EXPERIENCE MORE. ACHIEVE MORE.

YMCA CAMP CULLEN
Parent and Camper Handbook

460 Cullen Loop, Suite A
Trinity, TX 75862
936-594-2274
ymcacampcullen.org
WELCOME!
Thank you for choosing YMCA Camp Cullen for your child’s overnight camping experience. We know sending your child to camp is a big decision, and our number one priority is to provide a safe and fun camping experience for him/her. The YMCA has been serving children through camping programs since 1885 and YMCA Camp Cullen has hosted campers since 1974.

Our program is designed to make your child feel at home from the moment they arrive at camp. We hope to challenge your child to new things, make decisions and expand their comfort zone. Most of all, we want your child to have a safe and fun time at camp.

In this parent handbook, we have tried to answer the questions often asked of our camp staff. Please use it as a reference guide in preparing for your child to attend YMCA Camp Cullen this summer. By familiarizing yourself with the various topics, it will make the transition easier for you as well as your child. If you have further questions, please do not hesitate to ask.

On behalf of the team here at camp, and from myself, I thank you for choosing YMCA Camp Cullen, and look forward to an incredible summer experience with your child!

Happy Camping,
Andrew “Mish” Hood
YMCA Camp Cullen
Executive Director
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YMCA Camp Cullen is an overnight residential camp nestled among the tall pines on 530 acres along the shores of Lake Livingston in Trinity, Texas. It is a perfect place for persons of all ages to enjoy a camp experience, providing campers with a safe, value-centered and educational experience in an enriching, outdoor environment. YMCA Camp Cullen seeks to encourage the best in spirit, mind and body for all its programs.

SPIRITUAL EMPHASIS
We welcome campers of all faiths. We make room for campers to explore their own spirituality through non-denominational songs, stories and graces at meals.

OUR STAFF
YMCA Camp Cullen employs more than 80 staff for the summer camp program. Staff members complete an application process that includes state and national screenings, criminal background checks and pre-employment drug tests prior to being hired. All staff attend a two week staff training where they will be trained in topics including:

- CPR, First Aid and emergency procedures
- Positive discipline
- Safety and supervision policies
- Age-appropriate activities
- Transitional activities
- Special activity certifications
- Child abuse prevention
- Dealing with homesickness
- Rainy day activities
- Diversity
SUMMER CAMP 2019 SESSIONS
Ages 7–17
Session 1: June 9–15  Aloha Summer
Session 2: June 16–22  Once Upon a Time
Session 3: June 23–29  Sci-Fi
Session 4: June 30–July 6  Stars and Stripes
Session 5: July 7–13  Super Heroes
Session 6: July 14–20  Passport to Another World
Session 7: July 21–27  Wild Wild West
Session 8: July 28–August 3  Planet Earth Safari
Session 9: August 4–10  Time Traveler

SPECIALTY CAMPS (Two week camps)
Kamp K’aana
Ages 10–14
June 9–22

Teen Leadership Camp
Ages 16–17
Session 1: June 9–22  •  Session 2: July 7–20

Teen Adventure Camps
Ages 13–15
Session 1: June 23–July 6  •  Session 2: July 21–August 3

DISCOUNTS
Multiple Child Discount
A multiple child discount will be applied against the balance due for each additional child, in the same family registered for YMCA Camp Cullen.

Multiple Session Discount
A multiple session discount will be applied against the balance due for each additional session, for the same child registered for YMCA Camp Cullen.

YMCA Member Rate
YMCA of Greater Houston facility members receive a discount. This rate only applies if you or your family are facility members of a Houston area YMCA.

Refer A Friend
Refer a new camper to us and save on your registration fee! The following criteria must be met to receive the incentive:
• This must be the camper’s first summer resident camp experience with YMCA Camp Cullen.
• The new camper must be enrolled in one of our one-week or two-week sessions.
• New campers must attend camp for credit to be awarded.

Financial Assistance
Financial assistance is available on a limited basis. Visit ymcacampcullen.org. We welcome contributions to our scholarship fund. If you would like to help send a child to camp who otherwise might not be able to afford it, please contact us.
CAMP REGISTRATION AND FEES
Registering for camp is easy! Register online at ymcacampcullen.org and all we need is a $100 non-refundable deposit. You may work with us to schedule a payment plan via a credit card and/or bank draft, but the full tuition must be paid at least two weeks prior to the start of camp. Failure to complete payment will result in a cancellation of the registration and the advancement of another camper from the waiting list.

