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CAMP ECHO FAMILY CAMP INFORMATION

Greetings from the McGaw Y! As the summer approaches, I am sure that you are both excited and filled with questions about your upcoming camp experience. At Camp Echo, we strive to make the Family Camp experience the best for each family that comes through our gate.

If you have any questions along the way, feel free to reach out in whatever way is easiest!

Anna Vogel, On-Site Program Coordinator
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Fremont Office: 231-924-7076 (after May 16)
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GETTING TO ECHO

It takes approximately 4.5 hours to get to Camp Echo from Evanston, depending on traffic. We recommend taking the Edens/94 to the Skyway. If they are jammed, take Lake Shore Drive/Skyway (or whichever way the GPS says is shortest!). When you arrive at Echo, look for a large wooden sign. Our staff will greet you at the gate and give you directions about where to park and how to unload. If you have specific questions about getting to camp, please let us know.

HOUSING

Camp Echo houses all of our family campers in cabins, and all of these buildings have electricity. There are camper cabins, which have 12 beds. Each bed has two shelves and a hanging rod. Additionally, there is a back porch, front deck and fireplace in each cabin.

We also have 4 person cabins which we call "peaks." Each peak has two sets of bunk beds, and storage space for each person. Each peak also has a small front porch and deck.

WHAT TO BRING

There is a packing list at the end of this document, but bring whatever will make your family comfortable. We recommend that you do not bring anything valuable or clothes that you wouldn't mind getting a little dirty. Lots of families like to bring string lights or lawn chairs for their cabins.

SLEEPING BAGS & BEDDING

Each bed at Echo has a mattress. Some families choose to bring sleeping bags while others choose to bring a sheet and blanket. Most like to have a fitted sheet even if they do prefer a sleeping bag.

FOOTWEAR

Good footwear is important at camp as we are up and on our feet all day long! Most people like one pair of good closed-toed shoes, like gym/ running/ tennis shoes. There are several activities at camp that require these shoes (like horseback riding and high ropes). In addition, most campers like to have a pair of water shoes such as Chacos, Keens, Crocs or other sandals. Many also like to have flip-flops for showering. There are many other activities at camp that don't require special footwear, but you want to make sure that you will be comfortable and supported in whatever you are doing. Campers are expected to wear shoes at all times except in the aquatic areas.

LAUNDRY

Laundry service is not available at camp. There are a number of Laundromats in Fremont, with coin operated machines as well as drop-off wash & fold service.

MEALS

Our cooks and kitchen staff prepare delicious meals and lay out snacks and beverages throughout the day. All meals are served family style. A salad bar with fresh vegetables, fruit and other options is available at every meal. Options for vegetarians and other dietary restrictions are also always available. After every meal, a staff member will make announcements. Important information is delivered at this time. Please have at least one family member stay until the end of announcements.

Families can bring additional food or snacks to keep in their cabin, but be mindful of the little critters.

If you have specific questions about the food at camp, please contact Adam (adamp@mcgawymca.org)

WHAT'S IN TOWN?

Camp Echo is closest to the town of Fremont, Michigan. Fremont is a small town, but there are some restaurants, a WalMart and other fun places to get ice cream or coffee. There is also a hospital and urgent care facility. Camp Echo is also about 45 minutes away from Muskegon and about an hour from Grand Rapids. If you want recommendations of where to go in town, feel free to ask a Camp Echo staff!

MEDICATIONS & HEALTH CARE

There is no designated health care provider during Family Camp. Parents are responsible for their family members' health and should bring over the counter medications and first aid supplies. If a camper has a serious injury or illness, we have relationships with doctors and dentists in town.

ELECTRONICS (COMPUTERS, CELL PHONES, ETC) & WIFI

Camp Echo WiFi is available in the PO, Social Lodge & Trip Center, however the signal is not always reliable. If you have a specific internet need, please let us know and we will do our best to accommodate. Cellular service on camp is also spotty. The best place to get strong signal is typically on the peninsula.

TRADING POST & MONEY

The camp store, known as the Trading Post or TP will be open after dinner each day for clothing, treats and/or various supplies. Payments do not need to be made at the time of purchase; a tab is kept and at the end of Family Camp we will charge your credit card on file through CampInTouch. If you'd like to pay by cash, check or another credit card, contact Sid, the TP manager.

All programs are included in the Family Camp fees except trail rides, some arts and crafts materials and occasional off camp excursions like paintball. These fees will also be charged to your TP account.

