



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WELCOME TO YMCA CAMP MI-TE-NA FOR BOYS

## 2019 PARENT HANDBOOK



The Granite YMCA | [campmitena.org](http://campmitena.org) | 603.232.8642

# WELCOME FROM OUR CAMP DIRECTOR

First and foremost, thank you for choosing YMCA Camp Mi-Te-Na for your son's overnight camp experience. The experience he will have over his time here at camp will truly last a lifetime. Whether it is swimming, kayaking, archery, climbing, or lacrosse we hope that we can teach all of the campers we see a new skill and help them develop new friendships in the process.

At Camp Mi-Te-Na, we are committed to teaching the four core values of the YMCA: caring, honesty, respect, and responsibility. These are taught at YMCA camps across the nation and all over the world. What sets us apart is our dedication to build self confidence, encourage better decision making skills, putting others first, and developing relationships and friendships.

Camp Mi-Te-Na is owned and operated by the Granite YMCA. We have a long standing tradition of providing a safe and nurturing environment for boys dating back to our first summer in 1913.

As a former camper, I understand some of the concerns and questions that first time campers may have. This summer will mark my 26<sup>th</sup> year at Mi-Te-Na, and I am determined to provide a positive experience for all that attend. With that in mind, please feel free to reach out to me with any questions or concerns that you may have. I look forward to seeing you at Camp Mi-Te-Na!

Matthew Hanson  
Camp Mi-Te-Na Director

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# A DAY AT CAMP

## MORNING ACTIVITY SCHEDULE

7:30	Wake Up
7:45	Flag raising & breakfast
9:25	Activity Period 1
10:15	Activity Period 2
11:05	Activity Period 3
12:15	Lunch

## AFTERNOON ACTIVITY SCHEDULE

1:10	Cabin Time
2:20	Activity Period 4
3:10	Activity Period 5
4:00	General Swim
5:15	Flag Lowering
5:25	Dinner

## EVENING ACTIVITY SCHEDULE

7:10	Evening Activities
8:30	Report to Cabins
8:45	Cabin Vespers
9:00	Lights Out

The first three morning activities consist of skill based activities where campers are encouraged to try new activities and learn new skills. The afternoon activities are choice activities that campers sign up for during the lunch period. These activities change on a daily basis and are announced at lunch so that campers know what they can sign up for each day, allowing campers to have a hand in shaping their camp experience. Evening activities are typically themed nights that include the entire camp or are organized for individual cabins and/or villages. Some of our evening activities may consist of a carnival night, campfire, camper counselor hunt, and much more!



## PROGRAMS

Our programs are separated into three different areas: sportsfield, hobbies, and waterfront activities. Morning sportsfield activities are skills sessions including baseball, lacrosse, soccer, football, rugby, cricket, basketball, tennis, or ultimate frisbee. In the afternoon, both traditional and unconventional sports activities are offered for campers to sign up for including dodgeball, kickball, rafterball, foxes and hounds, foursquare, frisbee golf, and street hockey.

In the morning, campers also rotate with their cabin groups to different hobbies activities. In the afternoon, campers have additional opportunities to sign up for other activities that they enjoyed or would like to try. Our hobbies activities include: high ropes course, low ropes course, arts & crafts, boating, world music, riflery, archery, outdoor living skills, and paintball. *(Please note, paintball is offered for campers who turn 13 years old prior to or during their camp session).*

At the waterfront, we offer an array of activities along the shores of Halfmoon Lake. In the morning, all campers participate in Y of the USA based swim lessons where they develop stroke mechanics, learn water safety, and play water games. In the afternoon, the beach is transformed into a waterfront resort where campers can enjoy free swim, fishing, boating, swimming, water basketball, sandcastle building, diving, snorkeling, water trampoline, blast bag, tubing, waterskiing, and much more. *(Please note, wakeboarding and waterskiing do require a minimum swim level. In addition, all activities that take place outside of the designated swim area require a life jacket).*

# CAMP FEES

There is a \$100 deposit per session required upon registration. The final payments must be received by the following due dates for each of the camp sessions:

Session 1 & 1A: Balance due by May 1 (registrations received after May 1 require full payment)  
Session 1B, 2, 3, 3A, 3B: Balance due by June 1 (registrations received after June 1 require full payment)  
Session 4, 4A, 4B: Balance due by July 1 (registrations received after July 1 require full payment)

Any campers that still have a balance after the final due date will not be guaranteed a spot and risks being replaced by another camper from the waiting list.

