

Camp Speers-Eljabar YMCA



OUTDOOR EDUCATION

Planning Guide

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Camp Speers-Eljabar YMCA's Outdoor Education Program

Welcome! This guide has been designed to assist you in planning your outdoor education experience in conjunction with our Outdoor Education Director and Associate Program Director. This guide contains information about Camp Speers-Eljabar YMCA, activity descriptions, and sample planning forms. Feel free to copy any of the included material for use in the planning process. Please retain the original copy in your files for future use and reference.

Program Philosophy

- Camp Speers-Eljabar YMCA provides experiences that:
- Help develop a clearer understanding of life systems and the interconnectedness of the natural world
- Focus on sound environmental ethics and positive interaction with the environment
- Encourage acceptable social skills and personal relationships in a group living situation
- Nurture the skills and knowledge necessary to improve the quality of life for all people
- Foster a noncompetitive environment that allows students to set and accomplish goals

Objectives

- To give each student first-hand knowledge and understand of the natural resources we depend on
- To support the classroom curriculum through hands-on, outdoor activities
- To develop cooperative social, working, and everyday living relationships
- To develop interest and curiosity about the environment
- To introduce the student to the problems of pollution, conservation of our natural resources, and survival of our natural environment
- To encourage an environmentally sound lifestyle and activism in environmental issues
- To develop healthy leisure-time interests such as hiking, fishing, singing, etc.
- To have a safe, fun, and memorable experience

Outdoor Education Class Descriptions

Alpha/Beta

Designed by the Peace Corps, the game of Alpha/Beta is used to prepare the new volunteers for what they may experience when they are sent to a country with a culture very different from their own. The students are divided into two groups. Each group will play the role of the culture they represent. Even if the students in the class have never been to a foreign country, their experience relates to many situations they would encounter from everyday life in a foreign country.

- Experience what it is like to be a visitor in a place with unfamiliar language.
- Understand how stereotypes are formed.
- Discover ways to make people new to an area feel more welcome and at home.

Archeology

Students explore the past by discovering the skills and techniques of real life historical detectives. Their journey begins by looking at a variety of locations to identify common characteristics of archeology and to define archeological terminology. Through the examination of an authentic pioneer homestead site (dated to the 1840s) and artifacts removed from the site during an actual dig in 1989, students learn the processes and methods archeologists use to uncover history, including researching and cataloging. The students will also participate in a dig in our Archeological Dig Site. By uncovering historical information, students reach conclusions based upon hypotheses regarding past civilizations and periods.

Archery

Students participate in instructional archery training. We teach target sport practices and guidelines set by the National Archery Association. Each student has time to shoot and master the basics of archery.

Canoeing (May – October)

Water safety and proper use of equipment are stressed to ensure the sport is safe and enjoyable.

- Paddling and steering lessons with specific skill development
- Water Safety and appreciation of water sports

Child's Park (Weather Permitting)

A short bus ride (at an additional cost) to the Delaware Water Gap National Recreation Area brings your group to Child's Park. Learn about the history of the area while strolling through an Eastern Hemlock forest with cascading waterfalls that provide a wonderful visionary backdrop.

- Discussion of water cycle and its importance
- Investigations of water dynamics and its connection to surrounding environments
- Importance of preserving natural areas
- Sedimentary geology

- Historic mill site

Climbing Tower (Weather Permitting)

Students develop confidence through an activity involving perceived risk. Participants are encouraged to challenge themselves through their own efforts with the support of their classmates. Emphasis is on personal challenge rather than height climbed.

- Basic climbing techniques
- Safety techniques
- Personal challenge and self-confidence

Confidence Course

Students learn the importance of trust and responsibility as they navigate across our low – ropes course.

- Spotting safety techniques
- Group communication and support
- Self-confidence and perseverance

Cross-Country Skiing (Snow Conditions Permitting)

Cross-Country skiing is a popular winter sport that gets children into the natural environment in a fun, exciting way.

- Appreciation for the outdoors in the winter months
- Ski equipment, lesson and guide provided with the class

Entomology

This class focuses on insects as an integral part of our ecosystem. The students will be able to collect, identify, and study insects during a hands-on lesson.

- Basics of insect structure and function
- Habitat of certain insects, how they build homes, and their life cycle
- Insects play an important role in our ecosystem

Forest Ecology

Students investigate relationships and processes occurring in forests. Learn how to build your own tree as well as identification techniques that will enable the participant to identify trees at home.

- Identify local flora
- Understand photosynthesis and the functioning mechanisms of trees
- Identify products gained from forests to fulfill human need
- Learn about food webs and camouflage

Geocaching

Students play campus wide scavenger hunt game while learning how to use a GPS. GPS use:

- Introduction to the game of Geocaching
- Navigate through campus

Horseback Riding (Additional Fee)

Horseback riding is a wonderful learning experience as well as an excellent way to view nature. Students will receive horse instruction including safety rules and a trail ride. All participants must wear closed toe shoes, long pants, and a helmet (provided by Camp).

