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FOR HEALTHY LIVING  
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# Welcome to Memorial Day Family Camp 2022!

Dear Family Campers,

We are so excited you will be joining us for Memorial Day Family Camp 2022! We are thrilled to have a wide range of families from small to large, from longtime supporters to first time families; all here to mark the occasion. Lying at the heart of the YMCA's mission, Family Camp provides you with the opportunity to grow in body, mind, and spirit. It is a chance for you to get away for a weekend, have some fun on the Chesapeake Bay, and enjoy some much-needed family bonding!

The entire staff here at YMCA Camp Tockwogh are eagerly awaiting this time-honored tradition and are busy preparing. We have tons of fun activities planned!

This year's theme is **Game Show**, so get ready for some family competition!

The following pages will give you all the information you will need to make the most out of your Family Camp experience. If you have any questions, please feel free to contact me at [jheller@ymcade.org](mailto:jheller@ymcade.org) or by calling 410-348-6000 x108.

See you in 24 Days!

Julia Heller  
Retreats Director



# PACKING LIST

These are suggested items to make your stay at Camp Tockwogh more comfortable. If you forget anything ask the staff for help. We might have what you need or can give you directions to the nearest store.

## CLOTHING

- Tee Shirts
- Long Pants
- Shorts
- Undergarments
- Socks
- Swimsuit(s)
- Beach Towel
- Bath Towel
- Light Jacket
- Sweater or Sweatshirt
- Poncho or Raincoat
- Pajamas
- Hat or Baseball Cap
- Sunglasses
- Sneakers
- Sandals

## BEDDING

- Sleeping Bag
- Blanket
- Sheets
- Pillow
- Pillow Cases

## OTHER ITEMS

- Flashlight
- Water Bottle
- Medication
- Laundry Bag

## TOILETRIES

- Soap
- Toothbrush
- Shampoo
- Washcloth
- Comb or Brush
- Bug Repellent
- Sunscreen
- Medication

## OPTIONAL ITEMS

- Backpack
- Fan
- Camping/Beach Chair
- Cooler & Drinks
- Snacks
- Games and Cards
- Goggles
- Books
- Bike with helmet
- Camera



## THINGS TO LEAVE AT HOME

- Camp Tockwogh is a drug free site. Please refrain from smoking within the camp gates.
- Do not bring any fireworks.
- As it is a family environment, we ask that you do not bring any weapons. Shooting or hunting is prohibited on camp grounds.
- Pets/animals that are not registered with us as a service animal are not allowed to stay on camp property.
- Campfires are prohibited in any areas outside a provided firepit.
- We strive to be unplugged at camp, so bring valuable personal electronics at your own discretion.

# IMPORTANT INFORMATION

## HOUSING

Families stay in Rustic or Upgraded housing. All buildings on camp have electricity and electrical outlets. Upgrading housing has ensuite bathrooms while Rustic cabins have shared washhouses located nearby with toilets and showers.

## CHECK-IN

All family campers must check in at the front gate from 5-8pm on Friday. **If adding additional campers to your family's cabin, please confirm no later than two weeks before.**

Guests coming in for just the day (no lodging) are charged a daily rate and must confirm attendance in advance by calling the camp office.

## INTERNET ACCESS

Wi-Fi will be available in the Dining Hall and Main Office. The password will be posted. We cannot guarantee the speed of the internet. Guest's must use the internet responsibly.

## CELLUAR SERVICE

Cellular service on camp property is spotty. The best place to get a strong cell phone signal is near the bay. If there is an emergency and you require a landline phone, please ask in our office.

## HEALTHCARE

There is no designated health care provider during Family Camp. Parents are responsible for their family members' health and should bring over the counter medication and first aid supplies. If a camper has a serious injury or illness please notify camp staff. We have emergency procedures in place for alerting medical assistance.

## CAMP STORE

The camp store will be open during rest hour each day for you to purchase clothing and other "camp swag". Cash, check and credit cards are accepted! We do not allow camp store purchases to be charged to your card on file; you must provide the card information while at the store.

