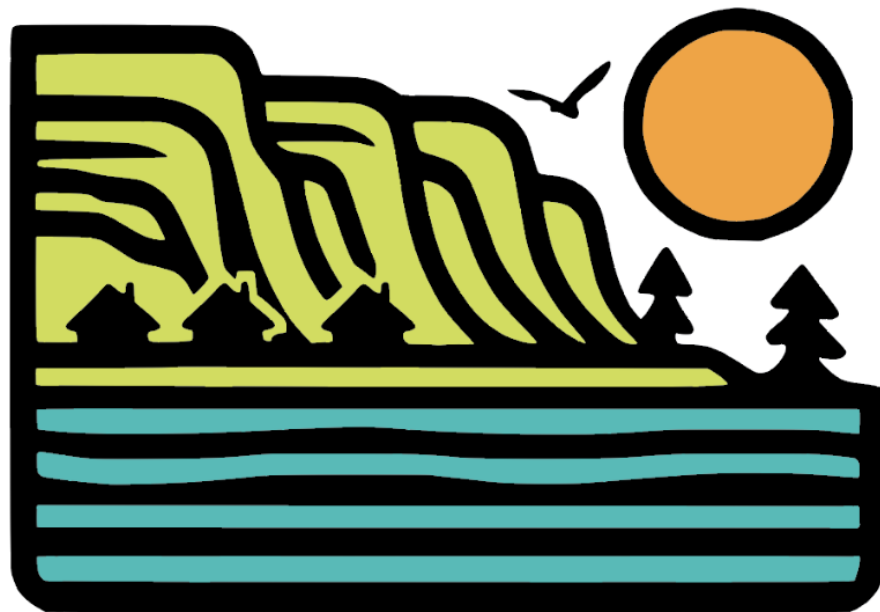


# **YMCA CAMP PEPIN: PARENT INFORMATION GUIDE**

## **SUMMER 2025**



### **YMCA CAMP PEPIN**

W10915 EAST LAKE DR

STOCKHOLM, WI 54769

(651)-800-9316

[CAMP@REDWINGYMCA.ORG](mailto:CAMP@REDWINGYMCA.ORG)

### **RED WING YMCA**

434 MAIN STREET

RED WING, MN 55066

(651)-388-4724

[REDWINGYMCA.ORG](http://REDWINGYMCA.ORG)

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# WELCOME TO THE YMCA CAMP PEPIN FAMILY!

As a part of the Red Wing Family YMCA, Camp Pepin is proud to have been serving youth and adults on the shores of Lake Pepin near Stockholm, Wisconsin, since 1935. For years, our staff have been committed to providing fun and safe experiences to campers of all ages in a beautiful outdoor setting.

Attending summer camp is a very exciting time for campers and parents, and it is natural for both to be a bit anxious about the camper leaving the comforts of home, adopting new routines, and meeting many new friends. To ease these feelings, we would like to familiarize you and your camper with our procedures to minimize that "first-day anxiety." This planning guide was designed for you and your camper to use as a reference tool. Please read through it to acquaint yourself with information that you will want to know about summer camp. If you have any further questions, please reach out to the Camp Director, Erik Burton, at [eburton@redwingymca.org](mailto:eburton@redwingymca.org) or call at 651-800-9316.

We feel honored that you have chosen YMCA Camp Pepin for your summer experience and look forward to sharing with you the values and traditions that have been, and continue to be, the foundation of our camp family.



## CAMP FORMS

All camp forms and documents can be accessed, completed, and submitted within your [CampInTouch Dashboard](#). Please have these forms completed at least two weeks before the beginning of your camper's session:

- **HEALTH FORM**
  - The Health Form must be completed by a parent or guardian.
- **AUTHORIZED ADULT PICK-UP FORM**
  - The Authorized Adult Pick-Up Form indicates which adults are authorized to pick up your camper(s) at the end of their session.
- **YMCA LIABILITY WAIVER FORM**
  - This is the Red Wing Family YMCA's standard liability form required to participate in any activity on property.
- **PHOTO RELEASE FORM**
  - This document gives us permission to use photos that may contain your camper for promotional purposes and to post photos in an online album for parents to securely access.
- **CAMPER EXPECTATIONS AGREEMENT**
  - This form is meant to be completed with both the parent and camper(s) present and covers the expectations that camp staff have of our campers.
- **CAMPER ACTIVITY PREFERENCES FORM**
  - This form asks each camper to provide us with their top 5 choices of potential skill classes they'd be interested in, ranked in order of preference.
  - This document will not be available until June, as we will finalize our activity/class list during staff training.

