

NORTHWOODS CAMP



WHERE CAMPERS
ARE ROOTED
IN VALUES

A MESSAGE FROM THE DIRECTOR...

Are you ready! I know I am. Summer is in the air, and I cannot wait to meet you all. I remember my first time coming to camp and being a little nervous but as soon as I saw the smiling faces of the staff, the beautiful lake and the towering pine trees, I knew I was in the right place.



This was my new home for the summer, and I hope this will be yours as well. Get excited for all the fun activities, songs, new friends and of course the amazing campfires. Every summer my camp family grows, and I'm excited you will be a part of it this year. So put on your bug spray, pack your bags and get ready for an adventure of a lifetime. See you all at North Woods soon.

Matt Jago

North Woods Director



BENEFITS OF CAMP



99%

of campers say
North Woods Camp helps

MAKE NEW FRIENDS

Discover the magic of overnight summer camp! Give your child the opportunity to build independence, enhance social skills, stay active in nature, foster creativity and emotional intelligence. Camp is all about resilience, lifelong friendships, cherished memories, leadership, and diverse experiences in a safe, screen-free environment. Don't miss out on the benefits of adventure, confidence, and personal growth for your child.



95%

of campers say North Woods
helps them feel more

CONFIDENT



98%

of campers say
North Woods
helps them

TRY NEW THINGS



9 OUT OF 10
campers believe North Woods
helps them become better

LEADERS



MEET OUR STAFF

COUNSELORS ARE HOMEGROWN AND FROM ALL OVER THE WORLD

Our camp takes pride in its exceptional staff, who come from all around the world, bringing a diverse range of skills and knowledge to create an enriching experience for your child. Many of our staff members have grown up at camp, coming through our leadership programs and developing a deep connection to our values and traditions over the years. This blend of long-time camp leaders and international team members ensures a perfect balance of experience, mentorship, and fresh global perspectives. Their passion for working with children, combined with their varied backgrounds, enhances the quality of our programs, providing your child with the very best in guidance, support, and fun. Rest assured, your child will be in the capable hands of a dedicated and culturally diverse staff that makes our camp truly exceptional.



THIS IS WHY...

OUR PROMISE

Your child will be our #1 priority. Everything we do, every decision we make, has your child's safety and well-being in mind.

OUR VALUES

Our community is based on the YMCA pillars of Caring, Honesty, Respect and Responsibility. We use these values in our cabin groups, at meals in the dining hall, and throughout the day.

OUR MISSION

North Woods Camp is committed to helping youth develop valuable life skills through camping experiences that build healthy bodies, open minds and awakened spirits.

OUR VISION

To be a time and place in people's lives that they look back on and smile. We hope we are a place where people are always happy to arrive, and hesitant to leave.

OUR BELIEF

North Woods Camp is an inclusive organization. Our doors are open to everyone, from across all dimensions of diversity, creating the opportunity to learn from each other. It is our belief that, in a diverse world, we are stronger when we are inclusive.

We have a culture of acceptance and we know that it is our differences that bring us closer together.



WHY NORTH WOODS



DAILY LIFE AT CAMP

CAMP ACTIVITIES

North Woods Camp believes in offering progressive programming for our campers, giving them something to look forward to as they return each summer. Campers participate in activities with a mix of age group and choose from activities that are geared towards their skill and developmental level. This allows them every opportunity to succeed as they grow, and has proven to keep campers challenged with new and fun options each year. Each camper chooses 6 activities from our program areas.

DAILY SCHEDULE

7:30-7:45	Wake Up
7:45-8:00	Line Up
8:00-8:45	Breakfast
8:45-9:00	Clean Up
9:15-10:05	Period 1
10:15-11:05	Period 2
11:15-12:05	Period 3
12:15-12:30	Line Up
12:30-1:15	Lunch
1:15-2:15	Rest Hour
2:30-3:20	Period 4
3:30-4:20	Period 5
4:30-5:20	Period 6
5:20-5:45	Cabin Time
5:45-6:00	Line Up
6:00-6:45	Dinner
7:00-8:30	Evening Period
8:30-9:30	D.I.V.E
9:30	Lights Out