**Make checks payable to YMCA Camp Mi-Te-Na.** There will be a \$20 fee for any returned (NSF) checks. We also accept credit card payments, which can be processed online or by calling 603.232.8642.

Please mail payments to:

**The Granite YMCA  
Camping Services Branch  
30 Mechanic St.  
Manchester, NH 03101**

## INTERSESSION STAY OVER DAYS

Campers that are registered for two consecutive sessions and choose to stay at camp in-between the sessions will be required to pay an additional fee of **\$100**. Campers will participate in an out of camp trip which will leave Saturday after check out and will return back to camp Sunday afternoon in time for brunch.

## REFUND POLICY

If your camper is unable to attend camp, please notify our camp office immediately. To receive a refund (less the initial \$100 non-refundable deposit) you must notify us in writing at least **4 weeks in advance** of your child's scheduled camp session. Please allow 2-3 weeks for refund processing. Cancellations resulting in a medical emergency must be accompanied by a signed doctor's note.

## LATE ARRIVALS & NO SHOWS

If your camper will be arriving late, please notify the Camping Services office at least 2 weeks prior to the start of your child's session. This allows for plans to be made accordingly. If a camper has not arrived by the start of the evening activity, staff will make an attempt to contact the primary contact. Please note that there are no refunds for late arrivals or no shows.

## YMCA MEMBERS

The YMCA is a membership organization dedicated to providing youth, families, and communities with the support and opportunity to learn, grow, and thrive. If you are a YMCA member, regardless of location, you will receive a **\$25 discount per week**. During the registration process, simply provide us with the name of the YMCA that you are a member with and we will apply the \$25 discount to your account.

# HEALTH FORMS

All required health forms and documents will be completed through CampDoc, our online electronic health record system. Initial CampDoc invites will begin in March for all registered campers at that time. Campers that register after March will receive an e-mail from CampDoc within 5 – 7 days of registering your child providing you with your account log-in information, password, and instructions on how to complete all necessary fields, and how to upload all required documents.

**You will need to upload the following documents to your child's CampDoc health account:**

- Copy of physical (dated within last 2 years)
- Immunizations received to date
- Copy of the front and back of insurance card

In accordance with state regulations, no child will be permitted to be at camp without all required documentation completed.

In accordance with ACA standards, all campers are required to have health insurance and must upload a copy of the front and back of their insurance card when completing your child's CampDoc account.

## CAMP NURSE

Camp Mi-Te-Na has a registered nurse living on site at camp during each session. They are available 24 hours a day for any illnesses, injuries, or emergencies that may arise. If medical treatment is required beyond the written orders of our camp nurse, staff will make every effort to contact the family, and the camper will be transported to Huggin's Hospital.

## MEDICATIONS

Medications are defined as any substance (not food) that a person may use to maintain or improve ones health which include: prescriptions, over the counters, vitamins and supplements. Camp Mi-Te-Na must have written consent from your child's doctor in order to dispense ANY medication during your child's camp session. *This includes ALL prescription medication and any OTC (over the counter) medications that are not listed on the Camp Mi-Te-Na OTC permissions form (located on CampDoc) such as gummy vitamins, allergy medication, or homeopathic medications.*

**If your child needs to take any type of medication while at camp you MUST:**

A. Have your child's physical or the healthcare provider form filled out (specifically the medication section) and signed by a licensed healthcare provider.

**OR**

B. Have a note of written consent signed by a licensed healthcare provider, stating the medication, dosage, and reason for taking the medication (this should then be uploaded to their health account on CampDoc).

