

---

# YMCA CAMP ST. CROIX FAMILY HANDBOOK

---

## Contents

Registration and Forms	3
First and Last Day	4
Life at Camp	5
Life at Camp	6
Notices	7
Packing: Traditional Camps	8
Packing: Specialty Camps & LDP	9



## Y of the North Mission

The Y's mission is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

### About YMCA Overnight Camps

YMCA Overnight Camps are wonderful places for your child to experience fun, outdoor adventures in the summer! New and returning campers thrive during a session packed full of exciting, structured camp activities. Campers live in small, age-appropriate communities where they build self-esteem and learn new skills. Our experiences are built on the Y's Core Values of Caring, Honesty, Responsibility, Respect, and Equity.

Our goal is to give all kids the opportunity to discover who they are and what they can achieve.

## Contact Information

**YMCA Customer Service** 612-822-2267.

Call them about registration, payments, financial assistance, cancellations, etc.

**Camp St. Croix Office** 715-386-4380

Call here for general info about programs, logistics, transportation, etc.

**John Arteman, Program Director** 651-259-2114.

Call if you have specific questions about programs, concerns about a camper, etc.

**Katie Haas, Executive Director** 612-676-3771

*For escalated questions or concerns.*

## This Document

This document undergoes occasional changes. You can always find the most up to date version at [https://www.ymcanorth.org/adventure/locations/camp\\_st\\_croix](https://www.ymcanorth.org/adventure/locations/camp_st_croix)

## New Camper Orientation

Each spring, we offer an in-person and a virtual New Camper Orientation. These are open house, drop-in-style gatherings with the opportunity to tour Camp St. Croix and ask questions about camp. It's free and there is no need to register. You can find a recording of the virtual orientation on our website.



## Registration and Forms

### Registration

Registration can be completed online at [campstcroix.org](http://campstcroix.org), by calling the YMCA Customer Service Center at 612-230-9622, or by downloading a registration form from [campstcroix.org](http://campstcroix.org).

Camp will send you a confirmation within three weeks of receiving your registration and deposit.

The balance for your session is due May 1, 2024 unless you have a pre-approved payment plan established with the Customer Service Center.

### Changes and Cancellations

Call the Customer Service Center if you must change or cancel your registration to camp.

**No refunds are available for cancellations after the payment-in-full date.**

Camp session change requests received one month or more prior to the session start date will be made, pending availability, and assessed a \$25 change fee.

Campers who do not show up to a session will not receive a refund. No fee adjustment will be made for late arrival, early departure or dismissal from camp. No adjustment to registration cost will be made for campers who are tardy, absent from camper days or are restricted due to disciplinary reasons, or inability to manage pre-existing conditions, current illness/injury\* or dismissal.

\*if your camper is experiencing a physical/mental illness or injury prior to the sessions that prevents them from participating, a medical provider will need to provide proof of illness or injury to consider a partial refund. If you pay in full, refunds will only be eligible until May 15.

\*Y Adventure Programs cannot refund payments when sessions are cut short or canceled due to circumstances beyond our control. These may include wilderness area closures, forest fires, flooding, or other climate and environmental hazards that would prevent us from providing a safe and meaningful experience for all participants.

### Forms

**HEALTH EXAM FORM:** A completed Health Exam Form is required each year to attend camp and can be found via CampDoc. Email reminders will be sent to all registered campers. If you would like paper-based registration documents, please visit [Paperwork](#) on our website or in your CampDoc account. A new physical exam is required each year before attending camp.

**COVID- 19 PREPARATION:** For Summer 2024 we will not be requiring a negative Covid test before arrival at camp. We do recommend monitoring your camper's health in the week leading up to camp and please contact us if they are sick and showing symptoms.

We recommend taking steps to limit exposure to illness prior to coming to camp.

**CAMP STORE:** If you would like your camper to shop in the camp store, please purchase a Gift Certificate prior to their arrival. You can make a purchase by visiting:

<https://account.ymcanorth.org/PersonifyEbusiness/Product-Search/Product-Detail/ProductID/429452591>

Gift Certificates can be used toward any YMCA program, membership, or camp experience. Certificates can be redeemed at any YMCA of the North locations, are transferrable, and never expire.

Gift Certificates can be used toward camp store merchandise during your child's stay at Overnight Camp. Any remaining balance at the end of the session can be used toward future YMCA camps or programs.