- Proper barn and ranch conduct
- Pony or trail ride (age dependent)
- Equine behavior
- Grooming

Nature Trail

Hike an established 1-1/2 mile trail through a Pine – Oak Hickory Forest. Encounter the wonders of nature, including glacial moraine and spruce bog. Take advantage of this unique opportunity to explore the extraordinary environment found in our rare bog – one of only 15 in the continental U.S. and the second Southernmost. A boardwalk extends across the bog for easy access and leads to an observation tower where the group can share thoughts and ideas. Listen carefully though, the story of the bog man is fascinating as well as factual.

- A wide range of ecosystems and habitat available for investigation
- Discussion of habitat protection
- Glacial geology
- Plan communities and interdependence
- Endangered and threatened species

Orienteering

Students receive an introduction to the sport of orienteering

- Compass use
- Pacing and distancing
- Orienteering courses (use of math skills)

Pond Ecology

Participants investigate the relationships and processes occurring in Nichecronk Pond, surrounding streams, and the environment. Students work in small groups using collection pans, dip nets, and hand lenses to search for organisms in the pond and stream. Field guides are used for identifying student discoveries.

- Physical differences between ponds, lakes and streams
- Differences and similarities in types of plant and animal life
- Importance of water for all life
- Ways to preserve and protect water ecosystems

Survival

Students are taught the importance of basic survival skills used in an outdoor setting. Working in small teams, participants gain an understanding of techniques and attitudes necessary to avoid and overcome dangerous situations in the wild.

- Shelter building
- Fire building

Team Building

Students learn cooperative social skills while using a variety of group initiative problems and our action socialization course. Our facilitators lead student groups through specific and appropriate challenges allowing the group to learn and achieve at their own pace.

Facilitators process each experience with the students exploring successes and areas for improvement to be applied at successive challenges.

- Develop trust, communication, leadership, cooperation, etc.
- Individual skills and abilities
- Self-esteem and self-confidence
- Conflict resolution skills

Wildlife Ecology

Students explore relationships between wildlife, their surroundings, and humans. Wildlife habits, needs, identification, and interrelationships are discussed. Mounted specimens, skeletons, and field guides are used to assist in the student's investigation. Program ends with a short hike. The students attempt to find signs of wildlife activity and identify markings and tracks left by various creatures.

- Understand importance of wildlife and repercussions of human pressure
- Understand importance of wildlife to health of planet
- Recognize needs of wildlife; what, why and how
- Discover animal facts through discovery stations

Wonders of Winter (December-February)

Students increase their awareness of types of activities occurring (natural and manmade) during winter.

- Animal adaptation
- Animal tracking and habitat
- Snow types and how they are created
- Adaptation of man, snow caves/shelters

Large Group Programs

Bombardier

This program asks students to complete various tasks related to the activities they have participated in. Upon completion of the task, the group will be given a clue as to where their next station is located. At each station, the students are asked to complete another one of the tasks.

Once all the stations are completed, or time has run out, the teams are to report to the designated ending spot. This activity is a great finale for one and all as skills learned throughout the trip are vital to each group's success.

Predator/Prey

This hands-on game teaches students first hand about the food chain and survival of the fittest. Students, in teams, become different animals in an ecosystem. These small groups set out to find the necessities they need to survive as well as encountering other obstacles on the journey of life.

- Food chain
- Survival of the fittest
- Hands-on learning

Evening Programs

Depending on your length of stay, you will need to select an evening activity for each night you are here. The evening activity typically lasts from 1 to 1-1/2 hours followed by the evening snack. We are flexible; if you have other ideas please share them. Activities with an "*" in front of them require an additional fee; call the Camp for details.

Night Hikes

A Center instructor leads a one-hour hike with the learning groups from earlier in the day. Strong emphasis is placed on the senses, with activities designed to develop an awareness of the night. Also, an appreciation of nocturnal animals and star constellations is enhanced through personal observation.

Campfire/Talent Show

Centered at our beautiful outdoor amphitheater, this is a wonderful whole-group activity. Singing, silly songs, skits, and stories create a lot of fun for everyone. Each cabin group also has the opportunity to develop a skit or a talent. Teachers are encouraged to participate.

Meadow Games

This is a great activity to follow dinner. Students burn off energy in the early evening while throwing Frisbees, playing volleyball, or tossing a football around. Enjoy the magnificent sunset views from the meadow on those beautiful spring and fall evenings.

***Square & Line Dancing**

Get ready cowboys and cowgirls, for the greatest country hoe down on the face of this earth. The hoe down consists of traditional square dancing, jamming country tunes, and timeless classics like the limbo and the YMCA. Please take the opportunity to see this program before it blows out of town like a twister on the plains of Oklahoma.

Guest Presenters

The following is a list of guest presenters you may close to add to your program. These presenters require an additional fee and plenty of advance notice. Contact the Associate Program Director for more information.

“Touch of Nature” – Jerry Zelenka brings 20-30 different animals – from the smallest of mammals to the largest of snakes. With his wit and puns, he enthralls an audience from beginning to end.

