

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



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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 strengthen participants' connections with one another and the environment through hands-on educational sessions, cooperative exercises, and recreational activities, all while creating memories 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 Outdoor Education 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 Education and Retreats Coordinator

# Goals & Mission of YMCA Camp U-Nah-Li-Ya

## **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.

## **YMCA Camp U-Nah-Li-Ya Purpose**

To improve the world through improving people.

## **YMCA Camp U-Nah-LI-Ya 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.

## **YMCA Camp U-Nah-LI-Ya 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.

## **YMCA Camp U-Nah-LI-Ya 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 policies.
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 campers.
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, 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 will alleviate a great deal of 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 Outdoor Education and Retreats Coordinator, either by phone or in person. They will be available to assist you with any aspect of custom-designing a program for your group.

# Planning Checklist

## ☐ Secure Dates

- If you are looking at doing a trip, it is best to secure your dates as soon as possible. This can be done by calling or emailing the Outdoor Education and Retreats Coordinator.

## ☐ Review Planning Guide

- This will provide you with the basics to get the planning process underway as well as provide you with a list of current programs offerings and classes.

## ☐ Complete Paperwork and Deposit

- Following the conformation of your dates, the Outdoor Education and Retreats Coordinator will send you the needed paperwork for you trip. This includes the "Contract Agreement" where the highlighted areas must be completed and signed. The contract 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 Outdoor Education and Retreats Coordinator know if you have any questions or concerns. Lastly, there will be a "Deposit Invoice", this is for the non-refundable \$250 deposit. This can be paid by card over the phone or by check. All paperwork and the deposit are due no later than 1 month prior to your trip.

## ☐ Complete the Provision of Services Requisition

- When making your program and class selections, please refer to our "Program Offerings" for a full list of programming options. We strive to keep the class sizes around 20 participants. 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 Outdoor Education and Retreats Coordinator. (Note that some classes are delivered as one session taught to the entire school group.)

## ☐ 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).

## ☐ Recruit Adult Chaperones

- 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 to groups, supervision and behavior management.

## ☐ Provide Information to Campers and Parents

- Included in this guide is information that you are encouraged to share with campers, parents and trip chaperones. The Outdoor Education and Retreats Coordinator would be pleased to provide a parent orientation and/or a camper presentation to your group, including a slide show and a question-and-answer session. Please contact the Coordinator to schedule.

## ☐ **Collect Permission Slips, Forms, and Fees**

- Create a roster of all participants and chaperones. Appoint one adult (preferably a teacher or a nurse) to compile the health forms and adopt the responsibility of handling medications and first aid needs. All groups must have a health form for each minor on site with them. The form must include the following:
  - Name and address of participant.
  - Emergency contact name and number.
  - List of any known allergies, health conditions requiring treatment, restrictions or other accommodations needed while on site.
  - Permission to seek emergency treatment signed by parent or legal guardian.

## ☐ **Organize Camper and Chaperone Assignments/Duties**

- Arranging details such as class groups, cabin assignments, table/waiter duties and chaperone duties 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 camper. Worksheets and templates have been included in this packet to provide clarity and ease for assignments. The Outdoor Education and Retreats Coordinator will provide you with the cabins for your group.

## ☐ **Final Checks**

- Communicate with the Outdoor Education and Retreats Coordinator within two weeks prior to your visit to finalize plans. The Coordinator will email you a final schedule for you to review as well as answer any questions or concerns.

## ☐ **Payment**

- Following your visit you will receive a final invoice. Payments can be made over the phone or via mail. Please submit payment within 30 days of your trip.

# **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, CPR and AED, they will assist as needed. All incidents requiring first aid should be reported to a camp staff member. A camp staff and group representative will complete an incident report together, if a camper 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 Coordinator 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 and emergency procedure flipcharts can be located in all buildings. 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 Outdoor Education and Retreats Coordinator 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 held after evening program until breakfast the following day. The number for the after hours phone is (920)-590-3441. Campers are prohibited from using personal cellphones and electronic devices while 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 Dining Hall.

## **Meals**

Meals are typically served in the Dining Hall at 8 a.m., 12 p.m., and 5 p.m. 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 and Kitchen 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 dietary restrictions as well. In cases of food allergies or extensive limitations, participants are welcome to bring food to camp.