## First and Last Day

### Transportation

Overnight Camp St. Croix does not provide transportation to and from camp in 2024. You are responsible for getting your child to and from camp on the first and last days of camp.

#### Pro Parent Tip

*Please have medications ready to turn in when you arrive to Camp St. Croix.*

*Bring your Photo ID on pick-up day! You will need it for us to check out your camper!*

### Directions

**Our address is: 532 County Road F  
Hudson, WI 54016**

**From I-94** – turn south at exit 2 Carmichael Road/County Road F. Follow Carmichael Road south for 1.5 miles to find Camp St. Croix on the right side shortly after Coulee Road. The first entrance you will see is our North Entrance for our Day Camp program. Please continue past that until you reach the South Entrance across from River Crest elementary school.

### Drop-Off

Drop off is from 1–3pm on the first day of your camper session. This is usually Sunday. For Samplers, the drop off and pick up day may vary. Please call us if you will be arriving late.

We will have parents/guardians check-in all campers while remaining in their car.

### Pick-up

Camper pick-up is from 1–3pm on the last day of your camper session. This is usually Friday. For Samplers, the drop off and pick up day may vary.

Campers can only be picked up by someone listed on their Camper Personal History and carrying their photo ID

We will have parents/guardians remain in their car and their camper(s) will be brought to them.

**There may be an opportunity to visit the camp store upon request during this time.**

#### Pro Parent Tip

*Complete your Health Exam Form & Camp Store Form prior to arrival for an easy drop-off!*



## Life at Camp

**Cabins.** Campers spend their session with two counselors and a group of other campers in a cabin group. Our counselors are well trained and love their jobs. Campers are assigned to their cabin based on age and gender-identity.

**Friends.** Campers will have an opportunity to bunk with one or two friends if they are the same age and the request is made in advance. If the request was not made on the registration form, you may call camp prior to your session or email [joseph.eldridge@ymcamn.org](mailto:joseph.eldridge@ymcamn.org). Children make many new friends at camp in addition to enjoying their old ones. We limit the number of friends coming together to three per cabin to support strong group dynamics.

### Pro Parent Tip

*Don't be alarmed if you get a call from Croix while your camper is at Camp. Camp likes to get parent input on even minor health, homesickness, and behavioral issues. It's a low bar to call home.*

**Communication.** Please send mail directly to Camp St. Croix. Feel free to send mail to camp prior to your camper's arrival.

Your Camper's Name  
 YMCA St. Croix  
 532 County Road F  
 Hudson, WI 54016

For a faster delivery you can send your camper an email that will be printed and given to your camper. Please be sure to have your child's name AND cabin in the subject line. Any emails received after 10:00am will get to them the next day. Camp email: [info@campstcroix.org](mailto:info@campstcroix.org)

**Phoning Home.** Campers may not have cell phones or smart watches at camp. Except for emergency situations, phone and e-mail by campers are off limits as it distracts from the camp experience. If you have questions, a Camp St. Croix staff member will be available to speak with you over the phone.

**Visiting Camp:** To keep campers fully immersed in the camp experience, and for all of our campers' safety, we do not allow visitors. If you have questions or concerns regarding this, please reach out to camp and a staff member will be available to speak with you.

**Say in the Loop!** View photos of your camper while they're at camp! We post photos on our Facebook and Instagram site often. Photos and other merchandise are also available for purchase on SmugMug.

**Photo Gallery:** [campstcroix.smugmug.com/](http://campstcroix.smugmug.com/)  
**Facebook:** [facebook.com/ymcacampstcroix](https://facebook.com/ymcacampstcroix)  
**Instagram:** @ymcacampstcroix

**Food.** Croix campers eat very well; our kitchen takes great pride in providing a tasty, well-balanced diet, including free organic produce raised right here, at The Farm at Camp St. Croix. If your camper has dietary restrictions or allergies please note them on their Camper Personal History. If you are interested in checking out our menu's, you can do so on our NutriSlice link. This will also provide dietary alternatives and calorie information.

**Health and Safety.** Croix campers are well looked after. Our first aid, CPR, and lifesaving certified counselors are supported by our health professional (an RN), and student nurses.

We will treat bumps, bruises, and scrapes. In the case of illness or advance injury, parents or emergency contacts are called to make arrangements for treatment or pick-up. Camp St. Croix uses the Hudson Physician's Clinic located at the Hudson Hospital, in Hudson, WI.

