

# Ranger 1

DEAR PARENTS:

Thank you for selecting Camp Lakewood's Ranger program! Ranger 1 is a one-week wilderness leadership experience for campers aged 13 - 16 years old, who enjoy rugged outdoor living. This is an outdoor camping program for adventurous campers ready for wilderness living. They will learn basic wilderness survival skills at Camp Lakewood before they venture out into the woods of the YMCA of the Ozarks.

The Ranger program allows the campers to experience a real outdoor educational adventure. They learn "leave no trace" principles, hike local trails, cook on open fires and camp stoves, learn to read maps, teambuilding activities, and other natural education.

Our trained, avid, and compassionate Ranger staff, and at times, the YMCA of the Ozarks Leadership Director will accompany the campers.

## PROGRAM ACTIVITIES

The Ranger counselors scout out trails and campsites before the campers even arrive at camp so that they can secure overnight sites, water holes and safe passages.

Other special activities may include planning and building new campsites, 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 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. Ranger campers get to sleep in tents, cook their own meals, and treat the woods as their home for a week. **Ranger's do NOT take part in the clinics and most other activities at the main camp.**

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

When the 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 Ranger 1 Camp

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 3000-4500 cubic inches in size. Some backpacks can be provided by Camp Lakewood. Please call us prior to arrival. 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, valuables and items of sentimental significance should not be brought.

1 Weeks	#Sent	CLOTHING LIST	#Returned
6	_____	T-shirts and Shirts	_____
4	_____	Shorts	_____
1	_____	Old T-Shirt and Shorts	_____
7	_____	Underclothes	_____
7	_____	Pairs of Socks	_____
1	_____	Sneakers	_____
1	_____	Hiking boots-already broken in	_____
1	_____	Texas/Sport Sandals	_____
1	_____	Sweatshirt/Light Jacket	_____
2	_____	Swimsuits	_____
4	_____	Bath Towel & Wash Cloth	_____
2	_____	Night Clothes	_____
1	_____	Poncho/Raincoat - <i>Required</i>	_____
1	_____	Hat - <i>Protection from sun/rain</i>	_____

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

2 Weeks	# Sent	BEDDING	# Returned
1	_____	Sleeping bag - for overnights	_____
1	_____	Sleeping pad (No more than 1" thick)	_____

2 Weeks	# Sent	OTHER ITEMS	# Returned
1	_____	Toiletries/Shower Bag/Shampoo	_____
1	_____	Soap & Soap Dish	_____
1	_____	Toothbrush & Toothpaste	_____
1	_____	Comb/Brush	_____
2	_____	Water Bottle ( <i>durable Nalgene type</i> )	_____
1	_____	Laundry Bag - <i>required</i>	_____
1	_____	Flashlight/Batteries	_____
1	_____	Large Back Pack	_____
1	_____	Journal for Writing	_____
1	_____	Bug Repellent with Low DEET	_____
1	_____	Suntan Lotion/Sun Block	_____
		Tampons/Kotex	

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