## ARRIVAL AND DEPARTURE TIMES

NO EARLY OR LATE	ARRIVAL	DEPARTURE	ARRIVALS
	<b>Sunday</b> 3:00-3:30 PM	<b>Friday</b> 4:30 PM - Closing Ceremony 5:00 PM - 5:30 PM - Camper Checkout	

### DEPARTURES

Please plan on arriving no earlier than 3:00 PM on Sunday, as our staff will not be available prior to this time. On Friday, campers should not be left past 5:30 PM.

### CLOSING CEREMONY

All adults picking up campers on their day of departure are invited and encouraged to attend our closing ceremony at 4:30 PM. Campers will be checked out and dismissed by their counselors following the ceremony, and the Camp Store will be open for any last purchases.



\*In case of an emergency at Camp Pepin due to weather conditions or other circumstances, parents and guardians will be notified by the Red Wing Family YMCA of alternate drop-off/pick-up times and/or location for their campers.

# PACKING LIST

The following items are suggested for a comfortable and safe experience at camp. Please pack items in durable suitcases, backpacks, or duffel bags. You may also want to include a laundry bag (or purchase one from the camp store) for dirty clothes. Remember to label all the camper's belongings!

## **GEAR:**

- Sleeping bag/bed sheet
- Sleeping pad for campout (camp has a limited amount available if needed)
- Pillow
- Flashlight/headlamp
- Hat
- Rain Jacket
- Water bottle
- Bug spray/sunscreen
- Towel
- Water shoes (to protect against sharp Zebra Mussels)
- Close-toed tennis shoes
- Sandals
- A silly item to wear for Zany Campfire (optional)

## **TOILETRIES:**

- Bag/basket/container for carrying toiletries
- Shampoo/conditioner/body wash
- Toothbrush/Toothpaste
- Deodorant
- Anti-itch ointment
- Any prescriptions needed for the week (packed separately, in ORIGINAL packaging, and prepared to turn over to the nurse upon arrival)

## **CLOTHING:**

- Socks and underwear (6-7 pairs)
- Swimsuit (1-2)
- Sweatshirt/light jacket (1)
- Shorts (3-4)
- Pants (2)
- Shirts - short and long sleeve (6-7)
- Sleepwear (1-2 sets)
- Dirty laundry bag
- 1-2 items for tie-dyeing (optional – tie-dye specific items are also sold in the camp store)

## **SPECIALTY CAMP ITEMS:**

### **Prevailing Winds:**

- Water shoes that can be tightly secured
- An additional swimsuit
- 1-2 water shirts (optional)

### **New Heights:**

- Secure tennis shoes for climbing – (boots can often too clunky and heavy)
- 1-2 light, long sleeve shirts for sun protection

### **Survive and Thrive:**

- An extra pair of long pants and long sleeve shirt for added protection from brush and bugs

## **WHAT NOT TO BRING:**

Summer camp is best enjoyed safe and technology-free. The items below are not allowed during Camp Pepin's summer programs:

- Cell phones
- Video games or devices
- Food, candy, and soda
- Cash
- Matches or lighters
- Knives or firearms
- Fireworks
- Tobacco products, alcohol, or drugs
- Pets



## ARRIVAL DAY

### WELCOME

Upon arrival, your family will be greeted and escorted to your camper's cabin by counselors and staff who are skilled in making campers feel welcome and at home.

### CABIN ASSIGNMENTS

Your child may request one person to be with them in their cabin. When requests involve campers of different ages, our policy is to have the older camper move down to the younger group (within reason, though we strongly encourage siblings to consider bunking with their appropriate age groups). We will make every effort to accommodate requests, but requests are not guaranteed. Individual beds cannot be reserved and are assigned on a first-come basis on check-in day.

### MEDICATIONS

All medications that your child will need while at camp, including over the counter (vitamins, creams, lotions, etc.) must be handed in to the Camp Nurse upon arrival. The medication's container should be clearly marked with the name of the child, the name of the medication, the dosage, and frequency needed. **We cannot dispense any medication that is not in its original container**, and we can only give the dosage in the manner prescribed. If medications are to be dispensed at times or in dosages other than by what is prescribed on the bottle, you must bring a letter signed by your doctor stating the new dosage and/or times to be given.