Changing/Canceling Sessions
Should it be necessary for you to change or cancel your child’s session, you must contact YMCA Camp Cullen at least two weeks prior to the beginning of the session. The $100 registration deposit fee is non-refundable under any circumstances. Cancellations less than two weeks before the session start date will receive no refund. Changes will be made based on availability.

Refunds
The registration deposit fee is not refundable under any circumstances.

Camp session fees will be refunded only when campers are unable to complete their stay due to a medical condition. If the camper has received a scholarship or discount, this will apply to the last days of the camp session. Homesickness or disruptive behavior which results in the child leaving camp are not conditions for refunds.

OPTIONAL TRANSPORTATION
Air-conditioned buses are available to transport campers to and from YMCA Camp Cullen for an additional fee of $25 each way. No charge for campers who receive a scholarship/financial assistance. Reservations are required.

YMCA staff will accompany campers on the bus. All enrollment forms and waivers must be submitted to camp two weeks prior to camp. Transportation registration must be completed a minimum of one week prior to the session.

Transportation is not provided for campers returning home due to illness, injury or discipline. Parents or guardians will be responsible for picking up their camper at YMCA Camp Cullen.

Bus Pick-Up and Drop-Off Location
WEEKLEY FAMILY YMCA
7101 Stella Link Blvd.
Houston, TX 77025
713-664-9622

Sunday: The bus will depart from the Weekley Family YMCA at approximately 12:30 pm. Please do not arrive before 11:30am. Please make sure campers have had lunch. Dinner will be at 6 pm.

Saturday: The bus will arrive at the Weekley Family YMCA at approximately 2:30 pm.

Campers will have eaten lunch prior to leaving camp.
CABIN REQUESTS
Campers are assigned to their cabins the night before each session begins. Campers are assigned to cabins strictly according to age, gender and space. We will try to honor cabin requests but cannot make any guarantees. **Campers wishing to share the same cabin need to request each other during Part 2 of Registration on CampDoc!** They also must be of the same age and gender. Beds within the cabins are not reserved and are filled on first-come basis on check-in day. There will be plenty of opportunities for friends/siblings to see each other throughout the day if they are assigned to different cabins.

Every cabin is air-conditioned and heated. We strive to keep cabin age ranges within two years or less.
**MEDICAL AND EMERGENCIES**

**Special Needs Accommodation and Policy**
Special emotional or physical needs should be brought to the attention of the camp. A meeting with camp staff is required prior to enrollment. Please contact YMCA Camp Cullen if you have questions regarding children with special needs. Camp enrollment may be dependent upon the appropriate qualifications of camp staff.

**Injury**
Our medical staff will treat routine scrapes, cuts and minor illnesses. Services rendered by the camp medical staff are administered at no charge. It is our policy to inform parents of any injury that is more serious than a minor cut or scrape. In the case of serious illness or accident, the staff will contact you immediately. In the event you cannot be reached, we will attempt to reach your designated emergency contact. Your signed authorization on the registration form allows us to secure prompt treatment. Parents or guardians are responsible for charges incurred for outside medical treatment of their child if treatment is required while in attendance at camp.

**Illness**
It is the policy of YMCA Camp Cullen not to keep campers with symptoms lasting more than 24 hours in our camp infirmary. Therefore, we ask parents of campers who are ill for more than 24 hours to care for their child at home and to see the family doctor. Transportation is not provided for campers returning home due to illness. If your child is scheduled to come to camp and becomes ill, please do not bring them to camp. Call the camp office as soon as possible in order for us to schedule another session for you.

**Insurance**
Parents or guardians must include their personal health insurance information. This information will only be used to facilitate outside medical treatment, if required. In the event of serious illness or accident, the parents will be notified immediately.

**Emergencies**
Emergency calls to campers should be made by calling the camp office at 936-594-2274. After 5 pm, call our Senior Program Director at 832-993-8217.
FIRST-TIME CAMPERS
Going off to YMCA Camp Cullen is a thrilling adventure for campers and parents. We know both parties may be a bit anxious about the camper leaving the comforts of home, adopting new routines of daily activities and meeting new friends. Here are some helpful tips for first-time campers:
• Send pre-addressed stamped envelopes with campers so they can send mail to family and friends.
• Send old clothes they recognize as their own. Avoid packing new ones they will not remember as their own.
• Do not send valuable clothing. Pack with your camper and make a list of what they bring so that they know what they should bring home.
• Please do not send family heirlooms or expensive items.
• Remember: label everything and pack light!
• Camp is not responsible for lost or stolen items.

