

Camp U-Nah-Li-Ya Outdoor Environmental Education & Retreats Planning Guide



Phone: (715)-276-7116

Website: <https://campunahliya.org>

Email: seija.juidici@greenbayymca.org

Address: YMCA Camp U-Nah-Li-Ya

12101 Y Camp Road Suring, WI 54174

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Welcome!

Thank you for your interest in YMCA Camp U-Nah-Li-Ya's Outdoor Environmental Education and Retreats program. This planning guide has been developed to assist you in coordinating a positive and memorable experience for your group.

U-Nah-Li-Ya means "place of friends" in the local native dialect. We are located in the Nicolet National Forest on the southern bay of a 400-acre lake: Chute Pond. Our property also includes two other bodies of water, areas of marshland, and the flora and fauna of the Northwoods.

As part of the Greater Green Bay YMCA, Camp U-Nah-Li-Ya has been serving youth through Outdoor Environmental Education (OEE) and Retreat programming since the 1960's. We strive to develop an understanding in students of their connections with each other and the environment through hands-on educational sessions, cooperative exercises, recreational activities, and memory making to last a lifetime.

Please use this guide as a resource in arranging your experience, as it is designed to carry you through the entire planning process. Any information or forms contained within the following pages may be duplicated and distributed to assist you with preparing for your visit.

Our goal is to provide you and your group with an enjoyable, memorable, and unique learning experience. Therefore, while this guide will provide you with the basics in planning your trip to U-Nah-Li-Ya, we encourage you to share your goals and expectations with the OEE and Retreats Director to ensure a program tailored for your group.

You are welcome to contact us with any questions or concerns that you may have. We are looking forward to working with you, and to hosting you here at Camp U-Nah-Li-Ya!

Sincerely,

Seija Juidici
Outdoor Experiential Education and Retreats Director

The Greater Green Bay YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

YMCA Core Values

Honesty, Respect, Responsibility, and Caring. As a YMCA Camp, these values are intentionally woven throughout our programs and are practiced daily by all Camp U-Nah-Li-Ya staff.

Camp U-Nah-Li-Ya Purpose

To improve the world through improving people.

Vision

The Camp U-Nah-Li-Ya Experience develops leaders with strong character, environmental awareness, and outstanding moral values. Alumni of Camp U-Nah-Li-Ya contribute positively to their communities and function as active role models who exemplify the four core values of the YMCA and seek opportunities to improve the world around them.

Goals

Camp U-Nah-Li-Ya strives to provide every camper, student, and guest with the opportunity to develop resilience, environmental awareness, leadership skills, and compassion for all. To meet these goals, we design progressive and intentional programming that teaches campers the meaning of these traits as well as applicable skills and practices that allow campers to continue developing them outside of camp.

Diversity and Inclusion

YMCA Camp U-Nah-Li-Ya is made up of people of all ages and from every walk of life working side by side to strengthen communities. Together we work to ensure that everyone, regardless of ability, age, cultural background, ethnicity, faith, gender, gender identity, ideology, income, national origin, race or sexual orientation has equitable opportunities to benefit from the Camp U-Nah-Li-Ya Experience.

Planning Tips

1. Identify the purpose of this experience. Think about what you would like your group to accomplish during your time at U-Nah-Li-Ya. Schedules can even be developed around certain themes, such as team-building, leadership, science, environmental awareness, or even recreation.
2. Review the planning guide. Use the planning guide as a tool for your group's experience. It is often updated with new program offerings and changing policies and procedures.
3. Use the planning guide as a resource. You are welcome to utilize and reproduce any of the information and forms within this guide as a tool in preparing for your visit. You may even find it handy to create your own guide for teachers, parents, and students.
4. Try new things. While we realize that there are certain classes and activities that are traditional favorites, we encourage you to experiment with something you haven't done before. You may find another favorite to add to your list!
5. Allow for flexibility. We will do everything possible to arrange your visit around your requested dates and schedule. Please remember, though, that sometimes there are factors beyond our control that could affect these requests. Being flexible will allow us to work around any conflicts that may occur.
6. Plan ahead. Our veteran groups will testify that this is valuable advice. Organizing and preparing your visit from transportation to cabin assignments and permission slips will alleviate any stress involved in this process. After all, you deserve to enjoy yourself, too, while you're here.
7. Contact the Outdoor Environmental Education and Retreats Director. Personalize your experience by talking to the Director, either by phone or in person. The Director will be available to assist you with any aspect of custom-designing a program for your group.

Planning Checklist

Review the planning guide. This will provide you with the basics to get the planning process underway.

If you are a new group, or a veteran group that is requesting a date change, contact the Office Manager or the OEE and Retreats Director with the proposed date change as soon as possible. Schools will try to be scheduled for similar dates to what they held the previous year unless we are otherwise notified.