**Medications.** All medications must be entered into Camp Doc but the guardian prior to arrival. Please keep all medications out of your campers' luggage so that you (parent/guardian) can hand them directly to our health team at drop off.

All medications must be turned into the Health Office (a) in the original container (b) inside a zip lock back that is labeled with your camper's name and © we prefer you send along only as many doses as the camper will need during their stay. Prescription medication must be in the original container and include dosage, frequency, and camper's name. Due to rules and regulations, we cannot accept medication in pill boxes or loose in zip lock bags, nor may campers keep their own medication. This includes prescription as well as over-the-counter and supplements.



## Life at Camp

**Camp Activities.** Campers will experience a variety of activities during their camp session. Our camp staff aim to encourage campers' creativity, skill development, and understanding of the world around them. Often times, during these creative learning experiences in a camp setting, campers are exposed to the natural elements of camp. They will experience dirt, mud, bugs, plants, and various types of weather—but camp will go on. Our staff are trained to recognize and avoid unsafe situations. However, if your child has a specific reaction (allergies, fears, etc.) to any camp elements; be sure to indicate this in their health information.

**About Achievement Options.** Campers are pre-registered for either a Specialty Camp or for Traditional Camp. During your child's time at camp they will participate in activities with their cabin group. Specialty camps will spend time during their week in those specialty areas such as sailing, horseback riding, canoeing or climbing. There will be a few activity periods every week that are Camper Choice where our counselors will offer a variety of activity choices and campers choose what they are interested in. Depending on the popularity of a Camper Choice activity, your camper may not get their first choice. **Activities may include swimming, boating, archery, arts and crafts, field sports, and more.**

**Overnights.** The cabin groups that are part of our Trail Blazer program will pack up one afternoon during the week and head out to an on-site campsite in the woods for an overnight with their cabin group. Our specialty camps will have an off-site overnight experience ranging from 1-7 nights, depending on the program.

Campers learn basic camping skills in addition to having an opportunity to do something new and challenging. Overnights happen rain or shine. We certainly watch the weather and bring groups in at first sign of a severe storm, but groups remain at their campsites if it's lightly raining. Campers should bring rain gear. Some of the best memories happen in the rain!

**Camp Store.** Campers will visit the Camp Store **once** during their session. Money may be added to camper store accounts online. We do not allow campers to spend over the amount decided by their parent/guardian. Depending on your child's needs and interests, \$25-\$50 per week is suggested.

### Items/Prices Examples:

Water bottle: \$15 (large) \$10 (small)

T-Shirt: \$20

Sweatshirt: \$35

Stuffed Animal: \$10

Hat: \$15

Drawstring backpack: \$10

**Waterfront.** Each camper's swimming ability will be tested prior to their first activity. Personal Flotation Devices are available and are required for any boating activities. We hire a team of beach lifeguards who are always present when swimming or boating activities are happening.

**International Staff and Campers.** Camp St. Croix has a long history with international staff and campers as they add a deep level or richness to the camp experience. This summer we are hosting staff from Mexico, Colombia, Paraguay, Spain, the United Kingdom, and Sweden.

**Summer Samplers.** During summer sampler sessions, the camp schedule is altered to provide a variety of camp activities in a three-day session; this is a great way for first time campers to get the feel of overnight camp. Sampler campers will not take part in the cabin overnight.

**Homesickness.** For many campers, a week away at Croix will be the longest time they've ever been away from home. The challenge can be significant for both kids and their parents. Croix counselors and staff are very experienced in coaching campers through their time away and we believe overcoming the challenge of homesickness can be an opportunity to build resilience and confidence.



## Notices

### Diversity and Inclusion

It is the YMCA of the North's vision to serve relentlessly with our community until all can thrive in each stage of life. At Camp St. Croix we make sure that all really does mean all; we gladly welcome campers of all backgrounds, walks of life, and genders. We cherish diversity and want to make sure all feel enthusiastically at home at Camp St. Croix.

Please contact us if you have perspective on your camper that may help us better support your camper while they are at camp (e.g. what your transgender camper needs to feel at home).

### Camper Behavior

Caring, honesty, equity, respect, and responsibility are the YMCA's core values and the foundation of what we do:

- We expect campers to take responsibility for their actions.
- We expect campers to respect themselves, one another, the environment, and camp equipment.
- We expect campers to behave equitably towards one another and our staff.
- We expect campers to be honest with one another and their counselors.
- We expect campers to care for themselves and one another.