**Please note:** without one of these forms of consent, our camp nurse, under her license, will not be able to dispense medication that is undocumented for your child.

# COMMUNICATION

Camp is a place where campers have the chance to have fun and be themselves. They make new friends, learn new skills, and try new activities, all while gaining a deeper understanding of who they are as a person. Campers love to receive mail, perhaps more than they like to answer it, so we encourage you, as the parent, to write letters, send bunknotes, and send care packages.

## SEND MAIL TO YOUR CAMPER

Campers love to receive mail. Write often, but keep the letters cheerful. Emotional letters from parents can be a major cause of homesickness. If you receive an unhappy letter from your child, don't get upset too quickly. Campers often experience homesickness during the first couple days of camp. Please be sure to allow enough time for the mail to reach your son by the end of his session. Any letters or packages received after your son's session has ended will be returned to the sender.

## CARE PACKAGES

Campers love receiving packages. We ask that you try to keep the size limited to that of a shoebox. Please use discretion in what you include in your child's package. Food items in large amounts are not a good idea as it discourages good eating habits and attracts animals. We do ask that all food items be in resealable packages. You may send small amounts and please encourage your son to share with his friends. Other great items to send are books, magazines, puzzles, and small toys or games.

## SEND EMAIL & VIEW PHOTOS

If you would like to email your son, you may register with BUNK1.COM and purchase bunknotes. You will need to use the pre-approval code provided to you in your confirmation packet to register for your account. Bunk1 is a one way email communication that allows you to get your message to your son quickly. We print them out on a daily basis and hand them out to the campers with the rest of the daily mail and packages. Please remember this is a one way communication. Campers cannot reply via email, but they can write letters home via USPS.

Once you create your account you will not only be able to purchase Bunknote credits to send emails, but you will also be able to view the photo gallery for free. Pictures are uploaded often by our camp staff so parents and family members can log in and see pictures of what the campers did each day. This helps you stay connected to your son while he's at camp and keeps you updated with what activities he's participating in.

## CAMPER PHONE USE

The camp experience is a way for children to develop a greater sense of independence. We do not allow cell phones or electronics at camp, and we do not have a phone available for campers to routinely make or receive calls. We believe that campers should get to know each other and establish bonds through face to face communication instead of through electronics. Should you need to contact your camper under emergency circumstances or wish to check in on your child, please contact our onsite camp office at 603.776.3000. A staff member will assist you with your questions/concerns.

# SUGGESTED PACKING LIST

This is a basic list of items to bring to camp. Use your own judgement on quantity. Mark each item of clothing with your camper's name and make sure to check lost and found upon departure. Camp will not be responsible for lost or broken items. If bed wetting is common for your camper, please send extra sheets and blankets. Parents should speak with the cabin counselor regarding any possible bed wetting or sleep walking problems. A \$15 charge will be deducted from your child's store account each time we launder bed linens.

## CLOTHES

- t-shirts
- shorts
- sweatshirts
- sweatpants
- long sleeve shirts
- jeans
- socks
- underwear
- pajamas
- swim suits

## TOILETRIES

- soap
- shampoo
- deodorant
- toothbrush
- toothpaste
- hairbrush/comb
- bug repellent
- sunscreen

## IF WHITE WATER RAFTING

- day pack (back pack)
- sleeping bag
- quick drying pants & shirt

## PACKING TIPS

- Please label all belongings with your camper's name or initials
- Remember to check online for the session schedule one week prior to check in so your camper can choose to pack optional items coinciding with special theme days occurring that session

## LUGGAGE

We have found that foot lockers, trunks, plastic bins, and/or suitcases fit best under the camp bunks. If luggage is kept to a maximum height of 16" it will easily slide right under the bunk beds for easy storage.

