

LITTLE MILLIES: AGES 5-7

2 DAYS AND 1 NIGHT AT MILL HOLLOW.

Little Millies is a one-night, two-day introductory camp for children ages 5-7 at YMCA Mill Hollow. Designed for first-time campers, it helps build confidence, independence, and friendships through nature exploration, games, creative activities, and plenty of fun. Campers enjoy age-appropriate outdoor experiences, including camp games, nature crafts, and campfire sing-alongs, all supported by caring counselors.

SAMPLE SCHEDULE

9:30 AM Check In

10:00 AM Orientation and Group Games

10:30 AM Cabin Activity

12:00 PM Lunch

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 Little Millies Camp Game

7:30 PM Campfire Program

8:30 PM Evening Routine and TAPS

9:30 PM Lights Out





LITTLE MILLIES CAMP GAME

While the rest of camp participates in a large group game, Little Millies will enjoy their own special activity (mostly because there are a lot of big kids running around). Past favorites include themed quests and scaled-down camp classics like water kickball and s'mores. Afterwards, they'll rejoin the rest of camp for campfire.

PACKING FOR LITTLE MILLIES

CLOTHING
-2 T-Shirts
-1 or 2 UV-Protective Shirts
-1 Long Sleeve Shirt
-2 Pairs of Shorts
-2 Pairs of Pants
-4 Pairs of Underwear
-3 Pairs of Socks for Day Sse
-A Pair 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 Set 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.

ADDITIONALLY: Little Millies will have the option to shower, but it is not required as some prefer showering when they get home.

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
-Hairbrush and Hair Ties

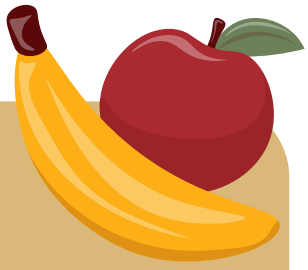
MUST HAVE
-Water Bottle

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 Light 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 LITTLE MILLIES



THURSDAY

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.



