

# RISING STAR: AGES 8–15

## 6 DAYS AND 5 NIGHTS AT YMCA CAMP ROGER

Rising Stars is the next step for campers who love Camp Roger and are ready to build independence and leadership skills. Each day combines adventure and classic camp fun with team-building activities and reflection that help teens develop communication skills, discover their strengths, and grow as leaders. Supported by dedicated counselors, campers complete an on-camp service project, practice independence in a safe environment, and gain confidence through belonging, contributing, and being part of a camp community.

## SAMPLE SCHEDULE

7:00 AM Rise and Shine
7:45 AM Morning Hype
8:A00 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





## LEADERSHIP SPECIALISTS

At YMCA Camp Roger, our Leadership Specialists are experienced counselors with at least a year of leadership under their belt. They are dedicated to creating a safe and fun environment where your camper can build confidence and leadership skills. Driven by care and commitment, our specialists mentor campers to make a lasting, positive impact.

# PACKING FOR RISING STAR

**CLOTHING**
-5 T-Shirts
-2 UV-Protective Shirts
-3 Long Sleeve Shirts
-5 Pairs of Shorts
-3 Pairs of Pants
-6 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
-Bugspray
-Deodorant
-Hairbrush and Hair Ties

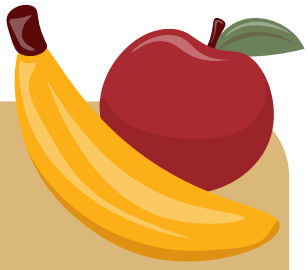
**NICE TO HAVE / OPTIONAL**
-Sandals (MUST have a heel strap)
-Small Bag or Water Bottle Strap
-Head Lamp or Flashlight
-Laundry Bag
-Comfort Items (i.e. Stuffed Animal or Family Photo)
-Eye Mask or Ear Plugs
-Disposable or Lightweight Digital Camera (Please leave phones at home)
-Stamped and Addressed 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 RISING STAR



**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.**