## OUTERWEAR

- rain jacket
- sweatshirt/sweater
- warm jacket

## BEDDING/LINENS

- sheets & blankets or sleeping bag
- blankets
- pillow
- towels & face cloth
- laundry bag
- extra sheets (for bed-wetters)

## FOOTWEAR

- sneakers
- shower shoes
- sandals
- rain boots

## MISCELLANEOUS

- flashlight
- stationery/stamps
- envelopes
- pens/pencils
- extra batteries
- water bottle
- camera
- day pack/backpack
- swim goggles

## LEAVE AT HOME:

DO NOT bring the following items to camp! Any prohibited items found could result in confiscation and/or dismissal from camp.

- cell phones
- ipods
- video games
- handheld electronics/games
- fireworks/sparklers
- matches/lighters
- alcohol/drugs/tobacco products
- pocket knives/weapons of any kind

# CHECK IN PROCEDURES

Check in for ALL sessions is:  
**SUNDAY'S from 1:00 PM – 3:00 PM**

Check in involves important preparation to ensure your child's stay at camp is successful. In order to move you through the process as quickly as possible, check in will begin promptly at 1:00 PM. Our goal is to get families

through the process in under an hour. It can; however, take up to two hours, depending on how many campers are arriving on a given day. The schedule for check in day is as follows:

1. Check in at the Welcome Center
2. Stop by the Dining Hall to ensure all required paperwork is complete, receive cabin assignment, and parent welcome folder.
3. Head to Rec Hall for a complimentary head lice screening
4. Continue to Camp Store to meet the store staff and set up/verify camper's store account
5. Go to the Infirmary (if applicable) to discuss and drop off any medications and/or discuss any health concerns you may have.
5. Go to your child's assigned cabin to meet the counselors, pick out a bunk, help your son unpack, and fill out authorized release form.

Each camper's health and time at camp is important to us, so please allow for adequate time to ensure your child is all set!

## CABIN ASSIGNMENT

Once you arrive at camp, you will be directed to the Sam Hunt Lodge to receive your son's cabin assignment. Cabin assignments are based on age, requests, and length of session stay. One week campers and two week campers are placed in separate cabins. Please be aware that cabin assignments are done just 1-2 days prior to the start of each check in to account for last minute changes and to ensure accuracy.

## STORE ACCOUNT

Once you have checked your son in at camp and received his cabin assignment, you will proceed to the camp store (Chetty's Place) to open your son's store account. All campers are required to open a store account upon check-in (cash, check, and credit cards are accepted). The camp store has a variety of clothing, snacks, souvenirs, and items that might be needed at camp. Usually \$80 is sufficient for a two week session to cover store items. Please do not send camp store account money with the tuition payments. Please remember to pick up any remaining balance at the end of your child's camping week, otherwise it will be donated to our scholarship fund.

## INFIRMARY CHECK-IN

All campers that will be taking medication while at camp are required to go to the infirmary to meet with our nursing staff. All medication must be listed in your son's CampDoc account and must be given to the nurses at this time for proper storage. No one is allowed to keep or administer their own medication while at camp, except inhalers and EPI pens, and **ONLY** with doctor's approval. All medication must be in the original container with the prescription label intact. Over-the-counter medications and vitamins will only be accepted when accompanied by a doctor's note/authorization. If your child is confined to the infirmary for more than 24 hours, you will be notified by phone.



# CHECK OUT PROCEDURES

**Check Out for ALL sessions is:  
SATURDAY'S from 9:00 AM – 10:30 AM**

Please be caring and pick up your child during the allotted check out time frame to allow our staff to get ready for welcoming incoming parents and campers on the following day. Don't forget to stop by the camp

store to close your son's account. Any store accounts uncollected will be donated to our scholarship fund. If someone else other than yourself will be picking up your child, that person(s) will need to be listed on the release form filled out during the check-in process. The schedule for check out is as follows:

1. Meet your son at his cabin. Be sure to check for any missing belongings. Don't forget to check the clothesline and lost and found box/fence.
2. Stop in at the camp store to pick up any last minute souvenirs. Here you will sign our camper out and close their store account.
3. Go to the Infirmary to pick up any medications (if necessary). Don't forget to say goodbye to the nurses.
4. Stop by the Welcome Center as you leave to receive a few parting gifts and chat with the director
5. Please make sure to talk to your son about his camp experience and complete the camp survey that you will receive information on during the check out process. This helps us to continue to create the best experience possible for all campers!