ALCOHOL & SMOKING

Family Camp campers of legal drinking age may consume alcohol in their cabins with discretion, not disturbing any of their neighboring cabins. Alcohol is not permitted anywhere else on the camp property. We remind all campers who choose to bring alcohol to camp that they are responsible for the legal and safe consumption of anything they bring on camp property, being mindful of Camp Echo's core values of caring, honesty, respect and responsibility. Camp Echo is a smoke-free facility and campers must leave camp property if they need to smoke while at camp.

ACTIVITES & AGE GUIDELINES

Camp Echo offers many activities including (but not limited to) water skiing, tubing, swimming, fishing, sailing, boating and canoeing, paddleboarding, arts and crafts, various sports, horseback riding, archery, nature, biking, and climbing.

There are some age guidelines for certain activities:

You must be at least 8 years old to go on a trail ride, go on a bike ride (also size permitting), participate in archery or use the hot chocolate machine.

You must be at least 12 years old to participate in high ropes

We also offer special activities that may include square dancing, carnival, paintball, team elements, high ropes, the across the lake swim, pontoon boat rides and MORE! You will receive a schedule of activities when you arrive and special activities will be posted in the dining hall and announced at meals.

SWIM EVALUATIONS

Before using any aquatic area at Camp Echo, all campers must complete a swim evaluation. The evaluation consists of swimming laps in our swimming area and treading water or floating. After the evaluation, campers receive a swim level:

Red: non-swimmers and campers who do not complete the evaluation

White: swim 4 lengths of any recognizable stroke; jump into deep water; tread 1 minutes and then float or tread for 9 minutes

Blue: swim 6 lengths (about 240 yards) of any recognizable stroke; jump into deep water; tread for 1 minute and then float or tread for 9 minutes.

Campers may participate in different aquatic activities based on their swim level. Blue and white swimmers may water ski, tube, sail, and use the boats and canoes. Red swimmers may participate in boating activities if accompanied by an adult who is a blue swimmer or a staff member. Swim evaluations are conducted on the first day and any time the water is open during your staff.

DAILY SCHEDULE

Almost everything is optional for our Family Camp participants. While we encourage everyone to attend all of our program time, we understand that families may have different needs. Most activities do not require advanced assign up and participants can come and go from activity to activity as they please.

8:00*	Wake Up Bell
8:15*	Flag Raising and Morning Reflection
8:45	Breakfast
9:30	Service Task and Cabin Clean-Up
10:15*	Round 1 (Areas Open)
11:30*	Round 2 (Areas Open)
1:00*	Areas Close; Waiter Bell
1:15*	Lunch
2:00	Saska (Rest Hour)
3:30*	Round 3 (Areas Open)
4:45*	Round 4 (Areas Open)
6:00*	Areas Close; Waiter Bell
6:15*	Dinner
7:15	Twilight Fun
8:15*	Flag Lowering
8:30	Evening Program
10:00	Evening Snack

*Bell will ring

WHAT TO BRING: Family Camp Packing List



Camp Echo has partnered with Uncle Dan's: www.udans.com 901 Church St, Evanston, IL. Uncle Dan's is offering a 10% discount on any items that are not already on sale. When shopping online, enter the word "ECHO" at checkout.

CLOTHING

- Shirts or T-shirts
- Long Pants
- Shorts
- Underclothes
- Socks
- Swimsuit(s)
- Beach Towel
- Light Jacket
- Sweater or Sweatshirt
- Jacket or Fleece
- Poncho or Raincoat
- Pajamas
- Hat or Baseball Cap
- Gym Shoes
- Sandals
- Flip-Flops (for shower use)

BEDDING

- Sleeping Bag
- Blankets
- Sheets
- Pillow
- Pillow Cases

OTHER ITEMS

- Soap
- Toothbrush
- Shampoo
- Washcloth
- Bath Towels
- Comb or Brush
- Water Bottle
- Flashlight(s)
- Bug Repellent
- Sunscreen
- Medications

OPTIONAL ITEMS

- Backpack
- Camping Chairs
- Coffee Mug
- Coffee Maker
- Cooler
- Games and Cards
- Goggles
- Books
- Air Mattress
- Rain Boots
- Water Filter

FOR THE LITTLE ONES...

- All-Terrain Stroller
- Snugli
- X-Small Life Jacket
- Diaper Disposal Bags

Do Not Bring

- glass containers (aerosol cans discouraged but permitted)
- guns, knives, weapons of any sort
- illegal drugs, or paraphernalia
- valuable jewelry, or keepsakes (or pets!)

**The McGaw YMCA is not responsible for lost or stolen clothing or items.
Please label everything.**