The Director of OEE and Retreats will then send you your **“Contract Agreement.”** This must be completed to ensure your dates are held. In addition to reviewing the contract, all groups must read and comply with **“Rentals, Retreats and OEE User Policies and Procedures”** (some items such as the check-in and departure times are not applicable to OEE and Retreat groups). Please let the Director know if you have any questions or concerns. Please sign and return the contract with a **\$250.00 deposit**, a copy of your group’s **Certificate of Liability Insurance** coverage and tax-exempt status certificate (if applicable). Contracts are due no later than 1 month prior to your trip.

Complete and submit the **“Provision of Services Requisition.”** When making your class and activity selections, please refer to our **“Program Offerings”** (pg. 22) for a full list of programming options. We strive to keep the class sizes around 20 students, please take this and your time constraints into consideration when selecting classes and creating class groups. If you have any questions about what is plausible, please reach out to the OEE and Retreats Director. (Note that some classes are delivered as one session taught to the entire school group.)

Provide information to students, parents and chaperones about the trip. Included in this guide is information that you are encouraged to share with both parents and trip chaperones. The OEE and Retreats Director would also be pleased to provide a parent orientation and/or a student presentation at your school, including a slide show and a question-and-answer session. Please contact the Director to schedule these.

Arrange transportation. Groups are responsible for arranging and providing transportation to and from U-Nah-Li-Ya. Day groups are suggested to arrive at 9:00 am and depart at 3:00 pm, while overnight groups are suggested to arrive at 10:00 am and depart at 1:00 pm. (this can vary)

Organize fundraisers. This is a wonderful way to help offset the program cost and allows participants to become invested in the experience.

Collect permission slips, forms, and fees. Create a roster of participants and bring a copy with you to U-Nah-Li-Ya for us to keep in our records. Appoint one adult (preferably a teacher or a nurse) to compile the health forms and adopt the responsibility of handling medications. This person must take notes of any dietary concerns or needs and record them on the Provisions of Service Requisition and inform the Director of these before the group's visit.

Recruit adult chaperones and cabin leaders. We recommend a 2:12 adult to camper ratio but require that you meet the state standards for child supervision. Chaperones play an integral part in facilitating a group's visit, such as providing adult leadership in each of the overnight cabins and providing supervision during Recreation and Free Time.

Organize session groups, cabin assignments, bus assignments, and table/waiter assignments. Arranging all of these details in advance will prevent a lot of confusion upon your arrival. (Some groups even create name tags with all of this information listed for each student). Worksheets have been included in the Planning Guide's Coordinator Packet to assist you with this. Your cabins assignment, and numbers of tables your group will have will be assigned to you by the Director.

Gather needed medical releases from your school and first aid kit. All user groups are responsible for their own first aid and medical needs. Group must supply their own first aid supplies; camp has first aid supplies for supplemental use only.

All Groups must have a health form for each minor on site with them. The form must include the following:

- I. Name and address of participant.
- II. Emergency contact name and number.
- III. List of any known allergies, health conditions requiring treatment, restrictions or other accommodations needed while on site.
- IV. Permission to seek emergency treatment signed by parent or legal guardian. If any group does not have this type of form one can be requested from camp.

Communicate with the Director within two weeks prior to your visit to finalize plans. The Director will email you a final schedule for you to review before your trip. Please contact the Director with any concerns or questions that arise about your upcoming experience.

Following your visit you will receive a bill. Please submit payment within 30 days. Checks can be made payable to YMCA Camp U-Nah-Li-Ya.

Please complete the evaluation. This will be sent to you as a Microsoft Form. Please share the link with all chaperones, as we would like to gather feedback on how we can best serve you in the future.

Important Information

FIRST AID & SAFETY

All user groups are responsible for their own first aid and medical needs. Groups must supply their own first aid supplies, camp has first aid supplies for supplemental use only and can only be given by camp staff. At least one adult from the group must hold a nationally recognized certification in age-appropriate CPR/First Aid/and AED. Camp U-Nah-Li-Ya staff are trained and certified in First Aid, Professional CPR, and will assist as needed. All incidents requiring first aid should be reported to a camp staff member. A camp staff and school representative will complete an incident report together, if a student or adult is injured.

One adult must be designated to oversee the collection, distribution and record keeping of medication for participants under the age of 18. Minors will not have prescription or non-prescription medication on their person or in their cabin. Medication may be stored and locked in the Camp Medical Office.

Groups should provide their own non-emergency transportation. An individual or parent of a child transported to a hospital by ambulance will receive a charge from the Mountain Ambulance Service. We are serviced by a 911 Emergency System.

The Director will review emergency procedures for each group upon arrival. All buildings are equipped with smoke detectors, carbon monoxide detectors, and fire extinguishers. Safety procedures and shelters are prepared for all emergencies. A Medical Office is located in the Welcoming Center, adjacent to our Dining Hall and Administrative Offices. An AED unit is located in the Dining Hall and the Earth Lodge. If medical service is called, the Camp Director or OEE and Retreats Director must be notified.