## LOST AND FOUND

Please be sure to check your child's cabin, rafter, under the bunk, on the clothesline, and lost and found fence prior to leaving camp. All articles left at camp will be donated to Planet Aid at the end of the camp season.

## KEEPING IN TOUCH

One of the greatest parts about camp is that campers make life-long friendships. We encourage campers to exchange contact information so that they can continue to keep in touch even during the off season. Make sure your son swaps information with his friends prior to leaving camp! Please join our "OFFICIAL FACEBOOK" group to keep up to date with friends and staff even in the winter months!



# ACCOMMODATIONS & MEALS

## MAILING ADDRESS:

Please address mail to campers as follows:

Camper's Name  
Cabin Name/Number  
Camp Mi-Te-Na  
65 YMCA Rd.  
Alton, NH 03809

Village, the oldest campers in the Frontier Village, and the middle aged campers stay in the Ranger Village. The LIT's stay in a tree house cabin, the newest addition to Camp Mi-Te-Na, featuring a large deck and hammock space for them to develop their leadership skills. All bath houses have private showers and restrooms as well as changing areas and sinks.

In addition to 19 cabins, Mi-Te-Na also features a spacious dining hall, a recreation hall (for evening and rainy day activities), a complete medical infirmary, three shower facilities, and a variety of activity buildings to hold time-tested programs to keep campers entertained and educated. Mi-Te-Na is the proud home to one of the most complex challenge courses in the area, including a climbing tower, zip line, and high and low ropes courses! We offer outdoor basketball courts, tennis courts, archery range, riflery range, soccer field, football field, baseball field, outdoor hockey rink, and beach volleyball.

Campers that participate in our out of camp overnight trips or white water rafting trips will sleep in tents when they are not at camp. The tents are provided by Camp Mi-Te-Na.

Camp Mi-Te-Na has 19 cabins separated into 3 villages. Each village is comprised of 6 cabins and a bath house that is shared amongst all the cabins. Each cabin sleeps approximately 8-10 boys and 2 counselors. Cabins are set up with bunk beds which are determined based on a first come first served basis.

The youngest campers stay in the Pioneer



## MEALS AT CAMP

Camp serves nutritious, well-balanced meals. A vegetarian option is available at every meal for vegetarian campers and staff. All meals are served family style with campers sitting at round tables to encourage discussion with everyone instead of just the person directly to their left or right. Options available at breakfast are typically a hot main dish, cereals, fruit, and yogurt. Lunch and dinner include a soup/salad bar in addition to an entree and side dishes. There are a variety of options available to suit even the pickiest of eaters.

**Water consumption is encouraged throughout the day.**

### Dining Hours:

Breakfast: 7:45 AM

Lunch: 12:15 PM

Dinner: 5:25 PM

# INTERSESSION DAYS | WHITE WATER RAFTING

## LONG TERM CAMPERS (STAYING LONGER THAN 2 WEEKS)

Campers registered for longer than a two week session are encouraged to go home in between sessions for the chance to do laundry and have a home cooked meal. Campers that live further away and are unable to be picked up for the night will participate in an out of camp trip. The group will leave Saturday after check out and will return back to camp Sunday afternoon in time for brunch. There is an additional fee of \$100 for camper participation. Pre-registration is required.

### Intersession Day Trips for Summer 2019:

July 6

July 20

August 3

## VISITING YOUR LONG TERM CAMPER

Parents of long-term campers (staying longer than a two week session) may take their child out of camp on designated visiting days. Parent's taking advantage of the visiting days must pick up their son between 9:00 and 10:30 AM on Saturday and bring him back to camp between 1:00 and 3:00 PM on Sunday. Please sign out at the camp store and notify the cabin counselors prior to leaving camp. **There are not visiting days for 1 and 2 week campers.**

### Visiting Days for Summer 2019:

July 6 – July 7

July 20 – July 21

August 3 – August 4

## WHITE WATER RAFTING TRIP

The white water rafting trip does require pre-registration and costs \$160 in addition to the camp session fee. There are 4 white water rafting trips that take place throughout the summer. White water rafting trips are scheduled for the following dates:

Session 1: July 2 – 3

Session 2: July 16 – 17

Session 3: July 30 – July 31

Session 4: August 6 – 7 (Mi-Te-Na only)

Please note that this trip is limited to 13 campers per two week session. Participants must be 12 years old, attending a two week session, and weigh at least 90 pounds in order to attend.