“Snakes-N-Scales & Turtle Tails” – Bill Boesenberg can do various shows including Mammal Mania, Rainforest Classes, & Reptile and Dinosaur classes; many of which support core curriculum contents in science and social studies.

“DJ Dancing” – A local DJ will rock the night away or at least until snack time with a dance hall extravaganza.

General Activity Information

Early Morning Activities

Teachers or chaperones may offer early morning activities (before breakfast) to interested students. These can include jogging, bird walks, deer walks, wake up exercise, fishing, etc. One chaperone must stay in each cabin for those who choose not to participate.

Fishing

Fishing will be permitted only during specified times under adult supervision. Students are welcome to bring their own fishing equipment. All fish that are caught are to be immediately removed from the hook and released into the pond. No fishing is allowed in the waterfront/swimming areas.

Journal

It is a great idea to incorporate a daily journal into this program. Journals can be made at school prior to departure or a time at camp may be set aside. Journals provide lasting documentation of the trip and are a great way for students to evaluate their experience. If schools are interested in creating journals while at Camp, contact the Outdoor Education Director.

Ort Program

The dictionary definition of ort is “left-over food on a plate”. Our ort program teaches participants about food waste and making good food portion choices. Leftovers are

weighed after every meal and the results are placed on a chart. This program awakens participants to the amount of food waste and how simple choices can make a difference.

Planning Guidelines

Working with the Camp Speer-Eljabar Outdoor Education Associate Program Director...

To insure that your schedule is planned correctly, Camp Speers-Eljabar has an Associate Program Director that works with your school. In addition to the logistics, the Associate Program Director will provide a smooth transition from the classroom to the outdoors. In order for the Associate Program Director to do an effective job, they will need your assistance. Please complete and return the Pre-Camp Planner form as soon as possible and be sure to include the phone number and times you are best reached during the school day. You can also include a home phone number or email address.

Please begin to gather the following information together for your Pre-Camp planner:

- ✓ Approximate number of students and adults attending
- ✓ The goals you hope to accomplish during the trip
- ✓ Ideas or requests for your classes and evening programs
- ✓ Special requests or needs your group might have

Return schools please take note – we take copious notes of your school’s experience, but sometimes we forget small details. Please remember to share with us: the ways you have always done things, the rooms you have always had and the flow of events you have come to expect. Please remember that we are continually upgrading and improving our program – so try something new.

The Associate Program Director will create a tentative schedule after reviewing your Pre-Camp Planner. When this schedule is complete, the Director will email you a copy. Please carefully review this schedule and contact the Associate Program Director with any questions you may have. Since we organize our teaching schedule two (2) weeks in advance to your arrival, last minute changes can be difficult. For that reason, we hope to work out all scheduling details before you arrive.

Preparing your Students and Staff...

Educationally – The Camp Speers-Eljabar Outdoor Education Program is a school in the outdoors, all our experiences (including eating in the Dining Hall) have an educational foundation. In preparation, you may want to perform special units of study, discuss current events or work on journals back at school.

Logistically – Please make sure that all participants are prepared for an outdoor classroom experience; raincoats and warmer clothing in the colder months are a must! Share the purpose of the trip and the selected activities with your students and teachers. Make sure all necessary forms have been sent home and that parents have the Camp Speers-Eljabar YMCA phone number in the event of any emergency.

Emotionally – Our 1,100-acre setting located in the Pocono Mountains is unique and apt to be different from what your students are used to at home. Because the experience at Camp Speers-Eljabar YMCA is so short and intense, we ask that you address student’s behavior before you arrive. Many schools have found that a behavior contract signed by students and parents is a great idea!

Environmentally – We ask you and your students respect the Camp Speers-Eljabar YMCA environment inside and out. Collecting animals or plants is not permitted without permission. Furthermore, we try to integrate our philosophies into every part of our program, including the Dining Hall. Activities such as measuring food waste can be a dramatic lesson about wasteful lifestyles and energy cycles. We feel a trip to Camp Speers-Eljabar can help to instill positive environmental attitudes in our students. We will strive to practice what we preach, and we ask you to help us in this effort by preparing your students for our alternative living and learning environment.

Calendar for planning your trip

Pre-Trip Planning Checklist

1 Year Prior to Retreat:

- _____ Contact the Outdoor Education Director to set dates and contract.
- _____ Sign Contract and return to Camp with deposit by due date written on contract.
- _____ Mail certificate of insurance to Camp Speers-Eljabar YMCA.
- _____ Develop and carry out fund-raiser, if necessary.
- _____ If a guest presenter is desired, contact the Outdoor Education Director to confirm dates and times so that arrangements can be made.

2-3 Months Prior to Retreat:

- _____ Hold an information meeting for students, parents, and teachers. Camp staff are happy to present at this meeting.
- _____ Mail the Pre-Camp Planner to the Associate Program Director.
- _____ Arrange for transportation.
- _____ Arrange for a nurse to accompany your group to the Camp.
- _____ Select teachers from school to accompany students. Also, solicit parent volunteers as chaperones to assure a ration of 1 parent/teacher chaperone per 6 students.