### SWIM CHALLENGE

All campers have the option of taking a swimming challenge on check-in day to demonstrate their level of swimming ability. This helps to establish the safest areas in which the camper may swim.



# LIFE AT CAMP

## RESIDENT CAMP SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 AM		Early Birds Wake Up Call	Early Birds Wake Up Call	Early Birds Wake Up Call	Early Birds Wake Up Call	Early Birds Wake Up Call
7:15 AM		Early Birds Report	Early Birds Report	Early Birds Report	Early Birds Report	Early Birds Report
7:30 AM		Camper Wake Up	Camper Wake Up	Camper Wake Up	Camper Wake Up	Camper Wake Up
7:45 AM						
8:00 AM		Flagpole	Flagpole	Flagpole	Flagpole	Flagpole
8:15 AM						
8:30 AM		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:45 AM						
9:00 AM		Cabin Clean-Up	Cabin Clean-Up	Cabin Clean-Up	Cabin Clean-Up	Cabin Clean-Up
9:15 AM						
9:30 AM		Skill Class #1	Skill Class #1	Skill Class #1	Skill Class #1	Skill Class #1
9:45 AM		(Dismiss at 10:10)	(Dismiss at 10:10)	(Dismiss at 10:10)	(Dismiss at 10:10)	(Dismiss at 10:10)
10:00 AM						
10:15 AM		Skill Class #2	Skill Class #2	Skill Class #2	Skill Class #2	Skill Class #2
10:30 AM		(Dismiss at 11:10)	(Dismiss at 11:10)	(Dismiss at 11:10)	(Dismiss at 11:10)	(Dismiss at 11:10)
10:45 AM						
11:00 AM		Skill Class #3	Skill Class #3	Skill Class #3	Skill Class #3	Skill Class #3
11:15 AM		(Dismiss at 12:10)	(Dismiss at 12:10)	(Dismiss at 12:10)	(Dismiss at 12:10)	(Dismiss at 12:10)
11:30 AM						
11:45 AM		Peace Pole	Peace Pole	Peace Pole	Peace Pole	Peace Pole
12:00 PM						
12:15 PM		Lunch/Songs	Lunch/Songs	Lunch/Songs	Lunch/Songs	Lunch/Songs
12:30 PM						
12:45 PM						
1:00 PM						
1:15 PM		Siesta	Siesta	Siesta	Siesta	EXPLORE Time
1:30 PM						(Dismiss at 2:20 PM)
1:45 PM						
2:00 PM						
2:15 PM						
2:30 PM		EXPLORE Time	EXPLORE Time	EXPLORE Time	EXPLORE Time	
2:45 PM		(Dismiss at 3:20)	(Dismiss at 3:20)	(Dismiss at 3:20)	(Dismiss at 3:20)	
3:00 PM						
3:15 PM	Check In & Icebreakers					Pack and Clean Cabin
3:30 PM						
3:45 PM		Cabin Activity #1	Cabin Activity #1	Cabin Activity #1	Cabin Activity #1	
4:00 PM						All Camp Meeting
4:15 PM	Swim tests					
4:30 PM		Cabin Activity #2	Cabin Activity #2	Cabin Activity #2	Cabin Activity #2	Closing Ceremony
4:45 PM						
5:00 PM						Check Out
5:15 PM	Prep for dinner/flagpole					
5:30 PM	Flag Pole	Flag Pole	Flag Pole	Flag Pole	Flag Pole	Staff Meeting
5:45 PM	Rules	Dinner/Songs	Dinner/Songs	Dinner/Songs	Dinner/Songs	
6:00 PM						
6:15 PM						
6:30 PM	Dinner	Cabin Activity #3	Cabin Activity #3	Cabin Activity #3	Cabin Activity #3	
6:45 PM						
7:00 PM						
7:15 PM						
7:30 PM	All Camp Activity #1	All Camp Activity #1	All Camp Activity #1	All Camp Activity #1	All Camp Activity #1	
7:45 PM						
8:00 PM						
8:15 PM						
8:30 PM	All Camp Activity #2	All Camp Activity #2	All Camp Activity #2	All Camp Activity #2	All Camp Activity #2	
8:45 PM						
9:00 PM						
9:15 PM						
9:30 PM	Prepare for Bed	Prepare for Bed	Prepare for Bed	Prepare for Bed	Prepare for Bed	
9:45 PM						
10:00 PM	Taps/Lights Out	Taps/Lights Out	Taps/Lights Out	Taps/Lights Out	Taps/Lights Out	



