

TRADITIONAL CAMP: AGES 8–15

6 DAYS AND 5 NIGHTS AT YMCA CAMP ROGER

Traditional Camp provides an opportunity for campers to participate in the wide range of activities offered at Camp Roger, including archery, hiking, arts and crafts, orienteering, and theater. With a special focus on relationship building, and a focus on the YMCA's Four Core Values of Caring, Honesty, Respect and Responsibility you can be assured that your camper will make memories for a lifetime. Traditional Camp offers the best "all around" camping experience.

DAILY SCHEDULE

7:00 AM Rise and Shine
7:45 AM Morning Hype
8:00 AM Breakfast
9:00 AM Chrrpl
10:00 AM Activity 1
11:15 AM Activity 2
12:30 PM Lunch
1:45 PM Rest
2:15 PM Activity 3
3:30 PM Activity 4
5:00 PM Free Time
5:45 PM Evening Hype
6:00 PM Dinner
7:00 PM Evening Program
10:00 PM Lights Out

*Campers will choose their Wednesday activities on Tuesday morning





OUR COUNSELORS

Your campers can depend on their amazing counselors to lead them on a safe and engaging adventure! All of our staff go through two weeks of training at YMCA Camp Roger to learn our policies and curriculum. Our program centers on Four Core Values: Caring, Honesty, Respect and Responsibility. This forms the heart of our programming.

PACKING FOR TRADITIONAL CAMPS

CLOTHING
-5 T-Shirts
-2 UV Protective Shirts
-3 Long Sleeve Shirts
-5 Pairs of Shorts
-3 Pairs of Pants
-12 Pairs of Underwear
-7 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 can be incredibly important.

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

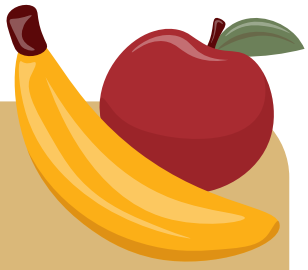
NICE TO HAVE / OPTIONAL
-Sandals (MUST have a heel strap)
-Small Bag or Water Bottle Strap
-Head Lamp or Flashlight
-Laundry Bag
-Comfort Items (i.e. Stuffed Animal or Family Photo)
-Eye Mask or Ear Plugs
-Disposable or Lightweight Digital Camera (Please leave phones at home)
-Stamped and Addressed Envelopes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

MUST HAVE
-Water Bottle

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



SAMPLE MENU FOR TRADITIONAL CAMPS



SUNDAY
LUNCH: Welcome BBQ with Families
DINNER: Pizza, Potatos Wedges, Veggies, Juice

MONDAY
BREAKFAST: Scrambled Eggs, Pastries, Fruit
LUNCH: Chicken Tenders, Mashed Potatoes, Vegetables
DINNER: Spaghetti, Meatballs, Broccoli, Garlic Bread

TUESDAY
BREAKFAST: Cookout Breakfast Burritos
LUNCH: Chicken Gyros, Salad
DINNER: Hot dogs, Orange Slices, Chips, Juice

WEDNESDAY
BREAKFAST: French Toast Sticks, Bacon, Mixed Fruit
LUNCH: Orange Chicken, Rice with Vegetables
DINNER: Theme Dinner (Pock Chops, Onion Rings, Corn)

THURSDAY
BREAKFAST: Scrambled Eggs with Ham, Bacon, Fruit
LUNCH: Bagged Lunch
DINNER: Cookout Dinner (Hobo Burgers)

FRIDAY
BREAKFAST: Porch Breakfast (Cereal, Fruit, Yogurt)
LUNCH: Chicken Nuggets, French Fries, Fruit

OUR KITCHEN MANAGER AND KITCHEN ASSISTANTS WORK EVERY WEEK TO CREATE NEW AND DELICIOUS MENUS FOR ALL OF OUR CAMPERS. EVERY MEAL HAS A COMPONENT THAT CONNECTS TO ALL MAJOR FOOD GROUPS.

ALTERNATIVES ARE AVAILABLE AT EVERY MEAL TO MEET ANY DIETARY NEEDS.





