

TRADITIONAL CAMP: AGES 8–14

6 DAYS AND 5 NIGHTS AT MILL HOLLOW. A FEW HOURS OFF SITE FOR BOATING AT NEARBY RESERVOIR.

Traditional Camp gives campers the chance to enjoy the wide variety of activities offered at YMCA Mill Hollow! The 2027 activity lineup includes archery, atlatls, theatre, soap carving, fishing, animal science, creative media, canoeing, and more.Evenings bring the camp community together for s'mores, camp games, and themed activities. While themes add extra fun through camp decorations, games, and traditions, the heart of camp stays the same each week. We love Traditional Camp because it offers the classic, well-rounded summer camp experience that YMCA Mill Hollow is known for.

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 Scack

3:00 PM Camper Choice

4:00 PM Cabin Activity

5:00 PM Dinner

6:30 PM Evening Programs

8:30 PM Evening Routinge and TAPS

10:00 PM Lights Out





MILL HOLLOW LINGO

Cabin Activity (noun): Counselors plan a fun activity tailored to their cabin's interests and goals. It might be a camp favorite like GaGa Ball or a creative adventure such as a secret spy mission. Using registration information and conversations with campers, staff create unique experiences and memories for each cabin.

PACKING FOR TRADITIONAL CAMP

BATHROOM
-Toiletry Bag / Shower Caddy
-Toothbrush and Toothpaste
-Body Wash / Soap
-Shampoo / Conditioner
-Bath Towel
-Lotion
-Menstrual Hygiene Items
-Shower Shoes (i.e. Flip Flops)
-Sunscreen
-Bug Spray
-Deodorant
-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
-Fishing Pole and Tackle

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

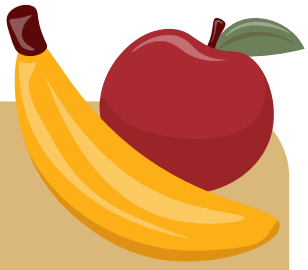
BEDDING
-Twin-Sized Fitted Sheet
-Sleeping Bag or Comforter
-Pillow
-Blanket for Evening Programs

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.

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



SAMPLE MENU FOR TRADITIONAL 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
DINNER: Beef Stir Fry with Veggies, Egg Rolls, Rice

THURSDAY
BREAKFAST: Croissant Breakfast Sandwiches, Hash Browns
LUNCH: Cheese or Pepperoni Pizza, Salad Mix
DINNER: Baked Ziti, Chicken Breast, Green Beans, Roll

FRIDAY
BREAKFAST: French Toast, Sausage, Granola, Yogurt
LUNCH: Cheeseburgers, French Fries

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.



