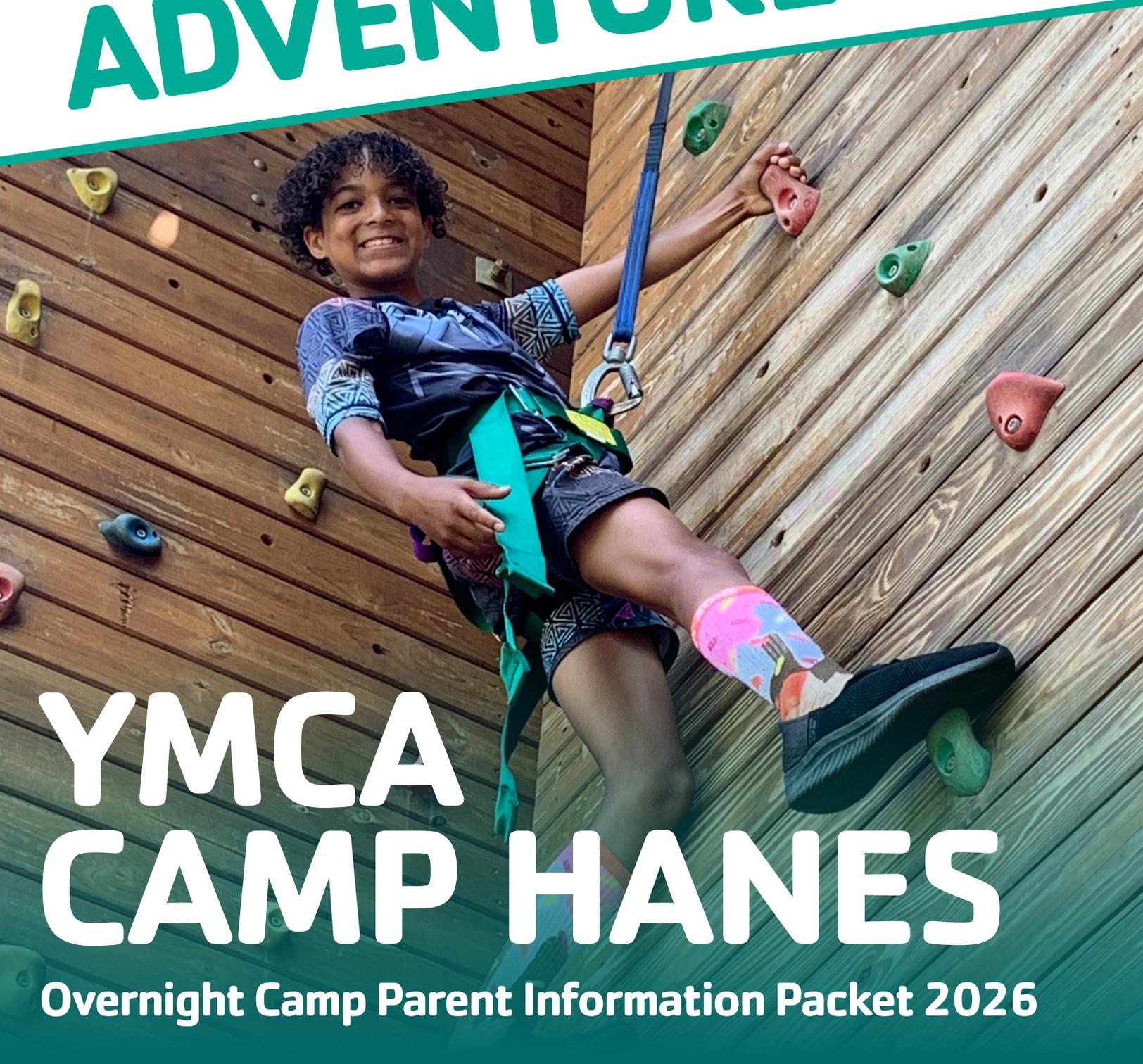




**SCREENS OFF.  
ADVENTURE ON.**



# YMCA CAMP HANES

Overnight Camp Parent Information Packet 2026

## HELLO FROM YMCA CAMP HANES!

We are looking forward to you joining us for a great summer! In this packet you will find important information as well as answers to your questions. Please be sure to read through all of our material and fill out all paperwork. We partner with our camper families to meet our goal of a great time at camp. Please contact us with further questions at 336 983 3131 or visit [www.camphanes.org](http://www.camphanes.org).

### OUR MISSION:

Helping all people reach their God-given potential in spirit, mind and body.

### OUR GOAL:

After your campers stay at camp, they have achieved one or more of the following. Created a new friend while at camp, learned or bolstered their skills within a camp activity. Actively made a decision to act on or had a discussion on how to live out the values of honesty, caring, respect, responsibility, and faith.