WATER SPORTS

Paddle Boarding . Kayaking .
Canoeing . Water Mats .
Swimming . Sailing .
Water Skiing



LAND SPORTS

Tennis . Soccer . Ultimate
Frisbee . Fitness . Baseball
Gaga Ball . Basket Ball
Pickleball



CREATIVE ARTS

Arts and Crafts . D and D
Survival Skills . Photo . Drama
Dance . Board Games



SPECIAL SKILLS

High Ropes . Rifle . Archery .
Sling Shot . Horseback



*additional cost

TWO WEEK SESSION

2 WEEKS OF FUN



9 ACTIVITY DAYS 4 ALTERNATIVE DAYS

ALTERNATIVE DAYS

1ST MONDAY

- Activity Fair
- Mini Activity Rotation

1ST THURSDAY

- Free Choice
- Cabin Day

2ND WEDNESDAY

- Free Choice
- Theme Day



MIDDLE SUNDAY

- Late Wake Up
- Extended Clean Up
- Chapel
- Cabin Photos
- Co-Ed Day
- Sunday Night Singing
- Movie Night



Evening Activities and Co-Ed Days

We host creative, interactive and fun Camp-Wide programs every evening. From classic programs like Skit Campfire and Capture the Flag, to unique programs like Underwater Basket Weaving and Escape to North Woods, they are the perfect way to cap off each day.

Co-Ed days are held on the middle Sunday of each session and bring with it a unique program schedule for the whole camp. Whether we are splashing around for Water Carnival, Winning Gold at the Olympics or defending camp from Invading Spirits during Nature's Wrath Co-Ed days are always a highlight for campers and staff...



THE SESSION SCHEDULE

There are 6 activity periods in a day that will consist of a mix of active, mindful, creative and water based activities. Campers get to choose their own activities that they want and that will be their personalized schedule. Each program has a progression-based curriculum to develop skills and knowledge in each area. These activities will be chosen on the first Monday of camp. Campers will pick their own activities in an activity fair type process. They will get to choose 6 activities, one being swimming. Each camper will be given a slip of paper to sign up for activities.

SUCCESSFUL TIPS

1 SWIMMING IS FIRST
You will have to pick a swim slot first as part of your six choices. You will be given a swim level after your swim check and this will let you know which period you can swim.

2 GET YOUR 1ST CHOICE
All activity classes have a capacity. If you want to do Photo, Sailing, Paddle Boarding or Woodshop go to these first as they fill up fast. Rifle, Archery and Ropes also are very popular, they have more capacity but still fill quickly. After you can go to your other activities with bigger capacities such as Sports, Camp Craft, Arts and Drama.

3 LOCATION OF ACTIVITIES
Think about your movement and where activities are located. Period 1 Archery followed by Period 2 swim, then to Period 3 Soccer, is not ideal as you will have to walk up and down the hill a lot. Maybe try a Lower Camp morning and Upper Camp afternoon or vice versa.

4 TRY SOMETHING NEW
You might not get all your picks but don't be sad, you can try something new. We have seen so many campers fall in love with activities they would never have chosen.

5 JOIN A FRIEND OR NOT
Ask your cabin friends what they are doing before you choose. They might have a set order and you can join them. However, if you love something they are not interested in, make sure you do that! This is your adventure, make the most of it.

6 ALL DONE
After you are done, you will give your schedule to the person at the end of the hall. They will type in your activities and you will get your sheet back at the end of Lunch.



PICKING ACTIVITIES



Evening Activities

Evening activities at North Woods Camp are designed to create unforgettable memories and strong bonds. Our campers enjoy a variety of themed activities, from full-camp events to smaller, intimate cabin groups and sectional gatherings. Highlights include "Escape to NW," a camp-wide adventure game that gets everyone moving and strategizing together; exciting Predator vs. Prey; We also hold skit campfires, where cabins showcase their creativity and humor. Each evening is crafted to foster friendships and create experiences campers will remember for years to come.



