

2024 Miniwanca Camper & Family Handbook



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Welcome to Miniwanca

Dear Camp Families,

We are so excited to have your camper join us at Miniwanca for Summer 2024! This simpler way of life on the sand dunes is the perfect way for your camper to seek balanced living, build positive relationships, and to discover their best selves. Campers will play, create, and explore while reflecting on their values, asking important questions, and growing in self-confidence.

A key part of summer preparation is completing your camper forms. In recent years, we have simplified this process by providing all documents in a **fillable online format**. To access the forms, please log in to [your CampBrain account](#) using the same password you used to register. Please complete and submit these forms **no later than April 1, 2024**.

The required Camper Physical Form must be completed and signed by your camper's physician. This form confirms your camper has had a physical exam within 13 months of Opening Day and is prepared to participate in the camp program. The [2024 Camper Physical Form](#) is available online. If your camper's physical will take place after April 1, please submit all other forms and email miniwancacamps@ayf.com to let us know the date of the physical.

It is essential our staff review these forms prior to Opening Day to prepare for your camper's arrival, creating a smooth transition into the camp community and making the registration process faster for everyone. Thank you in advance for completing these forms on time.

Miniwanca will soon echo with the joy and laughter of campers and staff. This handbook provides many important details to prepare for a great summer. If you have any additional questions after reviewing this information, please email or call us.

Thank you for sharing your child with us this summer. We can't wait for another amazing year!
Our best,

Griffin Vogler Director of Miniwanca gvogler@ayf.com	Bethany Wise Girls Camp Director bwise@ayf.com	Tiwi Freeman Boys Camp Director tfreeman@ayf.com	Brianna Moynihan Assistant Director bmoynihan@ayf.com	Regan Gibson Wiesler Four Trails Manager rgibson@ayf.com
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Miniwanca Contact Information

8845 W. Garfield Road
Shelby, MI 49455
miniwancacamps@ayf.com

Miniwanca Main Office: 231-861-2262
Girls Camp Office: 231-861-3343 | Boys Camp Office: 231-861-3342

Highlights for 2024

Medication Management

Families may choose between two options for daily medication administration at camp:

1. Multidose packaging prepared by a pharmacy.
2. The Health Team will package and prepare your camper's daily medications – **\$200 fee**

Families must list all prescription medication and over-the-counter medications on the Camper Health History form. All daily medications (including over-the-counter medications, vitamins, supplements, etc.) must have a valid prescription or administration instructions provided by the parent/guardian or the camper's health care provider. **The Health Team will not accept any daily medication without these written instructions or prescription.**

Please see our [2024 Health & Wellness Policies](#) on our website for up-to-date detailed information about medication packaging and other health policies.

Campers with EpiPens or Inhalers

Families whose campers use EpiPens or Inhalers must submit the AYF Permission to Self-Administer Emergency Medication form (available on [CampBrain](#)) signed by a parent/guardian and the camper's healthcare provider.

2024 Onsite Photo Policy

As always, we seek to find balance between documenting the campers' experiences and honoring the technology-free life we so carefully build as a community each summer. With this balance in mind, please review our [Onsite Photo Policy for 2024](#).

2024 Miniwanca Dates & Forms

Please note: If you have not submitted the following [forms via CampBrain](#) by April 1, 2024, **your camper will be moved to the program waitlist** until Miniwanca receives their completed forms.

Due by April 1, 2024:

- Remainder of 2024 tuition
- Acknowledgement of 2024 Health Policies
- Camper Health History Form (completed by parent/guardian)
- 2024 Camper Physical* (signed by healthcare provider based on recent exam)
- Immunization Record

If applicable:

- Asthma/Allergy Action Plan
- Permission to Self-Administer Emergency Medication Form (for participants prescribed an EpiPen and/or rescue inhaler)
- Medication Questionnaire (due two weeks after AYF emails the form)

*If your camper's physical is after April 1, please let Miniwanca know at miniwancacamps@ayf.com.

Session A

One- and three-week programs

- Camper Health Update Due: Sunday, June 2
- Opening Day: Sunday, June 30

Two-week programs

- Camper Health Update Due: Sunday, June 9
- Opening Day: Sunday, July 7

Session B

One- and three-week programs

- Camper Health Update Due: Sunday, June 23
- Opening Day: Sunday, July 21

Two-week programs

- Camper Health Update Due: Sunday, June 30
- Opening Day: Sunday, July 28

Miniwanca Program Goals

For our campers to have fun and learn, they need to be and feel safe. Campers and staff work together to create this environment. The Miniwanca camp program is built around the following goals:

1. Developing a Camper's Own Best Self

Our motto is: "My own self, at my very best, all the time." We strive to help our campers discover and develop their personal best. Our program helps campers increase their self-confidence and value themselves as unique and capable individuals. We provide opportunities for campers to practice respect for self, others, and the world. We also ask that they take responsibility to act for the good of others and our world.