### CHECKLIST FOR CAMP:

We are looking forward to a great week. Below is the checklist of the steps we ask for you to complete. These can be done on our registration website or with paper forms.

- Registration is complete for the session
- Balance paid in full
- Complete Camper Information and all other online permission forms
- Complete Health Forms
- Complete Waiver
- Look over the packing list (what to bring and not bring, label all items)
- Go over Camp Hanes behavior expectations with your camper

### CHECK IN AND CHECK OUT:

By the Friday prior to your camper's session, camp will send your cabin assignment and check in time. Please stick as close as possible to this time as it will help with a smooth check-in process and minimize the traffic and wait time. Campers of the same cabin and age group will be checking in within the same time window. Our check in will be a drive through process starting at the front gate and driving through the Reynolds parking lot. You will be directed where to go upon arrival. Nurses will be located in the Airnasium.

If you have campers of different ages with different assigned drop off times please drop off at the later time. All paperwork is due at time of online registration and final payment is due by May 15. Parents/guardians are responsible for the transportation of campers.

Our Friday check-out begins at 3:30pm. Campers will be at their cabins ready to share their stories of the week. You will be greeted at the front gate by a staff member who will direct you to your camper pick up location. Once there, a staff member will assist in your sign out and camper & luggage pick up. Please bring a photo ID for security purposes and be ready to share your code word. If someone else is picking up your camper they will need to know the code word and we need written permission sent to [registrar@ymcanwnc.org](mailto:registrar@ymcanwnc.org) or call the office at 336 983 3131. If you need to pick your camper up early please contact us to make arrangements.

Medication will be available at our front gate tent and lost and found items will be at the dining hall. We will hold onto all items that have been left behind until the end of August and then we will dispose of medication and donate lost and found to Camp Hanes camper closet. If you have lost or forgotten an item at camp please email our registrar@ymcanwnc.org.

## **KEEPING IN TOUCH:**

Campers love to hear from you and receive mail. We offer many options for you to keep in touch. It is also a great idea to send pre-addressed and stamped envelopes for your camper to encourage letters from home.

Camper Name and Cabin

1225 Camp Hanes Rd.

King, NC 27021

### **Emails**

You can one-way email your camper at [camper@ymcanwnc.org](mailto:camper@ymcanwnc.org). We deliver emails at meal time at our dining hall. It is important to have the camper first and last name in the subject line along with the cabin number. We welcome emails from family and friends for your camper, just be sure to let them know about using the camper's name and cabin number to help us make sure messages get delivered. Campers are not able to respond to emails.

### **Photos**

While your camper is enjoying themselves we take lots of photos to connect you to their experience. There is a link on our website and provided to you on Sunday check in. You will receive a password to our SmugMug page. We do our best to get every camper on the site every day. If you haven't seen them please know it is probably because they were on a hike and out of our main camp area or we were focused on weather-related safety or programming.

### **Social Media**

If interested you can also stay connected by checking our Facebook, Instagram, or YouTube accounts. It is another chance during the week to check in on the awesome events going on and some highlights of the week.

### **Packages**

In order to provide a food allergy-safe environment we do not accept packages. Letters, cards and emails are welcome. Safety of our campers is our top priority and we are working to eliminate any potential issues.

## CONTACT INFO:

YMCA Camp Hanes  
1225 Camp Hanes Road  
King, NC 27021  
P-336-983-3131  
F-336-983-4624  
www.camphanes.org

### Registration Information

registrar@ymcanwnc.org

### Amelia Johnson, Operations Director

amelia.johnson@ymcanwnc.org

### Nicholas Patton, Executive Director

n.patton@ymcanwnc.org

### Reagan Lane, Program Director of Overnight, Adventure Camp & Adventure Guides

r.lane@ymcanwnc.org

### Robert Money, Food Service Director

r.money@ymcanwnc.org

## POLICIES

### Behavior

At Camp Hanes we want every camper to have a positive experience. To create this environment we ask for campers to follow our rules.

### Rules:

1. Respect Yourself.
2. Respect Others.
3. Respect Camp Hanes.
4. Have Fun!

Campers not adhering to camp behavior expectations and rules will be handled on an individual basis. Camp Hanes will not tolerate bullying. We do not tolerate fighting. Severe or frequent behavior violations can result in a camper being sent home from the program at the discretion of the director. No refunds will be given due to behavior situations. We work hard for all campers to have a great week, talk to your camper about helping us achieve this goal. Let them know to ask for help and support while at camp. We also will share these policies with campers at our opening chapel and in their cabins. If your campers behavior requires consistent one-on-one staff support in order to be successful, it may result in their dismissal from camp.

