

PARENT'S GUIDE TO YMCA CAMP HANES

RESIDENTIAL Outdoor EDUCATION PROGRAM

HISTORY: Founded in 1927, Camp Hanes is located at the base of Sauratown Mountain just 25 miles north of Winston-Salem, North Carolina. Camp Hanes was a gift to the YMCA by the children of John W. Hanes in memory of their father. Nestled in the mountains, Camp Hanes hosts a diverse range of habitats including woods, fields, mountainside and lakes. Today camp works to continue the first camp director's goals of teaching children good habits, self reliance, teamwork, and camp spirit.

PROGRAM: Your student will be participating in a highly organized learning experience. We teach about the outdoors by being outdoors. The students may reach out and hold a frog still wet from the pond, shoot a real bow and arrow, or lie on their backs in a field of grass to gaze at thousands of stars. There will be games, songs, and stories around the campfire. It is a social education as well as an environmental and natural history education.

FACILITIES: YMCA Camp Hanes' site is fully modernized and meets standards set for youth and group resident camps as established by the YMCA of the USA and the American Camping Association. The modern facilities, including heated cabins and an air-conditioned dining hall, are maintained and cleaned by full-time housekeeping and maintenance personnel.

SUPERVISION: The camp staff, classroom teachers, and chaperones combine to exceed recognized standard ratios of adult leaders to students. The camp staff is actively involved in guiding programs throughout the day and evenings with chaperones and teachers present during the night to provide 24 hours of supervision.

FOOD: YMCA Camp Hanes serves wholesome, delicious meals family style. The students are encouraged to use their best table manners and are responsible for the overall clean up of the dining area after each meal. Please inform your student's teacher of any special dietary needs (i.e. vegetarian, lactose-intolerant, allergies, etc.).

MEDICAL: Minor health problems can be taken care of by the camp staff or teachers. Baptist Medical Center is just minutes away for any possible emergencies. Parents are notified as soon as possible of any serious, necessary care needed or given to their student.

SUGGESTED CLOTHING AND EQUIPMENT LIST

FOR EACH STUDENT

BEDDING: Sleeping bag or 2-3 blankets and a sheet
 Pillow and pillowcase
 Be prepared for cool nights

CLOTHING: We suggest that students bring casual clothing that is suitable for a camp setting. Bringing new clothes is highly discouraged, as getting dirty is hard to avoid at camp.
All clothing should be marked with your student's name.

<p><u>SPRING / FALL LIST</u></p> <ul style="list-style-type: none"> · One pair of pajamas · Two pairs of shoes (one pair that can get muddy) · Daily change of socks and underwear · Heavy and light shirts · Warm jacket and sweater · Raincoat and boots · Two or three pairs of jeans/trousers 	<p>LATE FALL / WINTER <i>In addition to Spring List</i></p> <ul style="list-style-type: none"> · Additional socks (wool preferred) · Long underwear · Stocking hat · Gloves or mittens · Boots · Winter coat with hood or scarf
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TOILET ARTICLES

- Toothpaste and toothbrush
- Soap and shampoo
- Bath towel and washcloth
- Brush or comb

<p><u>OPTIONAL EQUIPMENT</u></p> <ul style="list-style-type: none"> · Binoculars · Compass · Pens/Pencils and notebook · Flashlight · Bug spray · Sunscreen 	<p><u>PLEASE DO NOT BRING</u></p> <ul style="list-style-type: none"> · Money * · Radio/CD Players · Food or gum · Knives or guns · Electronic games · Cellular phones or pagers
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* Unless your school is using the camp store, money should be kept by the teachers.