

MINI CAMP: AGES 8–15

4 DAYS AND 3 NIGHTS AT YMCA CAMP ROGER

Intended for those younger campers who are not quite ready to spend an entire week away from home, our Mini Camp experience offers the same kind of fun in a shorter amount of time. Mini Campers check in on Sunday with everyone else but check out on Wednesday. Mini Campers (depending on the group and ability) may participate in archery, arts and crafts, cook-out breakfast, fire building, circus, nature, and orienteering. We believe Mini Camp is the perfect opportunity for first-time young campers, we are sure they will return home ready for so much more time on the mountain!

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
5:45 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 MINI CAMP

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 Sock 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 Light Digital Camera (Please leave phones at home)
-Stamped and Addressed Envelopes
-Book or Journal
-Returning Campers Only: Dog Tag Necklace

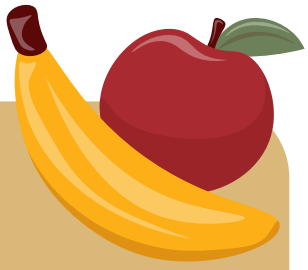
MUST HAVE
-Water Bottle

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



WHAT IS CAMP PROVIDING?
Camp will provide all required equipment for the off-camp adventures we'll be taking your camper on. There's no need to worry about having the right shoes, helmet, or bike of your own. This program is an opportunity to give your camper a taste of the wonderful outdoor experiences Utah has to offer!

SAMPLE MENU FOR MINI CAMP



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)

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.