PHONES

Camp's business phone number for incoming calls is 715-276-7116. Use of the camp phone is limited to adults. Office hours are 9:00AM to 5:00PM, Monday through Friday. While groups are here, the after-hours phone is utilized and that number is (920)-590-3441. Campers are prohibited from using personal cellphones on camp property.

COMPUTERS

If necessary, please bring your own laptop computer to use during your visit to camp. There is a public wireless network available in the Welcome Center.

MEALS

Meals are served in the Dining Hall at 8 AM, 12 PM, and 5 PM. Each table will have one participant per meal who will act as the waiter. Waiters arrive 15 minutes prior to mealtimes and assist in setting the tables and cleaning up after the meal.

SPECIAL DIETS

Our Dining Hall, Kitchen and Camp store are NUT FREE.

Our kitchen staff are willing to accommodate special diet needs, but please notify us of such conditions on the Provision of Service Requisition or at least 2 weeks prior to arrival, this includes chaperone restrictions as well. In cases of food allergies or extensive limitations, participants are welcome to bring food to camp.

U-NAH-LI-YA LEADERSHIP & INSTRUCTION

The OEE and Retreats Director is responsible for the coordination of the program. Camp staff will provide an orientation and tour for each group upon arrival at camp. Unless previously arranged, the U-Nah-Li-Ya staff will lead all class sessions, evening programs, and meals.

GROUP LEADERSHIP

- Camper discipline is the responsibility of the school leaders.
- Group chaperones are responsible for camper supervision for the duration of the trip.
- Only adults may light fires in any of the fire pits, hearths, or stoves on camp.
- Life jackets and a camp staff lifeguard must be present anytime boats are used. Campers must be supervised at all times near water.
- Groups will be held financially accountable for building, equipment, and property damage caused by their students or staff during their stay.
- Use of any tobacco product is not permitted in public on camp property.
- The consumption of alcoholic beverages is not permitted on camp property.

INSURANCE

The Outdoor Environmental Education Program has liability insurance coverage through the Green Bay YMCA. Groups are required to submit a Certificate of Liability Insurance with their signed contract, one month prior to their visit. This policy must cover the members of the group as well as its volunteer leaders.

NON-FOR-PROFIT GROUPS

Groups who hold non-for-profit status must submit their certificate of exemption to YMCA Camp U-Nah-Li-Ya upon submission

Participant Responsibilities

Participant Responsibilities

To provide a sense of ownership in the program as well as instill a work ethic in participants, we request assistance from participants in terms of light preparation and clean-up of tables, as well as upkeep of cabins and facilities. Outlined below are the general responsibilities of participants, there will be a meeting upon arrival led by a camp staff member with participants about the expectations for the trip.

PRE-ARRIVAL DUTIES

- Pack for success (see packing list)

DURING THE SESSION

- Abide by the YMCA's Core Values; caring, honesty, respect and responsibility
- Challenge yourself to go outside comfort zones and participate
- Waiter Duty
 - Set tables
 - Chairs to tables
 - Place food on tables
 - Clear tables
 - Wipe tables
 - Sweep Dining Hall floor
- Have fun and enjoy!

END OF SESSION DUTIES

- Pack gear and bring it to the designated pickup area
- Clean Cabins
 - Throw away trash
 - Sweep
 - Wipe mattresses
- Pick Up Trash

Chaperone Responsibilities

Chaperone Responsibilities

Chaperones are a vital part of the program, and their assistance is greatly appreciated! Both parent chaperones and group leaders are responsible for the supervision and behavior management of campers for the duration of the trip. Outlined below are the general responsibilities of chaperones, there will be a meeting upon arrival led by the Director with chaperones about the expectations for the trip.

PRE-ARRIVAL DUTIES

- Pack for success (see packing list)
- Review and sign the "YMCA Camp U-Nah-Li-Ya Supervision Agreement" below
- Review any information given to you by your trip coordinator

DURING THE SESSION

- Abide by the YMCA's Core Values; caring, honesty, respect and responsibility
- Assist in activity supervision and participant behavior management
- Always supervise participants and have a headcount
- Assist in carrying out and enforcing camp rules and safety policies and procedures
- Supervise Recreation and Free Time areas and activities
- Be encouraging of participation and engagement
- Communicate any questions or concerns with camp staff

END OF SESSION DUTIES

- Assist in packing gear and bringing it to the designated pickup location
- Clean Cabins
 - Throw away trash
 - Sweep
 - Wipe mattresses
- Pick Up Trash
- Complete the end of session evaluation

YMCA Camp U-Nah-Li-Ya Supervision Agreement

We expect that all adults on Camp U-Nah-Li-Ya property will adhere to the following child abuse prevention practices. It is our top priority that all participants and especially youth (0-17) at our facility are emotionally and physically safe at all times.

We recommend (not require) that adults supervising children meet the following criteria:

1. There are 2 supervising adults per 12 youth.

We do require the following policies be followed at camp.