SESSION SCHEDULE

North Woods Camp

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6/23 Campers Arrive Sectional Camp Fires	6/24 First Monday Fun Choose Your Activities PM: Mini Schedules Sectional Night	6/25 Regular Day Activities JURASSIC PARK	6/26 Regular Day Activities JERRY'S LITTLE CASINO NIGHT	6/27 Late Wake-up AM: Free Choice PM: Cabin Day Underwater Basket Weaving	6/28 Regular Day Activities Laundry Day Predator vs Prey	6/29 Regular Day Activities Skit Campfire
6/30 Late Wake-up AM: Chapel Cabin Photos Co-Ed Day CARNIVAL Movie Night	7/1 Regular Day Activities GHOSTBUSTERS	7/2 Regular Day Activities C.I.T HUNT Night	7/3 Late Wake-up AM: Free Choice POKEMON SAFARI ZONE THEME DAY Social	4th of July Regular Day Activities Cabin Night	7/5 Regular Day Activities Awards Day CEREMONY	7/6 See you next summer campers

SESSION EXAMPLE

FACILITIES



CABIN NUMBERS

8 CAMPER

2-3 STAFF

Electricity Free



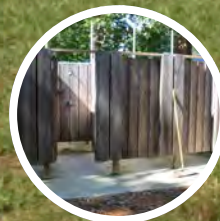
BATHROOMS (LT'S)

Private Outdoor & Indoor Showers

Communal Handwashing Space

Electricity and Hot Water

All Cleaned Daily





Cabin Assignments

Camp is a very special place where independence, self-worth, and life-long friendships are made. Each summer parents make cabin assignment requests so that their child might be placed with a friend, cousin, neighbor, etc. These requests are not guaranteed but our directors will try our best to accommodate. Cabin assignments are based primarily upon age and grade, but our staff strives to eliminate cliques which can form when a disproportionate number of campers in one cabin know each other prior to arriving at Camp



Camper Ages and Sections

Junior Section: Ages 8 - 10

Trail Section: Ages 11 - 12

Senior Section: Ages 13 - 15

Leaders in Training (LITs) 15

Counselors in Training (CITs) 16



CABIN LIFE



DINING HALL



Family-Style Meals

At North Woods Camp, our dining experience is characterized by family-style meals, where a designated camper takes on the role of collecting food for the entire table. This communal approach not only encourages a sense of shared responsibility but also instills essential values of teamwork and cooperation. Through this unique mealtime tradition, campers not only savor delicious meals together, but also cultivate leadership skills and a spirit of camaraderie.

Dietary Restrictions

At NW, we prioritize the health and safety of our campers by maintaining a nut-free environment. We also offer a variety of meal options to meet diverse dietary needs, including gluten-free, vegetarian, and vegan choices. Additionally, we are committed to accommodating other allergies or intolerances, ensuring that every camper has access to safe and delicious meals at each dining experience.

Table Assignments

Campers at North Woods Camp are assigned a table groups. This aims to foster connections and providing opportunities for campers to acquaint themselves with others throughout the camp. The diverse mix of age groups within these table settings not only promotes camaraderie but also cultivates a sense of leadership among campers.



MEAL OPTIONS

Breakfast

- | | |
|--------------|-------------|
| Pancakes | Cereal |
| French Toast | Fresh Fruit |
| Eggs | Bagels |
| Home Fries | |
| Waffles | |



Lunch

- | | |
|-----------------|--------------|
| Chicken Nuggets | Salad Bar |
| Burgers | Cold Cuts |
| Quesadillas | Pulled Pork |
| Grilled Cheese | Sloppy Joeys |
| Tacos | French Fries |



Dinner

- | | |
|---------------|----------------|
| Turkey Dinner | Salad Bar |
| Pizza | BBQ Meal |
| Fried Chicken | Spaghetti |
| Meat Loaf | Stuffed Shells |
| Stir Fry | Dessert |



Tips and Suggestions

1. Do as much preparation ahead of time, **WITH YOUR CAMPER**, as possible.
2. Check out this [Summer Camp Handbook](#), great for new parents.
3. Buy labels and label everything! An alternative option is to use a sharpie. Black or silver for darker clothing.
4. A trunk or duffle bag is recommended as the cabins have no storage/closet space.
5. Use Packing cubes to help keep clothing organized and sorted.
6. Create a checklist of all packed items, review it with your camper, post it in their trunk to help all items return home.
7. [Everything Summer Camps](#) is a website with all the overnight camp essentials you could need. We partner with them to offer you discounts. The North Woods Camp Code is: trail537NW. The Pleasant Valley Camp Code is trail539PV.