Homesickness
Temporary homesickness is not an unusual feeling, particularly for new campers. Our staff are trained in constructive and caring ways to work with campers to help them overcome their feeling of missing home. Overcoming homesickness is an important learning experience and it helps your child grow stronger. With proper handling by staff and parents, a homesick camper can make big strides.

Messages/mail can affect a homesick camper. Please avoid telling your camper that you cannot get along without them or how much they are missed at home. Instead, please send encouraging emails and talk about the photos you have seen of them online and how proud you are of them. We recommend you plan ahead to send letters/purchase care packages so that they have something at the beginning of the week. It is difficult for a camper when they see all their cabin mates receiving mail and they receive nothing.

Camp is great because it’s about getting away from day-to-day technology and the “everyday” routine. We encourage campers to get to know their new friends face to face.

Parent Contact
If your child is homesick, or has any other problem you should know about, we will notify you of the situation. Our counselors are well trained and can usually head them off potential issues before they become a problem.
Bedwetting
If you know that your camper may wet the bed, please indicate it on the specified form and notify your camper’s counselor at check-in. Our staff are trained to deal with bedwetting discreetly, and we will work with your child one-on-one. Campers should be instructed to ask their counselors for help, and every effort will be made to prevent accidents. Please send a plastic sheet and protective apparel with your camper if this may be a problem.

Mail
It is a great idea to bring mail with you when you drop your campers off to avoid any post office delays. Please write the camper’s name, session number and the date that you would like the mail delivered to your camper. If mailing, please allow five business days for mail to reach camp. We recommend writing to your child at least once before camp begins to make sure it arrives for the first day. This will guarantee that your camper will receive at least one letter from home while they are at camp.

Please address mail this way
YMCA CAMP CULLEN
460 Cullen Loop, Suite A
Trinity, TX 75862
Camper’s Name/Session Number/Cabin Name

- Campers will be encouraged to write one letter home each week. Mail can be slow, so some mail may be received after the camper is home.
- Large packages are discouraged.
- Whether it is your child’s first or tenth summer at camp, mail-call is an important part of every camper’s day. Here are some hints to make corresponding with your child more enjoyable:
  - Leave letters for your camper to receive throughout the week on opening day.
  - Send photos of family, friends or pets.
  - Have family members write a letter or send messages through the ‘Email a Camper’ feature on our website.
  - Non-food items like magazines, stickers, books, costumes, and items related to our camp theme are encouraged.
  - Talk about how glad you are that they have the opportunity to go to camp and how much you will enjoy talking about the fun things they were able to do when they return home.
**Meals**
The Dining Hall is modern and roomy. Our well balanced meals are served by our professional food service staff. If your child has any special dietary needs, please notify us upon enrollment and we will do our best to make accommodations. Water is our primary drink at camp, and we encourage all campers to drink plenty throughout the day. We are also able to accommodate most general food allergies. Please call if your child has special dietary restrictions or if you have any concerns. Please inform the camp upon enrollment, by phone or email of any special needs at least two weeks prior to arrival.

**Community Living**
Personal responsibility and group cooperation are important elements of the camp experience. Mature and caring staff members work with campers on the importance of caring for one’s personal space and belongings, assisting in daily cabin clean-up, and pitching in with shared responsibilities around camp. We strive to impart caring, honesty, respect and responsibility in our camp community so that it may carry over into our lives outside of camp.

**Camp Store**
Your child will have access to the Camp Store during check-in and check-out. We have a lot of camp apparel and other fun camp items for sale. Ready-made bedding/towel sets for $40 can be pre-ordered at least 2 weeks prior to camp by calling the office or emailing campcullen@ymcahouston.org.
**Medications**

All prescription medication brought into camp must be in original containers that include the camper’s name, dosage and medication times.

All medications, including over-the-counter (vitamins, creams, lotions, etc.) must be turned in to be dispensed by the camp. Medications must remain in the original bottle to be dispensed by camp staff. YMCA Camp Cullen stocks most over-the-counter medications needed at camp, so it is not necessary that your child brings these items. If there are any over-the-counter medications that you do not want your child to take, please specify these on the Medical Form.

