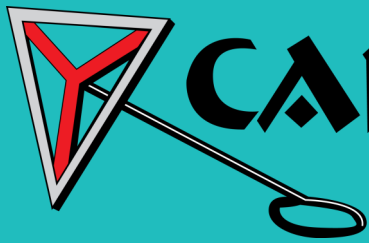




# PARENT SURVIVAL GUIDE



**CAMP**

Triangle Y Camp

# A LETTER FROM OUR CAMP DIRECTOR

Dear Camp Families,

Since 1964 we have been serving the youth of North Dakota and surrounding states, and providing a space to have children grow and learn through Nature.

Our counselors are a very select group of mature young men and women; patient, responsible, and understanding. They have come to camp to do a job, and realize that being a camp counselor means serving as a guide to your child.

Your child will be safe and every effort will be made to promote their good health. Their counselor will watch them carefully and report any signs of fatigue or slight illness to our camp nurse. Everyone on our staff is CPR and First Aid certified, and takes all precautions to prevent injury or illness.

Your child will be looked upon as a unique personality, different from others, and needing individual attention and much thought. The counselors are anxious to talk with your child in order to get to know them better and learn how they can be helped to grow in a positive self-direction.

Triangle Y Camp is a community, and your child will be urged to cooperate in making and guiding others to uphold our community rules and regulations. They will be led, not driven, into valuable experiences of community living.

Our counselors and directors develop programs which will awaken in your child new, zestful interests and lead them into thrilling contacts with nature, other people, and the outdoors. A variety of activities are offered for the sole purpose of giving an opportunity to learn to occupy oneself in a healthy manner. The counselor will not ask too much of the camper, though they will be pushed out of their comfort zone and gain a sense of confidence and independence.

Camp is a space for children to grow and learn in a new environment and gain independence, free from technology and other distractions. Your camper will not be allowed to bring their cellphone, smart watch, or other technology as a means of communication. They are free to write letters to send home, and share their experiences through stories at the end of the week. If there is an emergency, our camp director or camp nurse will make sure to contact you and make you aware of the situation.

We are looking forward to having your child out at camp, and thank you for entrusting us with your most precious gift.

Mallory Gray

Camp Director

**THANK YOU** so much for registering for camp! We can't wait to have you visit us on the sparkling waters of Lake Sakakawea this summer.

Please read the entire parent survival guide, even if you're a return camp family! Things may have changed since last summer, and we want to make your experience as successful as possible.

How to find us:

Triangle Y Camp is located on Lake Sakakawea approximately 10 miles southwest of Garrison, North Dakota on county route 13. Camp signs are posted on Highway 37 starting 4 miles west of Garrison.

**Triangle Y Camp**  
**1251 A 47th Ave NW**  
**Garrison ND 58540**



From Minot:

Take Highway 83 south to route 37 west (toward Garrison). Follow route 37 approximately 4 miles past Garrison & look for "Youth Camp" sign and county road 13. Follow Triangle YMCA Camp signs to Camp.

From Bismarck:

Take Highway 83 north to route 37 west (toward Garrison). Follow route 37 approximately 4 miles past Garrison & look for "Youth Camp" sign and county road 13. Follow Triangle YMCA Camp signs to Camp.

From Williston:

Highway 1804 (east) to route 23 (New Town). Follow route 23 to route 37. Continue on route 37 towards Garrison & look for "Youth Camp" sign and county road 13. Follow Triangle YMCA Camp signs to Camp.





## WHEN YOU ARRIVE

All camps check in Sunday from 2:00-4:00pm

Check out for Mini Camp is Wednesday from 2:00-4:00pm

All other camps check out Friday from 2:00-4:00pm

Access to camp will not be allowed until 2:00pm on Sunday. Follow all roadways, and park along roads. Please **do not** drive on the grass!

Upon entering through the camp archway, turn left and follow the road to the large intersection. Check-in will take place outside our main office, with medication drop off inside the Trading Post with the camp nurse.

To help at check in on Sunday **all payments** must be turned in to the YMCA prior to coming to camp.

