ymcafoxcities.org

Assistant Camp Director: Erin Getzin ergetzin@ymcafoxcities.org

Camp Registrar/Financial Assistance: Sarah Mall-Pavich smallpavich@ymcafoxcities.org

Required Materials

- Online Health History Form using Camp Doc
 - The online Health History Form needs to be completed within six months prior to your child's camp session. Campers will not be able to attend camp without this form completed in its entirety. The link to this form will be emailed to you within two weeks of your registration. If you do not receive an email from CampDoc, please let us know.
 - All wilderness trip participants (Ice Age Backpack, Willow Flowage Canoe, Pictured Rocks Backpack, Michigamme Canoe, Manitowish Waters Canoe, North Country Trail Backpack, and Superior Hiking Trail Backpack) must also have a licensed medical professional sign the physical exam section of the form within 12 months of your child's stay at camp. A copy of a physical form dated within 12 months of the date of attendance is acceptable.
- Balance Due
 - All final payments are due two weeks prior to the start of your camp program. Final payments will automatically be withdrawn two weeks prior to camp attendance using the payment method on file. Weekly/monthly payment plans are also an option. Please call 920.733.9622 to set this up. The \$100 deposit per person is non-refundable.

Transportation

Bus routes and times are listed on pages 9 & 10. Please ensure your child has eaten before they get on the bus or send a bag lunch to be eaten during their ride to camp. If you are dropping your camper off at camp in Lakewood on Sunday, please arrive between 2:00-2:30 PM. Staff will not assume responsibility for your camper until this time. If you are picking up your child at camp in Lakewood on Friday, please arrive between 1:00-1:30 PM. *Please note the different pick up and drop off days and times for Short N' Sweet, Camp Sampler, 4th of July Bash and End of Summer Bash. Also please note that bus fees are non-refundable.

Medication

- All medication sent to camp must be in its original container with the campers name, doctor's name (if prescription medication), and dosage directions.
- The health supervisor will keep your child's medications, vitamins, ointments, etc. in the health center. If he/she is on a trip, we will send these items with them, and their counselor will hold onto them. Inhalers, epinephrine injectors, and other necessary items will always be kept with campers as determined by the health supervisor and as noted on the Health History Form.
- If your child has specific health needs (injections, specialized equipment, dietary concerns), please contact the camp director prior to your child's camp session so our staff can prepare to meet their needs.
- To ensure records are accurate, please update your camper's CampDoc medications no more than two weeks before the start of the camp session. Ensure that all medications, prescription and non-prescription, are listed and that any medications NOT brought to camp are NOT listed in their profile.

Illness, Communicable Disease, Lice

Do not send your child to camp if they have been exposed to a communicable disease or if they are ill. We encourage all parents to check their children for lice before they come to camp. Camp Nan A Bo Sho has a no nit policy, which means that we will not allow anybody with lice or nits to remain at camp. All campers are screened upon arrival at camp; any child with lice or a communicable disease will need to leave camp. We will expect the parent/guardian to pick up the camper as soon as possible.

Since camp does not have a camper insurance policy, you must accept financial responsibility for medical/surgical treatment charges which may be incurred on your child's behalf. It is extremely important for you to complete the insurance information and the emergency contact portions of the Health History Form.

Emergency Contacts

Make sure that you or your child's emergency contacts will be available while your child is at camp.

Reasons camp staff would contact you include but are not limited to the following:

- Missing home feelings that are getting worse or not better.
- Conduct by your child that is inappropriate at YMCA camp.
- Illness or injury to your child that requires their stay in the health center for an extended period, requires medical attention outside of the camp health services, or requires your child to leave camp.
- Changes in transportation times or locations.

Behavior

To make every camper's camp experience enjoyable, reasonable limits are set to maintain the health and safety of all children in the program. Redirection, warnings, brief timeouts, or removing privileges are used when children display inappropriate behavior or refuse to follow an established rule. Physical punishment, humiliation, and punishment designated by children upon other children

is prohibited. Camp policy states that campers and adults may not use weapons, alcoholic beverages, non-prescribed drugs, or tobacco products including e-cigarettes and vaporizers, etc. at camp functions or on YMCA property. If, for any reason, a camper's behavior is not within our expectation for campers, or in alignment of the YMCA's core value at Camp Nan A Bo Sho, we will expect the parent/guardian/emergency contact to pick up the camper as soon as possible. This is at the expense of the parent/guardian; we will not grant a refund of session fees.

