



RECHARGE, RESET, REFRESH

WOMEN'S WELLNESS WEEKEND
YMCA CAMP AT HORSETHIEF RESERVOIR

WWW.YCAMPIDAHO.ORG

WELCOME TO Y CAMP!

Welcome to the YMCA Camp Horsethief Reservoir Family. Thank you for choosing to join us for Women's Wellness Weekend this year! Every year, our staff work hard to provide a safe, caring, and fun experience for all our guests. Please let us know if there is anything we can do to make this a great experience..

This packet is your guide to preparing for your camp experience. From what you need to be comfortable during your stay, to activities you can try, all the pertinent information is contained in the following pages. Take a few moments to read this guide and get ready for a weekend unlike any other!

Y Camp is a place of magic and wonder where your family will build new friendships, experience new activities, learn new skills, play, laugh, live the values of Caring, Honesty, Respect, and Responsibility, and relax as our staff provides a carefree weekend away.

Thank you again for choosing Y Camp: Horsethief Reservoir for a weekend retreat of fun, relaxation, and friendship! We look forward to your visit!

DIRECTIONS TO Y CAMP

Camp's Address: 301 Horsethief Rd, Cascade, ID 83611

From Boise: Do not rely on GPS directions to camp (Google or Apple Maps)

- Take highway 55 North to Cascade
- Once you've passed through Cascade, turn right onto Warm Lake Road
- Proceed 6 miles, then turn right onto Horsethief Road
- Proceed 3 miles down to the west side of the reservoir (do not turn off the main road)
- Our property is located at the south end of the reservoir; you will enter it shortly after the spillway

In this guide, you will find information on:

- Directions to Y Camp
- Accommodations
- Camp Guidelines
- Check-in/out Procedures
- Payment/Cancellation Information
- Meal Information
- Activity Information
- What to Pack
- Communication Information
- Financial Aid

ACCOMMODATIONS

Whether you are housed in a cabin or a yurt, we want you to be prepared for what those accommodations will provide you with during your stay.

CABINS

Our cabins sleep up to 14 people in bunk beds. For all-adult groups, we try to utilize only the bottom bunks unless you have requested more than 7 people to stay in the same housing. Bathrooms, including two shower stalls with adjoining changing areas, two enclosed toilets, and double vanity sinks are in each cabin.

There is electricity and heat in the cabins, and the floors are carpeted. With the exception of small cubbies, there is no storage.

Cabins are in villages of 5 with a common area that includes a fire pit between them.

YURTS

Our yurts sleep up to 12 people in bunk beds. For all-adult groups, we try to utilize only the bottom bunks unless you have requested more than 6 people to stay in the same housing.

There is electricity and heat, but no bathroom facilities inside the yurt. Those staying in yurts have access to the shower house located nearby for their bathroom needs.

We have one village of 3 yurts and one village of 4 yurts.

OTHER THINGS TO KNOW ABOUT Y CAMP ACCOMMODATIONS

- All YMCA facilities are smoke-free – this includes all of camp property.
- We request that cabins and yurts be cleaned upon departure – this is a basic cleaning and guidelines are provided.
- We request that food not be consumed or stored inside cabins or yurts.
- Bear proof storage containers are in each village and refrigerators in the main lodge for guest use.
- There are no appliances in cabins or yurts. If refrigerator space is needed for medical or health purposes, please contact Camp Director.
- Food preparation is not allowed in Y camp accommodations, with personal grills, or in camp fire rings.
- Specific cabin or yurt may be accommodated with advance notice, but cannot be guaranteed.
- Linens are not provided for any living unit, however, if you have forgotten a sleeping bag or pillow, we would be happy to loan you one.
- All vehicles will be required to park near the main lodge after unloading.
- The party whose name is listed for each reservation will be responsible for any damage to that living unit/area.



CAMP GUIDELINES

- Fires are only allowed in designated fire pits and firewood is provided.
- Pets are not allowed at Y Camp. Canine assistance is allowed with proper documentation. In this case please notify us ahead of time.
- Motorized vehicles are restricted to identified roads and may only be used when entering or leaving camp, no personal motorized vehicles may be used to travel between locations on camp.
- Personal vehicles may only be used to enter and exit Y Camp property – they are prohibited from use as transportation within camp property.
- Weapons of any kind are prohibited.
- Alcohol and illegal drugs are not permitted.
- Smoking is not permitted anywhere on YMCA property.
- Failure to comply with guidelines and policies will carry penalties that may include fines, dismissal from camp or prosecution.

PAYMENTS

Final payment is due two weeks prior to your session. Scheduled payments may be made online. If payment is not received, your registration may be cancelled and your payments forfeited. If you have extenuating circumstances or if you would like to apply for financial assistance, please contact the Camp Registrar at 208.344.5502 x250

CANCELLATIONS

All cancellations must be made in writing. Full refunds minus the deposit can be issued for cancellations made in writing at least two weeks prior to the session beginning. No refund will be issued for cancellations made 13 days or less prior to the session beginning.