Please give all prescription and over-the-counter medications directly to the Medical Station upon arrival at camp. If your child will be arriving by bus, please check in medications with camp staff. Make sure your camper’s name is on all items. It is recommended that all campers stay on regular daily medication during their time at camp. It is our policy for the infirmary to keep the camper’s inhaler (if applicable) during camp unless instructed differently by the doctor. Our medical staff are always available so inhalers can be obtained at a moment’s notice.

**Lost and Found**

We will make every effort to return lost and found items while your camper is at camp. Please mark all items with your child’s name in a permanent marker or laundry label for easy identification. Please check the lost and found display before you leave to make sure your camper has not left anything behind.

Items found after your child’s camp session will be placed in our office and may be claimed by description. Please be especially thorough on check-out day to make sure that bags are not left. If you discover something is missing upon your return home, please call as soon as possible. We will do everything that we can to make arrangements for the item(s) to be returned to you promptly. Arrangements can be made to pick up the item(s) at YMCA Camp Cullen.

After September 1, all remaining items will be donated to a local nonprofit. Undergarments and socks that are left at camp will be thrown away.

**YMCA Camp Cullen is not responsible for lost, stolen or damaged articles.**
A TYPICAL DAY AT YMCA CAMP CULLEN

7 am       Rise and Shine
8–8:30 am  Breakfast
8:50 am    Morning Meeting
9 am–Noon  Land Activities, including Equestrian (Ages 12–17), Aquatics Activities (Ages 7–11)
12:30 pm   Lunch
1:15–2:25 pm  Siesta
2:30–5:30 pm  Land Activities, including Equestrian (Ages 7–11), Aquatic Activities (Ages 12–17)
6 pm       Dinner
6:45 pm    Cabin Activities
7:30 pm    Evening Program
9 pm       Embers*
10:15 pm   Lights Out

*Embers is a nondenominational reflection on the days lessons of the five core values (respect, responsibility, honesty, caring and faith).

Activities
Summer Camp is a great place to learn new skills and try new things. At YMCA Camp Cullen, we have a lot of great activities because a great camp should have something for every child.

For campers who want to water ski and play sports all day, we have the right mix. For campers who enjoy nature exploration and sailing, we have that too. And for campers who love horses and swimming, no problem! Our camp activities are led by trained and experienced facilitators who guide campers in having an unforgettable experience.

Some activities include: Arts and Crafts, Alpine Tower, Archery, Basketball, Canoeing, Dance, Fishing, Kayaking, Mountain Biking, Outdoor Skills, Riffery, Swimming, Horseback Riding, Zip Line, Performing Arts, Pottery, Environmental Discovery and much more.

Swim Tests
All campers must take a swim test each time they go to the pool to demonstrate their level of swimming ability, providing information to the lifeguards on duty throughout the week. Personal flotation devices are required and provided for participation in any of our lake front activities.
**Specialty Tracks**
No matter what your child’s interests may be, YMCA Camp Cullen has the perfect option for you. Our specialty tracks help kids strengthen their skills, discover new talents and develop confidence in their own potential. Each specialty track focuses on a specific activity and helps your child learn and develop skills related to their interest.

**Horsemanship Track**
Horsemanship campers will enjoy either a three-hour session (full track) or an hour and a half session (half track) each day at the barn improving their Western or English riding techniques and participating in a wealth of activities designed for the passionate horse-loving camper. Our introductory level is for beginners with little to no experience. Riders who have already grasped the basics and are ready for a challenge advance to our Novice level. Intermediate level riders have demonstrated their capabilities by working their way through our main camp or specialty track program in past summers.

Specialty track participants are required to bring a pair of boots to camp and are encouraged to bring multiple pairs of jeans or riding pants. Camp has a limited supply of boots for campers who cannot afford to purchase their own, but we want to make sure we have the size your child needs.

Beginner, Novice, Intermediate and Advanced levels are available. For more information on curriculum, riding level recommendations or appropriate attire, please contact our Equestrian Director at kelly.agorichas@ymcahouston.org.

**Price**
- Full Track (3 hours/day): $200
- Half Track (1.5 hours/day): $100

**Water Sports Track**
Water Sports campers will spend their half of their day focusing on waterfront activities such as waterskiing, wake boarding, knee boarding, tubing, canoeing and sailing. Rather than going to the pool, they will have the chance to spend more time at any of those activities. While on the motorboats, campers will receive individual attention and may choose to learn how to water ski, wake board and knee board or focus on one. Over the week, your camper will build an understanding of boating safety while having the time of their life!