Please Note:

- All medication, even over-the-counter meds, must be in original packaging and turned in to the Health Center Team at Check-In.
- We are an electronic free camp. All electronics brought to camp will be held in the camp office till checkout.
- Non-smart watches are allowed but not needed.



WHO YOU NEED TO KNOW

CABIN COUNSELOR

Your cabin counselors should be a resource to use when you are feeling homesick, actually sick, or in the event that you are having trouble with another camper. Counselors should be seen as the substitute parental figure to help you navigate through everything at camp. They may resource other camp staff to help as well.



SECTION HEADS

Your Section Heads are in charge of the whole section that you are staying in. If you are having problems with your staff, another camper or any problems that you don't feel comfortable telling your Cabin Counselors, they are here for you.



CAMP NURSES

The Nurses are another great resource for campers. We all know a great nurse, maybe from school or at your doctor's office. Our nurses take the role of keeping you cared for very seriously. But, a lot of campers forget they are a great resource to use when/if something needs to be discussed that may be personal or private. The nurse team is there to help and want to support you in times you need them.



CAMPER LIAISON

The Camper Liaison's role is to support campers when they are having a hard time at camp. They will be there to listen, help mediate conversations, help you problem solve and also as a source to communicate the happenings at camp to the parents of campers.



LEADERS

LAUNDRY

Laundry at Camp:

Camp provides the option for every camper to have their laundry done on the first Friday of each session. Campers staying multiple, consecutive sessions, will have the option to put laundry in on the second Friday of the session.

Laundry is done off site, locally, by our maintenance crew. It is taken early in the morning and returned to camp that afternoon. They take one large laundry bag from each cabin and wash them separately.

The key to successfully participating in our laundry service is to label EVERYTHING. Campers and counselors will sort through their laundry bag once returned and having names on items is essential, even on each sock.

Please consider initials in sharpie on all items. Use silver sharpie for items of darker color.

If your child has an allergy to laundry detergent please notify your camp director and plan on providing a safe detergent for their items to be laundered in separately. Our counselors will need to do this individual bag on their own time so please be considerate and only use this resource if absolutely necessary.



Please, label all of your child's belongings!

Bedding:

- Sheets for standard twin/single bed
- Pillow
- Lightweight blanket (or a sleeping bag)
- Sleeping bag for overnight trips and colder nights

Clothing:

- Short-sleeved shirts 8-14
- Long sleeve shirts 1-3
- Shorts 6-14
- Comfy pants/leggings 2-4
- Sweatshirts 2-4
- Swimsuits 4
- PJs 3-4 sets
- Underwear 8-15 pairs
- Socks 8-15 pairs
- Raincoat & rain boots
- Lightweight jacket
- A nice-ish or fun outfit for the social
- Close-toed shoes/sturdy sneakers 1-2 pairs
- Crocs or closed-toed sandals
- Boots and long pants if signed up for horseback

Toiletries:

- Bath towels 2-3
- Shower caddy w/ shampoo, conditioner, body wash/soap, toothbrush & toothpaste, floss
- Other toiletries: hairbrush, deodorant, moisturizer, skin care, razors, wax for braces, retainer (if needed)

Other Necessities:

- Beach towels 2-3
- Water bottle 1-2
- Flashlight and spare batteries
- Headlamp/Book light
- Sunscreen and non-aerosol bug spray
- Stationary set/Postcards with pre-stamped & addressed w/pens

Other Recommendations:

- Small battery fan with extra batteries
- Bunk Lighting
- Mattress Topper for comfort
- Costume/Dress Up ideas
- Stuffed animals or any special blanket for sleeping
- Fidget toys, if needed
- Books for reading, coloring/activity books/markers, playing cards
- Spare glasses, if you have them
- Hat
- Goggles
- Polaroid or Disposable Camera & film



PACKING LIST



LOYALTY PROGRAM

When referring, a friend means more than ever before!