All deposits are non-refundable and non-transferable.

LOST AND FOUND

The YMCA is not responsible for lost or stolen items. It is a good idea to at least label your valuable items or not bring them at all. Prudent attempts will be made to reunite forgotten, labeled items with their owners after your visit but, due to limited space, all unclaimed lost and found items will be donated 2 weeks after the end of the camp session. If you are looking for a lost item, be sure to contact the Camp Registrar at 208.344.5502 x250 no later than 2 weeks after your visit.

CAMP STORE

Our camp store includes a variety of camp shirts, hats, and other items available for purchase. Cash, check, or credit card payments are accepted.



CHECK IN

- Check-in is between 4–6 p.m. on the first day of your camp session. If you expect to be late, please notify us in advance, or as soon as you can.
- You will check in at the lodge where you will be given directions to your lodging assignment, camp guidelines, a schedule, and a map of camp.
- All vehicles will be allowed to drive to their living unit/area to unpack.
- Once settled, all vehicles must be moved to lodge parking area.
- We will have a social hour with “mocktails” and appetizers at 6 p.m.
- Dinner will be served from 7–8 p.m. on check-in day.
- Please have dinner on your way to camp if you will be arriving late.



CHECK OUT

Because Women’s Wellness Weekend is open for folks to come and go as they please, the check-out process is very informal. We simply ask that you do the following before you depart:

- Clean your living unit/area. Specific cleaning procedures will be provided but primarily we wish for you to be certain you have all your belongings, put all trash in a proper container, sweep or vacuum cabins and yurts, and return any items you checked out for use.
- You must depart camp by 1 p.m. on the last day of the session
- Say goodbye! Although we don’t need to check you out formally, we do like to know when folks are leaving and to wish you well! Plus it helps us know when we can get our team in to sanitize for the next group.

HEALTH AND SAFETY

Participants are responsible for their own medications, first aid, health management, and transportation to emergency facilities, if necessary, while at Y camp. There is no medical staff on duty during Women’s Wellness Weekend, although all staff are trained in First Aid and CPR. Please notify a staff person if you have a medical concern, incident, or close call, while at camp.

There is a full service, 24-hour emergency medical clinic in Cascade (approximately 20 minutes from camp) where we refer medical emergencies.

MEALS

Meals are served cafeteria style at camp and last for one hour. We provide appropriate portions of a variety of healthy foods. Fruit is always available, and our beverage area is open in between meals.

Vegetarian options are offered with every meal and soy milk is provided. Dietary restrictions/allergies are taken very seriously and are accommodated. Please contact us prior to your camp session to discuss any specific dietary concerns you may have by emailing camp.kitchen@ymcatvidaho.org.

Personal food items and non-alcoholic beverages may be stored either in our dining hall or in the bear boxes located near your accommodation. We ask that you do not store or consume food in your accommodation so that we can continue to avoid unwanted visits from rodents, ants and other pests. Ice is available if needed.

We are a nut-free facility. Please do not bring any food or drinks that contain nuts of any kind to camp



ACTIVITY INFORMATION

The daily schedule includes breakfast from 8-9 a.m., lunch from 12:30-1:30 p.m., and dinner from 6:00-7:00 p.m.. Two activity periods are offered from 9:15 a.m.-12:00 p.m. and 2:30-5:00 p.m.

During each of the daytime activity periods, selected areas will be staffed by our camp counselors for you to try. All activities offered include the required equipment, you do not need to bring anything to participate.

Some activities are "self-guided" and may be done at any time. Some workshops have limited space and will require sign-up on the first night.

STAFF-GUIDED ACTIVITIES

- ROCK CLIMBING
- ARCHERY
- CANOEING
- KAYAKING
- PADDLE BOARDS
- ARTS & CRAFTS
- ZIP LINE
- GIANT SWING
- HIGH ROPES COURSE
- LOW ROPES COURSE
- MOUNTAIN BIKING

You can visit one activity each period, several during one period, or just sit on the beach and relax, it's all up to you!

GUEST FACILITATED WORKSHOPS

We work with local experts in their fields to present various workshops on topics that we hope you will find interesting. Many of these workshops will only be offered once during your weekend, make sure you sign up for a few that interest you.



SELF-GUIDED ACTIVITIES

These activities are open for use at any time.

Equipment is readily available.

FISHING: you are welcome to bring your own rods and reels. Fishing is only allowed from the shore-line unless the waterfront is open, and then only the fishing dock may be used - swim area docks may not be used for fishing. You must have a valid Idaho Fishing License.