## **Camp U-Nah-Li-Ya Leadership & Instruction**

The Outdoor Education and Retreats Coordinator is responsible for the organization and 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.

## **Visiting Group Leadership**

1. Camper discipline and behavior is the responsibility of the group leaders.
2. Group chaperones are responsible for camper supervision for the duration of the trip.
3. Only adults may light fires in any of the fire pits, hearths, or stoves on camp.
4. Life jackets and a camp staff lifeguard must be present anytime boats are used. Campers must be supervised at all times near water.
5. Groups will be held financially accountable for building, equipment, and property damage caused by their campers or staff during their stay.
6. Use of any tobacco product is not permitted in public on camp property.
7. 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.

# Camper/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 campers, 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 Trip

- Abide by the YMCA's Core Values; Caring, Honesty, Respect and Responsibility.
- Maintain a positive mental attitude.
- Challenge yourself to go outside your comfort zone.
- Actively participate.
- Clean up after yourself.
- Be a waiter.
- Have fun and enjoy!

## End of Trip Duties

- Pack gear and bring it to the designated pickup area.
- Clean cabins.
- Fill-out camper survey.

# 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, safety and behavior 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".
- Review any information given to you by your trip coordinator.

## During the Trip

- Abide by the YMCA's Core Values; Caring, Honesty, Respect and Responsibility.
- Assist in activity supervision and camper behavior management.
- Always be supervising participants and have a headcount.
- Assist in carrying out and enforcing camp rules, safety policies and procedures.
- Ensure that campers are cleaning up after themselves.
- Supervise Recreation and Free Time areas and activities.
- Be encouraging of participation and engagement.
- Communicate any questions or concerns with camp staff.
- Have fun and enjoy!

## End of Trip Duties

- Assist in packing gear and bringing it to the designated pickup location.
- Clean cabins.
- Complete the end of trip survey.

# 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 to 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.
- e. Youth should always be in a group of three people minimum.
6. Youth are always supervised by an adult.
- g. Interior cabin doors remain open at all times (especially at night) unless youth are changing clothes.
- h. Adults should accompany youth when traveling around camp, even to the bath houses.
9. Youth are to be asleep by 11:00PM.
- j. Supervising adults must remain awake until youth are asleep.
- k. No more than one youth are permitted in each bunk at any time.
- l. No more than one youth in a shower or bathroom stall at a time.
13. Youth are not to be on cell phones while on camp property.
14. 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 Outdoor Education and Retreats Coordinator will make a schedule based on your Provision of Services. The schedule is always tentative due to outside factors such as weather. If any changes or substitutions need to be made, the Outdoor Education and Retreats Coordinator will let you know as soon as possible.

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.
- Ask the Outdoor Education and Retreats Coordinator for recommendations or suggestions!

# 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-Sample Schedule (Day 1)

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	Walter 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	Walter Bell				
4:45	Dinner				
5:00					
5:15					
5:30					
5:45	Recreation Time				
6:00					
6:15					
6:30					
6:45	Evening Program #1				
7:00					
7:15					
7:30					
7:45	Evening Program #2				
8:00					
8:15					
8:30					
8:45					
9:00					
9:15					
9:30					
9:45					

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

	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-Sample Schedule (Day 1)

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	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					

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

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-Sample Schedule (Day 3)

	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			
11:45	Waiter Bell		
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 Offerings

Below you will find a brief description of the programs and classes we lead for groups through the Outdoor Education and Retreats Program. Please be aware that weather and other conditions can affect what classes or programs are offered.

## **Daytime Programs-Year Round**

**Alpha Beta**-This activity uses role play and investigation to challenge campers' biases, self and cultural awareness. The class is split into two groups, each that 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.

**Arts and Crafts**-A new addition to the program, this activity demonstrates how nature inspires art, encourages creativity and teaches campers how to be resourceful. Participants will use a variety of mediums to create unique pieces to take home and further remember their time in nature here at camp.

**Creative Drama**-Through a series of improv and quick thinking activities, campers will gain an understanding of how to think on their feet, be a good audience member and express themselves. Throughout the session, campers will have opportunities to push themselves to go beyond their comfort zones and work collaboratively.