2. Living a Balanced Life

The typical Miniwanca day is built around a balance of physical, mental, social, and spiritual activities. Campers and staff practice living a balanced life to achieve their best. These pillars, or four folds, serve as a framework for campers to stretch their minds, bodies, hearts, and spirits. Our days at camp and on trail are designed to allow young people to practice balance and gain an understanding of its importance and connectedness to best self.

3. Building an Inclusive Community

From the moment campers arrive, we help them build positive friendships. Regular discussions with campers explore characteristics of healthy friendships and successful groups. Activities encourage campers to practice skills like trust, cooperation, respect, responsibility, fun, compromise, communication, kindness, and problem-solving to build these friendships and achieve goals together. Campers create shared expectations for how they will have fun and work together successfully, with safety and kindness at the core.

4. Making a Positive Difference

Campers actively engage in creating and caring for the communities at Miniwanca. Regular conversations throughout each day invite reflection on what they did, why, and what impact their actions had- both positive and negative. These conversations might range in topic from how a group approached a team challenge to where our food waste goes. This immersion in an intentional community allows campers to gain a greater understanding of the positive difference they can make.

By working toward these goals, we believe our campers will:

1. Return home with newly gained confidence in themselves.
2. Be able to talk about who they are and what they can achieve.
3. Feel empowered to strive and develop their own best self.
4. Act in ways consistent with their values.
5. Help create a community where trust, cooperation, and respect are the cornerstones.

Core Values

We believe how we act and interact reflects who we are as a community. In practice, at the AYF we value...

Investing in Youth

Empowering youth is the core of our mission. We aim to offer equitable access to outdoor, experiential adventures. We seek to amplify youth voices as they recognize their own agency, articulate their ideas, and act with bold purpose throughout their lives.

Stewarding the Environment

Our programs foster a sense of respect and reverence for the natural world. We commit to using only what we need in order to minimize our impact on the planet. We practice environmental stewardship, conserving resources for future generations and offering the experience of connecting deeply with the natural world.

Enkindling Inner Sparks

Each person has inherent strengths and passions that, when ignited, form the foundation of best self and a balanced life. We challenge people to be brave, think creatively, develop wholehearted social connections, and explore their values and beliefs.

Belonging in Community

Our communities are joy-filled, optimistic, hopeful places where each person is encouraged to explore through play and express their own authentic spirit. We aspire to create spaces where all people are included and feel a sense of belonging. In these thriving program communities, diverse perspectives provide a foundation to build greater understanding and foster equity.

Growing Together

Teamwork and collaboration provide essential tools for overcoming challenges. We believe powerful growth happens when we live in community, set boundaries, and take healthy risks. To adventure daringly with the support of others is an opportunity to put our best selves into action.

Our Commitment to Equity and Inclusion

One of the most powerful aspects of AYF programs is the intentional push for our communities to be diverse, equitable, and inclusive for all participants, volunteers, and staff. These intentional communities are the foundation of our work. We seek, encourage, and support those who join us from around the world and those who hold various identities, such as race/ethnicity, sex, religion, age, sexual orientation, gender identity, education, etc. At the AYF, we believe we are all responsible for this outcome and count on each person to maintain this culture. This means all participants and their family members are expected to welcome and respect individuals who may hold different identities than their own.

Creating a Fun, Safe Summer

Creating a Miniwanca community where everyone feels valued and secure requires commitment from all campers and staff. Once camp begins, Camp Directors Tiwi Freeman and Bethany Wise will meet with each age group to discuss what a fun, safe summer looks, sounds, and feels like. We encourage campers to let staff know if there is a problem. Every camper can meet individually with their Cabin Leader and has a weekly age group check-in with a Camp Coordinator.

Please encourage your camper to talk to any staff member if others are not adhering to the following Community Responsibilities or if they feel physically or emotionally unsafe. We depend on them to help us create this unique community.

A successful summer experience begins at home as you prepare for camp, and it will continue throughout the summer with the partnership between you and the Miniwanca staff. **Camp families, please review the following Community Responsibilities with your camper prior to arrival** and help them understand that breaking this agreement may be grounds for immediate dismissal.

Community Responsibilities

At Miniwanca, I will show...