## CHILD SUPERVISION

Children under the age of 11 are not allowed to be unsupervised at camp activities. Our staff members there are not responsible for supervision. If you are leaving the camp premises, please leave another adult in charge of your kids. Camp provides Kid Zone (child care) for ages 3 to 10 from 9am to 12pm.

## PERSONAL BELONGINGS

Camp Tockwoh is not liable for any lost, stolen, or damaged property. Please leave anything of value at home!



## DINING HALL PROCEDURES

Our cooks prepare three delicious meals daily. Camp classic entrees along with a salad bar and vegetarian options are available at every meal. To keep the Dining Hall running smoothly, we ask that everyone follow the procedures listed below to help kitchen staff maintain a safe and effective kitchen. Meals will be served family style with a buffet at the Monday BBQ. We suggest that each table assigns two people for each meal to serve as "Waiters." Waiters are responsible for the following:

- **Setting the table**
  - Fifteen minutes before the meal waiters will meet in the dining hall to set out the beverages, plates, silverware, cups and condiments for their table.
- **Serving Food**
  - After grace, one adult should bring the serving tray to the table, unload the serving dishes and return the tray to the rack.
  - If you run out of food, take the empty serving dishes to the breezeway to get them filled
- **Clearing Table**
  - Serving dishes will get returned to the rack where you got them.
  - Pitchers will go on the rack near the drink station. Place serving utensils in the pitchers.
  - Scrape off plates into trash and stack.
  - Separate all silverware by type and put them in the proper bin by the dish window.
  - All cups will get put upside down in the cup tray in the dish room.
- **After Announcements- STACK, SWEEP & WIPE!**
  - Wipe your table with a rag (provided at the podium).
  - Stack the chairs at either end of the table.
  - Sweep the floor under your table.



## FAMILY CAMP RULES

- Don't enter any program area until a Tockwogh staff member is present and allows you to enter.
- Everyone must wear a lifejacket while at the bay if they are on the dock, in the water, or on a boat.
- Know where your children are at all times. We ask that you do not allow children under the age of 11 to be left unsupervised at a camp activity.
- No bare feet, except at the beach or in the pool area.
- Camp is a smoke free environment. Please refrain from smoking within camp gates.
- Alcoholic beverages may be consumed by adults of legal drinking age in private areas (cabins). It should not be consumed in public areas such as the Dining Hall, Waterfront, Sports Fields, Basketball Court, etc.
- Please don't feed the horses unless directed to by the equestrian staff.
- Anyone over the age 16 years old that would like to fish in the Chesapeake Bay will need to purchase a fishing license at <https://compass.dnr.maryland.gov/>
- Lost & Found will be located at the Lost & Found post out front of the Ad Building. Please check for any items before you depart.

# CAMP ACTIVITIES

## Open Activities

- Kid Zone (AM Only)
- Tie-Dye
- Archery
- Climbing Wall
- Swimming Pool
- Waterslide (must pass swim test and be 4ft tall to ride)
- Motor Boat Rides
- Tubing
- Water Skiing & Wake Boarding
- Sailing
- Canoeing, Kayaking, Paddle boarding, and Corcl-ing
- High Ropes (must be 10 years old!)



## Kid Zone!

After Breakfast each morning, staff will announce activities for kids only. This is an opportunity for your child to do activities with children their age. Kids will be dropped off at 9am and picked up at 12pm.

Little Braves (Ages 3-5)

Big Braves (Ages 6-8)

Warriors (Ages 9-11)



## Sign-Up Activities

After Breakfast & Lunch there will be sign-ups for the following activities. Because of the limited space, it's important that you take the time to sign up to reserve your spot.

### Still Pond Skiing

Campers that don't require any in-water assistance can sign up for an advanced ski boat to Still Pond, a partially enclosed body of water that typically has better skiing conditions. Each boat can hold 6 skiers and must be reserved ahead of time. **Campers under the age of 16 must be accompanied by an adult.**

### Ropes Course

If you would like a challenge beyond the Climbing Wall, the ropes course offers the Giant Swing, Leap of Faith, Trapeze, Jacobs's Ladder, Low Ropes/Teambuilding and the High Ropes Course. Listen at breakfast to hear what is open for the day – be sure to sign up!

