

Program #1 Information

Overnight Accommodations — with Full Manito-wish Programming

- Schedules and program details will be determined at a later time.
- Transportation to and from camp is the responsibility of the participating organization.
- Participating organizations need to provide full supervision for non-program periods (9 p.m.-7:45 a.m. unless special arrangements have otherwise been made).
- Meal times are:
 - Breakfast: 8:00 a.m. (set-up at 7:45 a.m.)
 - Lunch: 12:30 p.m. (set-up at 12:15 p.m.)
 - Dinner: 6:00 p.m. (set-up at 5:45 p.m.)

Manito-wish Leadership Curriculum Includes:

The *Seven Qualities of a Manito-wish Leader*
Group and Individual Awareness Activities
Community Building and Development
Goals and Outcome Clarification
Group and Individual Action Planning
Transfer and Processing Strategies

Leadership Program Methods Include:

Challenge by Choice Orientation
A Full Value Contract Orientation
Experiential Cycle and Adventure Based Learning Models
Cooperative Games and Activities
Trust Building and Risk Taking Activities

Experiential Programming Includes:

Problem Solving Initiatives
Primitive Outdoor Skills Initiatives
Low and High Challenge Course
North Canoes (large group canoe initiatives)
Indoor Climbing Wall
Wilderness Trips: Canoe Tripping, Backpacking and Sea Kayaking

What to Bring List

Temperatures in Northern Wisconsin can be very unpredictable. Much of your time with us will be spent outside, so make sure to come prepared. We recommend comfortable outdoor clothing that you don't mind getting wet or dirty. Camp Manito-wish does not provide any bedding (sheets or blankets) or linens.

Clothing – (please note specific season)

Winter –

Warm coat
Snow pants/bibs
Winter hat
Warm/winter boots

Spring or Fall -

Rain gear
Swimsuit
Footwear for outdoor activities

All Seasons -

Gloves or mittens
Long pants
Shirts
Warm sweater or fleece jacket
Long underwear (preferably synthetic)
Wool socks
Sneakers or walking shoes – for inside

Bedding and Towels

Bath towel
Facecloth
Pillow
Top sheet, bottom sheet (twin size), and blankets/comforter
OR Sleeping Bag
Beach Towel

Other

Toiletries and personal hygiene supplies
Sunglasses
Flashlight (optional)
Sunscreen, SPF 15 minimum
Journal (optional)
Camera (optional)
Book (optional)

Layering: Layering means wearing numerous items of thinner clothing rather than one heavy item. Layering traps more air, keeping you warmer. Layering also allows you the ability to adapt your clothing to the variety of weather conditions you may experience. Start with thinner, tighter layers near the skin, and move to heavier, loose layers away from the body. Top it off with a windbreaker and/or windpants and you have an excellent clothing system.

Boots: During your time at Camp Manito-wish YMCA, you will be spending much of your time outside. Please wear warm, comfortable boots and bring a pair of shoes to wear indoors.