1 Month Prior to Retreat:

- _____ Determine student participants by collecting permission slips, money, health forms.

2 Weeks Prior to Retreat:

- _____ Use forms in back of this book to list group participants: (Include all students, teachers, chaperones, etc., in all lists).
- _____ Cabin Assignments (Standard: One chaperone required for each cabin. Suggested: Two chaperones and ten students per cabin. Call the camp to determine which cabins are available for your group).
- _____ Learning Groups – (Standard: 10-14 students per group with at least one (1) chaperone/teacher per group).
- _____ Table Assignments for Meals – (Standard: Must have one chaperone per table. Max. Ten (10) people per table).
- _____ Cruiser Assignments – (Assign one (1) student at each table for each meal).
- _____ Send all of the above assignments to the Associate Program Director.
- _____ Call the Associate Program Director with information about special needs campers who will be attending. We can meet their needs provided, we receive advance notice.
- _____ Make sure students know all of their assignments (cabin, learning group, table, and cruising duties) PRIOR TO ARRIVAL AT THE CAMP.

Behavior Expectations

The YMCA's Core Values of Respect, Responsibility, Honesty and Caring are the guiding principals for appropriate behavior at Camp Speers-Eljabar YMCA. Here is a closer look at how *respect* can influence participants each day.

Respect yourself by...

- Keeping an open mind to new ideas, new ways of doing things, and being different.
- Doing things which are healthy and safe, including:
 - Wearing shoes at all times
 - Wearing rain gear when it is raining
 - Wearing warm clothes when it is cold
 - Getting plenty of sleep

Respect others by...

- Listening when someone is speaking
- Following directions given by chaperones, teachers and Speers-Eljabar staff.
- Supporting others by giving “put ups”, pats on the back and encouragement. “Put downs” do not belong at camp!
- Showing up for your classes and cruising assignments on time because other people are relying on you.

Respect your surroundings by...

- Looking at, listening to, smelling, tasting, and even touching the nature around you as long as you are careful not to scare, harm, bother, pick or break any growing plants or animals.
- Keeping your cabins and bathroom clean everyday.
- Picking up trash when you see it, even if it is not your trash or in your area.

Typical Daily Schedule 3-Day Experience

Day 1		Day 2	
*11:00	Arrival & Settle into Cabins	7:45	Cruisers
11:45	Orientation	8:00	Breakfast
12:15	Dinning Hall Orientation	9:00	Class 3
12:30	Lunch	10:30	Class 4
1:30	Class 1	12:15	Cruisers
3:15	Class 2	12:30	Lunch
5:15	Cruisers	1:30	Class 5
5:30	Dinner	3:15	Class6
6:30	Camp Store Open/Cabin/Journal	5:15	Cruisers
7:30	Evening Program	5:30	Dinner
9:00	Snack	6:30	Meadow Games/Journal Time
9:30	To Cabins	7:30	Evening Program
10:30	Quiet Hours Begin	9:00	Snack
		9:30	To Cabins
		10:30	Quiet Hours Begin

Day 3

7:45	Cruisers
8:00	Breakfast
9:00	Class 7
10:30	Cabin Cleaning and Packing
11:15	Cruisers
11:30	Lunch
12:30	Departure

Groups should plan to arrive no later than 11:30 a.m. This will not allow the schedule to be followed without rushing through lunch.

Camp Speers-Eljabar YMCA Sample Menu

Breakfast	Lunch	Dinner
First Day	BLT Wraps Flavored Tortilla's Vegetable Wraps Baked Potato Chips Sweet Pea's Salad Bar Mixed Berry Crumble	Roast Beef au jus Chicken fingers Red Skin Mashed Potatoes Green & Yellow Zucchini Sliced Roasted Tofu Salad Bar Applesauce
Breakfast	Lunch	Dinner
Breakfast Burritos Onions, Cheddar Cheese Salsa, Green Peppers Turkey Bacon Cereal & Fruit Bar 100% Fruit Juice	BBQ Chicken Breast Whole Wheat Roll Veggie Burger Baked Beans Sweet Potato French Fries Salad Bar Whole Fruit Mix	Turkey Tacos Sour Cream, Cheddar Cheese Tomato, Lettuce, Salsa Spanish Rice Corn-On-The-Cob Salad Bar Cantaloupe, Honeydew with Yogurt & Granola
Breakfast	Lunch	Dinner
Blueberry Pancakes Turkey Sausage Hot Cereal Cereal & Fruit Juice 100% Fruit Juice Assorted Muffins	Whole Wheat Pizza Toppings: Peppers Onions, Cheese Steamed Carrots Salad Bar Applesauce Brownies	Baked Chicken Cacciatore Eggplant Parmesan Brown Rice String Bean Medley Salad Bar Polenta Hawaiian Fruit Parfaits

* Coffee/Tea is always available for chaperones and teachers only.

* This is a sample menu. It gives you an idea of some of our menu selections. If you have suggestion or special dietary needs, please contact the Associate Program Director three (3) weeks prior to your trip.