All forms must be completed 2 weeks prior to your camp session. These forms are necessary for us to ensure the safety of your camper. If campers do not have forms filled out before their camper week, their registration may be subject to cancellation without reimbursement. All forms are online- if you do not receive an email with directions to access these forms, or you are unable to complete the forms online due to extenuating circumstances, contact Triangle Y Camp or the Minot Family Y. We are happy to work with you to make your camper's week as safe and successful as possible!

Triangle Y Camp souvenirs will be available at our Trading Post **only** during check in/ check out. Campers have daily snack money included in their registration fee, so there will be no need for campers to bring money.

Camp is scheduled with rentals beginning on Fridays at 7:00pm. Please observe our check out time and do not be late picking up your camper. Campers being picked up by anyone other than authorized parent or guardian must have written permission.



# HEALTH & SAFETY AT CAMP

At the heart of everything is the safety of each individual we serve. The staff are trained in CPR & first aid procedures, lifeguards and tower staff are certified, and our onsite volunteer nurse treats minor ailments in our well-equipped health lodge. A doctor and emergency room is available 24 hours a day and is only 10 miles away.

If your child will require any medication while at camp, please indicate it on your online health form, and provide it during check-in. All medications must be turned in at camp check-in to be administered by our volunteer nurse. Campers are **not** allowed to keep medication, prescription or non-prescription, in their cabins. Violation of this will result in confiscation of any medications, and a phone call home.

In the event of illness or accident requiring medical attention we will attempt to contact parent/guardian first. Medical facilities are available in Garrison. Medical expenses are the responsibility of the camper's family.

If you have any doubt that the camper is not in good health, please have the camper checked by your physician prior to check in at camp.

**Any medication left at camp will be disposed of immediately.**

## CAMP STAFF

The success of any child's camping experience depends upon who is leading the way. Over 50 people comprise the staff at Triangle Y Camp. Much time is spent searching for individuals with just the right qualifications to give campers the best possible experience.



We know how important it is that the people who work with the kids be the best role models available.

Staff members are selected for their ability to work with kids, their maturity, patience and desire to make the camper experience one that participants will remember forever. They undergo professional and in-depth training prior to the camp season. Background checks are conducted on all staff 18 years of age and older. Under YMCA direction, many innovative ideas have been implemented both in facilities and programs.

# PACKING FOR CAMP

This is a suggested list of items to help guide you as you prepare your child for camp. Make sure your campers name is on each item. Remember camp is a place to wear “old things”. The camp is not responsible for loss or damage of any items brought to camp. Campers are encouraged not to bring any items of value to camp.



## WHAT TO BRING

- Sleeping bag/bedding and pillow
- Clothing for each day (include clothes for all weather, rain or shine!)
- Bath and swimming towels
- Swimming suit
- Lifejacket (optional)
- Jacket/Sweatshirt
- Shoes: tennis shoes and sandals, or crocs are a must. Riding boots are recommended for the horsemanship camp.
- Sleepwear
- Shower items
- Sunblock/chap stick
- Insect repellent
- Flashlight
- Rain gear
- Hat with a brim
- Reusable water bottle

## WHAT NOT TO BRING

Any violation of the following items will result in confiscation, a phone call home and potential early dismissal from the program.

- Any knife or weapon
- Any vaping device
- Cell phone
- Smart Watch
- Video games
- Fireworks
- Anything with internet access

## LOST & FOUND

Please be sure to label every article your child brings to camp. Have your child help with the packing so they know what is being sent to camp with them. Any items left will be kept at camp for one week to be claimed by camper. Items not claimed will be donated to good will.

# CAMPER EXPECTATIONS

We expect campers to be willing to attend and participate in the many activities, share in the daily responsibilities (making beds, keeping cabins clean, assisting at meal time, etc) and learn to get along with others.

We take the **physical, mental, and emotional well-being** of all of our participants very seriously. Bullying, in any form, is not tolerated at Triangle Y Camp. If camper behavior is causing threat or serious danger to themselves or other campers, they will be sent home. No refund will be given in the event of early departure from camp. We reserve the right to refuse future attendance to camp due to such instances.