# WEEKEND SCHEDULE

## FRIDAY, May 27th

5:00-8:00pm	Arrive & Check In at the Front Gate	➔
	Pool Open	
8:00pm	Game Show Evening Activity	
	Meet the Kid Zone Staff!	⬇

**Game Show & Snack:** Join your fellow campers as we welcome and get to know one another. You'll get to meet the fun-loving staff members while enjoying a lite snack. If your children are interested in doing Kid Zone, this is the perfect time to meet the Kid Zone staff!

### Check In Procedure @ the Dining Hall

1. Check-In with the Camp Staff to ensure cabin assignments, paperwork, and payment!
2. Label your Table. Your family will sit at this table for all meals. In order to fit all families in the dining hall each table must seat 10 people. So, you will need to share!
3. Take a family picture!

## SATURDAY, May 28th

7:45am	Waiter Call- Send 2 people per table to help set your table in the Dining Hall	
8:00am	Breakfast	
9:30-Noon	Morning Activities & Kid Zone Open	
12:15pm	Waiter Call	
12:30pm	Lunch	
1:15pm	Rest Hour	
	Camp Store Open until 2pm	
2:30-5:00pm	Afternoon Activities Open	
5:15pm	Waiter Call	
5:30pm	Dinner	
7:00-Dusk	Main Beach Luau	⬇

**Main Beach Luau:** Come to the beautiful Main Beach for some fun activities- enjoy music and watch the famous Camp Sunset. Don't forget your Hawaiian shirt, lei, bathing suit, beach chair, and your camera! From tubing rides to s'mores, there will be something for all!



# SUNDAY, May 29th

7:45am	Waiter Call
8:00am	Breakfast
9:30-Noon	Morning Activities & Kid Zone
12:15pm	Waiter Call
12:30pm	Lunch
1:15pm	Rest Hour
	Camp Store Open until 2pm
2:30-5:00pm	Afternoon Activities
5:15pm	Waiter Call
5:30pm	Dinner
6:30-7:30pm	Prepare for Campfire
8:00pm	Closing Campfire & Slide Show 

**Campfire & Slide Show:** Make your way out to the Amphitheater for a Memorial Day Closing Presentation. We encourage any performers to prepare a skit, song, or other campfire traditions. In addition, we'll be having a slide show to see all the memorable moments that have taken place throughout the weekend!