Respect for Others

We respect other people's ideas and values, even if they differ from our own. Miniwanca embraces a diverse community, and this should be displayed in all ways, including language, humor, and behavior. All actions and language should have a positive impact on the Miniwanca community. Any disrespectful behaviors that could potentially harm (physically or emotionally) a camper or staff member are unacceptable and may result in dismissal.

Respect for Self

We take care of ourselves by eating balanced meals, getting plenty of sleep, and practicing good hygiene: brushing teeth, wearing clean clothes, showering, etc. We participate fully in camp activities, are punctual, try new things, and have a positive attitude. We seek to reach the challenge of "My own self, at my very best, all the time."

Respect for the Environment and Camp Facilities

Miniwanca should feel like home, so we enjoy it and help take care of it. We share in the regular cleaning of personal and community areas, including the eating lodge, restrooms, cabins, activity fields, and common buildings. We leave any space better than we found it.

We are sensitive to Miniwanca's fragile environment by staying on trails, caring for plant and animal life, recycling, composting, and putting litter in trash bins. The buildings and activity equipment are supplied by Miniwanca are for all campers to enjoy. We care for both

responsibly.

Respect for the Health and Safety of Self and Others

We look out for others' physical and emotional safety. We seek help when needed. We are in our cabin or tent by lights out and remain there until the rising bell rings.

We abide by the safety standards provided by the staff, especially in water-related and adventure/challenge experiences.

We recognize that possession and use of tobacco, alcohol, marijuana, or illegal drugs and the possession of fireworks, firearms, and other weapons are prohibited onsite and will result in immediate dismissal. We acknowledge that threats to harm ourselves or others will be taken seriously and will result in dismissal.



Getting Ready for Camp

Preparing for camp can be a big undertaking logistically and emotionally. We encourage families to review articles from the [American Camp Association](#) on this topic as they prepare for this summer.

What to Bring to Camp

We dare our campers to live more simply at Miniwanca: Pack fewer clothes, bring fewer bags, and aim to bring or buy less plastic (such as plastic drawers). We encourage campers to bring no more than two large duffle bags or a trunk and one carry on-sized bag to camp.

[Packing lists are available online.](#) Clothes worn at camp are subject to hard use; we suggest you avoid bringing expensive or favorite items. **Families must clearly label all camper items.**

We recommend functional swimwear that covers the body appropriately for active and unencumbered movement and play on the waterfront. Clothing should reflect our camp values. Please leave clothes with inappropriate slogans or images at home.

Electronics such as smartphones, tablets, smartwatches, or fitness trackers are not allowed at camp. If the camper still has a smartphone or other Internet-connected devices after arrival, Miniwanca staff will place them in safekeeping for the duration of the session. Campers will not have access to these items during their time at Miniwanca. All items in safekeeping will be returned on Closing Day. We do allow digital cameras, but we recommend disposable cameras due to the sand.

Miniwanca staff will do camper laundry once per week, and in the event of an accident or emergency. All clothing, equipment, and laundry bags must be marked with the camper's name.

Miniwanca is not responsible for personal items lost, stolen, or damaged during camp. Campers should frequently check the Lost and Found for missing items. Labeled items left or found at the end of can be mailed however, the family is responsible for shipping costs. We will hold all found items for two weeks following the session. If unclaimed, these items will be donated.

If you are planning to ship luggage, we suggest doing so **two weeks prior** to the start of camp to make sure it is received before your camper arrives. Please make sure the camper's name is clearly written on the mailing label. Address it to:

**Camper Name
Miniwanca, (Boys or Girls Camp)
8845 W. Garfield Road
Shelby, MI 49455**

If your camper is shipping luggage home, mark the boxes you ship your luggage in to be saved, and make sure your camper knows to set their luggage out to be shipped on Closing Day.

Lice Prevention

In accordance with health regulations, we will screen campers for head lice during the first 24 hours of camp check-in. Please check that your camper is completely free of lice and nits before arrival. Review our [Head Lice Policy](#) for timing and detailed instructions.

If campers have head lice or nits upon arrival at camp, they must be picked up and cannot return until they are lice-free. **Campers who arrive via plane or who live more than four hours away from camp will be treated onsite for a \$500 fee.** The camper will stay in the Health Center, and their activities will be limited until they are lice-free.

Early and regular checks will allow time to treat prior to Opening Day. **Please check your camper's scalp weekly, preferably after the hair has been washed and still a bit damp.**

Look for:

- An itchy scalp
- Small rashes around hairline/behind ears
- White or tan specks (looking like dandruff) in hair

If your camper has lice before Opening Day, we strongly encourage you to work with a lice treatment professional [to ensure your camper is lice free](#) when they arrive.