Student Health and Safety Tips

Animals

Wild animals are present on Camp property. If sighted, we encourage visitors to observe them from a distance. Please, however, refrain disturbing them, for they are unpredictable.

Plants

The best rule to follow about eating wild plants is, “if you don’t know what it is, don’t eat it.” You should only eat a plant or plant part if your instructor says that it is safe. Poison Ivy will be in leaf during the spring and fall. Learn to recognize it so you won’t come home with a souvenir rash. Poison Ivy can be transmitted by your clothes, pets, and smoke, so be careful.

Wet Clothes

If your clothes are wet, go back to the cabin (with your leader’s permission) and change them. Do not put them on the heater to dry. This can start a fire.

Food in Cabins

Do not keep food and candy in cabins, as it will attract animals and bugs. You will have plenty to eat at mealtimes, so there is no need to bring extra food.

Ticks

Ticks are present in the spring and fall. Check your hair and body once a day for ticks. If you should find one, go to the group leader for directions. Wood ticks are the ticks most often encountered. Wood ticks are not carriers of Lyme disease.

Cuts and Injuries

All cuts and other injuries should be reported to the group leader or nurse, no matter how minor. If a person is badly injured, however, do not attempt to move them. Get adult help immediately.

Personal Hygiene

There will be ample time before breakfast and in the evening to shower. Always wash your hands before each meal. For people with long hair, it is a good idea to have a hair tie, so that you can pull your hair back while setting the tables.

Medications

All medications are to be deposited with the nurse or group leader. No student is to have medication in the cabin or share any medications with others.

Fires

Fires may only be built under camp staff supervision in designated preset fire rings. Running or active games around a fire are prohibited. Do not hold or remove burning pieces from a fire.

Poisonous Bites

While there have been no reported sightings of poisonous snakes or spiders at the camp in recent years, visitors are warned that these dangers exist. To avoid such bites, be careful where you place your hands when climbing or moving large rocks.

Emergencies & Medical Care

Emergency (Ambulance/Rescue)	911
Camp Office	(570) 828-2329
Emergency Nighttime Phone	(570) 828-2329 Dial 1

When there is an emergency, contact your school nurse. If a school nurse or hired nurse has not accompanied your school, the group coordinator needs to be contacted. They should be able to handle small incidents. Otherwise, please follow these guidelines:

If there is an injury/emergency during the day, please find the group coordinator or the Outdoor Education Director. If they both are out in the field, contact the Main Office by dialing 222 from a camp phone. They will be able to assist you and radio the Outdoor Education Director.

If there is an injury/emergency in camp at night, please call the emergency night phone number above. There are courtesy phones located in each dining hall. The Eljabar phone is in the foyer at the top of the stairs. The Speers phone is in the lower level across from the girls restroom.

Milford Urgent Care: Milford, PA (570) 406-9700

Open 7 days a week. Immediate treatment for illness and injury; X-ray and lab on-site. Turn right out of Camp Speers-Eljabar YMCA onto Route 739. Follow Route 739 for 2.9 miles to the first traffic light. Turn left onto Milford Road. Travel on Milford Road until you reach the junction with 206. There is a stop sign along with a Eckard Drug Store on one corner and a Pennstar Bank on the other. Turn right and go .2 miles to the first stop light. Make a left on to Route 209/206. Go 4 blocks and turn right onto Catherine Street. You will see Milford Urgent Care on your left about 2 blocks down. Travel Time 20 minutes.

Newton Memorial Hospital: Newton, N.J. (973) 383-2121

Turn right out of Camp Speers-Eljabar onto Route 739. Follow Route 739 for 5.4 miles to the traffic light. Go straight through the stoplight for ½ mile to the toll bridge (\$.75 one way). Cross the bridge onto Route 560, and go 2.5 miles to a stop sign. Turn left at the stop sign and go 2.3 miles to Route 206. Take the right fork onto Route 206. Go for 5.5 miles to a stoplight. Turn right at the stoplight towards Smartwood Lake and Sussex County Community College. Go one mile to stop sign, 519 South, and turn left at the stop sign. There is an “H” for hospital sign there. Go for about 6 miles to the third traffic light. Hayek’s Market is on the right. Turn right at this light, and stay in the right lane. Follow “H” signs to the hospital on Route 94 South and Route 519 South. Turn right into hospital. Travel Time: 40 minutes.

Bon Secours Hospital: Port Jervis, N.Y. (845) 858-7000

Turn Right out of Camp Speers-Eljabar onto Route 739. Follow Route 739 for 5.4 miles to the traffic light. Turn left to travel North on Route 209. Follow road into Milford, PA. At traffic light, turn right following signs for 209North/6East. Continue on 209 North to Port

Jervis, N.Y. Go through town until you get to Route 6. Turn right onto Route 6. The hospital is on the left about 6 blocks down. Travel Time: 50 minutes.