# MONDAY, May 30th

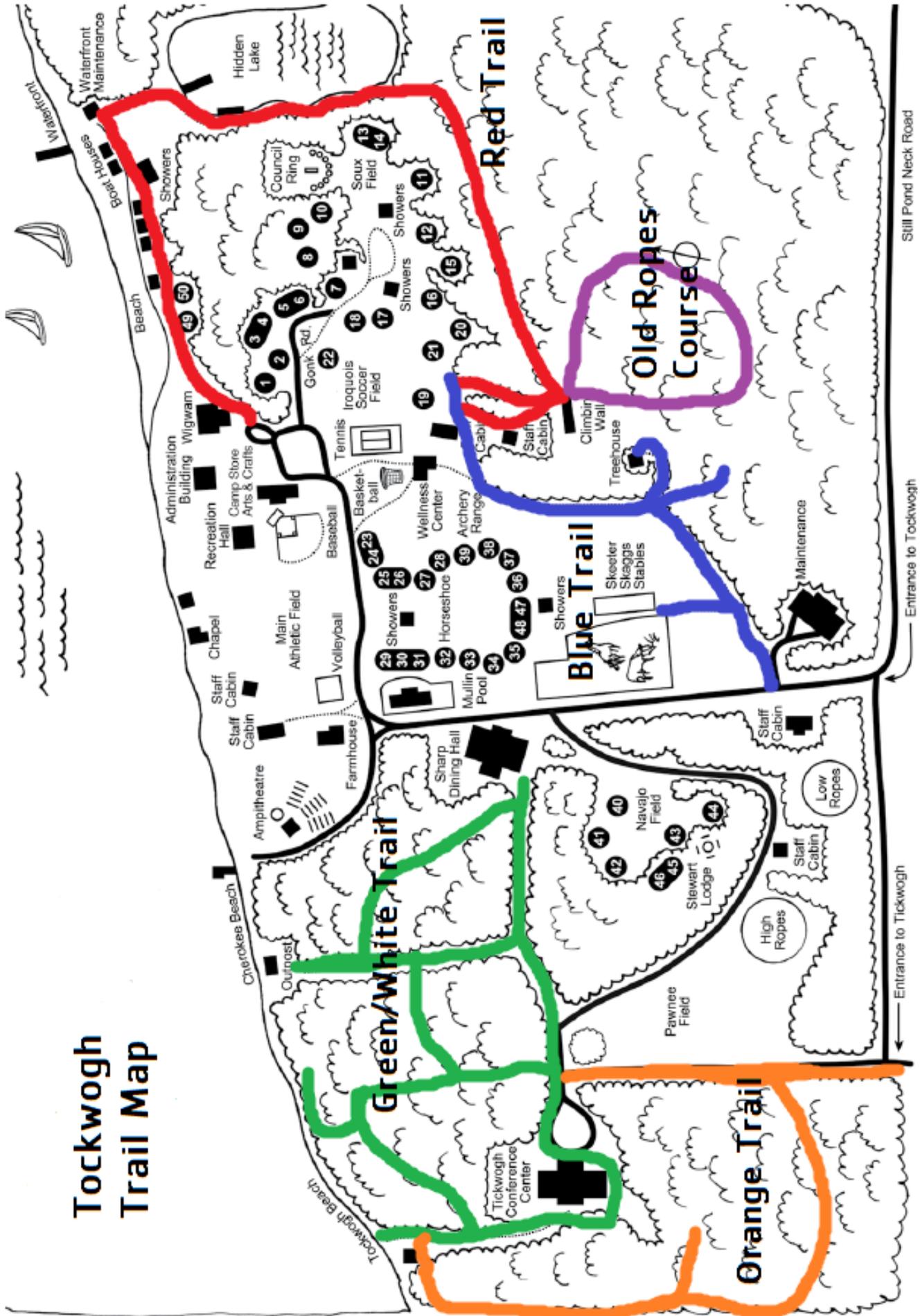
7:45am	Waiter Call
8:00am	Breakfast
8:45-9:00am	Memorial Day Flag Raising Ceremony 
9:30-12:00pm	Morning Activities & Kid Zone
12:30pm	Picnic/ BBQ Lunch
1:15pm	Pack Up & Head Home 

**Memorial Day Flag Raising Ceremony:** Join us at the flag pole outside the dining hall to honor our fallen heroes, living veterans and service member's on active duty.