Preventing Homesickness

It is natural for most campers to experience a degree of homesickness, particularly if it is their first time away from home. Miniwanca staff plan the first 48 hours of camp to accommodate the adjustment process and help campers feel more comfortable. If feelings of homesickness persist, the Camp Director will contact you and assess next steps, if necessary.

Families can implement many strategies to help reduce or prevent homesickness before and during camp. The American Camp Association has several suggestions in its article, [“Homesickness Dos and Don'ts for Parents Preparing for Camp.”](#) We highly recommend families review this information, especially those with first-time campers or campers prone to homesickness.

The most common mistake families make is the Pick-Up Deal: “If you feel homesick, I'll come and get you.” This statement conveys doubt and pity that undermines a camper's confidence and independence. Pick-Up Deals become self-fulfilling prophecies. Encourage your camper to enjoy this new experience. We will help them adjust quickly and thrive at Miniwanca.

Joining a New Community

Our Miniwanca camp community includes individuals from diverse backgrounds and experiences coming together to share in the joy of summer camp. We value each person's right to fully experience our programs free from prejudice and harassment. We honor and welcome campers and staff of all gender identities, including transgender and gender-expansive individuals.

Before camp begins, we ask camp families to have open conversations about what to expect in a diverse camp community that may be different from home. The following strategies may be helpful as you prepare your camper to live and play alongside others with different backgrounds and experiences:

- Encourage your camper to ask questions and express any concerns they may have about meeting new people from different backgrounds.
- Emphasize the importance of being respectful, kind, and inclusive towards everyone they encounter at camp, regardless of differences.
- Share stories or examples that highlight how diversity creates a richer community experience.
- Discuss new situations they might face and brainstorm how to handle them with grace and understanding. By proactively discussing these topics, families can help their campers feel more confident and prepared to embrace diversity.

Opening Day

Opening Day for Session A (one- and three-week programs) is Sunday, June 30.

Opening Day for Session A (two- and five-week programs) is Sunday, July 7.

Opening Day for Session B (one- and three-week programs) is Sunday, July 21.

Opening Day for Session B (two-week programs) is Sunday, July 28.

Driving to Camp

All camper families arriving by vehicle must select an arrival time the [Miniwanca Travel Information 2024 form in CampBrain](#) by Monday, May 15. If you do not select an arrival time, Miniwanca will assign one to you. Families must arrive at their designated time to ensure a smooth registration process. Families with campers in multiple sessions must complete the travel information form for each camper, but you will be assigned the same arrival time window for your convenience.

Final arrival times will be emailed to camper families four weeks prior to Opening Day when they receive their Camper Health Update reminder. If you have questions about your arrival time, please email mwtransportation@ayf.com.

Directions to Camp

- Heading north on US-31, take Exit 140 (New Era/Stony Lake Road) and turn left on Stony Lake Road.
- Head west approximately 7.5 miles until you dead-end into Scenic Drive. You will see the sign for Miniwanca.
- For Boys Camp: Turn left onto Scenic Drive. The entrance is immediately on the right.
- For Girls Camp and Main Office: Turn right onto Scenic Drive and follow the road about a half-mile along Stony Lake until you approach to Stony Lake Store on your right and a small park on your left. Stay left on Scenic Drive and continue until you see the Miniwanca Main Office on the left. Continue down Scenic Drive until you see the Girls Camp entrance on the left.

St. Louis Bus or Airport Shuttle

Miniwanca will offer one-way or roundtrip bus transportation from St. Louis for an additional fee. The bus departs St. Louis on Opening Day of your camper's session at 6 a.m. CT. The bus returns to St. Louis on Closing Day of their session around 6 or 7 p.m. CT.

One-way bus: \$195

Round-trip bus: \$390

Miniwanca will also offer one-way or roundtrip shuttle pickups from Gerald R. Ford International Airport in Grand Rapids, Michigan for an additional fee. Staff will collect campers on Opening Day and drop them off on Closing Day.

One-way shuttle: \$75
Round-trip shuttle: \$150

Families can sign up for the bus or shuttle through [the CampBrain portal online](#).

Health

- Please inform the Health Team if your camper becomes ill or is diagnosed with an illness or lice in the 10 days prior to camp. This does not necessarily preclude them from coming to Miniwanca as planned, but it is important information for us to have.
- On the morning of Opening Day, perform one final lice check on your child.
- **Please do not come to camp if you or your child is sick.** Contact Miniwanca at 231-861-2262 as soon as possible to inform the Health Team and discuss next steps.