It's as simple as 1, 2, 3...

1. Recruit Friends
2. Complete Our Referral Form
3. Enjoy These Benefits!

[CLICK HERE to Submit Your Referrals](#)
Or Use QR Code:



TIER 1: RED

Refer 1 camper

- Camp Bucks**
\$10 to the camp store for each new camper referred
- Cash Back**
\$50 credit per referral for you in the fall
\$50 for your referred family
- YMCA Benefit**
\$100 discount if you are a YMCA of Greater Boston Member
- Special Surprise on Arrival**

[CLICK HERE to Redeem Your YMCA Discount](#)
Or Use QR Code:



TIER 2: GREEN

Refer 2-4 campers

- Camp Bucks**
\$15 to the camp store for each new camper referred
- Cash Back**
Up to \$200 Bonus Cash Back
\$50 credit per referral for you in the fall,
\$50 for your referred family
- YMCA Benefit**
\$100 discount if you are a YMCA of Greater Boston Member
- Special Surprise on Arrival**

TIER 3: BLUE

Refer 5-7 campers

- Camp Bucks**
\$20 to the camp store for each new camper referred
- Cash Back**
Up to \$350 Bonus Cash Back
\$50 credit per referral for you in the fall,
\$50 for your referred family
- YMCA Benefit**
\$100 discount if you are a YMCA of Greater Boston Member
- Special Surprise on Arrival**
- Fast Pass Pick-up/Drop-off**

TIER 4: YELLOW

Refer 8+ campers

- Camp Bucks**
\$25 to the camp store for each new camper referred
- Cash Back**
Up to \$400+ Bonus Cash Back
\$50 credit per referral for you in the fall,
\$50 for your referred family
- YMCA Benefit**
\$100 discount if you are a YMCA of Greater Boston Member
- Special Surprise on Arrival**
- Fast Pass Pick-up/Drop-off**
- Pizza Party**

Guidelines:

Friends must be NEW to either camp North Woods OR Pleasant Valley. Your benefits grow with every referral, accumulate over time, and there is NO MAXIMUM to credits per year!

Summer Questions?

Information about registration, payment, scholarships, paperwork, add-ons, refer-a friend/bunk requests, medical, transportation, check-in and check-out, packing, etc.

@ Just email us at:
campingservices@ymcaboston.org

☎ Call our camp office:
603.569.2725

Handy Dandy Sheet

At drop off (both for on-site drop off and bus families), you will receive a document that we call our "Handy Dandy" which has all the phone numbers and contact information you will need while your child is at camp.



We are using an amazing MOBILE APP Campanion!



Need help with Campanion:
Call 303-444-2267

"Help with all your pre-camp paperwork, and give you updates and photos of your child right to your phone!"

To get started, follow these simple steps:

1. Download the CAMPANION APP on your cell phone.
2. Use your CampInTouch Account email address and password to log in. (if you need help identifying this information, email us at campingservices@ymcaboston.org)
3. Complete forms online and upload completed paperwork right in the app!
4. Upload a photo of your child, which enables the app to send you photos during camp.
5. Ensure you have push notification enabled within your phone settings so you can receive important updates from camp all year long!



