

MINI CAMP: AGES 7-9

4 DAYS AND 3 NIGHTS AT MILL HOLLOW. A FEW HOURS OFF SITE FOR BOATING AT NEARBY RESERVOIR.

Designed for our campers who aren't quite ready to spend an entire week away from home, our 4-Day Mini Camp experience offers the same kind of fun in a shorter amount of time. Campers will get to experience archery, theatre, animal science, creative media, s'mores, all-camp game, a campfire program, water-based programs, and so much more during their time at YMCA Mill Hollow. While we believe Mini Camp is the perfect opportunity for first-time and / or younger campers, we are sure they'll return home ready for Traditional Camp the next summer!

SAMPLE SCHEDULE

7:30 AM Wake Up

8:00 AM Morning Mindfulness

8:15 AM Breakfast

9:00 AM Activity Rotation 1

10:30 AM Activity Rotation 2

12:00 PM Lunch and Chores

1:00 PM Rest Hour

2:00 PM Free Time and Snack

3:00 PM Camper Choice

4:00 PM Cabin Activity

5:00 PM Dinner

6:30 PM Evening Programs

8:30 PM Evening Routine and TAPS

10:00 PM Lights Out





PREVENTING MISSING HOME BEFORE CAMP

Some ways to help before camp and during camp include watching or reading movies and books about summer camp, sharing personal stories of when family members went to a summer camp, and packing comfort items. In addition, campers feel AMAZING when they receive letters at breakfast which can be emailed to millhollow@ymcautah.org.

PACKING FOR MINI CAMP

CLOTHING
-3 T-Shirts
-1 or 2 UV-Protective Shirts
-2 Long Sleeve Shirts
-3 Pairs of Shorts
-2 Pairs of Pants
-6 Pairs of Underwear
-5 Pairs of Socks For Day Use
-A Few Pairs of Warm Socks for Sleeping
-1 Set of Pajamas
-1 Sweater / Hoodie / Jacket
-1 Raincoat
-Sun Hat / Baseball Hat
-Sunglasses
-Warm Hat and Light Gloves
-1 or 2 Sets of Base Layer Thermals
-Sneakers

BEDDING
-Twin-Size Fitted Sheet
-Sleeping Bag or Comforter
-Pillow
-Blanket for Evening Programs

PLEASE NOTE: Because of camp's elevation, the weather changes quickly and the UV is more intense. Layers and sun protection are a big deal.

BATHROOM
-Toiletry Bag / Shower Caddy
-Toothbrush and Toothpaste
-Body Wash / Soap
-Shampoo / Conditioner
-Bath Towel
-Lotion
-Shower Shoes (ex, Flip Flops)
-Sunscreen
-Bug Spray
-Hairbrush and Hair Ties

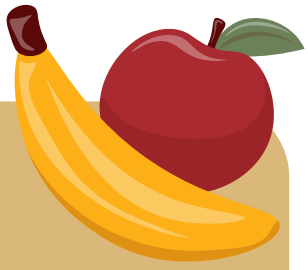
MUST HAVE
-Water Bottle

NICE TO HAVE / OPTIONAL
-Sandals (MUST Have a Heel Strap)
-Small Bag or Water Bottle Strap
-Head Lamp or Flashlight
-Laundry Bag
-Comfort Items (i.e. Stuffed Animal or Family Photo)
-Eye Mask or Ear Plugs
-Disposable or Lightweight Digital Camera (Please leave phones at home)
-Stamped and Addressed Envelopes
-Book or Journal
-Returning Campers Only: Dog Tag Necklace

NEED TO BORROW SOMETHING FROM THE LIST OR HAVE A QUESTION? NO WORRIES! JUST SEND CALI AN EMAIL! CGURNICKI@YMCAUTAH.ORG



SAMPLE MENU FOR MINI CAMP



SUNDAY
DINNER: Spaghetti & Meatballs, Broccoli, Garlic Bread

MONDAY
BREAKFAST: Pancakes, Scrambled Eggs, Bacon
LUNCH: Corn Dogs, Potato Wedges, Jell-O Cups
DINNER: Orange Chicken, Rice, Steamed Veggies

TUESDAY
BREAKFAST: Biscuits & Gravy, Potatoes, Scrambled Eggs
LUNCH: Sub Sandwiches, Potato Chips
DINNER: Chicken & Cheese Enchiladas, Mexican Rice, Corn

WEDNESDAY
BREAKFAST: Waffles, Sausage Links, Scrambled Eggs
LUNCH: Chicken Tenders, Waffle Fries, Roasted Broccoli

MENU ITEMS ARE SUBJECT TO CHANGE BASED ON SUPPLIER INVENTORY. ALTERNATIVES ARE AVAILABLE TO MEET ANY DIETARY NEEDS.

IN ADDITON TO WHAT IS SEEN ON THE MENU, EVERY MEAL AT CAMP IS SERVED WITH A FRESH FRUIT BASKET AND MILK. DINNER HAS A FRESH VEGETABLE BASKET IF VEGGIES ARE NOT LISTED ON THE MENU. THROUGHOUT THE DAY, WATER AND JUICE OR GATORADE IS AVAILABLE.