Chaperone Guidelines

Your role as a Chaperone

Congratulations! By agreeing to become a chaperone, you have agreed to an exciting yet challenging experience. Below are some guidelines. If at anytime you are unsure of your role, please ask your group's host. We thank you for taking time out of your schedule to attend camp.

- You will be the cabin supervisor at night. This means that you are responsible for maintaining order and ensuring participants get an adequate amount of sleep. Camp quiet hours begin at 10:00 p.m.
- Also, as part of being the cabin supervisor, you will be responsible for the hygiene of campers as well as the cleanliness of the cabin.
- During the day, you will travel with a Learning Group. The camp staff will look to you to manage behavior concerns. During some activities it will be appropriate for you to participate, however, some activities are meant only for the students.
- You will be responsible for making sure that participants are on time for activities and meals.
- You are expected to set good examples of appropriate behavior, language and attitude.
- Camp is an alcohol, drug and tobacco free facility.
- Do not allow your behavior to interfere with the participants learning experience.
- Physical punishment of any kind (calisthenics, exercise, hitting, kicking, pushing, hazing or deprivation of sleep or food) is strictly prohibited by PA. State Law and camp policy.
- During meals, your role is to help ensure a relaxed, clean and organized environment, reinforcing manners and proper etiquette.

Camp Speers Eljabar YMCA Suggested Clothing & Equipment List

- | | |
|--|--|
| <input type="checkbox"/> 2 Sheets/Blanket or Sleeping Bag
<input type="checkbox"/> Pillow & Case
<input type="checkbox"/> 1 Towel
<input type="checkbox"/> 1 Washcloth
<input type="checkbox"/> Soap (in plastic container or soap dish)
<input type="checkbox"/> Toothbrush and Paste
<input type="checkbox"/> Comb
<input type="checkbox"/> Pajamas
<input type="checkbox"/> 1-2 Pairs of Shorts (seasonal)
<input type="checkbox"/> 2-3 Pairs Long Pants
<input type="checkbox"/> 3-4 Shirts
<input type="checkbox"/> Several Pair of Socks
<input type="checkbox"/> Changes of Underwear | <input type="checkbox"/> 2 Sweatshirts or Sweaters
<input type="checkbox"/> Sneakers & Boots (at least 2 pair)
<input type="checkbox"/> Laundry Bag/Plastic Bag
<input type="checkbox"/> Camera
<input type="checkbox"/> Insect Repellent
<input type="checkbox"/> Binoculars
<input type="checkbox"/> Thermal Underwear (seasonal)
<input type="checkbox"/> Hat and Scarf (seasonal)
<input type="checkbox"/> Gloves or Mittens (seasonal)
<input type="checkbox"/> Medication (must be given to nurse)
<input type="checkbox"/> Tissues, Chapstick, etc....
<input type="checkbox"/> Flashlight & Batteries |
|--|--|

Mandatory

- Raincoat or Poncho
- Rain Hat
- Waterproof Boots
- Warm Coat or Jacket

Do NOT Bring

- Food, Candy, Gum, Soda
- Knives/Weapons
- Radios/Walkmans
- Electric Games
- Blow Dryers
- Expensive Items

NOTES:

*Because of the elevation, expect the temperature at Camp to be about 10 degrees colder than it would be at home during the same season.

*Be sure to label everything that you bring, we are not responsible for lost or stolen belongings.

*Pack sleeping bag/sheets and blanket in a plastic bag to keep them dry.

*Please pack in a small duffel bag for ease of transportation.

*Please bring clothes you do not mind getting dirty.

***Activities are held outside rain or shine, so all students should be prepared! ***

Housing Options

There are the cabin choices for both camps. Schools will be assigned to specific cabins within camp based upon size and special needs. We reserve the right to alter housing assignments as necessary to accommodate the needs of all participants.

Camp Eljabar		Camp Speers	
Cabin No.	Maximum Capacity	Cabin No.	Maximum Capacity
		North Shore (Heated)	
1A	14	1	12
1B	14	2	12
2A	12	3	12
2B	12	4	12
3A	14	5	12
3B	14	6	12
4A	14	7	12
4B	14	South Shore	
5A	14	8	12
5B	14	9	12
6A	14	10	12
6B	14	11A	12
8	12	11B	12
10	12	12A	12
11	12	12B	12
12	12	13	12

Cabin Assignments ~ Camp Eljabar

Please remember when doing cabin assignments to contact the Outdoor Education Director to determine which cabins will be available for your use. Please write the names of the students and chaperones/teachers that will be in each cabin. The numbers indicate the total number of bunks in the cabin.

Cabin 1A		Cabin 1B		
1.		1.		
2.		2.		
3.		3.		
4.		4.		
5.		5.		
6.		6.		
7.		7.		
8.		8.		
9.		9.		
10.		10.		
11.		11.		
12.		12.		
13.		13.		
14.		14.		
Cabin 2A		Cabin 2B		
1.		1.		
2.		2.		
3.		3.		
4.		4.		
5.		5.		
6.		6.		
7.		7.		
8.		8.		
9.		9.		
10.		10.		
Cabin 3A		Cabin 3B		Cabin 4A
1.		1.		1.
2.		2.		2.
3.		3.		3.
4.		4.		4.
5.		5.		5.
6.		6.		6.
7.		7.		7.
8.		8.		8.
9.		9.		9.
10.		10.		10.
11.		11.		11.
12.		12.		12.
13.		13.		13.
14.		14.		14.