Check-In Process

- To expedite the check-in process, please limit the number of people who will travel with your camper to only those in their immediate household. Please do not bring pets.
- Families with campers attending both camps should first drop off their Boys Camp participants, then proceed to Girls Camp to drop off those participants.
- Families will turn in any camper medication, including vitamins, supplements, over-the-counter and prescription medications, as well as any inhaled, cream, and injectable medications such as inhalers or Epi-pens. (See our [Medication Management](#) updates and all [2024 Health & Wellness Information](#).)

Girls Camp families will drop their camper's luggage and meet their cabin leader in Downtown Miniwanca. Boys Camp families will drop their camper's luggage and meet their cabin leaders at Bryant Field. **Families will be able to use the restroom, stretch their legs, and explore the main areas of camp. They will not be able to move their camper into the cabin.**

We encourage families to help their camper begin their adjustment to Miniwanca as quickly as possible by keeping their goodbyes positive, encouraging, and brief.

The first full meal for campers will be at 6 p.m. ET. We suggest your child eats a meal in your vehicle shortly before arriving. Snacks will be available for campers all afternoon.

Living at Camp

Your Camper's Cabin

Your camper's cabin is their home, and their cabinmates will be their family. A cabin consists of up to six campers of the same age and a Cabin Leader. Our cabins are rustic, screened spaces with bunkbeds and no electricity.

We strive to place campers in the strongest possible cabin groups, mixing youth from different communities and backgrounds. Having detailed information about each camper is essential in forming these communities. We cannot guarantee cabin placement requests, but we do take them into consideration. If there is a specific concern about cabin placement (with or without another camper), please share that with the Client Relations Manager before the beginning of camp.

Your Camper's Cabin Leader

A Cabin Leader lives with campers, and campers will get to know many other Leaders through the camp activities and Interest Groups. Our Leaders are thoroughly trained youth empowerment professionals who are just as excited about the summer as their campers. Many were Miniwanca campers themselves.

Cabin Leaders are at least 18 years old and have had at least one year of post high school-graduation experience. Leaders go through an extensive hiring process, including interviews, three reference checks, and a background check. They receive all training needed for a successful summer before camps starts. All leaders are certified in CPR, first aid, experiential education, and group dynamics.

Miniwanca Food Program

We intentionally design our Food Program to help campers be their best self by offering healthy, balanced meal options. Our Food Program is guided by four principles:

1. **Inspire respect and reverence for food**, understanding the value of the food we have and the knowledge that many in our world go to bed hungry.
2. **Reduce the carbon footprint of our food program**, both in getting food to our tables and reducing our waste.
3. **Educate and empower participants and staff toward action**. Spend time talking about what and why we are eating, and why we compost our food waste. Be mindful of the link between how we fuel our bodies and the development of our best self.
4. **Develop menus that provide a variety of healthy options** for our participants and staff. We seek to offer "premium fuel" menu options including whole grains, fresh fruit, and vegetables.

Dietary Restrictions and Allergies

Miniwanca’s menu does not include tree nuts, and our kitchens do not serve food containing peanuts, peanut butter, or peanut oil in their ingredients. Note that some snacks and desserts we serve may contain trace amounts of peanuts or they may have been manufactured in a facility that processes peanuts. Vegetarian, dairy-free, and gluten-free options are available at each meal.

Families should disclose any special dietary needs in the Camper Health History Form to determine if Miniwanca can meet your child’s needs.

Typical Daily Schedule

Though there will be a few special days throughout the summer, we primarily stick to this sample schedule.

7:30 a.m. Polar Bear
7:45 a.m. Rising Bell
8:30 a.m. Morning Stretch
9:00 a.m. Breakfast
10:30 a.m. Community Time
11:30 a.m. Interest Group 1
12:30 p.m. Lunch
1:30 p.m. Rest Hour
2:30 p.m. Assembly
3:15 p.m. Interest Group 2
4:15 p.m. Snack Time
4:30 p.m. Interest Group 3
5:15 p.m. Free Time
6:30 p.m. Dinner
7:45 p.m. Night’s Doings
9:00 p.m. Evening Reflections
9:30 p.m. Bedtime Prep
10:00 p.m. Lights Out (grades 3-8)
11:00 p.m. Lights Out (grades 9-12)

Staying in Touch with Campers

2024 AYF Onsite Photo Policy

Summers at Miniwanca provide a rare opportunity for youth to slow down, live simply, and experience community in beautiful, outdoor settings. Campers reconnect with nature and disconnect from smartphones, social media, video games, and other technology by leaving their devices at home.

We understand families appreciate the reassurance of seeing their smiling camper having a wonderful summer. Unfortunately, we have learned from experience it is not possible to provide quality photos of every camper, every day, and that the camera's constant presence during daily activities interferes with the spirit of simple living in a disconnected community.