St. Croix staff do a great job at coaching campers who behave inappropriately. If we find that we are unable to redirect your camper's behavior we may be in contact with you.

**We reserve the right to send a camper home, without refund, if consistent misbehavior affects the experience of other campers.**

### Risks at Camp

Camp St. Croix is a member of the American Camp Association (ACA), meaning we are rigorously held to account on over 300 pages of standards regarding health and wellness, transportation safety, aquatic safety, and more. These standards guide us to use the best practices regarding ticks and other insects, sun exposure, hygiene, bullying prevention, staff medical training, and much more.

Nonetheless, like all other experiences in life camp is not risk-free. We simply cannot guarantee that no harm will befall a camper. Please refer to our waiver at [campstcroix.org/forms\\_publications/](http://campstcroix.org/forms_publications/) if you would like to review our indemnification policies.



## Packing: Traditional Camps

The following is a suggested list, these items are not required. You may need to modify this list to your camper's needs and session type. Please do not send your child's best clothing, as camp activities are outside and rugged. Pack items and clothing that can get wet and dirty. **All items should be clearly labeled with your child's full name.** This will assist us with claiming lost and found. Camp St. Croix is not responsible for lost, stolen or damaged items.

### Bring

- A sleeping bag and a twin sized fitted sheet
- A pillow
- 1-2 pajamas
- 2 pairs of sturdy footwear that can get dirty (i.e. old tennis shoes or sandals **with back straps**) for daily wear (not Crocs)\*
- A pair of shoes to swim in—will get wet and sandy
- 2-4 pairs of shorts
- 1-2 pairs of long pants
- 1-2 long-sleeved shirts or sweatshirts
- 6 T-shirts
- 6 pairs of underwear
- 6 pairs of socks
- 1-2 swimming suits
- Rain jacket/pants or poncho
- 2 towels
- Personal toiletries
- A flashlight (headlamps are great)
- Water bottle
- Insect repellent and sunscreen

**\*Flip-flop sandals, Crocs, or slides are to be used for showers only, not activities**

### Consider Bringing

- A camera (disposables are a good idea)
- 1 hat for sun protection
- Journal and pen
- Paper, envelopes and stamps for letters (pre-addressed post cards work well)
- Books and small games

### Do Not Bring

- Cell phones
- Smart watches
- Music players or video games
- Food or drinks
- Fireworks, knives, or weapons
- Personal Sports Equipment
- Animals

### Lost and Found

If you return home and realize you have left something give us a call and we'll try to find it to tell you it's there. Unfortunately we can't send items home for individuals. However, we will hold them at Camp St. Croix for pick up to 2 weeks post your session. Please call or email us at the [info@campstcroix.org](mailto:info@campstcroix.org) to let us know you'll be stopping by.

Please assist us with Lost & Found by labeling everything with your camper's full name. Valuables and meaningful items should be kept home for safe keeping. Additionally, please do not send; valuables, or the items listed in the do not bring section. YMCA Camp St. Croix is not responsible for any lost, stolen, or damaged items.



## Packing: Specialty Camps and LDP

In general, what one would pack for St. Croix's Traditional Camps isn't too different from what you'll want if you'll be hitting the trail on your camp session. Here are a few notes and a few additional suggested items

- Boots
  - For canoeing—over the ankle boot or light hiking boot with a sole that will hold up when wet is recommended
- Rain gear—jacket and pants
- Sleeping bag
- Waterproof stuff sack. Extra heavy duty trash bags may be sufficient for a waterproof pack liner
- Cap with brim to shade the sun
- 2-4 pair wool socks, not cotton
- Extra layers, preferably not cotton
- If your camper is coming to camp for 2 or more weeks, please send them with more changes of clothes.

### Horse Camps

- Sturdy riding boots (must be closed-toed)
- Durable riding pants (Jeans or similar, no leggings)

### Outdoor Challenge Camps

- Extra pair of closed-toed shoes for climbing (no Crocs)

#### Pro Parent Tip

*Don't feel the need to go buy lots of new things if you already have gear that will do. With very few exceptions, high-end gear doesn't improve your camp experience. Camp St. Croix has a limited amount of gear that can be lent if needed.*