Missing Home

Many campers, no matter the age, experience feelings of missing home to some degree. Here are some suggestions of things that can be done to help your camper deal with their feelings and enjoy their time at camp:

- Our camp staff wants your child to have a positive experience at camp. Make good use of the health form and the confidential questions asked during registration; tell us all you can about your child, including past experiences of missing home and what has helped, etc. Call camp if you have concerns or want to relay information about your camper to us.
- Make sure your camper knows that missing home is a normal feeling in a new environment.
- Prepare your child to care for themselves. Have them spend a weekend with a friend or relative if he/she has not spent much time away from home on their own. Teach them to make their bed, let them set the table, help with packing, etc.
- Remember, campers cannot use the phone at camp. Please do not tell your child that this is an option.
- Avoid statements like, "I'm going to miss you terribly." Camp will be a terrific experience, so please be careful not to make your child feel bad about going away. Instead, talk about all of the unique and cool things camp offers for your child.
- Avoid statements as, "If you don't like camp, you can come home," or, "You can call me whenever you want." This compounds the problem because it's not giving camp a fair chance.
- If your child is having very strong feelings of missing home at camp and what we are doing is not working, we will call you to get your ideas or suggestions on how to help them have fun and enjoy their stay away from home.

Mail

Everyone loves to get mail at camp! Cheerful mail, full of questions about the fun camp experience they are having, is the best type of mail to send. If you send a lot of mail at once and do not want your camper to get it all at the same time, just note the day you want it delivered on the envelope. Make sure to include a return address in case we get mail after the camper leaves camp. Mail delivery is slow, so please mail letters 2-3 days ahead of time so your camper will have mail waiting for them. Do not send food, as it attracts bugs and other critters. Mail should be addressed as follows:

Camper's Name, Program Name
Camp Nan A Bo Sho
18369 Okonto Ln.
Lakewood, WI 54138

Email

Thanks to our partnership with Bunk1.com, parents have a secure and easy-to-use one-way email service to keep in touch with their campers. This is a one-way service; campers are not able to

email back. Please note: Bunk Notes are printed in black and white. Colored font or pictures will be printed in black and white.

To set up a new account:

1. Visit www.Bunk1.com
2. Click "Need an Account or Have an Invitation Code"
3. Enter your invitation code: 24CNBS
4. Fill out all required information
5. Purchase Bunk Note credits (you will need a credit card)
6. Send an email to your camper! Emails will be delivered within 24 hours.

Questions or Problems? The Bunk1 team is available to support you 7 days a week during peak season.

Please call Bunk1 at 1.888.465.2267 or email support@bunk1.com.

Telephone and Cell Phone Policy

Camp Nan A Bo Sho has a singular phone line, and it is used for business purposes only. Campers are not allowed to make or receive phone calls while at camp. Please do not send a cell phone to camp, as we want to focus on creating a healthy team environment. Cell phones distract from this process and can create missing home problems for the entire group. Any cell phones sent to camp will be held in the camp office until the end of the week. If you need to contact camp, please call 715.276.6084.

Facebook and Instagram

Camp Nan A Bo Sho has a Facebook page (YMCA Camp Nan A Bo Sho) and Instagram (@ymcacampnanabosho) that are updated periodically throughout the summer. Follow the pages so you can see pictures of all the fun had at camp. We try to put new pictures up each week and try to capture as many of the campers as we can, but there is no guarantee that every camper will be featured. If you want to ensure your camper has pictures of their time at camp, consider sending along a disposable camera.

World Service

To promote international understanding, our camp hosts counselors from around the world as part of the YMCA World Service program. The international YMCA operates in over 85 countries. Our international staff teach campers about the customs and everyday life in their home country.