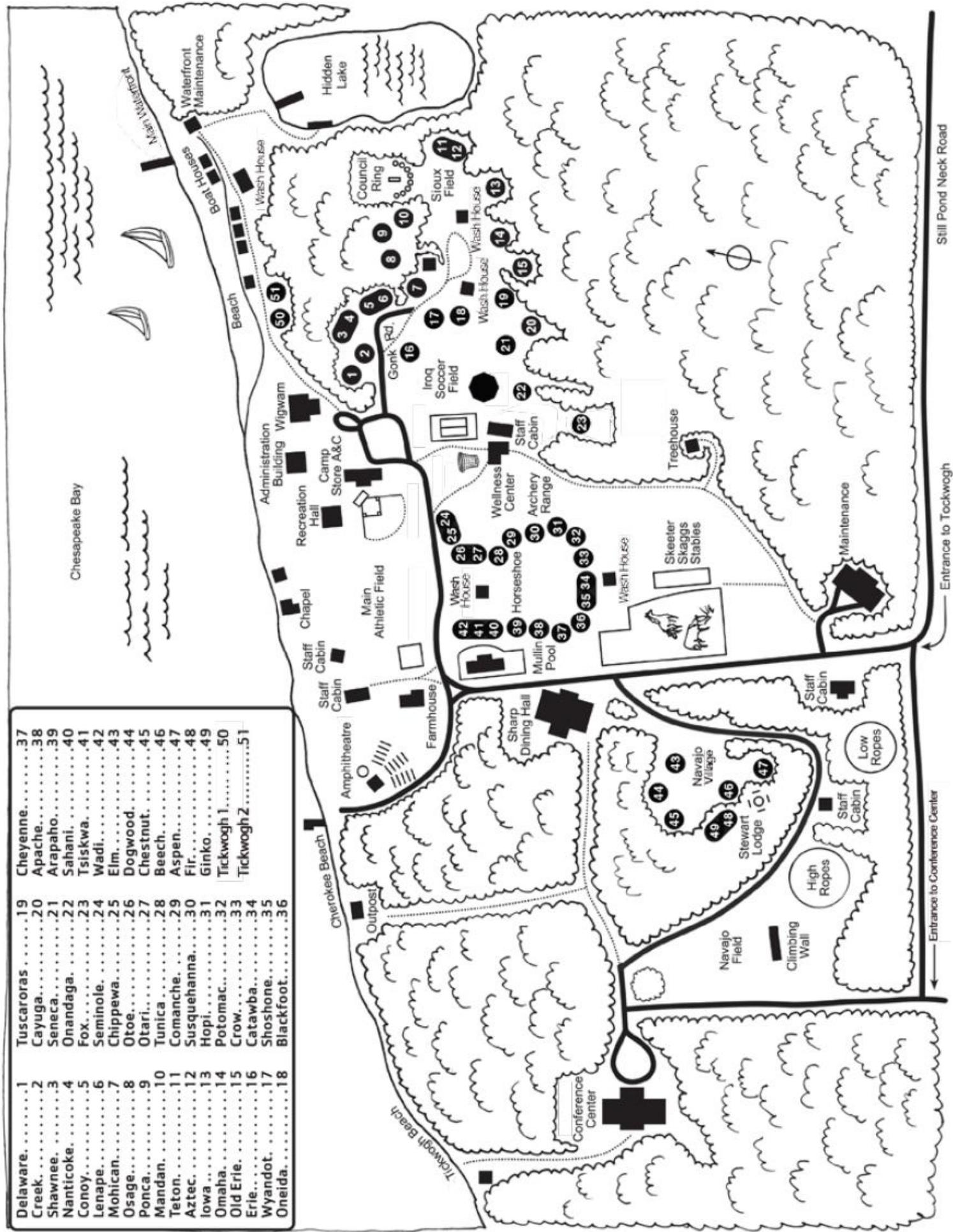


**Check Out:** Families must be moved out of their cabins by 1:15pm. Be sure to give your cabin a quick sweep and turn out the lights. Take all your belongings with you and don't forget to check the lost & found on the way out! For those families checking out at other times, please notify us at the meal prior to your departure.

# Tockwogh Trail Map



Delaware.....	1
Creek.....	2
Shawnee.....	3
Nanticoke.....	4
Conoy.....	5
Lenape.....	6
Mohican.....	7
Osage.....	8
Ponca.....	9
Mandan.....	10
Teton.....	11
Aztec.....	12
Iowa.....	13
Omaha.....	14
Old Erie.....	15
Erie.....	16
Wyandot.....	17
Oneida.....	18
Tuscaroras.....	19
Cayuga.....	20
Seneca.....	21
Onandaga.....	22
Fox.....	23
Seminole.....	24
Chippewa.....	25
Otoe.....	26
Tunica.....	27
Comanche.....	28
Susquehanna.....	29
Hopi.....	30
Potomac.....	31
Crow.....	32
Catawba.....	33
Shoshone.....	34
Blackfoot.....	35
Cheyenne.....	37
Apache.....	38
Arapaho.....	39
Sahani.....	40
Tsiskwa.....	41
Wadi.....	42
Elm.....	43
Dogwood.....	44
Chestnut.....	45
Beech.....	46
Aspen.....	47
Fir.....	48
Ginko.....	49
Tickwoogh 1.....	50
Tickwoogh 2.....	51



Still Pond Neck Road

Entrance to Tockwoh

Entrance to Conference Center