



# CAMP GUIDELINES & PACKING LIST

*The Youth Service International Leadership Camp is aimed to teach young men to serve others. We provide challenging activities, stimulating classes, and an atmosphere of charity so that all young men are encouraged to practice the human and Christian virtues.*

## **Demeanor**

### **Dress Code**

As a camper, you should dress well for Holy Mass and the morning classes. Please bring enough shirts with collars and pairs of long pants (khakis) so that your attire each day during Mass (optional) and classes is presentable. There will be an opportunity after the midday meal to change into sports clothes for the afternoon.

### **Care of Cabins and Cabin Inspections**

It is the responsibility of each camper and each team to make sure that the cabins are kept neat. Beds should be made and clothing properly stored. (It is enough to leave your sleeping bag neatly unrolled on top of your bed.) There should be no litter or loose items lying around. Everyone should contribute to the general order of the entire cabin.

### **Punctuality**

Be aware of the daily schedule. Get in the habit, right from the start, of being punctual.

### **Snacks**

All food and snacks will be provided by the kitchen staff and for this reason you do not need to bring food to camp.

### **Attitude**

Be ready to meet the different challenges in basic skills that each activity presents. Pay attention. A week of instruction will not

produce immediate results but the effort you put into the classes will be to your benefit.

### **Counseling**

Each day you will receive a talk by one of the counselors on personal improvement. Listen to the suggestions offered and consider how you can put them into practice. Meet with your counselor to discuss ways for you to improve. Ask yourself "How can I do my best in school, at home, and with my friends?" Try to leave camp with resolutions to do better.

### **Structures & Campgrounds**

We are guests at the campgrounds and we should take care of the property (including cabins, buildings, and all other material items) as if they were our own.

## **Sports**

### **Attitude**

We are here to learn good sportsmanship, not just to win. Your team will depend on your interested involvement. Bad-mouthing is destructive and, therefore, will not be allowed. Always encourage your teammates to do their best.

### **Water Safety**

Campers may be in the lake (swimming and canoeing) only during the established times and only when counselors and campground staff are present.

## **In General**

Follow your team counselors at all times. They are aware of the schedule and where events will be held. They must know where you are at all times. Do not walk away or go



## CAMP GUIDELINES & PACKING LIST

to another area of the camp without asking a counselor's permission first and letting him know exactly where you will be.

If you find yourself not feeling well or need any medical attention, tell one of the counselors and they will help you out right away.

In case of emergency, the phone number at the camp is 315-333-CAMP (315-333-2267). During the camp, mail items to: YMCA Camp Linwood MacDonald, Attn: Leadership Camp, 1 Flatbrook Road, Sandyston, NJ 07826.

The Directors of the Leadership Camp reserve the right to send any camper home who is uncooperative and disruptive to the camp's overall program.

### Packing List for Counselors

#### Items To Bring

- 1 laundry bag
- **Water bottle** (important)
- 1 rain poncho
- 11 pairs of socks
- 11 pairs of briefs
- 11 T-shirts
- 2 pairs of gym shoes (cleats are optional, but no metal cleats)
- 4 gym shorts
- 2 pair of pajamas
- 3 button down collared shirts (for Mass)
- 1 pair of swimming trunks
- 1 large towel
- 2 sweatshirts and/or light jackets
- 3 pairs of long pants
- toothpaste, toothbrush, soap, shampoo, comb, suntan lotion, insect repellent
- notebook, pen, pencil
- sleeping bag and small pillow

- flashlight (with new batteries)
- book(s) for reading
- musical instrument (optional)
- suggested pocket money: \$40.00

#### Items Not To Bring

- tank tops
- junk food / candy / snacks
- playing cards
- firecrackers
- lighters
- weapons
- alcohol

*Packing list for campers can be found on the next page.*



# CAMP GUIDELINES & PACKING LIST

## Packing List for Campers

### Items To Bring

- 1 laundry bag
- **Water bottle** (important)
- 1 rain poncho
- 7 pairs of socks
- 7 pairs of briefs
- 7 T-shirts
- 2 pairs of gym shoes (cleats are optional, but no metal cleats)
- 3 gym shorts
- 1 pair of pajamas
- 2 button down collared shirts (for Mass)
- 1 pair of swimming trunks
- 1 large towel
- 2 sweatshirts and/or light jackets
- 1 pair of long pants
- toothpaste, toothbrush, soap, shampoo, comb, suntan lotion, insect repellent
- notebook, pen, pencil
- sleeping bag and small pillow
- flashlight (with new batteries)
- book(s) for reading
- musical instrument (optional)
- suggested pocket money: \$15.00

### Items Not To Bring

- tank tops
- cell phones / tablets / video game devices / music players / etc
- junk food / candy / snacks
- playing cards
- firecrackers
- lighters
- weapons
- alcohol