# FREQUENTLY ASKED QUESTIONS

We understand that choosing an overnight camp for your son can be overwhelming. For your convenience we've compiled a few frequently asked questions that many parents have. If you still have questions and/or would like to speak with our camp registrar or our camp director, please feel free to call or email.

## **THIS IS MY SON'S FIRST TIME AWAY FROM HOME. WHAT CAN I DO TO HELP HIM PREPARE FOR THE SEPARATION?**

Browse through our website and Official Facebook Page together so that he can view the pictures and see all of the exciting new activities that he will be able to participate in. Also, go over the packing list (located on our website or in the handbook) together. Talk about all of the fun things he will be doing and all of the new friends that he will meet. Don't focus on how much you'll miss him or discuss a trip that you may be on while he is away. Reassure him things will be fine while he is at camp, and remind him that he is not the only one going away to camp for the first time. There will be a lot of other boys also attending camp for the first time and many that are his same age. First time campers are always welcome to visit Camp Mi-Te-Na before their scheduled sessions.

## **THIS IS MY SON'S FIRST TIME AWAY FROM HOME. WHAT CAN I DO TO HELP BETTER PREPARE MYSELF FOR THE SEPARATION?**

After deciding that Camp Mi-Te-Na is the best option for your son, the way to prepare yourself is to read through the parent handbook in its entirety, browse our website, and even join our Official Facebook Page. This is the best way to see first hand the memories that are made, friendships that are created, and the fun that your son will experience this summer. Rest assured, our staff are trained professionals, and many of them started out at Camp Mi-Te-Na as campers themselves and have returned year after year. They know what it's like to be a first time camper, so they can easily relate to your son and make sure that he's having an amazing experience. Our staff are dedicated professionals that return year after year to provide campers with the same amazing experience that they once had as campers themselves.

## **WILL MY SON MAKE NEW FRIENDS?**

Camp is a great way to make new friends! In addition to just being exposed to many new people, your child will be surrounded by staff that are trained to work with youth and help them meet new people while making new friends. Staff are also trained in how to address any negative issues, should they arise, such as managing cliques and/or bullying.

## **WHAT HAPPENS IF MY SONS CAMPDOG ACCOUNT IS NOT COMPLETED UPON ARRIVAL AT CAMP?**

State law mandates that we have a completed health history and physician-signed physical for all campers that is signed and dated within the last 24 months. Unfortunately, your son will not be allowed to stay at camp until a copy of his physical, immunizations, insurance card, and demographic information has been received and uploaded to his CampDoc account.

## **MY CHILD HAS SPECIAL MEDICAL NEEDS. WHAT CAN I DO TO INSURE HIS NEEDS ARE MET?**

Please call or email our camp registrar outlining your son's condition and any special requirements. This will allow us to determine if we are able to adequately meet your son's needs and provide a meaningful camp experience. Additionally, we encourage you to speak with the nurse during the health check-in and to your son's cabin counselors.

## **IS MY SON ABLE TO BUNK WITH ONE OF HIS FRIENDS?**

Campers can request cabin mates as long as it is a mutual request and the boys are the same age. Both campers requesting to be together must also be attending the same length session in order to be placed in the same cabin. For example, both must be attending either one week or two week. If the boys are not the same age, but are within 12 months of age, they will be placed to the best of our ability, in a cabin that is age-appropriate for the younger camper. We will not put boys together in a cabin that are more than 12 months apart in age. Due to last minute enrollment changes, cabin assignments are done just before check-in day. If you call in advance to check on your son's cabin, we may not be able to tell you.