Cabin Assignments ~ Camp Eljabar (Continued)

Please remember when doing cabin assignments to contact the Outdoor Education Director to determine which cabins will be available for your use. Please write the names of the students and chaperones/teachers that will be in each cabin. The numbers indicate the total number of bunks in the cabin.

Cabin 4B	Cabin 5A	Cabin 5B
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.
7.	7.	7.
8.	8.	8.
9.	9.	9.
10.	10.	10.
11.	11.	11.
12.	12.	12.
13.	13.	13.
14.	14.	14.
Cabin 6A	Cabin 6B	Cabin 8
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.
7.	7.	7.
8.	8.	8.
9.	9.	9.
10.	10.	10.
11.	11.	11.
12.	12.	12.
13.	13.	
14.	14.	
Cabin 10	Cabin 11	
1.	1.	
2.	2.	
3.	3.	
4.	4.	
5.	5.	
6.	6.	
7.	7.	
8.	8.	
9.	9.	
10.	10.	
11.	11.	
12.	12.	

Cabin Assignments ~ Camp Speers North Shore

Please remember when doing cabin assignments to contact the Outdoor Education Director to determine which cabins will be available for your use. Please write the names of the students and chaperones/teachers that will be in each cabin. The numbers indicate the total number of bunks in the cabin.

Cabin 1	Cabin 2	Cabin 3
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.
7.	7.	7.
8.	8.	8.
9.	9.	9.
10.	10.	10.
11.	11.	11.
12.	12.	12.
Cabin 4	Cabin 5	Cabin 6
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.
7.	7.	7.
8.	8.	8.
9.	9.	9.
10.	10.	10.
11.	11.	11.
12.	12.	12.
Cabin 7		
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

Cabin Assignments ~ Camp Speers South Shore

Please remember when doing cabin assignments to contact the Outdoor Education Director to determine which cabins will be available for your use. Please write the names of the students and chaperones/teachers that will be in each cabin. The numbers indicate the total number of bunks in the cabin.

Cabin 8	Cabin 9	Cabin 10
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.
7.	7.	7.
8.	8.	8.
9.	9.	9.
10.	10.	10.
11.	11.	11.
12.	12.	12.
Cabin 11A	Cabin 11B	Cabin 12A
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.
7.	7.	7.
8.	8.	8.
9.	9.	9.
10.	10.	10.
11.	11.	11.
12.	12.	12.
Cabin 12B	Cabin 13	
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

Camp Speers-Eljabar YMCA Table Assignments

School:

Tables hold a maximum of 10 people and we required one adult at each table.

Table #		Table #	
Students		Cruiser Schedule	
1.		1.	
2.		2.	
3.		3.	
4.		4.	
5.		6.	
7.		7.	
8.		8.	
9.		9.	
10.		10.	
Table #		Table #	
Students		Cruiser Schedule	
1.		1.	
2.		2.	
3.		3.	
4.		4.	
5.		6.	
7.		7.	
8.		8.	
9.		9.	
10.		10.	
Table #		Table #	
Students		Cruiser Schedule	
1.		1.	
2.		2.	
3.		3.	
4.		4.	
5.		5.	
6.		6.	
7.		7.	
8.		8.	
9.		9.	
10.		10.	

Camp Speers-Eljabar YMCA Learning Group Assignments

Note: When making learning group assignments the optimum number is 10-13 students

Group #		Group #	
Chaperones		Chaperones	
1.		1.	
2.		2.	
Students		Students	
1.		1.	
2.		2.	
3.		3.	
4.		4.	
5.		5.	
6.		6.	
7.		7.	
8.		8.	
9.		9.	
10.		10.	
11.		11.	
12.		12.	
Group #		Group #	
Chaperones		Chaperones	
1.		1.	
2.		2.	
Students		Students	
1.		1.	
2.		2.	
3.		3.	
4.		4.	
5.		5.	
6.		6.	
7.		7.	
8.		8.	
9.		9.	
10.		10.	
11.		11.	
12.		12.	

Camp Speers-Eljabar YMCA Policies

Please retain for your records and share with all group members attending program.