**Price**
- All Levels: $200

**Children’s Museum of Houston Specialty Track**
Campers choosing our newest specialty track will enjoy a three-hour session (full track) each day at the newly renovated Allen Center exploring the wonders of science and so much more. Our specially trained staff will lead our campers as they enjoy all that the Children’s Museum of Houston/Camp Cullen partnership program has to offer.

**Archaeology**
Campers will dig deep to discover the wonders of the past! Using shovels, brushes and grit, camp archaeologists will recreate a dig site in search of arrow heads and arrow shafts. Back in the lab they’ll make an artifact cast out of their freshly dug arrowhead that could be displayed in a museum. They’ll finish the day studying pictograph languages of Native Americans so that they can create their own pictograph language.
Astronomy
Campers will look beyond their planet to understand the solar system and beyond. As young astronomers, they will use math and calculation to create a scale model universe in both size and distance, create meteorites and comets to understand the importance of impacts and understand the size of the universe by studying galaxies and creating their very own galaxy in a bottle.

Chemistry
Campers will understand the idea of chemical properties and chemical change when they don their lab coats and gloves and work in a chemistry lab. As chemists, they will understand the properties of density, create a simple physical and chemical change in nothing but a bag and filter dirty water into clean water using activated charcoal.

Dissections
Campers will understand the anatomy of different invertebrates and one vertebrate when they take scissors and forceps and open up the wonders of dissection. Throughout the day, young biologists will open up and study increasingly more complex animals to understand both their inner and outer anatomy.

Geology
Campers will crack open the mysteries of geology by studying rocks and the forces behind the creation of rocks. Young geologists will recreate the rock cycle using crayons, study specific rocks and the forces behind them and pull out a core sample to better understand the relative age of rocks.

Price
Full Track (3 hours per day): $200
CHECK-IN/CHECK-OUT

Check-in
For parents bringing their child to camp is from 2–4 pm on Sunday
First-time camp parents are encouraged to bring their children to camp to meet the camp staff, tour the facilities and see that your child gets settled.

Check-out
For parents picking up their child from camp on Saturday
Closing ceremony is held at 10 am on closing day. Please plan to arrive and check out your child by 9 am and, if you can, attend the closing ceremony together. This ceremony includes awards the campers have earned during the week, a staff member testimonial, a brief glimpse into the camp spirit, and a welcoming and thank you from our Senior Director.

All parents must check out with camp staff and show proper identification before their campers will be released. If someone other than the parent is picking up the camper, please notify the camp office in writing. Please make sure you pick up your child’s medication from the camp medical staff, and get your child’s luggage, (including laundry bags that may have not made it back into the suitcase). It is parents’/camper responsibility to ensure all items brought to camp are taken home. Please label every item!
If there is an emergency and you need to pick up your child early, please notify the camp office so we can have them ready upon your arrival.

Stay-Overs
Campers staying multiple sessions are allowed to remain at camp between sessions for an additional fee of $100. This must be arranged at time of enrollment or with the camp office. Please send two weeks of clothing for these campers, or detergent for laundry on Saturday.
YMCA CAMP CULLEN PACKING LIST
(1-week sessions)

Clothing
❑ 2 pair of closed-toe shoes such as sneakers or athletic shoes
❑ 1 pair of sturdy closed-toe shoes with a smooth sole (if camper wants to take part in horseback riding)
❑ 1 pair of water shoes for the showers and waterfront activities
❑ 1 pair of jeans (required for horseback riding)
❑ 2 swimsuits (Girls – one piece or tankini only, NO BIKINIS ALLOWED)
❑ 7–8 pairs of underwear
❑ 7–8 T-shirts or blouses
❑ 7–8 pairs of shorts
❑ 7–8 pairs of socks
❑ 1 raincoat or poncho
❑ 1 hat or cap (protection from the sun)
❑ 1 water bottle or canteen (heavy duty)

Bedding
❑ 1 sleeping bag or 2 single sheets and 1 light blanket
❑ 1 pillow
❑ 1 laundry bag (old pillow case will work)
❑ 1 vinyl mattress cover for twin bed (optional)

Toiletries
❑ Soap and soap dish
❑ Toothbrush and toothpaste
❑ Brush or comb
❑ Shampoo and conditioner
❑ 4–5 washcloths
❑ 3–4 bath towels
❑ 1–2 beach towels
❑ 1 flashlight with extra batteries (REQUIRED)

Optional
❑ Insect repellent (non-aerosol)
❑ Paper, pen, envelope and stamps
❑ Camera
❑ Sunscreen or sunblock

Campers staying for longer should pack accordingly.