1. They have passed a background check.
2. The rental group adheres to the state minimum supervision ratio.
3. Chaperones are at least 18 years of age.
4. Youth are never alone with an adult.
 - a. Youth should always be in a group of three people minimum.
5. Youth are always supervised by an adult.
 - a. Interior cabin doors remain open at all times (especially at night) unless youth are changing clothes.
 - b. Adults should accompany youth when traveling around camp, even to the bath houses.
6. Youth are to be asleep by 11:00PM.
 - a. Supervising adults must remain awake until youth are asleep.
 - b. No more than one youth are permitted in each bunk at any time.
 - c. No more than one youth in a shower or bathroom stall at a time.
7. Youth are not to be on cell phones while on camp property.
8. Camp has a zero-tolerance policy for bullying.

By signing below, I agree to actively follow the above requirements in order to ensure that all youth at YMCA Camp U-Nah-Li-Ya are protected from any form of abuse. As an adult on the property, I am responsible for being aware of all youth in my vicinity and prioritizing their safety whether they are in my direct care or not. If I become aware of a situation that breaks the above requirements or puts a youth at risk of abuse, I will alert a YMCA Camp U-Nah-Li-Ya staff member immediately.

Signature: _____ Date: _____

Printed Name: _____

Group: _____

Scheduling Tips

The Director will make your schedule based on your Provision of Services.

The sample schedules in the following pages have been provided to assist you in choosing the best itinerary for the program you would like. When selecting your classes and dividing your students into class groups, please remember the following guidelines:

- Allow for flexibility.
- Take into consideration the number of groups you have and the time constraints.
- Let the director know of any special requests.
- Try new classes!
- We strive to keep the class sizes around 20 students.
- Some classes (Predator-Prey) are delivered as one session taught to the entire school group.

Day Trip - Sample Schedule

	Sample Day Group Schedule		
	Group 1	Group 2	Group 3
7:15			
7:30			
7:45			
8:00			
8:15			
8:30			
8:45			
9:00	Arrival and Welcome		
9:15	Student Meeting		Chaperone Meeting
9:30	Class #1	Class #2	Class #3
9:45			
10:00			
10:15			
10:30			
10:45	Lunch		
11:00			
11:15			
11:30	Class #2	Class #3	Class #1
11:45			
12:00			
12:15			
12:30			
12:45	Class #3	Class #1	Class #2
1:00			
1:15			
1:30			
1:45			
2:00	Departure		
2:15			
2:30			
2:45			
3:00			

Extended Day Trip - Sample Schedule

	Sample Extended Day Schedule		
	Group 1	Group 2	Group 3
7:15			
7:30			
7:45			
8:00			
8:15			
8:30	Arrival and Welcome		
8:45	Student Meeting	Chaperone Meeting	
9:00			
9:15	Class #1	Class #2	Class #3
9:30			
9:45			
10:00			
10:15			
10:30			
10:45	Team Builders/Big Group Games		
11:00			
11:15			
11:30			
11:45	Waiter Bell		
12:00	Lunch		
12:15			
12:30			
12:45			
1:00	Class #3	Class #1	Class #2
1:15			
1:30			
1:45			
2:00			
2:15			
2:30	Transition Time		
2:45	Class #2	Class #3	Class #1
3:00			
3:15			
3:30			
3:45			
4:00			
4:15	Free Time (Chaperone Supervised Activities)		
4:30			
4:45	Waiter Bell		
5:00	Dinner		
5:15			
5:30			
5:45			
6:00	Departure		
6:15			

One Night, Two Day Trip (Day 1) - Sample Schedule

	1 Night, 2 Day Sample Schedule-Day 1					
	Group 1	Group 2	Group 3			
7:15						
7:30						
7:45						
8:00						
8:15						
8:30						
8:45						
9:00						
9:15						
9:30						
9:45						
10:00	Arrival, Move into Cabins and Tour of Camp					
10:15						
10:30						
10:45	Student Meeting	Chaperone Meeting				
11:00						
11:15	Team Builders/Big Group Games					
11:30						
11:45	Waiter Bell					
12:00	Lunch					
12:15						
12:30						
12:45						
1:00	Class #1	Class #2	Class #3			
1:15						
1:30						
1:45						
2:00						
2:15						
2:30						
2:45	Transition Time					
3:00	Class #3	Class #1	Class #2			
3:15						
3:30						
3:45						
4:00						
4:15						
4:30						
4:45	Waiter Bell					
5:00	Dinner					
5:15						
5:30						
5:45						
6:00	Recreation Time					
6:15						
6:30						
6:45						
7:00	Evening Program #1					
7:15						
7:30						
7:45						
8:00	Evening Program #2					
8:15						
8:30						
8:45						
9:00						
9:15						
9:30						
9:45						