As always, we seek to find balance between documenting the campers' experiences and honoring the technology-free life we so carefully build as a community each summer.

We will continue to offer free, password-protected access to photos taken at camp. Families will receive SmugMug login information via email once their camper's session begins. They will also receive a printed photo of their camper's cabin group and a link to the summer highlights slideshow at the end of their session.

In-camp photos will be uploaded to the [camp SmugMug](#) each Monday, Wednesday, and Friday.

Due to the remote settings of these experiences, Four Trails trip leaders' primary focus is camper safety and well-being. They cannot provide regular, detailed, or real-time photographs. **Photos from Four Trails trips will be available online when groups have returned to camp.**

Families are encouraged to keep in touch with their camper via mailed letters, one-way emails, and care packages, and to follow regular updates on the camp blogs.

One-Way Email

Miniwanca offers a one-way email service for families to communicate with campers. We print and deliver these emails to campers once a day. We will provide the link to this service once camp begins. You may share this link with family and friends, but please don't share it too widely so we do not overwhelm the system.

Care Packages and Mail

Families are welcome to send letters, postcards, and care packages with inedible items such as books, cards, games, and stickers. Campers will open care packages in the office under staff supervision. Because we have campers with severe food allergies, **food, candy, and gum are not allowed and will be disposed of if sent in care packages.** This rule is strictly observed for

campers' health and safety.

Please address care packages and mail to:

Camper Name
Miniwanca, (Boys or Girls Camp)
8845 W. Garfield Road
Shelby, MI 49455

Visitation Policy

We do not have a formal visiting day at camp and discourage individual family visits, as they are disruptive to the camper experience. If campers are homesick, an outside visit can often exacerbate the issue or even spark these feelings in other campers.

Closing Day

Session A Closing Day (one-week programs) is Saturday, July 6.
Session A Closing Day (two- and three-week programs) is Friday, July 19.

Session B Closing Day (one-week programs) is Saturday, July 26.
Session B Closing Day (two- and three-week programs) is Friday, August 9.

Family members are invited to celebrate the end of camp with their camper at the final fire circle on Closing Day. The Closing Circle begins promptly at 10 a.m. ET, and all camper families must depart Miniwanca by 11 p.m. ET. Lunch will not be served on Closing Day.

Miniwanca will share more information about each session's details via email a week before Closing Day. This will include parking information, suggested arrival times, and where each Closing Circle will be located.

Odyssey and Voyageur Families

Odyssey and Voyageur campers will celebrate the culmination of their Four Trails experience with the entire Miniwanca community at Nostos, a homecoming celebration that takes place in the morning on Tuesday, Aug. 6. Families and alumni are welcome to witness their triumphant return to camp. More information will be emailed to families prior to Nostos, including parking information, suggested arrival times, and where Nostos will take place.



Closing Day Details

Miniwanca will email families a photo slideshow of summer highlights and a roster that includes camper names and contact information so they can keep in touch all year. If you would prefer your camper's information not be included, please contact the camp office.

If your camper is shipping luggage home, AYF staff will strive to send it within two weeks of Closing Day. Shipping and packaging charges will be applied to your credit card on file.

Please do not send prepaid shipping labels to camp with your camper. Once the luggage is sent, you will receive an email with the UPS tracking number. The family assumes all responsibility for any damage that occurs during the shipping process. The AYF is not liable for damage or loss.

Release Policy

Campers will not be permitted to leave camp with anyone other than a parent or legal guardian unless we receive written permission from those parents or guardians. AYF policy and state law require written permission listing the names of people with whom the camper may leave. To update these release plans after you have submitted these names, please call the camp offices.

Health at Camp

The health and safety of Miniwanca campers and staff is our highest priority. We maintain a modern Health Center with a registered nurse and assistant health officers in residence, as well as a doctor on call. All AYF staff are trained in CPR and first aid.

Please take the time to read the entire [2024 Health and Wellness Policies online](#).

Camper Health Update Form

All families are required to complete a Health History Form by April 1 and a Camper Health Update form four weeks before arrival at Miniwanca. The Camper Health Update form lets you share any pertinent changes to your camper's medical information/history that have occurred since submitting the Health History Form.

You will receive an email reminder to complete this Camper Health Update [on CampBrain](#) five weeks before your camper's Opening Day. **You must submit this form even if there are no changes to your camper's medical information or history.**

Medication Management

The following important information applies to all daily medications, including prescription, non-prescription, and over the counter oral medications.

Medications are administered after meals and at bedtime. We are not able to accommodate medication times outside of these designated times. If your camper requires medication at another time, please [contact the health team](#) as soon as possible to discuss.

