

LITTLE ROGERS: AGES 5-6

2 DAYS AND 1 NIGHT AT YMCA CAMP ROGER

Little Rogers are certainly the cutest campers on the mountain! Designed for our youngest participants, to get them acclimated to camp life, Little Rogers is a two-day, one-night experience at YMCA Camp Roger for explorers ages 5-6 years old. Check-in will happen Thursday morning, and check-out is with the rest of camp on Friday evening. This camp is the perfect experience for first-timers! Little Roger's will not participate in any swimming or activities involving horses - but trust us, there's SO MUCH fun to be had!

SAMPLE SCHEDULE

12:00 PM Lunch
1:15 PM Activity 1
2:30 PM Activity 2
3:45 PM Snack
5:00 PM Free Time
6:00 PM Dinner
8:00 PM Dance
9:00 PM Lights Out
8:00 AM Porch Breakfast
9:00 AM Cabin Pictures
10:00 AM Activity 3
11:15 AM Activity 4
12:30 PM Lunch
1:30 PM Free Time
3:30 PM Closing Ceremony
4:30 PM Checkout





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 LITTLE ROGERS

CLOTHING
-3 T-Shirts
-1 UV-Protective Shirt
-1 Long Sleeve Shirts
-2 Pairs of Shorts
-2 Pairs of Pants
-4 Pairs of Underwear
-4 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

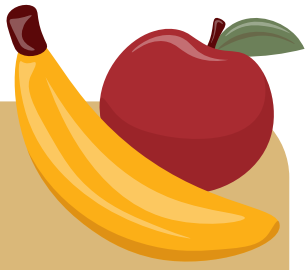
NICE TO HAVE / OPTIONAL
-Sandals (MUST have a heel strap)
-Small Bag or Water Bottle Strap
-Head Lamp or Flashlight
-Laundry Bag
-Comfort Items (i.e. Stuffed Animal or Family Photo)
-Eye Mask or Ear Plugs
-Disposable or Lightweight Digital Camera (Please leave phones at home)
-Stamped and Addressed Envelopes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

MUST HAVE
-Water Bottle

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 ROGERS



THURSDAY
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.