One Night, Two Day Trip (Day 2) - Sample Schedule

	1 Night, 2 Day Sample Schedule-Day 2		
	Group 1	Group 2	Group 3
7:15	Pack and Clean Cabins		
7:30			
7:45	Waiter Bell		
8:00	Breakfast		
8:15			
8:30			
8:45			
9:00	Class #2	Class #3	Class #1
9:15			
9:30			
9:45			
10:00			
10:15			
10:30			
10:45	Waiter Bell		
11:00	Lunch		
11:15			
11:30			
11:45			
12:00	Freetime (Chaperone Supervised Activities)		
12:15	Departure		
12:30			
12:45			
1:00			
1:15			
1:30			
1:45			
2:00			

Two Night, Three Day Trip (Day 1) - Sample Schedule

	2 Night, 3 Day Sample Schedule-Day 1				
	Group 1	Group 2	Group 3		
7:15					
7:30					
7:45					
8:00					
8:15					
8:30					
8:45					
9:00					
9:15					
9:30	Arrival, Move into Cabins and Tour of Camp				
9:45					
10:00					
10:15					
10:30	Student Meeting	Chaperone Meeting			
10:45					
11:00	Team Builders/Big Group Games				
11:15					
11:30					
11:45	Walter Bell				
12:00	Lunch				
12:15					
12:30					
12:45					
1:00					
1:15	Class #1	Class #2	Class #3		
1:30					
1:45					
2:00					
2:15					
2:30					
2:45				Transition Time	
3:00	Class #3	Class #1	Class #2		
3:15					
3:30					
3:45					
4:00					
4:15					
4:30					
4:45	Walter Bell				
5:00	Dinner				
5:15					
5:30					
5:45					
6:00	Recreation Time				
6:15					
6:30					
6:45					
7:00	Evening Program #1				
7:15					
7:30					
7:45					
8:00	Evening Program #2				
8:15					
8:30					
8:45					
9:00					
9:15					
9:30					
9:45					

Two Night, Three Day Trip (Day 2) - Sample Schedule

	2 Night, 3 Day Sample Schedule-Day 2				
	Group 1	Group 2	Group 3		
7:15					
7:30					
7:45	Waiter Bell				
8:00	Breakfast				
8:15					
8:30					
8:45					
9:00	Class #2	Class #3	Class #1		
9:15					
9:30					
9:45					
10:00					
10:15					
10:30					
10:45					
11:00	Free Time (Chaperone Supervised Activities)				
11:15					
11:30					
11:45	Waiter Bell				
12:00	Lunch				
12:15					
12:30					
12:45					
1:00	Class #4	Class #5	Class #6		
1:15					
1:30					
1:45					
2:00					
2:15					
2:30					
2:45	Transition Time				
3:00	Class #5	Class #6	Class #4		
3:15					
3:30					
3:45					
4:00					
4:15					
4:30					
4:45	Waiter Bell				
5:00	Dinner				
5:15					
5:30					
5:45					
6:00	Recreation Time				
6:15					
6:30					
6:45					
7:00	Evening Program #3				
7:15					
7:30					
7:45					
8:00	Evening Program #4				
8:15					
8:30					
8:45					
9:00					
9:15					
9:30					
9:45					

Two Night, Three Day Trip (Day 3) - Sample Schedule

	2 Night, 3 Day Sample Schedule-Day 3		
	Group 1	Group 2	Group 3
7:15	Pack and Clean Cabins		
7:30			
7:45	Waiter Bell		
8:00	Breakfast		
8:15			
8:30			
8:45			
9:00	Class #6	Class #4	Class #5
9:15			
9:30			
9:45			
10:00			
10:15			
10:30			
10:45	Recreation Time		
11:00			
11:15			
11:30	Waiter Bell		
11:45			
12:00	Lunch		
12:15			
12:30			
12:45			
1:00	Freetime (Chaperone Supervised Activites)		
1:15			
1:30	Departure		
1:45			
2:00			
2:15			
2:30			

Program Offering Descriptions

Below you will find a brief description of the classes/activities we lead for groups through the OEE and Retreats Program. Please be aware that weather and other conditions can affect what classes are offered during a trip.

Daytime Options

Alpha Beta – This activity uses role play and investigation to challenge students' openness towards new cultures or cultures that are different than their own. The class is split into two groups, the alphas and the betas, which have unique cultural differences. Students take turns visiting the other group to learn more about their neighbors. Instructors lead the class through a debrief to cover ideas such as diversity, inclusion, and openness.

Archery – Students get to channel their inner Robin Hood. In this class we start with safety both on and off the range. They will learn the basic techniques, then progress to advanced techniques and competitions. We emphasize the positive ethics and safety around shooting sports. We have bows and arm guards to fit students of all sizes and abilities.

Atlatl – Head to the Marksmanship range as you and your students learn of the primitive weapons system that predates the bow and arrow. Under the supervision of trained camp staff, students will learn to launch 6ft darts at target in the same way ancient people hunted woolly mammoth and giant ground sloths. (Suggested as a combo activity with archery).