The AYF offers two medication packaging options for campers who will take daily medications while at camp:

1. **Multidose packaging (also called blister packaging) prepared by a pharmacy***

This means a pharmacist prepackages a camper's medications by date and time, rather than sending an entire pill bottle or package to camp. For example, the exact doses of all medications a camper takes at breakfast on Aug. 13 are packaged together in one sealed pharmacy pouch.

Families can learn more about multidose packaging and find these services through providers like [PillPack](#) and many CVS and Walgreens pharmacies. We encourage families to ask their pharmacist about [Dispill](#) and other services like this. The pharmacist may ask your insurance company for a vacation override to fill a prescription early or to fill more than a 30-day supply.

[Hometown Pharmacy](#) in Shelby, Michigan offers **Right Pack**, a multidose packaging service. We encourage you to reach out to them if you are unable to find a local pharmacy to prepare your camper medication in multidose packaging.

***It is important to start this process with your pharmacy as soon as possible (no later than two months prior to camp) to ensure your camper arrives with correctly packaged medications.**

Multidose Packaging Exemptions:

- Liquid, cream, oral contraceptive, inhaled, and injectable medications. These medications must arrive in their original valid prescription packaging with your camper's name on the label.
- Controlled or schedule II medications (this includes many ADD/ADHD medications).
- Antibiotics prescribed immediately before camp begins that will be taken for a limited time.

2. Medications packaged and prepared by AYF Health Team – \$200 fee

The AYF Health Team can package and prepare a camper's medications for a \$200 fee. Medications must arrive at camp in their original prescription packaging with the camper's name on the label. The service fee will be applied to the camper's account.

Please do not self-package your camper's medications in individual containers or bags – the AYF cannot accept them.

If a camp family is eligible for financial aid and unable to get medications packaged through a pharmacy, they should [contact the Health Team](#) as soon as possible so they can assist.

Please do not send any medication, even over the counter or as-needed medications, in your camper's belongings. **Campers are not allowed to self-administer any medication.** Thank you for your attention to this important policy that helps us reduce the potential risk to your camper and others.

Epi-Pen devices and Inhalers

If your camper is prescribed and EpiPen or rescue inhaler, we require that you bring two devices – your camper will keep one with them, and the other will be kept in the Health Center. You will also need to submit the [AYF Permission to Self-Administer Emergency Medication form](#) signed by the parent/guardian and the camper's healthcare provider.

Behavioral and Mental Health Medications

We request a camper be taking the same medication at the same dose at least three months before arrival at camp to achieve effective therapeutic blood levels and to establish that the appropriate therapeutic effect is obtained. [No changes to the type or dosage of psychotropic medication are allowed within six weeks prior to camp.](#)

Please discuss your camper's medications with their physician now, so that changes can be facilitated within this period. The only exception to this six-week policy is if a camper requires ADD/ADHD medication in an academic setting but does not take the medication during the summer months *and* they have taken a medication holiday from this medication before. Learn

more about this updated Medication Management policy in our [2024 Health & Wellness Policies](#).

Immunization/Vaccination Policy

The American Youth Foundation requires Miniwanca campers to be immunized in accordance with the state of Michigan camp licensing requirements. Proof of vaccination is required before arrival at camp to finalize the enrollment process.

[Medical Review Process](#)

The AYF aims to be inclusive in the enrollment of participants. All reasonable efforts will be made to accommodate campers with different conditions, strengths, and abilities. Prior to participation in any AYF program, our staff will review camper applications to ensure participants can meet the physical and emotional demands of the program.

On occasion, it may be necessary for us to contact you and gather additional information about your child's health or medical history and to consult with our AYF Medical Review Team to assess an applicant's need for accommodation.

Our goal is to include as many participants as possible; however, we are limited in what we can provide in terms of medical care, and we reserve the right to preclude participation based on a condition that we are not able to manage safely.

Please provide as much detail as possible about your camper's health history. **If a camper is required to leave our program due to a pre-existing health condition which is not fully disclosed on their forms, you may waive your right to a medical refund.** Recently diagnosed conditions do not necessarily preclude a camper from attending camp, and detailed information will help us prepare to set them up for a safe positive camp experience!

Illness and Injury at Camp

If a camper becomes ill or injured during camp, the Health Team will assess the camper and determine if outside care is needed, and families will be notified. If a camper is unable to participate in their camp program for 24 hours or more, they may be required to go home until they are determined well enough to return and participate fully in the program.

Medical Emergencies at Camp

The local hospital and health clinic are within 15 miles of Miniwanca. You will be contacted if there is an injury or illness requiring outside medical assistance. Your camper's Health History form must contain family health plan information, including a copy of their insurance card. If a camper requires a doctor's visit or medications, the family is responsible for all medical costs.