1. The Camp Speers-Eljabar YMCA is covered by basic liability insurance. We DO NOT carry Health and Accident insurance for groups or individuals using our facility. We recommend that you check with your organization's insurance agent regarding appropriate coverage for your group during this event.
2. We require a certificate of liability insurance from your agent naming "Camp Speer-Eljabar YMCA" as an additional insured.
3. The use of alcoholic beverages and illegal drugs is not permitted on Camp property. Persons who violate this rule and/or appear to be under the influence will be asked to leave the property.
4. Firearms, knives, fireworks, or other explosives/weapons are not permitted on Camp property.
5. We strongly advise group leaders to gather the following information:
 - Names and addresses of all participants
 - Emergency contact names and numbers
 - A listing of any persons with known allergies or health condition requiring treatment, restriction, or other accommodation while on site
 - For minors without a parent on site, signed permission to seek emergency treatment or a signed religious waiver
6. We require a list of all participants with cabin assignments upon arrival at camp.
7. The Camp is a smoke and tobacco free environment. Smoking and tobacco use is prohibited in all camp buildings and grounds.
8. In case of accident or injury, report to a member of the Camp staff immediately. The services of a physician are available when local medical offices are open. Emergency treatment is available at hospitals in Port Jervis, N.Y., East Stroudsburg, PA., Scranton, PA. or Newton, N.J.
9. In case of overnight emergencies, guests can call the Camp's main number (570) 828-2329 Ext. 1. This will ring to the Director on Duty's cell phone who will be able to assist you. If necessary, camp staff will notify EMS for you.
10. The group must supply appropriate medical staff for their group. The camp will provide neither medical service nor distribution of medications.
11. The cost of repairing any damage to facilities or equipment (other than normal wear) caused by participants of your group will be charged to the group.

12. The Eljabar dining hall (Hay Center), Speers Lodge and Nature Barn have wood burning or gas stoves. The Center staff will control and maintain the stoves. Please inform participants that the stoves will cause burns if touched.
13. Please forage in the woods for down and dead wood for campfires. Chain saws are prohibited and fires are only allowed in designated fire pits. Please do not use the split wood in storage areas. You may buy wood from camp; please see your group host for details.
14. All vehicles must be parked in the designated parking areas and may be driven into the cabin area for loading and unloading. We must keep roadways cleared for emergency personnel and the Camp's maintenance staff.
15. Each group is expected to do its own housekeeping in the cabins. Camp staff will maintain the dining hall. Prior to departure, the group is responsible for sweeping and general cleanliness of each cabin and surrounding grounds. An inspection of camp will be done by camp staff prior to the group's departure. We highly recommend a group representative participate in this inspection, as any damage caused by the group will be determined at this time.
16. Please assign "cruisers" for each meal who arrive 15 minutes early to set the tables. Groups are responsible for clearing tables and stacking chairs.
17. The Camp Store is available for purchases. It carries toiletries, postcards, T-shirts, shorts, sweatshirts, and souvenirs, etc. If requested, the store will be opened at some time during your stay.
18. Bedding, pillow, towels and other personal items are the responsibility of the individual participant. We will provide beds and mattresses.
19. Camp Speers-Eljabar YMCA provides courtesy phones in each camp for local customer use. Phone cards are available in the camp store for long distance service. Sorry, no collect phone calls will be accepted at any camp phone. Visitors to the Camp are not permitted to use Camp phones except for emergencies.
20. All participants including adults, in any watercraft MUST wear life jackets. No participants are allowed on the fenced-in waterfront area, except during a class when the Camp staff are on duty.
21. Camp guests who participate in our horse program must wear long pants and sturdy shoes to participate. The Camp will supply mandatory helmets for each participant. Guests will be required to sign a liability waiver at the time of the ride. Guests must be 52 inches tall to participate in the trail rides.
22. Guests must wear the helmets provided by the camp when participating in mountain biking, tubing, high ropes and the climbing tower.

Directions to Camp Speers-Eljabar YMCA Outdoor Center

New Jersey

Use Route I-80 West to Route 15 North (Exit 34B) to the Route 206 Intersection (or take Route 206 North from Routes 22, 78 or 287). Continue on Route 206 North to one mile past “Stokes State Forest” sign. Turn left onto Route 560 West (Tuttle’s Corner). **Follow Route 560 and signs to Dingmans Bridge. Cross Dingmans Bridge and follow to blinking traffic light at Route 209. Proceed straight across Route 209 onto Route 739. Continue on Route 739 for 5.4 miles to Nichecronk Road. Turn left and camp office is ½ mile on the right.

****Bus Route:**

Continue on Route 206 North to Milford Bridge (Dingmans Bridge will not allow buses to cross). Cross river and turn left onto Route 209 South. Turn right onto Route 739 North at traffic light. Continue for 5.4 miles to Nichecronk Road. Turn left and camp office is ½ mile on right.

New York City:

Lincoln Tunnel, Route 3, Route 46 to I-80 and then follow directions for New Jersey.

Connecticut:

Use Route I-84 West to Pennsylvania Exit 34 (Lords Valley and Route 739). Follow Route 739 South approximately ten (10) miles. Camp is located on right. Just past Flair Hardware Store. Turn right on Nichecronk Road and camp office is ½ mile on right.

Pennsylvania (Scranton & North)

Use Route I-84 East to Exit 34 (Lords Valley) and follow directions for Connecticut.

Pennsylvania (Stroudsburg & South)

Use Route 209 North. Turn left at traffic light in Dingmans Ferry onto Route 739 North. Camp is 5.4 miles from light. Turn left on Nichecronk Road and camp office is ½ mile on the right.