## SKILL CLASSES AND CABIN ACTIVITIES

One of the incredible things about Camp Pepin is the wide variety of activities and skill classes campers can participate in; between the skills and interests from our staff, the waterfront, and our backwoods area, everyone can find something that appeals to them!

### How are Skill Classes assigned?

Prior to their arrival at camp, campers will complete the Activity Preference Form. The form asks each camper to provide us with their top 5 choices of potential skill classes they'd be interested in, ranked in order of preference. By having campers complete these selections at home, we can be more organized and prepared for the week. Please help your camper with reading the options, but please don't guide or influence their selections. We encourage campers to try new things, even if they may seem difficult or outside their comfort zone.

When creating each week's Skill Class schedule, we do everything we can to make sure every camper is placed into their first choice of class. After that, we use their next four choices to fill their remaining two classes. It's important to understand that it's impossible to guarantee that all classes will be available. If a camper does not get a class they are interested in, there may be opportunities to still try out the activity during their Cabin Activities or during their Explore time (free time).

### Age Requirements

For safety reasons, certain activities have an age cut-off of 6<sup>th</sup> grade and up. This includes our Ropes Course and Zip Line course, which requires a certain height for safe use. The Boating skill class is another activity that has an age cut-off (however, boats can be used during Explore time and during cabin activities by campers of all ages, as the more difficult skills are not taught at that time).

### How are Cabin Activities assigned?

On the first day of camp, each cabin submits a ranked list of 15 potential cabin activities for the week. This is done through voting, and counselors are intentional about including activities that meet the interests of everyone. The cabin is then assigned 10 of their requested cabin activities.

### What if my camper didn't get their top pick of activities?

We believe in giving campers a significant voice in the structure and scheduling of their activities here at Camp Pepin. We want the classes to be something they are interested in and passionate about. However, in reality it is incredibly difficult to get every camper into every activity they want to do during their time at camp. Please help your camper to understand this sentiment if they express disappointment at the end of their time at camp. Instead, focus on all the things they *did* get to do, and help them look forward to all the things to do during their next time at camp.

## MEALS

We design our menu options to be both delicious and healthy. In addition to each meal, a salad bar is provided at lunch and dinner, and a cereal, bread/bagel, and fruit bar are provided at breakfast. Our kitchen staff can accommodate most food allergies and restrictions. Please make sure to list any dietary needs on your camper's health form and application.

Below is an example of a menu from last year:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast -</b> A bread/bagel bar, oatmeal, yogurt, and fruit are provided each day.		<b>Breakfast Burritos</b> Mixed peppers and onions, sausage, eggs, cheese Breakfast Potatoes	<b>Pancakes &amp; Sausage</b> Buttermilk pancakes Sausage links Breakfast Potatoes	<b>Biscuits/Gravy</b> Buttermilk biscuit Homestyle gravy w/ sausage Scrambled eggs	<b>French Toast</b> French toast Bacon Scrambled eggs	<b>Cinnamon Rolls</b> Cinnamon roll Scrambled Eggs Sausage Links
<b>Lunch -</b> Every lunch has an extensive salad bar available.		<b>Sub Sandwiches</b> Sliced turkey or ham, cheese, lettuce, tomato Potato Salad Carrots/dip	<b>Sloppy Joes</b> Sloppy Joe Sandwich Sweet Potato Tots Roasted Zucchini	<b>Chicken Sandwiches</b> Breaded Chicken Sandwich Roasted Carrots Kettle Chips	<b>Tacos</b> Beef or chicken tacos with assorted toppings Tortilla chips, salsa, cheese	<b>Grill Out</b> Grilled hamburgers, brats, or chicken breasts Corn on the Cob Baked Beans
<b>Dinner -</b> Every dinner has an extensive salad bar available.	<b>Pizza</b> Pepperoni, Sausage, and veggie pizza Broccoli Cookie	<b>Lasagna</b> Sausage or Veggie Lasagna Garlic Breadsticks Roasted Zucchini Brownie	<b>Fajitas</b> Peppers, onions, grilled chicken Cilantro Lime Rice and Beans Churros	<b>Mac &amp; Cheese</b> Macaroni & Cheese Garlic Bread Broccoli Ice Cream	<b>Orange Chicken</b> Orange Chicken Stir Fry Veggies Rice Fortune Cookie	



