

Junior Ranger

DEAR PARENTS:

Thank you for selecting Camp Lakewood's Junior Ranger program for your camper. The Junior Ranger program is an outdoor adventure camping program for campers' ages 10 - 12 years old, which are ready for a taste of wilderness living and ready to savor the rewards of that experience. They will learn basic wilderness survival skills at Camp Lakewood before they venture out into the woods of the YMCA of the Ozarks property, or other State Parks in the surrounding area.

The Junior Ranger program allows the campers to experience a real outdoor educational adventure. They learn "leave no trace" principles, cook on open fires and camp stoves, map reading, teambuilding activities, and other wilderness skills. They also have the opportunity to canoe Sunnen Lake.

Our trained, avid, and compassionate Junior Ranger staff, and at times, members of the YMCA of the Ozarks Leadership and Outdoor Education departments will accompany the campers.

PROGRAM ACTIVITIES

The Junior Ranger counselors scout out trails and campsites before the campers even arrive at camp, so they can secure overnight sites, water holes, and safe passages. They plan out what trails and State Parks your campers will travel on site.

Other special activities may include planning and building new campsites, learning wilderness awareness skills, outdoor skills challenges, goal setting, and climbing activities. Also included in the daily schedule are meals, almost all of which are cooked by the campers, along with the cleaning and packing-up of the site.

It is not a requirement that Junior Ranger campers have previous outdoor camping experience. They will need to understand the concept of the program and the difference between traditional summer camp and the chance to experience outdoor camping activities. Junior Ranger campers get to sleep in tents, cook their own meals, and live in the woods as their home for a week.

There are occasions during the session when the Junior Rangers interact with other campers: during opening and closing campfires and all-camp activities. There are also some meals that Junior Rangers enjoy in the dining hall.

When the Junior Rangers complete their session, they will leave camp with a new appreciation for the wilderness, a better understanding of themselves, the ability to work as a team, and an ability to overcome obstacles.

PARENT PACKET

The Parent Packet is provided on our website. Please read all the information carefully. Please make sure all forms are returned at least three weeks before the camper arrives at camp. If you have any questions, please contact our office. We will be happy to assist you.

Clothing List for Junior Rangers

Please send appropriate clothing with your camper, taking into consideration the weather and camp activities. We encourage you to send old clothing, as your camper will be camping out, sleeping on the ground, doing rugged sports, climbing, and hiking through the woods.

We have provided an online link from our website to order forms for laundry labels and encourage their use. Please mark all items with a laundry label or permanent marker.

Luggage should be compact and easy to carry, and a sturdy backpack is required. The backpack should be at least 2500-3000 cubic inches in size. Some backpacks can be provided if needed. Please call us in advance. Swimwear and towel should be packed at the top of the camper's suitcase. **DO NOT PACK MEDICATIONS.** All medications will be given to the nurse upon arrival.

One set of clothes (sneakers, long pants, t-shirt) should be included for caving. Clothes worn in cave will not come clean!

Camp is an opportunity for children to develop their sense of self-care and personal responsibility. Please review the list of things you are sending with your camper so they know what clothing and personal items should return home. Due to the ruggedness of this program, **Do Not** send anything of great value or sentimental significance.

Suggested	#Sent	CLOTHING LIST	# Returned
5	_____	T-shirts and Shirts	_____
3	_____	Shorts	_____
1	_____	Old T-Shirt and Shorts	_____
7	_____	Underclothes	_____
7	_____	Pairs of Socks (heavy cotton, wool or synthetic)	_____
1	_____	Sneakers	_____
1	_____	Hiking boots already broken in	_____
1	_____	Texas/Sport Sandals	_____
1	_____	Sweatshirt/Light Jacket	_____
2	_____	Swimsuits	_____
2	_____	Bath Towel & Wash Cloth	_____
1	_____	Poncho/Raincoat - <i>Required</i>	_____
1	_____	Hat - <i>Protection from sun/rain</i>	_____

Optional
 Sunglasses
 Camera/Film
 Bandana
 Books
 Pens and paper
 Night Clothes
 Knife **No more than 3 1/2 in.**
 Multi tool

Suggested	#Sent	BEDDING	# Returned
1	_____	Sleeping bag - for overnights	_____

Suggested	#Sent	OTHER ITEMS	# Returned
1	_____	Toiletries/Shower Bag/Shampoo	_____
1	_____	Soap & Soap Dish	_____
1	_____	Toothbrush & Toothpaste	_____
1	_____	Comb/Brush	_____
2	_____	Water Bottle (Durable Nalgene Type)	_____
1	_____	Laundry Bag - required	_____
1	_____	Flashlight/Batteries	_____
1	_____	Large Back Pack	_____
1	_____	Journal for Writing	_____
1	_____	Bug Repellent with Low DEET	_____
1	_____	Suntan Lotion/Sun block	_____
		Writing Materials and Stamps	
		Tampons/Kotex	

Don't Bring
 Cell Phones
 Aerosol Cans
 Fireworks
 Guns
 Radios/Walkman
 Video Games
 Candy or Gum
 Tobacco Products
 Lighters/Matches
 Jewelry
 Skateboards
 Rollerblades
 Illegal drugs
 Money
 Gang Apparel
 Bad Attitude
 Perfume/Cologne
 Mirrors/Glass