Daily Schedule at Camp

Wake-up bell	7:15 AM
Breakfast	8:00 AM
Lunch	12:30 PM
Dinner	5:30 PM
Lights-out	9:30 or 10:00 PM

Campers will spend their days doing activities with their patrol. On Wednesday nights, all campers participate in a cookout. Campers will be active most of the day, a one-hour rest time is provided

each day after lunch for campers to rest and relax, write letters, read a book, or take a nap. Campers have the opportunity each day to swim. Other activities include archery, boating, low ropes course, arts 'n crafts, nature activities, cookouts, campouts, fishing, and more. Please visit our website for a more in-depth look at the daily schedule.

Off-Site Field Trips

Some programs include an off-site field trip. Camp staff will provide supervision and transportation to and from field trip locations. Transportation is provided in 15 passenger vans/buses. If your camper requires a booster seat, you must send that to camp with them. If a camper requires a booster seat and did not bring one to camp, they will not be able to attend the field trip.

Most of our field trips are partnered with an outside organization, due to the uncertainty in working with others, all planned off-site field trips are subject to change at any time. Campers will still participate in a field trip, but it may be different than what is listed in the program description.

Laundry Facilities

We do not have laundry facilities available for general camper use. On the health form please indicate if your camper is a bed-wetter (which is not unusual and nothing to be worried about). Your camper should talk with their counselor or another staff person with whom they feel comfortable if they have an accident during the night. Staff will discreetly take care of laundering the bedding and clothing.

Check-in and Check-out Process

All campers riding the bus will be greeted by a member of our staff and then shown to their cabin. All campers arriving via personal transportation will be greeted on the Welcome Center porch by a staff member and shown to their cabin. Once the campers are settled, each cabin will travel together around camp familiarizing themselves with our property. Campers will then find their way to the health center and trading post, followed by completing the swim check and canoe tip check. Cabin groups will also plan out the activities they would like to do that week. Check in will take place until dinner time followed by an all camp game and campfire.

Come Friday, all luggage will be placed at the Welcome Center and the campers will be at the Amphitheater for the closing ceremonies. If you are providing personal transportation home, please park on the side of the road and walk to the porch of the Welcome Center to pick up your camper and their luggage. Campers riding the bus home will board the bus from the Amphitheater. Due to the amount of north-bound traffic on Friday afternoons, we encourage regular session campers to return on the bus. All campers must be signed out by a parent/guardian or designee with a photo ID.

Lost or Damaged Items

Neither Camp Nan A Bo Sho nor YMCA of the Fox Cities can be found responsible for the loss or damage to a camper's personal belongings. The camp director must check all specialty equipment before use in any programs. Campers should not bring personal sports equipment to camp without prior approval from the camp director. Campers are not allowed to bring curling irons, straighteners, hair dryers, radios, portable DVD players, iPods, iPads, tablets, cell phones, video games, animals or pets, weapons, or vehicles. Please label all items brought to camp with your

child's first and last name. All lost and found items will be taken to the Apple Creek YMCA, and any items left after August 31 will be donated to charity.

Refunds

A full refund, including deposit, will be provided only if a participant cannot be placed in a session of their choice. A full refund, minus the \$100 deposit, will be granted if a cancellation is requested at least two weeks prior to the first day of the camp session. No refunds will be granted for any cancellations within two weeks of the first day of the camp session. All camp fees paid may be transferred to another 2024 Camp Nan A Bo Sho session at any time. All refund requests must be submitted in writing by August 31. Refunds will not be provided if a participant is sent home due to missing home, misconduct, or by parent request. If a participant is sent home, transportation is to be arranged and paid for by a parent or guardian.

Food

Meals are served in the Dining Hall three times per day. Two staff members sit at each table and campers can choose to sit at whichever table they would like. All campers are encouraged to try everything offered, trying new foods promotes healthy eating habits and kids might find something new they like. Breakfast includes a cereal option, and a salad bar is available at most lunches and dinners. Juice, milk, water, and bug juice are provided to drink each day. Menu items could include pancakes, eggs, French toast, oatmeal, tacos, pizza, hamburgers, tater tot casserole, grilled cheese and tomato soup, deli sandwiches, spaghetti, meatloaf, lasagna, macaroni and cheese, sloppy joes, and baked chicken. Menus vary by week and may change based on food orders and group size. Gluten free, vegetarian, dairy free, etc. food can be provided, please contact the camp director two weeks prior to arrival so the proper food can be ordered.