If a camper becomes ill or injured during the camp program that removes from programming for an extended period, typically 24 to 48 hours, they may need to depart and go home early. Miniwanca does not have the medical resources to treat severely sick or injured campers on-

site if they require treatment and monitoring lasting more than a brief period or to a degree that exceeds our capacities. This includes medical concerns pertaining to both physical and mental health.

Non-Medical Emergencies Local or National Emergency

Camp families should go to ayf.com for immediate information regarding campers and programs. You will be contacted via email as soon as possible with details and information regarding your camper. We will use our limited phone lines to communicate with authorities. Please be patient and we will contact you as soon as possible.

Emergencies at Home

If an emergency arises at home and you need to contact your camper, call camp at 231-861-2262. Office staff will answer phones and direct your call as needed from 8:30 a.m. to 8 p.m. ET. We will check camp voicemail at 10 p.m. ET and at 8:30 a.m. ET the next day.



Behavior and Dismissal Policies

Expecting the Unexpected

The AYF makes every reasonable effort to ensure a fun, safe experience where campers are encouraged to achieve their personal best. However, we cannot foresee or control every circumstance. Group dynamics, failure to follow instruction, camper misbehavior, inclement weather, and other environmental hazards can create unexpected challenges. Our staff is trained for unexpected situations, and as a result, unplanned programmatic elements often serve as the greatest catalyst for teaching life skills.

Unforeseen circumstances can provide campers with a valuable opportunity for critical thinking and problem-solving. Should an incident occur, our priority is camper safety and quality of the overall group experience. Our course of action may include but is not limited to: addressing the incident with individuals involved or the entire community, facilitating community collaboration to determine the next best steps, and/or intentionally adjusting the camp schedule.

For a positive group and individual experience, it is important campers come to Miniwanca with a base level of physical and mental readiness.

We create a community of compassion and respect when we lay out clear expectations for campers and staff, provide opportunities to discuss these expectations, and work to hold each other to them.

If a camper's actions, statements, or attitude negatively affect the community or create issues that compromise safety and fun, Miniwanca staff will intervene. For most issues, we will work with you to create a plan that will help your camper succeed. Camp staff will remain in contact with you and assess next steps. If the issues continue, the camper will be dismissed; certain behaviors will result in immediate dismissal.

Behaviors that result in immediate dismissal include but are not limited to: threat to harm self or others, possession or use of drugs or alcohol, or possession of a weapon.

It is never easy to decide that a camper should be dismissed, and we know it is a difficult thing for families to hear. AYF staff must balance what is best for the group and community with the needs of an individual camper.

If a camper's actions, statements, or attitude negatively affect their cabin or the wider AYF community, or if a camper is physically, mentally, socially, or emotionally unable to participate in camp activities, they may be dismissed.

When a camper is dismissed, the family must arrange for their child to return home as soon as possible. Families are responsible for any costs associated with removing a camper from camp and for transportation home.

Tuition, Fees, and Refunds

Full payment is due by April 1, 2024. **Campers showing a balance due after April 1 will not be allowed to attend camp.** To assist families, the AYF offers discounts and need-based financial aid. Please contact Miniwanca for more information at 231-861-2262.

If you must cancel before April 1, any tuition paid (except the \$300 registration fee) will be refunded. After April 1, there is no tuition refund.

If a camper must withdraw prior to the start of camp due to illness or injury, all payments (except the \$300 registration fee) will be returned upon receipt of a written report from a physician.

There is a minimum \$35 processing fee for each refund.

Withdrawals and Dismissals

For withdrawals during the camp session due to illness or injury, a refund will be prorated. There is a minimum \$35 processing fee for each refund.

No refund will be granted in the case of a dismissal or voluntary withdrawal from camp. In all cases, the family will be responsible for transportation costs incurred.

Additional Resources

Please visit ayf.com to find additional resources and the most current information regarding summer 2024.

Visit the [American Camps Association website](#) for helpful tips and research about the camp experience.

See you this summer!



American Youth Foundation Miniwanca

8845 West Garfield Road Shelby, MI 49455
Main Office: (231) 861-2262
Main Office Fax: (231) 861-5244
Girls Camp Summer Office: (231) 861-3343
Boys Camp Summer Office: (231) 861-3342
Email: miniwancacamps@ayf.com

The American Youth Foundation dares people to discover and celebrate the very best in themselves and others, inspires them to explore diverse perspectives and complex challenges, and emboldens them to live courageously, engaging their full capacity.

My own self, at my very best, all the time.