DO NOT BRING TO CAMP
Personal Electronic Devices:
iPods/iPads, expensive digital cameras, cell phones, computers and any other electronics that are expensive and can be broken or disruptive to camp.

Firearms, fireworks, matches, lighters, knives, tobacco products, drugs, alcohol, valuable items, gum, candy and snacks. Also, please leave money at home!
DISCIPLINE AND GUIDANCE PROCEDURES

Self-management skills and positive social interactions among children and adults are encouraged and maximize everyone’s enjoyment of camp. Programs use positive guidance methods including reminders, distraction, logical consequences and redirection. Self-management skills are taught according to the following guidelines:

• Consistent rules are clearly stated. Campers are expected to work and play within known limits.
• Behavior expected of campers is age-appropriate and based on developmental level.
• An atmosphere of trust is established in order for campers to know that they will not be hurt nor be allowed to hurt others.
• Staff members strive to help campers become acquainted with themselves and their feelings. This will help them learn to cope with their feelings and control them responsibly.

Camper safety is the most important concern of the program; therefore, campers whose behavior is dangerous or repeatedly disruptive will be discussed with the camper’s parent and will result in loss of privileges or activities, suspension or termination from the program. Parents are financially responsible for intentional damage to equipment and facilities caused by their camper.

Conduct Policies

The following conduct policies apply directly to each individual camper and will be used in determining the camper’s eligibility to continue as a participant in the camp program. Infractions are documented in an incident/discipline report. Please make certain that both you and your child are completely familiar with these policies.

A camper may be suspended or released from camp, without refund, for the following behavior while participating in the program or while being transported:

• Leaving the YMCA campsite without permission, or going into unauthorized areas
• Using foul language, fighting, being rude or discourteous to staff and other campers
• Defacing Y property or field facilities or any property visited
• Engaging in fighting, intentionally injuring another camper, or bullying
• Bringing or using any illegal substances and/or weapons
• Public displays of affection
• Stealing or defacing another camper’s property
• Refusing to remain with the group while at camp and during outings
• Refusing to follow check in and out procedures or refusing to follow basic rules of safety
• Refusing to participate in daily camp activities
• Not remaining seated at all times while being transported
• Not keeping his/her seat belt fastened while being transported
• Having any body part out of the window, defacing the vehicle and/or being rude and discourteous to the driver or to other drivers on the road while being transported

Disciplinary Procedure

First incident: Parent notified by phone and/or in writing
Second incident: Disciplinary write-up
Third incident: The action taken at this point is at the discretion of the Senior Program Director after appropriate consultation with the parent.

Range of discipline: Removal from camp activities to removal from camp. Parents are responsible for picking up any child that has been expelled from a session. Once the decision has been made to remove a camper from the program they are immediately removed from their cabin and activities until the parents/guardians arrive.
HOUSE SYSTEM

Goals and Objective
Our YMCA House System is primarily aimed at creating a sense of belonging for your child, and legacy for your family. Throughout all of your child’s YMCA camping experiences, week by week and year by year, they will have the same ‘house’. This allows for familiarity and an instant sense of “being at home”.

A camper’s house gives them a symbol to call their own, to uphold the value of, to compete for and hold themselves accountable to. It creates a feeling of small community within the larger camp community. Cabin groupings change every year, the Y camp they attend may change, but their house will remain the same. As with all camp programs, the teaching of core values is woven into the fabric of this aspect of the camp program.

The Houses
The Houses at YMCA Camp Cullen are Dragon (Draco), Phoenix (Phoenix), Centaur (Centaurus) and Kraken (Cetus). You will notice the inclusion of Astronomy as an additional piece of STEM awareness. Incidentally these houses also tie into elements; Dragon is air, Phoenix is fire, Centaur is earth and Kraken is water.

As a legacy program, your child’s house will be consistent throughout camping and from year to year. Your child’s siblings will also be in this house, and with an eye to the future, your children’s children will also be in the same house.