Burma Bridge – As the name suggests, this type of Rope Bridge comes from the country of Burma (now Myanmar), a very mountainous country near Nepal, the home of Mt. Everest. The Burmese people found it easier to cross ravines by assembling and using temporary rope bridges rather than going down into the ravine and climbing the other side. With only a few pieces of rope, students will work together with the instructor to build a Burma Bridge of their own. Once it is complete, they will then get to cross it! For safety reasons, an adult from the group is required to be present for this class. Available in the Spring/Fall and depending on the weather.

Canoeing & Voyageur History – Instruction in basic paddling skills for flatwater canoeing is combined with the history of the French-Canadian voyageur, a colorful figure in the history of the Great Lakes. Students will learn the parts of a canoe, the proper way to enter and exit a canoe, and the strokes needed to maneuver a canoe through the water. For safety reasons, an adult from the group is required to be present for this class. Available in the Spring and Fall, provided that there is no ice on the lagoon.

Creative Drama – Through a series of activities and role-playing situations, students will gain an understanding of the various forms and components of drama. Throughout the session, students will have opportunities to serve as both the performers and the audience members. Their final project is to create a skit as a team and possibly perform it at the campfire.

Cross-Country Skiing – Many of us do not realize that winter is one of the best times to enjoy the outdoors. Cross-country skiing is a way for people to stay healthy and experience the beauty of the winter wonderland at the same time. Our instructors will take the students through a series of lessons (including how to properly fall and get back up) that will cater to even those who have never been on skis before. After practicing a few basic skills, the students will be led on a short skiing excursion through the North woods. For safety reasons, an adult from the group is required to be present for this class. Available in the winter, provided that there is adequate snow on the trails.

Nature CSI: Tracking– Students will learn to use cognitive reasoning skills to decipher animal tracks and signs and the story they tell. They will learn about how animals walk and how it affects the tracks they leave. After some introductory activities the students will be led in teams to a complex animal track crime scene. They will have to work together and use what they just learned to solve the crimes.

Eco-Encounters – Ecology is the study of how organisms living together within a certain area interact with each other. Through a potpourri of activities and games, students will become aware of the many ecological systems of the Northwoods and what roles they serve in this environment. Students may find themselves playing the part of a hungry fox, a migrating loon, or a growing tree, or they may be able to taste some of the little-known delicacies of nature.

From Roots to Leaves– A tree class that will study internal function and identification of the local trees at camp. This class is fun and interactive. Students will gain knowledge of the inner workings of trees as well as how to determine the age of a tree. They will then experience tree identification using a dichotomous key.

Initiatives – Students take on the challenge of U-Nah-Li-Ya’s initiatives course through a variety of team building and trust-building exercises. Each one of the obstacles presented to the students during this adventure offers a unique problem that the group must solve as a whole. The course is designed to promote self and group confidence, as well as communication and cooperation skills. For safety reasons, an adult from the group is required to be present for this class.

Leadership in Action– Participants learn what leadership is and how to incorporate those characteristics and qualities into play in peer and social settings. Emphasis is placed upon decision-making, communication, and leadership styles.

Micro World – Take a deeper look into nature and get up-close and personal with insects, plants, and anything else found in nature. During this class students will go and find things to look at under microscopes. They will be able to catch aquatic and terrestrial insects. They are also able to take leaves, rocks, sticks, and whatever else they find. They will also learn how to use a dichotomous key to determine the correct insect they have found.

Orienteering – The sport of orienteering was invented in Sweden in the year 1918. Its participants must use compasses to find their way through a series of targets. Students will begin the class by learning the parts and the use of a compass. These skills are then put to use on the orienteering courses set up around camp.

Outdoor Living Skills – Learning proper outdoor skills may come in handy on a camping trip or even in a survival situation. Our instructors follow the rule of, “Take only memories, leave only footprints,” in their minimum-impact camping demonstrations. Students can then apply these skills to constructing their own life-sized natural shelters and building “friendly” fires, as well as developing other hands-on skills.

Predator-Prey – The students will understand the characteristics and relationships between predators and their prey through a series of introductory activities and discussions. The class then culminates with a camp-wide game, where the students role-play animals that are struggling to survive in the world of “eat or be eaten.” Depending on your group size, this class may be delivered as one session taught to the entire group.

Primitive Fishing – With its many rivers and lakes, Wisconsin and fishing have always been synonymous. Today, many people enjoy it for recreation, and there is a whole variety of basic and technical equipment that you can purchase for this sport. Before all of this equipment was invented, though, how did the early people of Wisconsin use to fish? The instructor will demonstrate the different historical methods of fishing that have been used by the Native Americans and the pioneers. There will also be a discussion on the physical anatomy of different types of fish, and why knowing this information will help people develop their fishing skills.