**Eco-Encounters**-In combination with a guided nature hike and a variety of activities and mini games, participants will become aware of the many ecological systems of the Northwoods. In this activity campers will gain a deeper appreciation and understanding for the natural world around us, the intertwining relationships within it and the need to protect it for future generations.

**Initiatives**-Campers take on the challenge working together towards a shared goal through a variety of team building and trust-building exercises. Each one of the obstacles presented to the students during this activity offers a unique problem that the group must solve. The course is designed to promote self and group confidence, as well as communication and cooperation skills.

**Leadership in Action**-Participants learn what leadership is, the components of a good leader and how to incorporate those characteristics and qualities into play in peer and social settings. Campers will engage in activities such as the fan favorite Tanks and Commanders. The emphasis of this program is placed upon decision-making, effective communication, and leadership styles.

**Micro-World**-Through the use of stereo microscopes, campers will explore the beauty and awe of the Northwood on a much smaller scale. Participants will journey around camp to collect samples and specimens that they will then take back to the Nature Center to observe under the microscope. Campers will then share their findings and explorations with each other.

**Nature CSI Tracking**-In this activity, campers will learn how to identify and decipher various animal signs and tracks. Using their new knowledge participants will set out to find and identify animal tracks and signs around camp. They will then put their skills to the test and have to solve an animal crime scene set up by the Outdoor Education Instructor.

**Orienteering**-Campers will familiarize themselves with the various parts of a compass, how to use one and how to pace. After their introduction to the basics, participants will put their skills to the test and navigate a scavenger-hunt style orienteering course through out camp. At the end of the course campers will decipher their findings to come up with the meaning of U-Nah-Li-Ya.

**Outdoor Living Skills**-Through the explanation of the Rule of Three's, campers will learn the basics of outdoor survival. Participants will then gain knowledge of the various types of outdoor shelters and the science behind fires. Dependent on the groups preference as well as current conditions, campers will then partake in building their own shelters and/or fires to meet the expectations given by instructors.

**Predator Prey**-This activity is a well loved U-Nah-Li-Ya classic. Campers will start with a couple mini games to gain an understanding of population dynamics and the role of camouflage in the wild. To prepare for the final game and main event they will discuss different animal diets, adaptations and roles in the food chain. Campers will then play multiple rounds rotating roles and deepening their knowledge.

### **Daytime Programs-Fall/Spring Only**

**Archery/Atlatl**-In this activity campers will learn the all of the safety procedures and requirements of archery as well as basic techniques. Campers will then proceed to practice their skills and even compete in small challenges. Dependent on group preference, participants can have the opportunity to try throwing atlatls, an ancient mammoth hunting technique. This activity is designed to meet campers at all levels and focuses on improving their resilience and self-confidence.

**Burma Bridge**-From this activity, campers will learn the basics of knot tying and bridge construction. With only a few pieces of rope, campers will work together to secure ropes and paracord to build a Burma Bridge of their own. Once it is complete, they will then take turns crossing it as a way to celebrate their accomplishments as a team!

**Canoeing**-Campers will learn a brief history of canoeing in Wisconsin and its importance to Camp U-Nah-Li-Ya. They will receive safety instructions, learn the parts of a canoe as well as basic paddles strokes and maneuvering techniques. Campers will then put their skills and teamwork to the test and canoe in the Lagoon. They will enjoy mastering the basics, playing games and observing the wonderful wildlife.

**Fishing**-In this activity campers will learn about the various methods of fishing from past to present, learn about bait and the types of fish that can be found here in Wisconsin. Campers will then get the opportunity to go fishing using cane poles in various areas of camp, learn how to put on bait and identify what type of fish they catch. Here at camp we practice catch and release in our Outdoor Education Program.

**Low Ropes**-Similar to and often paired with initiatives, low ropes uses a variety of elements and obstacles such as Whale Watch, A-Frame, etc. to grow campers communication, cooperation and team building skills. This activity can be ran as its own class block or with initiatives as a combo block to incorporate more movement and balance focused activities.

**Rock Climbing**-As of 2025 Camp U-Nah-Li-Ya has a brand new climbing tower! In this activity campers will learn about the various safety precautions and equipment utilized at our wall. Instructors will guide campers through what the various comfort zones are and what challenge by choice is. This is a great activity to build resilience, self confidence and utilize goal setting.