## CAMP STORE

Camp store money may be deposited in your child's account through your [CampInTouch dashboard](#). The Camp Store is open once a day at Explore time, and it will be open on Friday at Pick-Up.

While we don't have the exact prices for items for the 2025 season, here are the prices of some items from the camp store in 2024:

- Snacks: \$.75
- Gatorade: \$1
- T Shirts: \$15
- Sweatshirts: \$34
- Accessories: \$3 - \$15
- We also sell a variety of items for tie-dye at different price points, from \$5 - \$14



Parents can track camper purchases throughout the week, as well as add more funds if needed. All remaining camp store balances will be donated to the Camp Pepin Scholarship Fund.

## CAMPOUTS

On one of their five nights spent at camp, each cabin group will head out into the backwoods to spend a night at one of our designated campsites. Campers will be actively involved in pitching tents and arranging their sleeping areas. This hands-on approach fosters teamwork and responsibility, as campers learn the essentials of outdoor living. Each cabin will also prepare either dinner or breakfast at their site, and staff will instruct campers on proper food storage to ensure a secure environment.

### Additional Campout Info

- For any needs during the night, campers can use designated natural areas for minor needs or wake a counselor for assistance to the main facilities.
- Although there are no dangerous animals in our camp area, we educate all campers on how to maintain a safe and clean campsite.
- Campers may bring a sleeping pad or mat if possible; the camp also has a limited number available for those who need them.

We invite our campers to embrace this adventure, understanding that while it's a departure from the comfort of their cabins, it's a night that could be the most memorable of their summer. Camp Pepin is committed to making this experience safe, educational, and, most importantly, fun!

## **CAMPER EXPECTATIONS**

### **TRYING NEW THINGS**

One of the biggest goals of YMCA Camp Pepin is encouraging campers to step outside their comfort zones and try new things. We ask that all campers approach new experiences with an open mind and a willingness to give them a try. We hope you'll encourage your camper to embrace the spirit of trying new things while they're here. We're excited to see all the amazing things they'll accomplish!

### **SHARED RESPONSIBILITIES**

At Camp Pepin, we believe that every camper has a role to play in making our community a better place. We encourage all our campers to take shared responsibility for the well-being of themselves, their fellow campers, and the environment around us.

### **BEHAVIOR ISSUES**

In the rare event that a camper exhibits problematic behavior, our staff will document it and address it appropriately. We take any behavioral issues seriously, and if they persist or are serious enough, we will communicate with the camper's parents or guardians. In extreme cases, we may need to ask parents to pick up their camper prematurely. We also want to emphasize that any physical damage to camp property due to inappropriate camper behavior will be the financial responsibility of the camper's family.

### **HOMESICKNESS**

Temporary homesickness is a normal reaction, particularly among new campers, and we train our staff to handle homesickness in constructive and caring ways. In letters/emails, we suggest upbeat wording and letting them know you are proud of them for going to camp.

## **HEALTH AND SAFETY WHILE AT CAMP**

### **SPECIAL EMOTIONAL/PHYSICAL NEEDS**

Campers with special emotional or physical needs should be called to the attention of the Camp Director, Erik Burton. We will make every attempt to serve campers who have physical or special emotional needs. We have a policy not to enroll campers beyond our training or capabilities.

### **BED WETTING**

Please notify your camper's counselor at check-in if your camper may wet the bed. Our staff is trained to deal with bedwetting discreetly, and campers should be instructed to ask their counselors for help. Please send a plastic sheet and extra bedding if you think they will be needed.

### **COMMUNICABLE DISEASES AND HEAD LICE\***

We ask that parents check in with their campers before camp and refrain from sending them if they are feeling unwell. To prevent an epidemic, a camper that has a communicable disease or head lice may not attend camp until the condition has been fully treated (verified by a physician) and can no longer be transmitted to others. If a camper is diagnosed as having a communicable disease or head lice while at camp, the camper will be discreetly removed from camp activities and parents will be asked to pick up their camper as soon as possible. Any camper that leaves camp for such reasons may only return by undergoing a readmission check by our medical staff.