Trading Post (Camp Store)

While at camp, campers will have the opportunity to visit the Trading Post. Items for sale include flashlights, hats, small toys, pens, souvenirs, clothing and accessories, snacks, and more. If you do not add money to your child's camp store account during the camp registration process, you may send camp store money to camp with your child. Prices are approximately \$1-10 for souvenir-type items, and \$10-45 for clothing. Typically, campers bring \$10-50 with them. Any remaining balance of \$5 or more is refunded in cash as part of the camp check out process. Any remaining balances of less than \$5 will be donated to camp's annual campaign fund which provides scholarships for our campers to attend camp.

Wilderness Trips (Willow Flowage, Michigamme River and Manitowish Canoe, and Ice Age, Pictured Rocks, North Country Trail, and Superior Hiking Trail Backpack programs)

- All participants and staff attending wilderness trips are trained in emergency signaling procedures, where the nearest help is for each day of travel, and how to obtain help if necessary. In addition, all trips carry a cell phone with them for emergency use. Since trips are in backcountry areas, we cannot guarantee that the cell phones will work in all areas. Even with cell phones, additional emergency assistance on trips may take hours or longer to reach a group.
- All trip leaders are trained and certified in wilderness first aid and CPR and participate in intensive training prior to camp.
- All trips carry certain risks to people and equipment. These risks include, but are not limited to the following: falling, animal encounters, encounters with the public, injury from equipment, natural disasters, drowning, severe weather, etc. Camp Nan A Bo Sho does all it

can to reduce risks inherent in trips by following American Camp Association (ACA) standards.

- All campers are expected to be in good physical condition to go on any trips. Campers are strongly encouraged to do conditioning exercises before coming to camp.
- If new boots are purchased, ensure your child wears them multiple times before camp to break them in.
- If a camper has any special medical conditions, their physician should be made aware of the type of trip they are going on and the accessibility of professional help in case of emergencies. This is the responsibility of the parent or guardian.
- Campers and parents with further questions or needing specific information for a certain trip should contact the camp director.

Evaluation

Camp Nan A Bo Sho hires the best summer staff available, and they are our strongest asset. If you drive your child to camp, be sure to talk with their counselor(s). At the session end, our counselors and other staff are glad to share observations with you. You will be emailed a camp evaluation after the camp session. We appreciate your prompt, frank, and constructive comments on these forms. We do not expect, encourage, or accept tipping for our staff members. In lieu of this, should you wish to contribute to the "Friends of Camp Nan A Bo Sho Fund", please see the camp director.

Transportation Information

(For all programs except Short N' Sweet, Camp Sampler, 4th of July Bash & End of Summer Bash)
Please arrive 30 minutes early for bus pick-up and bus drop-off.

Personal Transportation	Address	Arrive at Camp (Sunday)	Pick up at Camp (Friday)
YMCA Camp Nan A Bo Sho	18369 Okonto Ln. Lakewood, WI 54138	2:00-2:30 PM	1:00-1:30 PM

Riding the Bus	Address	Bus Departs for Lakewood (Sunday)	Bus Returns to the Apple Creek YMCA (Friday)
Apple Creek YMCA	2851 E. Apple Creek Rd. Appleton, WI 54913	12:00 PM	3:00-3:30 PM

If the bus is more than 30 minutes late, we will make every effort to contact you.

Please call in advance to let us know of any bus changes. This includes any changes to parent pick-up or drop-offs. Bus fees are non-refundable.

Bus Going to Camp:

- Please arrive at the Apple Creek YMCA at 11:30 AM.
- You must wait with your camper at the bus stop until the bus departs. You will need to check them on the bus with the chaperone.
- The bus will depart promptly at 12:00 PM
- Do not give medication or trading post money to chaperones or the bus driver, leave them packed in luggage, campers will turn them in during the Sunday check in process after arriving at camp.

Bus Returning from Camp:

- For your child's safety, chaperones will require a signature from the designated person picking them up, and we will ask for photo identification. If someone other than a parent/guardian is picking up, we must be notified in advance. Campers are dismissed from the bus after they have been signed out. You may sign your child out and pick up their luggage beginning at 2:30 PM.