**High Ropes or Zipline**-The current course here at camp is designed to be run as either zipline or high ropes. Groups can choose which option they would prefer and it is an additional \$12/participant. Campers will go through all the safety policies, training and gear utilized at the course. Instructors will guide campers through what the various comfort zones are and what challenge by choice is. This is a great activity to build resilience, self confidence and utilize goal setting.

### **Daytime Programs-Winter Only (Snow Dependent)**

**Cross Country Skiing**-This activity allows many campers to try something new and enjoy the beauty of winter in the Northwoods while doing it. Participants will learn a brief history of cross country skiing, the parts of a ski and poles, and the mechanics of skiing. From there, instructors will meet the group where they are at experience wise and provide the basics so that everyone is able to enjoy. Groups will then utilize the variety of trails around camp to gain confidence and experience.

**Snowshoe Hike**-Campers in this activity will learn about the history, mechanics and types of snowshoes. They will then get a pair of their own to practice walking around in before setting off on an all camp scavenger hunt. Dependent on snow conditions, campers will also participate in camps own form of winter Olympics.

## **Evening Program-Main Activity**

**Campfire**-Very much a camp classic, groups can choose what type of campfire experience they are looking for. Options range from have a classic U-Nah-Li-Ya campfire led by camp staff full of skits and songs to a lowkey option of smores, board games and ambiance. Schools are encouraged to bring their own smore supplies.

**Capture the Flag/Eagles Nest**-This activity offers an additional way for campers to burn off energy before winding down for the night. After the participants 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 are able to use the Earth Lodge and speaker system to have a dance party with yard games and gaga ball 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**-This is a historic camp game where campers are divided into two teams and have to send as many messages as possible to "Garcia" (staff & chaperones) without the other team intercepting them. Another good option for burning off any excessive energy at the end of the day.

**Sledding**-This program is only offered in winter. Groups will be able to experience the joys of sledding and bonding around a campfire while surrounded by the beauty and stars of the Northwoods.

**Swamp Lady's Suitcase**-This activity is essentially a reverse scavenger hunt with a bit of improv and challenges worked in. Campers are divided into teams where they decide what item or person they want to send up to the Swamp Ladies to represent their team. Once the items have been collected or the improv/challenge is completed, the Swamp Ladies will assign point. This is a wild fun game filled with laughter and quick thinking.

## **Evening Program-Wrap up Activity**

**Night Hike**-This wrap up activity is designed to get campers comfortable with the world at night. 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 interesting activities for night. We ask that flashlights are left behind in order to maintain night vision and foster comfortability in the dark.

**Ole Peterson**-The legend of Ole Peterson dates back long before the beginnings of Camp U-Nah-Li-Ya all the way back to the time of lumberjacks in the Northwoods. Campers will hear the legend from Ole himself while gathered around the campfire listening in awe. A timeless Unie classic for all to hear and enjoy.

# Recreation/Free Time Descriptions

Below is a list of the options and areas available during Recreation or Free Time. Chaperones and groups leaders are responsible for making sure there is coverage anywhere campers are. The areas available during a trip are dependent on season and weather.

## **Free Time Areas & Activities**

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

**Earth Lodge:** A great spot for some relaxation and downtime, there is roof ball, yard games, 9-square in the air, and hammock village. In the winter and inclement weather there are board games and coloring sheets available for campers. Below are some rules for the Earth Lodge area.

- No hanging on the 9-square, it is plastic and will break
- When using the hammocks there should be 1 person per hammock and no excessive swinging.

**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.

## **Recreation Time Areas & Activities**

These areas are open in addition to Free Time areas and activities. A camp staff member will be stationed at these areas in addition to chaperone or group leader.

**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. All equipment and garbage must be returned to the fish shack at the end of recreation time and we practice catch and release here at camp. Campers are to follow the rules outlined below when fishing:

- Spring/Fall
  - 1 pole per person
  - No fishing in swim areas-campers can fish off the outside of the docks if an adult is present.
  - Campers must stay in eyesight of an adult
- Winter
  - 1 pole per hole per person
  - Only adults may use the auger
  - An adult must be present to go on ice and campers must stay in eyesight
  - Absolutely no horse play on the ice, this will result in removal from the ice

**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, this is only available in the Fall/Spring. Campers are expected to follow the rules listed below:

- Life-jackets must stay on at all times
- Boaters must wear shoes at all times
- No liquids in the boats other than water
- No standing
- No bumper boats
- No splashing
- Three points of contact when entering and exiting boat, which can only take place at the lagoon dock
- Listen to the lifeguard and stay within their line of sight

**Camp Store:** Located at the back of the Dining Hall, there is a variety of camp merch to purchase. The rules pertaining to the camps store are listed below:

- No more than four students in the store at a time, chaperones do not count
- Students should be in a single file line outside the store

**Sled Hill:** A wonderful option for those looking to seek some adrenaline. The sled hill is only available in winter when there is adequate snow. When campers are using the sled hill, there must be an adult present both at the top and bottom of the hill. Sleds are provided. Campers should keep the following rules in mind when using the hill:

- Participants should walk up the sides
- No more than two people per sled
- Do not go down until the area is clear
- In the event of the possibility of hitting a person or object, bail/abandon the sled
- Once you reach the bottom, immediately get up and move you and your sled out of the way
- Failure to follow any rules will result in the the loss of use in the hill

**Ice Skating:** This option is only available in the winter pending correct ice conditions. Campers can get and change into ice skates in the Earth Lodge. From there they can waddle onto the ice from the shoreline. Participants should follow the rules outlined below when skating:

- Enter and exit the ice on the shore, no jumping from wall
- Absolutely no horseplay on the ice, this is will result in removal from the ice
- Stay within eyesight of an adult
- Ice skaters should stay within the cleared rink
- All equipment must be put away when finished

# Useful Documents & Planning Aids

The following pages contain documents to help with preparing, organizing and planning your trip. Please feel free to copy and use any of the information in this packet that is useful for you and your group!

# Cabin Assignments

After the completion of the Provision of Service, the Outdoor Education and Retreats Coordinator will reach out with your assigned cabins. Requests for cabins can be made but are not guaranteed. Cabins are assigned based on camper needs.

The table below gives some basic information about the cabins. In the following pages there are charts that show the breakdown of rooms, number of beds in each and spots to write names. Counselor Nooks are areas within the bunk room that have a privacy wall. Internal views of the cabins can be found on the virtual tour on our website.

Cabin Number	Interior Bathrooms	Total Number of Beds
<b>West Side of Camp</b>		
1	No	28
2	Yes	32
6	No	19
7	No	8
8	No	18
9	No	28
<b>East Side of Camp</b>		
11	No	14
12	No	14
13	No	14
14	Yes	32
15	No	10
Kress Lodge	Yes	38

## West Side of Camp Cabins

**Cabin 1:** 28 beds total

[illegible]

**Cabin 2: 32 beds total**

[illegible]

**Cabin 6:** 19 beds total

[illegible]

**Cabin 7: 8 beds total**

[illegible]

**Cabin 8: 18 beds total**

[illegible]

**Cabin 9:** 28 beds total

Bunk Room (14 Beds)	Bunk Room (14 Beds)
Counselor Nook:	Counselor Nook:
Counselor Nook:	Counselor Nook:

## East Side of Camp Cabins

**Cabin 11:** 14 beds total

Bunk Room (14 Beds)	
Counselor Nook:	
Counselor Nook:	

**Cabin 12: 14 beds total**

Bunk Room (14 Beds)	
Counselor Nook:	
Counselor Nook:	

**Cabin 13:** 14 beds total

Bunk Room (14 Beds)	
Counselor Nook:	
Counselor Nook:	

**Cabin 14:**32 beds total

Bunk Room (16 Beds)	Bunk Room (16 Beds)
Counselor Nook:	Counselor Nook:
Counselor Nook:	Counselor Nook:
Counselor Nook:	Counselor Nook:
Counselor Nook:	Counselor Nook:

**Cabin 15:** 10 beds total

<b>Bunk Room (10 beds)</b>
<b>Counselor Nook:</b>
<b>Counselor Nook:</b>

**Kress:** 38 beds total

[illegible]

# Class Group List

This is a great way to organize groups. Fill in group name, campers and chaperones accordingly. Groups must be in supervision ratio at all times while at camp.