Each House has its own symbol and color scheme to help create the feeling of ownership and belonging. Being in one house or another will not in any way take time from your child being with friends, or result in your child spending less time in age appropriate groupings.
OTHER PROGRAMS AT YMCA CAMP CULLEN

Teen Adventure Camp
Ages 13–15

Teen Adventure Camp is a specialty program defined by its innovative, and bold take on classic primitive camping. TAC consists of a two-week program for participants ages 13–15, broken down into two six-day sessions, all at our Camp Cullen facility, focusing on the basic and intermediate skill development of wilderness survival, creative problem solving, orienteering, and conservationism to name a few. Participants have the opportunity to obtain and hone these skills during the first week of TAC, where we will operate in both a classroom environment and in the field working on theory and praxis. Week two is where participants put their skills to the test, participating in “Plane Crash”, “Shipwreck”, as well as an overnight canoeing trip, and other various scenarios designed to challenge participants and create the ultimate outdoor adventure experience. The program is designed to encourage youth to develop their leadership skills, and to create lasting friendships through an exhilarating outdoor adventure here at our Camp Cullen facility.

Week 1: Skill Development
- Survival Rule of 3
- Shelter Building
- Fire Building
- Orienteering
- Trapping (theory only), Hunting (theory only), Foraging & Fishing
- Basics of Wilderness Medicine
- Wilderness Conservationism
- Various lessons to underline the importance of YMCA core values in day to day life, and how they apply to the wilderness

Week 2: Practical Application
- “Plane Crash” scenario and debrief
- “Shipwrecked” scenario and debrief
- “Rising Waters” scenario and debrief
- Lesson given by youth participants on basic and intermediate Wilderness Survival
TEEN ADVENTURE CAMP PACKING LIST

Toiletries
❑ Soap and soap dish
❑ Toothbrush and toothpaste
❑ Brush or comb
❑ Shampoo and conditioner
❑ Washcloths
❑ Bath towel
❑ 1 flashlight with extra batteries

Clothing
❑ 1 pair of robust hiking boots/shoes
❑ 1 pair of flip flops for the showers
❑ 1 pair of sandals with ankle strap
❑ 10 pairs of underwear
❑ 5 t-shirts
❑ 2 non-cotton synthetic shirts
❑ 1 long-sleeve non-cotton synthetic shirt
❑ 2 pairs of hiking shorts
❑ 2 pair of athletic shorts
❑ 2 pairs of synthetic socks
❑ 1 pair of synthetic liner socks
❑ 4 pairs of cotton socks
❑ Rain jacket
❑ 1 cool weather jacket
❑ 1 warm pull over for the cool evenings and nights
❑ Rain pants
❑ Sun hat or baseball cap (protection from the sun)
❑ Cool weather hat and gloves
❑ Small day pack or small backpack
❑ 1 heavy duty water bottle (32 oz.)

Not Allowed
❑ Cell phone
❑ Weapons (guns, explosives)—a pocket knife is allowed
❑ Electronics of any kind
❑ Non-prescribed medication

YMCA Camp Cullen will provide the following
❑ 60 liter backpacking pack with built in frame
❑ Sleeping bag
❑ Sleeping mat
❑ Personal head lamp
❑ Group gear – cooking equipment, water containers, tents, maps, etc
❑ Bowls, plates, spoons, cups, forks, etc

All participants are welcome to bring their own personal gear with them on the trip if they prefer. If you are in need of any items listed above we may have extra items we can share. Please let us know and we can check it out to you.
Teen Leadership Program  
Ages 16–17
The TLC program is a two-week program designed to introduce teens to the knowledge and techniques they will need not just as counselors but for life. Working closely with the leadership director and other directors, they will complete community service projects, learn new leadership skills and develop skills they already have. Problem solving, teen enterprise, interviewing skills, leadership and team-work are just some of the skills to be learned during the different workshops. These lifelong talents will benefit them and all the children they serve as volunteers, mentors, employees, or as future parents.

Through leading children and serving as role models, the teens will find and develop their own strengths.

The goal of this two-week program is to provide training to teens who sincerely want to improve their skills and become outstanding leaders.

Kamp K’aana  
Ages 10–14
This is a two-week program for kids ages 10–14 who are above a healthy weight. Kamp K’aana is designed by a team of specialists from Texas Children’s Hospital and Baylor College of Medicine and is delivered by The YMCA of Greater Houston at YMCA Camp Cullen. Kamp K’aana introduces children to powerful, life-changing tools for healthy living while offering the fun of an overnight summer camp experience.