Rock Climbing – This session will allow students to learn the techniques and participate in the challenge of safe rock climbing and belaying. This will allow confidence building and group support. For safety reasons, an adult from the group is required to be present for this class.

Snowshoe Hike – Students may discover winter in Wisconsin's Northwood's on a guided snowshoe hike led by one of our instructors. Snowshoes allow you to "float" on top of unpacked snow (where they work best), so expect to go off the trail as you explore the beauty and stillness of our winter woodland. Available in the Winter, provided that there is snow on the ground.

Water, Water, Everywhere – Even though two-thirds of the Earth is covered by water, it is still a limited resource that we must protect. Why? This question will be answered through experiments, demonstrations, and discussions about water. We will also explore and identify what kind of life is present in our bodies of water here at U-Nah-Li-Ya through hands-on discovery. Available in the Spring, Fall, and depending on the weather.

High Ropes Course or Zip Line (extra cost: \$12 per participant) –The high ropes course offers challenging elements amongst the trees which promote self-confidence, cooperation, and communication. Our instructors are professionally trained and ACCT certified to lead a safe and exciting high ropes experience. The duration of the course is dependent upon the number and ability of group members.

Evening Options

Campfire – Performing skits and songs at a campfire is an enjoyable and fun U-Nah-Li-Ya tradition. Everyone from the visiting group and from the U-Nah-Li-Ya staff is invited to perform. We encourage groups to suggest that all of their students participate (either by table, cabin, homeroom, or study group), as this makes the campfire a worthwhile and memorable experience for them. If you can't think of any skit ideas, don't worry – we have lots of them!

Capture the Flag/Eagles Nest – This game comes to us from the Native Americans, who played it to develop hunting skills while having fun. After the students are divided into two teams, the goal for each team is to find, capture, and bring back the other team's flag to its own territory without getting caught. Camp also has a few versions of this classic game to offer: wells fargo, eagle's nest, capture the mattress, etc.

Dance Party – For this activity groups will be able to use the Earth Lodge and speaker system to have a dance party with yard games outside. This activity allows for some structured downtime after a day filled with learning and activities. Groups are encouraged to create their own playlist, but a camp-approved one can be provided.

Message to Garcia – The name for this game is based on an inspirational essay, "A Message to Garcia," by American writer Elbert Hubbard. His essay reflects the heroic deeds of a Cuban revolutionist, Calixto Garcia Iniguez, who cooperated actively with the U.S. Army during the Spanish-American War. The game itself is played by dividing the students into two teams and having each team send as many messages as possible to "Garcia" without the other team intercepting them.

Night Hike – Because most people sleep during the night, we often don't get the chance to be outside and enjoy this time. This hike takes advantage of the dark with games such as Bat & Moth, tricks such as the glow-in-the-dark Lifesavers, and many other neat activities for night. Flashlights are not permitted, as they will ruin night-vision and make it very difficult to see.

Ole Peterson Story – Gather around a fire and hear the legend of lumberjack Ole Peterson, who lived in this area during the late 1800's. Some groups may want to use the fire to make s'mores after the storytelling. This makes a good wrap-up after another evening activity.

Swamp Lady's Suitcase – This activity is essentially a reverse scavenger hunt, where the students' collect items that they believe might be on a scavenger hunt list before they know what the items actually are. Once the items have been collected, the list is read and students possessing any of those items receive points for them.

Sledding– This program is only offered in winter. Groups will be able to experience the joys of sledding and bonding around a campfire.

Recreation/Free Time Descriptions

Group leaders or chaperones provide most supervision even if there is camp staff facilitating. Below is a list of the options during Recreation/Free Time, those indicated with an asterisk are only available during Recreation Time when a camp staff is present.

Athletic Field: The Athletic field provides a wide variety of sport options including: Kickball, soccer, basketball, football, softball, volleyball, tennis, tetherball, and Frisbee.

***Fishing/ Ice Fishing:** Camp is located on Chute Pond and is an excellent lake for fishing. Participants are welcome to use our camp fishing equipment during recreation time to see if they can get the catch of the day. We practice catch and release and there is no fishing in swim areas.

Earth Lodge: A great spot for some relaxation and downtime, there is roof ball, yard games, 9-square in the air, and hammocking.

***Canoeing:** Enjoy all the nature and beauty that lagoon has to offer and put your canoeing skills to the test. It is preferred that groups take canoeing class before canoeing for recreation time.

Pit: This is an excellent spot to burn off some extra energy or to just hang out. Activities available include Ga Ga ball, hockey and soccer.

***Camp Store:** Located at the back of the Dining Hall, there is a variety of camp merch to purchase as well as snacks and drinks. Food and drink will be limited to one each per person.

***Sled Hill:** Only available in the winter when adequate snow is present, sleds are provided.

***Ice Skating:** Available in winter when ice conditions allow, skates are available in the Earth Lodge and groups must stay within the outlined rink.