### **ILLNESS\***

If a camper begins to feel unwell while at camp, we will care for them in the Health Office; however, it is the policy of Camp Pepin not to keep sick campers for more than 12 hours. Therefore, we ask that parents pick up their child and care for them at home.

### **EMERGENCIES\***

Routine scrapes, cuts, and minor illnesses will be treated by our medical staff. In the case of serious illness or accident involving your child, the medical staff will contact you directly. In the event you cannot be reached, your authorization signed on your Health Form allows us to secure prompt treatment.

Emergency calls to campers should be made through the Camp Pepin office at (651) 800-9316.

### **INSURANCE**

Camp Pepin does not carry accident or sickness insurance on summer youth campers. In the event of serious illness or accident, the parents/guardians will be notified at once. Parents/guardians are responsible for prescriptions and charges incurred for outside medical treatment of their child, should services be required while in attendance at camp. Services rendered by the camp medical staff are at no additional charge.

*\*It is our policy to refund pro-rated fees to any child who becomes sick and returns home for care (see "Refunds").*



## **COMMUNICATION**

### **LETTERS**

If you would like to send a letter to your camper during the week, the address at camp is:

Your Child's Name  
Session Attending  
YMCA Camp Pepin  
W10915 East Lake Dr.  
Stockholm, WI 54769

Mail your letters early, even before your camper is at camp! If you mail your camper's letter after the Tuesday of the week they are there, it is possible they will not receive it in time. Please do not send packages of food or candy - it will not be delivered to the camper until checkout day.

### **EMAILS**

Electronic messages can be sent to your camper [through this link](#). We print messages out once a day and deliver them to campers with the daily mail.

Link URL: <https://forms.office.com/r/Ly1rJc74QM>

### **PHONE CALLS**

We do not recommend phone calls to campers unless there is a family emergency. If you have an emergency, please call camp at (651) 800-9316, and ask to speak to the Camp Director.

Also, please do not ask your child to call home. There are no public phones available for campers to use. Parents will be contacted in case of an emergency or illness.

## **AFTER YOUR CAMPER LEAVES**

### **LOST AND FOUND**

Items that are lost during each camp session and not clearly labeled with a camper's name are set on a table outside the Lower Dining Hall during check-out. Please check the table before leaving camp. Items remaining at camp after your camper's session will be kept for two weeks after the last day of summer camp; all unclaimed items will be donated to a welfare agency. It is the owner's responsibility to pay for shipping or to make pick-up arrangements for reclaiming lost items. Camp Pepin is not responsible for lost, stolen, or damaged personal items, clothing, or equipment.

### **PARENT AND CAMPER EVALUATION**

In order to best serve our camp families, as well as continue to grow as a camp, your feedback is incredibly valuable. At the end of each session, we will send out a parent evaluation via email. We would sincerely appreciate it if you took the time to complete the survey – to show that appreciation, we use your survey response as an entry into a random drawing for a free week of camp for the following summer!

Additionally, we appreciate your immediate comments and feedback about our staff and program. If you see or hear of a problem with any part of our program or staff, please contact the Camp Pepin office so immediate corrections can be made. Erik Burton, our Camp Director, will be available to answer your questions or concerns. Please do not hesitate to call or email.

## **ADDITIONAL POLICIES**

### **REFUNDS AND CANCELLATIONS**

The registration deposit fee is not refundable under any circumstances. Cancellations after June 1<sup>st</sup> cannot be refunded, due to fixed expenditures which will have already been paid for by the camp. Fees for programs will be refunded only when campers are unable to complete that program due to an illness or medical issue requiring the documented attention of a physician. Homesickness and disruptive behavior are not conditions for refunding. Refunds after a camper has arrived will be made prorated for the unexpired portion of the session, or campers will be offered the chance to return to another camp session for the days they missed. Parts of a camp session supported by a grant/scholarship or discounted are ineligible for refunding.

**We hope that the information in this handbook is helpful to you,  
and we can't wait to see you for a fantastic summer at YMCA Camp Pepin!**