Although we want camp to be for all, we do not maintain a staff capacity for consistent one on one attention such as a camper may maintain at school through a para pro or IEP. In preparation, please share any social, emotional, or physical restrictions we should be aware of by contacting our Operations Director at 336 983 3131 ext.6611 or through email at [amelia.johnson@ymcanwnc.org](mailto:amelia.johnson@ymcanwnc.org) prior to the beginning of the session.. As the guardian it is your responsibility to reach out to the Program Director directly to discuss how your campers needs may be able to be met in order to have a successful camp experience for both themselves and their fellow campers. Lack of prior communication may result in an unsuccessful camp experience leading to early dismissal from camp.

## Cabin Assignments

Cabin assignments will be sent out by the Friday before your camper's arrival. Cabin mate requests are welcome at camp. It is part of our online form. Feel free to call or email to confirm. It does need to be a mutual request and they must be age appropriate. We prefer to keep campers in groups based upon grade in school and age. Older campers will have to go to a younger cabin. Campers not in cabins together will still have opportunities to see each other throughout the day. If upon arrival a mistake was made please let our staff know at the front gate check in and we can work with your camper to set them up for success.

## Electronics

Camp is most meaningful when campers are focused on developing relationships rather than looking at electronic devices. Please do not bring cell phones or other electronics to camp, if we find camper cell phones we will take and lock them up safely for the week and return them right before check out. While they are at camp we do not allow campers to place phone calls unless there is an urgent situation. If you need to speak with your child at camp we ask that you make arrangements ahead of time or please call our office at 336 983 3131 with any urgent messages. If a situation arises at camp we will call camper parents. If electronics are brought to camp we will hold onto camper cell phones in our main office until pick up on Friday.

## Check In

Our goal is for a smooth check in on Sunday. If you have completed your registration, payment and forms you will be able to smoothly make your way through the drive thru check in process. If you are missing any payments or forms you will not be allowed to drop off camper until completed.

## Camper Self Transportation/Check In

If you have a camper who is legally able to drive themselves to camp they are allowed to check in and park their vehicle for the week. They must turn their keys into the Director on Sunday after moving in their luggage. The keys will be kept in our safe until the time of check out on Friday at 3:30pm.

## Financial

After registering you will receive a financial statement. This statement reflects payments and discounts including your deposit. The balance is due by May 15th, if you register after this date you will be expected to pay in full at time of registration. Camp fees are non-refundable without a doctor's authorized medical reason or family emergency. No refunds are given if a camper leaves early due to disruptive behavior or homesickness. Health situations will be discussed with families. There is a \$100 non-refundable fee for all campers. Campers may switch sessions (change weeks) at no additional cost prior to May 15. After May 15, deposits are non-transferable and any changes are subject to full session tuition charges. Financial Assistance is available for those in need of assistance.

## Forms

Forms are required to be filled out in order to complete your online registration. If there is a need to update forms after you have submitted them please reach out to registrar@ymcanwnc.org and we will reopen the form for edits. If you require paper forms and assistance with your registration paper copies will be provided and you will be expected to complete and submit your forms a month prior to attending. The medical form does not require a doctor's signature. We also require parents to sign the

emergency care authorization section of the form. Camp does not cover the cost of general illness. If your child should become sick or injured at camp it is your responsibility, as a parent or guardian, to take them to the doctor. In case of an emergency, camp will contact parents, emergency personnel and provide appropriate care.

### **Homesickness**

This summer, your camper may be one of many who will balance the feelings of independence and homesickness. Psychologists have done research and found that more than 80 percent of campers feel homesick at some point during their time at camp. The hope is as a team we can teach them the skills to handle these feelings. Parents do not need to feel helpless. Here are some ways to prepare your camper: encouraging independence throughout the year and/or practicing sleepovers at a friend's or grandparent's house can both build confidence. Talk about what it will be like in the cabin. We are your partner and if your child is struggling we will contact you to discuss options for a successful experience. You know your child best and although we often avoid having a camper talk to guardians on the phone it sometimes can help. It is best not to promise to pick your camper up, as this will make your camper less likely to want to try and stick it out. We provide training for our staff to help your camper's week. Although it is common, it is usually short-lived due to all the fun and relationship-building at camp.

### **Medications/Medical**

Medication sent to camp must clearly be marked in an original container, with the camper's name, doctor's name, and exact dosage and instructions. All medications will be kept and handled by the nurse during the duration of the camper's stay. Medication must come in the original container and unmarked medication will not be dispensed. Please make sure you have provided enough medication for the stay of the camp. Medications are not permitted in the cabin except for an epi-pen or inhaler that may be carried with the cabin/staff. All information is held in strictest confidence. We also require parents to sign the emergency care authorization section of the form. Camp does not cover the cost of general illness. If your child should become sick or injured at camp it is your responsibility, as a parent or guardian, to take them to the doctor. In case of an emergency, Camp will contact parents, emergency personnel and provide appropriate care.