Please make your child aware of the following bus safety procedures:

- Remain seated at all times.
- Keep noise level to a minimum.
- Follow chaperone instructions for loading or unloading.
- No throwing objects or disruptive behavior.
- Windows may be open with chaperone permission.

Short N' Sweet, Camp Sampler, 4th of July Bash & End of Summer Bash Transportation Schedule

Please arrive 15 minutes early for bus pick-up and bus drop-off.

Short N' Sweet (Sun-Tues)	Location	Address	Bus Departs for Lakewood (Sunday)	Bus Returns to the Apple Creek YMCA (Tuesday)
Riding the Bus	Apple Creek YMCA	2851 E. Apple Creek Rd. Appleton, WI 54913	12:00 PM	11:30AM- 12:00PM
Short N' Sweet (Sun-Tues)	Location	Address	Arrive at Camp (Sunday)	Pick Up at Camp (Tuesday)
Personal Transportation	Camp Nan A Bo Sho	18369 Okonto Ln. Lakewood, WI 54138	2:00-2:30 PM	10:00 AM

Camp Sampler (Tues-Fri)	Location	Address	Bus Departs for Lakewood (Tuesday)	Bus Returns to the Apple Creek YMCA (Friday)
Riding the Bus	Apple Creek YMCA	2851 E. Apple Creek Rd. Appleton, WI 54913	1:00 PM	3:00-3:30 PM
Camp Sampler (Tues-Fri)	Location	Address	Arrive at Camp (Tuesday)	Pick Up at Camp (Friday)
Personal Transportation	Camp Nan A Bo Sho	18369 Okonto Ln. Lakewood, WI 54138	2:30 PM	1:30 PM

4th of July & End of Summer Bash (Sun-Wed)	Location	Address	Bus Departs for Lakewood (Sunday)	Bus Returns to the Apple Creek YMCA (Wed)
Riding the Bus	Apple Creek YMCA	2851 E. Apple Creek Rd. Appleton, WI 54913	12:00 PM	3:00-3:30 PM
4th of July & End of Summer Bash	Location	Address	Arrive at Camp (Sun)	Pick Up at Camp (Wednesday)
Personal Transportation	Camp Nan A Bo Sho	18369 Okonto Ln. Lakewood, WI 54138	2:00-2:30PM	1:30 PM

Parent Checklist

- Final payment, due two weeks prior to departure for camp.
- Ensure Health History Form is completed online using Camp Doc at least two weeks prior to the first day of camp session.
- Update Medication in Camp Doc one week before the first day of camp session.
- All necessary items on packing list, labeled with child's name.
- Label all medications and pack in original containers (your camper must turn these into the health supervisor upon arrival at camp).
- Trading Post money paid online or packed in luggage.
- Lunch eaten or packed to eat on bus ride to camp and last-minute items packed.
- Camper to camp on:

_____ , _____
Date Time Location

- Send mail or Bunk Notes to camper while at camp.
- Camper picked up on:

_____ , _____
Date Time Location

Directions to Camp

Camp Nan A Bo Sho
18396 Okonto Ln.
Lakewood, WI 54138
715.276.6084

- Go North on Hwy 47
- Hwy 47 becomes 47/55
- Hwy 47/55 becomes 47 again
- In Bonduel continue North on 117 (at this point 47 branches to the left)
- Hwy 117 dead ends at Shawano Lake.
- Turn right on Hwy 22
- Travel on Hwy 22 less than a mile to County Hwy H.
- Turn left onto H County Hwy H turns into County Hwy R
- Take County Hwy R until it ends.
- Turn right on County Hwy M
- County Hwy M ends at Hwy 32.
- Turn a sharp left (north) onto Hwy 32
- Follow 32 north to Lakewood
- In Lakewood, turn right on County Hwy F
- Follow F, about 6 miles, to Waubee Lake Drive (Waubee Lodge is at this corner) and turn right
- Follow Waubee Lake Drive until you see the Camp Nan A Bo Sho sign (less than a mile) turn left onto Okonto Lane. You have now entered YMCA Camp Nan A Bo Sho