Each day campers receive three meals and several snacks in a meal plan designed by TCH dietitians. Meals are delicious, balanced and nutritious with an emphasis on high fiber and whole grains rather than sugar and fat. Campers are equipped with the tools they need to conquer their weight management issues while at the same time offering an incredible experience that increases self-confidence and builds self-esteem. By the end of camp, campers typically lose between 5 and 10 pounds. Once they return home, children will be motivated to maintain their weight and obtain long-term results.

To be eligible for this specialty camp, children must be in the 95th percentile of Body Mass Index (BMI) for their gender and age.
**Family Camp**
YMCA Camp Cullen is the perfect destination for a weekend getaway with your family, friends or co-workers! Weekends are available to reserve for your group during the off season (September through May). This is a wonderful way to spend time with your family in the great outdoors and see what YMCA Camp Cullen has to offer. Family camp also offers ease to those families who are looking to send their children to camp in the summer by providing a safe, action-packed weekend that has their tiniest campers begging for more! Join us for a fun-filled weekend of crafts, games, activities and programs for all ages.

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Family Getaway</td>
<td>April 5–7</td>
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<tr>
<td>Mother’s Day</td>
<td>May 10–12</td>
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<tr>
<td>*Memorial Day</td>
<td>May 24–27</td>
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<td>*Labor Day</td>
<td>August 30–September 2</td>
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<tr>
<td>Fall Festival</td>
<td>October 18–20</td>
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<td>Halloween</td>
<td>October 25–27</td>
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<tr>
<td>Giving Thanks</td>
<td>November 15–17</td>
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<tr>
<td>Winter Wonderland</td>
<td>December 6–8</td>
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*3-Night Weekend: Additional costs apply.

**Groups and Conferences**
Have an event coming up? Planning a retreat? Need a place for team building? YMCA Camp Cullen serves outside groups and organizations throughout the year. Our variety of program offerings are customizable to fit the needs and goals of your group. Our staff will work with you to plan and execute a memorable day or overnight stay.

Conveniently located approximately 90 minutes north of Houston, YMCA Camp Cullen is nestled among the tall pines on 530 acres along the shores of Lake Livingston. With modern lodging, food service, meeting areas, challenge course and recreation activities, YMCA Camp Cullen allows you great opportunities to conduct a fantastic group retreat or conference.

Our staff is friendly, engaging and fun, expertly trained and ready to guide your group through a memorable and rewarding camp experience. We recognize that every group is unique and has very specific needs and goals. We offer a variety of activities that will provide opportunities for participants to bond and grow together as well as have a great time.

**Activities include:**
- Ropes Courses
- Archery and Riflery
- Sports Fields
- Horseback Riding
- Campfires
- Zipline
- Team Building Activities
- Arts and Crafts
- Hiking Trails
- Banana Boating (seasonal)
DIRECTIONS TO YMCA CAMP CULLEN

460 Cullen Loop
Trinity, TX 75862
936-594-2274

Heading South on I-45
1. Take exit 118. At the end of the feeder road, turn left and go under the interstate and follow to FM 2821.
2. Turn left at FM 2821 and follow to Highway 19.
3. Go through the underpass and turn left onto Highway 19, then follow to Trinity.
4. In Trinity, turn right onto SH 94.
5. Go over the railroad tracks and turn right at the flashing yellow light onto FM 356. Travel approximately 5 miles and camp will be on the left.

Heading North on I-45
1. Take I-45 North to exit 109 (Park 40). This exit is a detour to reach Hwy 19 North. Don’t miss it!
2. Once you have made the exit, turn right onto Park 40 and follow until T - this is JCT RT 75. Take a left.
3. Follow Rt 75 past prison, straight until you reach the exit for Hwy 19. Turn right onto the Hwy 19 ramp. (You do not have to turn left for the 19 detour just past the prison - keep moving forward - if you go under Hwy 19 you just missed the ramp)
4. Go for approximately 22 miles on Hwy 19 to Trinity. Go to the second traffic light and make a right onto Hwy 94 East.
5. Go over the railroad tracks and turn right at the flashing yellow caution light onto FM 356.
6. YMCA Camp Cullen is 5 miles on the left.
7. Pass through the main entrance, under the Roy’s Way sign and follow road down the hill to the dining hall. Or if going to the office, take an immediate left upon entering camp and follow signs to the office.

Heading West on 190 from 59
1. Follow Highway 190 West to Onalaska.
2. Turn right onto Highway 356 West toward Trinity. Travel approximately 15 miles and camp will be on your right.