## **WHAT HAPPENS IF MY SON DOESN'T GET HIS CABIN REQUEST?**

Our camp staff does their best to accommodate all cabin requests. If campers aren't in the same cabin together they will most likely be in the same village, but just in adjacent cabins. Campers will still be able to participate in activities together and will have the opportunity to make new friends.

## **ARE LAUNDRY SERVICES AVAILABLE FOR MY CHILD?**

Laundry services are only available for long term campers staying longer than a two week session. There is a charge of \$15 for those long term campers that need to do laundry

## **SHOULD I BE WORRIED IF I DON'T GET ANY MAIL FROM MY SON?**

No, it usually means he is having a wonderful time and is busy in activities and making new friends. Tip: pack self-addressed, stamped postcards for him to send to you.

## **WHAT SHOULD I DO IF I GET A HOMESICK LETTER FROM MY SON?**

Don't panic, it is very normal for the first letter. If you receive another, feel free to call camp and speak with his cabin counselor during meals. When you call the camp number, simply let the individual know the reason for your call, the name of your son, and what cabin he is in. The message will be delivered to your son's cabin counselor and one of them will give you a call back during mealtime to discuss how he is adjusting at camp.

## **I WILL BE OUT OF TOWN. CAN I SEND SOMEONE ELSE TO PICK UP MY CAMPER?**

During check-in each family will fill out an authorized child release form that lists people that are authorized to pick up your child. Please be sure to include anybody that may be picking your child up if you are not able to. Anyone picking up your child will need to have an ID available during check-out.

## **WHERE CAN I ORDER CARE PACKAGES OR NAME LABELS?**

Under the parent section of our website there is a tab titled "Parent Resources." Here you will find icons/pages linking you to clothing labels and care package websites should you choose to utilize them.

## **EVERYONE IS WELCOME AT CAMP MI-TE-NA & CAMP FOSS**

The Granite YMCA provides a community where all are welcome. Camp Mi-Te-Na for boys and Camp Foss for girls are binary gendered overnight camps. We ask that campers attend the camp that aligns closest with their sincere self-reported gender identity. We expect campers and staff to follow all conventional social norms concerning modesty, the right to privacy and respecting others.

# IMPORTANT CONTACT INFORMATION

Please find below a listing of important phone numbers that will be useful to you if you should need to contact our camp offices.

## MI-TE-NA CAMPING SERVICES ADMINISTRATION OFFICE (Located at our Granite YMCA location in Manchester)

Office: 603.232.8642

Email: [lfrazier@graniteymca.org](mailto:lfrazier@graniteymca.org)

Hours: Monday – Friday, 8:00 AM – 5:00 PM

After hours: please leave a voicemail and our registrar will get back to you ASAP

## CHECK-IN/CHECK-OUT DAY PHONE

Office: 603.776.3000

Hours: Saturdays & Sundays, June 23 – August 17

## CAMP MI-TE-NA

Office: 603.776.3000

Hours: 24/7 (Please remember, our staff are working in activities with your children, so we are not always able to get to the phone.

If you reach our voicemail, please leave a message and we will return your call as soon as we are able).

## CAMP MI-TE-NA STAFF DIRECTORY

Tom Archer

VP Camping Services

603.232.8641

[tarcher@graniteymca.org](mailto:tarcher@graniteymca.org)

Matt Hanson

Camp Mi-Te-Na Director

Summer: 603.776.3000

Winter: 603.232.8613

[mhanson@graniteymca.org](mailto:mhanson@graniteymca.org)

Lauren Frazier

Overnight Camp Registrar

603.232.8642

[lfrazier@graniteymca.org](mailto:lfrazier@graniteymca.org)

### PARENT & CAMPER OPEN HOUSE

MAY 11, 2018 (10:00 AM – 1:00 PM)

You and your family are invited to visit our camp for an open house and guided tour of camp. Your child does not need to be registered in order to attend.



**Everyone is welcome. Financial assistance is available.** Please visit our website to obtain a copy of the financial assistance application.