



# BASE CAMP SERVICE WEEK

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## CAMP BURGESS & HAYWARD

## ADVENTURE, SERVICE LEARNING AND LEADERSHIP

### Trip Description

Base Camp Service Week represents the first full week of summer at Camp! This 6-day service learning program concentrates on the preparation of our locale for the season. The teens on this trip will have the opportunity to shape the look and feel of Base Camp for the rest of the summer and beyond!

Projects will include creative undertakings that enhance living, cooking and eating areas; aiding with the vegetable garden and compost system; and updating Base Camp through painting, trail and forest work.

Tasks will be focused and value based. Participants will have the opportunity to learn a range of skills and use different tools. No power tools will be operated by participants, with the possible exception of electric screwdrivers/drills.

When we are not invested in our projects, we will have the opportunity to swim, climb, boat, zipline, you name it!

We provide service hour documentation at the conclusion of the week.

Base Camp Service Week is co-ed and available to youth ages 12-17.

### Trip Itinerary

**This schedule is tentative. Changes may be made if deemed to be in the group's best interest.**

Sunday: After check-in & orientation, we discuss YMCA policies and expectations, review our project goals and settle in. We'll have a chance for a swim before a barbeque and campfire.

Monday: After making a hearty breakfast, we begin our projects and then break early for lunch to enjoy a refreshing swim/waterfront time before our meal. After lunch, we take our daily siesta before jumping back into project time. We break early for dinner so that we can get back into the water and cool off. After learning some serious culinary skills, we'll have a chance to participate in an evening camp activity.

Tuesday: After a deservedly sound sleep--and another hearty breakfast--we invest in some project time and a swim. After lunch, we take our daily siesta before tackling various projects once more. After a well-earned dinner, we'll experience yet another enjoyable camp activity and finish the day around a fire with some s'mores!

Wednesday: Another record-breaking night of sleep is disturbed by the smell of a hot breakfast, after which we...have some more project time! We continue our projects, conjure up the goods for a picnic, and head to the ocean for a swim. We get back to camp in time for a plunge in Triangle Pond to get the salt water out of our hair. Dinner is followed by an outdoor game, quiz night or other awesome amusement.

Thursday: As today is our last full day of work, we have a special project to work on, but we still make time to head to the waterfront for some beach fun. For dinner, we tuck into a well-deserved barbeque, possibly heading to the camp dance or finishing the day around a beach campfire with our new friends.

Friday: In the morning, we put the finishing touches on our projects and take pictures. Check-out day is today from 10-11am. Trip Leaders are free to discuss the week with parents and guardians.

Camp activities will be scheduled as far in advance as possible. They may include climbing; ziplining; boating; pontoon jumping; general sports; and special programs, such as the camp dance, cabaret, etc.

### **Accommodations**

We reside in fairly large platform tents that are located at the teen Base Camp locale, tucked away on the Camp Burgess property. Meals are prepared at Base Camp's outdoor kitchen by participants, with assistance from Trip Leaders. Teens collectively select, plan, prepare, and cook meals. We encourage diverse and healthy selections and love when participants bring along their favorite recipe! If your teen has special dietary concerns, please call the Adventure Trips & Teen Director at 508-428-2571 ext. 109.

**SPECIAL NOTE:** There is a minimum number of participants required to make this program possible. If for some reason this program must be cancelled, you will be notified as soon as possible. A guarantee of equal numbers of male and female participants is not possible, though we do monitor registrant ratios. If we feel that there is an extreme imbalance, we will contact you.

# CLOTHING AND EQUIPMENT LIST

This list itemizes the essential clothing and equipment needed for your trip, though it is only a guide. Please do not bring all of your favorite clothing for this program. Rather, pack some items that can get dirty and potentially even destroyed. You will need to choose clothing that is versatile, durable, lightweight, quick-drying, and comfortable. All clothing should be marked with the participant's name and packed in a duffle bag. Please remember that we are outdoors almost all day, every day. Bring a water bottle, sunscreen, sunglasses, a sun hat, and proper clothing.

- Short sleeve T-shirts (4)
- Long sleeve shirt--cotton & synthetic (1)
- Mid-weight wool or fleece sweater (1)
- Windbreaker (1)
- Underwear
- Socks--wool and cotton
- Shorts--preferably lightweight, comfortable and loose, with at least one quick-drying pair (3)
- Long, comfortable, non-denim pants that are durable, light and quick-drying (1)
- Swimsuits (2)
- Old pair of sneakers, old t-shirts, and an old pair of shorts and/or pants (preferred!)
- Pajamas
- Sneakers or lightweight shoes (1)
- Sandals or Flip Flops (2)
- Light wool or synthetic hat (1)
- Rain gear--rain jacket and other items-- for example Gore-Tex, PVC or rubberized

- Sunglasses (1)
- Sun hat or visor (1)
- Sun block
- 1-liter plastic water bottle (this is a must!)
- Flashlight or Headlamp
- Toiletries: soap, shampoo, toothbrush, toothpaste, and other necessary items.
- Insect Repellent-- lotion or stick
- Towels (2)
- Sleeping bag
- Small pillow
- Small day pack -- for misc. items
- Duffel bag for all clothing--everything on this list should fit into this one bag.
- Journal and Pen -- small pad or notebook to write down thoughts, experiences, addresses, etc.
- Camera--optional

Less is best! Having the right gear makes all the difference. Please stick to the essentials on the list. Keep your electronics, aerosol cans, iPod, and cellphones at home! Books, magazines, playing cards, and journals are great for siestas.