Rules for acceptance and participation are the same for everyone. We will make every reasonable effort to meet the needs of all those who participate. If your child has a disability, behavior disorder, or other special needs please contact us to discuss if Triangle Y Camp is the right fit for your child.

We do not allow possession or use of tobacco products, alcohol, illegal drugs or weapons. Campers in possession of any of these items will result in camper being sent home early.

## TRADING POST & CAMP STORE

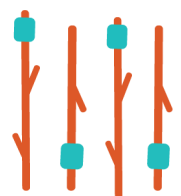
Our Trading Post is a general store that is open at select times during each camp session. Campers will be allowed to choose one drink and one snack daily. Trading Post is included in the registration fee, so every child will have equal access.

There will be a variety of souvenir items for sale at the time of check in/check out.

## CABIN ASSIGNMENTS

Campers are assigned to cabin groups on the basis of age and gender. Assignments are made in advance. If your camper would like to request a cabin mate within 1-2 years of their own age, please notify us in writing in your forms. If you have already turned in the appropriate form, please contact us. We will do our best to honor requests, but we cannot guarantee cabin placement.

A Triangle Y Camp t-shirt is included in all registration. Your size selection was made at the time of your registration. If an alternate size is needed we will try to best of our ability to accommodate the change.



## KEEP IN CONTACT

Every camper enjoys receiving mail while at camp! Letters and packages are delivered to campers at lunch time each day. To help ensure that the mail gets to camp during your child's session, it is advised that you mail it the week before you drop them off. Mail received after your child's session is over will be returned to the post office in Garrison. Address all mail to:

**My Campers First and Last Name- Session they are attending  
Child's Cabin (if you know it!)**

**Triangle Y Camp**

**1251 A 47th Ave NW**

**Garrison ND 58540**



Except in the case of emergency we discourage telephone calls to or from parents. This encourages a sense of independence for the camper, and gives them a chance to experience a heightened level of personal growth during their summer camp experience.

If you have any concerns, you are encouraged to call the camp office at (701) 337-5735. If you are connected to our answering machine it is because we are out and about with the campers. Please leave a message and we will get back to you. In the case of an emergency you may call our Camp Director's cell phone at (701) 509-6159.

Parents, other family members and friends are welcome to visit camp at check in and check out. For the security of your child we **do not allow** non campers on the property during the week.

## CONTACT US

Triangle Y Camp is operated by the Minot Family YMCA. For registration information, questions, and assistance please contact us! We're happy to help make your camp experience as smooth-sailing and successful as possible!

Triangle Y Camp: 701-337-5735

Minot Family Y: 701-852-0141

Camp Director Mallory Gray: (701) 509-6159

Email: [mgray@ymcaminot.org](mailto:mgray@ymcaminot.org)



# EARN YOUR WAY TO CAMP— AND HAVE FUN DOING IT!

We offer our Camper Candy Sales yearly. Candy will be available for your purchase after the first of the year at the Minot Family YMCA during facility hours. Campers wishing to sell candy must be registered for camp before candy is picked up.

## CAMP SCHOLARSHIPS

Through generous donations financial assistance is available through our Campership program. It is our goal to never turn a child away due to an inability to pay the fee. Call the YMCA for more information or check out our web site at [www.triangleycamp.org](http://www.triangleycamp.org).

## DEPOSITS/REFUNDS

- All camps require a nonrefundable deposit of \$100.00 to reserve your spot at camp.
- Balance of camp fees are due 2 weeks prior to your session.
- Deposits & Camp fees are NOT refundable or transferable.

## SPECIAL THANKS

Triangle Y Camp is supported through the generous volunteer efforts of the Minot Y's Men's Club. Camperships are provided by local businesses and individuals who support our annual campership program.



## QUESTIONS?

Please contact us!

Mallory Gray: Camp Director

Minot Family Y: 701-852-0141

Cell Phone: 701-509-6159

[mgray@ymcaminot.org](mailto:mgray@ymcaminot.org)