COURT SPORTS: basketball, pickleball, gaga

FRISBEE GOLF: a 9-hole course weaves through trees and other fun challenges

FIELD SPORTS: soccer, lacrosse, wiffle ball, croquet, bocce ball

OTHER GAMES: Corn hole, and other games are located in the villages for use as desired

BOARD GAMES & BOOKS: we have a variety of games and books that can be checked out or used in the dining hall



EVENING ACTIVITIES

Each evening of camp will have its own special flair, but campfires will be a part of every one. Our first night includes an opening campfire with a show put on by our fabulous camp staff. Each evening, after the large group campfire, we will have village fires available where you can make s'mores and socialize in a smaller setting around a fire. On your final night with us, we welcome everyone to participate in our traditional closing campfire ceremony. This event is treasured by our campers and staff and solidifies your place in the Y Camp family. Just like the rest of the women's wellness experience, you are welcome to participate in as many or as few campfires and events as you choose.

WHAT TO PACK

Average daytime highs in late September can range from 55-75 degrees, while evening lows can get down to 30 degrees. Mountain weather can be unpredictable; layers are recommended. Please be certain you have warm clothing. Long sleeves and pants are recommended for evenings at camp, as they help protect against the cold as well as insect bites.

Camp provides all the equipment needed for fun and a great time. We also check it regularly for safety and quality. Please leave your personal sports equipment at home. (Example: Archery bows, climbing harness, etc.) Because our site involves a lot of walking from one location to the next, we do recommend you bring your bicycle or mountain bike to get around. Please bring a helmet and lock!

Closed-toed shoes are required for the zip line, climbing tower, and ropes elements, and are highly recommended everywhere in camp besides showers and waterfront activities.

TOILETRIES

Include everything you would for an overnight trip (including medications) as well as a towel, chapstick, sunscreen, and insect repellent.

BEDDING

Sleeping bag and/or twin sheets, blankets, and a pillow.

OTHER ITEMS

Flashlight and Batteries
Water Bottle
Camera
Sunglasses
Small daypack
Book
Games/Cards
Highly Recommended

NOT ALLOWED AT CAMP

Alcohol, tobacco, illegal drugs, firearms, ATVs, and pets.

UNPLUGGED AT CAMP

Camp is a great time to unplug and reconnect with the outdoors. We realize that stepping away from electronics is not always possible, though. For your convenience, there is Wi-Fi in The Lodge, and it is open early and late so you can grab a cup of coffee and get necessary communications done. Then you can put the electronics away and enjoy camp!

Cell service is unreliable at camp. In case of an emergency, you can use the camp director's cell number at 510.673.6326, or you may try the registrar during business hours at 208.34.5502 x 250. The camp office is not always staffed, but messages are checked regularly, and we will deliver the message as soon as possible.

STAY UP TO DATE

Keep up to date on photos, information, and other Y Camp events. Like us on Facebook or follow us on Instagram @ycampidaho.

WHO DO I CONTACT?

NICOLE PRATT | Program Director
nicole.pratt@ymcatvidaho.org

Daniel Alpers
Associate Executive Director,
daniel.alpers@ymcatvidaho.org

For questions about registration, payments and booking contact:

AMY HINES | Camp Registrar
camp.registrar@ymcatvidaho.org

Mail: 301 Horsethief Rd
P.O. BOX 87, Cascade, ID 83611

Phone: 208.344.5502 x 250

EMERGENCY PHONE: 510.673.6326





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WOMEN'S WELLNESS WEEKEND TENTATIVE SCHEDULE

TIME	FRIDAY	SATURDAY	SUNDAY
7 a.m.	<p>Self-guided activities always available:</p> <ul style="list-style-type: none"> • Hiking • Basketball court • Disc golf • Mountain biking • Pickle ball • Shoreline fishing • Board games • Find a beautiful place to sit and read or talk to a new friend! 	Early riser yoga or nature hike	
8 a.m.		Buffet Breakfast (available 7:30-9:30)	
9 a.m.		Activity Block Options <ul style="list-style-type: none"> • Rock Climbing • Dock Fishing • Archery • Chakra Art • Book Exchange • Arts and Crafts 	
10 a.m.			
11 a.m.			
Noon		Lunch in the lodge or grab a sack lunch and eat with a view!	
1 p.m.		Activity Block Options <ul style="list-style-type: none"> • Zip line • Giant Swing • Mountain biking • Yoga • Fly Fishing • Reiki • Waterfront open 	
2 p.m.			
3 p.m.			
4 p.m.		Arrival settle into cabins	Self-Guided Hikes
5 p.m.	Social Hour Appetizers and Beverages in the Lodge		
6 p.m.	Dinner in the lodge	Dinner in the lodge	
7 p.m.	Campfire Program	Campfire & Talent Share	
8 p.m.			
9 p.m.	Stargazing	Night Hike or Village Campfire	

[Do you have a great idea about an activity that should be included?](#)
[Send your suggestions or questions to nicole.pratt@ymcatvidaho.org.](mailto:nicole.pratt@ymcatvidaho.org)