### **DAILY SCHEDULE**

Our schedules are created to meet the needs of each program and age group. Each cabin will spend their day with their cabin mates trying a variety of activities and will get a chance to give their input on what activities are on their schedule. Older campers within our Mountaineer (10-12) and Explorer (13-15) cabins are given a wider range of activity options and time to choose activities separate from their cabins mates. All campers will spend time each morning at our chapel helping them become their best selves as we focus on our character values of Honesty, Caring, Respect, Responsibility, and Faith. We also finish our days with age group specific Devotion/Taps Talks, which is a time for cabins to listen to stories, debrief the day, or engage in small activities that encourage our character values in a calm atmosphere to wrap up the day.

## SWIM ASSESSMENT

The first time a participant visits the pool they are asked to take a swim test. Participants may not re-test in the same week but may be able to retest for a higher band in later sessions of the summer.

The swim test consists of:

1. Jumping into the pool at the 6 foot end.
2. Swimming to the shallow end then back to the deep end. Preferably on their stomach with their head near the surface.
3. Pulling themselves out of the pool without the use of a ladder.
4. Jumping back into the deep end of the pool and treading water for 30 seconds with their head above water.

Participants are not forced to take the swim test. If a participant does not feel comfortable taking the swim test and opts not to, they will receive a red band unless the bottom of their chin is 4.5 feet tall, they automatically receive a yellow band indicating they can comfortably stand in the deepest part of the shallow section with their head out of the water

Once participants have finished their swim test, their swimming ability is identified by a colored swim-band. These swim-bands are to be worn every time a camper enters the pool and are to be returned at the end of each pool session.

1. A GREEN band is given to those who complete the entire swim test without assistance. They may use the entire area of the pool without a life jacket.
2. A YELLOW band is given to those who are able to complete the swimming portion of the test, but, are unable to pull themselves out of the pool without using the wall. If they cannot tread water for 30 seconds they receive a yellow band. If they choose to go into the deep end of the pool, marked by the lane lines, they must wear a life jacket.
3. A RED band is given to those who are unable to complete the swim test, complete it with assistance, or those the lifeguards on duty feel are not a strong enough swimmer. They may use the entire area of the pool only while wearing a life jacket.

All campers and staff, regardless of swimming level, must wear a life jacket when participating in lake activities, except for the water zip line due to using different equipment.

## MEALS

One of the most important parts of our day at camp is meal time. At Camp Hanes we eat "family-style" and provide a tray of food for each table. The food platters are refillable for seconds throughout the meal. In order to offer well rounded meals we have a variety of choices along with our hot meal. At breakfast we offer a fruit, cold cereal and yogurt bar and a bagel and toast station. At lunch and dinner we offer a full salad bar, sandwich station, and fruit. We are a peanut/tree nut free facility. We work to accommodate food allergies and needs. Please contact camp and speak with our Food Service Director to talk through your camper's needs.

## Packing List

Our packing list is available on our website and in this packet. When packing for your time at camp we recommend marking all of your camper's clothes. Please do not send new clothes to camp since we will be outside all day and items do get dirty. If when you get home you or your camper notices something you left behind, please call or email us with a description. We hold onto items for two weeks.

### WHAT TO BRING:

T-shirts  
Shorts  
Bathing Suits  
Sweatshirt  
Jeans  
Light Jacket  
Underwear  
Pairs of socks  
Tennis Shoes  
Pajamas  
Rain Gear  
Sandals  
Washcloths  
Towels for showers  
and water activities  
Toothbrush  
Toothpaste  
Laundry Bag  
Shampoo  
Soap  
Deodorant  
Water Bottle  
Bug Spray (stick recommend)  
Sunscreen  
Sleeping bag or blanket,  
sheets to fit a twin  
bed/mattress and pillow.

### PAINTBALL:

Old clothes that can get dirty  
Closed Toed Shoes  
Jeans/Long Pants  
Long Sleeve Shirt

### HORSEBACK RIDING:

Boots/Hard Sole Closed Toed Shoes  
Jeans/Long Pants

### OPTIONAL EQUIPMENT:

Cards, Crafts for Siesta Time  
Sports Equipment  
Musical Instruments  
Sunglasses  
Flashlight  
Bible/Books  
Camera  
Stamps/Pen/Pencil/Paper

### WHAT NOT TO BRING:

Knives  
Firearms  
Cell Phones  
Electronic Games  
Expensive Items  
Jewelry  
Cash  
Food  
Animals  
Alcohol/drugs