Physical address:
1 Northwoods Camp
Rd. Mirror Lake, NH
03853



Mailing address: PO Box 10 Mirror Lake, NH 03853



camp office: 603.569.2725



CampingServices@ymcaboston.org

CONNECT WITH US

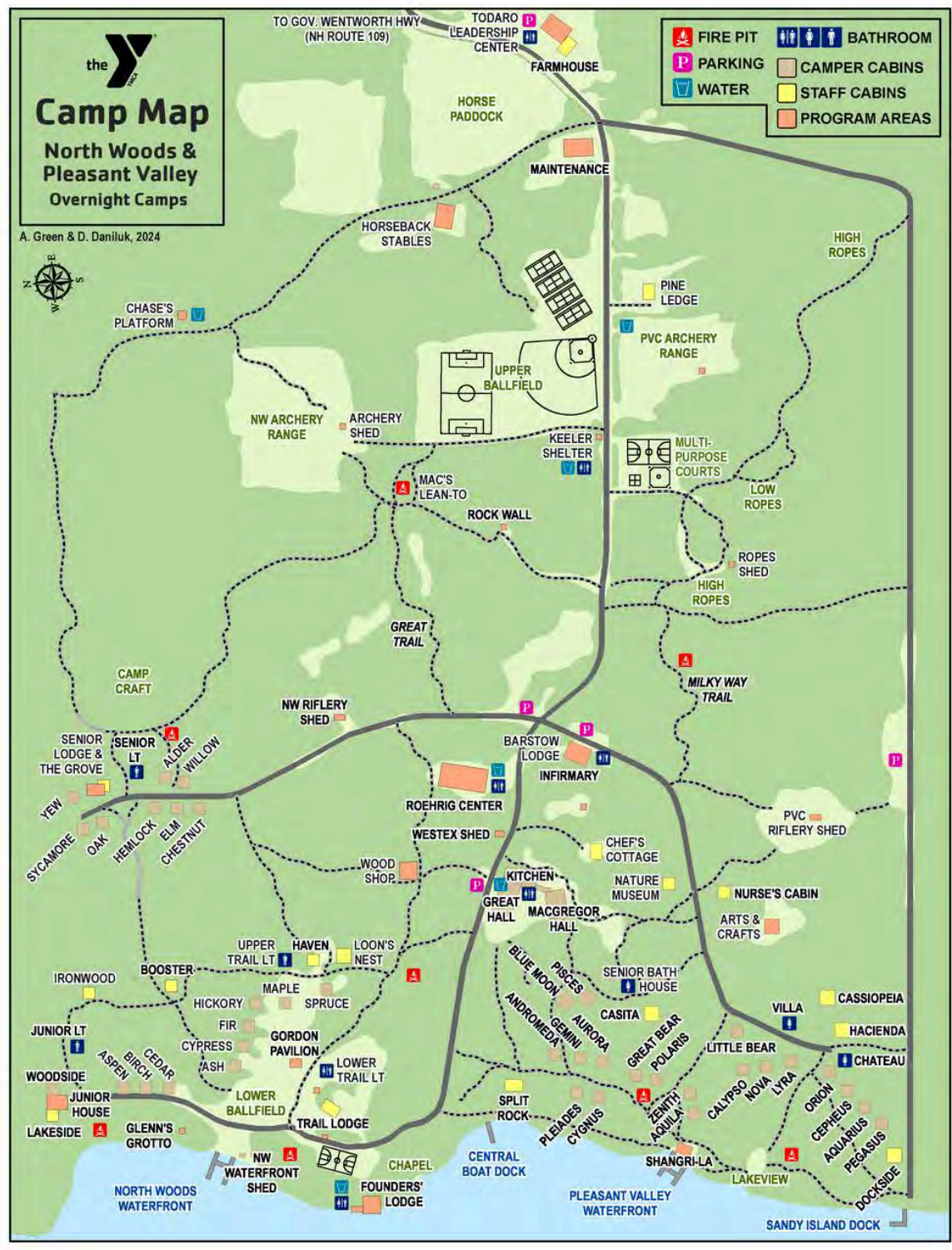


the **Y**
Camp Map
 North Woods &
 Pleasant Valley
 Overnight Camps

A. Green & D. Daniluk, 2024



- FIRE PIT
- PARKING
- WATER
- BATHROOM
- CAMPER CABINS
- STAFF CABINS
- PROGRAM AREAS



**TOUR US
 VIRTUALLY!**

[CAMPS.YMCABOSTON.ORG/
 VIRTUAL-TOUR/](https://camps.ymcaboston.org/virtual-tour/)

North Woods
 YMCA Overnight Camps
 P.O. Box 10
 Mirror Lake, NH 03853
 603.569.2725

campingservices@ymcaboston.org
<https://ymcaboston.org/camps/>