Useful Documents/Aides in Planning

The follow pages contain documents to help with preparation, organizing and planning for your trip. Please feel free to copy and use any that are useful for you and your group!

Cabin Assignments

The Director will let you know which cabins you have for your trip. Below is a listing of the cabins and the number of camper and counselor beds as well as which ones have bathrooms. Requests can be made but are not guaranteed, cabins are assigned based on camper needs.

West Side

Cabin 1: 28 beds total

Bunk Room	Bunk Room

Cabin 2: Bathrooms, 32 beds total

Bunk Room	Bunk Room
Bunk Room	Bunk Room

Cabin 6: 19 beds total

Bunk Room	Bunk Room (Counselor)	Bunk Room

Cabin 7: 8 beds total

Bunk Room

Cabin 8: 18 beds total

Bunk Room	Bunk Room (Counselor)	Bunk Room

Cabin 9: 28 beds total

Bunk Room	Bunk Room
Counselor Nook:	Counselor Nook:
Counselor Nook:	Counselor Nook:

East Side

Cabin 11: 14 beds total

Bunk Room
Counselor Nook:
Counselor Nook:

Cabin 12: 14 beds total

Bunk Room
Counselor Nook:
Counselor Nook:

Cabin 13: 14 beds total

Bunk Room
Counselor Nook:
Counselor Nook:

Cabin 14: Bathrooms, 32 beds total

Bunk Room	Bunk Room
Counselor Nook:	Counselor Nook:
Counselor Nook:	Counselor Nook:
Counselor Nook:	Counselor Nook:
Counselor Nook:	Counselor Nook:

Kress: Bathrooms, 38 beds total

Bunk Room	Bunk Room (Counselor)	Bunk Room
Bunk Room	Bunk Room (Counselor)	Bunk Room

Cabin 15: 10 beds total

Bunk Room
Counselor Nook:
Counselor Nook:

Class Group List

Fill in students and chaperones accordingly, groups must be in supervision ratio.

[illegible]

[illegible]

Table Assignments

Fill in the assignments according to how many tables you are using. The Director will provide you with how many tables your group will have. Please have at least one adult per table.

Table 1	Table 2	Table 3	Table 4

Table 5	Table 6	Table 7	Table 8

Table 9	Table 10	Table 11	Table 12

Table 13	Table 14	Table 15	Table 16

Recreation/Free Time Activity List Sign-Up

Activities	Chaperone Duties	Chaperone (s)
Athletic Field	Begin and monitor games (volleyball, basketball, tennis, football, ultimate Frisbee, etc.); make sure all equipment is returned and stored properly.	
Pit	Monitor hockey games and Ga Ga ball; prevent unsafe actions; make sure all equipment is returned and stored properly.	
Earth Lodge	Monitor students who can play roof ball, other lawn games. Make sure hammocks are being used responsibly and safely.	
Fishing	Make sure all fish are returned, help with bait and tangles. Make sure all equipment is returned and stored properly.	
Canoeing	Assist students with getting their canoes in and out of the water; prevent unsafe actions; make sure all equipment is returned and stored properly	
Ice Skating	Assist students with getting and putting away their ice skates; monitor skating activity; make sure that all equipment is returned and stored properly. Winter Only	
Sled Hill	Prevent unsafe actions; make sure all equipment is returned and stored properly	
Other:		

Name Tags

Here is a name tag format that you are welcome to use. Please add to it any other information that you feel may be helpful to the students and chaperones.

Name Class Group: _____ Cabin: _____ Table #: _____ Waiter Duty: _____ Bus #: _____
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Outdoor Education Packing List

Outdoor Education programs are designed to be taught outside in all forms of weather. To make the experience enjoyable, please make sure that students come prepared with appropriate clothing. Please keep nice clothing and jewelry at home. Students are responsible for carrying their own gear to and from the cabins. Please be sure to label luggage and other items.

Necessary Items

- o Sleeping bag or warm blankets
- o Fitted twin sheet
- o Pillow
- o Daily change of socks plus an extra
- o Daily change of underwear plus an extra
- o Pajamas
- o 2 Pair of Closed Toed shoes
- o Flip Flops (for showers only)
- o Raincoat or waterproof poncho
- o Lightweight or Fleece jacket for the weather
- o 2 Sweatshirts
- o Daily change of T-shirts plus an extra
- o Daily change of bottoms (shorts/pants) plus an extra
- o One long pair of pants
- o Hat or headband that covers ears
- o Garbage bag for dirty or wet clothes
- o Towel and wash cloth
- o Toiletries
- o Flashlight
- o Reusable water bottle
- o Money for Camp Store

Fall & Spring Necessary Additions

- o Insect repellent
- o Sunscreen
- o Old shoes that can get wet

Winter Necessary Additions

- o Heavy insulated Winter Coat & Snow Pants
- o Warm and waterproof Gloves, Scarf, and Hat
- o 3 Pairs of heavy socks
- o Winter waterproof boots