**Group Name:** \_\_\_\_\_

Chaperone:	Chaperone:

# Table Assignments

The Outdoor Education and Retreats Coordinator will verify how many tables you would like as well as have them labeled prior to your arrival. Our new tables have 12 seats and we can add an additional chair at each end for more comfortable seating for adults. There should be at least one adult per table to help facilitate the meal. Below is a sample chart for assigning tables.

Table #:	Table #:	Table #:
Chaperone:	Chaperone:	Chaperone:
Chaperone:	Chaperone:	Chaperone:

# Recreation/Free Time Chaperone Sign-Up

Fall/Spring:

Activities	Chaperone Duties	Chaperone (s)
<b>Athletic Field</b>	Begin and monitor games (volleyball, basketball, tennis, football, ultimate Frisbee, etc.); make sure all equipment is returned and stored properly.	
<b>Pit</b>	Monitor hockey games and Ga-Ga ball; prevent unsafe actions; make sure all equipment is returned and stored properly.	
<b>Earth Lodge</b>	Monitor roof ball, lawn games and "Downtown Unie" area. Make sure hammocks are being used responsibly and safely.	
<b>Fishing</b>	Make sure all rules are being followed. Assist with taking fish off and tangles. Make sure all equipment is returned and stored properly.	
<b>Canoeing</b>	Assist campers with getting their lifejackets, paddles and canoes. Make sure all rules are followed and prevent unsafe actions. Make sure all equipment is returned and stored properly.	
<b>Camp Store</b>	Assist campers with money and help facilitate the flow of the store.	

# Recreation/Free Time Chaperone Sign-Up

Winter:

Activities	Chaperone Duties	Chaperone (s)
<b>Athletic Field</b>	Begin and monitor games (volleyball, basketball, tennis, football, ultimate Frisbee, etc.); make sure all equipment is returned and stored properly.	
<b>Pit</b>	Monitor hockey games and Ga-Ga ball; prevent unsafe actions; make sure all equipment is returned and stored properly.	
<b>Earth Lodge</b>	Monitor games, coloring and fire.	
<b>Fishing</b>	Make sure all rules are being followed. Assist with taking fish off and tangles. Make sure all equipment is returned and stored properly.	
<b>Ice Skating</b>	Assist campers with getting and putting away their ice skates; monitor skating activity; make sure that all equipment is returned and stored properly.	
<b>Sled Hill</b>	Prevent unsafe actions; make sure all rules are followed and equipment is returned and stored properly.	
<b>Camp Store</b>	Assist campers with money and help facilitate the flow of the store.	

# Name Tag

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 for campers and chaperones.

Name: \_\_\_\_\_

Class Group: \_\_\_\_\_

Cabin: \_\_\_\_\_

Table #: \_\_\_\_\_

Waiter Duty: \_\_\_\_\_

# 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 campers and chaperones come prepared with appropriate clothing. Please keep nice clothing and jewelry at home. Campers are responsible for carrying their own gear to and from the cabins. Please be sure to label luggage and other items.

## **Necessary Items**

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

## **Fall & Spring Necessary Additions**

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

## **Winter Necessary Additions**

- Heavy insulated winter coat & snow pants
- Warm and waterproof gloves, scarf, and hat
- 3 Pairs of heavy socks
- Winter waterproof boots
- Change of shoes/slippers for meals in dining hall

The map illustrates the layout of YMCA Camp U-nah-li-ya, featuring three main bodies of water: Chute Pond, Lagoon, and Bluegill Pond. Key facilities include:

- Buildings and Structures:** 15 numbered buildings, West Bath House, Earth Lodge, Fishing Shack, Staff Housing, Nature Center, Camp Museum, Kress Chapel, Kress Lodge, East Bath House, Cegelski Cabin, Amphitheater, Zolwig, Ski Shack, Arts and Crafts, Bike Barn, Trail Department, Dining Hall & Camp Store & Voyageur Room, Office, Resch Welcome Center, and High Ropes Course Zip Line.
- Recreational Areas:** Climbing Tower, Athletic Field, Backwoods, Archery and BB Guns / Sled Hill, and Trash Bins / Dumpsters.
- Water Activities:** Paddle Boards, Swim Area, Kayaks, Paddle Boats, Sail Boats, Canoes, and a Rope Bridge.
- Other Features:** A compass rose indicating North, a parking area labeled 'P', and various trees and landscaping.

**YMCA CAMP  
U-NAH-LI-YA**